

**Physical drill with and without arms and the new bayonet exercise / by
G.M. Fox.**

Contributors

Fox, G. M.

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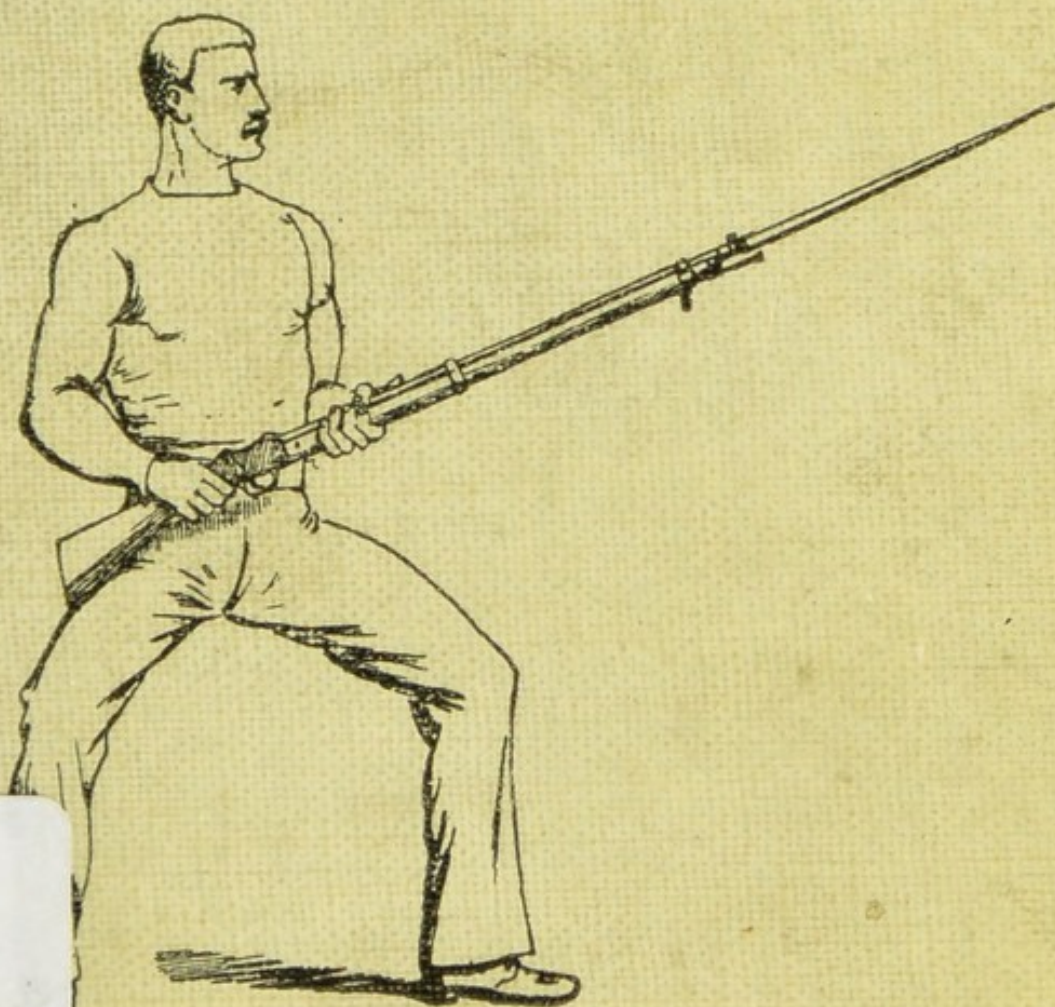
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FOURTH EDITION.

PHYSICAL DRILL,
WITH AND WITHOUT ARMS,
AND THE
NEW BAYONET EXERCISE.
WITH ILLUSTRATIONS.



By LIEUT.-COL. G. M. FOX,
ATE) FIRST BATTALION "THE BLACK WATCH."

: WILLIAM CLOWES AND SONS, LIMITED,
13, CHARING CROSS, S.W.

PRICE ONE SHILLING.

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Edgar Aynat

FOX



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Alan Broman 1889.

BY PERMISSION

OF

His Royal Highness the Commander-in-Chief.

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WITH AND WITHOUT ARMS,

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PREFACE.

THIS little pamphlet is written in anticipation of the publication of the new "Rifle Exercises" now being compiled by the authorities; when issued it will contain "Physical Drill with Arms," as worked out in the Gymnasium at Aldershot and practised during the present year by the regiments quartered there, and approved of for general use by His Royal Highness the Commander-in-Chief, together with the new "Bayonet Exercise" which I had the honour of submitting for approval to His Royal Highness in March last and which has also been authorised by him.

My reason for bringing out the pamphlet embodying as it does "Physical Drill with Arms" and the new "Bayonet Exercise," with plates illustrating the various positions of both, is to assist adjutants, drill sergeants, and others upon whom the duty of instructing the men in these exercises may devolve, and to call attention to the special objects therein aimed at.

In the "Physical Drill *without* Arms" now being published in the revised edition of the "Infantry Drill," 1889, the object is to render supple the soldier's body and limbs, and at the same time to teach him to co-ordinate his movements. This prepares the soldier for the exercises

in the "Physical Drill *with* Arms," the object of which is still further to render supple, and to strengthen the whole frame ; by using the rifle as a bar-bell, the soldier, whilst gaining strength, becomes accustomed to the handling of his weapon ; each exercise should be repeated an increased number of times as the gradual development of the soldier's physique permits ; the practices in "Physical Drill with Arms," more especially the 5th Practice (in which are the several points used in the Bayonet Exercise), are again preparatory to the New Bayonet Exercise.

In order to make this manual as complete and as practically useful as possible, it has been suggested to me that it should include the "Physical Drill *without* Arms." This has therefore been added, but without illustrations, as owing to the fact that the positions with or without arms are in many respects alike, it is thought that the plates already given will afford sufficient assistance.

To obtain the best results from this training it is necessary to bear in mind that it must be gradual, progressive, and continuous. These exercises, in conjunction with quick marching and running drills, cannot fail to improve the soldier's wind and general condition.

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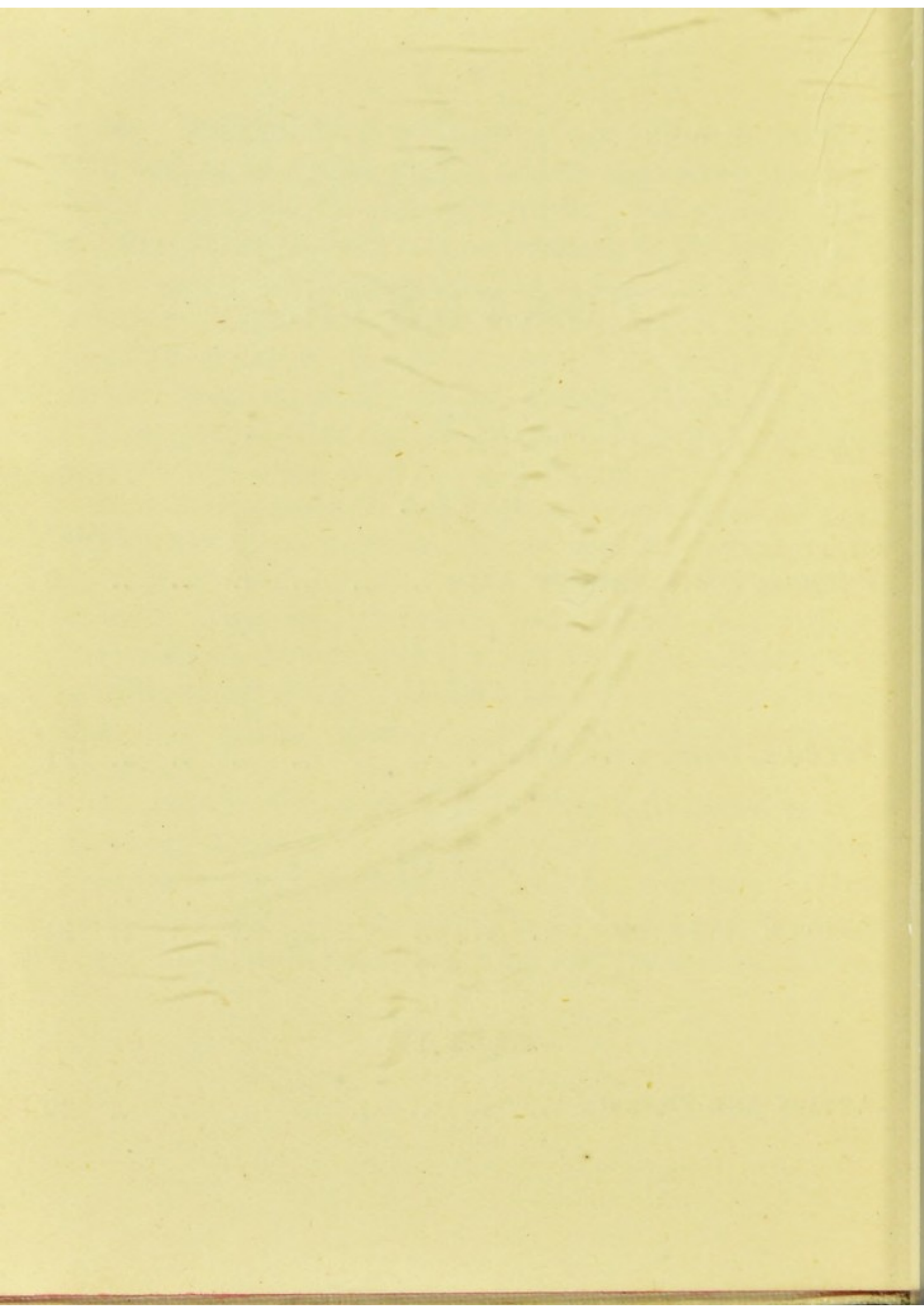
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PART I.

PHYSICAL DRILL WITHOUT ARMS.

THE squad having been dressed will be ordered to number from the right. Two lines will then be formed, the odd numbers taking a pace to the front, and the even numbers a pace to the rear.

EXERCISE I.

CAUTION,—*Swinging the Arms.*

- | | | |
|---------------|---|---|
| <i>One.</i> | { | Throw the arms up, perpendicularly palms of the hands turned inwards. |
| <i>Two.</i> | { | Swing the arms freely to the rear, round to the front, and up again. Repeat this six times; the sixth time, instead of completing the circle, strike the palms of the hands together behind the back, and remain steady. |
| <i>Three.</i> | { | Bring the arms to the sides and resume the position of attention. |

In this exercise, the first and second motions may be repeated, by giving the command *Continue the Motion*; the squad will then take the time from the right-hand man; on the word *Steady*, the men will remain in the second position, and on the word *Three* they will resume the position of attention.

EXERCISE II.

CAUTION,—*Bending and Stretching the Body.**First Practice.*

- One.* { Keeping both arms straight, raise the right hand as high as possible, turning the back of it inwards, and reach down with the left hand, arm close to the body; shoulders square to the front, back hollowed, body well bent over to the left at the waist, eyes directed to the right hand.
- Two.* { Perform the same motion, but with the left hand raised, right lowered, body bent to the right.

CAUTION,—*Second Practice.*

- One.* { (To be given when the left hand is raised.)—Swing the left hand keeping it near the body, palm inwards, by a circular motion sideways to the right, and as it comes level with the right hand raise both hands over the head, backs towards the face; body turned on the hips to the right and inclined over to the left, head thrown back, eyes directed to the hands.
- Two.* { Swing both arms down by the front, close to the body, and up to the same position as before but to the left.

CAUTION,—*Third Practice.*

- One.* { (To be given when the hands are above the head on the left).—Carry the right foot 12 inches to the right, bend quickly down, and touch the toes with the tips of the fingers, keeping the knees straight.
- Two.* { Straighten the body, bringing the tips of the fingers to the nipples of the breast, elbows close to the sides.
- Three.* { Throw the arms above the head, palms of the hands to the front, bending back the head and the upper part of the body, eyes directed to the hands.
- Four.* { Bring the fingers to the breast as directed in “Two”; body upright.

CAUTION,—*Fourth Practice.*

- One.* { (To be given when the hands are above the head). Swing the hands down by a circular sweep to the left, up to the right, as in the “Second Practice”; feet apart, knees braced back, rising up on the toe of the left foot, the right foot kept firm on the ground.
- Two.* { Perform the same motion to the left, rising on the toe of the right foot.
- Steady.* { Close the heels, the right heel being brought back to the left, and drop the hands to the sides, resuming the position of attention.

When performed to music, each of the above practices will be repeated eight times before the next is commenced ; otherwise the instructor will specify the number of times each practice is to be repeated.

EXERCISE III.

CAUTION,—*Bending and Stretching the Arms.*

One. { Keeping the elbows close to the sides,
quickly bend the arms, hands in line
with the shoulders and forced back,
hands closed, nails to the front.

Two. { Opening the hands and turning the
backs upwards, shoot them out right
and left, in line with the shoulders,
thumbs close to the forefingers.

This being the exact opposite of the last movement, the arms must be stretched out as far as possible.

One. { Return to the first position, closing
the arms to the sides.

Three. { Opening the hands, palms to the
front, throw the arms up perpen-
dicularly above the shoulders, the
whole of the upper part of the body
stretched upwards.

One. As before.

Four. { Bring the arms smartly to the sides
and resume the position of attention.

Care must be taken that in these movements the body and head are retained in the position of attention.

EXERCISE IV.

CAUTION,—*The Lunge.**Ready.*

Make a partial turn to the right so that the right foot points to the right; by a second movement, bring the back of the left heel against the inside of the right, and place the feet at right angles to each other, head erect, eyes directed to the front, shoulders pressed back and chest advanced; at the same time place the hands on the hips, fingers to the front, thumbs to the rear, elbows forced back.

Engage.

Draw back the right foot about 18 inches; the body to be balanced upon both feet, the heels in line with each other, both knees bent and kept well apart directly over the feet, hips pressed to the front; raise the left foot, and beat it smartly on the ground.

Lunge.

Step about 18 inches to the front with the left foot, straightening the right leg and pressing the right hip forward, the left knee perpendicular to the instep, right foot flat upon the ground, still keeping the body upright and the head erect.

Engage.

Return to the "Engage" by bending the right knee, and drawing back the left foot.

- About.* { Turn to the right-about upon the heels, the right foot pointing to the proper rear, the left foot to its left.
- Lunge.* { As before, but with the right foot.
- About.* { In one quick movement raise the toes and reverse the position of the legs, by turning about on the heels, right leg stright, left knee bent, then lower the toes to the ground.
- Engage.* { As before.
- Ready.* { Return to the "Ready" position.
- Front.* { Turn to the front and resume the position of attention, dropping the hands to the sides.

N.B.—The Third Exercise will be combined with this in the position of the lunge. The words are given after the word "Lunge," and the hands placed on the hips on the word "Four."

EXERCISE V.

CAUTION,—*Bending and Stretching the Knees.*

- One.* { Keeping the body upright, smartly raise the hands and place them on the hips, fingers to the front, thumbs to the rear, elbows and shoulders forced well back.
- Two.* { Rise on the toes as high as possible, legs straight.
- Three.* { With the head erect and the elbows to the rear, gradually lower the body by bending the knees, until sitting on the heels, which latter must, as far as possible, be kept together, forcing the knees well apart.

- Two.* { Straighten the knees, still remaining
 on the toes.
Four. { Lower the heels to the ground.
Five. { Drop the arms quickly to the sides,
 and resume the position of attention.

In numbers "Two" and "Three" the body must be kept upright.

All the motions except "One" and "Five" are to be performed slowly.

EXERCISE VI.

(Exercises II. and IV. combined.)

CAUTION,—*First Combined Practice.*

Right—Lunge.

Place the left hand on the hip, fingers to the front, thumb to the rear; make a quarter right turn and keeping the left foot firm on the ground, and the left leg straight, step out about 36 inches to the right, right lower leg perpendicular, knee over the instep, body turned to the right, and bent from the hips backwards; at the same time raise the right hand over the head, arm straight, head thrown back, eyes directed to the back of the right hand.

Two.

{ Without bending the left leg, drop the right hand to the side and spring to the position of attention.

Front—Lunge.

{ Make a quarter left turn and lunge to the front as directed for the "Right Lunge" but with both hands raised about the width of the shoulders.

- Two.* { Recover as before, but in bringing the hands down throw them to the rear with a semi-circular sweep and resume the position of attention.
- Left—Lunge.* { Make a quarter left turn and lunge as before, stepping out with the left instead of the right foot.
- Two.* { Spring back to the position of attention, as from the “Right Lunge.”

The squad will also be taught to commence lunging with the left foot.

This exercise may be continued by giving the caution *Judging the Time*; on the command *Right Lunge* all the foregoing movements will be repeated as often as required; or if the command *Left Lunge* is given, the left leg will be used in lunging to the left and to the front.

EXERCISE VII.

CAUTION,—*Working the Shoulders. First Practice.*

- One.* { Raise the upper arms level with the shoulders, at right angles to the body, elbows forced to the rear, arms bent, hands clenched and close to the shoulders, the fore-arm directly over the upper.
- Two.* { Straighten the arms, keeping them level with the shoulders, hands open, palms upwards.

CAUTION,—*Second Practice.*

- One.* { Throw the arms to the front, in line with the shoulders, and strike the palms of the hands lightly together.

Two. { Draw the elbows quickly to the rear,
bending the arms, hands clenched
and close to the shoulders, knuckles
turned up, chest expanded, head erect.

CAUTION,—*Third Practice.*

One. { Step out to the right, as directed for
“Right Lunge,” but with the body
inclined forward, and strike out freely
from the shoulder with the left fist,
instead of throwing the right hand
above the head.

Two. { Draw the left hand quickly back as
far as possible, keeping it close to, and
about in line with, the nipple of the
breast; at the same time hit out with
the right fist as directed for the left in
“One.”

CAUTION,—*Fourth Practice.*

One. { Raise the toes and, by a quick move-
ment, turn to the left on the heels, re-
versing the position of the legs, viz.,
the left knee bent, right leg straight,
and hit out as before, but with both
fists at the same time. Care must be
taken to exert as much force in draw-
ing the hands back as in striking out.

Three. { Bring the right foot quickly back to
the left, and resume the position of
attention.

When performed to music, each of the above practices will be repeated sixteen times before the next is commenced ; otherwise the instructor will specify the number of times each practice is to be repeated.

EXERCISE VIII.

(Exercises IV. and VII. combined.)

CAUTION,—*Second Combined Practice.*

- | | | |
|---------------|---|--|
| <i>Lunge.</i> | { | Turn to the right and lunge out as directed in the "First Combined Practice," but throwing the arms right and left in line with the shoulders as the lunge is made ; hands open, fingers close together, palms upwards, shoulders forced back, body upright. |
| <i>Two.</i> | { | Spring up from the right foot, and close the heels, feet at right angles, body still turned to the right, arms extended but brought to the front of the body, palms of the hands touching. |
| <i>Lunge.</i> | { | Turn again to the right and repeat as before. |

The squad will also be taught to lunge with the left foot.

This practice may be continued by giving the caution *Judging the Time* ; followed by the command *Lunge*.

When performed to music eight lunges will be made as above, which will bring the squad to the original front and on the word "Change," eight lunges will be made with the left foot.

Three.

Resume the position of attention.

EXERCISE IX.

CAUTION,—*General Practice.*

One. { As directed for “Swinging the Arms.”

Two. { As directed for “Swinging the Arms,” except that the arms are to be swung four instead of six times.

Ready. { Bring the hands to the shoulders, tips of the fingers lightly touching them, elbows close to the sides and forced to the front.

Right—Lunge. { Lunge out quickly to the right, as in “Right Lunge,” throwing the right hand out to the right, in line with the forehead, the left hand in line with the hip, arms straight, palms of the hands turned upwards, eyes directed to the right hand.

Ready. { Spring up from the right foot and, without bending the left leg, resume the “Ready” position.

Left—Lunge. { As directed for “Right Lunge,” substituting left for right.

Ready. As before.

Three. { Force the arms straight above the shoulders, hands open, palms inwards, rising as high as possible on the toes. Repeat this three times; the third time remain on the toes, with the hands above the head.

- Four.* { Bend the knees (as in “Two” “Bending and Stretching the Knees,” but keeping the arms still above the head.
- Five.* { Spring up quickly off the ground straightening the knees and separating the feet as they quit the ground. Drop to the ground again, with the feet 20 inches apart, the toes being the first to meet the ground, arms still straight above the head.
- Six.* { Slightly bend the knees, round the back swing the arms between the legs, and without a pause, raise them above the head again, jump off the ground as they ascend, drop with the heels close together and resume the position of attention.

When this has been well practised by numbers, the words of command are simply “Ready” and “Away.” The whole of the exercises will then be performed as often as necessary. On the word “Steady,” the hands will be dropped to the sides, the squad remaining at attention.

PRACTICE WITH MUSIC.

When these Exercises are practised to music the following will be observed :—

Ex. II. to an air in common time.

Ex. VI. to an air in common time, the beats of the band marking the lunging and recovering.

Ex. VII. to an air in $\frac{6}{8}$ time.

Ex. VIII. to a slow march.

For Ex. VI. and for the third and fourth practices of Ex. VII., an air with a chorus should be chosen, and the men may sing the chorus. They may sing during the whole of Ex. VIII.

PART II.

GENERAL INSTRUCTIONS.

Formation of Squad.—The Physical Drill with Arms will be taught conjointly with the Manual and Firing Exercises; the Bayonet Exercise after the recruits have been thoroughly instructed in Physical Drill with Arms. For both Physical Drill with Arms, and the Bayonet Exercise, the recruits will be formed in squads of not more than sixteen men in two ranks.

Method of Teaching.—The recruits will first be taught the exercises by numbers; after which they will be taught to perform them “judging the time,” and with such variation from the regular order of the drill as the instructor may require, frequently changing quickly from one movement to another.

Formation of the Battalion.—In “Column” for Physical Drill with Arms, care being taken to leave such distance between Companies as will ensure room being left for opening out.

The Bayonet Exercise may be performed in “Line” or “Column;” the “Line” formation being preferable.

In the following drills each movement will be repeated as often as may be necessary, but the recruit must not be kept too long in the same position. When an awkward man is required to repeat any particular portion of the drill, the remainder should be allowed to “Stand at ease” or “Rest.”

When it is necessary to repeat any movement, guard, or point, the command “*As you were*” will be given to bring the recruit back to the previous position.

PHYSICAL DRILL WITH ARMS.

THE squad will be formed in two ranks.

Attention. { As usual (in Rifle Battalions,
Advance—Arms. { “Shoulder Arms”).

Full interval { All with the exception of the file
from the { named will close to the right or
“Right” { left, the front rank men raising the
(“Centre” { disengaged arm, palm of the hand
or “Left”) { upwards, nails touching the shoulders
Quick—March. { of the man next to them, and taking up
their dressing; the rear rank covering
correctly.

The men will dress by the flank to which the arm is raised.

Eyes Front. { Head and eyes will be turned to the
front, the arm dropped to the side.

As a rule, full distance should be taken from the left in the usual way.

Prepare for { Odd numbers of the front rank will
Physical { stand fast, the remainder will turn to
Drill. { the right about.

Quick—March. { Those who have turned to the right
about will move direct to the rear;
the even numbers of the front rank
4 paces, the odd numbers of the rear
rank 7 paces; the even numbers of the
rear rank 11 paces; each man halting
and fronting at his proper distance, and
the ranks dressing by the left.

CAUTION,—*Ready. By Numbers.*

Ready. { Raise the left hand smartly to the right shoulder and grasp the rifle, finger-nails to the front, thumb downwards, hand close to and in line with the shoulder. (Plate A.)

Two. { Bring the rifle quickly to a horizontal position in front of the body, sling downwards, the forefinger and thumb quitting the guard, the hand grasping the rifle at the “small,” fingers and thumbs meeting round the rifle, both arms at their full extent, at the same time carry the right foot about 12 inches to the right, keeping the knees straight. (Plate B).

CAUTION,—*First Practice. By Numbers.*

One. { With the arms and knees straight bend quickly over and bring the rifle to the insteps. (Plate C.)

Two. { With the arms and knees straight, swing the rifle above the head, reaching well out to the front in doing so; eyes directed towards the rifle. (Plate D.)

Three. { Bend the arms and drop the rifle to the shoulders, behind the neck, forcing the chest well forward, the eyes directed towards the front. (Plate E.)

Four. { Resume the “Two” smartly. (Plate D.)

Steady. { Bring the rifle to the "Ready" position by bending the arms.

Advance—Arms. { Bring the right heel to the left, at the same time raise the rifle to the "Advance," resuming the first motion of the "Ready."

Two. Drop the left hand to the side.

CAUTION,—*Second Practice. By Numbers.*

Ready, Two. As before.

One. { With the arms straight, and butt leading, swing the rifle sideways to the right to a horizontal position above the head, wrists bent back, body turned on the hips to the right, back hollowed, eyes directed to the rifle, knees braced up, rising well upon the left toe, the right foot flat on the ground. (Plate F.)

Two. { With the muzzle leading, swing the rifle down and up to the left as described in "One," substituting left for "right," and *vice versâ*.

Ready. Swing down to the "Ready position."

Advance—Arms. As before.

CAUTION,—*Third Practice. By Numbers.*

Ready, Two. { As before, except that the heels are to be kept close together.

Right—Lunge. { Keeping the left foot flat on the ground and the left leg straight, lunge to the right about 36 inches, the right leg from the knee downwards to be perpendicular, body turned to the right and bent backwards from the hips; at the same time throw the rifle to a horizontal position and parallel with the shoulders above the head, wrists bent back, eyes directed to the rifle. (Plate G.)

Two. { Without bending the left leg, spring to the “Ready” position.

Front—Lunge. { As in “Right Lunge,” but lunging to the front.

Two. As before.

Left—Lunge. { As in Right Lunge, substituting left for “right,” and *vice versâ*.

Two. As before.

Advance—Arms. As before.

In making the above lunges the leading foot must point in the direction given, the heel of the rear foot kept flat on the ground, rear knee braced back.

On the caution “Judging the time,” this practice may be performed by giving the command “Right (Left) Lunge—Commence;” on the command “Right Lunge—Commence,” all the foregoing movements will be repeated in the above order as often as required; or if the command “Left Lunge—Commence” is given, the left leg will be used in lunging to the left and to the front; coming to the “Ready” position on the word “Steady.”

CAUTION,—*Fourth Practice. By Numbers.*

Ready, Two. As in “Third Practice.”

One. { Throw the rifle out to the front, arms straight, backs of the hands up and in line with the shoulders, sling to the front. (Plate H.)

Two. { Bring the rifle smartly to the breast, about 6 inches below the chin, elbows close to the sides, sling of the rifle upwards, forcing the chest well forward. (Plate I.)

Right—Lunge. { While at “Two,” lunge to the right, as in “Third Practice,” body and head turned to the right but kept upright, the rifle thrown out to the full extent of both arms as in Plate H.

Two. As before.

About. { While at “Two” raise the toes, and by a quick movement turn to the left—about on the heels, reversing the position of the legs, viz.:—the left knee bent, the right leg straight, the rifle to be thrown out as before.

Two. As before.

Recover. { Bring the right heel to the left, and, turning to the front, throw the rifle out as before.

Two. As before.

Steady. { From “Two,” drop the rifle to the “Ready” position.

Advance—Arms. As before.

In this practice "One" "Two" will be repeated in each position as often as required.

Each of the above Practices will be repeated a certain number of times, either by numbers, or by the command "*Judging the time—Commence.*" With music, any slow march will be applicable for the First, Second, and Third Practices; any Quick Step for the Fourth Practice.

CAUTION,—*Fifth Practice (Points). By Numbers.*

Charge—Bayonets. As usual.

Engage.

Draw back the right foot about 18 inches, the body to be balanced upon both feet, the heels in line with each other, both knees well bent and kept apart so as to be directly over the feet, body upright. (Plate J.)

Two.

Raise the left foot and beat it smartly on the ground.

First—Point.

Deliver the point to the front to the full extent of both arms, and as high as the breast, at the same time lean well forward by straightening the right leg, keeping the right foot flat on the ground. (Plate K.)

Two.

Withdraw the point and come to the "Engage."

Second—Point.

Deliver the point by throwing the rifle to the front to the full extent of the right arm, the shoulder to be forced well forward, the left hand quitting the rifle and grasping the thigh about midway (Plate L); withdraw the point, grasp the rifle at the balance with the left hand, and come to the "Engage."

Third—Point.

{ With the body and head erect, draw back the rifle with the right hand as far as possible without relaxing the grasp, and by slightly advancing the left hand, seize the rifle immediately below the upper band, left elbow touching the side, the muzzle to be kept the height of the breast. (Plate M. Shorten Arms.)

Two.

{ Deliver the First point with the right hand, at the same time grasp the rifle at the balance with the left.

Three.

{ Withdraw the point and come to the “Engage.”

In the “Fifth Practice” the positions are as shown in the plates, but the Bayonet is not to be fixed.

In order to bring the body and limbs into equal action on both sides, this practice should be performed with the right shoulder and foot foremost as follows:—

Change—Arms.

{ Bring the right heel to the left and straighten the knees, turning to the front at the same time on the left heel; as the right heel is brought to the left, throw the rifle to a perpendicular position in front of and 6 inches from the body, at the same time changing the grasp of both hands, left hand being carried to the small and the right hand to the balance, which should be as high as the breast, sling to the front, elbows close to the sides. (Plate N.)

Two. { Carry the left foot about 18 inches to the rear, turning the right foot to the front; rebend the knees and come to the "Engage."

Three. { Raise the right foot and beat it smartly on the ground.

Repeat this practice, with the right foot to the front.

Change—Arms. { As before, substituting left for "right," and *vice versâ*.

Repeat the whole of this practice, giving the caution "With the Lunge;" lunging to deliver the point, as shown in Plates O and P, and recovering to the "Engage."

THE LUNGE.—From the "Engage," step out smartly about 18 inches to the front with the advanced foot, straightening the rear leg, the advanced knee perpendicular to the instep, the rear foot flat upon the ground.

RECOVERING TO THE ENGAGE.—Draw back smartly the advanced foot, at the same time rebend the rear knee and come to the "Engage."

| | | |
|-----------------------|---|-----------|
| <i>Shoulder—Arms.</i> | } | As usual. |
| <i>Reform Line.</i> | | |
| <i>Quick—March.</i> | | |
| <i>Close on the</i> | | |
| <i>Left (Centre)</i> | | |
| <i>(Right).</i> | | |

All points must be delivered, and withdrawn smartly.

When necessary, the command "Rest" may be given, when the squad will act as follows:—On the command "Rest," without altering the position of the feet, seize the rifle as for the "Order," and place the butt on the ground, about 8 inches in front of the right foot. On the word "Engage," resume the "Engage" position.

When the squad has become proficient, the above practice may be performed by giving the following words of command :—*Fifth Practice Judging the Time*, “*Engage*,” “*First—Point*,” “*Second—Point*,” and so on.

The number of times each point is given may be increased at the discretion of the Instructor; for instance, “*Fifth Practice Judging the Time*.” “*Three times—Engage* ;” i.e., First Point three times, Second Point three times, and so on ; the points to be delivered and the rifle drawn back to the position from which they were delivered in quick but marked time, shouldering arms at the completion of the practice.

REVIEW EXERCISE.

In the “Physical Drill with Arms” all the Practices with the exception of the “Fifth” can be executed to music. By so doing it will be found that a body of men work together better, and with more spirit.

The foregoing Practices will be performed on the following words of command :—

CAUTION,—*Physical Drill with Arms. Review Exercise.*

“*Attention*.” }
 “*Advance—Arms*.” } As usual.

“*Full Interval*
from the Right
(Centre or Left).” }
 “*Quick—March*.” } As before directed. The captains
 “*Eyes—Front*.” } and supernumerary rank will take 15
 “*Prepare for*
Physical Drill.” } paces, the guides 18 paces.
 “*Quick—March*.” }

"First Practice." Caution.

| | | |
|---|---|---|
| <p><i>"Ready."</i> <i>"Judging the Time—Commence."</i> <i>"Steady."</i></p> | } | <p>As before directed.</p> <p>With music, the practice will be repeated 8 times; without music, until the command "<i>Steady</i>" is given.</p> |
|---|---|---|

"Advance-Arms." As usual.

When the first four Practices are performed with music, the music will cease on the word "*Steady*."

| | | |
|---------------------------|---|----------|
| <i>"Second Practice."</i> | } | Caution. |
|---------------------------|---|----------|

| | | |
|---|---|---|
| <p><i>"Ready."</i> <i>"Judging the Time—Commence."</i> <i>"Steady."</i></p> | } | <p>As before directed. With music, swing the rifle 8 times to the right, and 8 times to the left alternately; without music until the command "<i>Steady</i>" is given.</p> |
|---|---|---|

"Advance-Arms." As usual.

"Third Practice." Caution.

| | | |
|--|---|---|
| <p><i>"Ready."</i> <i>"Judging the Time—Right, Lunge Commence."</i> <i>"Steady."</i></p> | } | <p>As before directed. Lunging to the right, then to the front, then to the left, again to the right, and so on. With music, the command "<i>Steady</i>" will be given when coming to the "<i>Ready</i>" position after the third lunge to the front.</p> |
|--|---|---|

| | | |
|---|---|---|
| <p><i>"Left, Lunge Commence."</i> <i>"Steady."</i></p> | } | <p>As before directed, repeating the Practice above, commencing with the left foot.</p> |
|---|---|---|

"Advance-Arms." As usual.

| | | |
|---------------------------|---|----------|
| <i>"Fourth Practice."</i> | } | Caution. |
|---------------------------|---|----------|

| | |
|---|---|
| <p>“Ready.” “Judging the Time—Commence” “Steady.”</p> | <p>As before directed. With music, repeat 4 times in each position, <i>i.e.</i>, to the front 4 times, to the right 4 times, to the left 4 times, and, on recovering, again to the front 4 times; without music until the word “Steady” is given.</p> |
| <p>“Advance—Arms.” “Order—Arms.” “Stand at Ease.” “Attention.” “Shoulder—Arms.”</p> | <p>As usual.</p> |
| <p><i>Fifth Practice Judging the Time.</i></p> | <p>Caution.</p> |
| <p>“Engage.”</p> | <p>Seize the small of the butt with the right hand and come down at once to the position of “Engage,” making the beat with the left foot.</p> |

The remainder of the Practice will be performed on the following words of command:—

First—Point, Second—Point, Third—Point, Change—Arms.

First—Point, Second—Point, Third—Point, Change—Arms.

With the Lunge, First—Point, Second—Point, Third—Point, Change—Arms.

First—Point, Second—Point, Third—Point, Change—Arms, Shoulder—Arms.

Reform—Line, Quick—March, Close on the Left (Centre or Right), Quick—March, Order—Arms, Stand at Ease.

Or,

If the caution is given: “*Fifth Practice, Judging the Time, — times Engage,*” the words of command will be

as above; but each point will be delivered the number of times named and as before directed.

Fifth Practice. In Quick Time.

When the men are perfect in this practice, it may be performed without any further words of command than "*Fifth Practice, In Quick Time—Engage*," upon which they will go through all the points once; and if the command be given, "*Fifth Practice, In Quick Time—times—Engage*," they will go through all the points, delivering each point the number of times named, shouldering arms at the completion of the practice.

COMPETITIONS.

In competitions in "Physical Drill with Arms" and the "Bayonet Exercise" between companies in the same battalion, or between parties of different battalions, the companies or parties must always be of the same strength; and at these competitions in Physical Drill with Arms, the First and Second Practices may be combined as follows:—

After the First Practice has been continued for a certain number of times, and when at "*Four*," the Second Practice may be commenced without any pause on the command "*Change*," when the body will be turned on the hips to the left, and the rifle swung downwards to the right, as in the first position Second Practice.

When performed to music, each Practice will be repeated 8 times, *i.e.*, the First Practice 8 times, and then on the word "*Change*," Second Practice 8 times, *i.e.*, 8 times to the right, and 8 times to the left alternately.

PART III.

BAYONET EXERCISE.

See General Instructions, Part II.

THE Squad will be formed in two ranks, bayonets fixed, and arms shouldered.

| | | |
|--|---|---|
| <i>Prepare for Bayonet— Exercise. Quick—March.</i> | } | As directed in “Prepare for Physical Drill with Arms.” |
| <i>Engage.</i> | | { As in “Fifth Practice” Physical Drill with Arms “Review Exercise.” |

CAUTION,—*Points. By Numbers.*

| | | |
|---|---|--|
| <i>First—Point —Two. Second—Point Third—Point Two, Three.</i> | } | As explained in Fifth Practice, Physical Drill with Arms. |
| <i>Change—Arms.</i> | | { Repeat the Points with the right foot to the front. |
| <i>Change—Arms.</i> | | As before. |

All points should then be made with the lunge, which gives the advantage of greater reach ; these points to be delivered with the right foot to the front also, as described in Fifth Practice of the Physical Drill, Changing Arms back again.

CAUTION,—*Guards.*

First—Guard. { Pass the muzzle of the rifle a few inches to the right, sling turned to the right; this parries a point made outside high, i. e. to the right of the body above the waist. (Plate Q.)

Engage. Return to the “Engage.”

Second—Guard. { Pass the muzzle of the rifle a few inches to the left, sling turned to the left; this parries a point made inside high, i. e. to the left of the body above the waist. (Plate R.)

Engage. Return to the “Engage.”

Third—Guard. { Lower the point by passing the rifle in a circular motion downwards to the right, the right hand raised till the forearm touches the right breast, both elbows kept close to the body, the point of the bayonet to the front and as low as the knee, sling to the right; this parries a point made below the waist on either side. (Plate S.)

Engage. Return to the “Engage.”

Change—Arms. { As before and repeat the guards, substituting left for “right,” and *vice versa*.

Change—Arms. As usual.

N.B.—In forming the guards the soldier should be taught to look straight to his front, this being the direction from which the supposed attack has been made, and on no account to look towards the point of his bayonet, the former being the direction in which he would deliver a return thrust after a successful parry.

In forming the first and second guards, the right hand and forearm are to remain firm at the side, the defence being entirely formed by the left hand moving the rifle to the right or left without relaxing its grasp, as a lever, the right hand being the fulcrum.

When opposed to a mounted man, the “Engage” should be formed, with the point kept higher according to circumstances (Plate T.); as in this position the soldier is ready for either defence or attack.

When opposed to a swordsman on foot, the “Engage” should be formed with the point of the bayonet kept close to the ground. (Plate U.)

CAUTION,—*Guards and Points. By Numbers.*

| | |
|---------------------|--|
| <i>First.</i> | Form the first guard. |
| <i>Two.</i> | Deliver the first point. |
| <i>Three.</i> | Return to the Engage. |
| <i>Second.</i> | Form the second guard. |
| <i>Two.</i> | Deliver the first point. |
| <i>Three.</i> | Return to the Engage. |
| <i>Third.</i> | Form the third guard. |
| <i>Two.</i> | { Deliver the first point as low as the waist. |
| <i>Three.</i> | Return to the Engage. |
| <i>Change—Arms.</i> | { As before. Repeat guards and points. |
| <i>Change—Arms.</i> | As before. |

CAUTION,—*Guards and Points with the Lunge. By Numbers.*

| | |
|---------------|---|
| <i>First.</i> | Form the first guard. |
| <i>Two.</i> | { Deliver the first point with the lunge. |

- Three.* Recover to the engage.
Second. Form the second guard.
Two. { Deliver the first point with the lunge.
Three. Recover to the engage.
Third. Form the third guard.
Two. { Lunge and deliver the first point as low as the waist.
Three. Recover to the engage.

In this and the preceding practice, from each guard the point will be delivered direct to the front without previously coming to the engage; a distinct pause being made between the guard and the point in the "Review Exercises."

- Change—Arms.* { As before. Repeat Guards and Points with the lunge.
Change—Arms. As before directed.
Shoulder—Arms. {
Order—Arms. { As usual.
Stand at Ease. {

CAUTION,—*Review Exercise.*

Engage. As before.

CAUTION,—*Points.*

- First—Point.* { Deliver the first point, and come to the engage.
Second—Point. { Deliver the second point, and come to the engage.
Third—Point. { Deliver the third point, and come to the engage.

CAUTION,—*Guards and Points.*

- First.* { Form the first guard, deliver the first point, and come to the engage.

- Second.* { Form the second guard, deliver the first point, and come to the engage.
- Third.* { Form the third guard, deliver the first point as low as the waist, and come to the engage.

CAUTION,—*Points, with the Lunge.*

- First—Point.* { Deliver the first point with the lunge, and recover to the engage.
- Second—Point.* { Deliver the second point with the lunge, and recover to the engage.
- Third—Point.* { Deliver the third point with the lunge, and recover to the engage.

CAUTION,—*Guards and Points with the Lunge.*

- First.* { Form the first guard, deliver the first point with the lunge, and recover to the engage.
- Second.* { Form the second guard, deliver the first point with the lunge, and recover to the engage.
- Third.* { Form the third guard, deliver the first point with the lunge as low as the waist, and recover to the engage.

Change—Arms. As before directed.

Repeat the foregoing in the same order, giving the same words of command.

| | |
|-----------------------|-------------|
| <i>Change—Arms.</i> | } As usual. |
| <i>Shoulder—Arms.</i> | |
| <i>Re-form Line.</i> | |
| <i>Quick—March.</i> | |
| <i>Order—Arms.</i> | |
| <i>Stand at—Ease.</i> | |

CAUTION,—*Review Exercise in Quick Time.*

Engage.

On the command Engage. The squad will come to the “*Engage*,” and the whole of the above points and guards will be executed, first without, then with the lunge, “change arms” and repeat, after which the squad will again change arms and come to the “shoulder.”

PART IV.

ATTACK AND DEFENCE.

IN order to make men more proficient in the use of the weapon the following exercises should be practised (with the “spring-bayonet”).

The squad will be formed up in two ranks with shouldered arms.

| | | |
|---------------------------|---|-----------|
| <i>From the right,</i> | } | As usual. |
| <i>open to Intervals.</i> | | |
| <i>Quick—March.</i> | | |

| | |
|--------------------|-----------|
| <i>Eyes—Front.</i> | As usual. |
|--------------------|-----------|

| | | |
|------------------|---|---|
| <i>Open out—</i> | { | Both ranks turn-about, the rear rank will then take 2 paces forward, halt, and front. |
| <i>March.</i> | | |

| | |
|----------------|--------------------------------|
| <i>Engage.</i> | Both ranks come to the engage. |
|----------------|--------------------------------|

| | | |
|------------------|---|--|
| <i>Prove</i> | { | The front rank will deliver the first point slowly, remaining at the extension; the rear rank will then correct the distance, advancing or retiring as required. The distance will be proved when the bayonet points of the front rank are advanced above and as far as the left hands of the rear rank. |
| <i>Distance.</i> | | |

Engage.

The front rank will again come to the engage, the bayonets meeting right side to right side. N.B.—The bayonets are to be crossed, as above, in the whole of the following instructions whenever the command *Engage* is given; the defending rank being responsible for the correct engagement.

CAUTION,—*Points and Parries.**Front Rank
Attacking. Point.*

Deliver the first point, rear rank parrying to the right by the first guard.

Engage.

Both ranks come to the engage.

*Above the hand,
Disengage.*

Lower the point, pass it under the opposing bayonet, and, again raising it, deliver the point as high as the breast; rear rank parrying to the left by the second guard.

Immediately on lowering the point the arms should commence their extension, so that when the disengagement is completed, the point will be delivered.

Engage.

Both ranks come to the engage.

*Under the hand,
Disengage.*

Lower the point, pass it under the opposing bayonet, and deliver the point as low as the waist; rear rank parrying downwards by the third guard.

Engage.

Both ranks come to the engage.

*Above the hand,
One, Two.*

Make the disengagement as in second attack, but without completing the extension. On the rear rank coming to the second guard (anticipating the disengagement), disengage again completing the extension, and deliver the point high, as in second attack, rear rank parrying to the right by the first guard.

*Under the hand,
One, Two.*

Repeat the foregoing attack, delivering the point as low as the waist; rear rank parrying downwards by the third guard.

Engage.

Both ranks come to the engage.

*Beat and
Point.*

Make a firm beat by quitting and then striking the opponent's bayonet to the right, keeping the right hand firm against the right side, and using the left as in first guard; immediately the opening is formed deliver the point, as in first attack. Rear rank parry to the right by the first guard.

Engage.

Both ranks come to the engage.

*Above the hand,
Beat and
Disengage.*

Beat as in preceding attack, but lightly. On the rear rank coming to the first guard (anticipating the straight thrust), deliver the point to the full extension by disengaging high; rear rank parrying to the left by the second guard.

Engage.

Both ranks come to the engage.

Below the hand, } Repeat the foregoing attack, deliver-
Beat and } ing the point under the hand, rear
Disengage. } rank parrying downwards by coming
to the third guard.

Engage. Both ranks come to the engage.
Repeat the above, the rear rank attacking, the front
rank defending.

Change—Arms. { Repeat the foregoing Practices, sub-
stituting left for right, and *vice*
Change—Arms. { *versâ*.
Shoulder—Arms. As before.

Change—Arms. As before.
Shoulder—Arms. As usual.

Re-form Ranks { The front rank will turn about, at
—March. { the same time the rear rank will take
two paces forward and cover.

On the Right { The right file will stand fast, the
Close. { remainder close on the right, looking
Quick—March. { in that direction, and dress.

Eyes—Front. As usual.

The whole of the foregoing attacks are to be made at
the body, not lower than the waist; and to avoid acci-
dent—the distance having been proved—the first point
will be used in each instance; for whether the parries be
quickly and correctly formed, or not, in making the attack,
the bayonet point cannot reach the man on the defence.

As the squad becomes efficient in the use of the weapon,
the second or throw point may be used in all the attacks,
care being taken that the men are protected with jackets,
masks, gloves, &c., as the ranks would then be within
killing distance of each other.

PRACTICES.

The object of the following practices is to teach the
soldier to deliver his attack and form his defence with

quickness and accuracy; it also teaches him to attack his opponent from any guard he may have formed without previously returning to the “Engage.”

The squad to be formed as for attack and defence.

CAUTION,—*First Practice.*

- | | |
|----------------|---|
| <i>One.</i> | { Front rank deliver first point. Rear rank form first guard. |
| <i>One.</i> | { Rear rank deliver first point. Front rank form first guard. |
| <i>Three.</i> | { Front rank deliver first point as low as the waist. Rear rank form third guard. |
| <i>One.</i> | { Rear rank deliver first point. Front rank form first guard. |
| <i>Engage.</i> | Both ranks engage. |

CAUTION,—*Second Practice.*

- | | |
|----------------|---|
| <i>Two.</i> | { Front rank disengage and point. Rear rank form second guard. |
| <i>Two.</i> | { Rear rank deliver first point. Front rank form second guard. |
| <i>Three.</i> | { Front rank deliver first point as low as the waist. Rear rank form third guard. |
| <i>One.</i> | { Rear rank deliver first point. Front rank form first guard. |
| <i>Engage.</i> | Both ranks engage. |

CAUTION,—*Third Practice.*

- | | |
|--------------|---|
| <i>Beat.</i> | { Front rank beat and deliver first point. Rear rank form first guard. |
|--------------|---|

- Three.* { Rear rank deliver first point as low as the waist.
 { Front rank form third guard.
One. { Front rank deliver first point.
 { Rear rank form first guard.
One. { Rear rank deliver first point.
 { Front rank form first guard.
Engage. Both ranks engage.

CAUTION,—*Fourth Practice.*

- Beat Reverse.* { Front rank beat reverse.
 { Rear rank disengage and point.
 { Front rank form first guard.
Three. { Front rank deliver first point as low as the waist.
 { Rear rank form third guard.
One. { Rear rank deliver first point.
 { Front rank form first guard.
Three. { Front rank deliver first point as low as the waist.
 { Rear rank form third guard.
Engage. Both ranks engage.

The "beat reverse" is formed by passing the bayonet under the opposing one, and beating it to the left, the right hand being kept firm against the side in doing so.

Repeat the above practices, the rear rank making the first attack.

Change—Arms. { As usual, and repeat all the above
 { with the right foot to the front.

| | | |
|-----------------------|---|-----------|
| <i>Change—Arms.</i> | } | As usual. |
| <i>Shoulder—Arms.</i> | | |
| <i>Re-form Ranks.</i> | | |
| <i>Quick—March.</i> | | |
| <i>Close on the</i> | | |
| <i>Right,</i> | | |
| <i>Quick—March.</i> | | |
| <i>Order—Arms.</i> | | |
| <i>Stand at Ease.</i> | | |

The first attack in the third practice may be varied by the rear rank engaging low, i. e. lowering the point of the bayonet to about 12 inches from the ground, the front rank making the beat by raising the butt and depressing the point, as in forming the third guard.

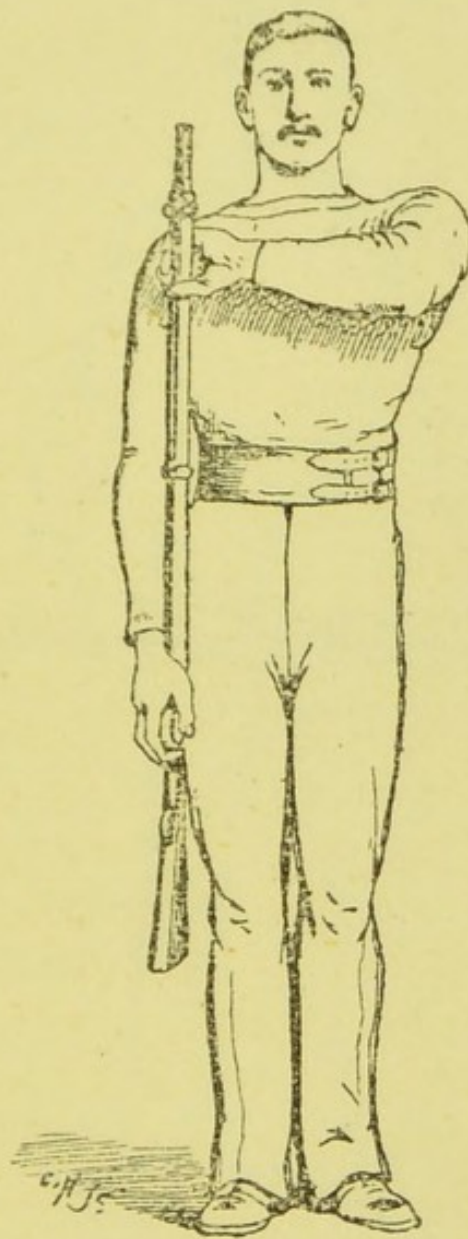
The first attack in the fourth practice is a counter-attack, made by the rear rank deceiving the front rank's beat reverse, by disengaging and delivering the first point.

The bayonets in all four practices are to be crossed as directed in the remarks on "Attack and Defence."

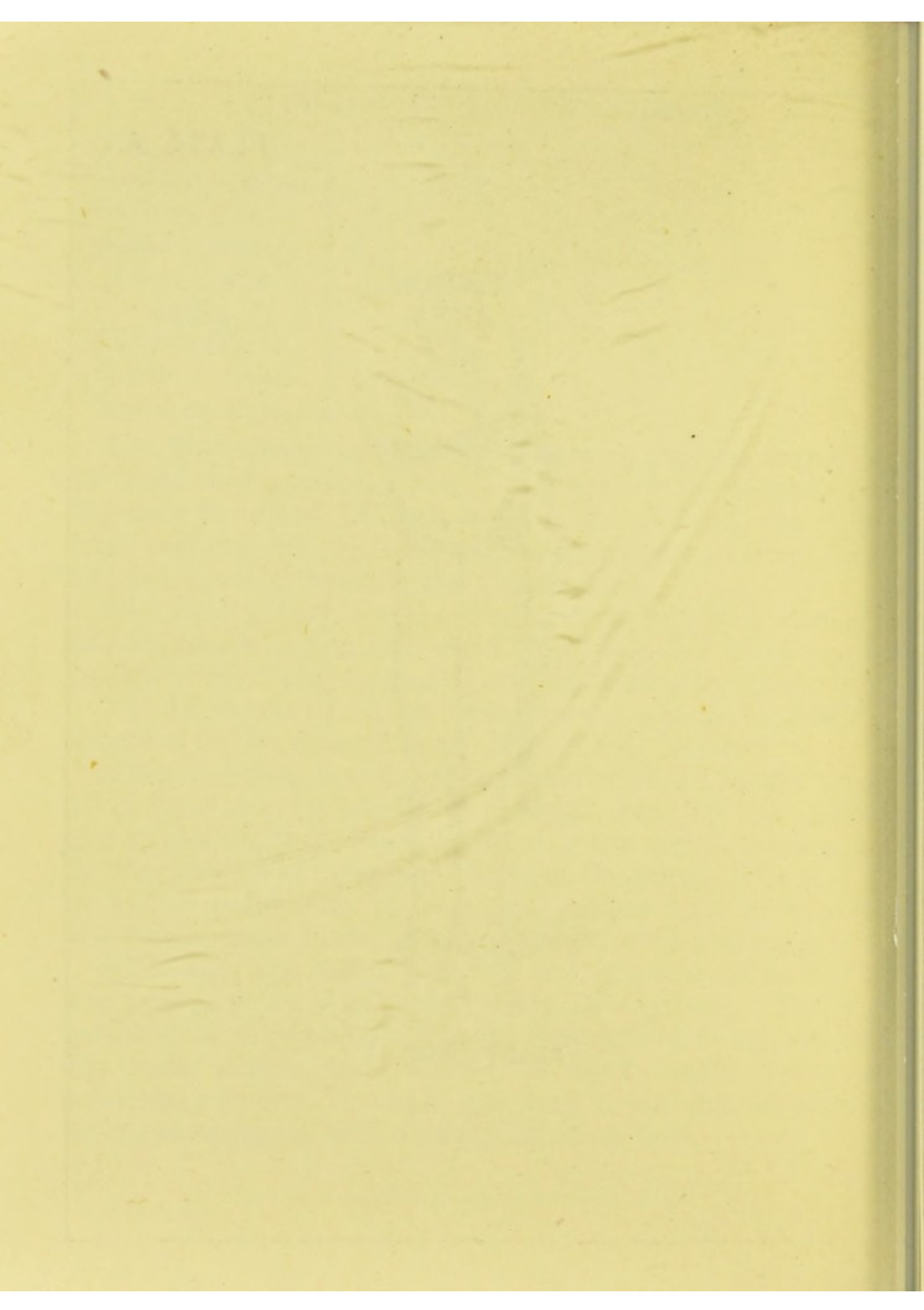
After the men become thoroughly efficient in the practices, they may be taught to execute them by the attacking ranks lunging when delivering the point, recovering to the position of "Engage" to form the parry. The second or throw point may also be used either with or without the lunge, both ranks being protected with masks, &c.

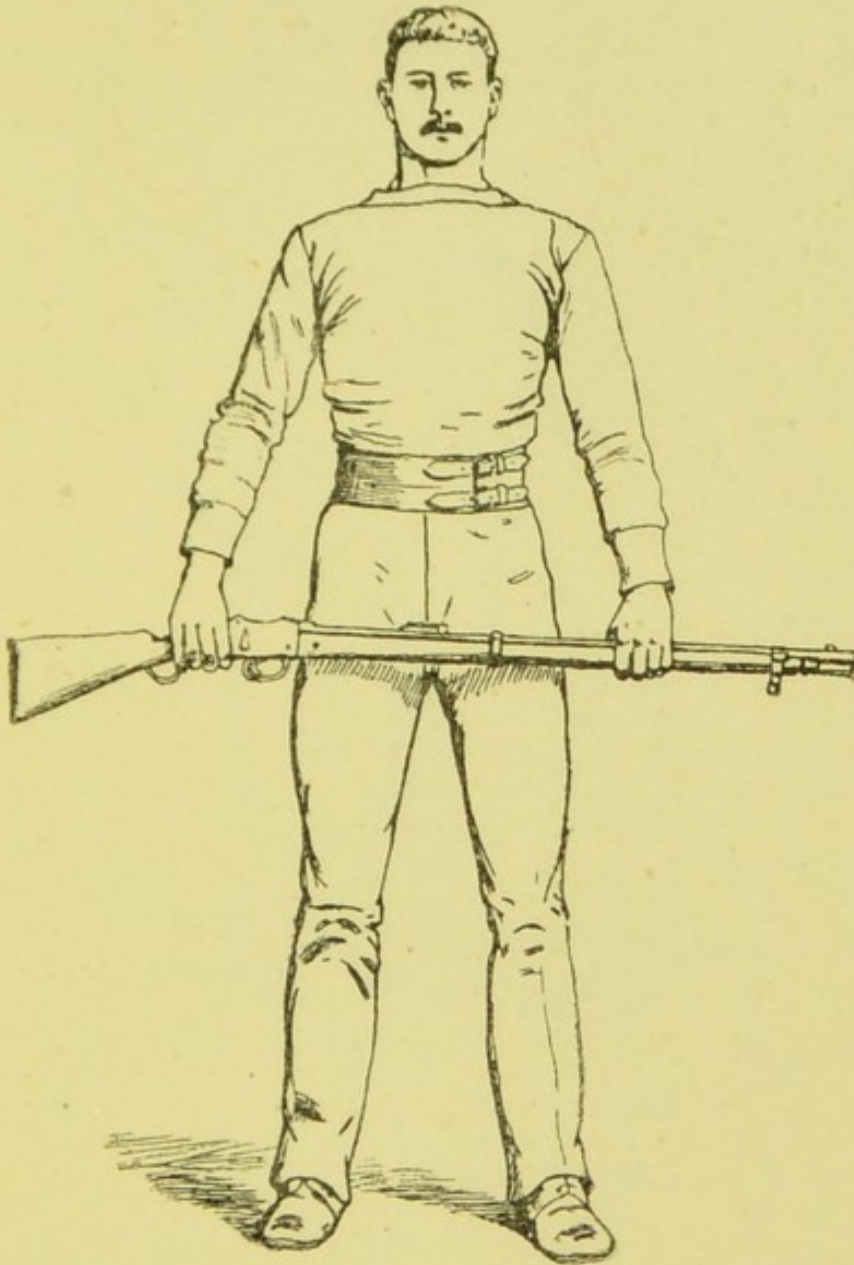
Although the third point is not introduced in any of the practices, it is of great value in combats. The first position of this point (The Shorten Arms) being adapted for both attack and defence, is most useful when an adversary rushes to close quarters in making his attack, or when engaged with a swordsman on foot.

PLATE A.



READY (ONE).





READY (TWO).

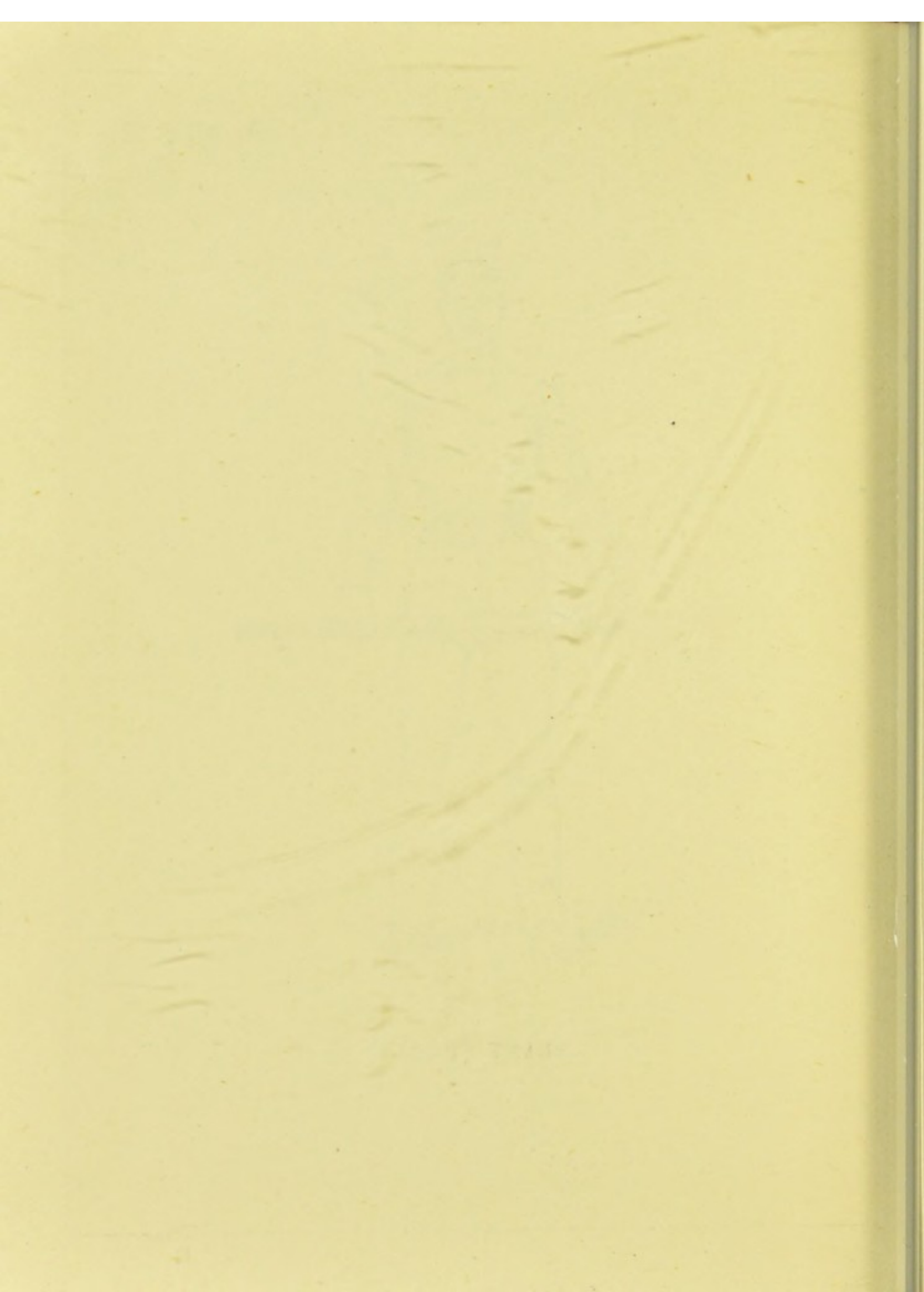
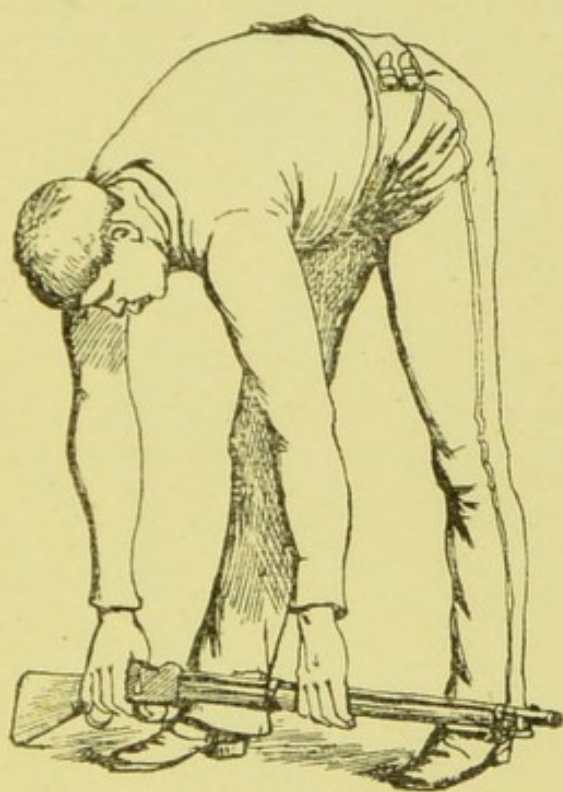


PLATE C.



FIRST PRACTICE (ONE).

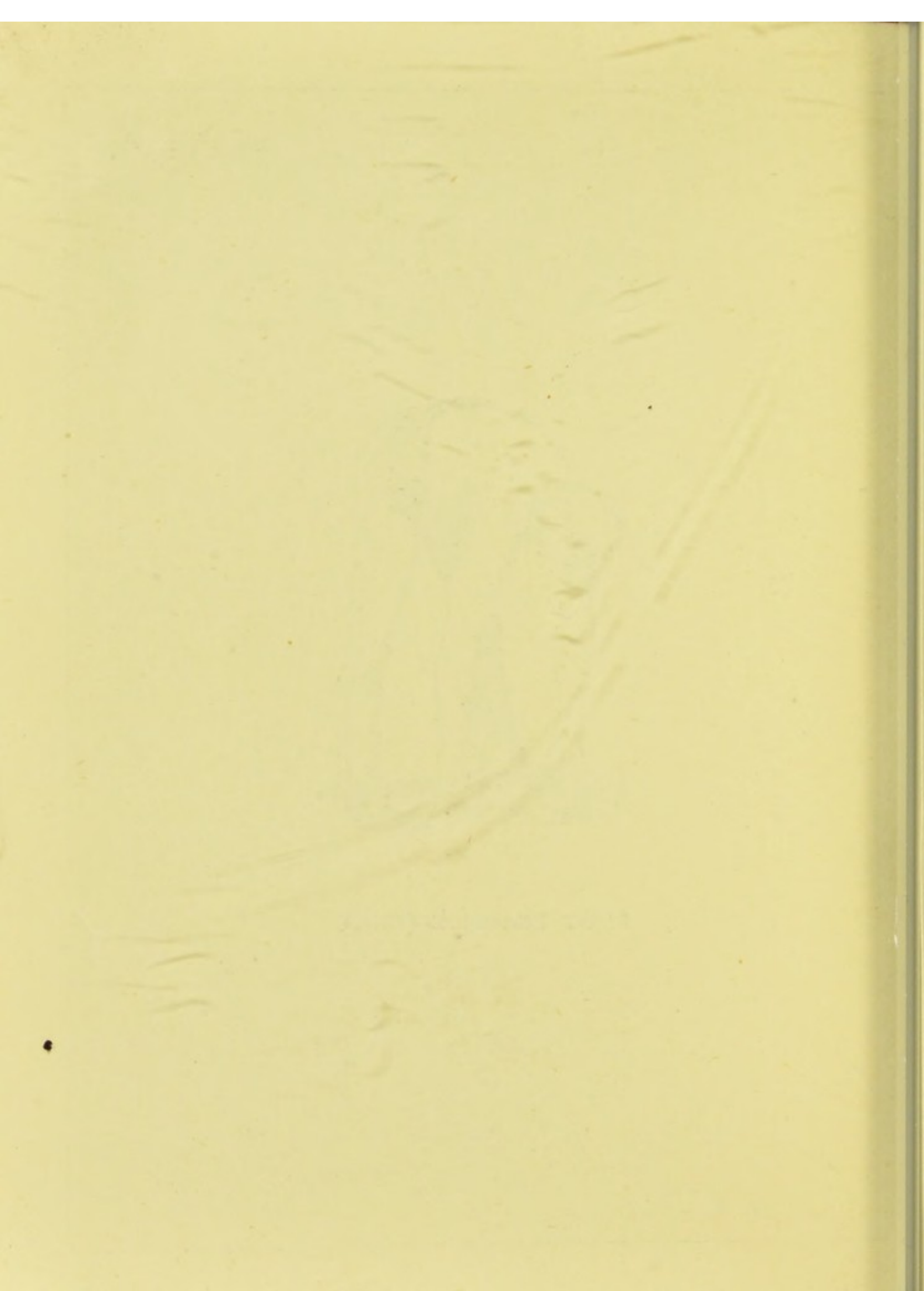
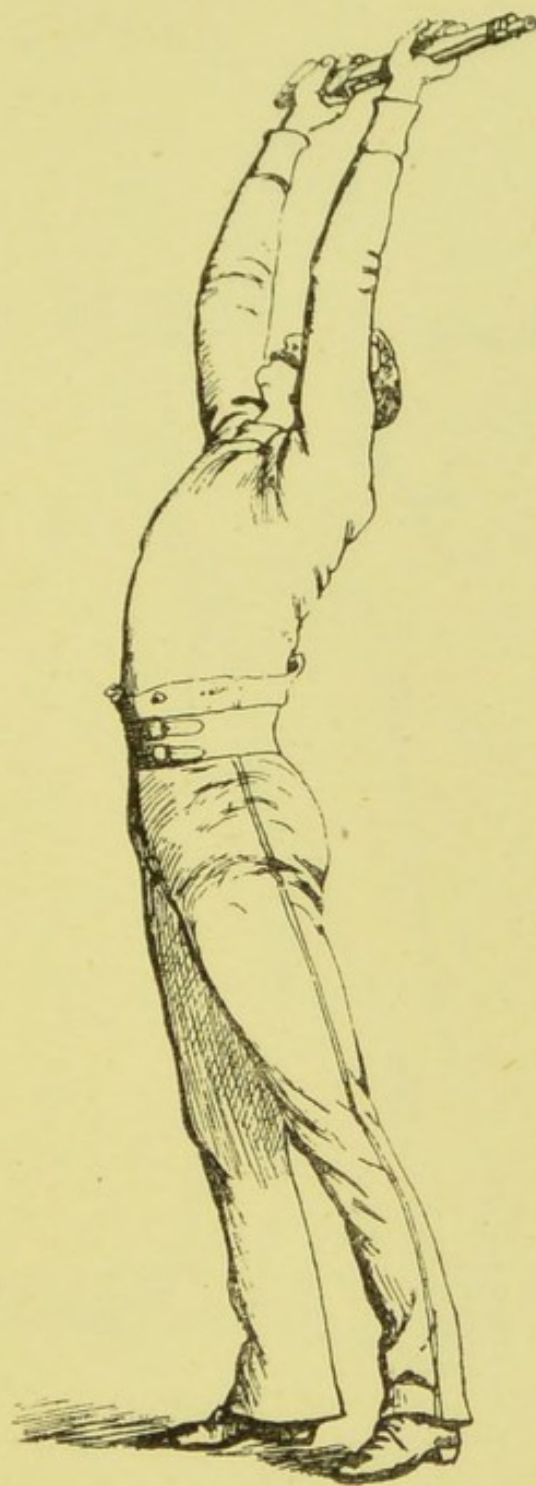
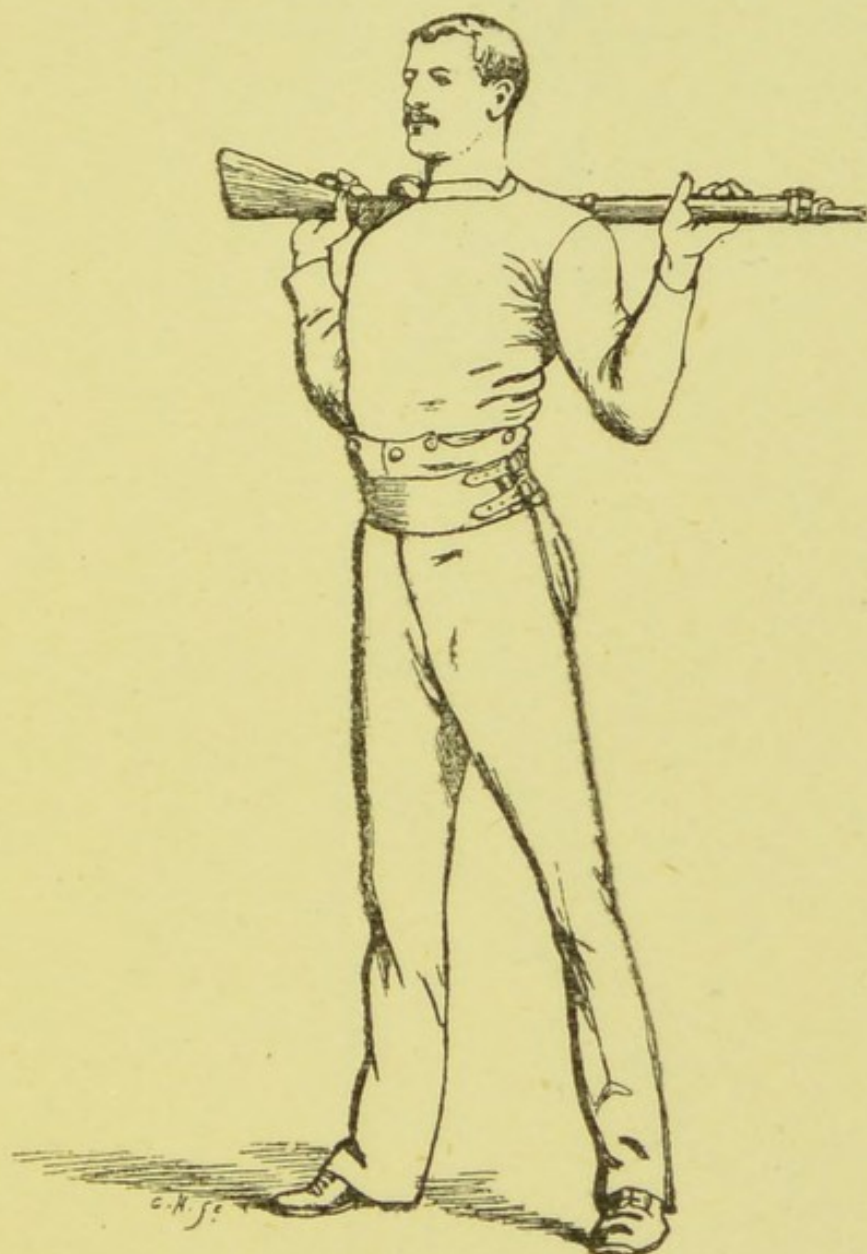


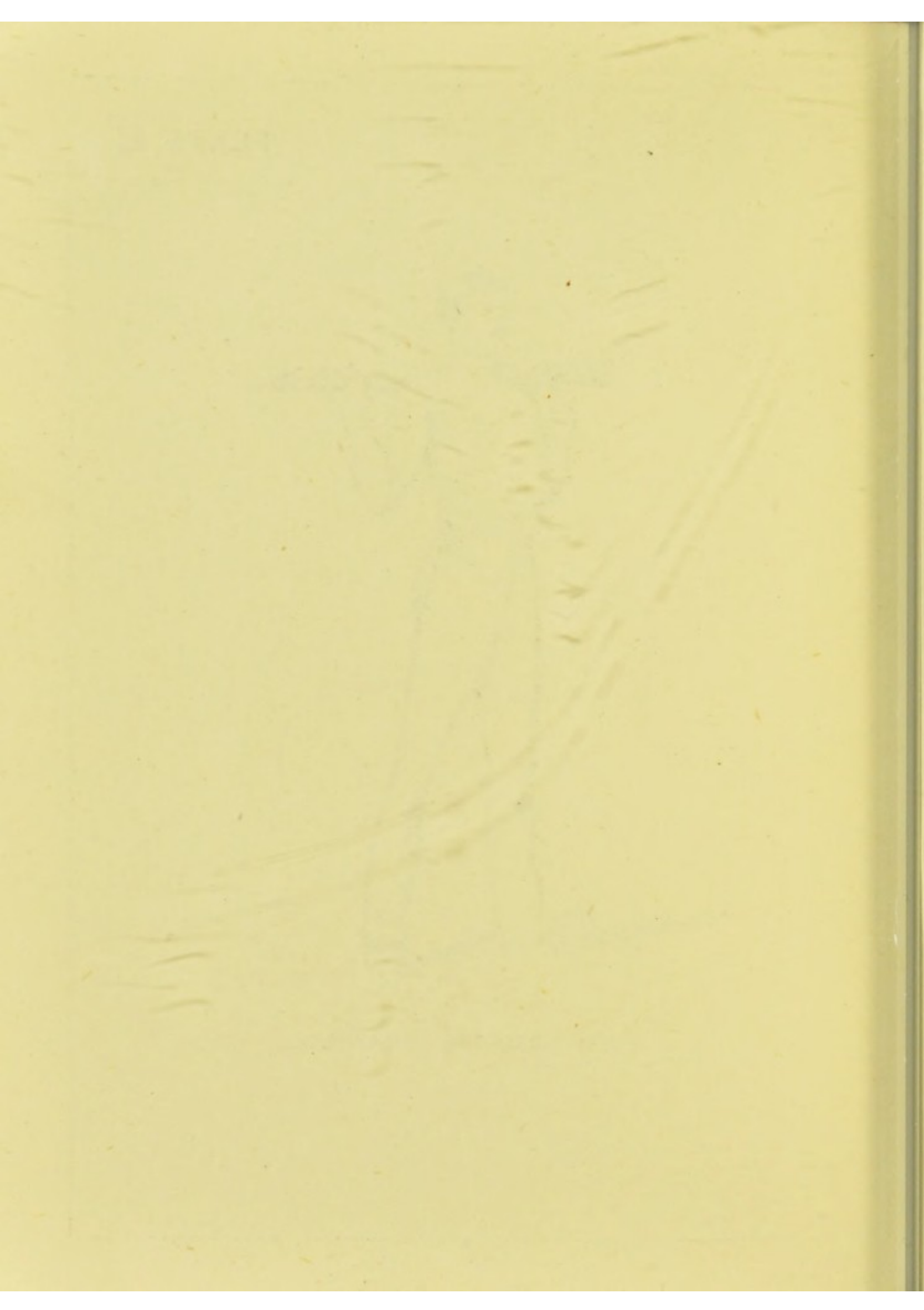
PLATE D.



FIRST PRACTICE (TWO).

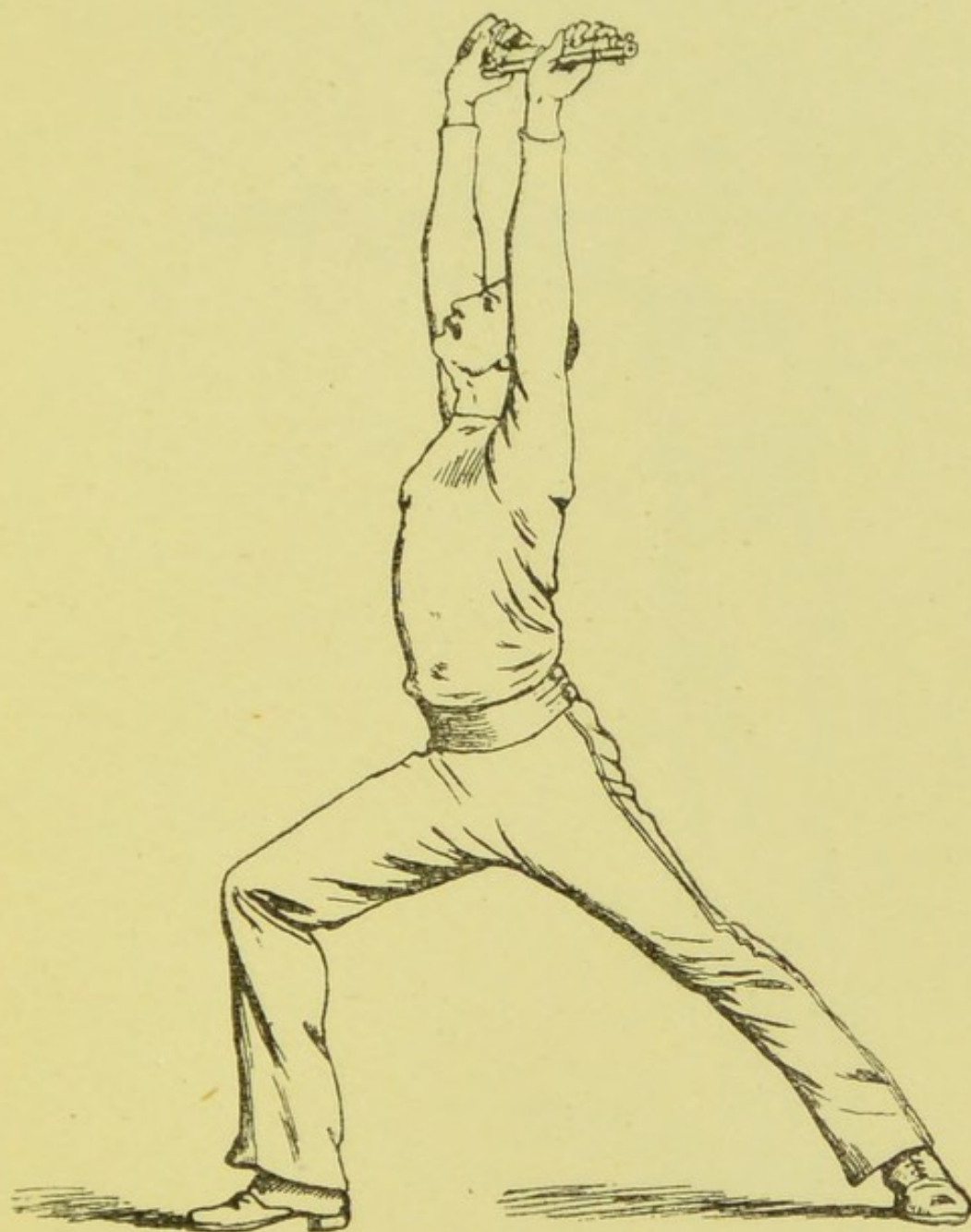


FIRST PRACTICE (THREE).





SECOND PRACTICE (ONE).

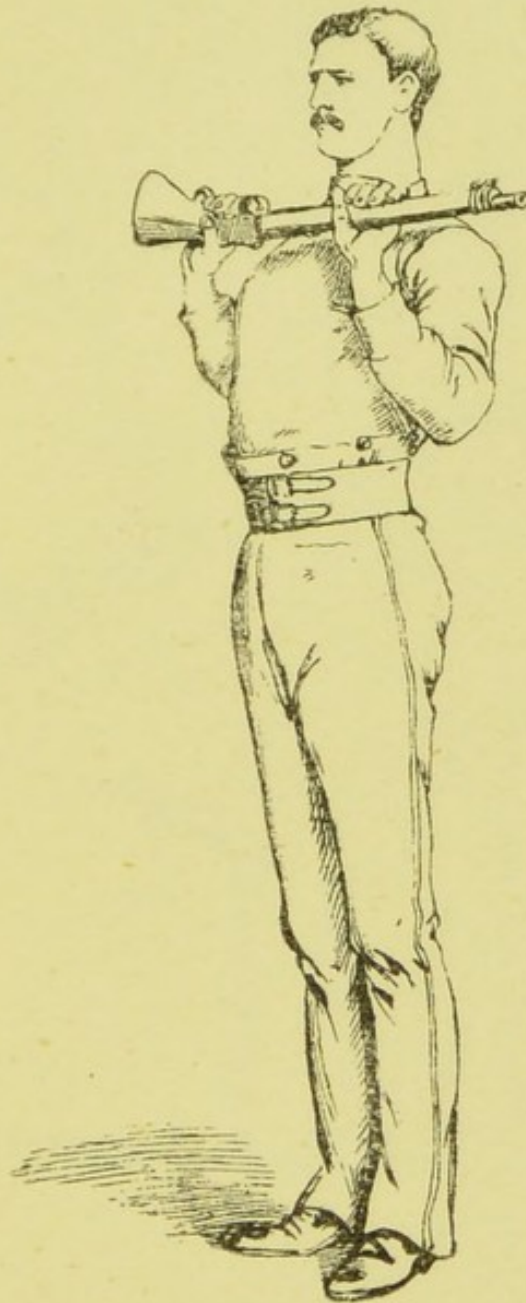


THIRD PRACTICE (RIGHT LUNGE).

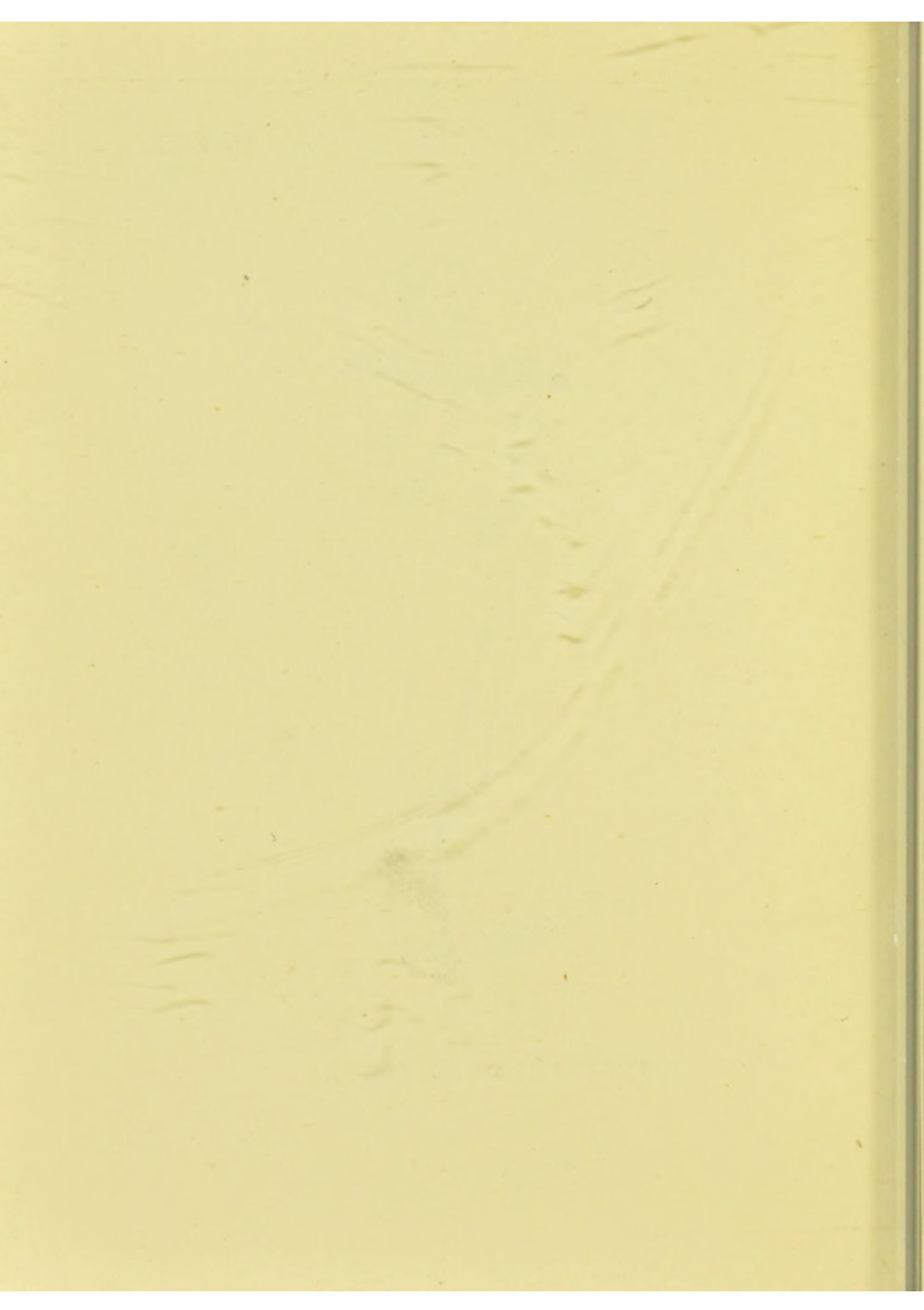


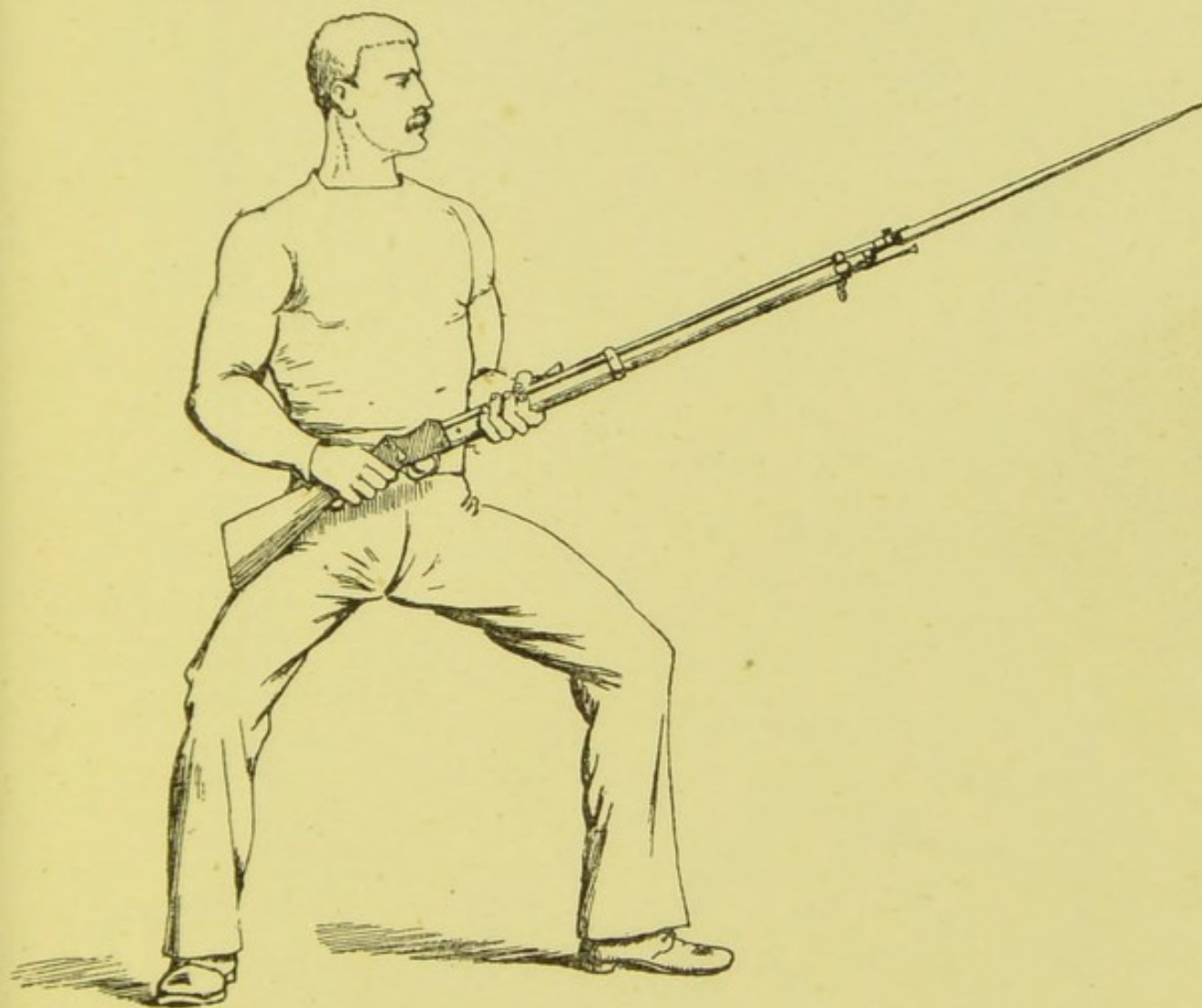
FOURTH PRACTICE (ONE).

PLATE I.

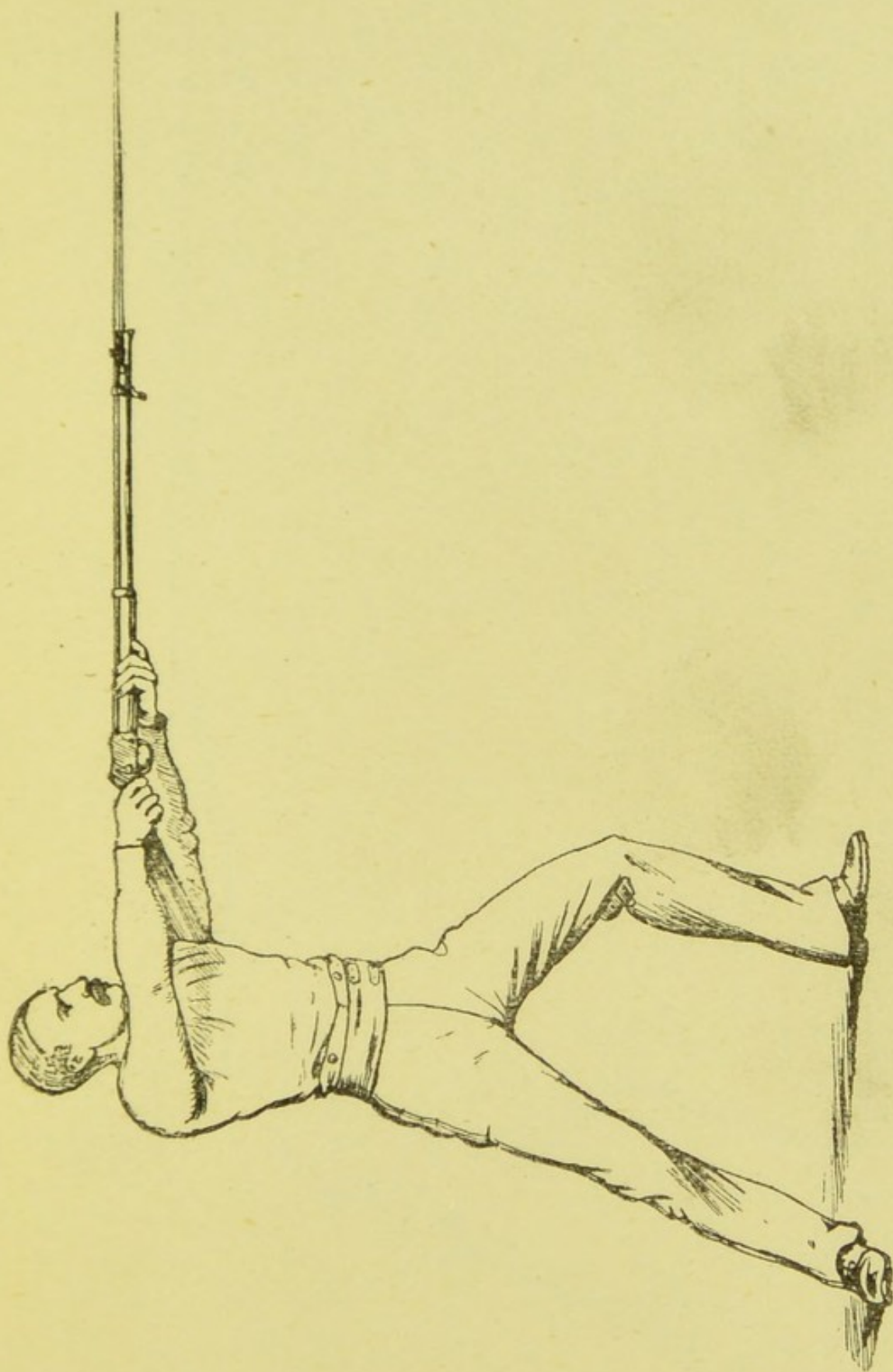


FOURTH PRACTICE (TWO).

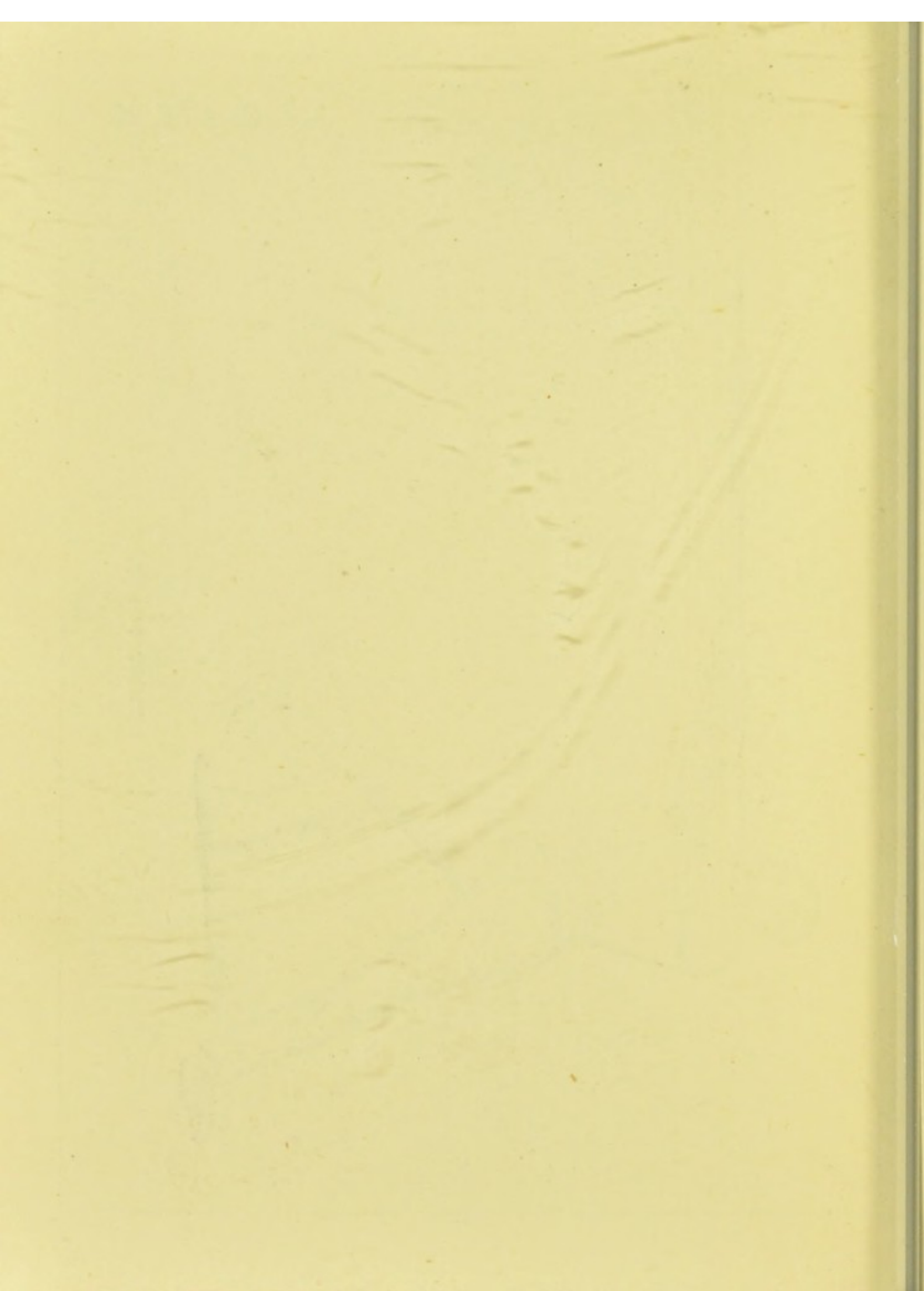


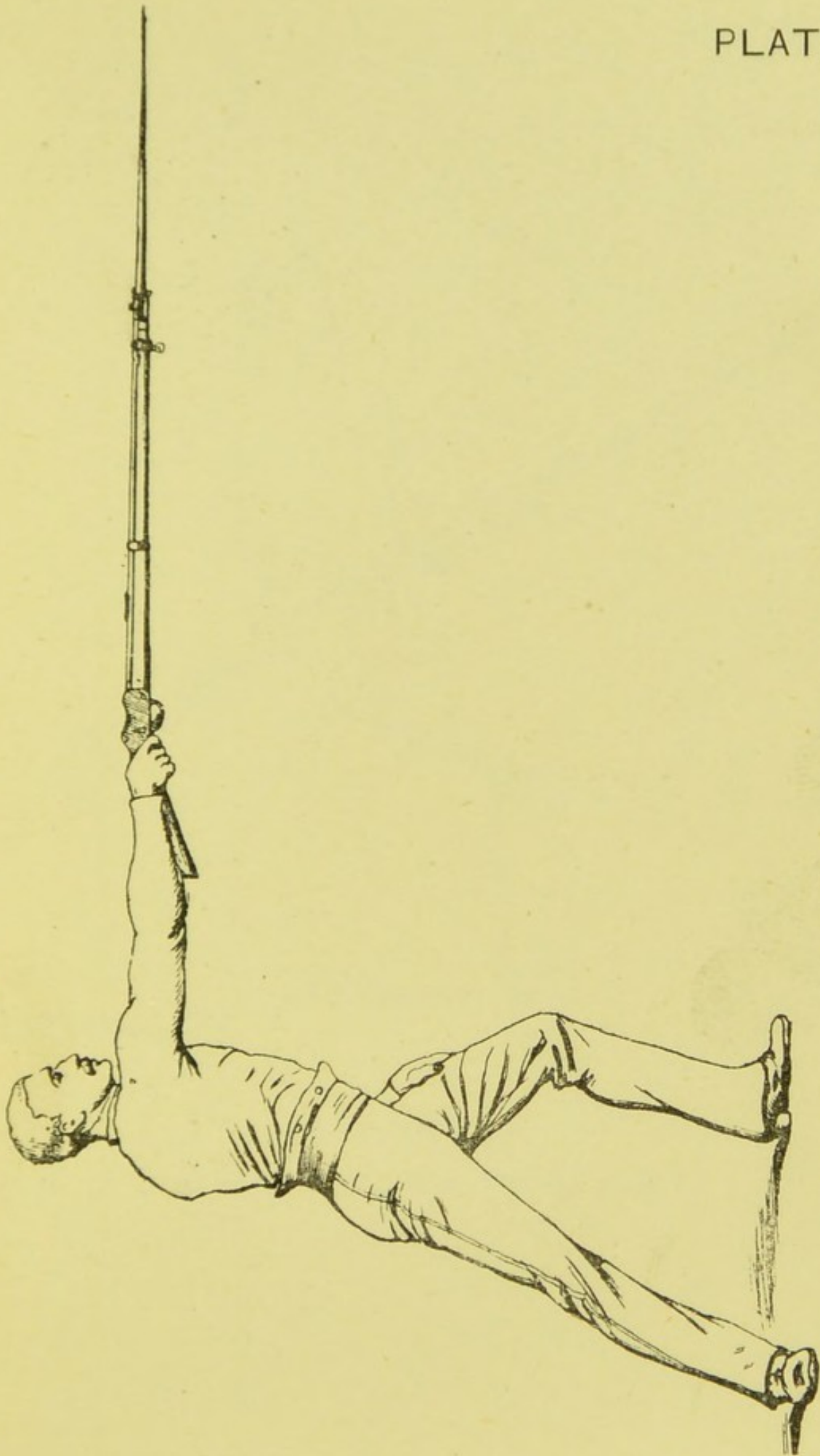


ENGAGE.

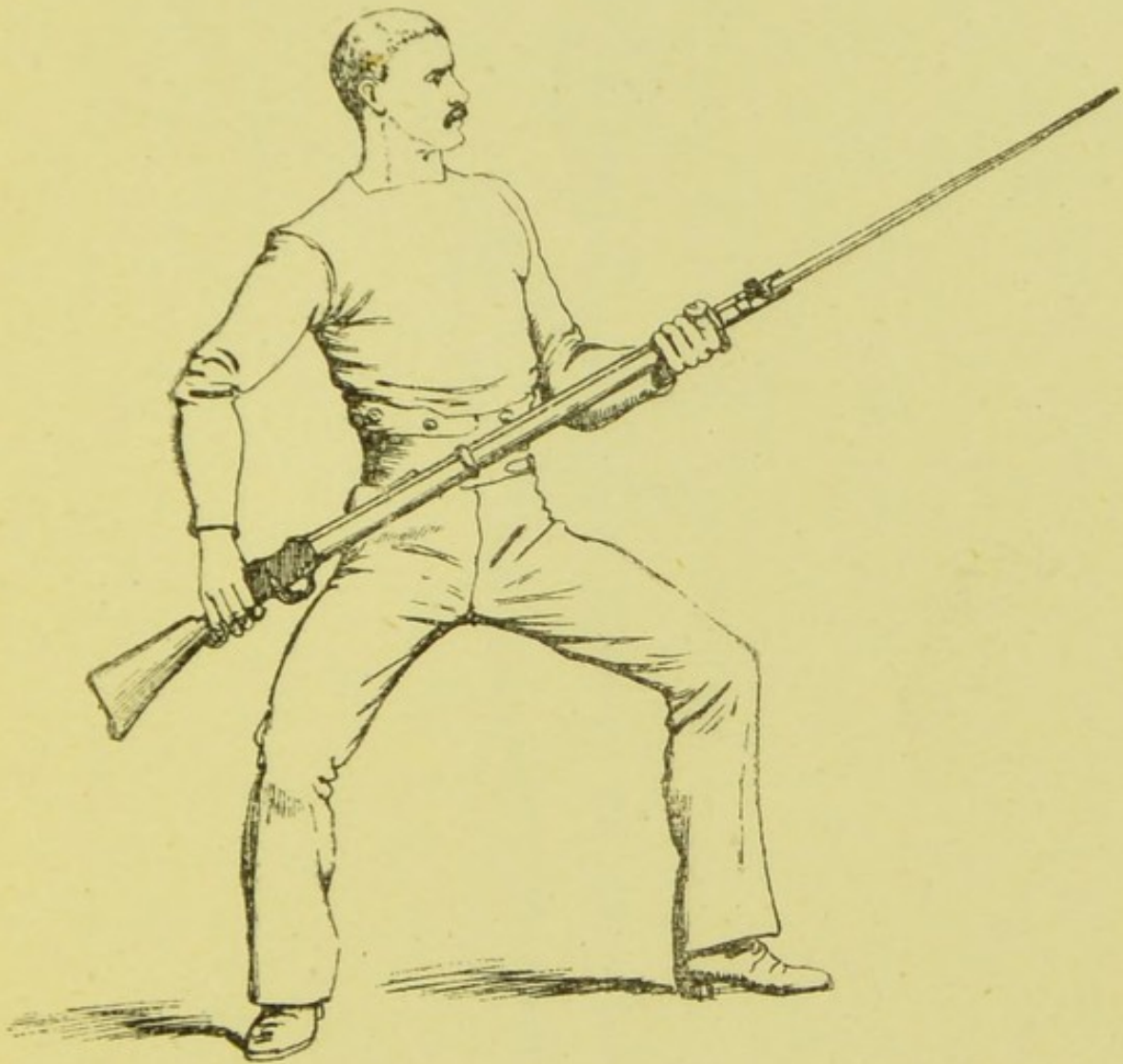


FIRST POINT.





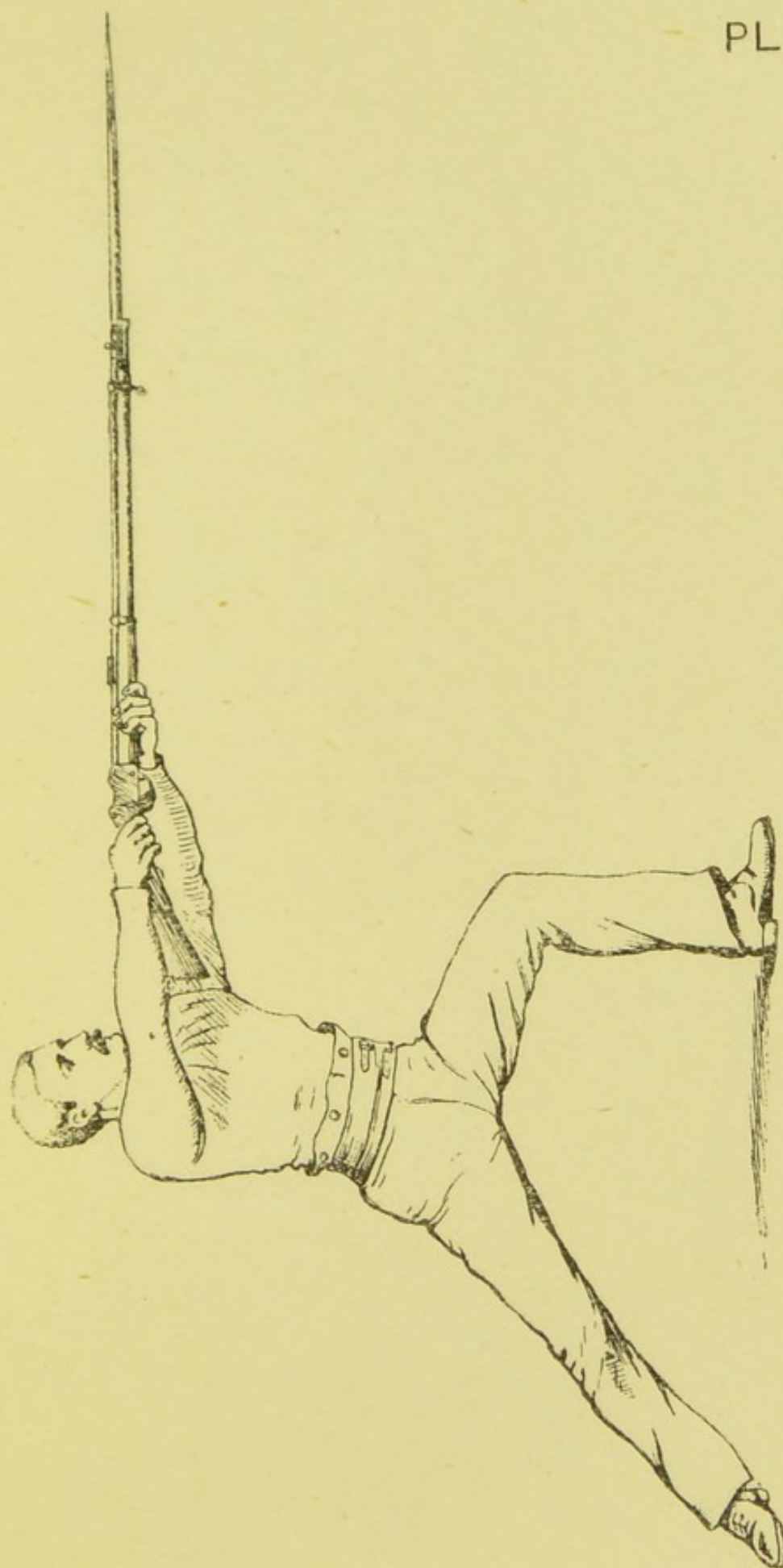
SECOND (OR THROW) POINT.



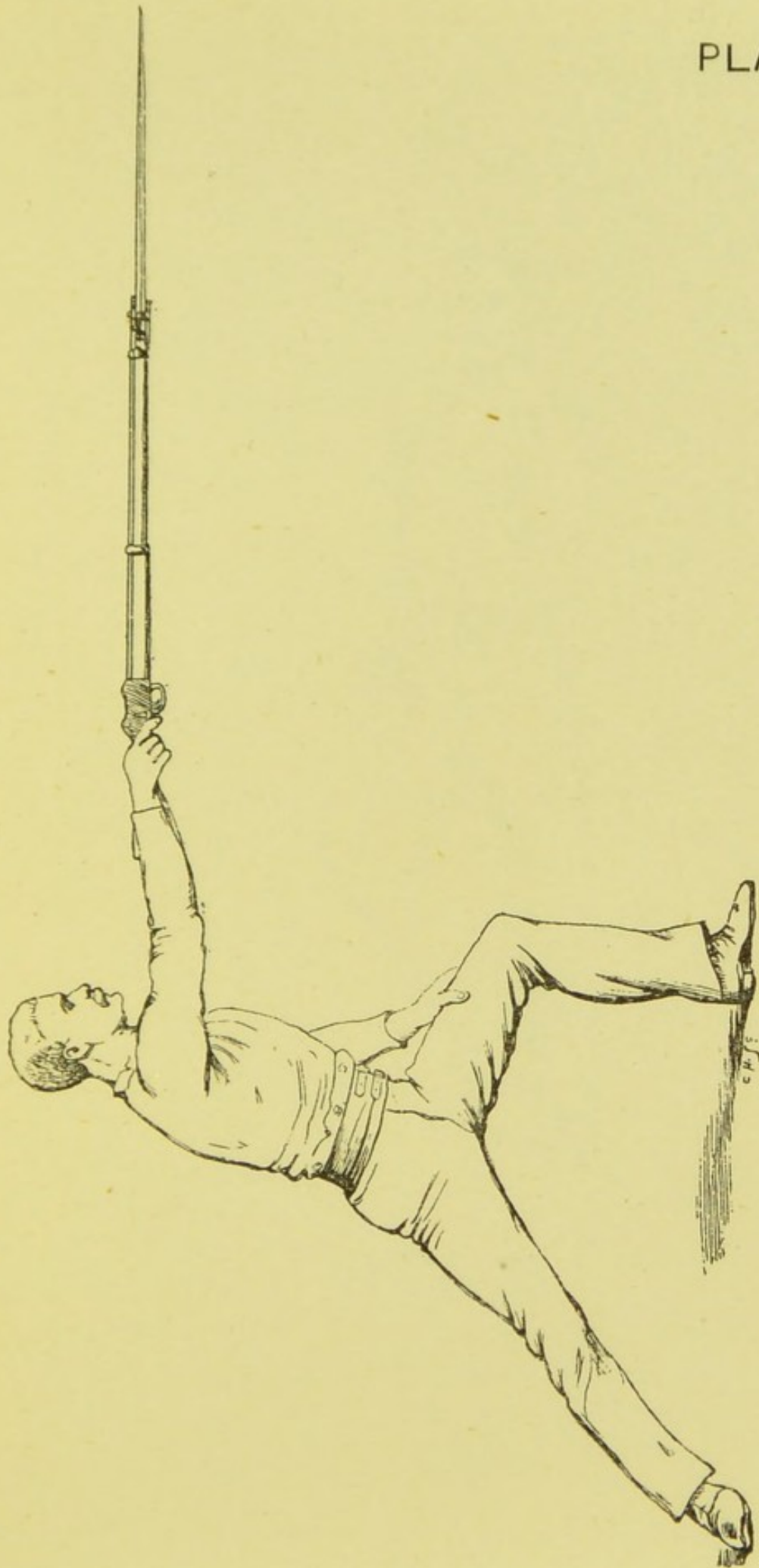
SHORTEN ARMS
(FIRST POSITION FOR THIRD POINT).



CHANGE ARMS.



FIRST POINT (WITH THE LUNGE).



SECOND (OR THROW POINT) WITH THE LUNGE.

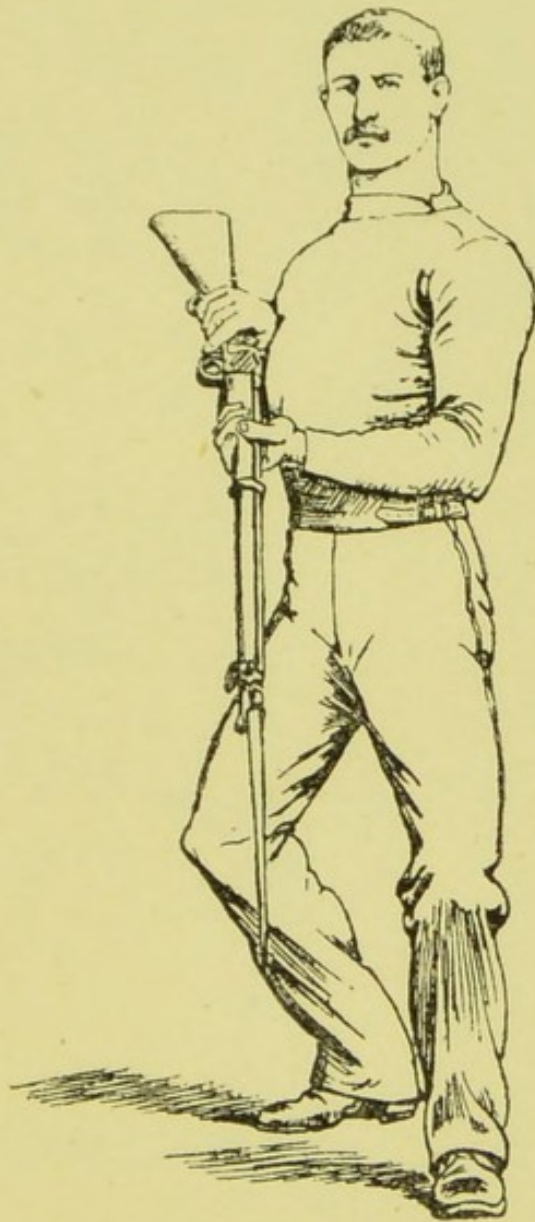
PLATE Q.



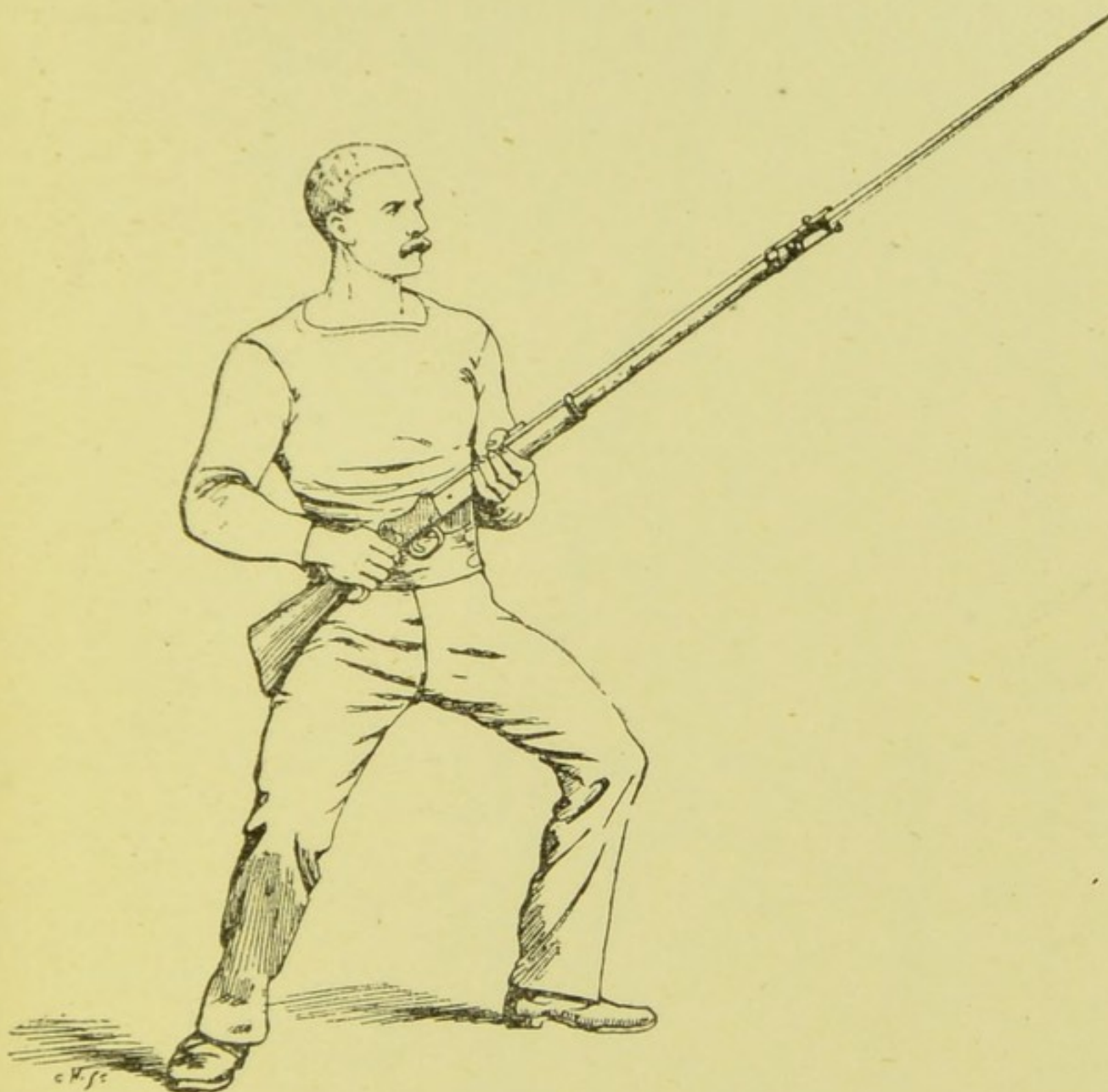
FIRST GUARD.



SECOND GUARD.

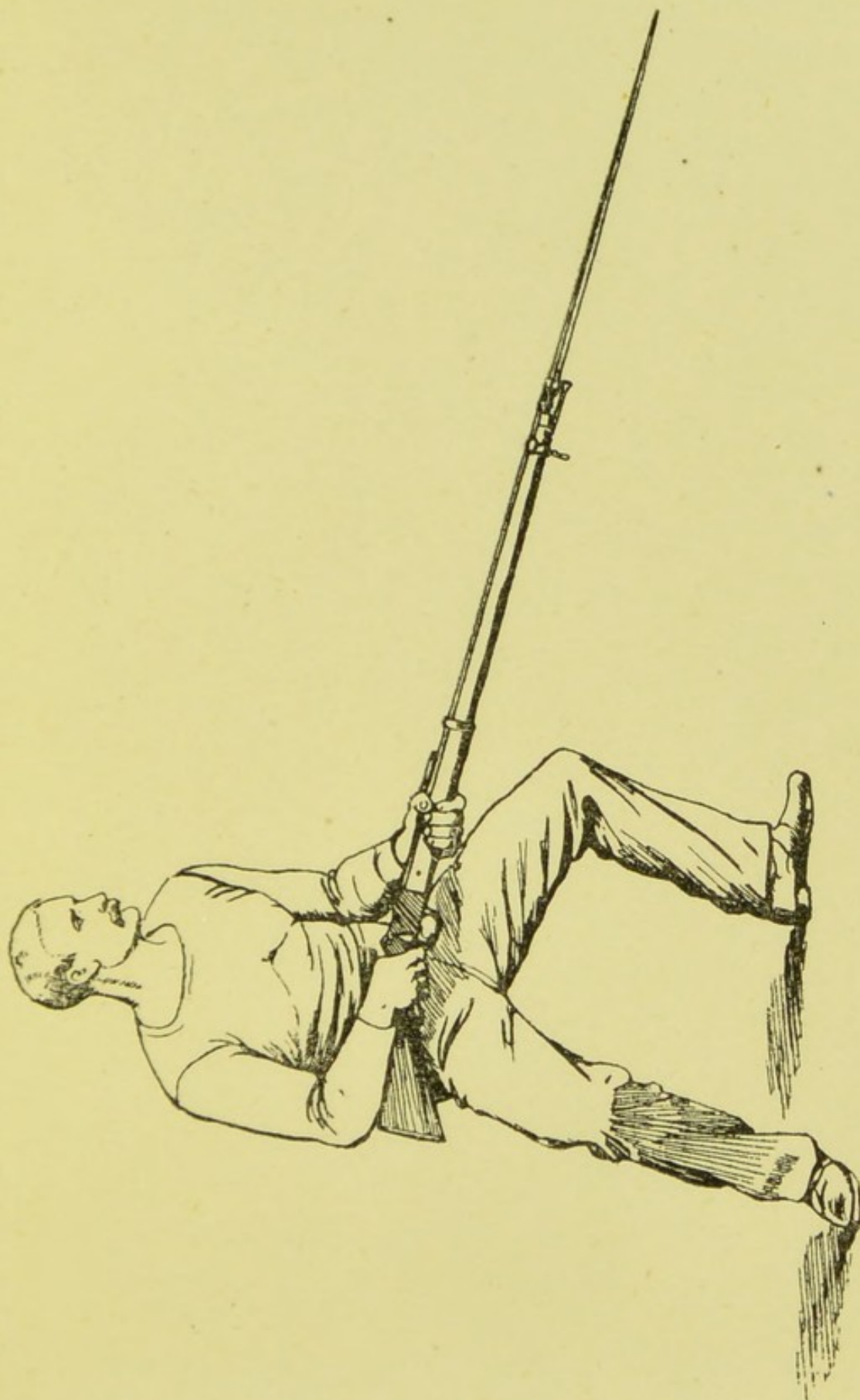


THIRD GUARD.

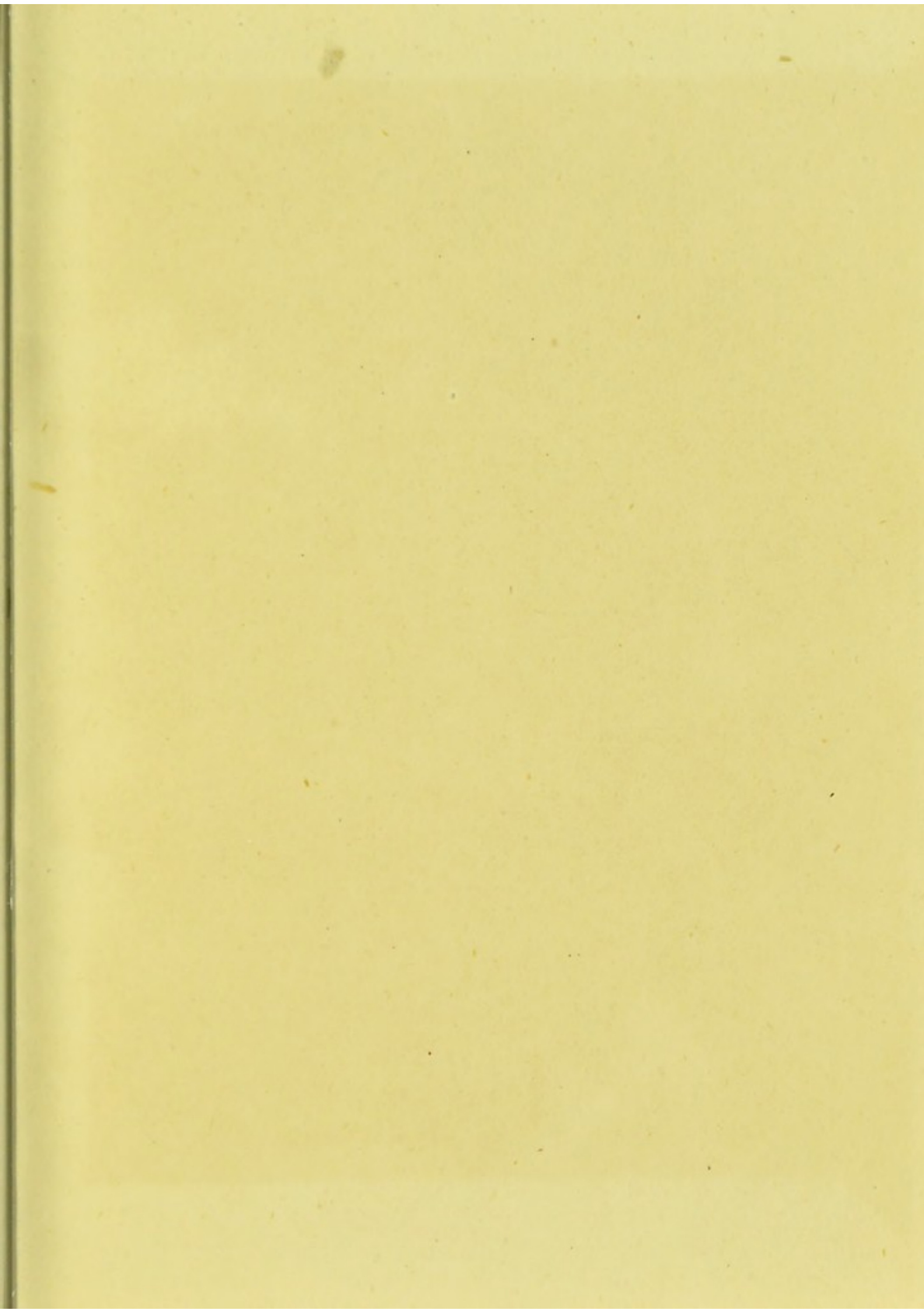


ENGAGE
(WHEN OPPOSED TO A MOUNTED MAN).

PLATE U.



ENGAGE (WHEN OPPOSED TO A SWORDSMAN ON FOOT).



✓

