

**Physical training without arms made easy.**

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*Edmund C. Cuyler*

# PHYSICAL TRAINING

WITHOUT ARMS

MADE EASY

*1907 (1)*  

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*1895*

*FULLY ILLUSTRATED.*

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to enable guides and markers assigned to them, sparing them the trouble of each section, and ever-recurring references which are made to preceding sections, &c., during the explanation of movements in the Infantry Drill. The places assigned to guides and markers are given in well executed plates, with the description of each movement, rendering each intelligible in itself."—*Army & Navy Gazette*.

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# PHYSICAL TRAINING

WITHOUT ARMS

M A D E E A S Y .

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Illustrated with Twenty-six Plates.

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## P R E F A C E .

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ENDEAVOURS have been made in this little book to give examples of how to practice Physical Training on the Barrack Square ; to facilitate this, the Author has added, at the end, 26 Plates, giving the various Principal Positions throughout the Drill.

It will be found advisable for the Kersey to be left open a few buttons from the bottom, and the Glengarry to be put firmly on the head.



## NOTICE.

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The following tunes are used at the principal Military Gymnasia, in practising the Physical Training without Arms :—

- EXER. 1.—No music suitable.
- „ 2.—“ My Nellie's Blue Eyes.”
- „ 3.—“ The Keel Row.”
- „ 4 & 5.—Nothing suitable.
- „ 6.—“ Ninety Five.”
- „ 7.—“ Sailing.”
- „ 8.—2nd Part of “ Ehrin on the Rhine ”  
(The Lighthouse).
- „ 9.—Nothing suitable.

# PHYSICAL TRAINING.

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In order to expand his chest, and develop his muscles, the soldier will be practiced in the following exercises.

The squad having been dressed, as described in S. 5, will be ordered to number from the right. Two lines will then be formed, the odd numbers taking 2 paces to the front, as described in S. 23, Infantry Drill, Part I.

---

## EXERCISE I.

CAUTION.—*Swinging the Arms.*

One. { Throw the arms up perpendic-  
ularly ; palms of the hands turned  
inwards, and not wider than width  
of shoulders. (See Plate I.)

*Two.*

{ 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. (See Plate II )

*Three.*

{ 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, 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. (See Plate III.)

*Two.* { Perform the same motion, but with the left hand raised, right lowered, body bent to the right

CAUTION.—*Second Practice.*

{ (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

*One.*

} 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. (See Plate IV.)

*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, round the back, bend  
quickly down, and touch the toes  
with the tips of the fingers, keep-  
ing the knees straight. (See  
Plate V.)

*Two.*

{ Straighten the body, bringing  
the tips of the fingers to the  
nipples of the breast, elbows close  
to the sides. (See Plate VI.)

*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. (See Plate VII.)

*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.) Turn the body from the hips, 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. (See Plate VIII.)

*Two.* { Perform the same motion to the left, rising on the toe of the right foot.

*Three.* { 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. (See Plate IX.)

*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. (See Plate X.)

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.* { Open the hands, palms to the front, throw the arms up perpendicularly above the shoulders, the whole of the upper part of the body stretched upwards. (See Plate XI.)

*One.* As before.

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

Care must be taken in these movements that 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. (See Plate XII.)

*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. (See Plate XIII.)\*

*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. (See Plate XIV.)

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

*Lunge.* As before.

---

\* When teaching recruits the "Engage," it is suggested that it be done by numbers as follows:—

1.—Draw back the right foot 18 inches, keeping both legs straight, the heels in line with each other.

2.—Quickly bend both knees until they jut over the toes, forcing them well apart, the body equally balanced on both feet, hips pressed to the front.

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

- About.* { In one quick movement raise the toes and reverse the position of the legs, by turning about on the heels, left leg straight, right knee bent, then lower the toes to the ground.
- Engage.* { As before, but substituting left for right.
- Lunge.* As before.
- About.* { As before, but substituting left for right.
- Engage.* As before.
- Ready.* Return to the "Ready" position.

The "About" should also be practised in the "Engage" 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. (See Plate XV.)
- 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. (See Plate XVI.)
- 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.

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## 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 back-

wards ; 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. (See Plate XVII.)

*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. (See Plate XVIII.)

*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.  
(See Plate XIX.)

*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. (See Plate XX.)

*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. (See  
Plate XXI.)

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. (See Plate XXII.)



*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.*

{ Bring the right hand back to the shoulder, raise the toes, and by a quick movement, turn to the left on the heels, reversing 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.

*Two.*

{ Draw both fists back to the breast as in the third practice. Care must be taken to exert as much force in drawing 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.*

*Lunge.* { 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. (See  
Plate XXIII.)

*Two.* { 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. (See Plate  
XX.)

*Lunge.* { 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.” (See Plates I. and II.)

*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. (See Plate XXIV.)

*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. (See Plate XXV.)

*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 "Three,"  
"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. (See Plate XXVI.)

*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 practiced 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 practiced to music, the following will be observed:—

Ex. II. to an air in common time.

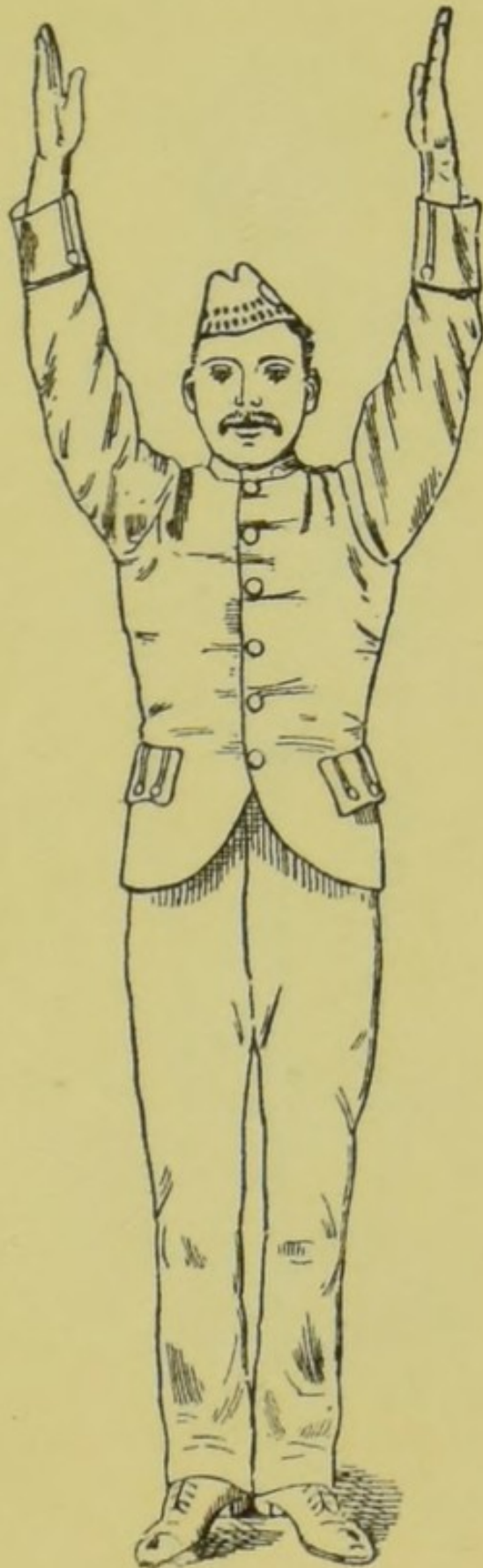
Ex. VI. to an air in common time, the beats of the bars marking the lunging and recovering.

Ex. VII. to an air in six-eight time.

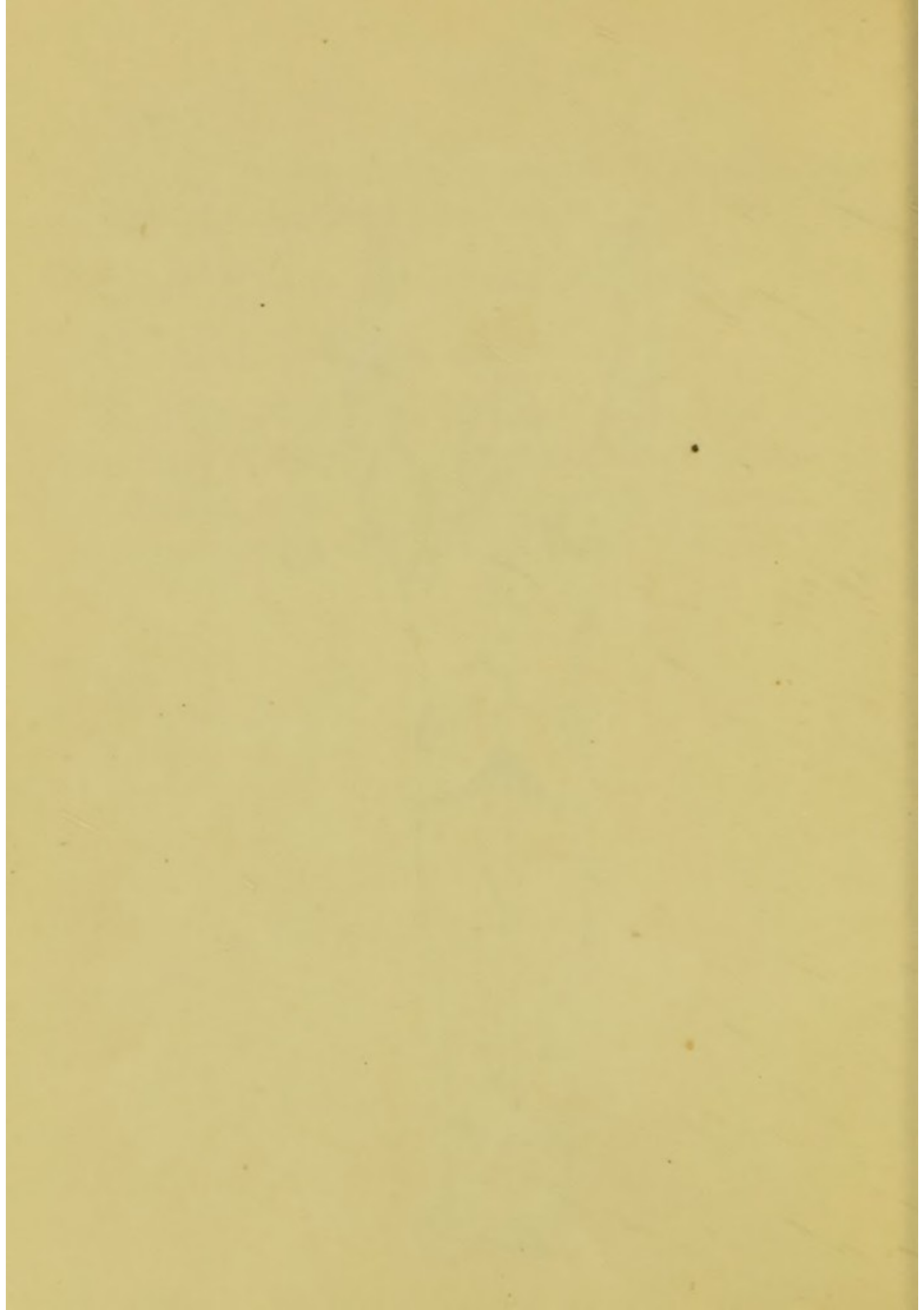
Ex. VIII. to a slow march.

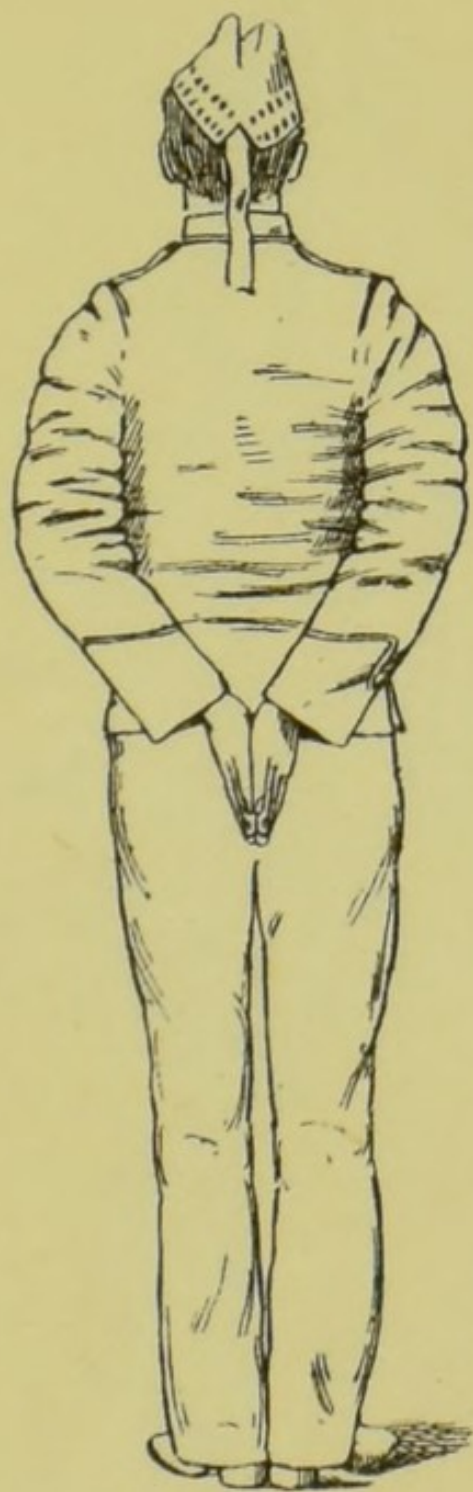
For Ex. VI. and for the third and fourth practices of Ex. VII., an air with a chorus should be chosen, and the men may sing the chorus. They may sing during the whole of Ex. VIII.

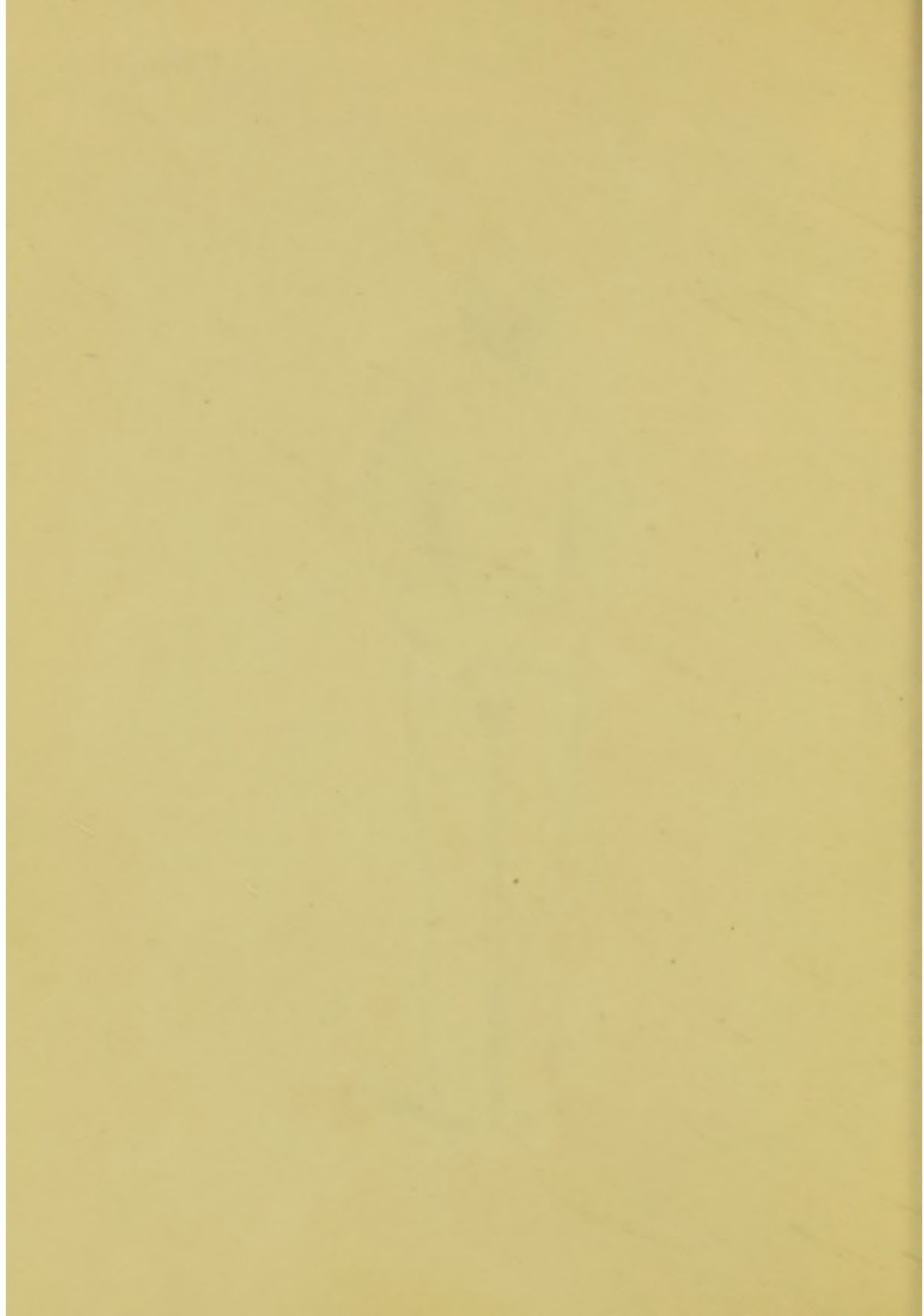
Plate I



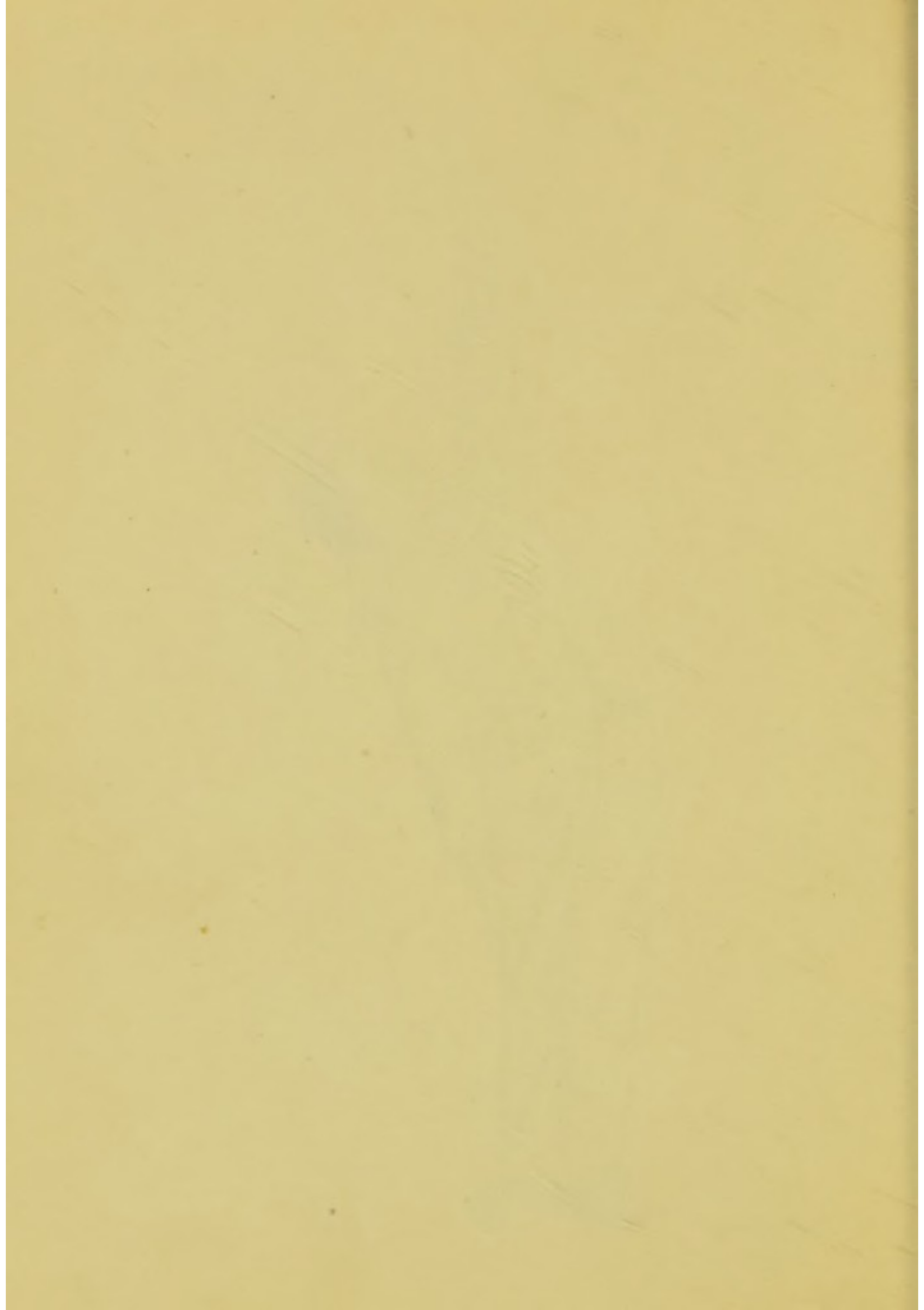


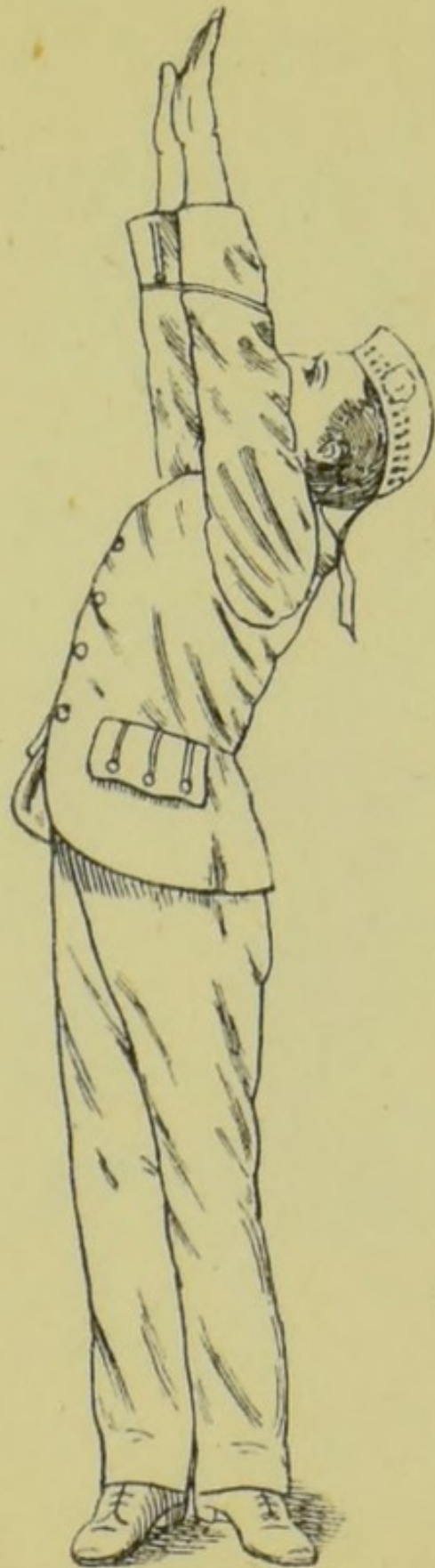


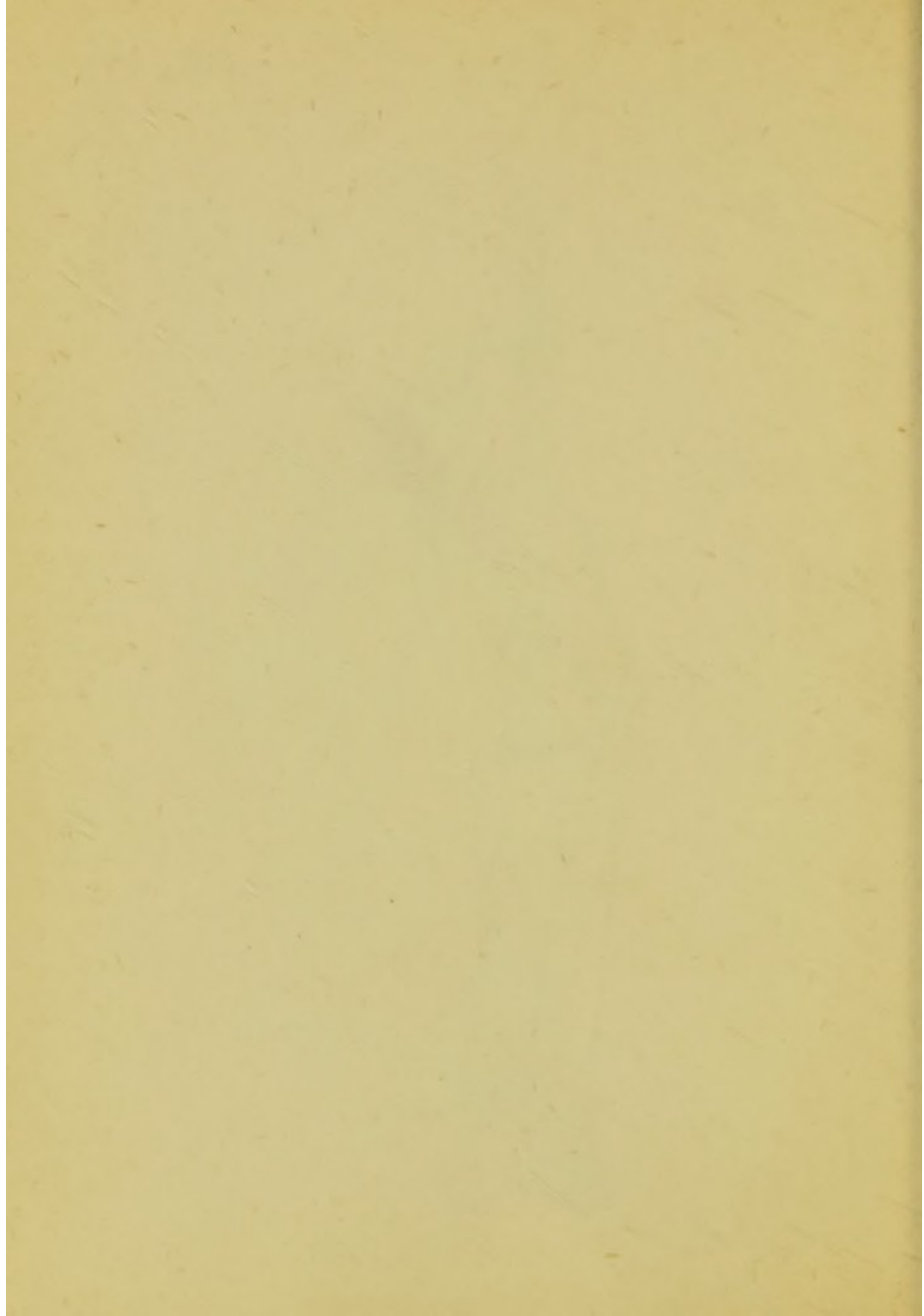


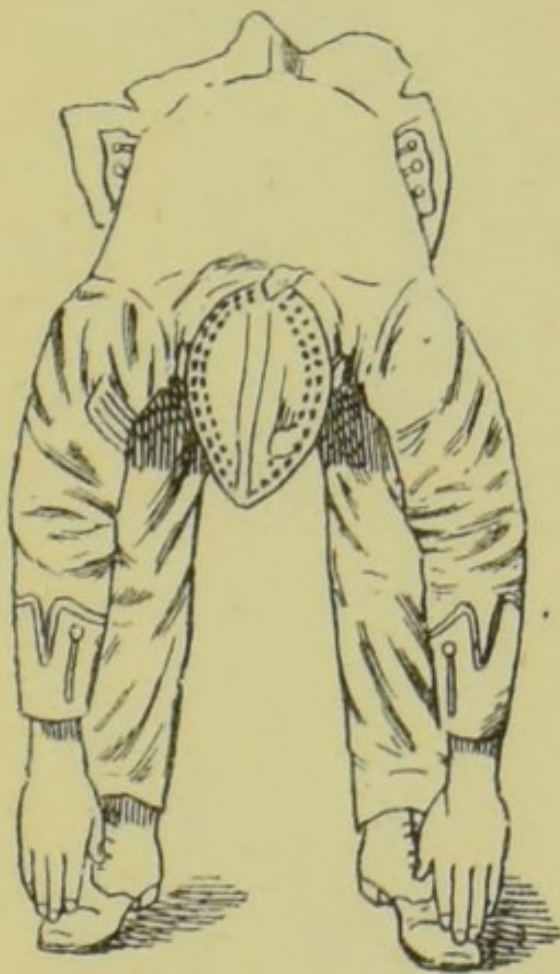














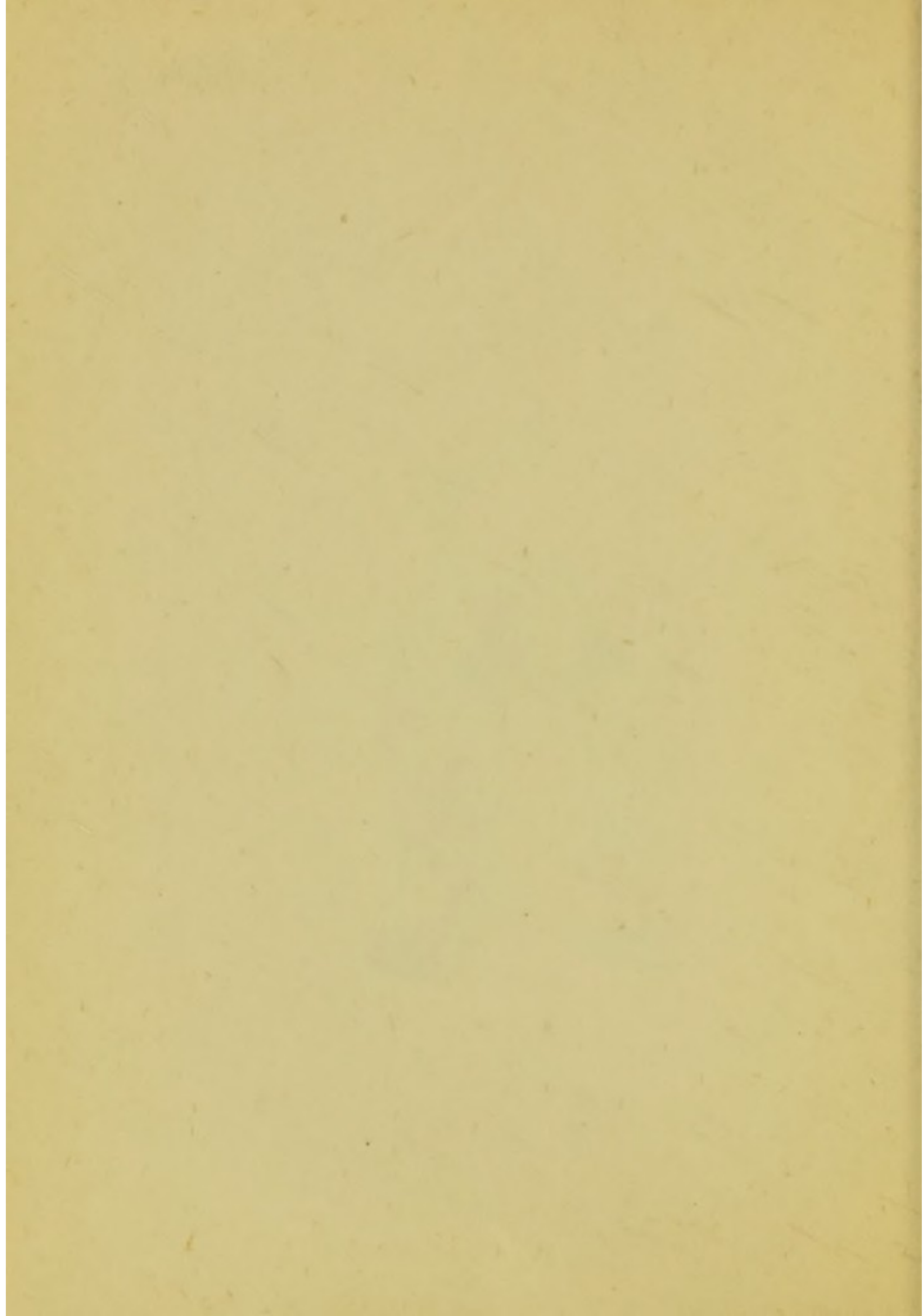
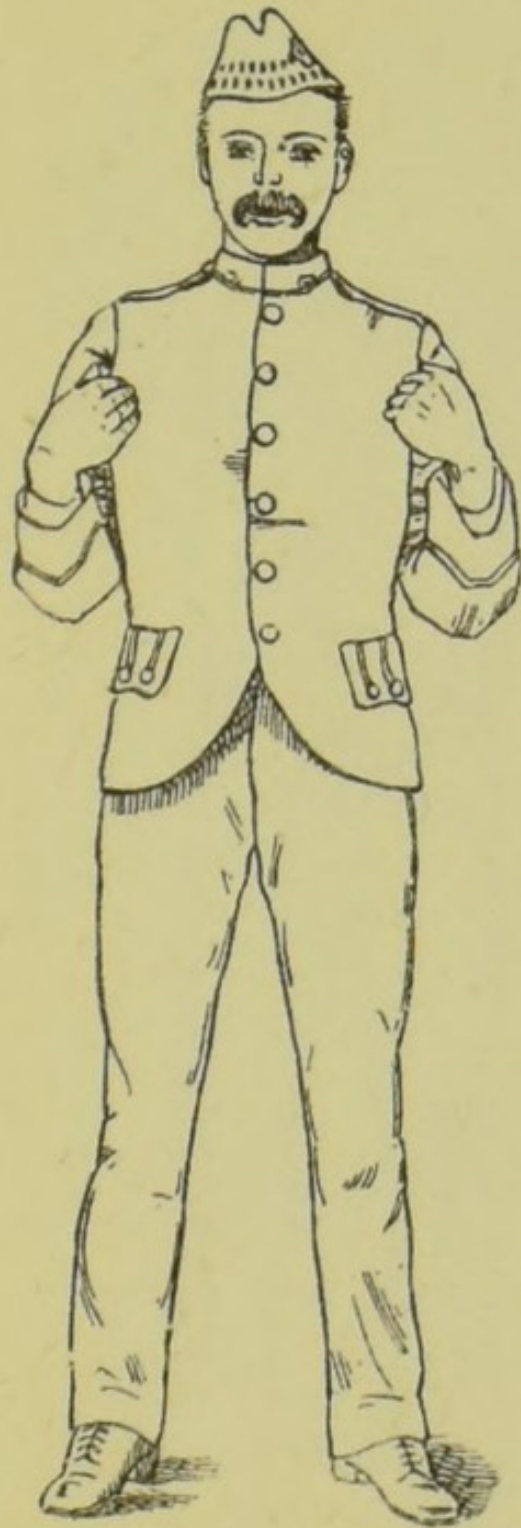


Plate VI.



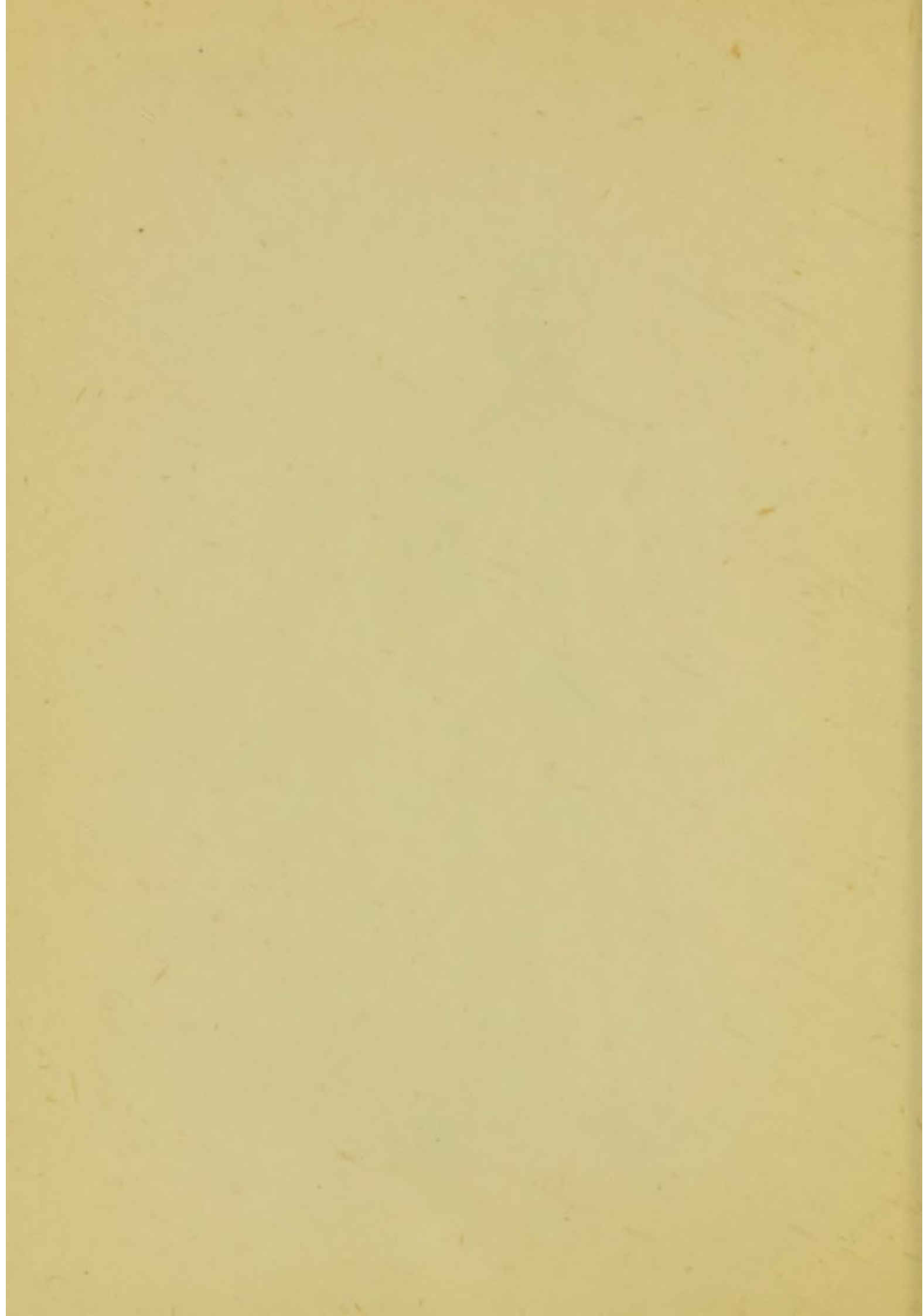
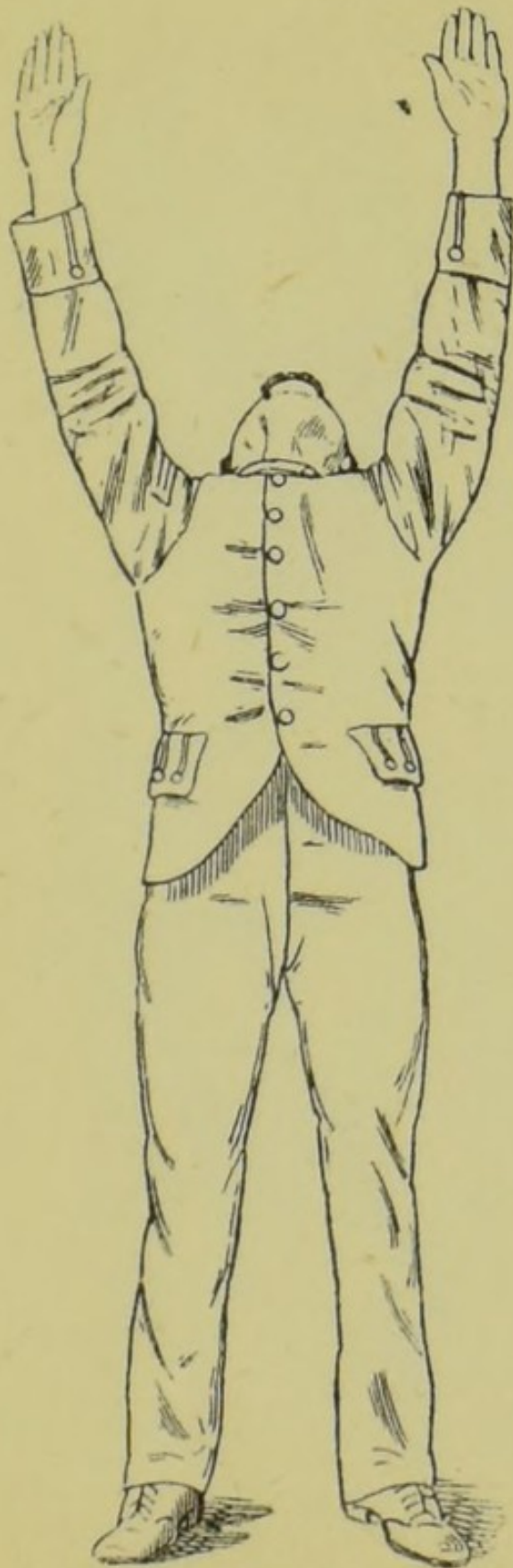


Plate VII.



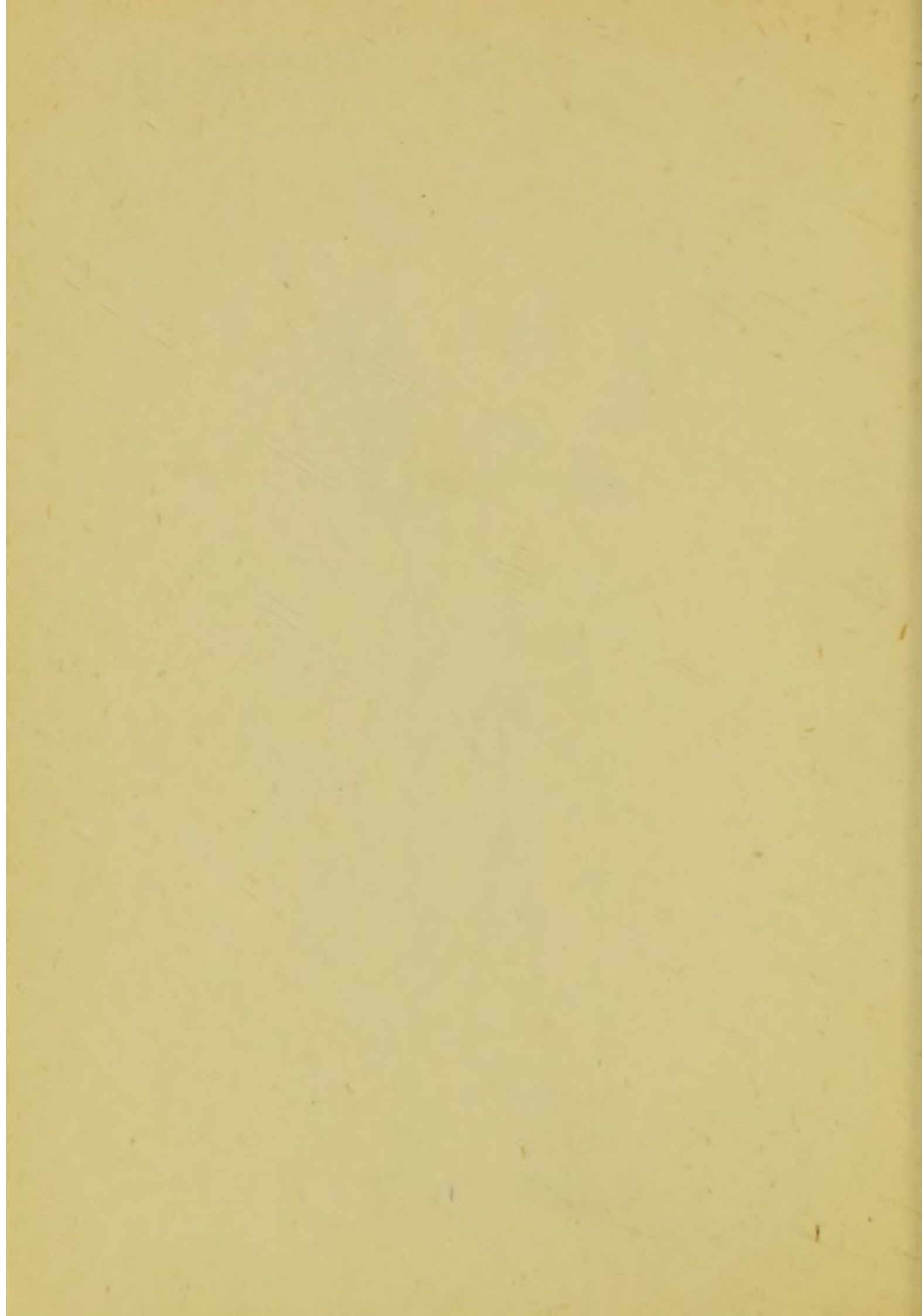
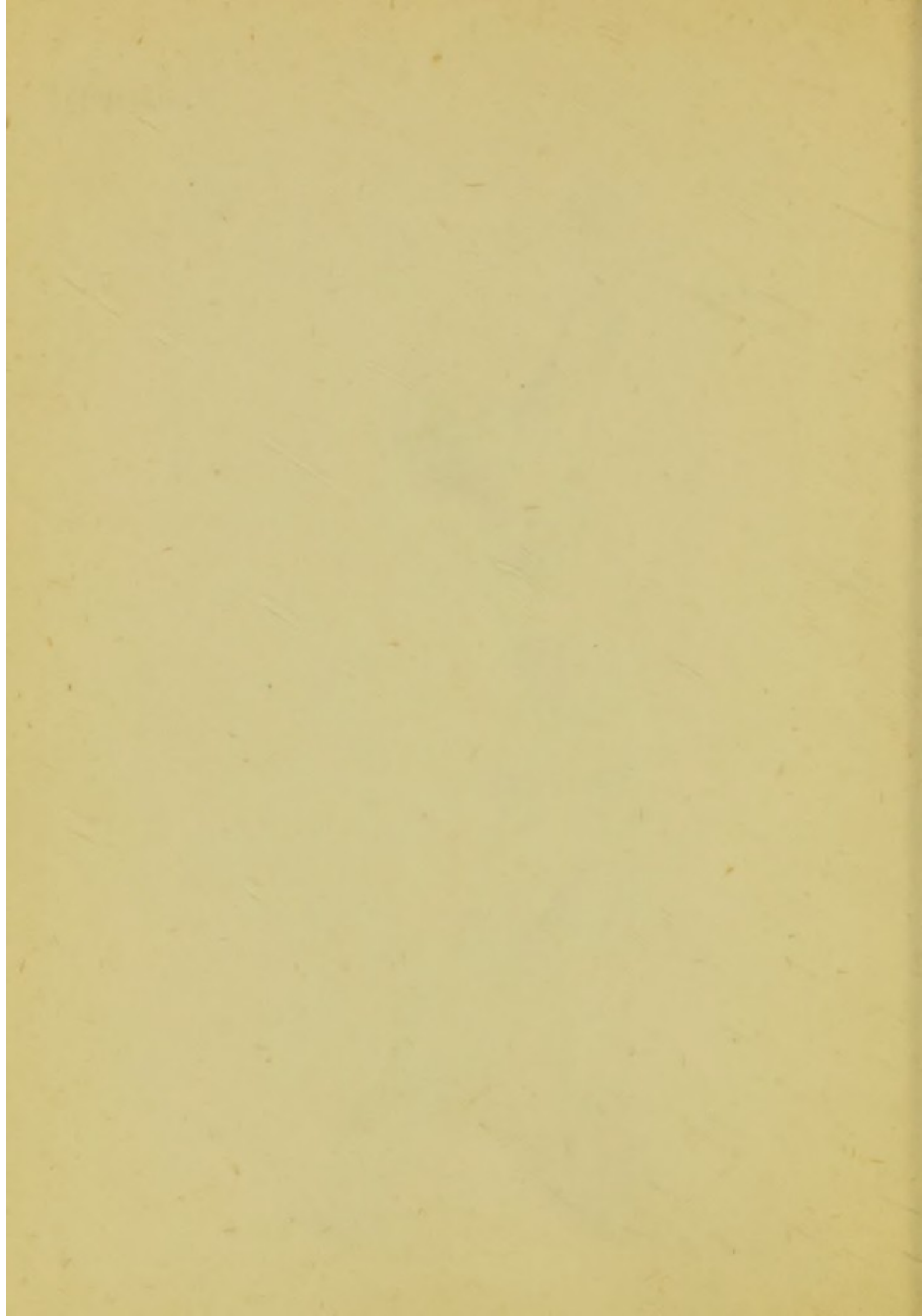
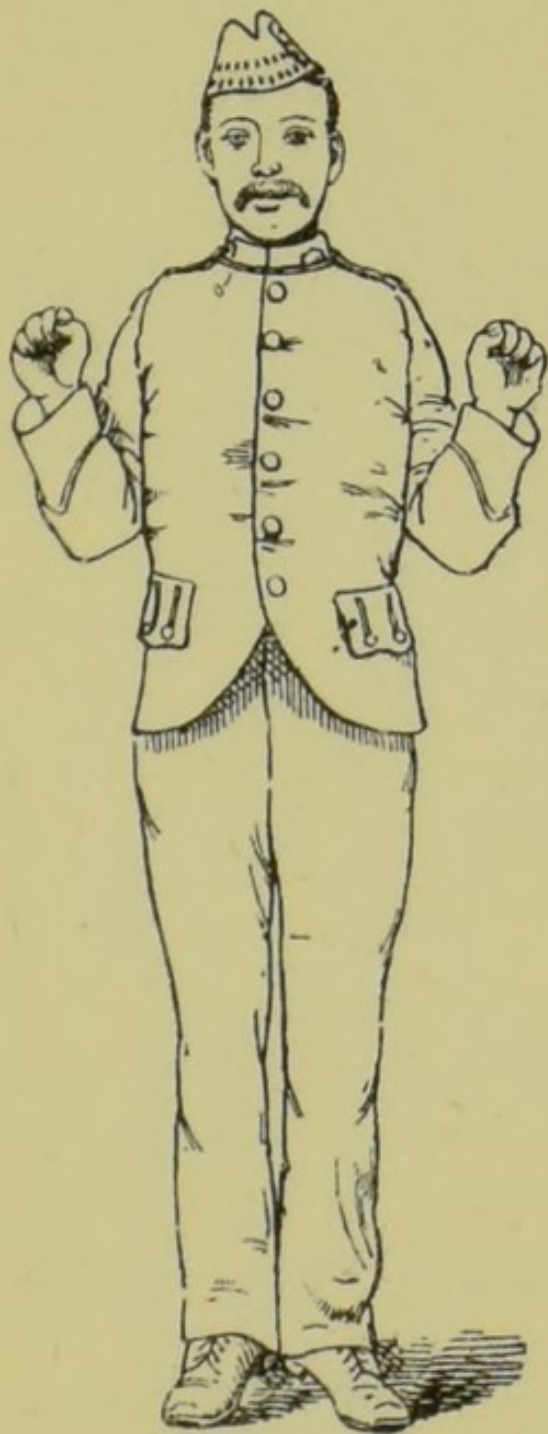


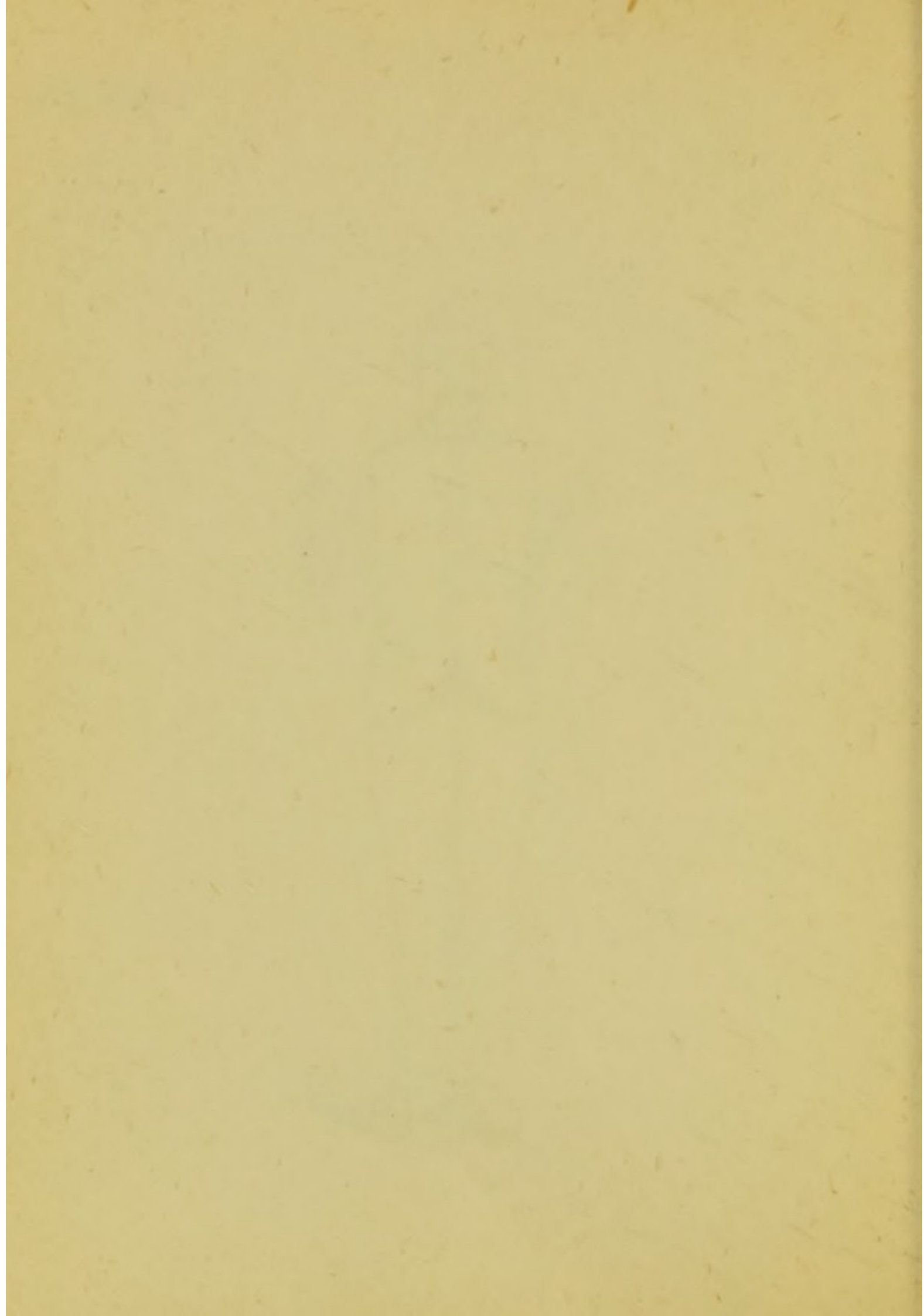
Plate VIII.

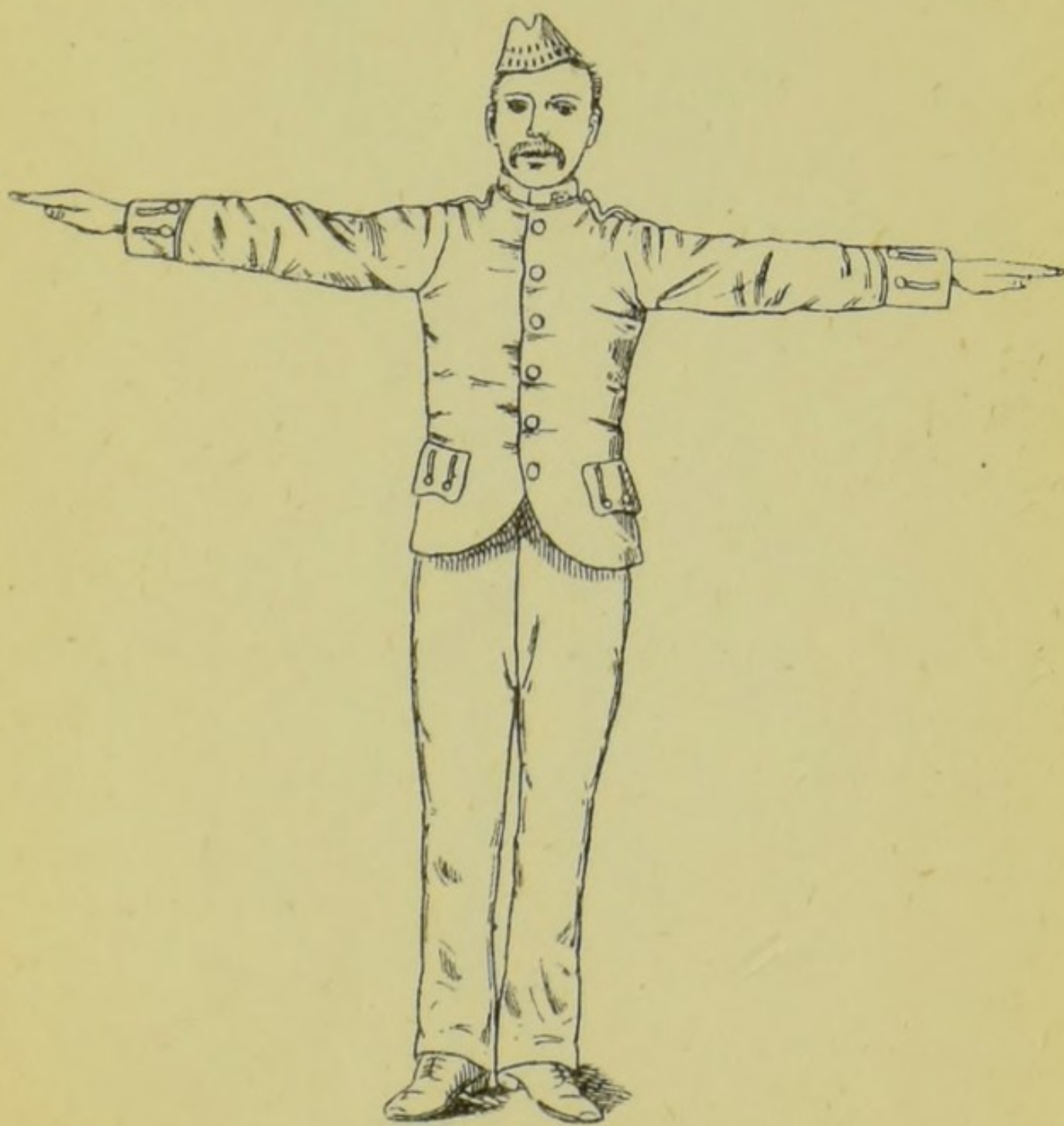


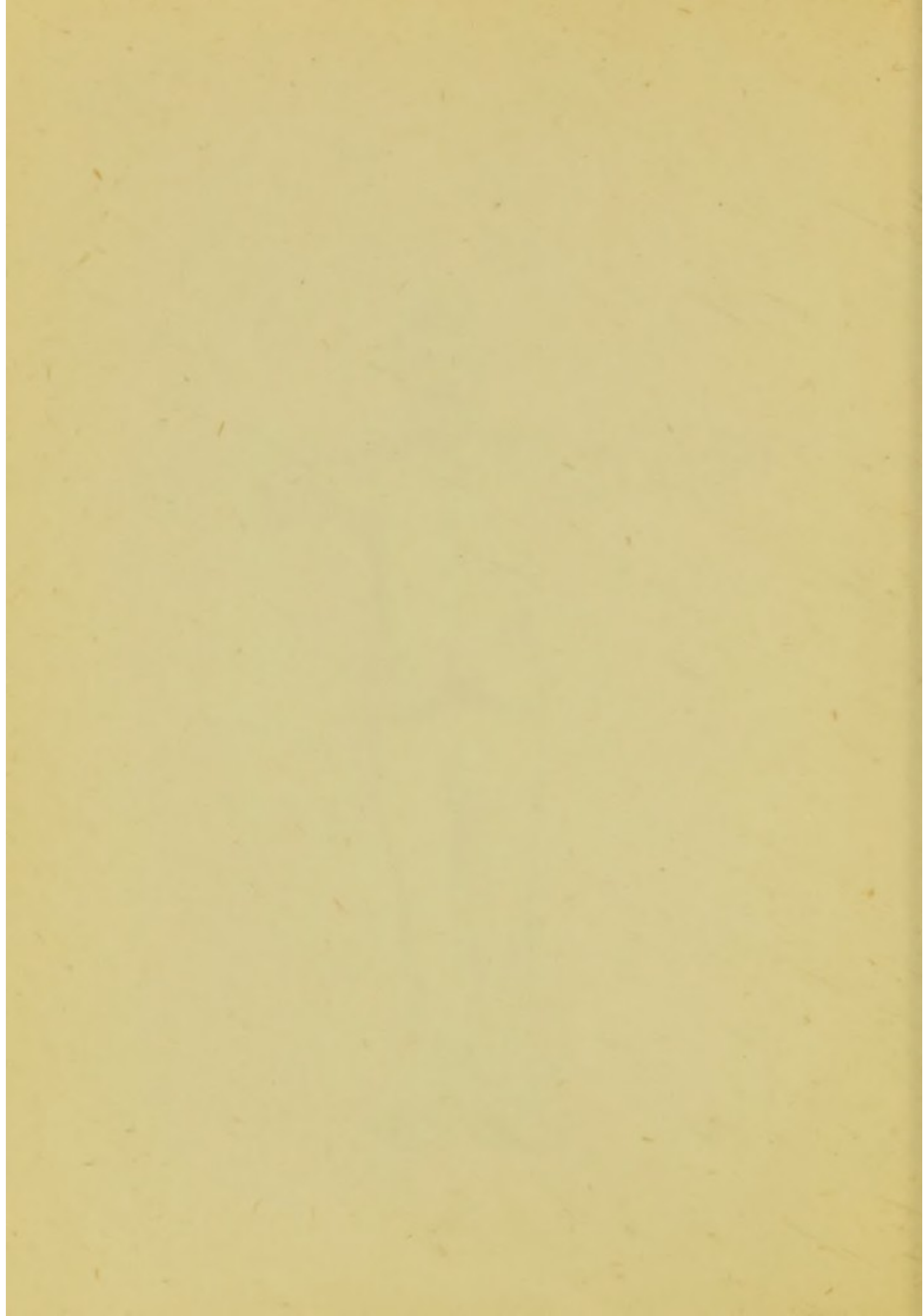


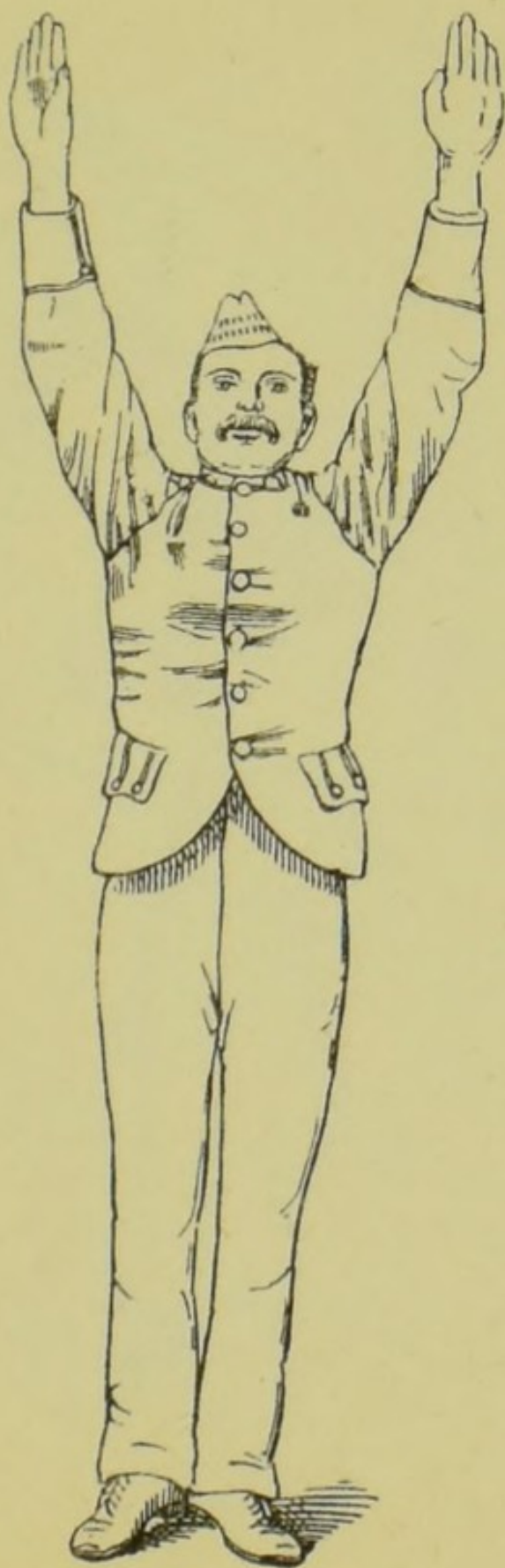


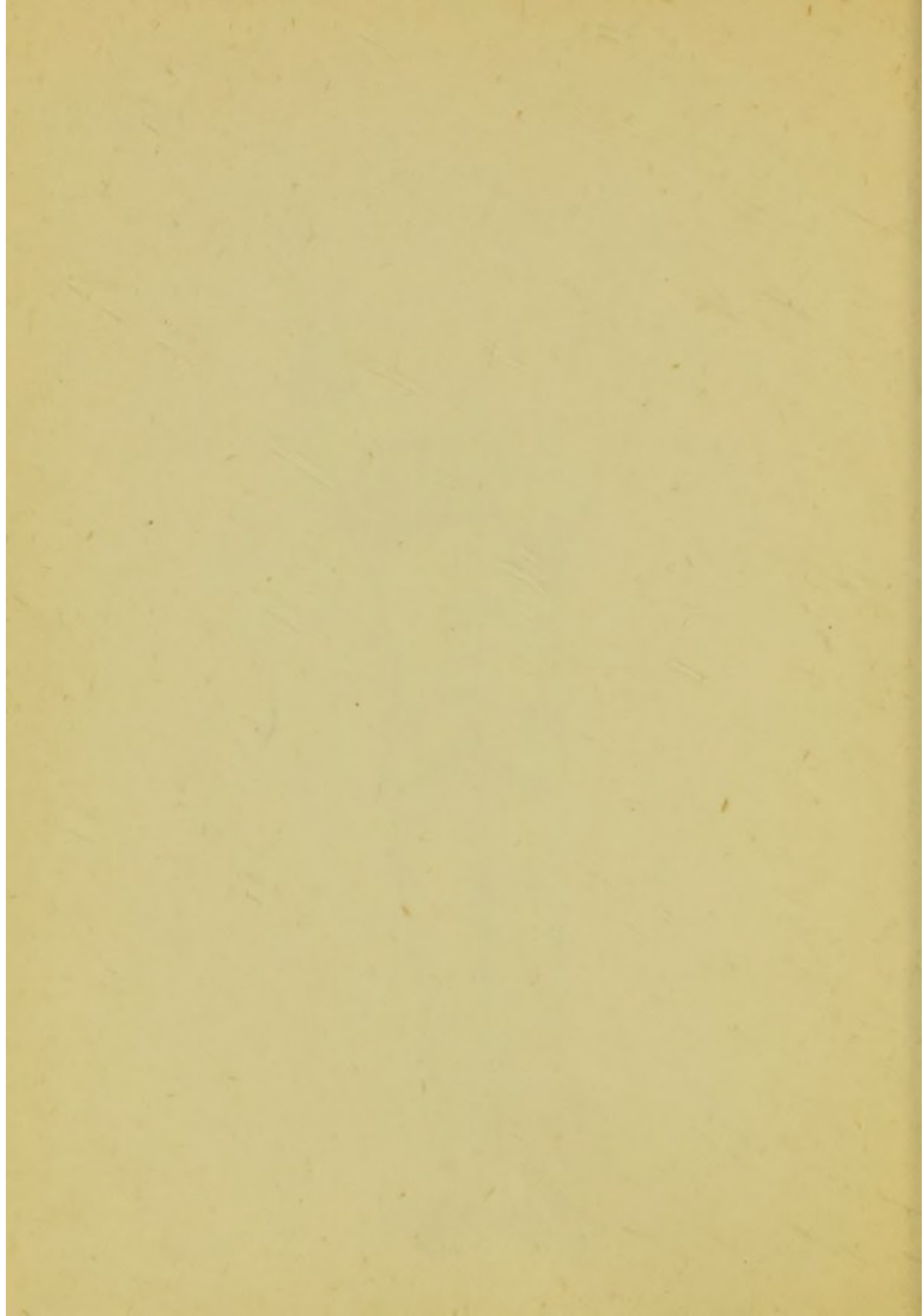


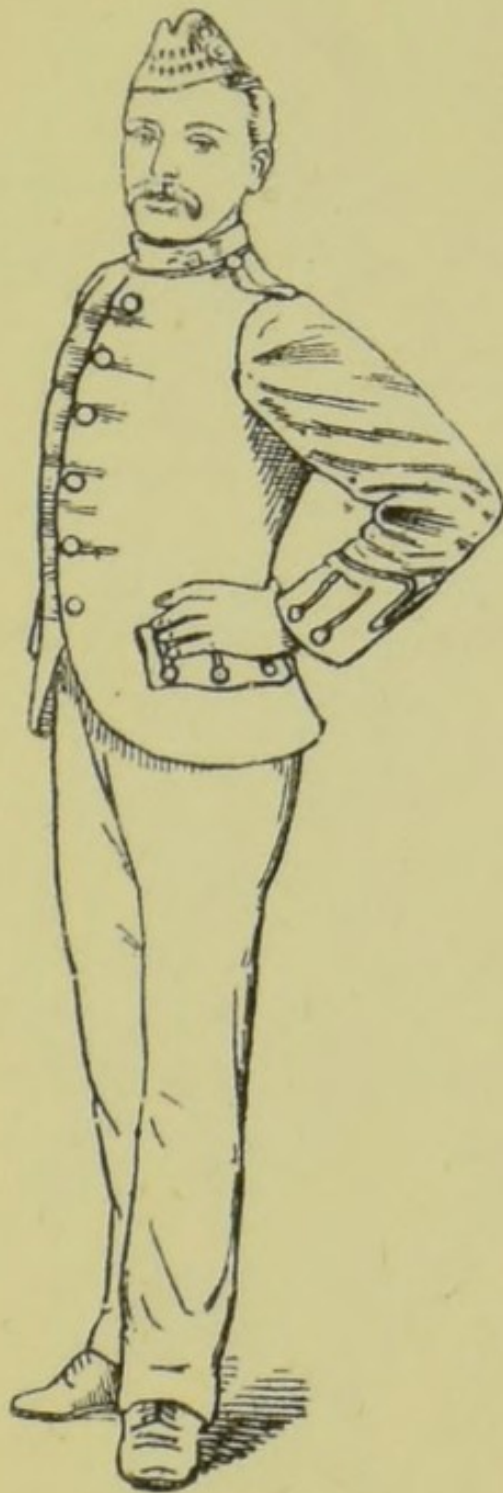


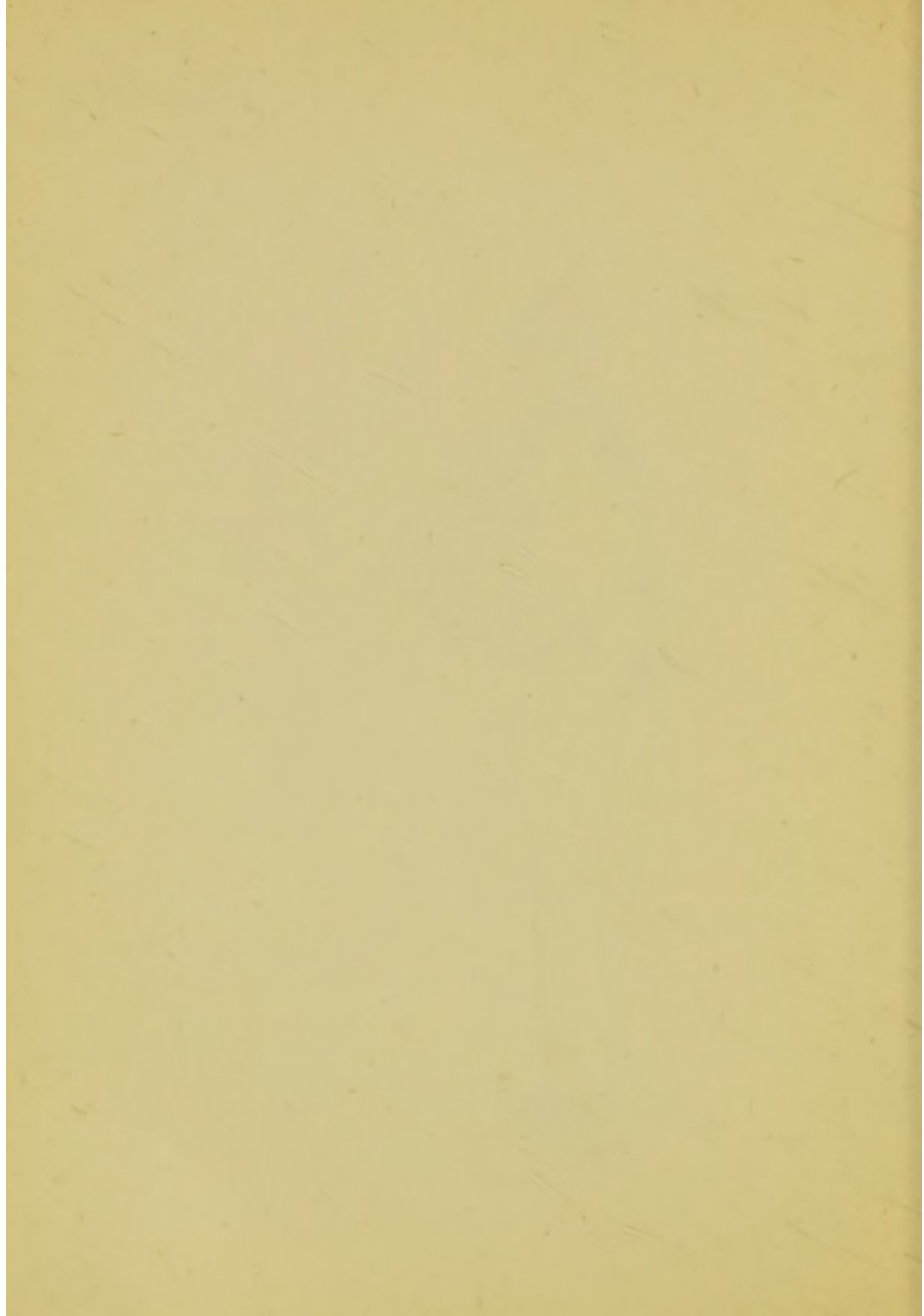


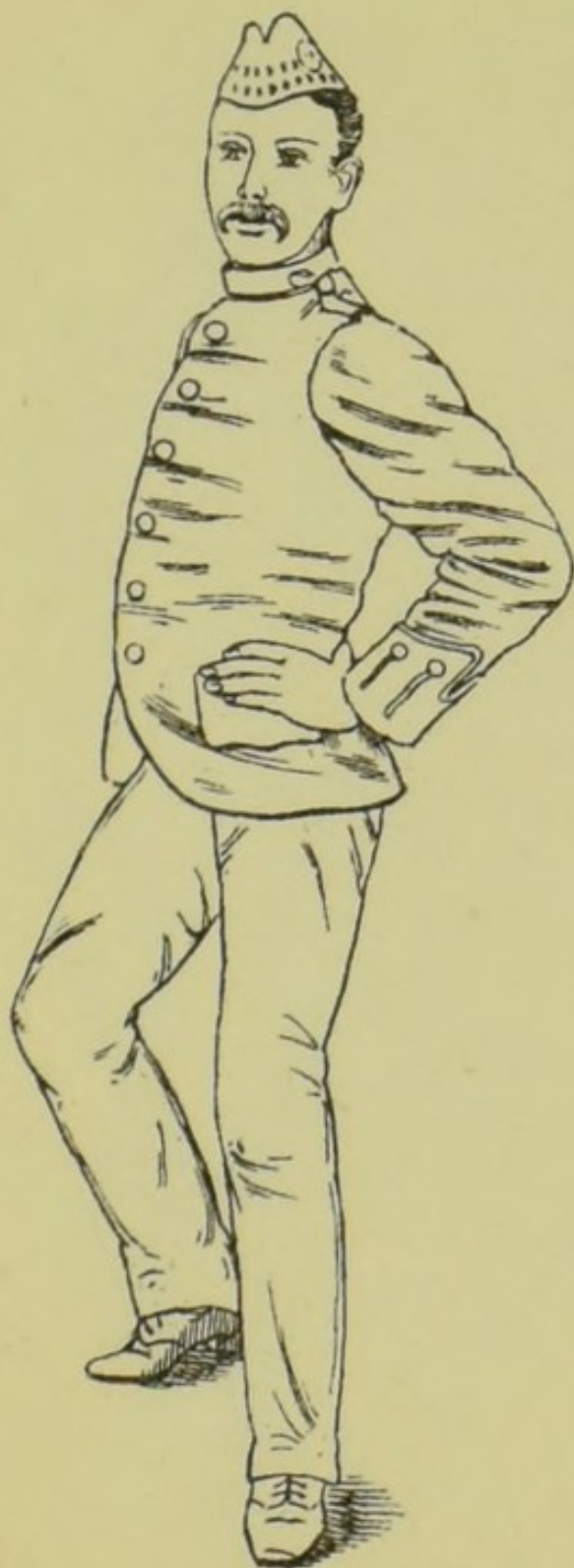














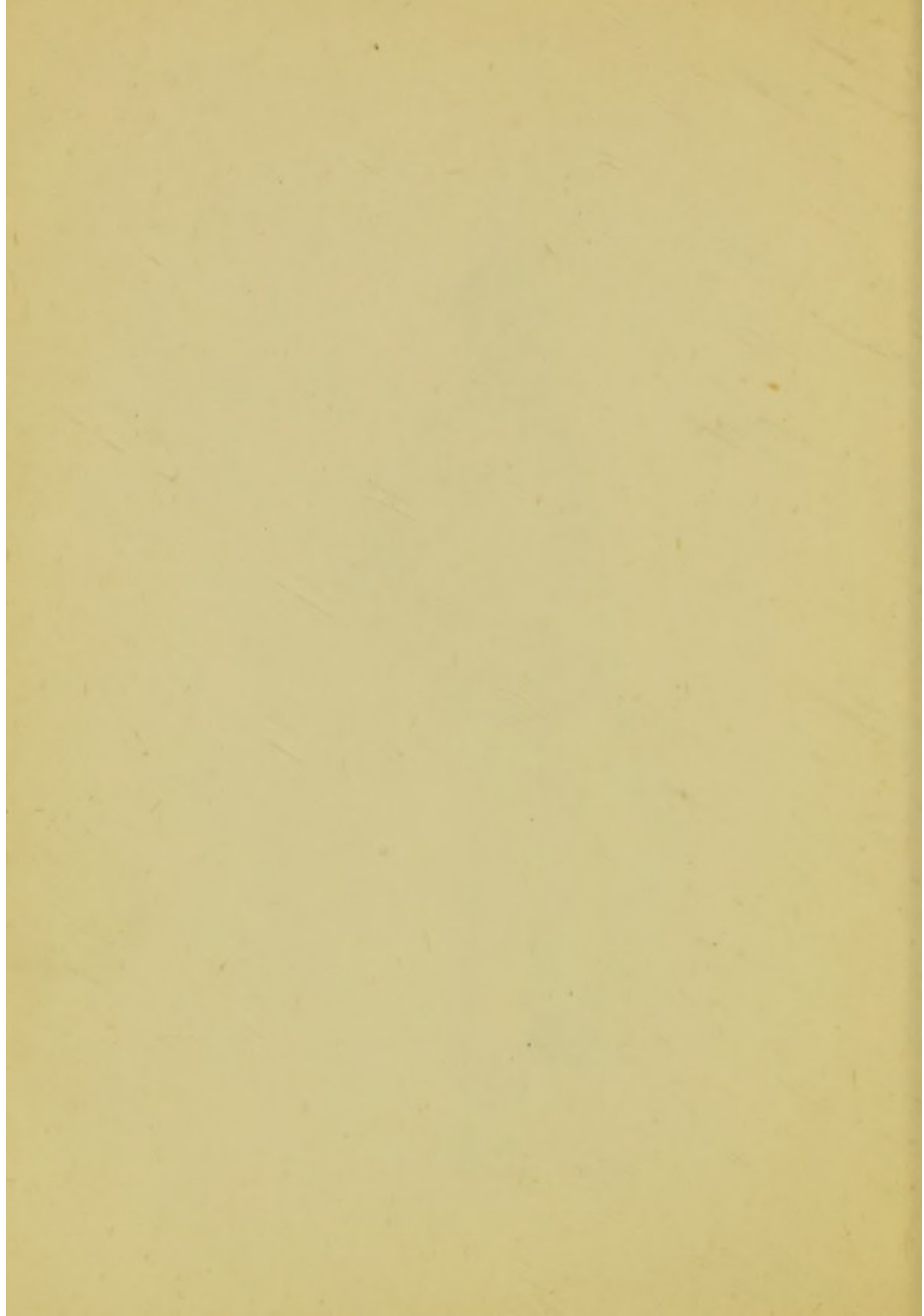
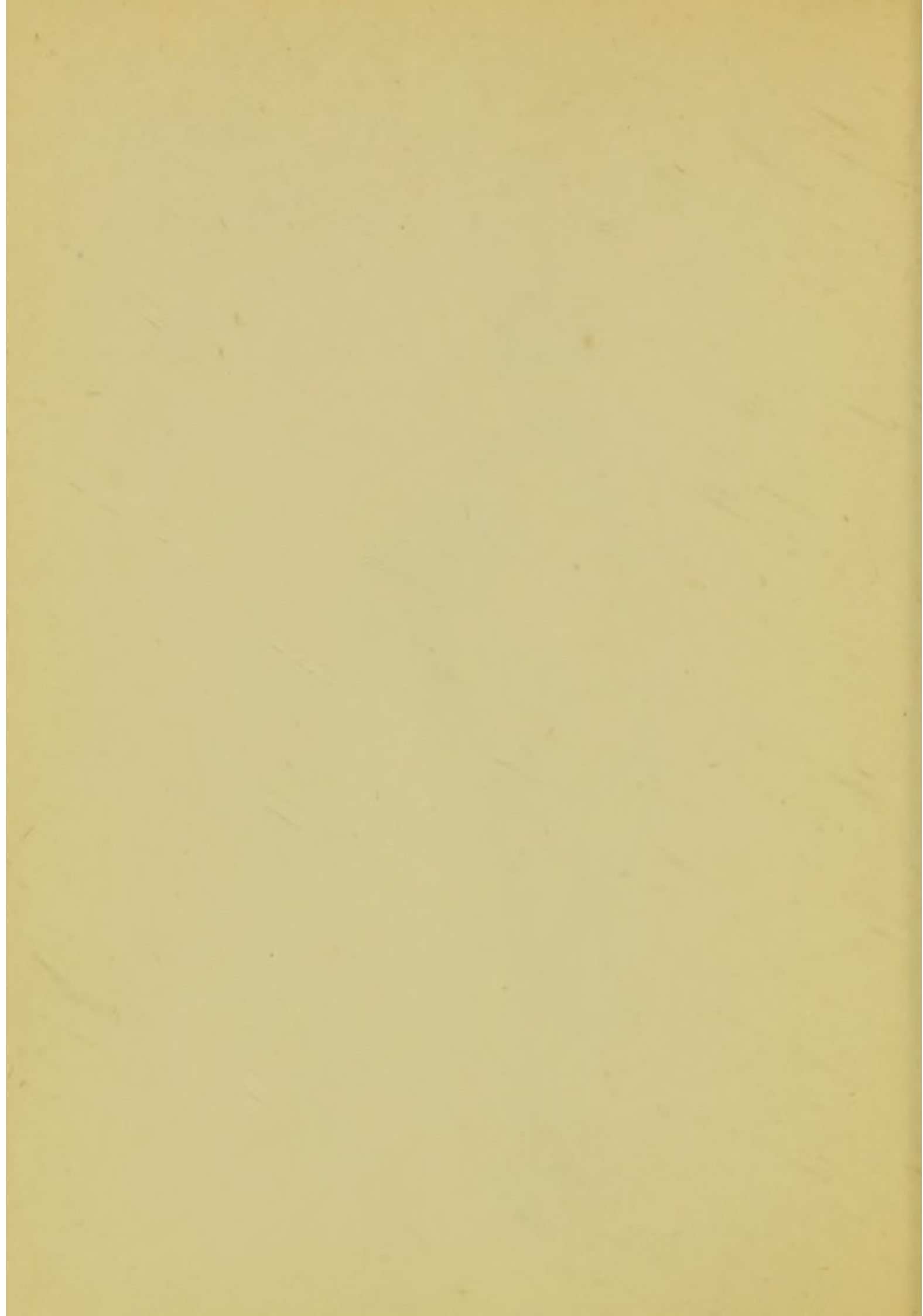
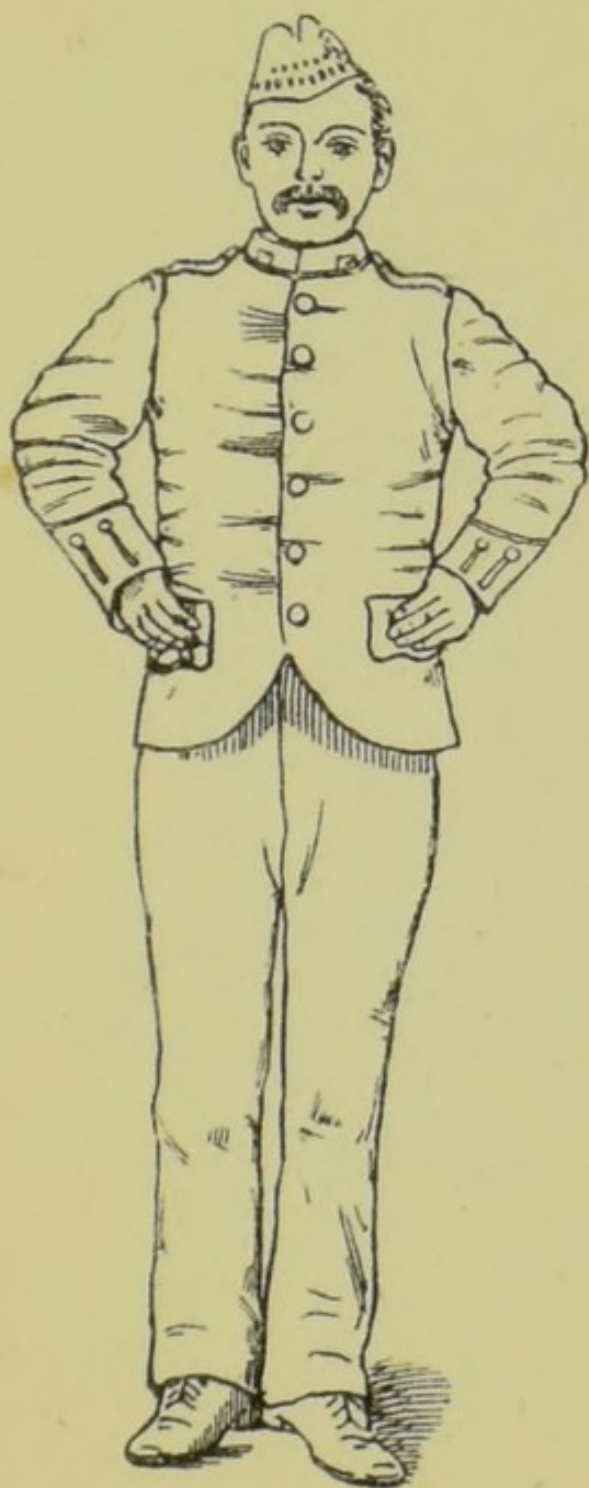
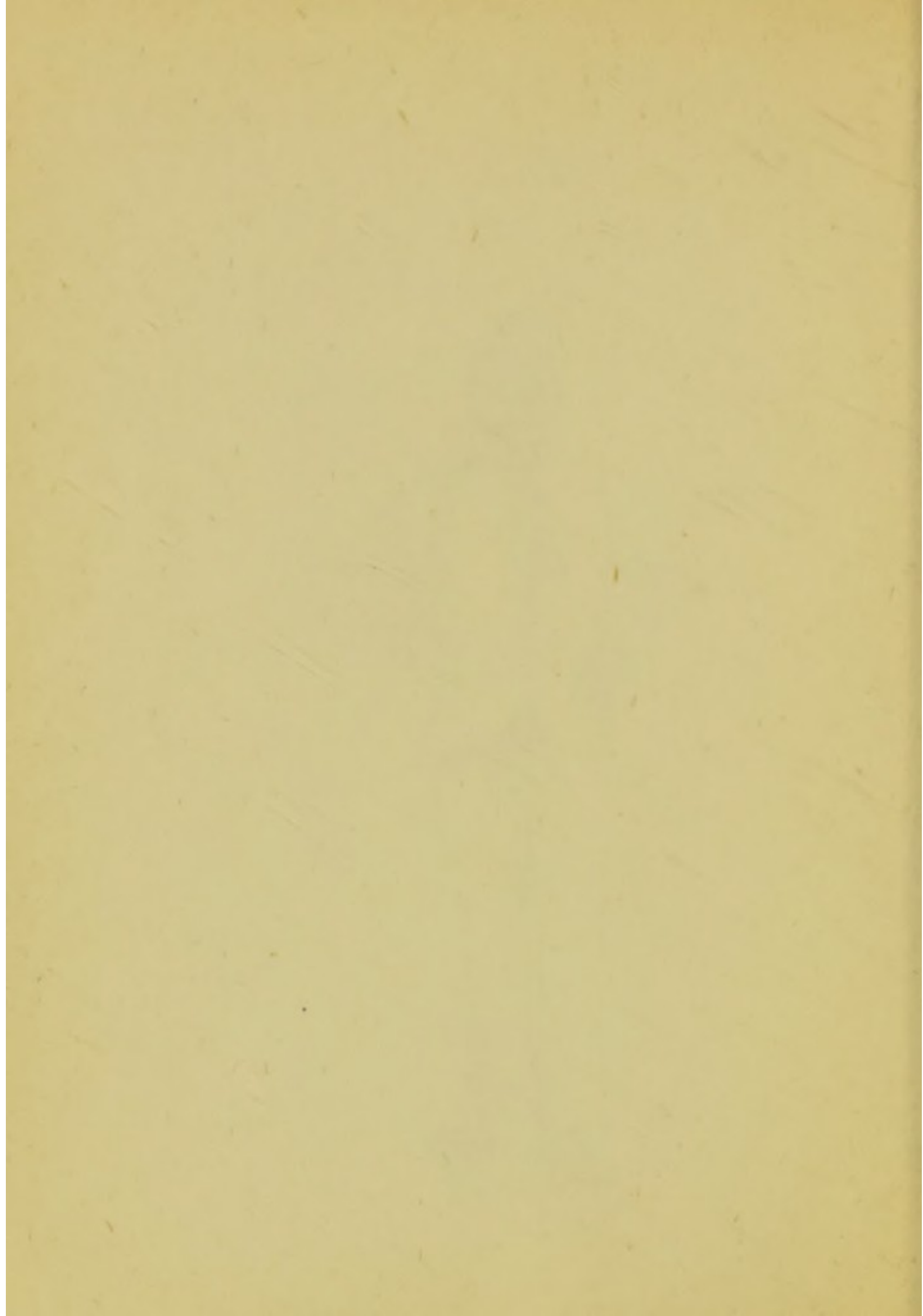


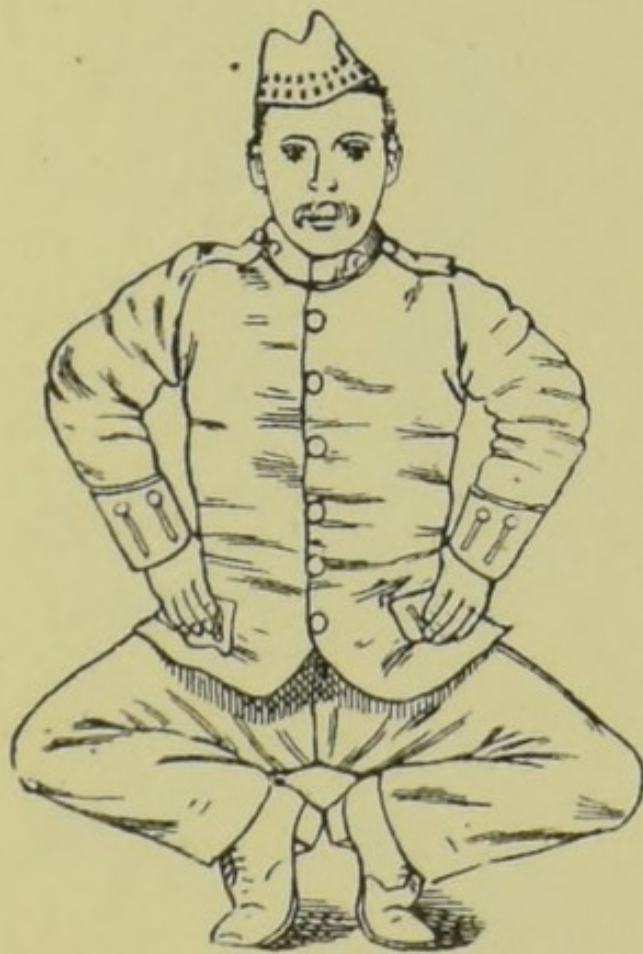
Plate XIV.

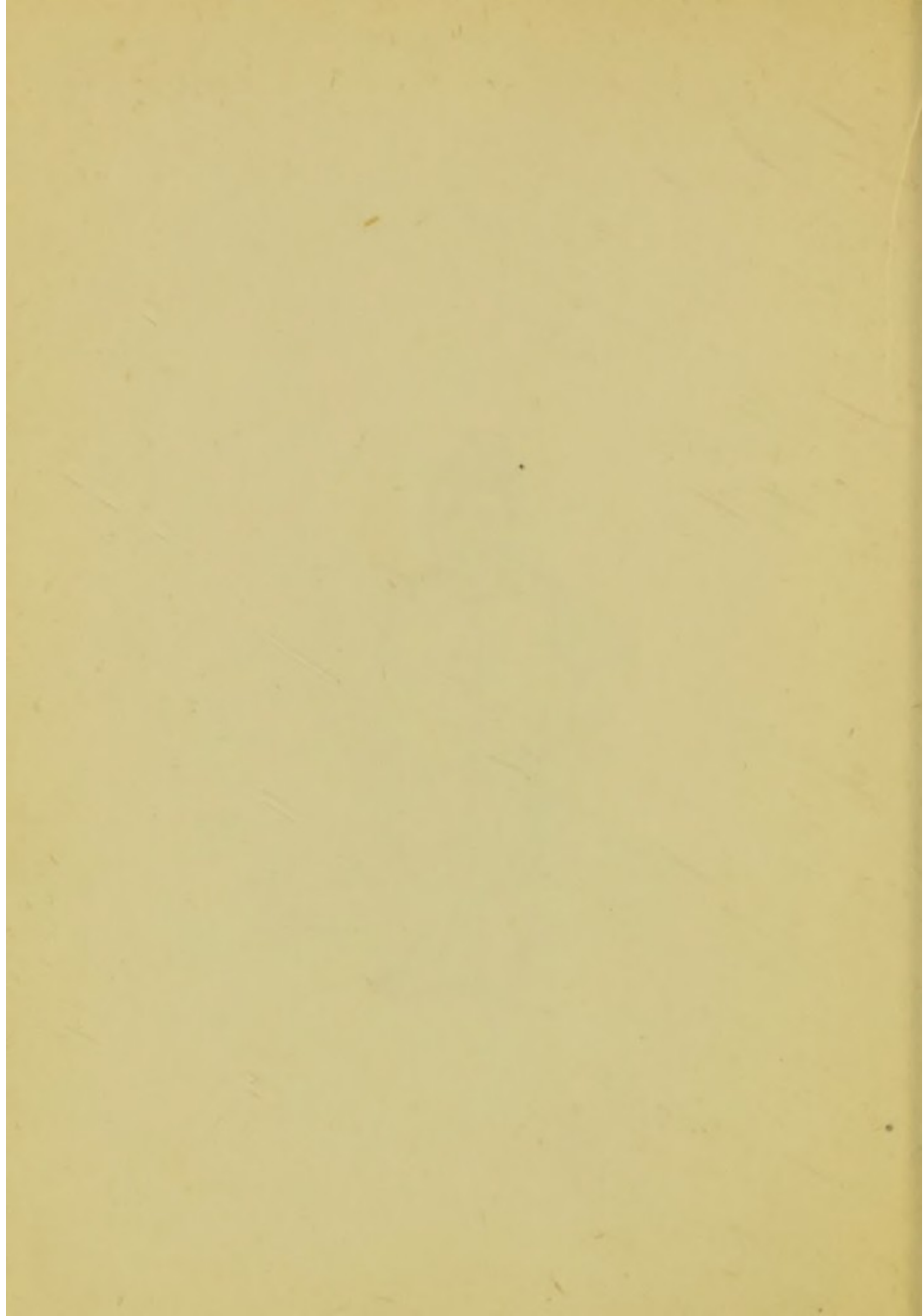


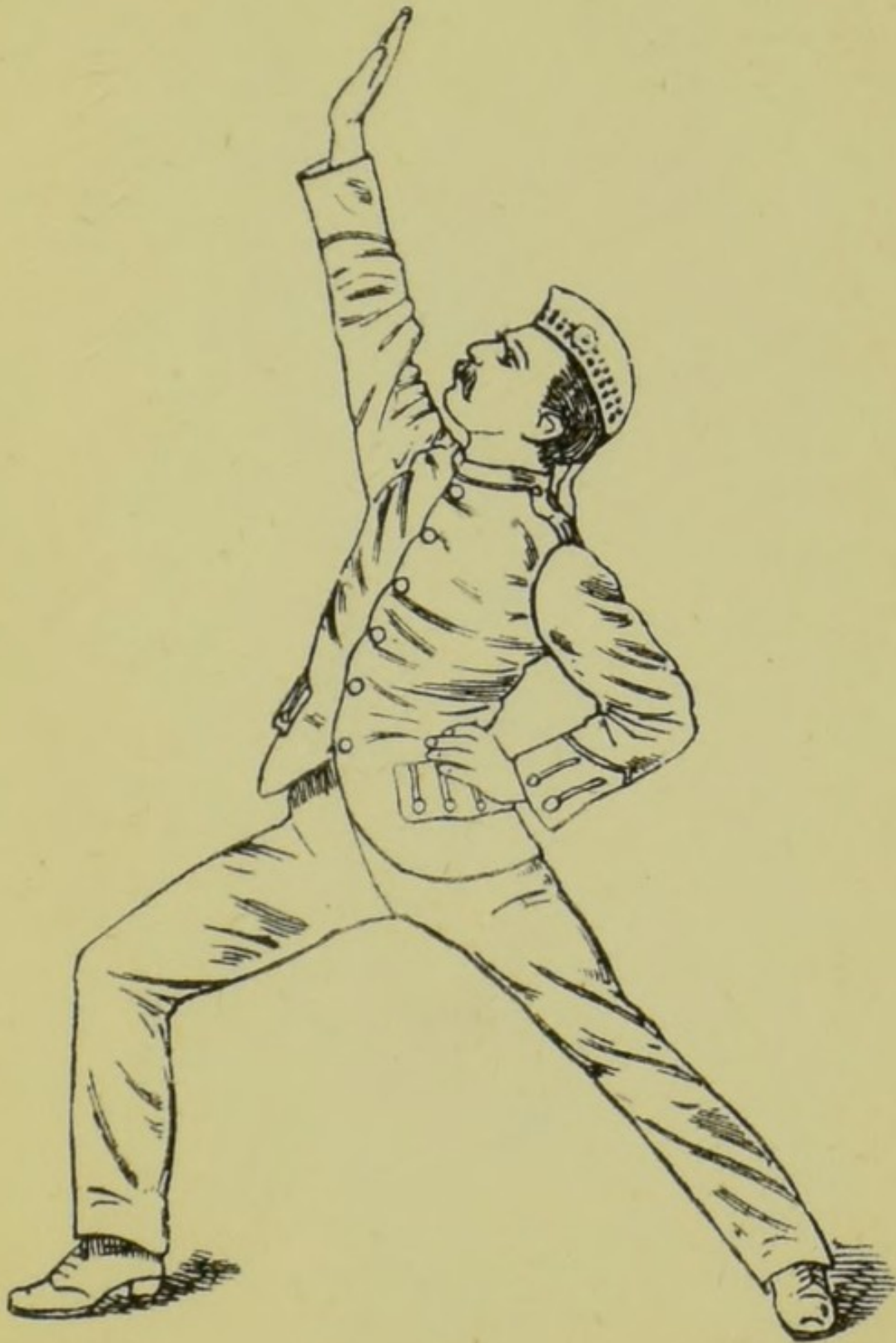




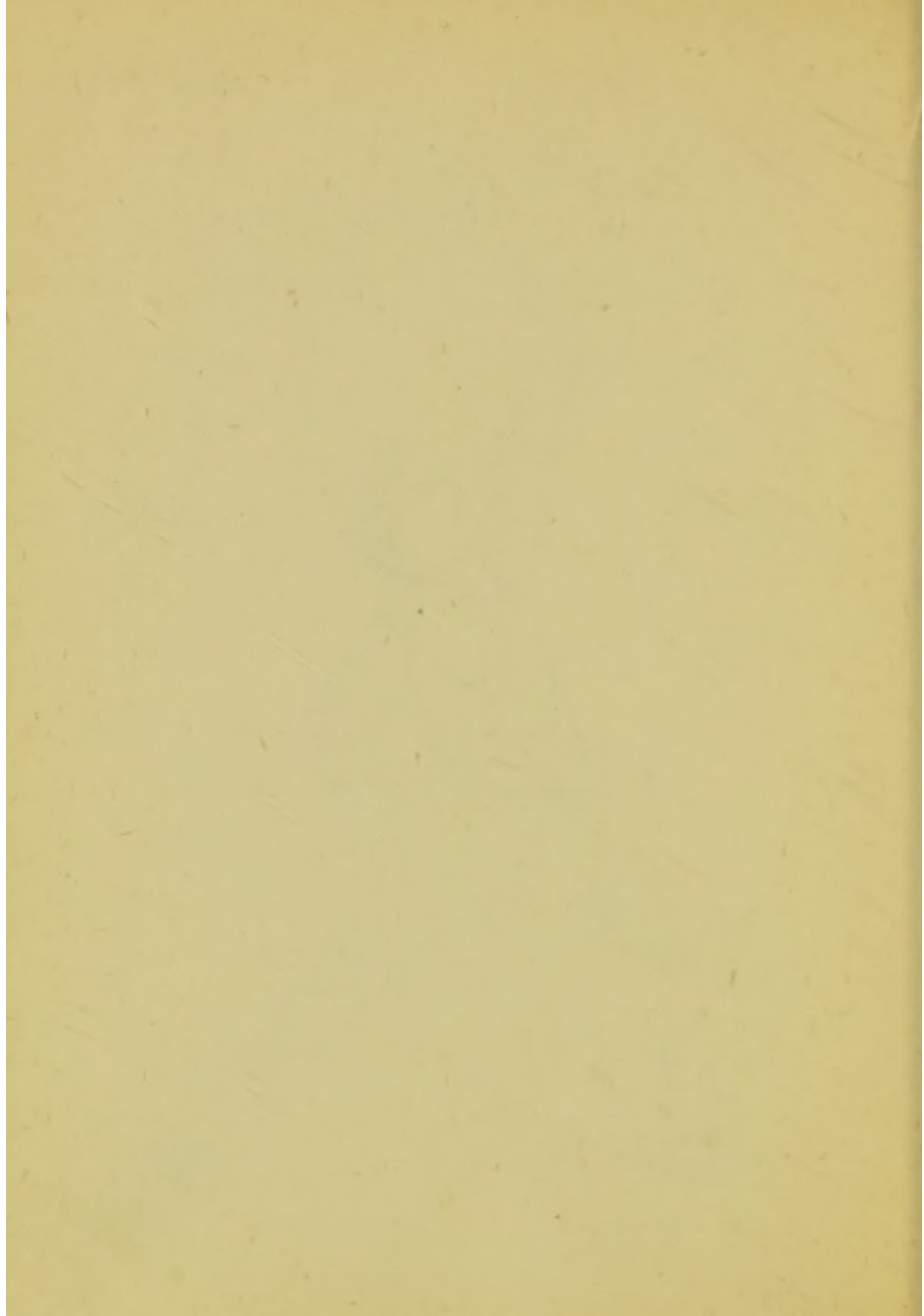




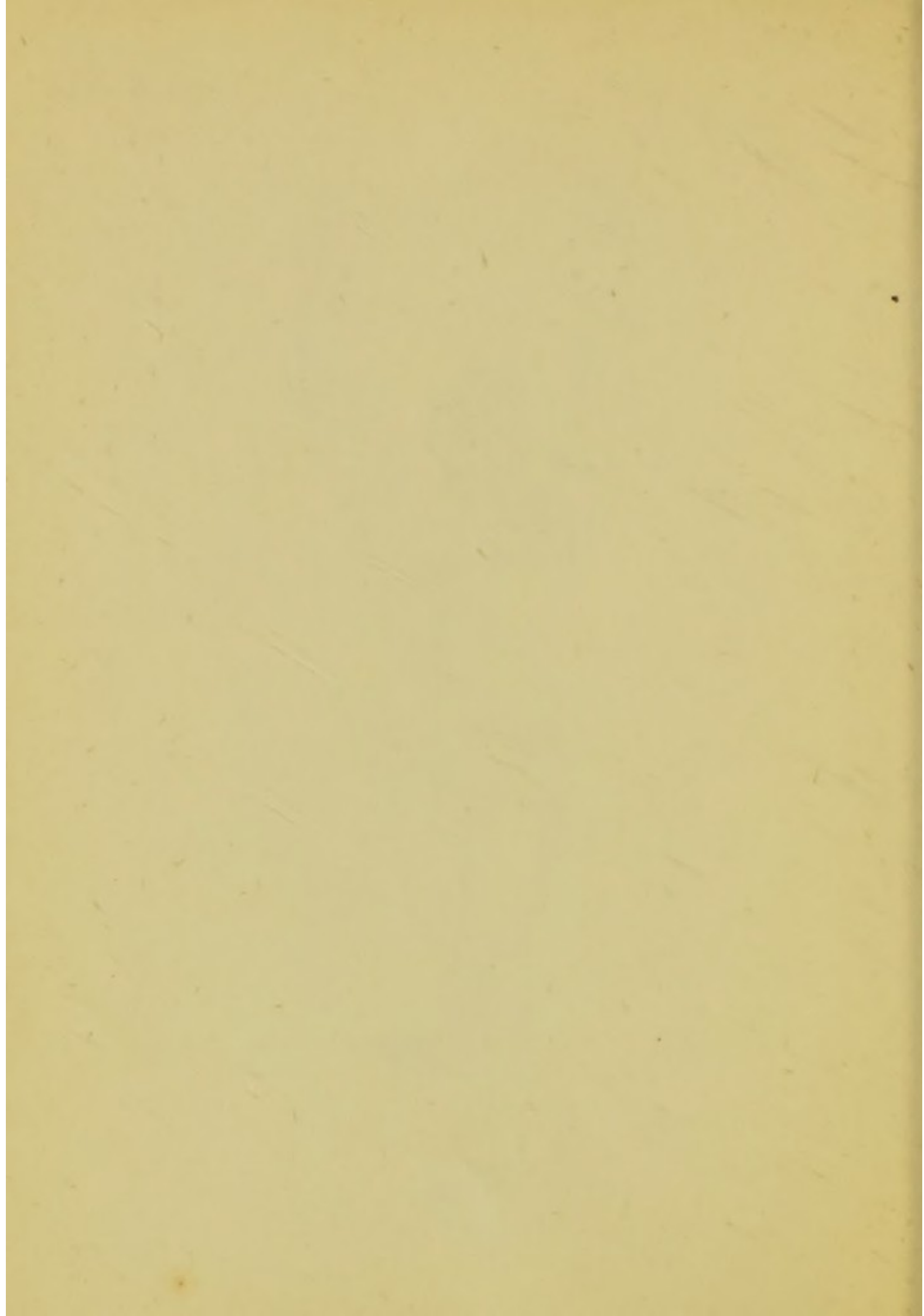


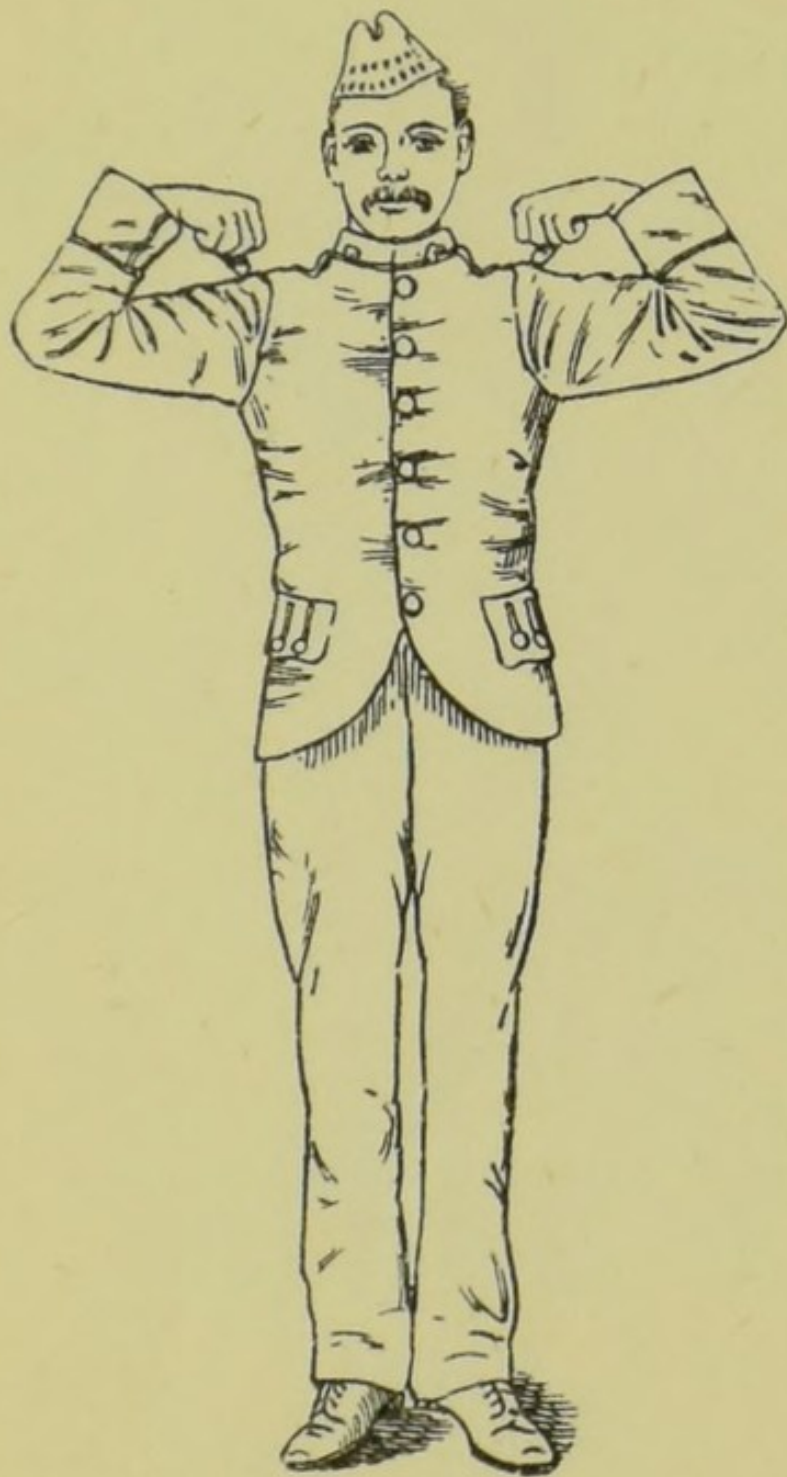


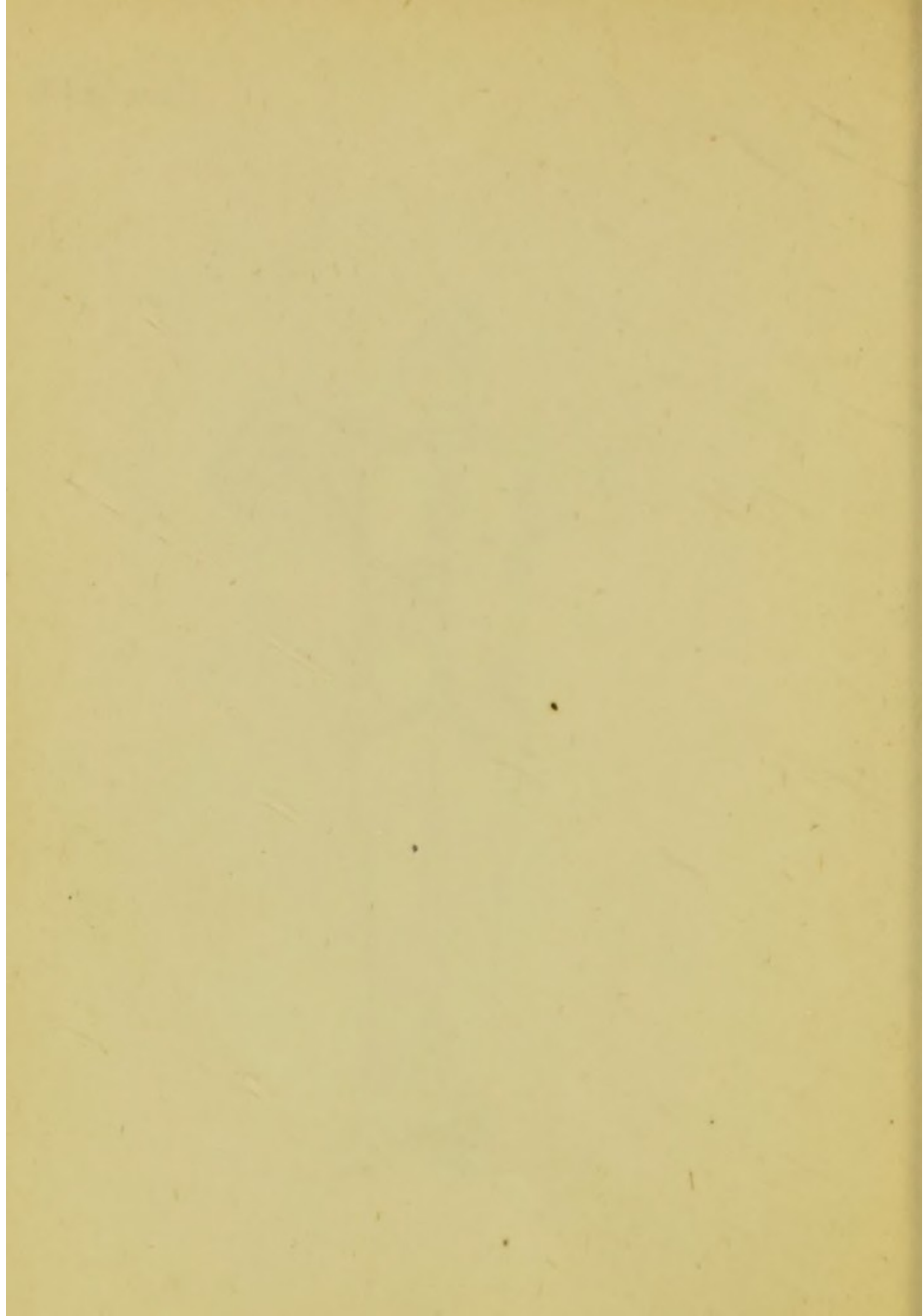


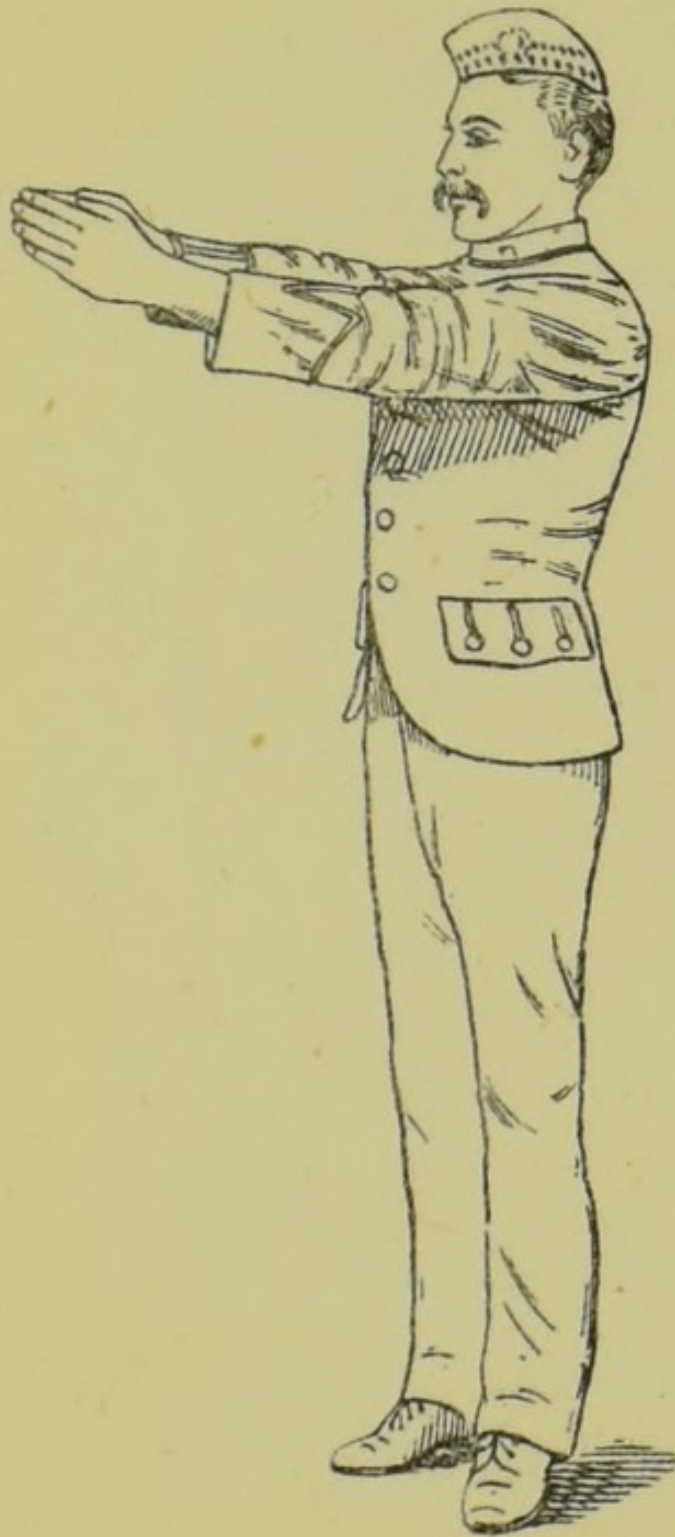


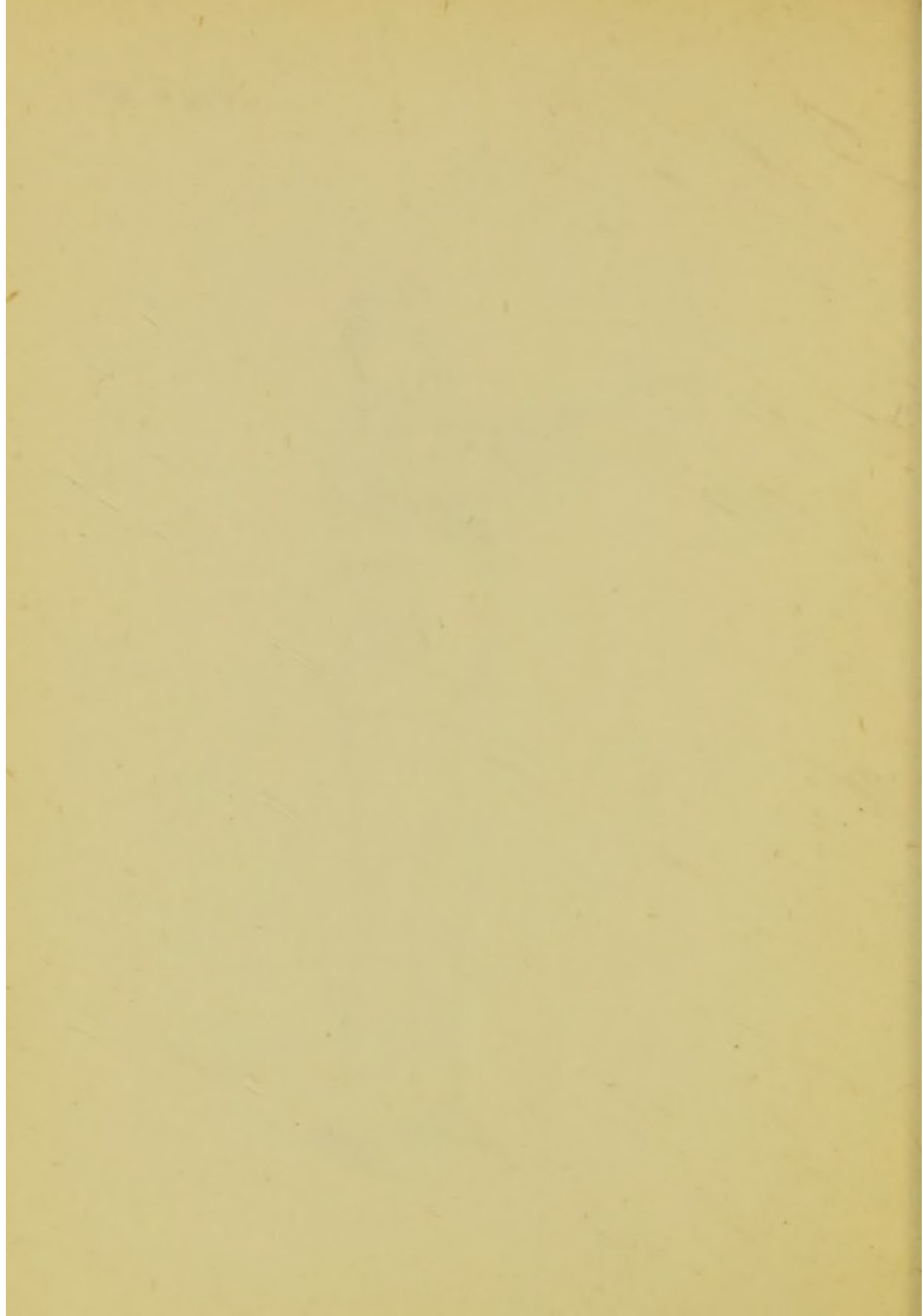


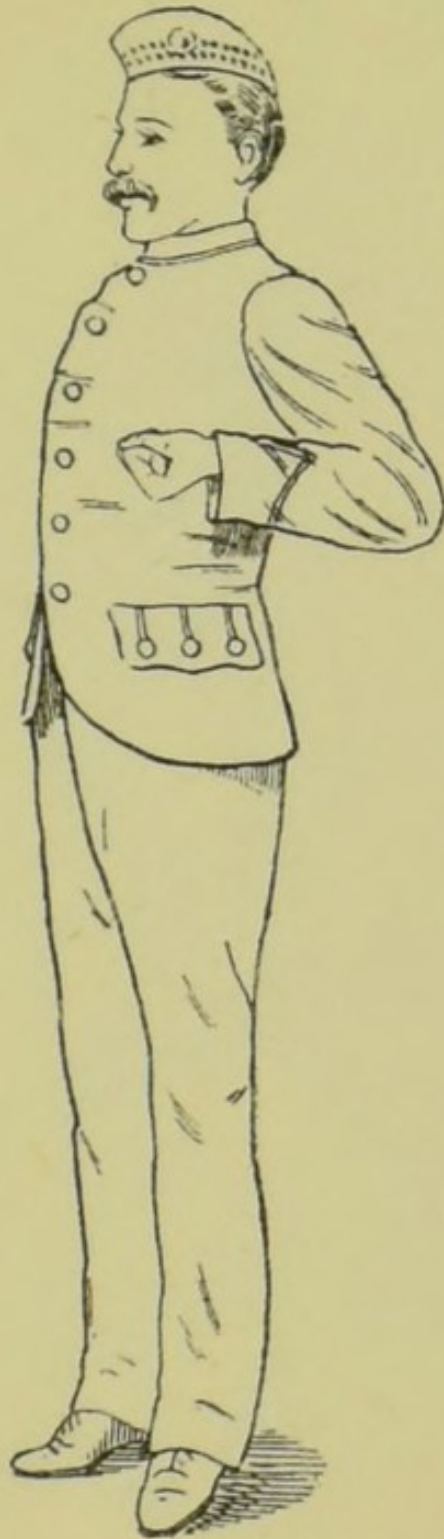














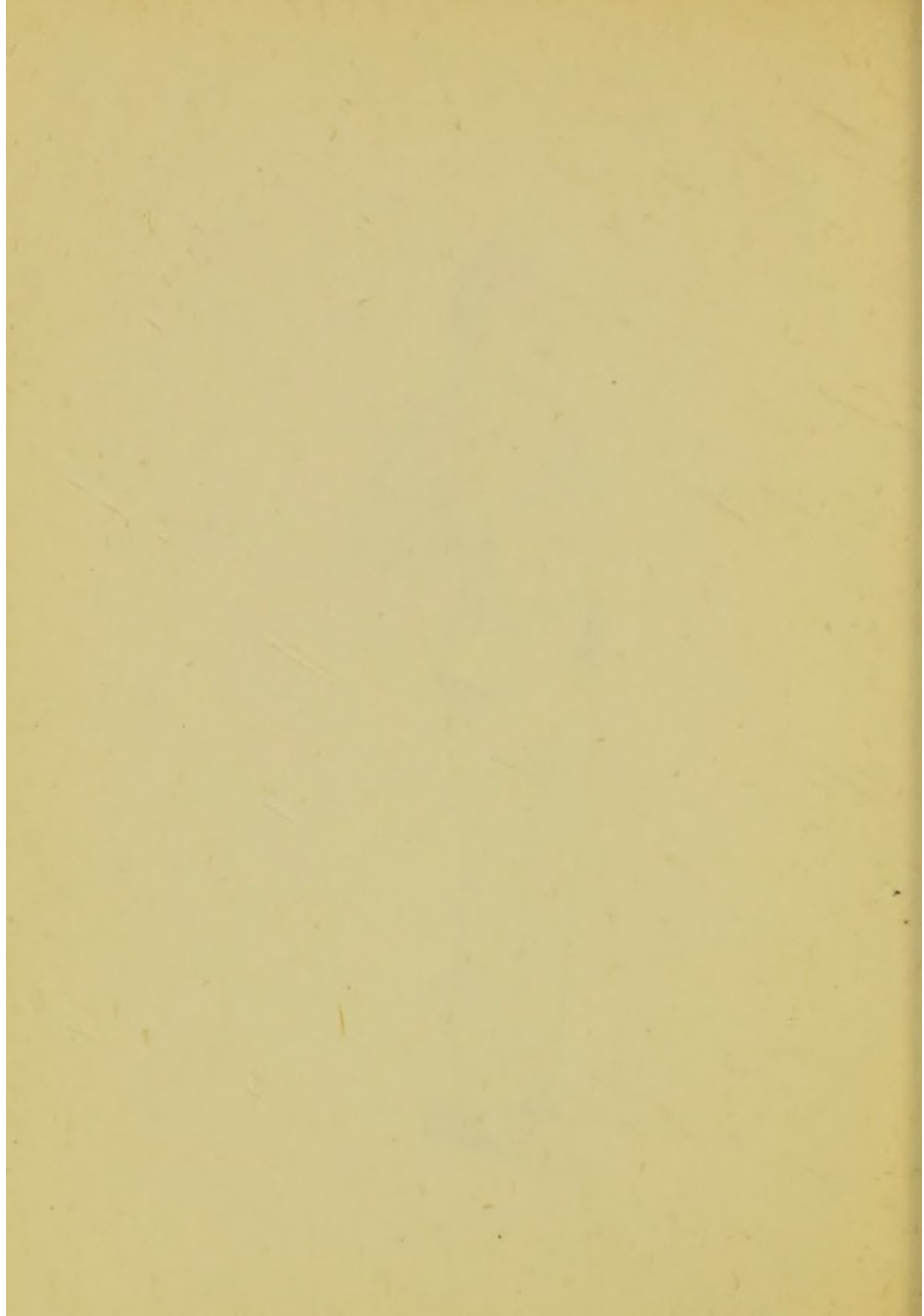
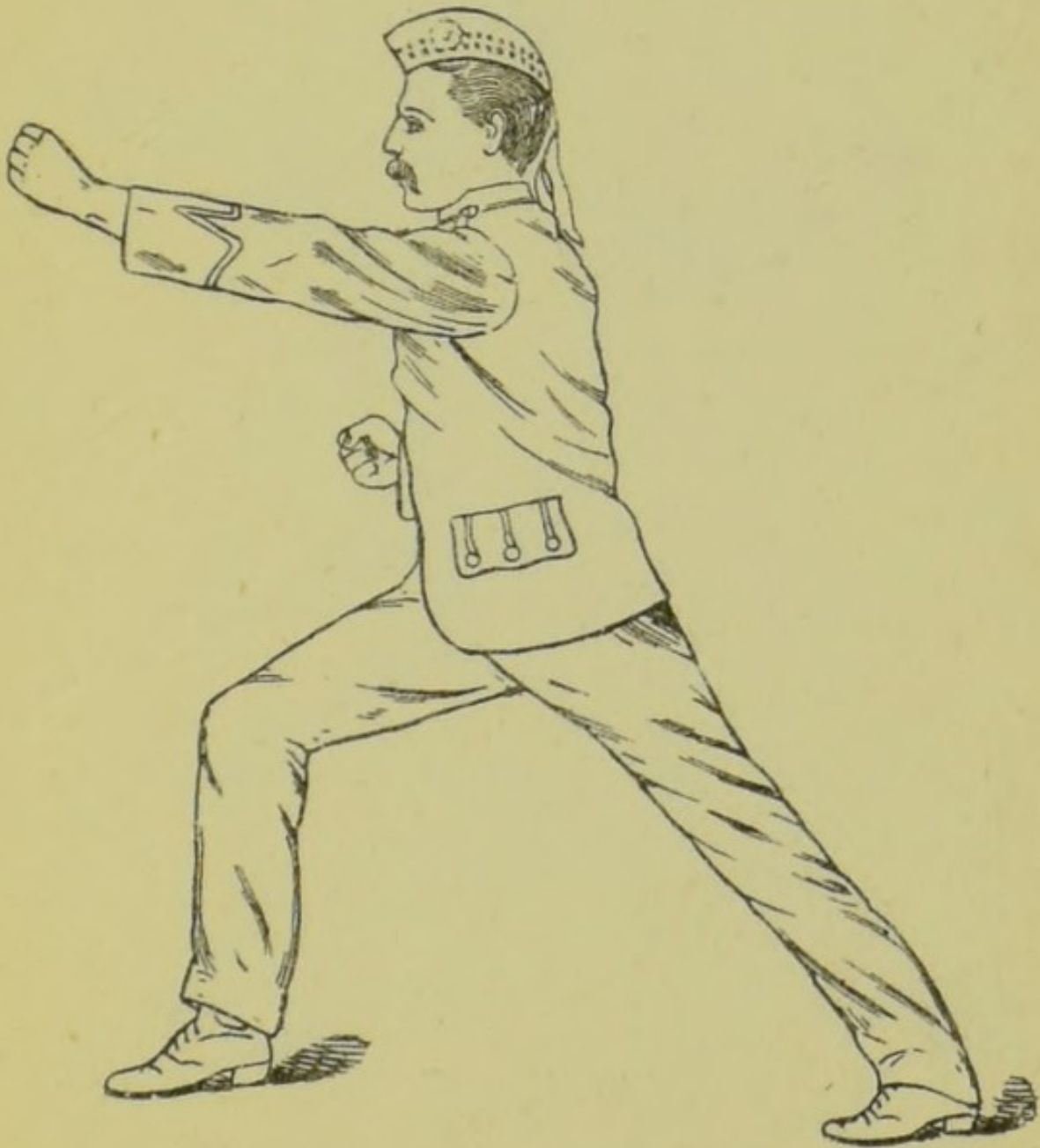
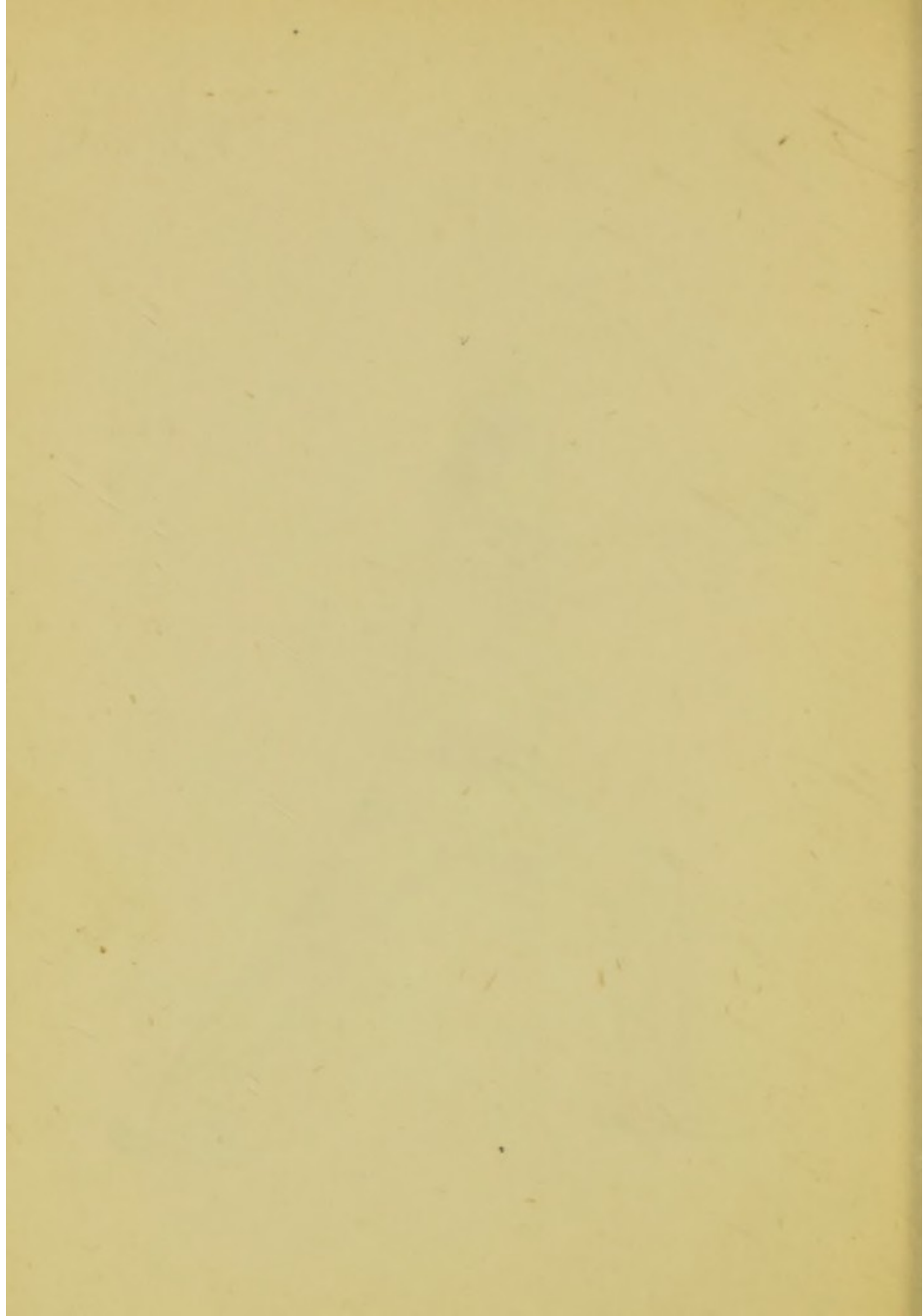
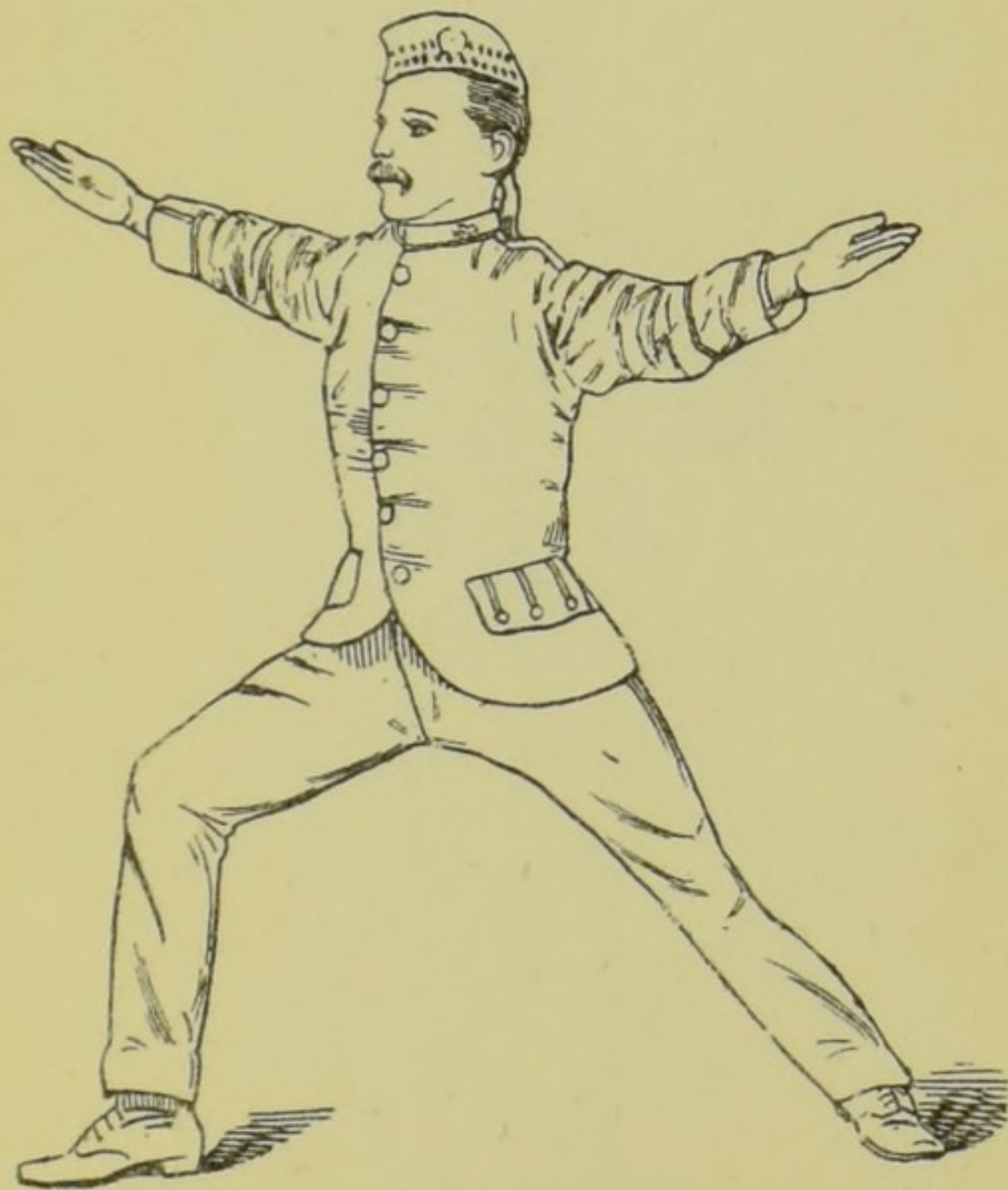
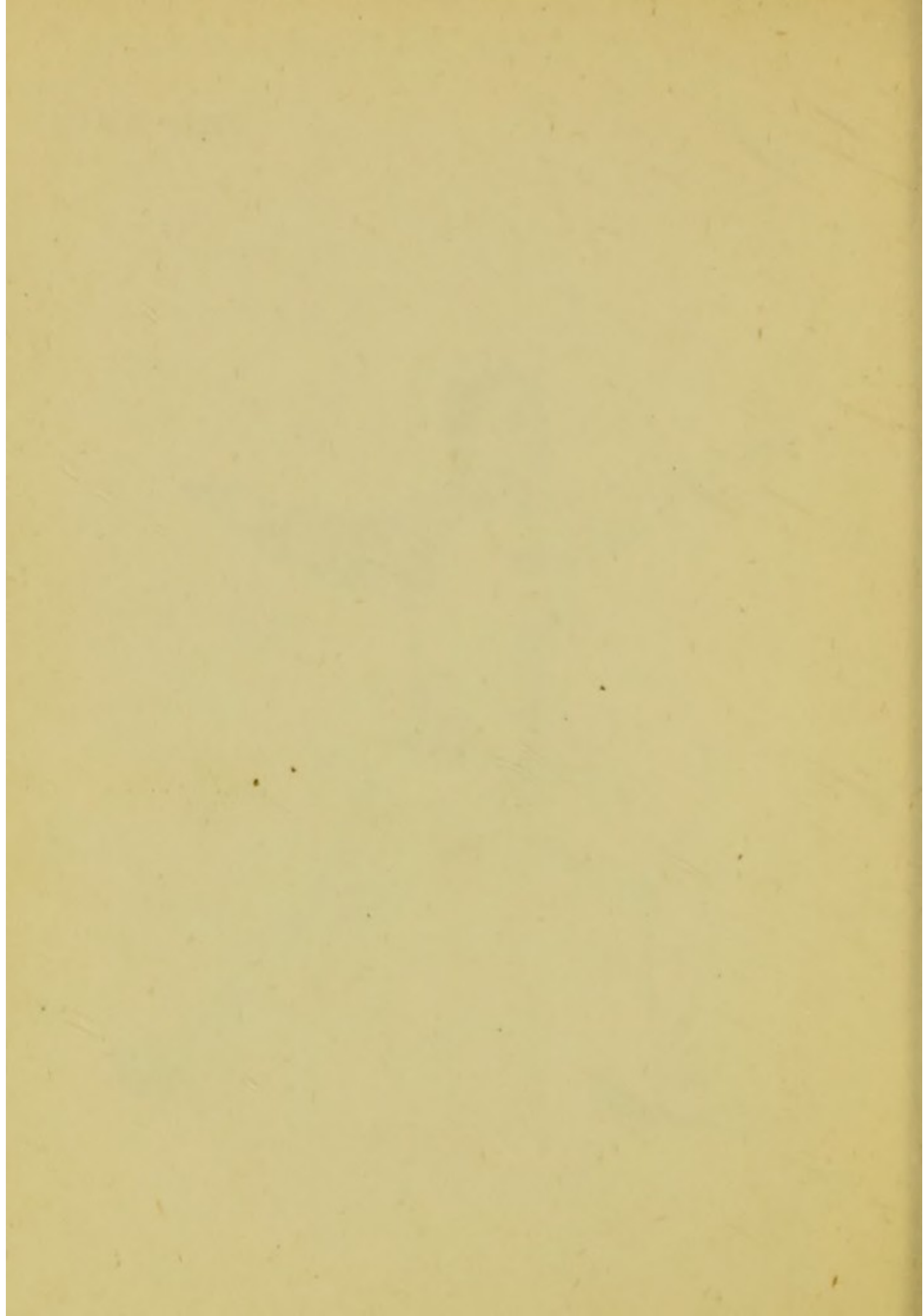


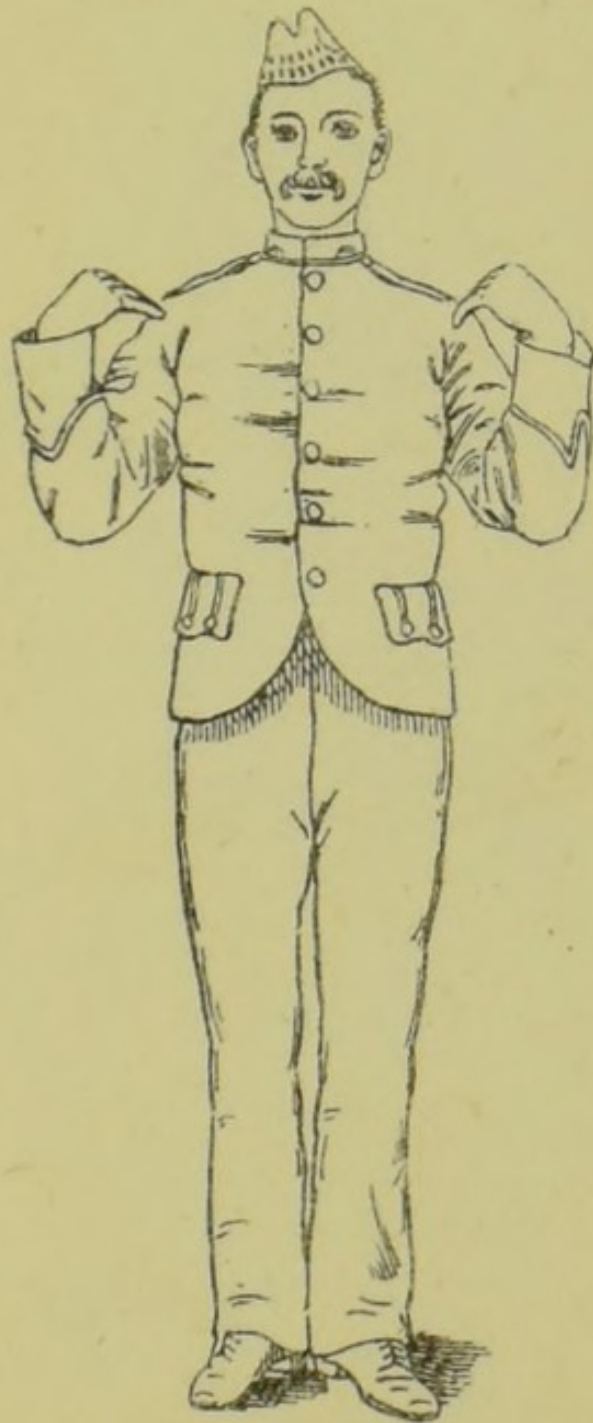
Plate XXII.

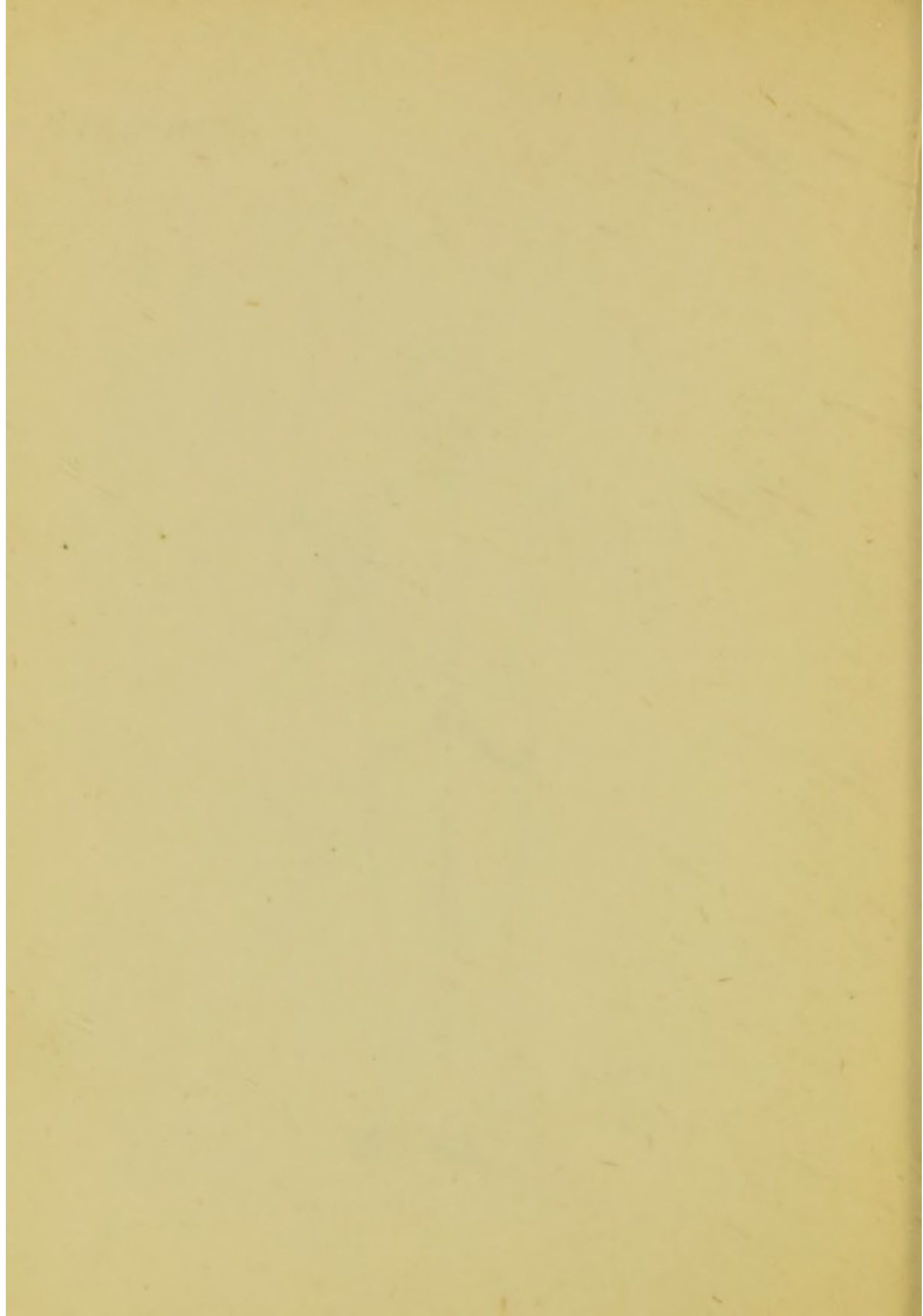


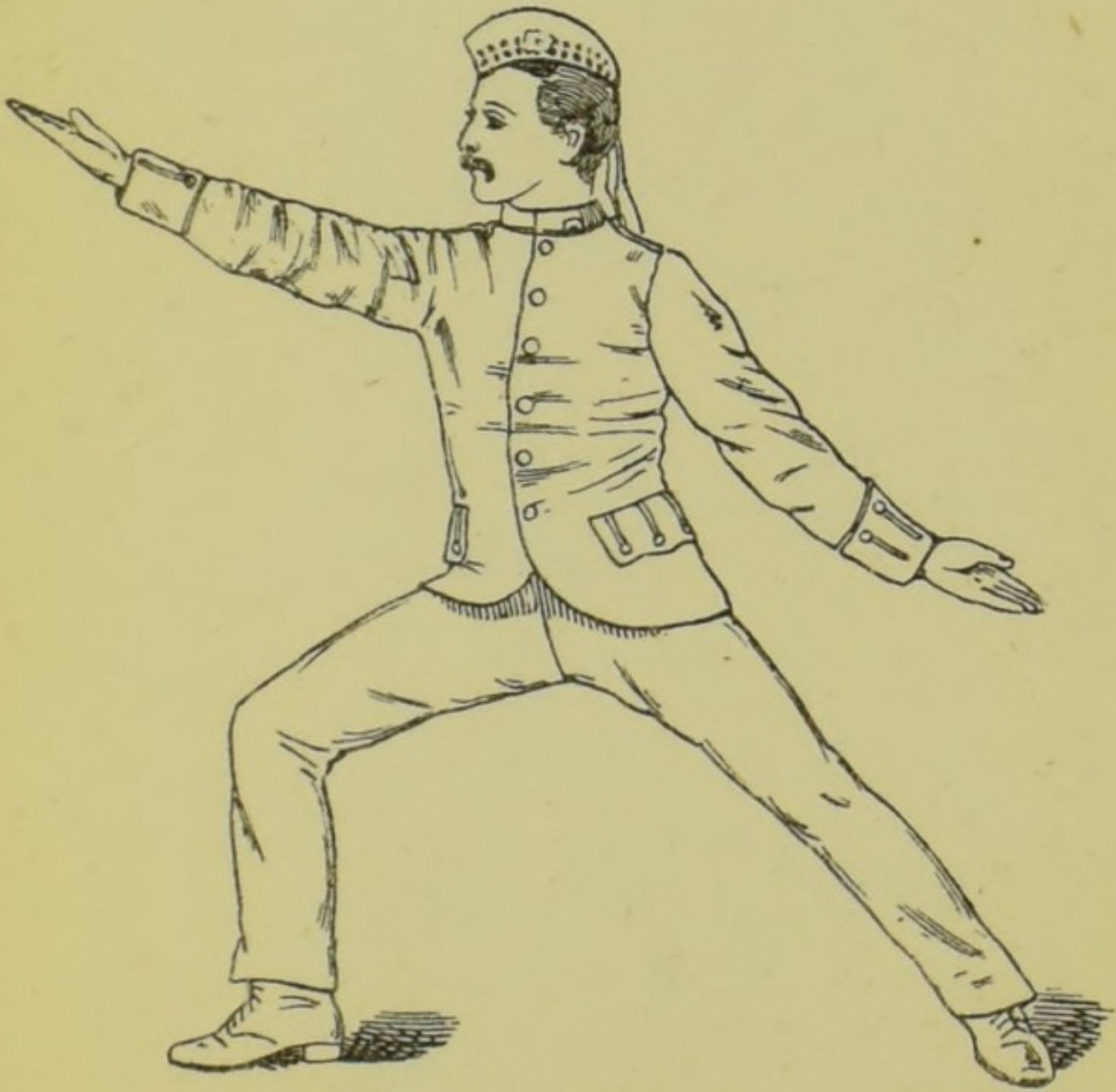




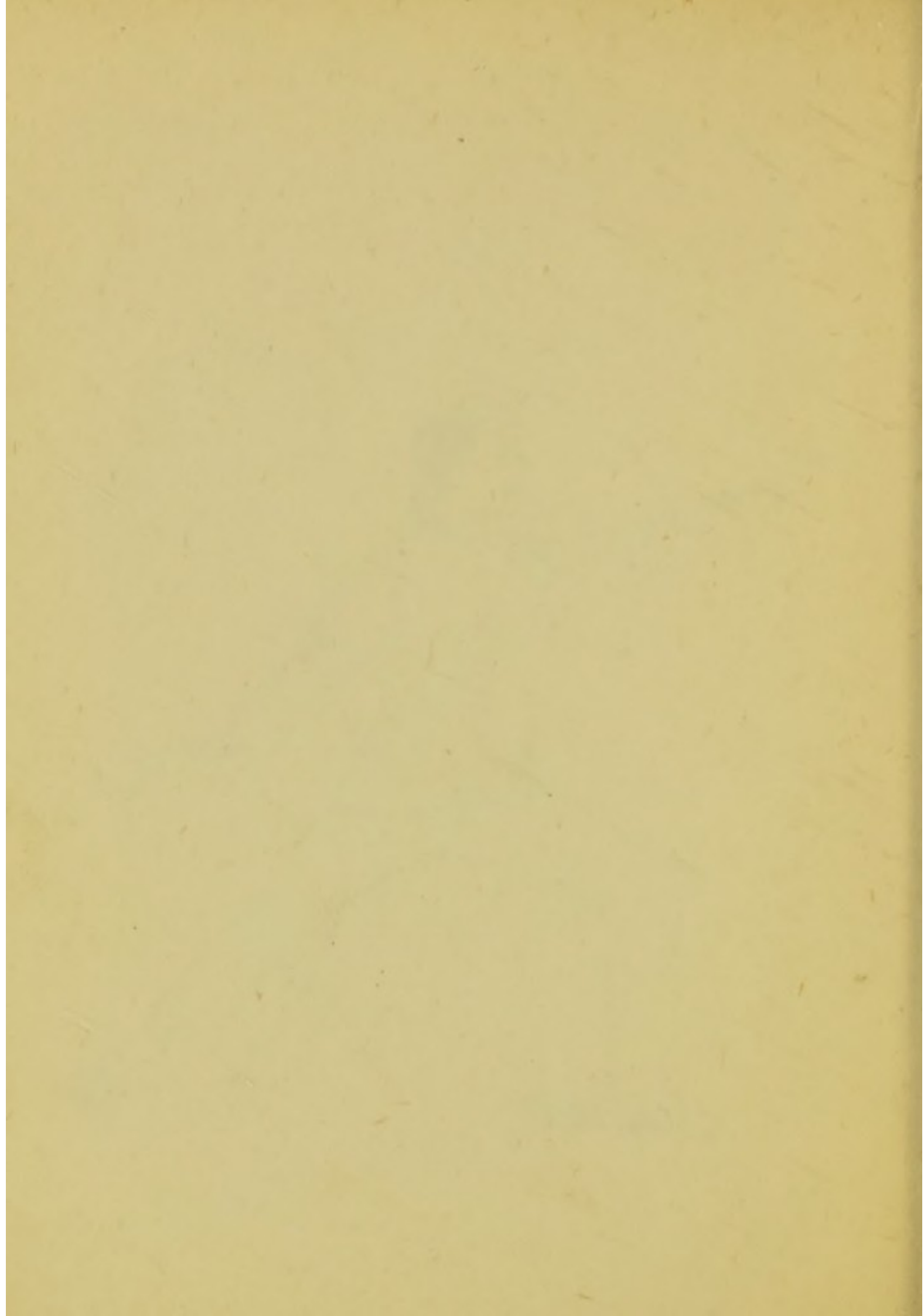


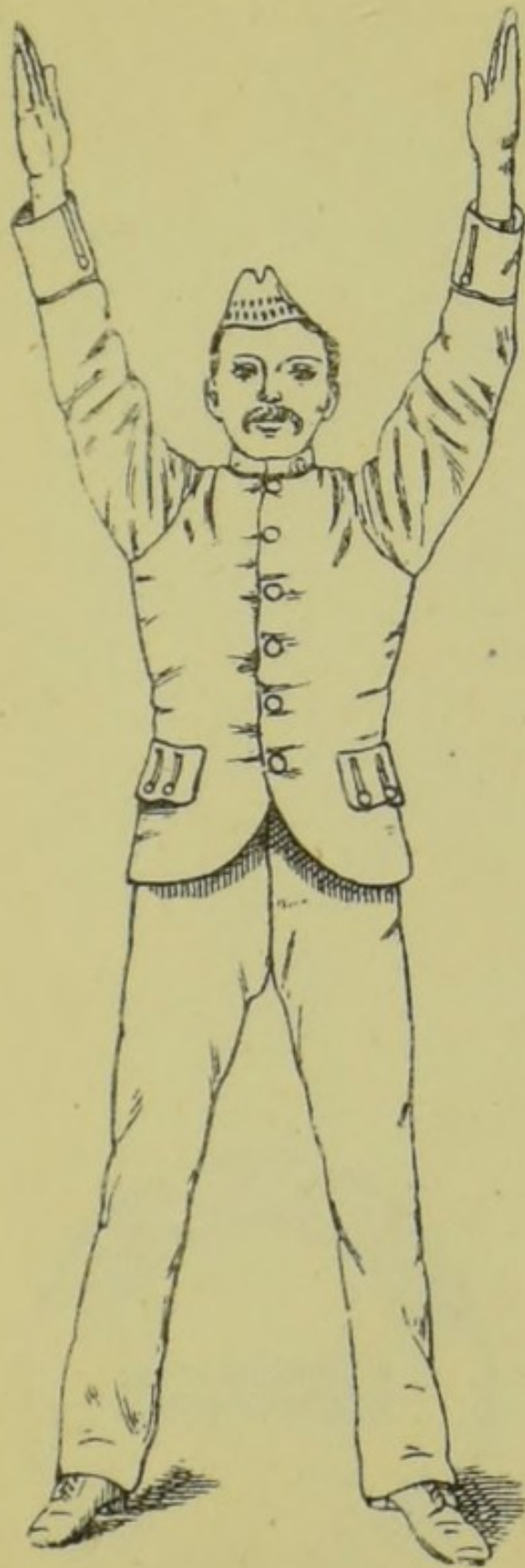




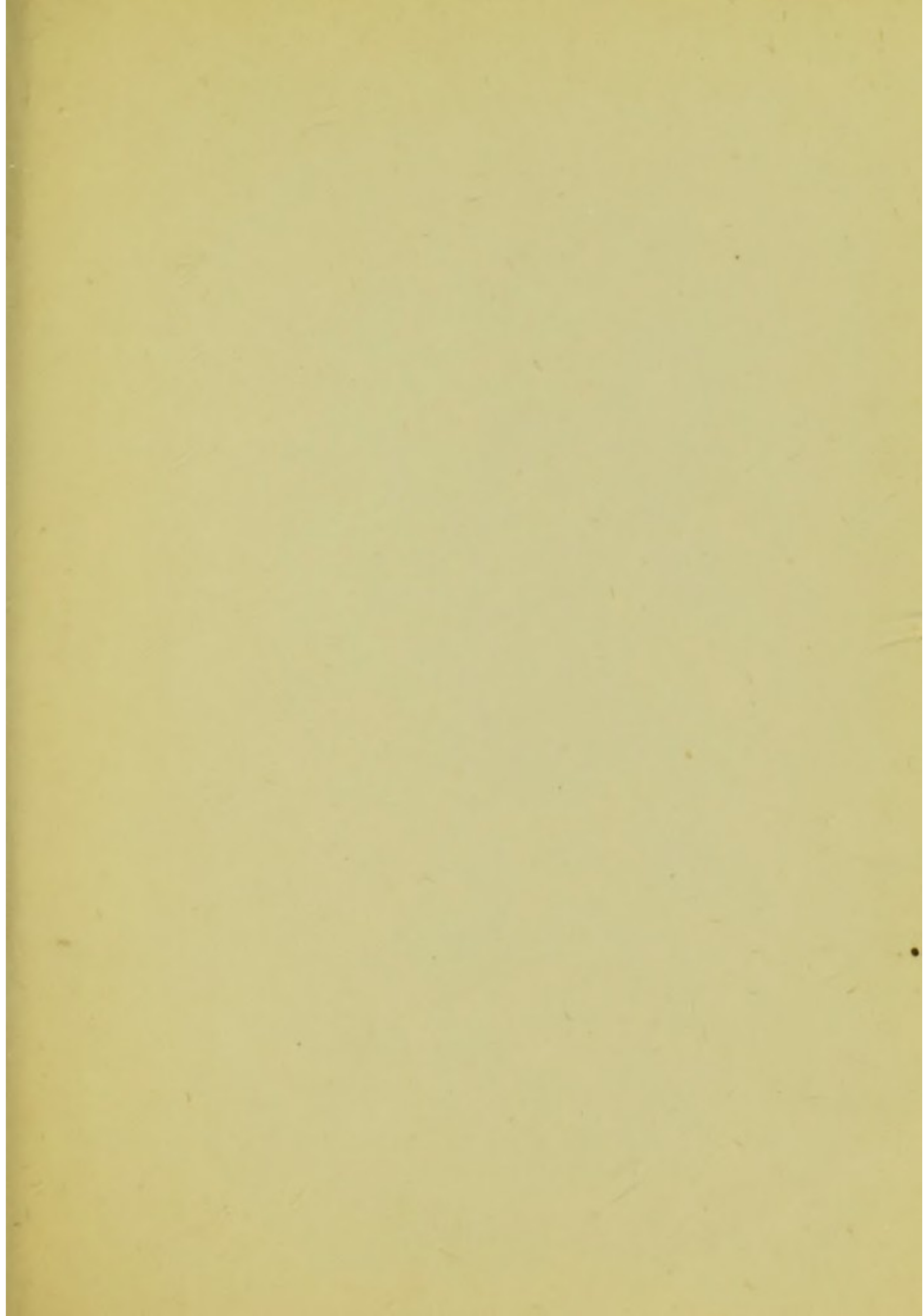


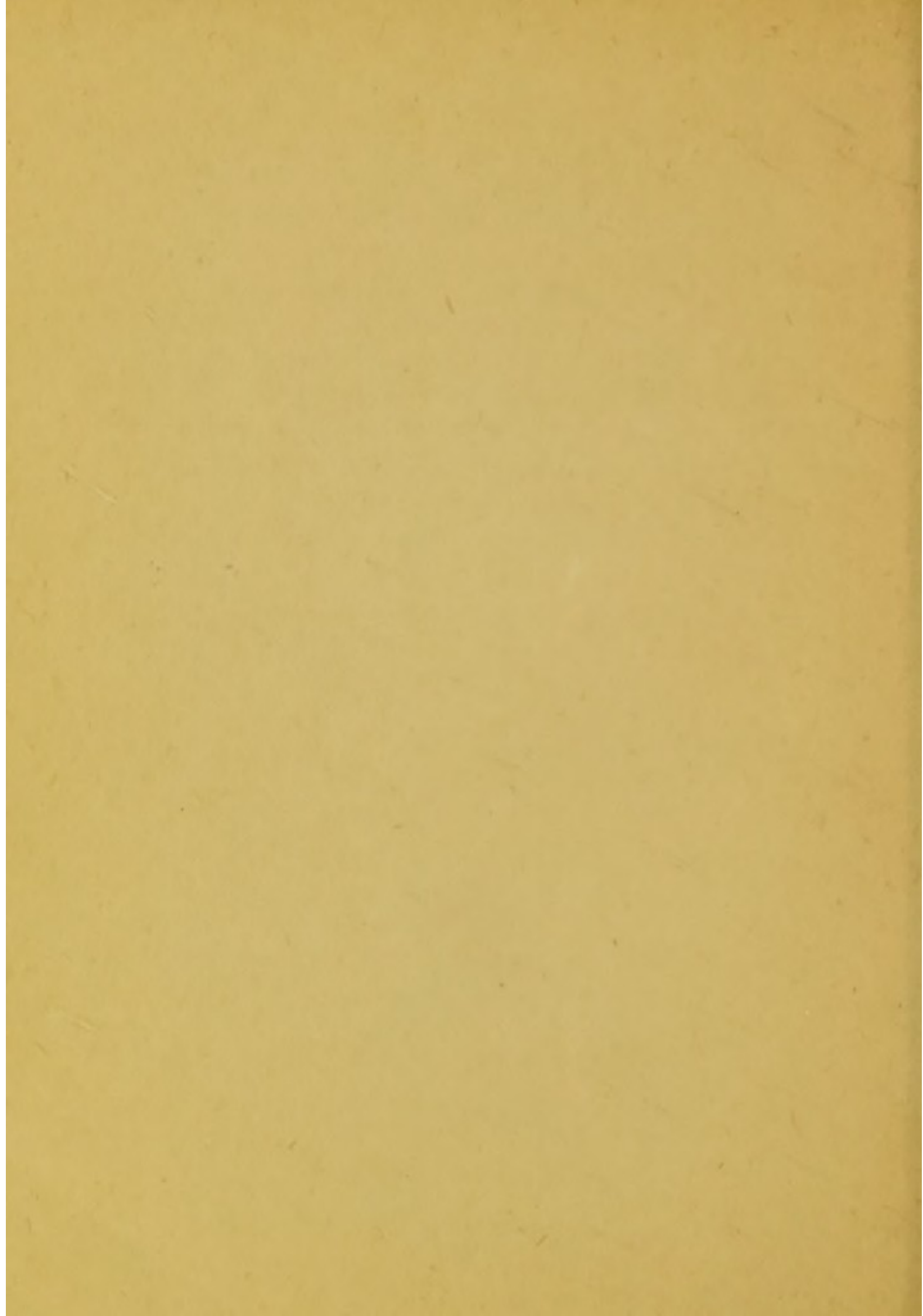












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