

**A system of English terminology for Swedish educational gymnastics /
adopted and published by the Physical Training Club.**

Contributors

Physical Training Club (Slough, England)

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A System of English . .

Terminology for Swedish

Educational Gymnastics.



Adopted and Published by the
Physical Training Club.



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A System of English
Terminology for
Swedish Educational Gymnastics.

by
(Greenfell)

ADOPTED AND PUBLISHED BY THE PHYSICAL
TRAINING CLUB.

1911.

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CONTENTS.

	PAGE.
Introduction	5
Gymnastic Terminology	9
Fundamental positions	9
Derived positions of the Legs	9
" " " Arms	13
" " " Arms and Legs	14
" " " Trunk	14
" " " Body as a whole	15
Auxiliary Terms	16
Derived Hanging positions	18
Summary of terms	20
Abbreviations in alphabetical order	20
Rules for Combining Terms to form the name of a position	21

Movements of the Limbs	22
" " Trunk	24
" " Head	25
" " Body as a whole without translation	25
" " Translation	26
" " Heaving	26
" involved in displacing an object...	27
" of Leaping	27
" of Dancing and Skipping...	31

Names of the Parts of the Body	32

Words denoting Direction and Sequence of Movement	32

Words denoting Speed, Duration, Apparatus, &c.	32



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INTRODUCTION.

The diversity of the terminology employed by English writers on the subject of Swedish educational gymnastics must have struck all students of this subject. There is no general agreement in the use of terms; new terms are substituted for old; old terms are used in different senses by different writers: and this has gone so far as to make it often difficult to turn from one writer to another. We have come to this pass because there is no recognised standard terminology in the English language, and shall suffer from still wider divergence in practice as the literature of the of the subject grows.

It will not be denied that this is an unfortunate state of affairs. The plight of the student, especially if he is a beginner, is already sufficiently perplexing. Every time pen is set to paper the writer, if he wishes to be widely understood, must begin with an elaborate explanation of the terms he employs. Periodical literature finds an ever restricted circle of readers; and for want of a common technical language the development of the science of gymnastics is retarded.

It is time, therefore, an effort was made to reduce this growing chaos to some sort of order. With this in view, the terminology given here is put forward as a suggested standard to be employed by all writers on the subject of Swedish gymnastics. It is not supposed that this can be the final word, for the expansion of the terminology must keep pace with the development of the science and art of physical training. But it is proposed that this terminology should be adopted as the common basis from which future developments should spring, rather than that, for want of a recognised standard, each writer should take his own line.

It is also necessary to remark that the proposed terminology is intended exclusively for the gymnastic profession, in whose hands lies the advancement of the science of gymnastics. The needs of the layman are sufficiently met by such non-technical and simplified forms as are to be found in the Board of Education's Syllabus of Physical Exercises,

In preparing this terminology, of which the major part has been tested in practical employment, a careful examination and comparison was made of all available books on Swedish Educational Gymnastics published in the English language. It is believed that no important work has been overlooked. This examination showed that many of the exercises current in Sweden are not mentioned in the English text books, and consequently the standard Swedish text books, including the *Efterlemnade Handskrifter* of Branting, were also carefully studied.

It may be of interest to give a brief account of the history and development of Branting's terminology. At the outset, and indeed for several years after the Gymnastic Central Institute was opened, Ling used no special terminology for his exercises. The quaint names he employed, as though to avoid the appearance of unnecessary erudition, are to be found in several of his writings. Whilst his exercises were comparatively few in number, one could be called "the fox-trap," another "the morning bitters," etc., without risk of confusion; but as the exercises, and especially the positions, multiplied, this primitive method of aiding the memory with droll and striking epithets had to be abandoned in favour of a more accurate system of identification. So Ling directed his assistant, Branting, who had already made some attempts in that direction, to undertake the construction of a more precise and consistent terminology, which should embrace the different branches of gymnastics with their applications in a systematic whole. It was, as far as possible, to express (1) the positions and (2) the movements of the body. In regard to the latter, account was to be taken both of the movements of the different parts of the body, and of movements of the body as a whole in transporting it from place to place. By the year 1828 Branting had elaborated his terminology far enough to enable Ling to give directions for its employment at the Institute.

Branting, however, was unable to complete his task, nor could Ling, it seems, bring himself to lay aside altogether his old free expressions, of which many traces still linger in the *Tabeller* and *Tillägg* of 1866 and 1869. But in succeeding years Branting's terminology has been revised and added to by others, notably by Hjalmar Ling; and the issue successively of the *Hand book for the Army and Navy* and Professor Töngren's *Handbook for Schools* has helped to bring it to its present standard form, and to give it universal acceptance among Swedish gymnasts.

Although the details of Branting's Terminology have been revised and amplified, its principles have been preserved. His terms, with the exception of those that signify translation of the body as a whole and a few others, consist of two essential and distinct parts. The first denotes the definite position from which the subsequent action shall start, and to which it commonly returns, *i.e.*, movement ceases in the position from which it began; the second denotes exclusively the properties of direction, speed, force, duration, &c., of the movements that start from this position. This dual character of the terms constitutes the essential feature of Branting's "binary terminology." The name of a position is sometimes a single element denoting a "fundamental" position such as standing, lying, &c. More often it is a combination of two or more parts which are added immediately before the word denoting the fundamental position. These prefixes in the compound name signify subsidiary positions, and may therefore be considered as qualifying the fundamental term.

No departure from Branting's principles has been made in the Terminology set out below. But those terms have been adopted that appear most appropriate to the English habits of thought and language, without regard to the Swedish equivalents. The awkwardness of much of the existing English terminology has its origin in a too literal rendering of the Swedish, which we owe to the pioneers, mostly Swedes, in this country and in America. There is no doubt that English writers following this tradition have omitted mention of many of the Swedish exercises because of the difficulty of finding suitable translations for their Swedish names; and this has impoverished our English text books.

But freedom of choice has imposed the obligation of holding clearly in view the characteristics which a terminology should possess. These may be summarized as follows:—

1. The terminology as a whole must be comprehensive, consistent, and capable of being applied to the analysis and description of new combinations of position and movement.
2. The terms must be short, simple, clear, and suggestive; those denoting positions should be single words, of one syllable if possible, and capable of abbreviation without ambiguity.
3. The terms should be capable of combination to meet all requirements without undue complexity.

Since it is essential there shall be no doubt about the precise meaning of the terms used in this book, a brief definition of each term has been given, and in some cases where it seemed advantageous, the commands for taking the position or carrying out the movement have been added. Diagrams illustrating many of the terms will be found at the end. It must be remembered that the terms are merely symbols and are not themselves definitions, but to aid the memory they have been made as suggestive as possible.

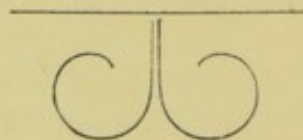
A word is necessary about the commands given in the explanations. They are intended to help in defining the meaning of the terms, so that preference has been given to those in most general use. When there appears to be no established usage, the commands which seem most closely to conform to the requirements of clarity, brevity, consistency, and ease and effectiveness of delivery, have been adopted. But they are not put forward for general acceptance, because, for obvious reasons, commands can never be standardized in the same way as terminology.

Finally, the compilers of this terminology wish to acknowledge their indebtedness to Professor Törngren, Major Silow, and other practical gymnasts at home and abroad for many valuable suggestions.

THE COMMITTEE,

July, 1911.

PHYSICAL TRAINING CLUB.



Gymnastic Terminology.

NOTE.—First the complete term is given, then its abbreviated form, and, lastly, its definition.

POSITIONS.

FUNDAMENTAL POSITIONS.

Standing (St).—The body erect and resting on the feet, which are turned outward so as to make an angle between them not greater than 60° ; the arms by the sides.

Sitting (Sit).—The body erect and resting on the buttocks and more or less on the thighs, the knees bent or straight, and the feet resting on the ground or other support lower than the seat. (Fig. 1 (a), (b)).

Lying (Ly).—The body lying horizontally on the back, and supported in its whole length.

Kneeling (Kn).—The body erect, rests on the knees, heels together, the ankles extended or flexed, and the toes resting on the ground.

Hanging (Hg).—The body hanging by the hands from an apparatus.

DERIVED POSITIONS.

I.—OF THE LEGS.

Close (Cl).—The feet directed forward with their inner edges touching. *Feet—close! Feet—open!* Combined with WALK in Close Walk Standing; same as Walk (f) Standing but with the feet directed straight forward.

Wide (Wd).—The feet equally turned out, and forming between them an angle of 90° . *Feet full—open!*

Guard—The knees carried outward and slightly bent. *Knees outward—bend! Knees upward—stretch!* (Fig. 2.)

Toe—The body resting on the toes and balls of the feet. *Heels—raise! Heels—lower!*

Spring (Spr).—The knees carried outward and bent to a right angle; the body resting on the balls of the feet. *Heels—raise! Knees outward—bend!* (Fig. 3.)

Stride (Std).—Each foot is placed one foot-length directly to its own side. *Feet astride—place! Feet together—place!* (Stride St., Stride Sit.) (Fig. 7.) Combined with KNEELING in Stride Kneeling, the knees are separated one foot-length. Combined with VAULT in Stride Vault, the legs are separated and pass outside the arms. Combined with PRONE FALL in Stride Prone Fall; same as Prone Fall but with the legs separated.

Walk (Wlk)—Denotes a position arrived at by placing one foot two foot-lengths from the other in the following directions:—

Forward: **Walk (f)** *Left Foot forward—place! Recover—place!* (Figs. 5 and 8.)

Backward: **Walk (b)*** *Left foot backward—place!* (Fig. 5.)

Outward: **Walk (o)** The foot is placed diagonally forward ("outward") in its own direction when the feet are in Wide position. *Left foot outward—place!* (Fig. 6.)

Back-outward: **Walk (bo)*** The foot is placed diagonally backward in the direction of the other foot when the feet are in Wide position, and parallel with its original position. *Left foot back-outward—place!* (Fig. 6.)

Crosswise: **Walk (c)** The foot is placed diagonally forward in the direction of the other foot, and a short distance in front of it. *Left foot across—place!* (Fig. 6.)

Sideways: **Walk (s)*** *Left foot sideways—place!* (Fig. 7.)

For certain movements introductory to dancing, &c., these positions can be taken with only one foot-length between the feet, in which case a dash is added to the letter of direction,

thus: **Walk (f')**. *Left foot one length forward—place!* (Fig. 5.)

Lunge [Ln].—Denotes a position arrived at by placing one foot usually three (or more) foot-lengths from the other; one knee is bent, the other leg is straight and the trunk is inclined so as to be in a straight line with it, the shoulders are kept parallel with their original position. The directions in which the foot is moved are as follows:—

* Walk (b), Walk (bo), and Walk (s) are, of course, respectively identical in form with Walk (f), Walk (o), and Stride positions; but since the movements for taking them are different, it is convenient to indicate in the names of the positions the manner in which they are to be taken.

Forward: **Lunge (f)** The front knee is bent, the back leg is straight, and the trunk is inclined forward. *Lunge forward, left foot—place! Recover—place!* (Figs. 5 and 13.) Combined with REVERSE in **Reverse Lunge (f)** [**Rev. Ln. (f)**], wherein the foot is placed forward three (or less) foot-lengths, the back knee is bent, the front leg is straight and the trunk is inclined backward in line with it. *Reverse lunge forward, left foot—place!*

Backward: **Lunge (b)** The front knee is bent and the trunk is inclined forward. *Lunge backward, left foot—place!* (Figs. 5 and 13).

Outward: **Lunge (o)** The foot is placed diagonally forward ("outward") in its own direction when the feet are in wide position, the front knee is bent. *Lunge outward, left foot—place!* Fig. 6).

Sideways: **Lunge (s)** The foot is placed $2\frac{1}{2}$ to 3 foot lengths directly to its own side with the knee bent and pressed outward, the trunk and other leg forming a straight line. *Lunge sideways, left foot—place!* (Fig. 7).

When the lunge positions are taken with only two foot-lengths between the feet, as is sometimes done in teaching these positions, &c., the fact is indicated by adding a dash to the letter of direction, thus: **Lunge (f')** *Lunge forward, two lengths, left foot—place!* or *Short lunge forward, left foot—place!* (Fig. 5).

Touch (Tch) denotes a position arrived at by placing one leg so that the point of the toe lightly touches the ground, the knee and ankle stretched, the weight of the body resting on the other leg. The directions in which the foot is moved are as follows:—

Forward: **Touch (f)**. *Left foot forward on the toe—place Recover—place!* (Fig. 9).

Backward: **Touch (b)** *Left foot backward on the toe—place!*

Outward: **Touch (o)**. The foot is placed diagonally forward in its own direction. *Left foot outward on the toe—place!*

Back-outward: **Touch (bo)**. The foot is placed diagonally backward in the direction of the other foot. *Left foot back-outward on the toe—place!*

Crosswise: **Touch (c)**. The toe touches the ground a short distance in front of the toe of the other foot, the ankle is stretched but the knee is slightly bent. *Left foot crosswise on the toe—place!*

Sideways: **Touch (s)**. *Left foot sideways on the toe—place!*

Touch Lunge [Tch Ln].—As Lunge (b) but with the back ankle stretched and the toe touching the ground. *Toe lunge backward, left foot—place!* (Fig. 14.)

Poise (Ps) denotes a position arrived at by raising one leg as high as possible with the knee and ankle stretched in one of the following directions:—

Forward: **Poise (f)**. *Left leg forward—raise! Leg downward—place! (or lower!).* (Fig. 10).

Backward: **Poise (b)**. *Left leg backward—raise!*

Outward: **Poise (o)** The leg is held raised diagonally forward in the direction of its own foot when the feet are in wide position. *Left leg outward—raise!*

Back-outward: **Poise (bo)** The leg is held raised diagonally backward in the direction of the other foot when the feet are in wide position. *Left leg back-outward—raise!*

Sideways: **Poise (s)** *Left leg sideways—raise!*

If the leg is only to be raised with the foot its own length above the ground, this is indicated by adding a dash to the letter of direction, thus: **Poise (f')**.

Poise Lunge [Ps Ln].—As Touch Lunge (b) but with the back toe raised from the ground, so that the trunk and raised leg are about horizontal. *Lunge backward with leg raising, left leg—place! (or, Poise lunge backward, left leg—place!), or, Toe lunge backward, left foot—place! Left leg—raise!* (Fig. 15.)

Crook (Cr).—Denotes a position arrived at by bending one or both hip joints so as to form a right angle or less between the trunk and thigh or thighs; the knee is bent to a corresponding angle; if the feet are free the ankles are stretched. Combined with the following fundamental positions:—

STANDING in **Crook St.** The thigh is directed forward. *Left knee forward—raise! Knee downward—place! (or lower!)* (Fig. 17).

KNEELING in **Crook Kn.** In the kneeling position one knee is bent upward and the foot is placed on the ground about one foot length in front of the other knee (Fig. 19).

SITTING in **Crook Sit.** The Sitting position is taken with the feet on a level with the buttocks, and both knees are bent upward and allowed to fall outward somewhat (Fig. 20).

LYING in **Crook Ly.** The Lying position is taken with the feet drawn close up to the buttocks.

HANGING in **Crook Hang.** The Hanging position is taken with both knees raised forward. If the knees are to be held straight, this is indicated by adding a dash to the name of the position, thus: **Crook Hang'** (Fig. 83).

If the Crook position is to be taken with the knee or knees pressed strongly outward (sideways), and with the lower leg vertical, this is indicated by adding (s) after the word Crook, thus: **Crook (s) st.** *Left knee sideways—raise!* or *Knee forward—raise! Knee sideways—place!;* and **Crook (s) Hang.**

Kick (Ki).—In the Standing position, one knee is bent to a right angle, or as far as possible, the knees being kept together. *Left foot backward—raise! Foot—lower!* (Fig. 21.)

2—OF THE ARMS.

Wing (Wg).—The hands resting on the hips with the fingers in front and thumbs behind. *Hips—firm! Position—place! or Hands—down!*

Bend (Bd).—The forearms bent upward and turned outward, elbows to sides, fingers towards shoulders. *Arms midway—bend!* [see Note on Page 23]. *Arms downward—stretch!*

Fling (Fg).—The elbows fully bent and raised sideways in line with the shoulders, the hands in front of the shoulders, palms downwards. *Arms across—bend! Arms downward—stretch!* (Fig. 24.)

Fling' (Fg').—As Fling, but with the forearms directed straight forward. *Arms across—bend! Arms halfway—fling!* (or, *stretch!*) (Fig. 25.)

Yard (Yd).—The arms held horizontally sideways, palms of hands downward. *Arms sideways—raise! Arms downward—lower!*

Yard' (Yd').—The arms held horizontally sideways, palms of hands upward. *Arms sideways—raise! Hands—turn!*

Heave (Hv).—The upper arms held horizontally sideways, the forearms held vertically upward, palms of hands inward (*i.e.*, Yard' with elbows bent to right angle). *Arms sideways—raise! Hands—turn! Arms halfway—bend!* (Fig. 26.) Combined with HANGING in Heave Hanging; the body hanging by the hands from apparatus, the elbows bent outward to a right angle or more.

Firm (Fm).—The hands touch the back of the neck, the elbows are pulled back. *Neck—firm! Hands—down!* (Fig. 27.)

Firm' (Fm').—As Firm, but with fingers meeting on top of the head. (Fig. 28.)

Drag (Dr).—The arms are held raised backward. *Arms backward—raise!* (Fig. 29.)

Address (Add).—The arms by the sides, the hands fully supinated. *Hands outward—turn! Inward—turn!* (Fig. 30.)

Reach (Rch).—The arms held horizontally forward, palms inward. *Arms forward—raise!*

Stretch (Str).—The arms held stretched upward in line with the body, palms inward.

3.—OF THE ARMS AND LEGS.

Half ($\frac{1}{2}$).—The name of a position which involves a symmetrical displacement of the arms or legs is sometimes used to indicate a position involving a like displacement of one arm or leg only. It is then preceded by the term "Half"; e.g., $\frac{1}{2}$ Str. St.

NOTE—When opposite limbs are placed in different derived positions the "halfness" is indicated by joining the names of the two positions by a hyphen, thus: Stretch-Wing Standing (Str-Wg. St.), Hang-Face Vault.

X—The arms and legs held in the position of the letter X.; e.g., X High side st. (Fig. 63.)

4.—OF THE TRUNK.

Arch (**Ah**).—The upper part of the trunk is bent backward, the chest is arched forward, the dorsal spine straightened or hyper-extended, and the head carried backward with the chin drawn in. *Chest lift and head backward—pull! Upward—raise!* (Fig. 36.) Combined with HANGING in Arch hanging (see under "Hanging"). Combined with PRONE LYING in Arch Prone Lying (see under "Prone").

Side-Arch (**S-Ah**).—The trunk held bent to one side. *Trunk to the left—bend! Trunk upward—stretch!* (Fig. 37.)

Slack—The trunk and head allowed to fall loosely forward, the back rounded, the arms hanging loosely down. (Fig. 71c.)

Stoop (**Stp**) denotes a position in which the trunk is inclined forward with the back held straight. It is combined with Standing and Sitting in **Stoop St.** and **Stoop Sit.** *Trunk forward—fall! (or lower!) Trunk upward—raise!* (Fig. 38.) Combined with Kneeling in **Stoop Kn.** where the body is inclined forward by extending the knee joints, and without flexion of the hips. Combined with DEEP in Deep Stoop; the trunk with the upper part of the spine kept straight (or as straight as possible) is inclined forward with the head lower than the hips, some flexion taking place in the lumbar spine. *Trunk forward—fall! (or lower!) Downward—fall! (or press!) Forward and upward—raise!* (Fig. 40.)

Bow—The pelvis flexed upon the thighs, the whole spine flexed as far as possible. (Fig. 39.)

Side-stoop (**S-stp**).—The trunk, kept straight, is held in an inclined position sideways, e.g., Thigh-rest Poise (s) Side Stoop St. (beam). (Fig. 41.) *With leg parting, trunk to the left—fall! Upward—raise!* Stretch Grip Poise (s) Side Stoop st. (Fig. 42.)

Twist (**Tw**).—The trunk twisted to one side. *Trunk to the left—twist! Forward—twist!* Combined with REVERSE in Reverse Twist (see "Reverse")

Fall—The trunk and head, kept straight, are held in an inclined position *backwards*. *Trunk backward—fall!* (or *lower!*) *Upward—raise!* Combined with SITTING in Fall Sitting (Fig. 51), and also with GRIP in Reach Grip Fall Sitting, and Reach Grip Crook Fall Sitting (Fig. 52). Combined with KNEELING in Fall Kneeling, the thighs, trunk, and head in one line. Combined with HANGING in Fall Hanging. Combined with STANDING in Fall Standing, *e.g.*, Foot-rest (f) Fall St.

Lean—The back (in its lower part or its whole length) rests against apparatus, the feet are advanced and rest on the ground, the knees are straight, *e.g.*, Lean St. (Fig. 71a); Stoop Lean St. (Fig. 71b); Slack Lean St. (Fig. 71c).

5.—OF THE BODY AS A WHOLE.

Ride (Rid).—The legs astride an apparatus with the inside of the thighs in contact with it. Combined with STANDING in Ride Standing. Combined with SITTING in Ride Sitting.

Sit-Kneeling (Sit-Kn).—As Kneeling, but sitting back on heels.

High (Hi).—Indicates that the performer is above the floor level. Combined with STANDING in High Standing; *e.g.* Stretch Grip High St. (Fig. 61). Stretch Grip High Spring St. (Fig. 62). Stretch Grip $\frac{1}{2}$ Spring High St.; X High Side St. (Fig. 63). Heave Grip High $\frac{1}{2}$ St. (Fig. 65). Stretch Grip Stoop High St. (Fig. 64). Combined with SITTING in High Sitting; as sitting but with or *without* support for the feet.

Span—The body in Stretch Arch Standing, Stretch Arch Kneeling, or Stretch Arch Sitting position, falls backwards from the ankles, knees, or hip joints, the hands resting on or grasping an apparatus which supports part of the weight of the body. *Chest lift, head and arms backward—pull! Fall! Trunk upright—place!* or, *Quit the bars—place!* *e.g.*, Span Standing (Fig. 72), Span Kneel, Span Sit. The apparatus may be replaced by a comrade [indicated by (:), or (::) if two comrades are employed], who gives support for the hands, elbows or head, or for the elbows if the position is taken with Neck-firm, *e.g.*, Span Standing (: elbows); Firm Span St. (:). Combined with HALF in Half Wing Span St., when one hand takes hips firm. Combined with OBLIQUE in Oblique Span St., when one hand grasps the apparatus lower than the other.

Span Arch Standing (Span Ah. St.).—The body in Stretch Grip Arch St. position hangs forward from an apparatus with the feet resting on the ground or apparatus. (Fig. 73.)

Prone (Pn).—The body in a more or less horizontal position face downward. Combined with LYING in Prone Lying, in which, if taken on the ground, the legs and trunk are supported (Fig. 43), or if taken across a bench the body is

supported on the thighs only, with the feet fixed under apparatus or held by a comrade. (Fig. 44) Combined with ARCH in Arch Prone Lying; as Prone Lying, but with the trunk in Arch position. (Figs. 45 and 46.) Combined with FALL in Prone Fall; the body, held straight, rests on the hands and feet in a more or less inclined position. *Prone fall—place! Position—place!* (Fig. 47.) If the hands and feet are on the same level the position is called simply Prone Fall; if the hands are on a higher level than the feet it is called High Prone Fall (Fig. 48); if the feet are raised so that the body is horizontal it is called Horizontal Prone Fall (Fig. 49); if the feet are on a higher level than the hands it is called Deep Prone Fall. (Fig. 50.)

Balance (Bal).—Indicates that the balance is preserved on a diminished base, *e.g.*, Walk Balance St., Stride Balance St. Combined with HANGING in Balance Hanging (see under "Hanging.")

Crouch—Indicates a deep knee bending with forward inclination of the body.

Four-foot (4.F).—Indicates that the hands are placed on the ground a short distance in front of the feet; the knees are either nearly or quite straight, or the body is in the Crouch position. (Fig. 74.)

Hand Standing (Hnd St).—The body, head downward and legs in the air, is supported by the extended arms. In Foot-rest Hand Standing the soles of the feet (and some of the weight of the body) rest against apparatus.

6.—AUXILIARY TERMS.

Side (S-).—Combined with STANDING in Side Standing denotes that one side of the body touches or is turned towards an apparatus; *e.g.*, Thigh-rest Side St. (Fig. 54); Side St. (Fig. 55). Combined with SITTING in Side Sitting; sitting as on a lady's saddle (Fig. 56). Combined with ARCH in Side Arch (as before defined). Combined with STOOP in Side Stoop (as before defined). Combined with FALL in Side Fall; the whole body, kept straight, is supported by one hand and foot in an inclined position with one side turned towards the ground (Fig. 57). If the hand and foot are on the same level the position is called simply Side Fall; if the hand is on a higher level than the foot it is called High Side Fall; if the foot is raised so that the body becomes horizontal it is called Horizontal Side Fall. Also, Stretch Side Fall; as Side Fall but the upper arm in the Stretch position. Stretch Grip Side Fall; as in Stretch Side Fall but the upper hand grasping apparatus (Fig. 58). Combined with LYING in Side Lying; the body, in "fundamental" position, lies on the side across an apparatus (bench) supported on the hip or thigh; *e.g.*, Foot-rest Side Lying, Trunk bending downward (or upward) (Fig. 59); Stretch Grip Side Lying, Legs Raising (Fig. 60).

Reverse (Rev).—Combined with TWIST in Reverse Twist, indicates that in Walk (f), Walk (o), Lunge (f), and Lunge (o), the trunk is twisted to the side of the *back* leg. Combined with HANGING in Reverse Hanging (see terms used in Hanging positions). Combined with LUNGE in Reverse Lunge [see under Lunge (f)].

Deep—Combined with SPRING in Deep Spring, denotes that the knees in the Spring position are fully bent. *Heels—raise! Knees full—bend!* (Fig. 4.) Combined with PRONE FALL in Deep Prone Fall (see under "Prone"); combined with STOOP in Deep Stoop (see under Stoop).

Rest (rst).—Indicates that some part of the body rests against, and is therefore fixed as regards position by, an apparatus. Used only in combination as follows:

Foot-rest (f) [F-rst (f)].—Heel-rest (f) [Hl-rst (f)].—As Poise (f), but with the sole (or heel) of raised foot resting on apparatus. (Figs. 11 and 12.)

Foot-rest (s).—As Poise (s), but with sole of raised foot resting on apparatus. [Similarly, Heel-rest (s)].

Foot-rest Crook—Combined with STANDING in Foot-rest Crook St.; as Crook St., but with sole of raised foot resting on apparatus. (Fig. 18.)

Foot-rest Crook (s).—Combined with STANDING in Foot-rest Crook (s) St.; as Crook (s) St., but with raised foot resting on apparatus.

Foot-rest Kick—Combined with STANDING in Foot-rest Kick St.; as Kick St., but with instep of raised foot resting on apparatus. (Fig. 22.)

Heel-rest Kick—Combined with STANDING in Heel-rest Kick St.; as Kick St., but with heel of raised foot resting against the *under* side of apparatus. (Fig. 23.)

Foot-rest Lunge—As Poise Lunge, but with toes or instep of raised foot resting on apparatus. (Fig. 16.)

Hand-rest (Hnd-rst).—The edge or palm of the hand or hands rest lightly on, or against the under side of, apparatus, *e.g.*, Reach Hand-rest St.; Stretch Hand-rest Lunge (f) St., where the edge of the hands touch the upper or lower edge of a beam.

Knee-rest (K-rst).—One or both knee caps touching an apparatus, *e.g.*, Knee-rest Lunge (f) St.

Thigh-rest (Th-rst).—One or both thighs touching or resting against (or upon) apparatus; *e.g.*, Thigh-rest St. (Fig. 66); Thigh-rest Stoop St.; Thigh-rest Side St. (Fig. 54); Thigh-rest Lunge (b) St., as Lunge (b) St. but with the front thigh resting across apparatus, the front foot raised or on the ground. Thigh-rest Crook St., as Crook St., but with raised thigh resting across apparatus. Note: Thigh and Foot-rest Crook St. (two beams),

Hip-rest (Hip-rst).—The side of one hip touching or resting against an apparatus; *e.g.*, Hip-rest St. (Fig. 67); Hip-rest Lunge (f) St., as Lunge (f) but with advanced hip (or lower part of abdomen) resting against a beam.

Loin-rest (Loin-rst).—The upper part of sacrum or lower part of loins touching or resting against apparatus. (Fig. 68).

Shoulder-rest (Sh-rst).—The back in the region of the shoulder-blades touching or resting against apparatus (Fig. 69), *e.g.*, Stretch Loin- (Shoulder-) rest Arch St.

Back-rest (Bk-rst).—The back in its whole length touching or resting against apparatus (Fig. 70), *e.g.*, Stretch Grip Back-rest St., Back-rest Crook Hanging. (Fig. 83.)

Grip—The hand or hands grasp an apparatus, *e.g.*, Reach Grip St., $\frac{1}{3}$ -Yard Grip St.

Chain Holds:—

Low Chain—Pupils in line hold hands in about the Address position. *Low chain—place! Position—place!* (Fig. 31.)

Middle Chain—Pupils in line hold hands in about the Bend position. (Fig. 32.)

High Chain.—Pupils in line hold hands in about the Heave position. (Fig. 33.)

Long Chain—Pupils in line hold hands in about the Yard position.

Cross Chain—Two pupils standing side by side carry both arms to one side and grasp right hand to right hand and left hand to left hand. (Fig. 34.)

Ring Chain—Two pupils facing each other grasp hands or shoulders in about the Reach position.

Zig-zag Chain—The pupils in two lines facing each other, those in one line opposite the intervals in the other line, hold hands in about Reach position, right hand to right hand and left hand to left hand. (Fig. 35.)

7.—TERMS USED IN HANGING POSITIONS.

Over Grip (O.G.).—Grasp with hands pronated, the shoulder-line parallel with the apparatus. (Fig. 75.)

Under Grip (U.G.).—Grasp with hands supinated, the shoulder-line parallel with the apparatus. (Fig. 76.)

Alternate Grip (A.G.).—Grasp with one hand pronated, the other supinated, the shoulder-line oblique to the apparatus. (Fig. 77.)

Inward Grip (I.G.).—Grasp with the palms of the hands turned inward; if on an horizontal apparatus, with one hand each side of it and the shoulder-line at right angles to its long direction (Fig. 78); if on vertical apparatus, with the hands level or close together. (Fig. 79.)

Long Hanging (Long Hg).—Hanging with muscles connecting arms and body fully relaxed and extended.

Short Hanging (Short Hg).—Hanging with the whole body raised as high as possible between straight arms.

Heave Hanging (Hv Hg).—See "Heave."

Horizontal Hanging (Hz Hg).—The body, more or less horizontal, hangs by the hands and one knee from horizontal apparatus, or from inclined apparatus with the head up.

Reverse Hanging (Rev Hg).—Hanging head downwards. Combined with HORIZONTAL in Reverse Horizontal Hanging; as Horizontal Hanging on inclined apparatus, but the head downward.

Fall Hanging (Fall Hg).—The body, forming a straight line from head to heels, hangs by the arms in an inclined position backwards with the heels resting on the ground. (O.G. or U.G.) (Fig. 81.) Combined with HEAVE in Heave Fall Hanging.

Arch Hanging (Ah Hg).—The body in Stretch Arch position hangs by the arms from apparatus with the legs carried backwards and the toes resting on the ground. (Fig. 82.) Combined with HEAVE in Heave Arch Hanging.

Crook Hanging (Cr Hg).—See under Crook (page 12).

Balance Hanging (Bal Hg).—The body, with head held high, is supported by and between the fully extended arms, the hands resting on some apparatus (Fig. 80).

Summary of Terms.

		PAGE.	FIG.			PAGE.	FIG.
St.	...	9	—	Stp.	...	14	38
Sit.	...	9	1	S-Stp.	...	14	41
Ly.	...	9	—	Tw.	...	14	—
Kn.	...	9	—	Fall	...	15	51
Hg.	...	9	—	Rid.	...	15	—
Cl.	...	9	—	Sit-Kn.	...	15	—
Wd.	...	9	—	Hi.	...	15	61
Guard	...	9	2	Span	...	15	72
Toe	...	10	—	Span Ah.	...	15	73
Spr.	...	10	3	Pn.	...	15	43, 47
Std.	...	10	7	Lean	...	15	71
Wlk.	...	10	5, 6, 7	Bal.	...	16	—
Ln.	...	10	5, 6, 7	Crouch	...	16	—
Tch.	...	11	9	4-F.	...	16	74
Tch. Ln.	...	11	14	Hnd St.	...	16	—
Ps.	...	12	10	S-	...	16	54-60
Ps. Ln.	...	12	15	Rev.	...	17	—
Cr.	...	12	17	Deep	...	17	4, 40, 50
Ki.	...	13	21	Rst.	...	17	11
Wg.	...	13	—	Grip	...	18	52
Bd.	...	13	—	Chain Holds	...	18	31-35
Fg.	...	13	24, 25	O.G. Hg.	...	18	75
Yd.	...	13	—	U.G. Hg.	...	18	76
Hv.	...	13	26	A.G. Hg.	...	18	77
Fm.	...	13	27, 28	I.G. Hg.	...	19	78, 79
Dr.	...	13	29	Long Hg.	...	19	—
Add.	...	13	30	Short Hg.	...	19	—
Rch.	...	13	—	Hv. Hg.	...	19	—
Str.	...	13	—	Hv. Hg.	...	19	—
$\frac{1}{2}$...	14	65	Rev. Hg.	...	19	—
X	...	14	63	Fall Hg.	...	19	81
Ah.	...	14	36	Ah. Hg.	...	19	82
S-Ah.	...	14	37	Cr. Hg.	...	19	83
Slack	...	14	71	Bal. Hg.	...	19	80
Bow	...	14	39				

Abbreviations in Alphabetical Order.

Ah., Add.
 Bal., Bd., Bk.
 Cl., Cr.
 Dr.
 F., Fall, Fg., Fm.
 Hv., Hg., Hi., Hl., Hn., Hoz.
 K., Ki., Kn.
 Ln., Ly,
 Pn., Ps,

Rch., Rev., Rid., rst.
 S-, Sh., Sit., Spr., St., Std., Stp.
 Tch., Tw.
 Wd., Wg., Wlk.
 X
 Yd.
 $\frac{1}{2}$ F.
 $\frac{1}{2}$, (:), (::)

Rules for Combining Terms to form the Name of a Position.

The Term denoting the Fundamental position is placed last. In front of it are arranged the Terms denoting the derived positions—first of the arms, then of the legs, and finally of the trunk.

If one derived position of the trunk is taken from another derived position, the terms for them stand in the order in which the positions are taken.

Examples :—Stretch Stride Standing.

Stretch Stride Twist Standing.

Stretch Grip Poise (s) Side Stoop Standing. (Fig. 42.)

Reach Grip Crook Fall Sitting. (Fig. 52.)

Stretch Arch Prone Lying.

Half Stretch Stride Prone Fall.

Toe Span Standing.

Crook Span Standing.

Firm Crook Lying.

Wing Foot-rest (f) Fall Standing.

Heave Grip High Half Standing. (Fig. 65.)

Yard Walk (o) Reverse Twist Standing.

Examples of combined abbreviated terms :—

Deep Spr., Deep Pn. Fall.

Std. Kn., Std. Vault, Std. Pn. Fall.

Cr. St., Cr. Kn., Cr. Sit., Cr. Ly., Cr. Hg.

Hv. St., Hv. Hg.

Ah. St., Ah. Hg., Ah. Pn. Ly.

Stp. St., Stp. Sit.

Rev. Tw., Rev. Hg.,

Pn. Ly., Pn. Fall, Hi. Pn. Fall, Hz. Pn. Fall, Deep Pn. Fall.

Rid. St., Rid. Sit.

Fall Sit., Fall Kn., Fall Hg., Fall St.

S-St., S-Sit., S-Ach., S-Stp., S-Fall, Hi. S-Fall, Hz. S-Fall,
S-Ly.

Hi. St., Hi. Sit.

K-rst. Ln. (f) St.

Th-rst. Cr. St., Th-rst. Ln (f) St.

Hip-rst. Ln (f) St.

Span St., Span Sit., Span Kn., Span St. (:), $\frac{1}{2}$ Wg. Span St.,
Oblique Span St.

MOVEMENTS.

The names of the movements carried out from the different Starting Positions are composed of words indicating the character of the movements themselves, which are preceded and followed by words denoting the part of the body moved and the direction, force, speed, duration, etc., of the movement. Examples are given.

A.—Words denoting the Character of the Movements.

The name of a movement is given first, then its abbreviated form, and finally brief notes explaining the character of the movement indicated.

For the sake of convenience of reference the movements are grouped as those of the Limbs, the Trunk, the Head, movements of the Body as a whole without change of place, movements of Transporting the Body from one place to another, movements of Heaving, movements involved in Displacing an Object, movements of Leaping, Skipping, Dancing.

It must be clearly understood that these are purely conventional terms for certain bodily movements, and while they are made as descriptive as possible, they are not intended as accurate definitions of the movements.

I.—MOVEMENTS OF THE LIMBS.

Raising (rais).—When applied to the whole limb, denotes a *slow* movement of the arm or leg, the limb being kept straight and movement taking place in shoulder or hip joint only; *e.g.*, St. Arm raising sideways, St. Leg raising forward. In St. Knee raising, the act of raising the leg to Crook posn. In St. Foot raising backward (to Kick posn.). *Left foot backward—raise! Foot—lower!* In St. Heel raising (to Toe St.)

Lowering (low).—When applied to the whole limb, denotes a *slow* movement of the arm or leg, the limb kept straight and the movement taking place in shoulder or hip joint only; *e.g.*, St. Arm raising forward and upward, lowering sideways and downward.

Rolling (roll).—Means circumduction in hip or shoulder joint; *e.g.*, Yard St. Arm rolling. *Arm rolling—begin!* Crook St. Thigh rolling.

Moving (mov).—A *slow* movement of a limb in a more or less horizontal plane; *e.g.*, St. Leg raising forward, and moving sideways and backward; —Crook St. Knee moving sideways [to Crook (s)].

Parting (part).—The act of moving the arms or legs in opposite directions from a position in which they are parallel to each other, the limbs being kept straight throughout; *e.g.*, Reach St. Arm parting; Crook' Hanging Leg parting.

Swinging (Swing).—A quick movement of the arm or leg as a whole, movement taking place in the shoulder or hip joint alone, the limb being kept straight; *e.g.*, Reach St. Arm swinging sideways. *Arms sideways—swing!* Poise (f) St. Leg swinging backward and forward.

Closing (clos).—In Feet closing, the act of rotating the legs inward so as to bring the inner edges of the feet into contact. In Hand closing, the act of clenching the fists.

Opening (open).—In Feet opening, the act of rotating the legs outward so as to make an angle between the feet; *e.g.*, St. Feet closing and opening. In Hand opening, the act of unclenching the fists and straightening the hands; *e.g.*, Hand closing and opening.

Turning (turn).—Means rotation of a limb or segment of a limb; *e.g.*, St. Hand turning outward; Yard St. Hand turning.

Placing (place).—From the Standing position: In Foot placing, the act of placing the foot in a Walk or Stride position; *e.g.*, St. Foot placing forward; St. Feet placing astride. In Toe placing the act of placing the foot in a Touch position; *e.g.*, St. Toe placing forward. In Foot placing from any other position, the act of moving the feet to a new position; *e.g.*, Prone fall. Feet placing forward and backward.

Lunging (lunge).—The act of taking a Lunge position.

Bending (bend).—In Arm bending, (a) when the arms are free the act of bringing the arms to the Bend position.* (b) When the body rests upon the arms, as in Prone Fall, and Hand St., the act of lowering the body by bending the arms. (Note.—When the body hangs by the arms and is lifted when they are bent, the movement is called "Heaving.") In Knee bending, the act of flexing the knees (a) to Sping or Guard position; *e.g.*, St. Knee bending (to Guard position); St. Heel raising and Knee bending. (to Spring position); St. Knee bending with simultaneous Heel raising (to Spring position). (b) to Crook position; *e.g.*, Poise (f) St. Knee bending and stretching. In Foot bending, the act of flexing the ankle; *e.g.*, Crook St. Foot bending and stretching.

* To avoid leaving the pupils in doubt, whilst they await the Executive word, as to whether the arms are to be bent or stretched upward which occurs when the commands *Arms upward—bend!*; *Arms upward stretch!* are used, it is suggested that the command *Arms midway—bend!* should be substituted for the former; *e.g.*, *Feet astride and arms midway—bend!* In Arms bending and stretching by word of command, the command *Arms—bend* should be sufficient,

Stretching (stretch).—In Arm stretching, (a) when the arms are free the act of straightening the arms from the Bend position; or from any other position of the arms, the act of bringing the arms to the Bend position and then straightening them. (b) When the body rests on the arms and they are bent, the act of raising the body by straightening them. The act of extending the knee after "bending" it. In Foot stretching, the act of extending the ankle joint.

Flinging (fling).—Means flexion and extension of the elbow joint between Yard and Fling position.

Changing (change).—(a) From all *asymmetrical* positions of the arms or legs, the act of reversing the position of the limbs (cf. "Alternate" page); e.g., Walk St. Feet changing; $\frac{1}{2}$ Stretch St. Arm changing by stretching. Wing-Firm St. Arm changing; Crook St. Knee changing. (b) The act of moving the limbs directly from one position to another in a manner not already described; e.g., St. changing to Neck firm, Hips firm, Arms upward stretch, Arms across bend (or St. changing to Fm., Wg, Str, Fl, Yd, and St.)

Shifting (shift).—In Hand shifting, the act of shifting the grasp of the hands from one apparatus (or part of an apparatus) to another; e.g. Stretch Grip Stoop High St. Alternate, hand shifting downward or upward (wall bars); Four-foot Crouch, Hand shifting forward to Prone fall. In Weight shifting, the act of transferring the weight of the body from one leg to the other, or from both legs to one leg; e.g., Walk (f) St. Back Heel raising and weight shifting forward; Walk (f) Spring St. Weight Shifting forward and backward.

Marking time (mark time).—The act of raising the feet alternately a short distance from the ground; a rhythmic movement.

2.—MOVEMENTS OF THE TRUNK.

Arching (arch).—The act of taking the Arch position, *i.e.* arch of chest with extension (or hyper-extension) of dorsal spine and with head carried backward; e.g., Wing St. Trunk arching.

Stooping (stoop).—The act of inclining the trunk forward or sideways while it is held straight; e.g., St. Trunk stooping forward (to Stoop position). *Trunk forward—fall! Upward—raise!* Thigh-rest St. Trunk stooping sideways with leg parting (to S- Stoop position). *With leg parting, trunk to the left—fall! Upward—raise!*

Twisting (twist).—Means rotation of spine (not cervical part) to Twist position. Reverse Twisting means rotation of spine to Reverse Twist position (q.v.). St. Trunk twisting.

Bending (bend).—Means flexion of spine forward or sideways to Bow or Side-Arch position; *e.g.*, St. Trunk bending forward-downward. *Trunk forward and downward—bend! Upward—stretch!* Stretch Sit. Trunk bending forward, grasp ankles and pull, and Bow Sit. Raising with breathing. St. Trunk bending sideways (to S-Arch position). *Trunk to the left—bend! Upward—stretch!*

Stretching (stretch).—Means the act of bringing the trunk to the erect position from the Bow, Slack or Side Arch positions.

Falling (fall).—The act of inclining the trunk backward without movement in the spine; *e.g.*, Sitting, Trunk falling backward. *Trunk backward—fall! Upward—raise!*

Raising (rais).—The act of bringing the trunk to the erect position from Stoop, Fall, and Arch positions; *e.g.*, Wing Foot-rest Lying, Trunk raising and falling.

Rolling (roll).—Means circumduction of the trunk; *e.g.*, Wing Stride Stoop St. Trunk rolling. *Trunk rolling to the left—begin!*

Spanning (Span).—The act of taking the Span position; *e.g.*, Stretch St. Spanning. *Chest arch and fall! Quit the bars! Repeat! One! Two!*

3.—MOVEMENTS OF THE HEAD.

Bending (bend).—Flexion of the neck forward, backward or sideways.

Stretching (stretch).—From bending.

Rolling (roll).—Circumduction of the cervical spine with flexion.

Twisting (twist).—Rotation of the head and neck.

4.—MOVEMENTS OF THE BODY AS A WHOLE WITHOUT TRANSLATION.

Facing (Face).—The act of turning the body in the standing position so that it faces in a new direction. *To the left—face! Right about—face!*

Turning (Turn).—The act of turning the body in the air ; *e.g.*, St. Upward jump with turning 90° ; A. G. Hv. Hng. Arm walk with turning.

Changing (change).—The act of passing from one position to another by a movement involving trunk and limbs ; *e.g.*, Heave Grip Back-rest. St. Changing to Span Arch Standing position ; Fall Hang. Changing to Span St. position.

5.—MOVEMENTS OF TRANSLATION.

Stepping (step).—The act of taking a definite number of steps forward, backward, or sideways ; *e.g.*, St. 3 steps forward.

Marching.—To be understood in its ordinary meaning. A continuous rhythmic movement forward or backward.

The different kinds of Marching are described as : Marching with short steps, with long steps, with long steps and arm swinging forward-upward, with touching back foot, on the toes, on the heels, with knee and foot stretching forward (backward), with foot bending, with heel raising and lowering, with heel raising and slight knee bending, with crook kneeling, with feet changing, with knee raising, with knee raising and stretching, with leg raising forward (backward), with mark step (the foot brought down flat and firmly, with knee straight), with foot placing outward and feet changing, Low March (in Spring position).

Running.—To be understood in its ordinary meaning. Running up and down (inclined plane, such as bench).

Wheeling.—Turning a " Cart Wheel."

Arm Walk.—In the Hand St., or in a Hanging or Heave Hanging position, the act of transporting the whole body by movements of the arms alone ; *e.g.*, O.G. Hg. Arm walk sideways (beam) ; O.G. Hv. Hg. Double Arm walk sideways (beam) ; I.G. Hg. Arm walk upward (2 ropes) ; A.G. Hv. Hg. Arm walk with turning. In certain preparatory exercises the legs may assist in the movement ; *e.g.*, I.G. Hv. Fall Hg. Arm walk backward with help of legs.

6.—HEAVING MOVEMENTS.

Heaving (Heav).—The act of raising the body from a Hanging to a Heave Hanging position by bending the arms ; *e.g.*, O.G. Hg. Heaving. *Heave! Lower!* Short Heaving is the act of raising the body from the Long to the Short Hanging position without bending the arms ; *e.g.*, O.G. Hg. Short heaving.

Arm Walk.—See under 5.

Climbing (climb).—The act of climbing on apparatus by means of the arms and legs; *e.g.*, I.G. Hg. Climbing (vertical rope); I.G. Hv. Hg. Climbing hands only (2 vertical ropes); I.G. Hg. Diagonal Climbing upward (line of ropes).

I.G. Hg. Climbing up head first (inclined rope); O.G. Hg. Climbing up with turning (inclined rope); I.G. Hg. Climbing up head first and descend legs first (inclined rope).

Hi. Sit. Vertical climbing (Square or "Window" ladder); Hi. Sit. Horizontal climbing (square ladder); Hi. Sit. Diagonal climbing (square ladder); Hi. Sit. Zig-zag climbing and descend head first (square ladder).

Hi. St. or St. Alternate climbing (rope ladder).

Circling (circle).—The act of turning the body round a horizontal apparatus. Circling *up* from Hanging or Heave Grip St. positions, etc. Circling *down* from Balance hanging position. Circling up or down *backwards*, when the back is turned toward the apparatus. Circling *over*, from Hanging or Heave Grip St. between two ropes.

7.—MOVEMENTS INVOLVED IN DISPLACING AN OBJECT.

Lifting, Carrying, Throwing, Dragging, Pushing, etc.

8.—MOVEMENTS OF LEAPING.

Definitions—

Leaping consists of Jumping and Vaulting.

Jumping is a leap in which no part of the body touches any object during the "flight" (see below).

Vaulting is a leap in which the hands touch an apparatus at some point of the "flight" in order to assist in the leap.

TERMS USED TO DENOTE PHASES IN THE ACTION OF JUMPING AND VAULTING.

To gain momentum—The leap may be commenced with a short Run.

The Spring.—The act of taking the leap until the moment when the feet leave the ground.

The Flight.—Begins at the moment the feet leave the ground and continues until they again touch the ground.

The Landing.—The act of bringing the body to rest after the leap, beginning at the moment the feet again touch the ground.

The Spring is described as a "Whole" Spring when both legs take an equal part; as a "Half" Spring when it is made with one leg.

Similarly, the landing may be "Whole" or "Half," according to whether both feet together or one foot before the other meets the ground. In the latter case, the body is not usually brought to rest, but the landing is made the first step of an onward run.

METHOD OF NAMING LEAPS.

In order fully to indicate the character of a leap its name must give first the initial position of the body (if of consequence), secondly, the movements (if any) which precede the actual spring (these two are analogous to the starting position of other exercises), and lastly the leap itself; *e.g.*, St. Upward jump; St. crosswise step Outward jump; Touch (b) St. 3 steps Forward jump; Running High jump; 3 steps Face vault to ride sitting. Other examples of standard forms are given below.

A.—TERMS USED TO DENOTE THE DIFFERENT FORMS OF JUMPING.

(a) **Skip Jump.**—A rhythmic series of low leaps in which the knees do not bend, or only slightly, in the spring and landing (cf. Skipping); *e.g.*, St. Skip jump; Std. Toe St. Skip jump; Toe St. Skip jump astride; Reach Grip St. Skip jump up and down (to lowest wall bar); Walk (f) Toe St. Skip jump with feet changing; Deep Spring St. Skip jump; Touch (s) St. Skip jump with feet changing; Kick St. Skip jump with feet changing on every second skip. 4-F St. Skip jump astride (the hands remaining on the ground).

Four-foot Jump.—*e.g.*, 4-F St. Forward jump (for children, "Hare Jump" or "Frog Jump").

(b) **Jumping with whole spring and whole landing:—**

ST. PREPARATION FOR JUMPING.—The movements of heel raising and knee bending done quickly.

ST. UPWARD JUMP.—The body is straight during the flight; the landing is on the spot from which the spring was taken. *Upward jump by numbers*—1! 2-**3!** 4! 5! or *Upward jump*—go! Combined with leg and arm movements, turning, etc., during the flight; *e.g.*, St. Upward jump with knee raising, in which the knees are strongly bent upward and outward.

ST. FORWARD JUMP.	} In which the arms swing to assist the movement.
ST. BACKWARD JUMP.	
ST. SIDEWAY JUMP.	

When the landing is used as the Spring for a fresh Jump, this is indicated thus: St. Upward jump *twice* (*three times*).

(c) **Jumping with half spring and whole landing:—**

TOUCH (B) ST. LEG SWING FORWARD, FORWARD JUMP WITH HALF SPRING.

ST. 2 STEPS, FORWARD JUMP. St. 3 steps, Forward jump with turning 90°.

ST. CROSSWISE STEP, OUTWARD JUMP.

- (d) **Down Jump**—Is a jump from a higher to a lower level. The spring can be either whole or half; *e.g.*, High St. Down jump forward (bench). High St. Down jump forward with half spring; High Sitting, Down jump forward (beam). High Crouch St. Down jump with one hand grip (plinth); X High St. Down jump sideways; Back-rest Hanging. Down jump forward; St. Upward jump to O. G. Hang and Down jump (beam).

Note.—The Jumps in pars (a) to (d) are not taken over any apparatus or prescribed distance.

- (e) **High Jump**—A jump over or onto an apparatus; *e.g.*, Running, High jump (rope); 3 steps, High jump (rope); St. High jump (rope); St. High jump to High Standing (plinth); Stride St. (over bench), High jump to High St.; Running, High jump with $\frac{1}{2}$ -landing; Running, Sideways high jump. (In all except the last, the body faces forward in the flight).

Long Jump—A jump over a measured distance or as far as possible; *e.g.*, Running, Long jump; St. Long jump; Running, Long jump with $\frac{1}{2}$ -landing.

B—TERMS USED TO DENOTE THE DIFFERENT FORMS OF VAULTING.

Face Vault—Is a vault in which the body swings sideways over the apparatus and with the face turned towards it. (Fig. 84.) A High Face Vault is one in which the body is swung up so high that it rests for a moment in the Hand Standing position.

Back Vault—Is a vault in which the body swings sideways over the apparatus, and with the back turned towards it. (Fig. 86.) "Fence" Back Vault (or simply "Fence" Vault) is a Back Vault over apparatus placed obliquely to the run, with half-spring and only one hand at a time resting on the apparatus; *e.g.*, Running Fence Vault (horse or beam).

Side Vault—Is a vault in which the body swings sideways over an apparatus with one side turned towards it, *i.e.*, the front of the body facing forward throughout; *e.g.*, Running Side Vault (horse). (Fig. 88.)

Through Vault—Is a vault in which the legs pass forward between the arms when the body is above the apparatus; *e.g.*, Running Through Vault (beam saddles); Running Through Vault with $\frac{1}{2}$ spring (beam saddles).

Stride Vault—Is a vault in which the legs are separated and pass one on each side of the apparatus; *e.g.*, Running Stride Vault (horse lengthways) (Fig. 89); Running Stride Vault (:) = Leap Frog. (Fig. 90.) A Long Stride Vault is one in which the body is thrown forward to a more or less horizontal position in the flight in order that the hands may touch the farther end of an apparatus placed lengthways to the run; *e.g.*, Long Stride Vault (horse lengthways, or jumping line and plinth). (Fig. 91.)

Heave Vault—Is a vault in which the hands grasp an apparatus (ropes or beam) during the flight, and a heave is made in order to shoot the body forward, sometimes over another apparatus; *e.g.*, Running O.G. Heave Vault (two beams) (beam and jumping line) (Fig. 92); Running I.G. Heave Vault (two ropes) (two ropes and horse across); Side St. I.G. Heave Vault (two beams) (Fig. 93); Running I.G. Heave Vault from side to side (two beams); Running O.G. Heave Vault and circle up to Bal. Hg. position (beam).

Note.—A combination of Heave and other Vaults can be made; *e.g.*,

- Running Heave-Face Vault (two beams) (Fig. 85).
- Running Heave-High Face Vault to Bal. Hg. position (two beams)
- Running Heave-Back Vault (two beams). (Fig. 87).
- Running Heave-Fence Vault (2 beams).

Handspring Vault—Is a vault in which the hands are supported on the apparatus and the body swings up to the Hand Standing position and then over to Standing position on the ground. (Fig. 94.)

Note.—The above are described as *Complete Vaults*, because the body passes completely over or between the apparatus without coming to rest upon it, and alights on the ground.

A *Mounting Vault* is one in which the body comes to rest upon the apparatus (used mostly as preparatory exercises for the Complete Vaults), *e.g.*,

- Reach Grip St. Vault to Bal. Hg. position (beam).
 - Walk St. 1—3 steps Vault to Bal. Hg. position (beam).
 - Running Stride Vault to Ride Sitting and Face dismount (or Stride dismount forward or backward) (horse lengthway)
 - 3 steps Face Vault to Ride Sitting (horse across).
 - 3 steps Fence Vault to Ride Sitting (horse).
 - Running Through Vault to High St. (horse across).
 - Walk St. 3 steps Back Vault to near (off) Side Sitting (horse across).
 - High St. Handspring vault (::) (vaulting box).
- Other examples are given above.

Dismounting—Is the act of returning to the ground from a position taken by a Mounting Vault. The modes of dismounting are named in accordance with the Vaults which they resemble, or the corresponding Down Jump, *e.g.*,
 Bal. Hg. Dismount backwards (beam).
 Bal. Hg. Heave dismount (under beam).
 Ride Sit. Face dismount (horse).
 " " Back dismount (horse).
 " " Stride dismount backward (forward) (horse).
 Near Side Sit. Face dismount to off-side (horse).
 Bal. Hg. Hang-High Face dismount (two beams, wall, etc.)

C—TERMS USED TO DENOTE MOVEMENTS MADE FROM THE
 HIGH SITTING AND BALANCE HANGING POSITIONS.

Note.—The terms **Face Swing** and **Back Swing** denote that in the Ride or Side Sitting positions on the horse, etc., the legs are first swung forward or backward and immediately backward or forward, and the body, resting on the hands, is lifted above the apparatus to a position similar to that which it assumes in a Face or Back Vault at the moment when it is directly above the apparatus. From this position the body returns to the same or another position on the apparatus.

Bal. Hg. Alt. Hand lifting.
 Bal. Hg. Arm bending and stretching.
 Bal. Hg. Arm walk sideways.
 Bal. Hg. Leg parting.
 Bal. Hg. Leg swinging backward.
 Bal. Hg. Alt. Leg shifting through beam saddle.
 Bal. Hg. Alt. Leg shifting outside beam saddle.
 Bal. Hg. Arm walk sideways with turning to sitting positions.
 Ride Sit. Face swing.
 Ride Sit. Back swing.
 Ride Sit. Face (Back) swing to side-sitting.
 Side Sit. Face (Back) swing to ride-sitting.
 Ride Sit. Face (Back) swing with turn to side-sitting; *i.e.*, facing in the opposite direction to that of the Starting position.
 Side Sit. Face (Back) swing with turn to side-sitting on opposite side of apparatus.
 Ride Sit. Face (Back) swing with turn to ride-sitting.

D—POLE JUMPING MOVEMENTS.

9.—MOVEMENTS OF DANCING AND SKIPPING.

Dancing—To be understood in its ordinary meaning.

Skipping—With a skipping rope. To be understood in its ordinary meaning (*cf.* Skip Jumps).

NAMES OF THE PARTS OF THE BODY.

These words precede the Words denoting Movement.

Arm (A)	Hand (Hn)	Knee (K)	Toe
Back (Bk)	Head (Hd)	Loin	Trunk (T)
Chest (C)	Heel (Hl)	Shoulder (Sh)	
Foot (F)	Hip	Thigh (Th)	

WORDS DENOTING DIRECTION AND SEQUENCE OF MOVEMENT.

These Words precede or follow those denoting Movement, and indicate the Direction of the Movement, or whether the Limbs are to move Simultaneously or Alternately.

(a) DIRECTION :

Forward (f), backward (b), upward (u), downward (d), outward (o), sideways (s), astride, right (r), left (l), right and left (r and l), back-outward (b-o), diagonally (diag), crossways, zig-zag.

DOUBLE (2)—Means that both arms and legs perform the same movement simultaneously; *e.g.*, Crook Hang. 2 Knee stretching; O.G. Heave Hang. 2 Arm walk sideways.

ALTERNATE (ALT)—Means that from all *symmetrical* positions the arms and legs perform the movement alternately; *e.g.*, Crook Hang. Alt. Knee stretching; Bend St. Alt. Arm stretching upward and downward. *Left arm upward, right arm downward—stretch! Arms change—stretch!*

WORDS DENOTING SPEED, DURATION, APPARATUS, &c.

These Words, usually in Brackets, follow the Name of the Movement, and indicate its Speed, Duration, Apparatus, &c.

Slightly; 3 times; slowly; quickly; Teacher counting (T.C.); Pupils counting (audibly) (P.C.); beam; wall bars; in stream (means that the exercise is done by the pupils in succession, following each other closely, and without separate command for

each); (:) means that a comrade is employed in place of apparatus, cf. M.G., below; + (placed after the name of an exercise means that it is to be followed by one having a calming influence on respiration and heart action).

Note 1.—In some cases it is necessary to indicate the height at which apparatus is to be fixed. This is given in relation to the body, thus (beam hip height). The height mentioned refers always to that of the *upper edge* of the apparatus, which is placed on a level with the part of the body mentioned.

Note 2.—In some vaults it is necessary to indicate the position of the apparatus in relation to the direction of the movement, e.g., Running Face Vault (horse across), Running Face Vault (horse lengthways).

(1—2) } after the name of an exercise mean that it is to be done
(1—4) } with the Teacher's counting in 2, 4, 6 or 8 movements;
(1—6) } e.g., St. Foot placing outward (1—4). *Foot placing*
(1—1) } *outward, left and right foot—1! 2! 3! 4!*

(Rhythmic 1—4) } after the name of an exercise mean that it is to
(" 1—6) } be done in a series of 4, 6, or 8 rhythmic move-
(" 1—8) } ments, with the pupils counting audibly or to
themselves; e.g., St. Foot placing forward with
heel raising (rhy 1—4) [or, rhy 1—8]. *Foot*
placing forward with heel raising, left foot—
begin! [or, *left and right foot—begin!*].

SOME OTHER CONVENIENT ABBREVIATIONS.

S.P.—Starting position.

F.P.—Finishing position.

M.G.—“Movement giver,” *i.e.*, a person who assists or controls the movements of another.

M.T.—“Movement taker,” *i.e.*, the performer who takes the movement, assisted or controlled by the M.G.



Fig. 2.

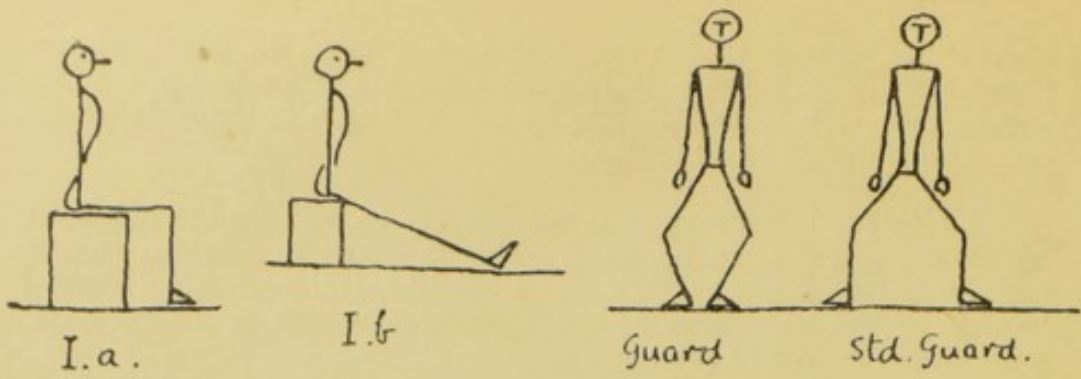


Fig 3.

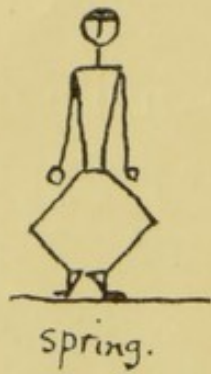


Fig. 4.

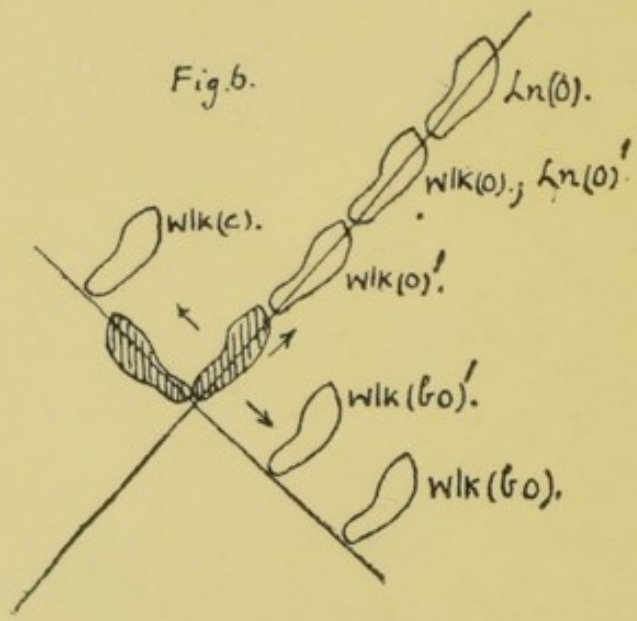
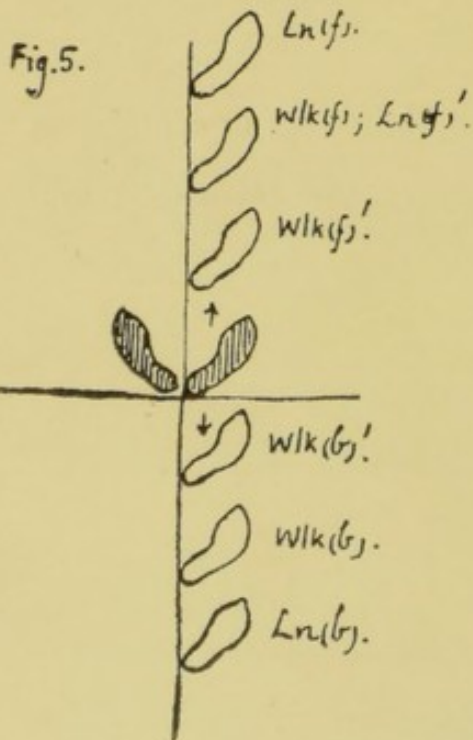
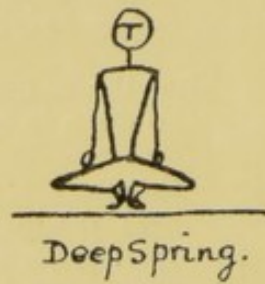


Fig. 7.

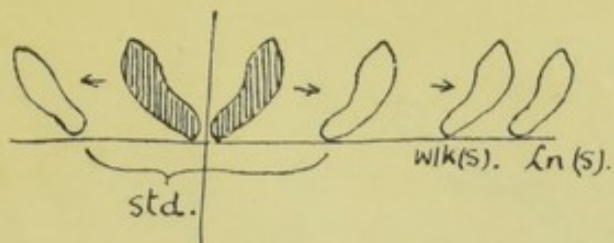


Fig. 8.



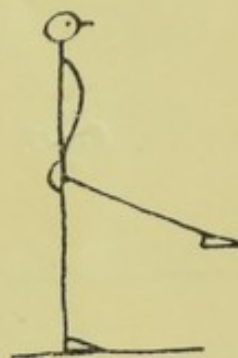
WIK(f).

Fig. 9.



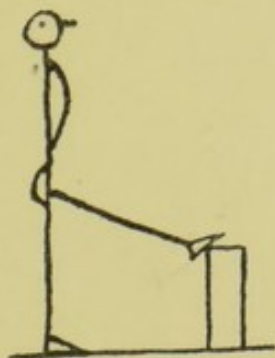
Tch(f).

Fig. 10.



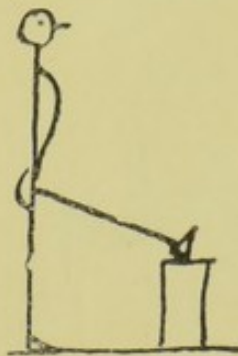
Ps(f)

Fig. 11.



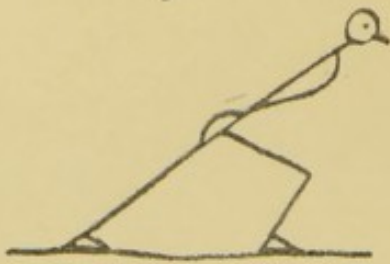
F-rst(f).

Fig. 12.



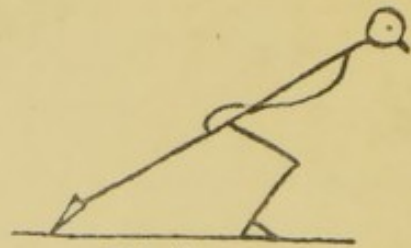
HL-rst(f).

Fig. 13.



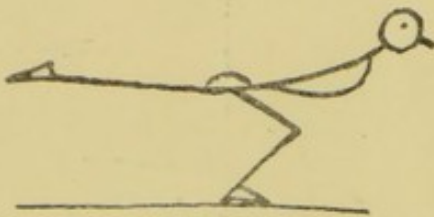
Ln (f) or (b).

Fig. 14.



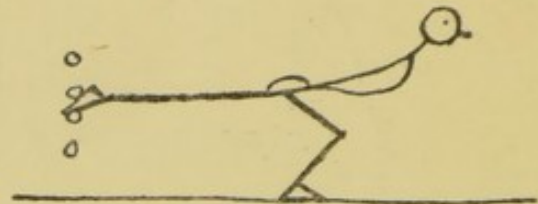
Tch Ln.

Fig. 15.



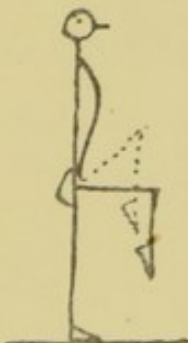
Ps Ln.

Fig. 16.



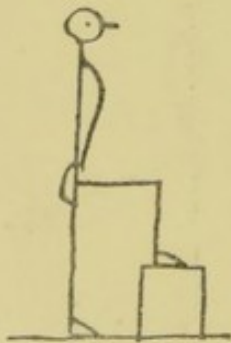
F-rst Ln.

Fig. 17.



Cr St.

Fig. 18.



F-rst Cr.

Fig. 19.



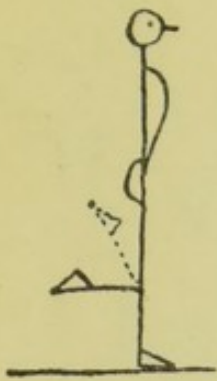
Cr Kn.

Fig. 20a



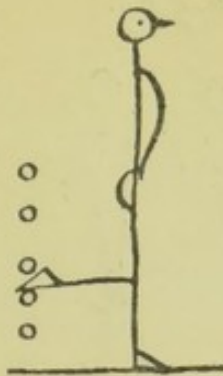
Cr Sit.

Fig.21.



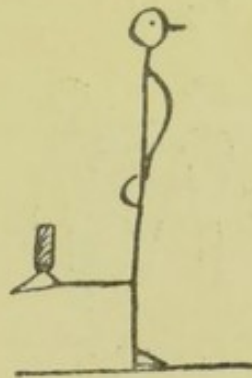
Ki.

Fig.22.



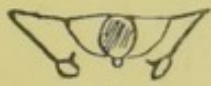
F-rst Ki.

Fig.23.



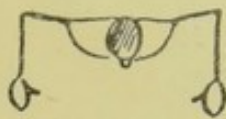
HC-rst Ki.

Fig.24.



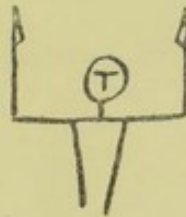
Fg.

Fig.25.



Fg'.

Fig.26.



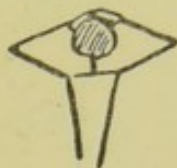
Hv.

Fig.27.



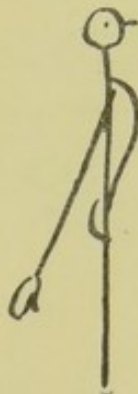
Fm.

Fig.28.



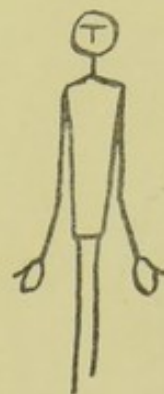
Fm'

Fig.29.



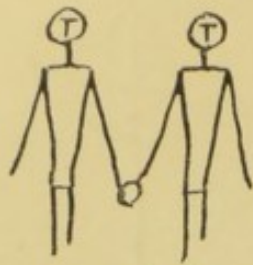
Dr.

Fig.30.



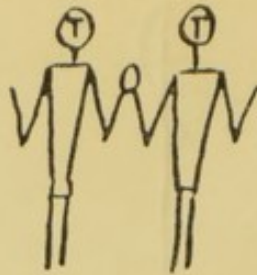
add.

Fig. 31.



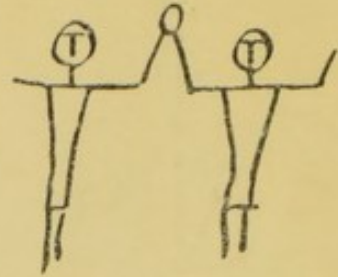
Low Chain

Fig. 32.



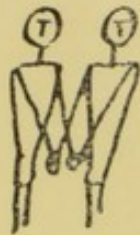
mid Chain.

Fig. 33.



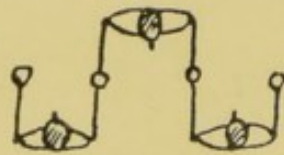
Hi Chain.

Fig. 34.



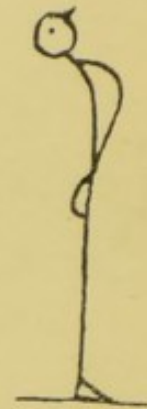
Cross Chain.

Fig 35



Zigzag Chain.

Fig. 36.



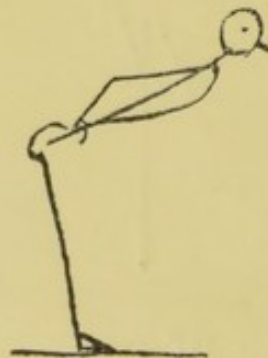
Ach.

Fig. 37



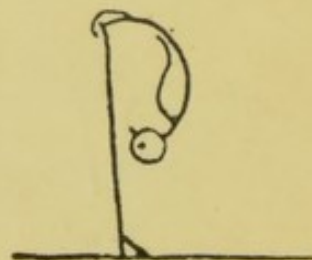
S-Ah.

Fig. 38.



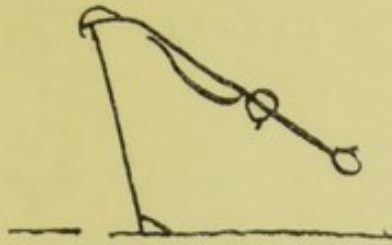
stp.

Fig. 39.



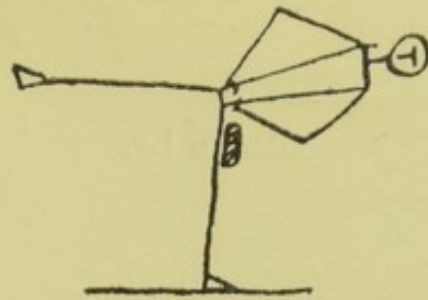
Bow.

Fig. 40.



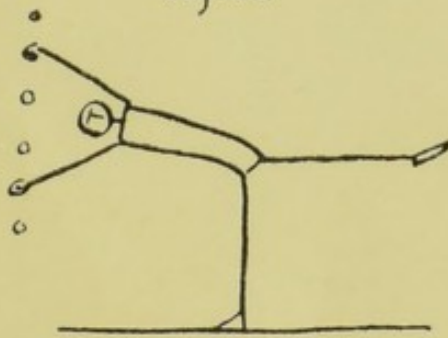
Deep stp.

Fig. 41.



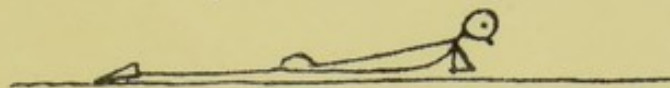
Th - rst Ps (s) S-stp st

Fig. 42.



str Grip Ps (s) S-stp st.

Fig. 43.

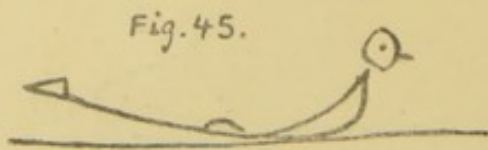


Pn lay

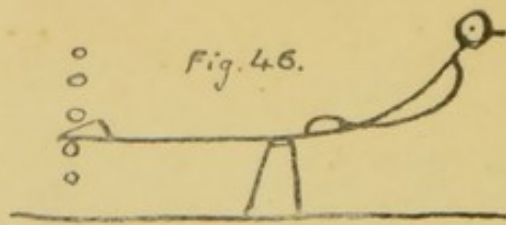
Fig. 44.



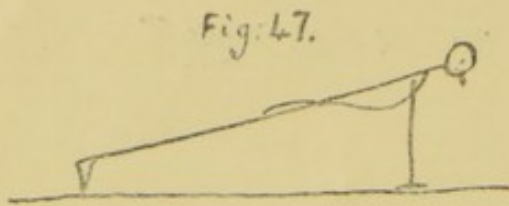
Pm. lay.



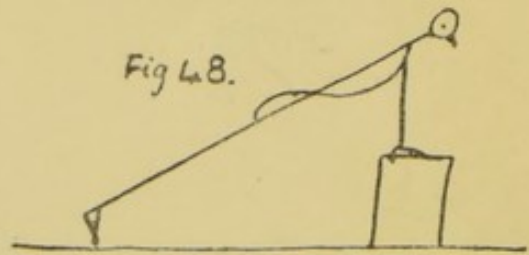
Ah Pn Ly.



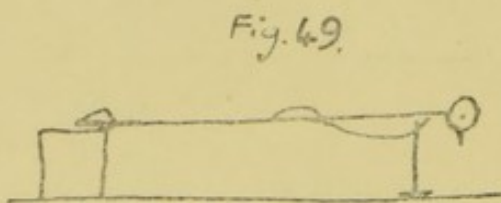
Ah Pn Ly.



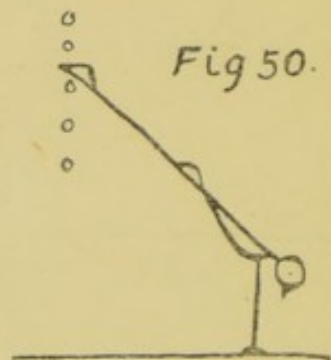
Pn Fall



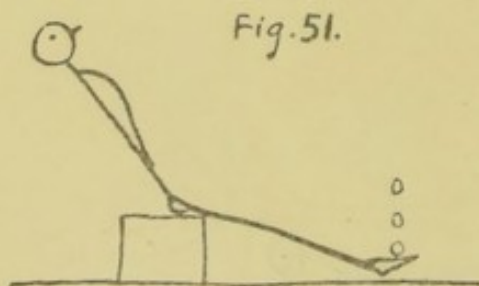
Hi Pn Fall



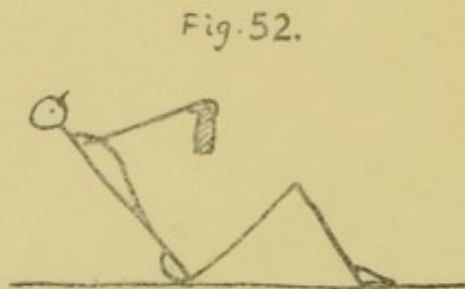
Hx Pn Fall.



Deep Pn Fall



Fall Sit



Rck grip Or Fall Sit.

Fig. 53.



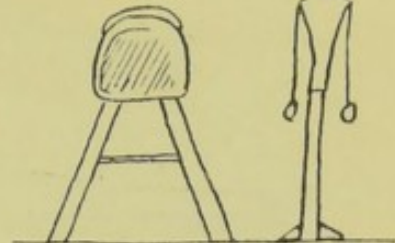
Whole Sit.

Fig. 54.



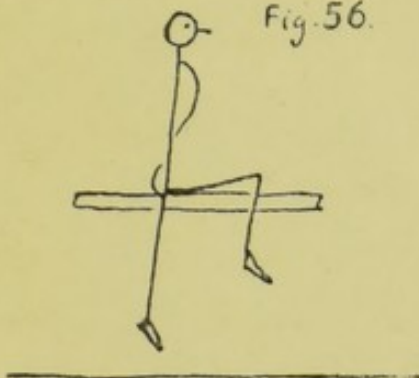
Th -rst S-st.

Fig. 55.



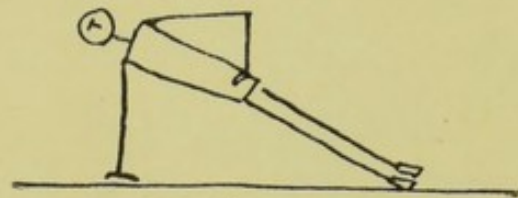
Side St

Fig. 56.



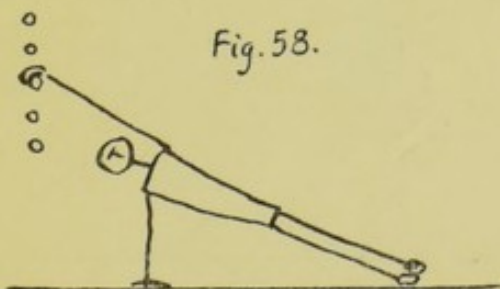
Hi Side Sit.

Fig. 57.



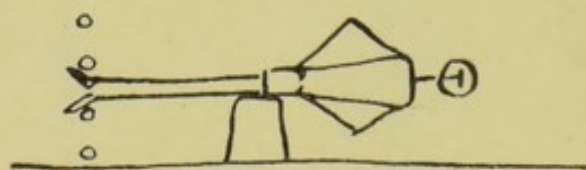
Side Fall

Fig. 58.

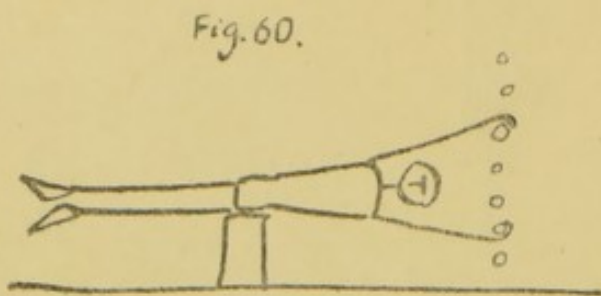


Str grip Side Fall.

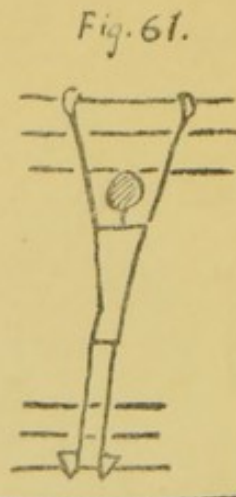
Fig. 59.



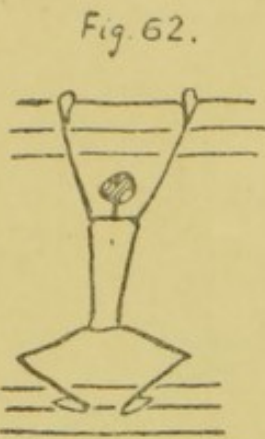
F-rst Side Ly.



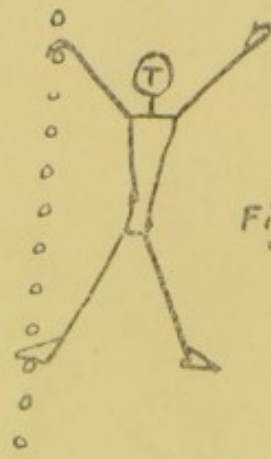
str grip side hy.



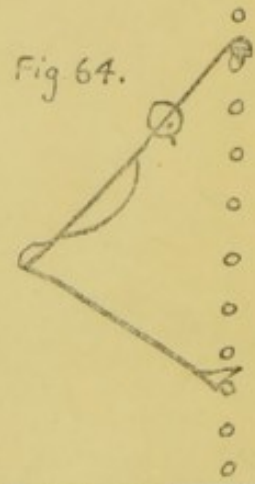
str grip Hi st.



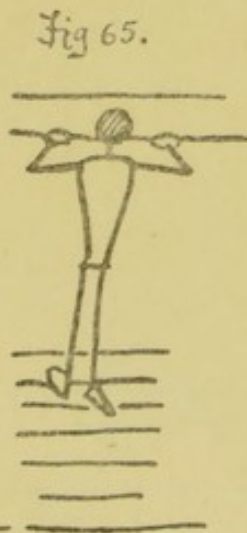
str grip Hi Spr St.



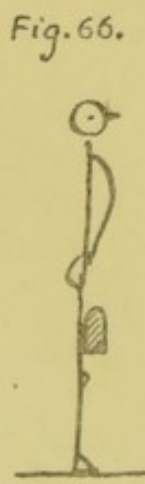
X Hi. Side St.



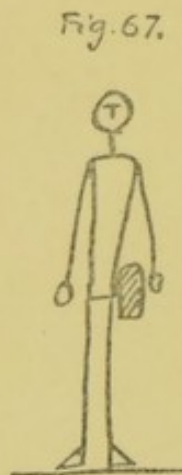
Str Grip Stp Hi St.



Hv. Grip Hi 1/2 St.



Th-rst



Hip-rst.



Loin-rst.

Fig 71.

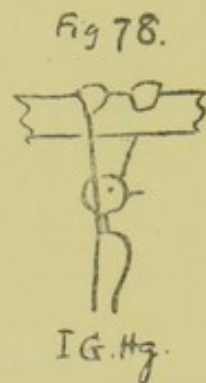
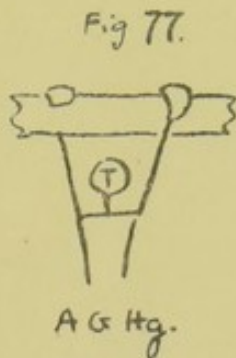
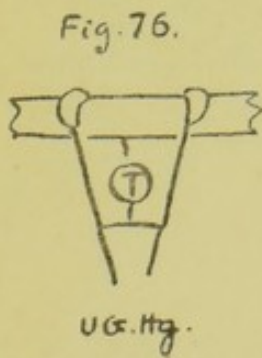
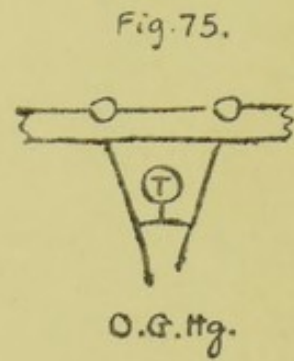
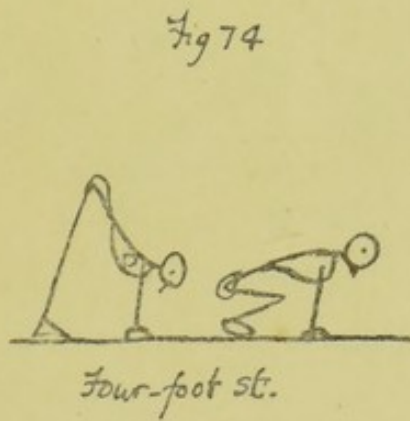
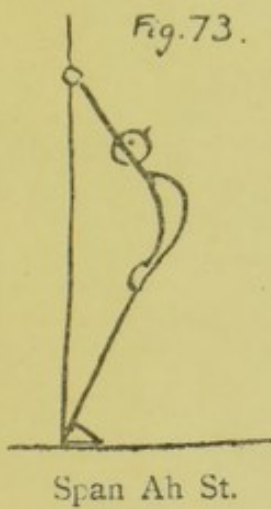
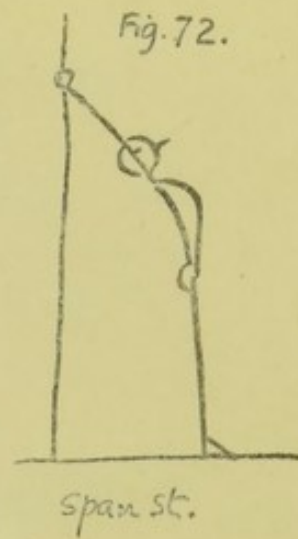
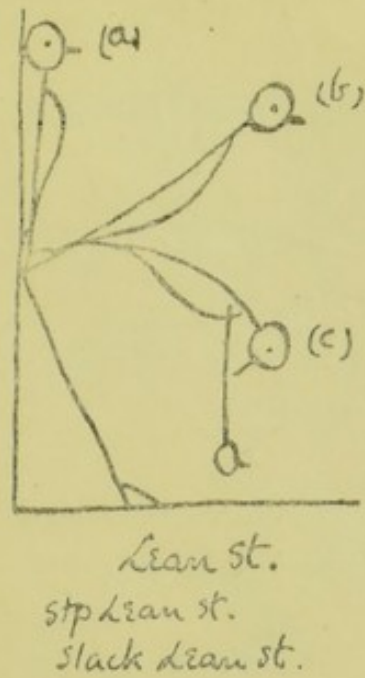
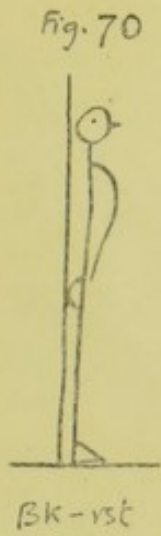
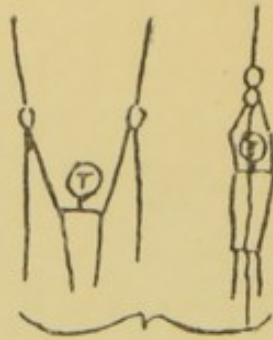
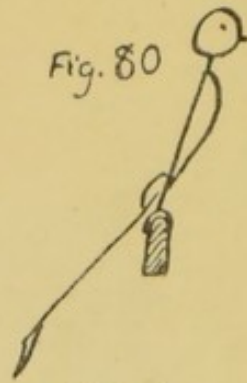


Fig 79.



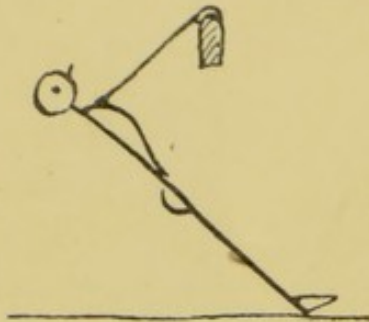
I. G. Hg'

Fig. 80



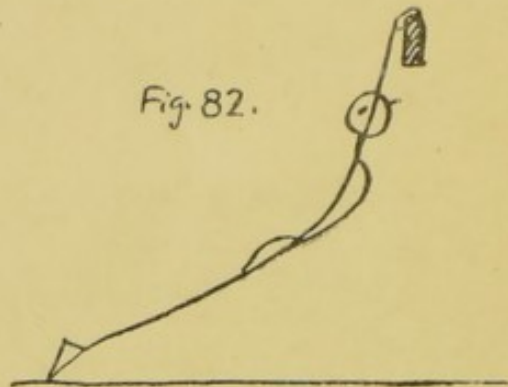
Bal Hg.

Fig 81.



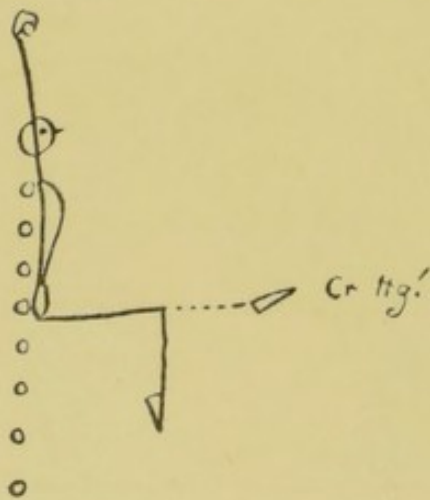
Fall Hg.

Fig. 82.



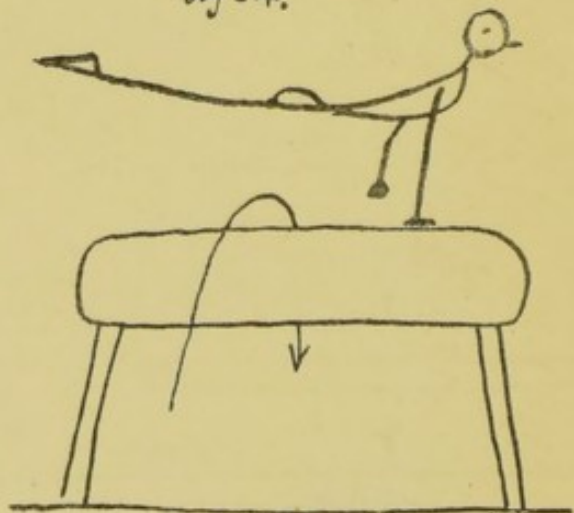
Ah Hg.

Fig. 83.



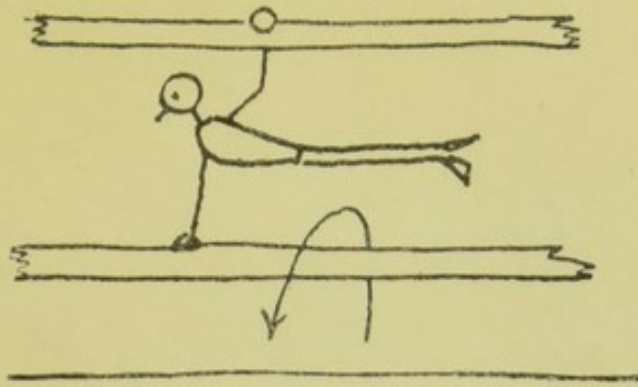
Bk-rst. Cr. Hg.

Fig 84.



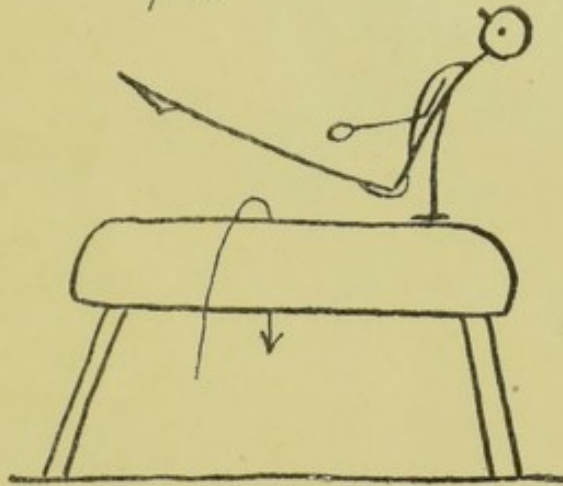
Face Vault

Fig 85



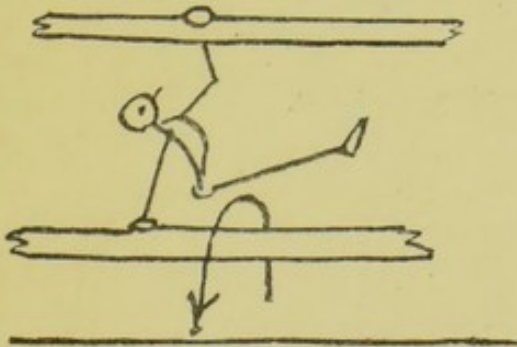
Heave-Face Vault.

Fig 86



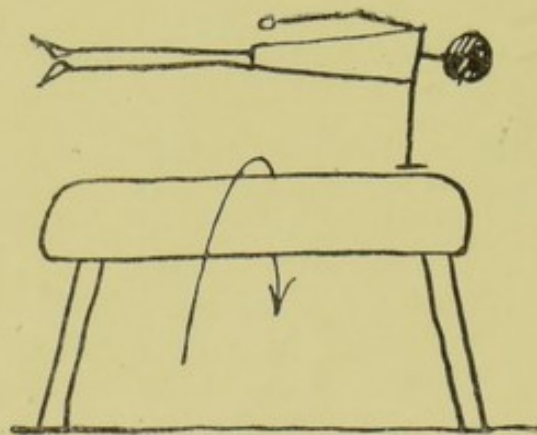
Back Vault

Fig 87.



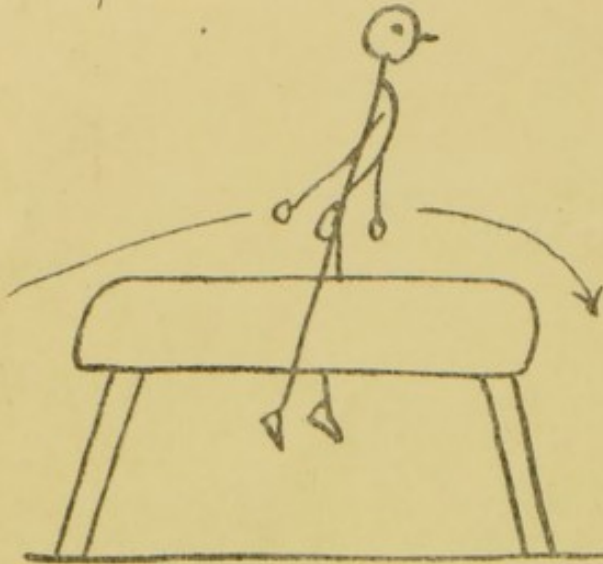
Heave-Back Vault.

Fig 88.



Side Vault

Fig 89.



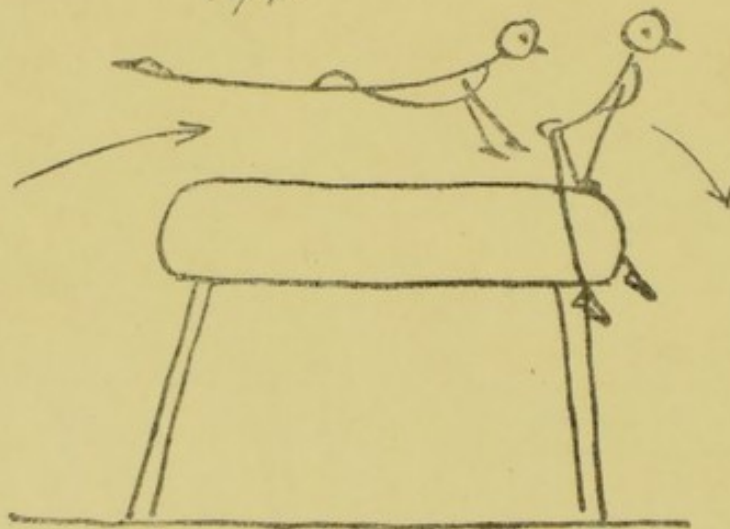
Stride Vault- (app (lengthways))

Fig 90.



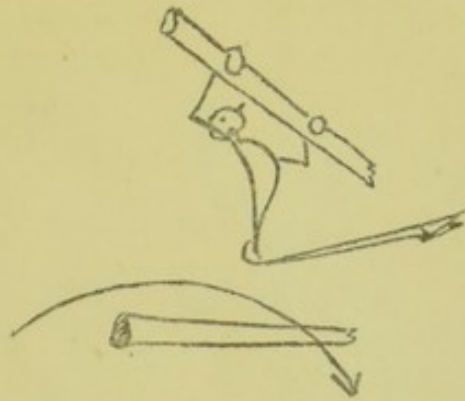
stride Vault- (:).

Fig 91.



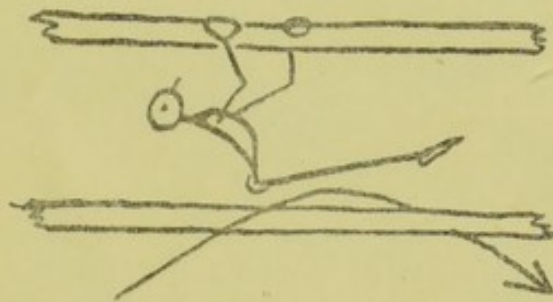
Horizontal Stride Vault.

Fig 92.



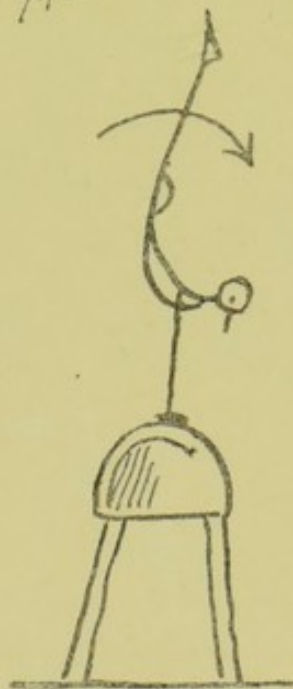
O. G. Heave Vault (two beams).

Fig 93.



I. G. Heave Vault (two beams).

Fig 94.



Hand Spring.



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