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Contributors

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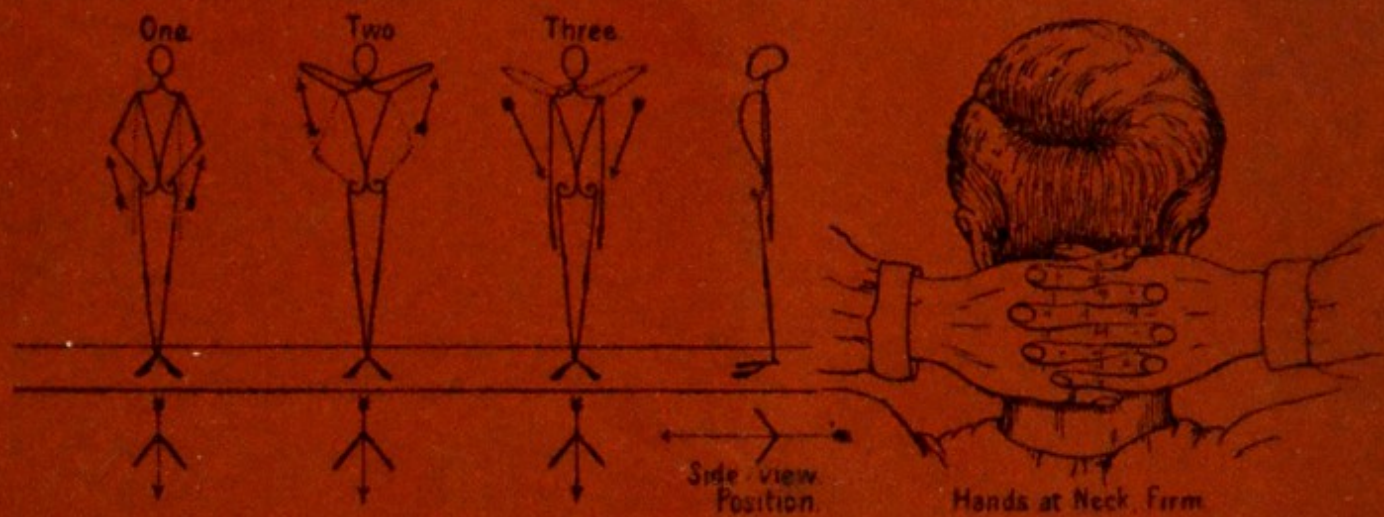
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LING'S SYSTEM

SWEDISH GYMNASTICS



A MANUAL OF FREE-STANDING MOVEMENTS

For the Use of Schools without Apparatus

BY COLONEL J. D. HAASUM

HACHETTE AND COMPANY

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SWEDISH GYMNASTICS

A MANUAL

OF

Free-Standing Movements

For the use of Schools without Apparatus

COMPILED AND ARRANGED BY

J. D. HAASUM, COLONEL

LATE CAPTAIN 2ND SWEDISH LIFE GUARDS

Assistant-Instructor, Royal Gymnastic Institute, Stockholm

NEW EDITION

HACHETTE AND COMPANY

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INTRODUCTION.

AFTER having gone through a course of gymnastic instruction, founded on Ling's System, with the London School Board masters, and noted the interest exhibited for the work by the majority of those who attended my classes, as well as that shown by many Members of the Board, I have, encouraged and aided by Mr. T. Nordenfelt, decided to publish the following Tables, trusting they may be accepted in their book-form as a guide and help to all who intend promoting in this country the Swedish System of Physical Education, or adopting that method of body-culture for the benefit of those placed in their charge.

This little Manual consists of Seven Tables, containing Free Standing Movements only, being designed for schools without apparatus. A series of Tabulated Exercises for schools possessing apparatus will shortly follow.

DIRECTIONS TO INSTRUCTORS.

1. The Tables and their Movements are to be used successively, in the order of the book; no Table must be relinquished before its movements are thoroughly understood and properly executed by the entire class; therefore, each Table must be worked for at least three consecutive meetings before abandoning it for the next.
2. Primitive positions are important and must be very carefully taught before working any movement derived from them; they are in themselves good exercise for a weakly child, and it must be borne in mind, that damage can be easily wrought if their importance is ignored and the whole class forced onwards without consideration for the difference of individual capacity.
3. All exercises are ordered first by numbers, but when the Instructor is perfectly satisfied that the movements are correctly executed he may allow his class to judge their time of performance. It is however necessary, now and again, to revert to movements by number, because the more deliberate mode of progression gives the Instructor a better opportunity to detect and correct any errors arising from laxity or inattention.
4. A gymnastic class ought not to number more than thirty, or at the most forty pupils, otherwise the Teacher will be unable to attend to every instance of careless performance during the time allotted to the lesson.
5. All prolonged instructions or directions that will, during their delivery, keep the class in fatiguing or embarrassing positions, must be avoided or reserved until the class is standing at ease. When those who have been inexpert are taken out of the ranks for critical correction, it must be done individually and in view of the whole class; by this means all will benefit by the repeated instruction.

6. Movements of the arms and legs are to be done first in slow time, but after some practice in quick. Bending the head and trunk requires slow time. Turning the head and trunk is generally taken in slow time, but is sometimes allowable in quick.
7. As the aim and purpose of rational gymnastic training is to develop the body harmoniously, and therefore help to destroy the right-handed bias acquired by the human race, all movements are started from the left and done as much to the left as to the right ; thus every muscle is brought into equal and healthy activity.
8. Each Movement is to be at first repeated twice, then after some practice three times.
9. Strict discipline is necessary while the class is at work, but the Instructor must be careful not to exhaust the interest and attention of his pupils by exercising them too long a time without an interval for standing at ease.
10. During gymnastic exercise nothing that is tight around neck, waist, arms or legs must be worn, and if possible the shoes should be light with low heels.
11. Children, who from illness, accident, or otherwise, have been absent from gymnastic exercise for some time, must be very carefully treated when they recommence, for until their strength returns no trunk movements, climbing, or vaulting must be asked of them ; and before rejoining their class they must be prepared by repeating with them some of the first Tables.
12. On the word of command *Position*, arms or feet are brought smartly into position.

In *Hips firm* : the fingers are together and the thumbs to the rear, the palms of each hand resting firmly on the hips and the elbows extended sideways.

Neck firm : the fingers are locked together and the elbows extended sideways.

In *Arms upwards, forwards, downwards, and backwards stretch*, the arms are straight and parallel, and the palms of the hands facing each other.

Arms forwards bend : palms down, elbows back, chest forwards.

Arms sideways stretch : arms straight, palms down, chest forwards.

In the various *foot placings*, with the exception of the large steps, the legs are kept perfectly straight, the knees not being in the least bent, but braced back. The distance from heel to heel in the ordinary steps, two foot-lengths ; in the large steps, three foot-lengths.

To MR. JOHN S. NEWELL, *Assistant Master*, Vittoria Place Board School, Barnsbury, N., who has kindly assisted me with this Manual, I beg to give my most hearty thanks.

J. D. HAASUM,

CAPTAIN 2ND SWEDISH LIFE GUARDS,

Assistant-Instructor, Royal Gymnastic Institute, Stockholm.

T A B L E S
OF
M O V E M E N T S

TABLE 1.

EXPLANATORY REMARKS.	NO.	MOVEMENTS AND COMMANDS.	REFERENCE.
¹ To be repeated in each table. ² Turnings and Marching to be done in accordance with the Infantry Field Exercise.	1.	PRELIMINARY. ¹ Fall in (two or three) ranks. Attention. Right—Dress. Eyes—Front. Number. Open order (two or four paces) slow (or quick)—March. Odd (or even) numbers, one pace (or two paces) backwards (or forwards) slow (or quick)—March. Odd and even numbers, change ranks, slow (or quick)—March. Stand at ease. Attention. Turnings. ²	
	2.	Hips—Firm. Neck—Firm. Position. Repeat—One, two, three; One, two, three.	See Diagram 2, opposite Plate.
	3.	Feet—Close. Feet—Open. Repeat—One, two; One, two.	See Diagram 3, opposite Plate.
	4a.	Left foot sideways place—One. Change feet—One, two. Repeat—One, two. Position. (Foot brought smartly in position.)	See Diagram 4a, opposite Plate.
	b.	Left foot sideways forwards place ³ —One. Change feet—One, two. Repeat—One, two. Position.	See Diagram 4b, opposite Plate.
	5.	Hips—Firm. Heels raise and sink—One, two. Repeat—One, two. Position.	See Diagram 5, opposite Plate.
	6.	Hips—Firm. Trunk backwards bend and upwards raise—One, two. Repeat—One, two. Position.	See Diagram 6, opposite Plate.
	7a.	Arms upwards bend and downwards stretch—One, two. Repeat—One, two; One, two.	See Diagram 7a, opposite Plate.
	b.	Arms forwards bend—One. Position. Repeat—One, two; One, two.	See Diagram 7b, opposite Plate.
		CLOSING. ⁴ Odd (or even) numbers, one pace forwards (or backwards) slow (or quick)—March. Close order, slow (or quick)—March. Dismiss.	
³ Diagonal step.			
⁴ To be repeated in each table.			

PLATE I.

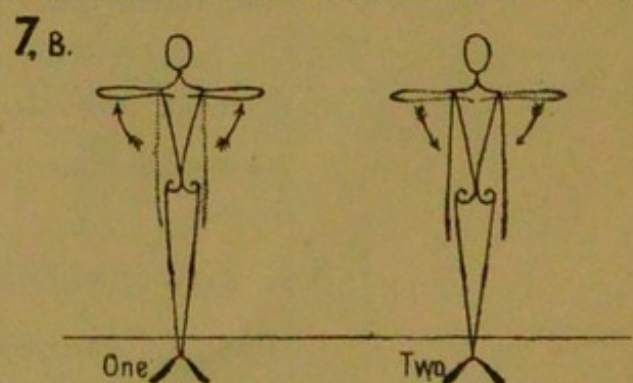
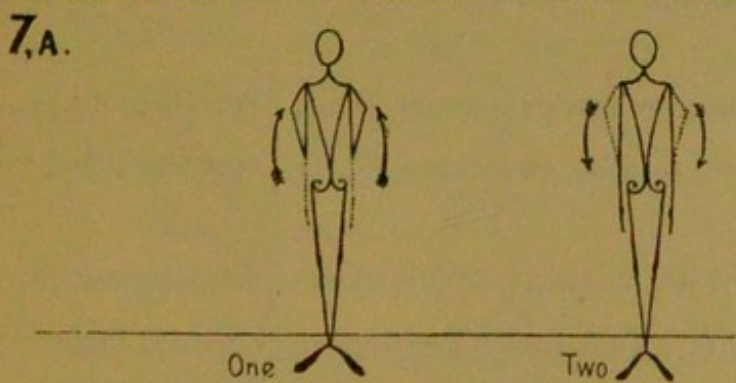
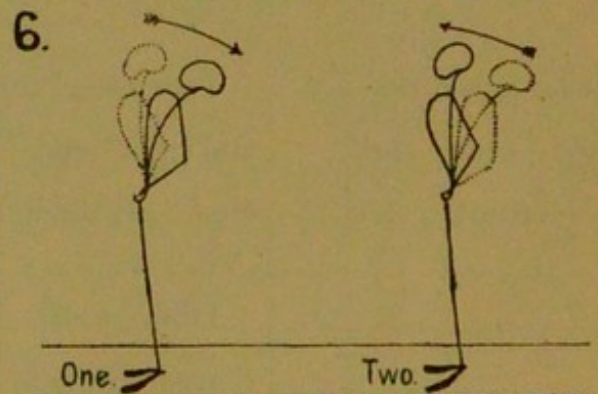
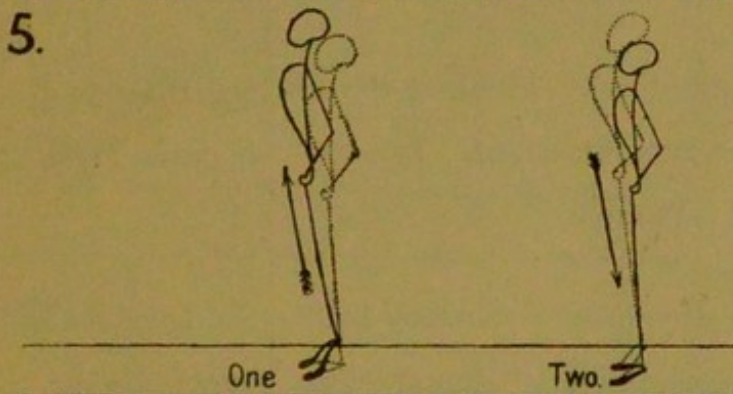
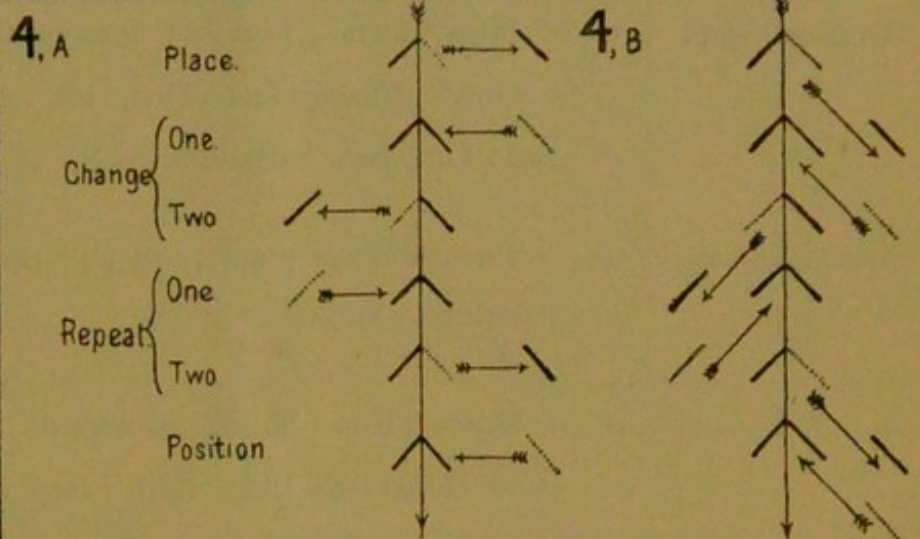
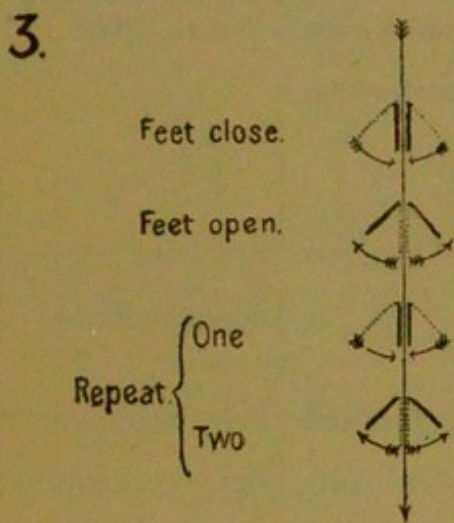
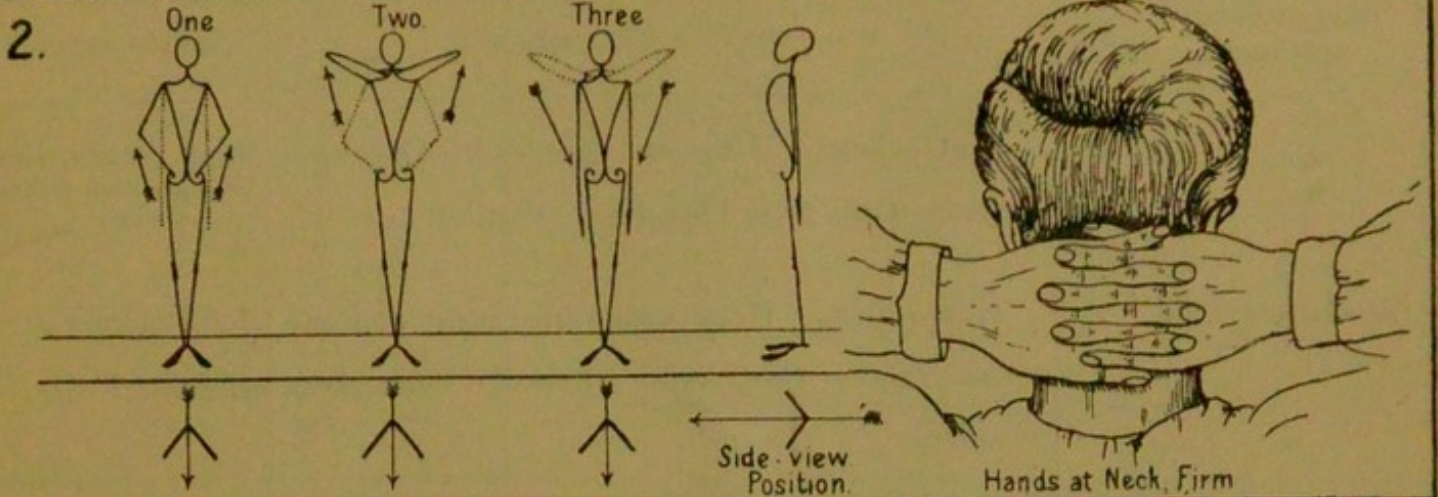
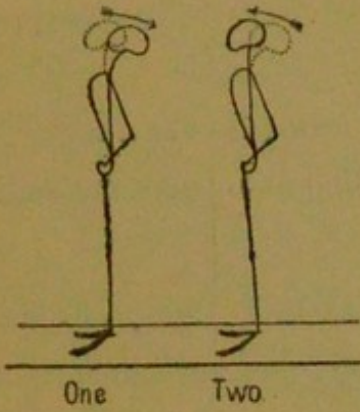


TABLE 2.

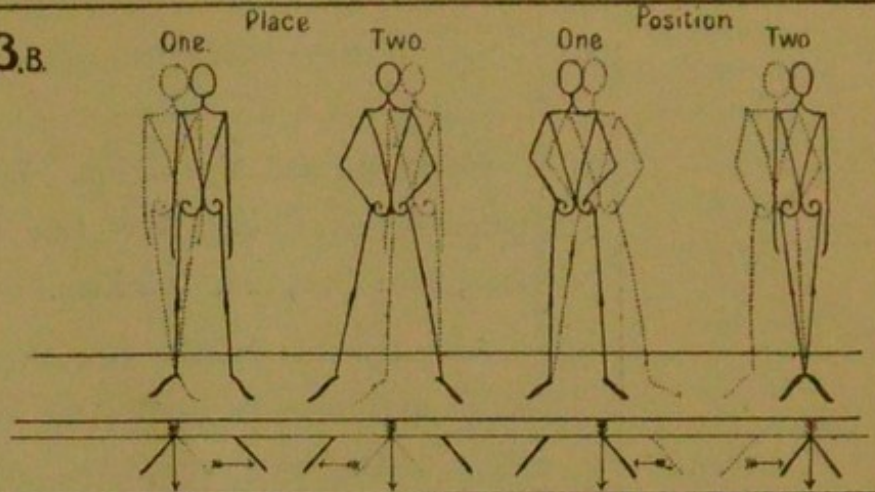
EXPLANATORY REMARKS.	NO.	MOVEMENTS AND COMMANDS.	REFERENCE.
¹ Rest of body rigid.	1.	Feet—Close. Heels raise and sink—One, two. Repeat—One, two ; One, two. Position.	See 5, Plate 1, with the exception of the feet.
	2.	Hips—Firm. Head backwards bend and up- wards raise ¹ —One, two. Repeat—One, two. Position.	See Diagram 2, opposite Plate.
² Diagonal step.	3a.	Hips—Firm. Left foot sideways forwards place —One. ² Change feet—One, two. Repeat—One, two ; One, two. Position.	See 4b, Plate 1.
³ Stride-standing.	b.	Feet sideways place ³ and hips firm—One, two. Position—One, two.	See Diagram 3b, opposite Plate.
⁴ From hips down- ward firm and steady.	4.	Hips—Firm. Trunk backwards and forwards bend—One, two, three, four. Repeat—One, two, three, four. Position.	See Diagram 4, opposite Plate, also 6 Plate, 1.
	5.	Feet close and hips—Firm. Trunk to the left and right bend ⁴ —One, two, three, four. Repeat— One, two, three, four. Position.	See Diagram 5, opposite Plate.
	6.	Hips—Firm. Heels—Raise. Knees—Bend. Knees—Stretch. Heels—Sink. Repeat—One, two, three, four. Position.	See Diagram 6, opposite Plate.
	7a.	Arms upwards and downwards stretch—One, two, three, four. Repeat—One, two, three, four.	See Diagram 7a, opposite Plate.
	b.	Arms forwards bend and sideways stretch—One, two. Repeat—One, two ; One, two. Position.	See Diagram 7b, opposite Plate.

PLATE 2.

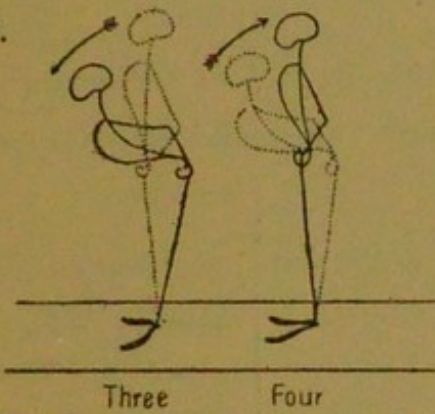
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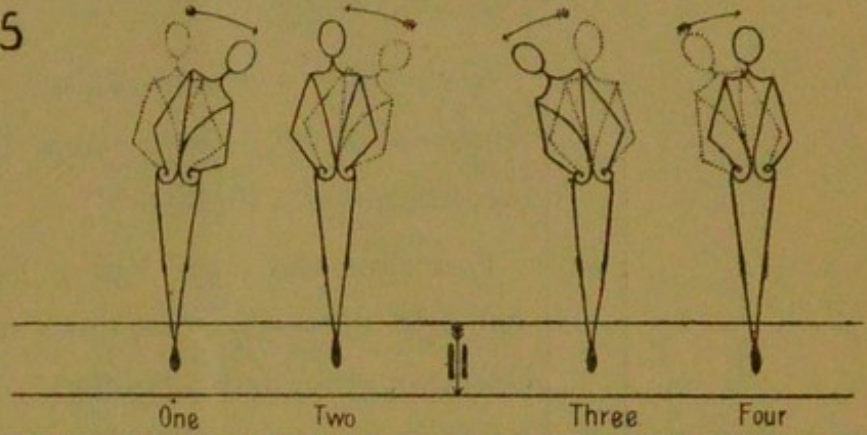
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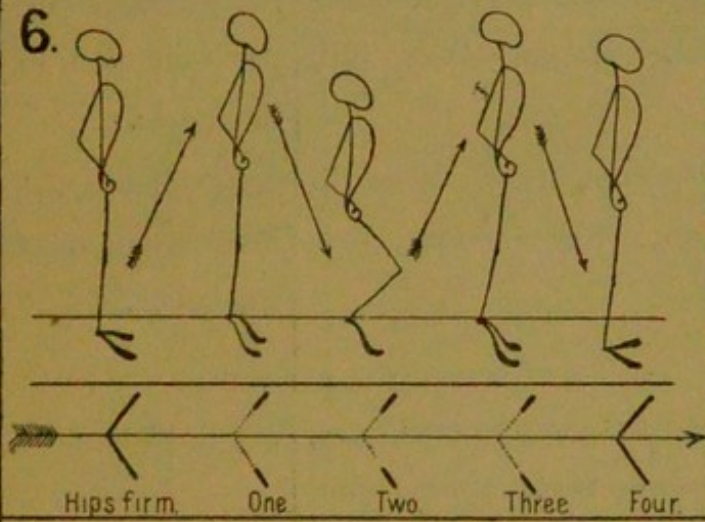
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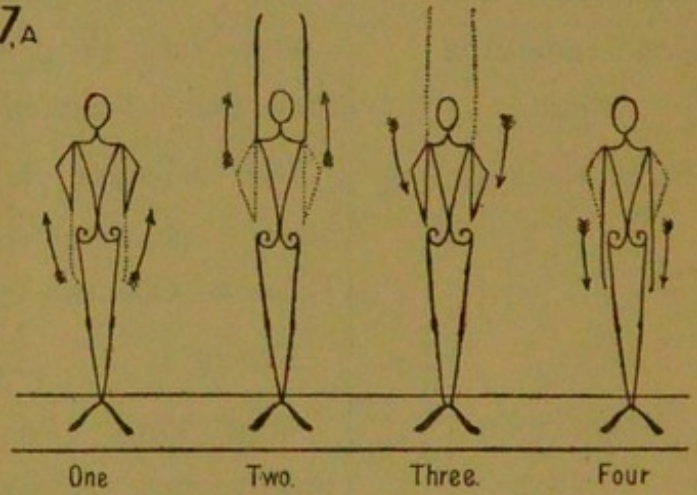
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6.



7.A



7.B

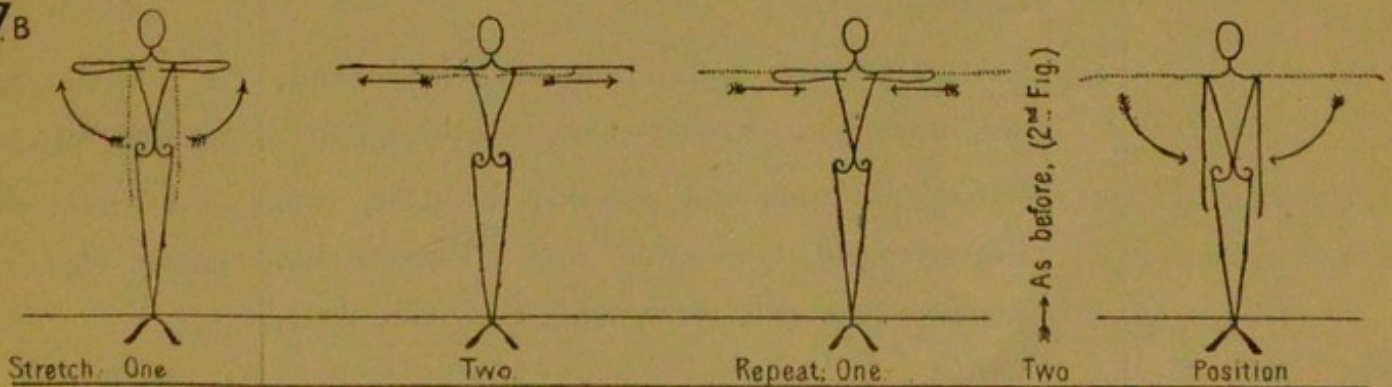


TABLE 3.

EXPLANATORY REMARKS.	NO.	MOVEMENTS AND COMMANDS.	REFERENCE.
	1.	Feet close and hips—Firm. Left foot forwards place—One. Change feet—One, two. Repeat—One, two; One, two. Position.	See Diagram 1, opposite Plate.
	2.	Arms upwards stretch—One, two. Trunk backwards and forwards bend—One, two, three, four. Repeat—One, two, three, four. Arms downwards stretch (or Position)—One, two.	See 7a, Plate 2, and Diagram 2, opposite Plate.
	3.	Neck—Firm. Heels—Raise. Knees—Bend, Knees—Stretch. Heels—Sink. Repeat—One, two, three, four. Position.	See 6, Plate 2, with the exception of the hands.
	4.	Feet close and hips—Firm. Trunk to the left and right turn—One, two, three, four. Repeat—One, two, three, four. Position.	See Diagram 4, opposite Plate.
¹ No movement if possible below the hips.	5.	Neck—Firm. Trunk to the left and right bend ¹ —One, two, three, four. Repeat—One, two, three, four. Position.	See 5, Plate 2, with the exception of the hands.
² Stride-standing.	6.	Feet sideways place ² —One, two. Feet in position place—One, two. Repeat—One, two. Position—One, two.	See 3b, Plate 2, with the exception of the hands.
	7.	March.	
³ Jump-preparation.	8.	Hips—Firm. Prepare to jump ³ —One, two, three, four. Repeat—One, two, three, four. Position.	See 6, Plate 2.
	9a.	Arms sideways and downwards stretch—One, two, three, four. Repeat—One, two, three, four.	See Diagram 9a, opposite Plate.
⁴ Palm-pronation between three and four.	b.	Arms forwards and upwards lift—One, two. Sideways and downwards sink—Three, ⁴ four. Repeat—One, two, three, four; One, two, three, four.	See Diagram 9b, opposite Plate.

PLATE 3.

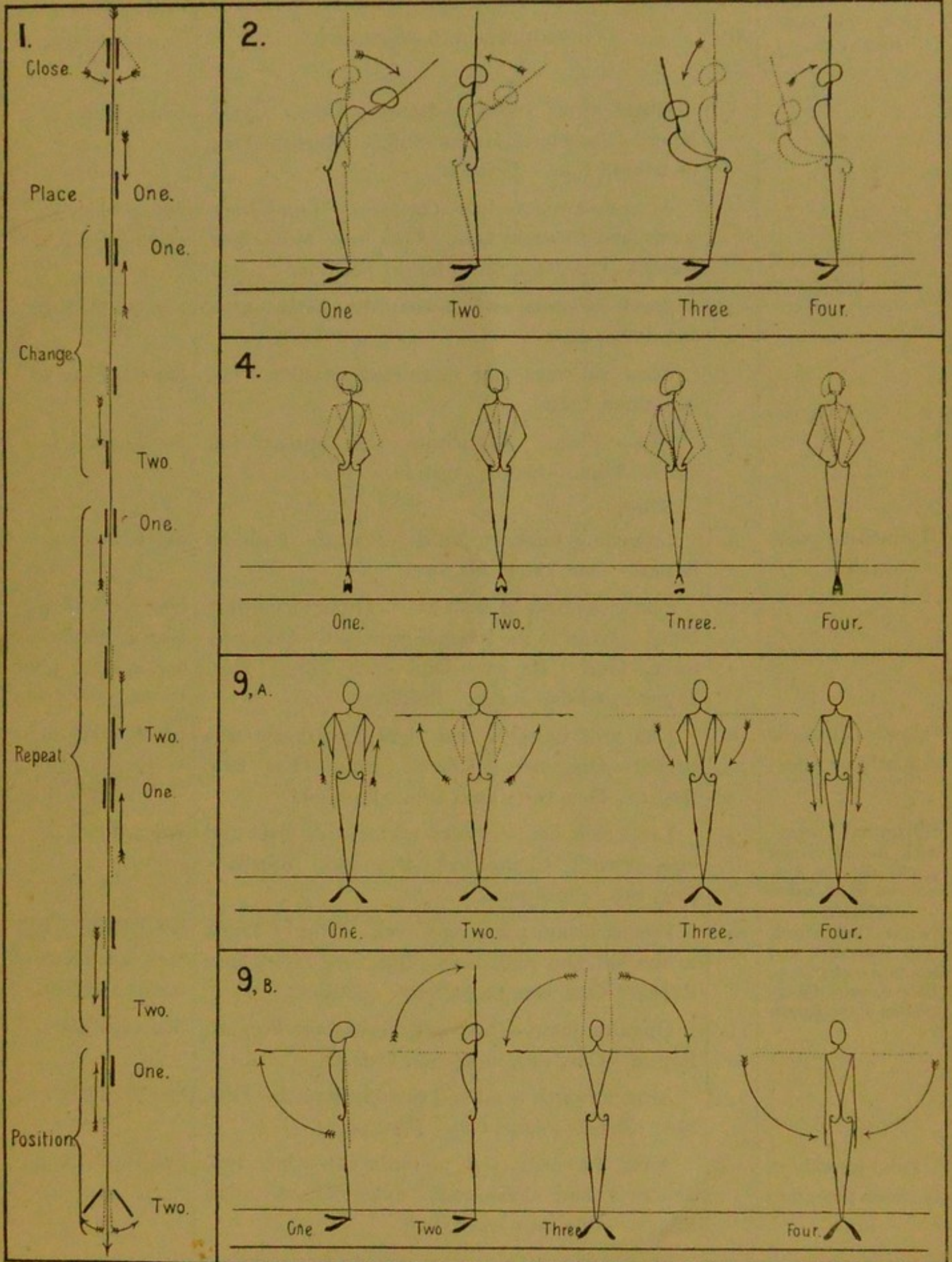


TABLE 4.

EXPLANATORY REMARKS.	NO.	MOVEMENTS AND COMMANDS.	REFERENCE.
¹ Crouching position.	1.	Hips—Firm. Heels—Raise. Knees—Bend. Knees—Stretch. Heels—Sink. Repeat—One, two, three, four. Position.	See 6, Plate 2.
	2.	Arms upwards stretch—One, two. Trunk back- wards and forwards bend—One, two, three, four. Repeat—One, two, three, four. Position.	See 2, Plate 3, and 7a, Plate 2.
	3a.	Arms forwards and downwards stretch—One, two, three, four.	See 3a, Plate 4.
	b.	Arms sideways and downwards stretch—One, two, three, four.	See 9a, Plate 3.
	4.	Hips—Firm. Alternately, toes upward lift, mark—Time. Halt. Position.	See 4, Plate 4.
	5.	March.	
	6.	Crouching position, hands—Place. ¹ Position. Repeat—One, two; One, two.	See 6, Plate 4.
	7.	Feet close and hips—Firm. Trunk forwards— Bend. Head to the left and right turn—One, two, three, four. Repeat—One, two, three, four. Trunk upwards—Raise. Position.	See 7, Plate 4; also 4, Plate 2; and 4, Plate 3, for the head-turning only.
	8.	Left arm upwards and right arm downwards stretch—One, two. Change arms—One, two. Repeat—One, two; One, two. Position. ²	See 8, Plate 4.
	9.	Large step, left foot sideways forwards place and hips—Firm. ³ Change feet—One, two. Repeat— One, two. Position.	See 9, Plate 4.
² Upward arm falls smartly to side.	10.	Feet sideways place and neck—Firm. ⁴ Trunk to the left and right turn—One, two, three, four. Repeat—One, two, three, four. Position.	See 4, Plate 3, with the exception of hands and feet.
³ Diagonal longe. After having turned $\frac{1}{2}$ left, also the hips may be fixed before stepping.	11.	Upwards jump—One, two, three-four, five, six. Repeat—One, two, three-four, five, six.	See 11, Plate 4.
⁴ First left foot, then right foot and hands to neck; see 3b Plate 2, with the ex- ception of the hands.	12a.	Arms forwards bend and sideways stretch—One, two. Repeat—One, two. Position.	See 7b, Plate 2.
⁵ Palm-pronation between three and four.	b.	Arms forwards and upwards lift—One, two, Sideways and downwards sink—Three, ⁵ four. Repeat—One, two, three, four.	See 9b, Plate 3.

PLATE 4.

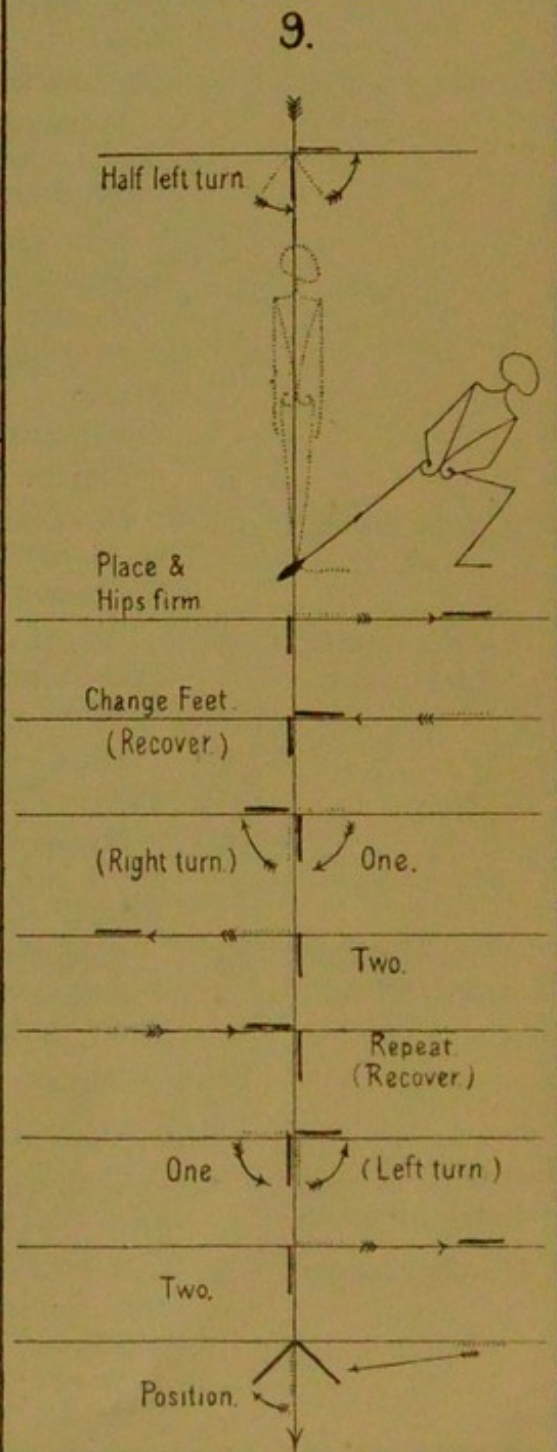
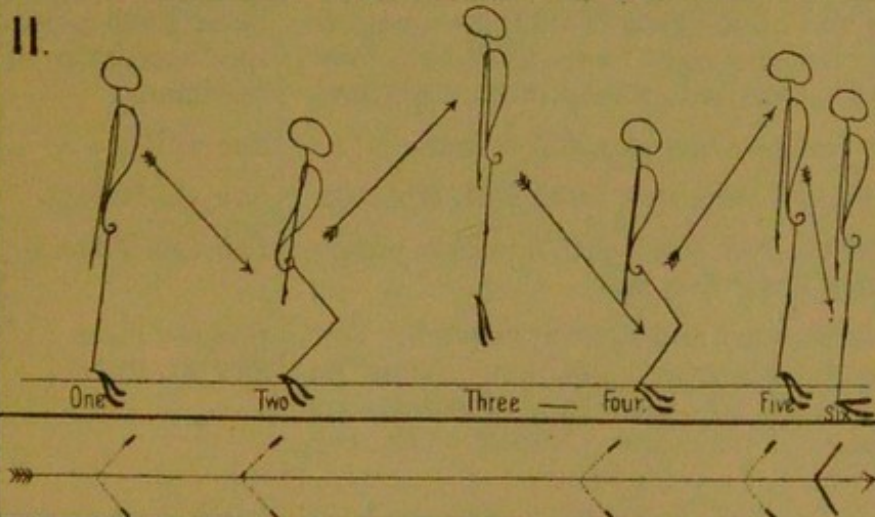
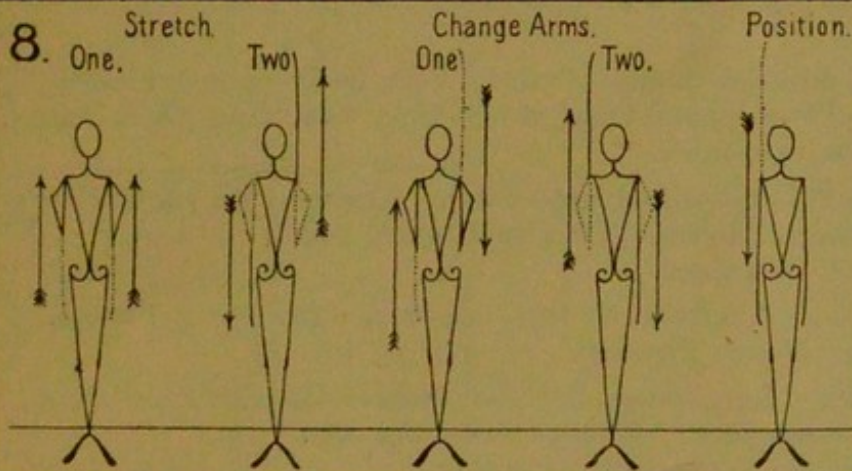
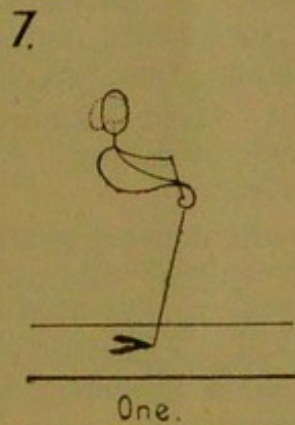
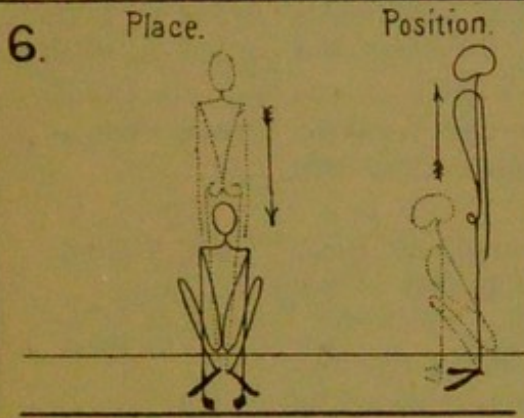
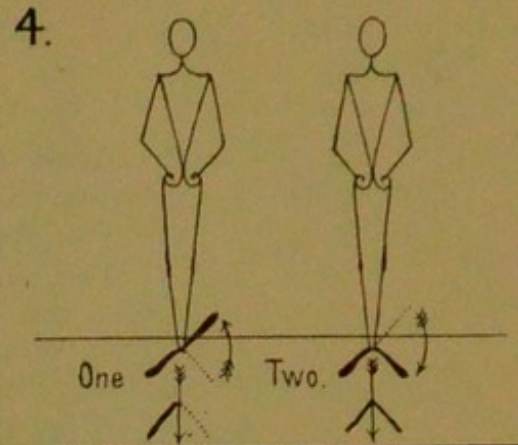
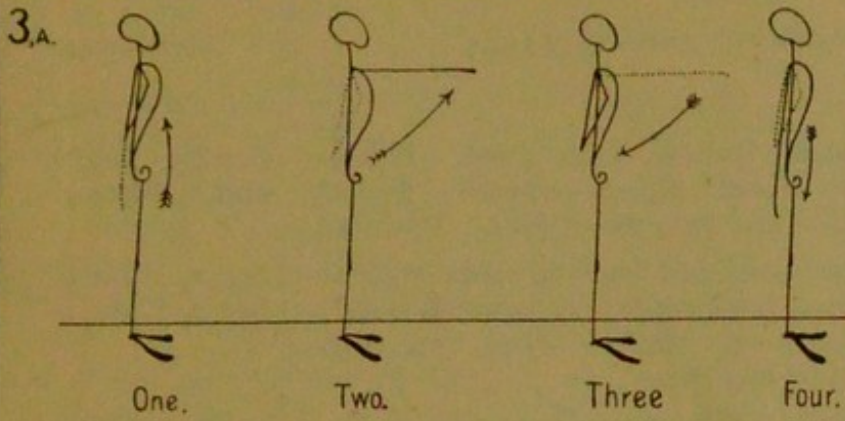


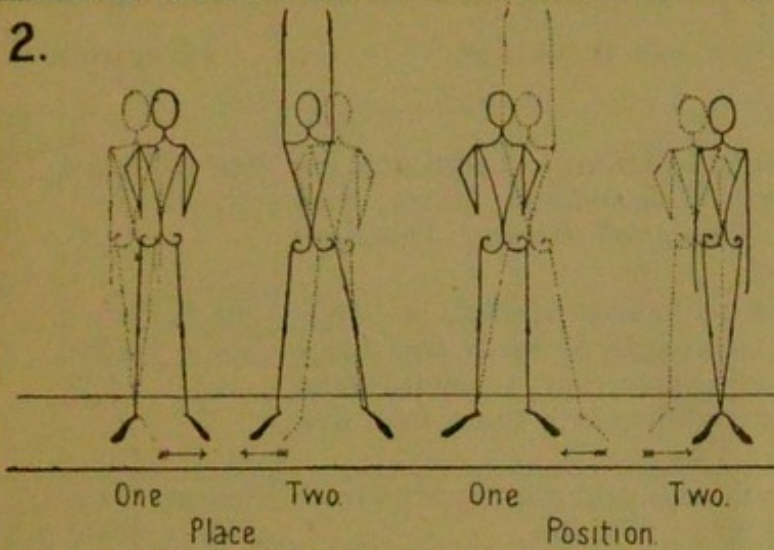
TABLE 5.

EXPLANATORY REMARKS.	NO.	MOVEMENTS AND COMMANDS.	REFERENCE.
	1.	Arms upwards stretch—One, two. Heels—Raise. Knees—Bend. Knees—stretch. Heels—Sink. Repeat—One, two, three, four. Position.	See 7a, Plate 2, and 6, Plate 2.
	2.	Feet sideways place and arms upwards stretch—One, two. Trunk backwards and forwards bend—One, two, three, four. Repeat—One, two, three, four. Position—One, two.	See 2, Plate 5. See 2, Plate 3.
	3.	Arms backwards and upwards stretch— <i>a</i> , One, two, three, four. <i>b</i> , Forwards and downwards stretch—One, two, three, four. <i>c</i> , Sideways and downwards stretch—One, two, three, four.	<i>a</i> , See 3a, Plate 5. <i>b</i> , See 3a, Plate 4. <i>c</i> , See 9a, Plate 3.
	4.	Hips—Firm. Head backwards and forwards bend—One, two, three, four. Repeat—One, two, three, four. Position.	See 2, Plate 2.
	5.	Odd (or even) numbers, hands shoulder—Rest. Left knee upwards—Bend. Change feet—One, two. Repeat—One, two, three, four. Position. Odd and even numbers change ranks, quick—March. The same movement is then repeated by the alternate numbers.	See 5, Plate 5.
¹ Prone falling-position.	6.	March.	
	7.	Crouching position hands—Place. Feet backwards—Place. ¹ Repeat—One, two; One, two. Position—One, two, three.	See 6, Plate 4, and 7 & 8, Plate 5.
² From prone-falling position.	8.*	² Right side falling position hip—Firm. Change sides—One, two. Repeat—One, two; One, two. Position—One, two, three.	See 7 & 8, Plate 5.
	9.	Hips—Firm. Alternately, toes upward lift, mark—Time. Halt. Position.	See 4, Plate 4.
	10.	Hips—Firm. Large step, left foot backwards place, and tip-toe—Rest. Change feet—One, two. Repeat—One, two; One, two. Position.	See 10, Plate 5.
³ Arms brought smartly to sides.	11.	Feet close and arms upwards stretch—One, two. Trunk to the left and right turn—One, two, three, four. Repeat—One, two, three, four. Position. ³	See 4, Plate 3, with the exception of the hands.
	12a.	Prepare to jump—One, two, three, four.	See 6, Plate 2.
	b.	Upwards jump—One, two, three-four, five, six.	See 11, Plate 4.
⁴ Arms to hang behind the legs.	c.	Turning to the left (or right) upwards jump—One, two, three-four, ⁴ five, six.	See 12c, Plate 5.
⁵ Palm-pronation.	13a.	Arms forwards bend and sideways stretch. One, two. Repeat—One, two. Position. Arms forwards and upwards lift—One, two. Sideways and downwards sink—Three, ⁵ four. Repeat—One, two, three, four.	See 7b, Plate 2. See 9b, Plate 3.

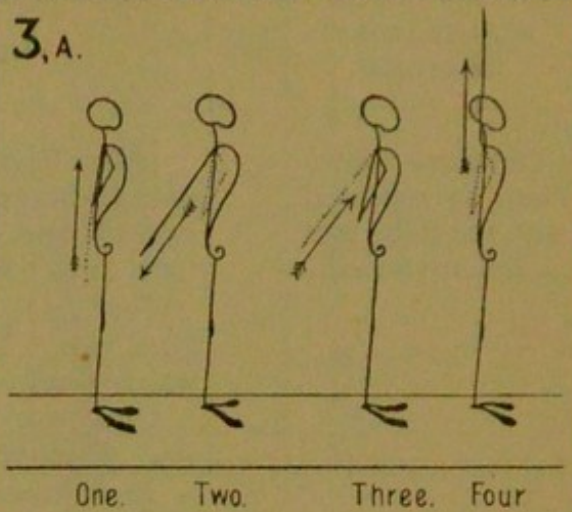
* Is not to be worked by weakly children or by those who have not attained 13 years of age.

PLATE 5.

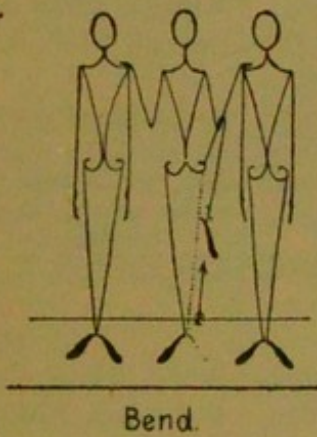
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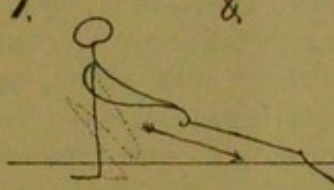
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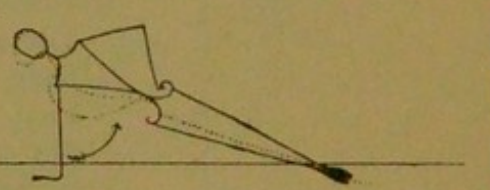
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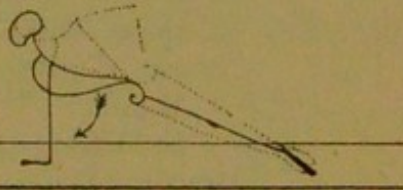


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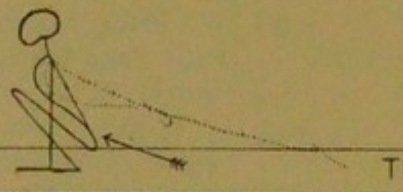


Position.

One



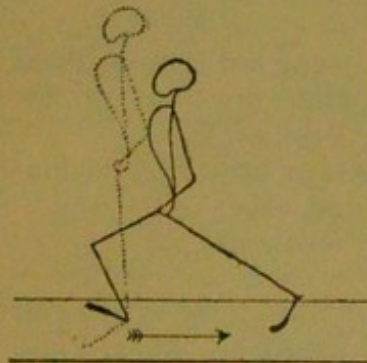
Two



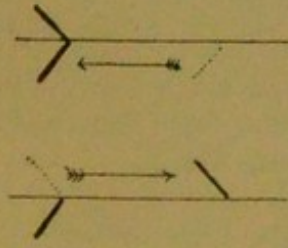
Three.



10.



Change Feet.



12, c.

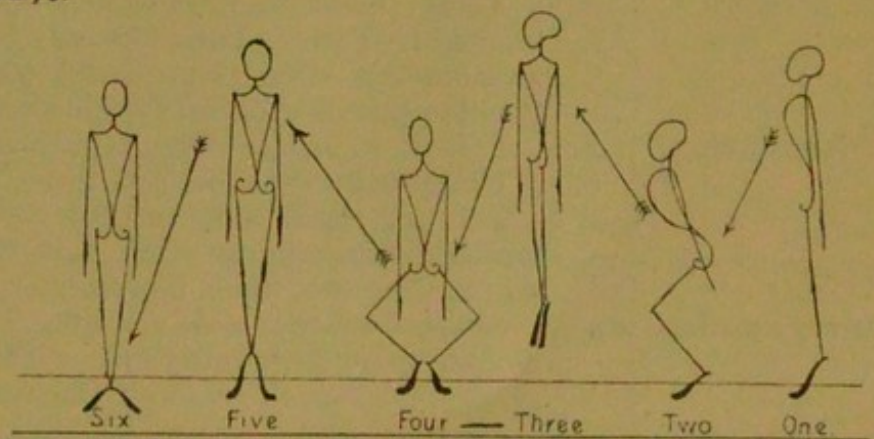
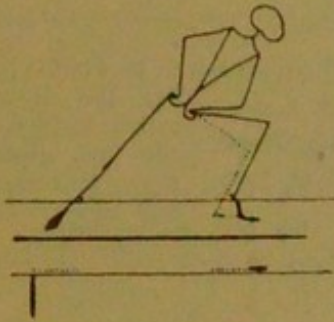


TABLE 6.

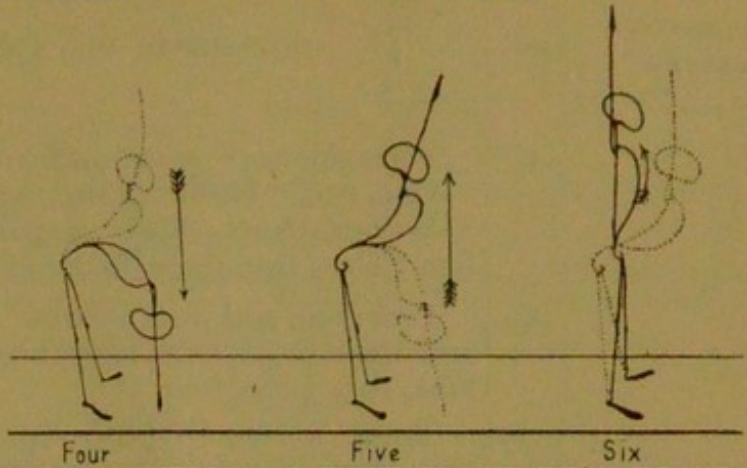
EXPLANATORY REMARKS.	NO.	MOVEMENTS AND COMMANDS.	REFERENCE.
¹ The same move- ment is repeated with the right foot when advanced.	1.	(After having turned half-front.) Large step, left foot sideways forwards place and hips—Firm. Left heel lift and sink ¹ —One, two. Repeat—One, two; One, two. Position.	See 1, Plate 6.
	2.	Feet sideways place and arms upwards stretch—One, two. Trunk backwards, forwards, and downwards bend—One, two, three, four. Upwards raise—One, two. Repeat—One, two, three, four, five, six. Position—One, two.	See 2, Plate 5. See 2, Plate 6.
	3a.	Arms forwards, sideways, and downwards stretch—One, two; three, four; five, six.	See 3a, Plate 4, and 9a, Plate 3.
	b.	Arms backwards, upwards, and downwards stretch—One, two; three, four; five, six.	See 3a, Plate 5, and 7a, Plate 2.
	c.	Left arm forwards and right arm sideways stretch—One, two. Change arms—One, two. Position.	See 3c, Plate 6.
	4.	Feet close and hips—Firm. (In quick time.) Head to the left, right, and forwards turn—One, two, three. Repeat—One, two, three; One, two, three. Position.	See 7, Plate 4, with the exception that in this <i>two</i> is two and three of the former combined.
	5.	Hips—Firm. Alternately, knees upwards bend, mark—Time. Halt. Position.	See 5, Plate 6.
	6.	March.	
	7.	Crouching position, hands—Place. Feet backwards—Place. Repeat—One, two; One, two. Position—One, two, three.	See 6, Plate 4, and 7 & 8, Plate 5.
	8.	² Right side falling position, left arm upwards—Stretch. Change sides—One, two. Position—One, two, three.	See 8, Plate 6.
	9.	(After turning to the front.) Large step, left foot backwards place, tip toe rest, and arms upwards—Fling. Change feet—One, two. Position.	See 9, Plate 6.
	10.	Hips—Firm. Left foot forwards, sideways forwards, and sideways place—One, two; three, four; five, six. The same placings are to be repeated with the right foot.	See 10, Plate 6.
	11.	Arms forwards bend—One. Trunk to the left—Turn. Arms sideways stretch—One. Trunk to the right—Turn. Arms forwards bend and sideways stretch—One, two. Trunk forwards—Turn. Position (hands dropped to side smartly).	See 7b, Plate 1. See 4, Plate 3. See 7b, Plate 2, and 11, Plate 6.
³ Arms free.	12a.	Prepare to jump ³ —One, two, three, four.	See 6, Plate 2.
	b.	Upwards jump—One, two, three, four, five, six.	See 11, Plate 4.
	c.	Left (or right) foot, two (or three) paces, forwards, upwards jump—One, two, three-four, five, six (or One, two, three, four-five, six, seven).	See 12, Plate 6.
⁴ Palm-pronation.	13.	Arms forwards and upwards lift—One, two. Sideways and downwards sink— ⁴ Three, four. Repeat—One, two, three, four; One, two, three, four.	See 9b, Plate 3.

PLATE 6.

1.



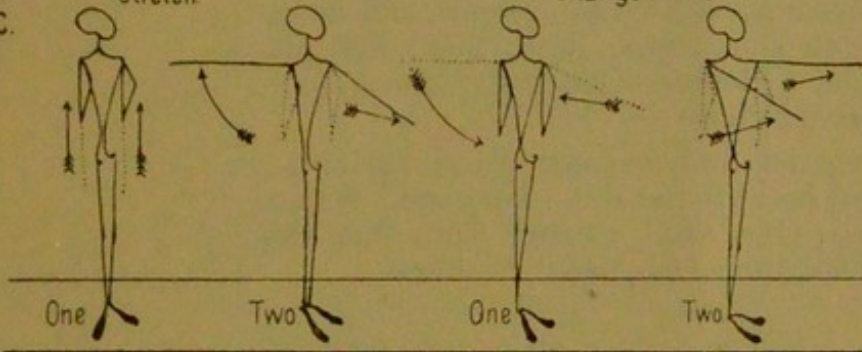
2.



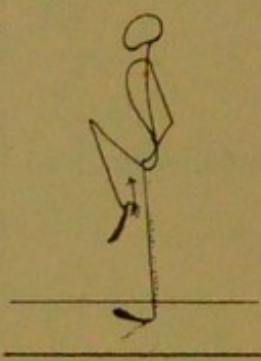
3,c.

Stretch

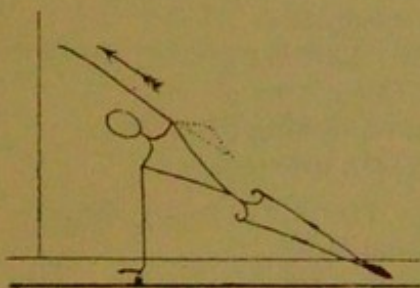
Change Arms



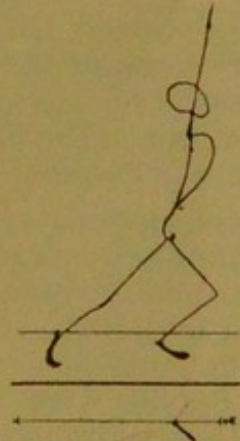
5.



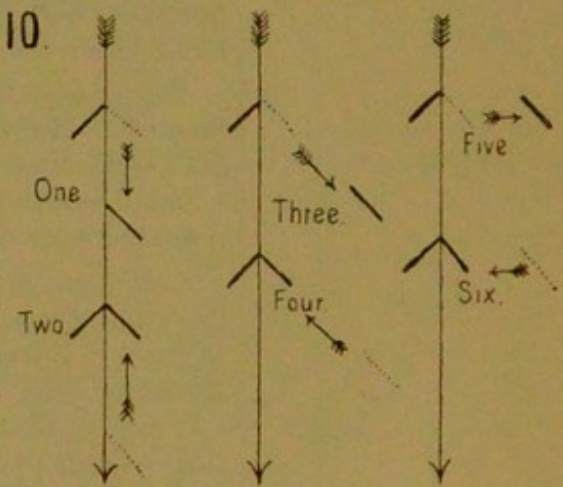
8.



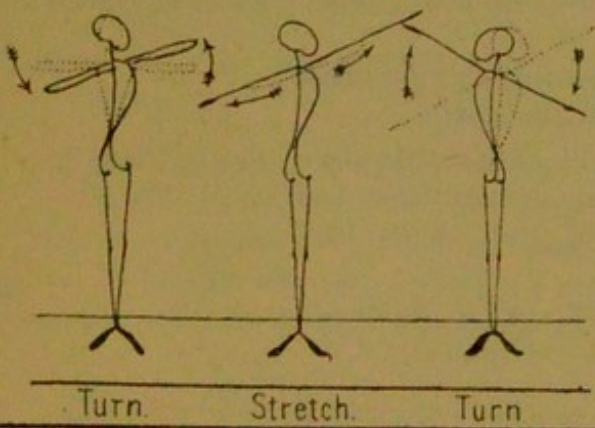
9



10.



11.



12,c

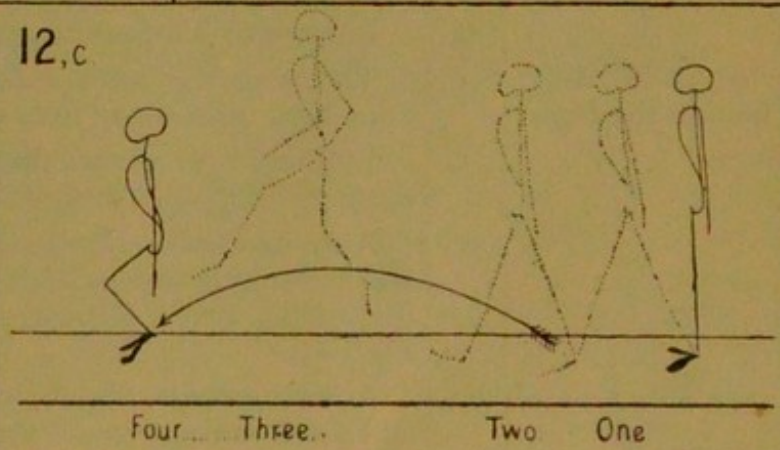
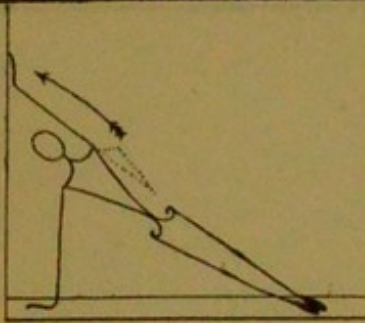


TABLE 7.

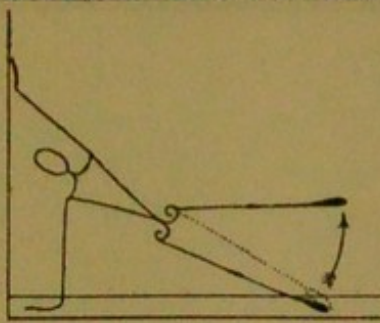
EXPLANATORY REMARKS.	NO.	MOVEMENTS AND COMMANDS.	REFERENCE.
¹ Forwards longe.	1.	Feet sideways place and arms upward stretch—One, two. Heels—Raise, Knees—Bend, Knees—Stretch, Heels—Sink. Repeat—One, two, three, four; One, two, three, four. Position—One, two.	* It would be well for the reader to search for himself for the figs. illustrating the movements—not new—in this Table.
	2a.	Feet close and neck—Firm. Trunk to the left and right turn—One, two, three, four. Repeat—One, two, three, four.	
	b.	Trunk to the left and right bend—One, two, three, four. Repeat—One, two, three, four. Position.	
	3.	Arms forwards, backwards, upwards, and downwards stretch—One, two; three, four; five, six; seven, eight. Repeat—One, two; three, four; five, six; seven, eight.	
	4.	Large step, left foot forwards place, and hips—Firm. ¹ Left heel lift and sink—One, two. Repeat—One, two; One, two. Change feet—One, two. Repeat—One, two; One, two. Position.	
	5.	March.	
	6a.	Crouching position hands—Place. Prone-falling position feet backwards—Place. Repeat—One, two; One, two.	
	b.	Right side falling position, left arm upwards—Stretch. Hand—Fix (against the wall). Left leg lift and sink—One, two. Repeat—One, two. Change sides—One, two. (The lifting and sinking repeated with right leg.) Position—One, two, three.	
	7.	Left foot sideways forwards—Place. Trunk to the left—Turn. Arms forwards and upwards fling—One. Forwards and downwards sink—Two. Repeat—One, two; One, two. Trunk to the right—Turn. Arms upwards fling and downwards sink—One, two. Repeat—One, two; One, two. Trunk forwards—Turn. Position.	
	8a.	Prepare to jump—One, two, three, four.	
² Arms to hang behind the legs.	b.	Throwing the arms sideways, upward jump—One, two, three-four, ² five, six.	See 6b, Plate 7.
	c.	Jumping over a cord, placed as high as the knee, three or four paces distant from the start.	
	9.	Arms forwards—Bend. Left foot forwards place and arms sideways—Stretch. Change arms and feet—One, two. Repeat—One, two; One, two. Position.	See 7, Plate 7.
	10.	Arms forwards and upwards—Lift. Sideways and downwards—Sink. Repeat—One, two; One, two.	See 8b, Plate 7.
			See 9, Plate 7.

PLATE 7.

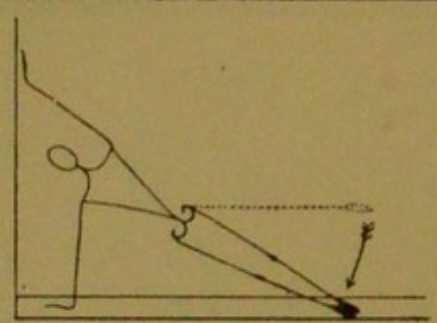
6, B.



Fix.

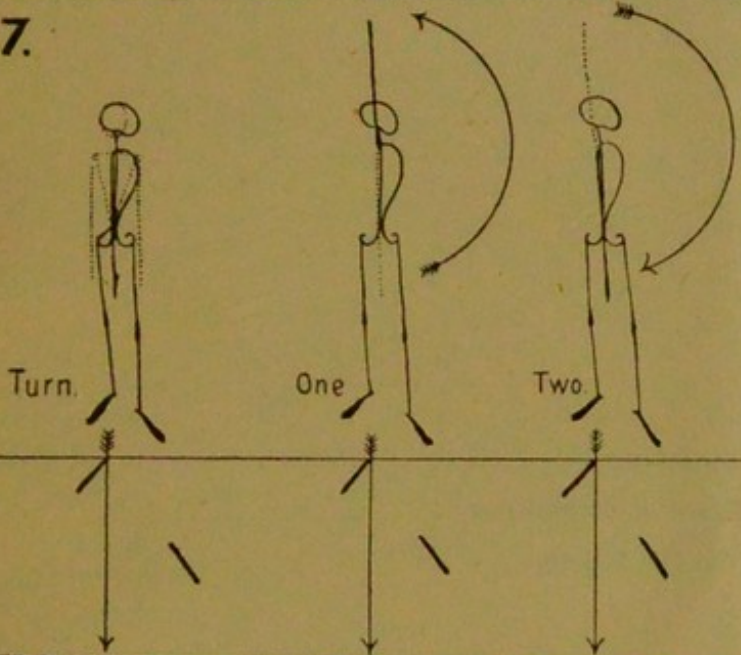


Lift _ One.



Sink _ Two.

7.

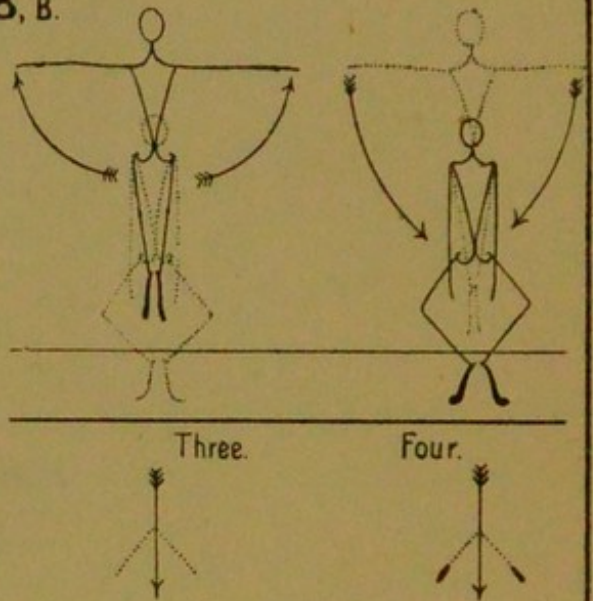


Turn.

One

Two.

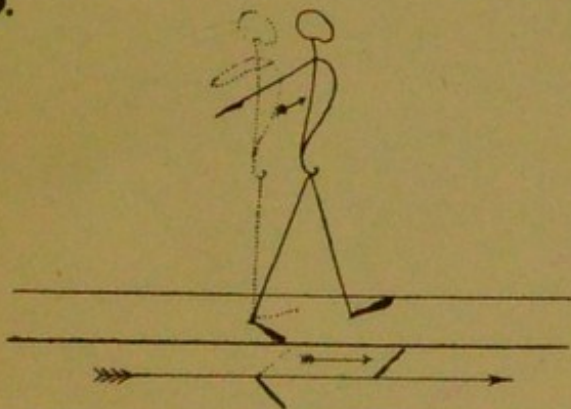
8, B.



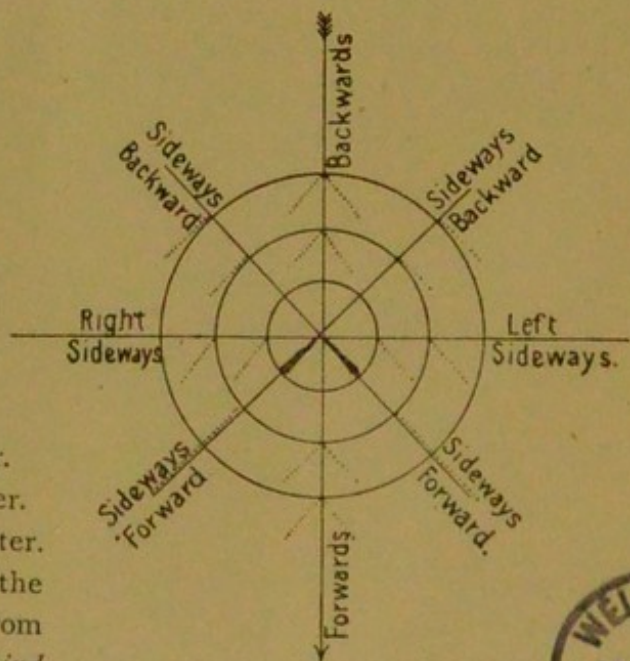
Three.

Four.

9.



Appendix. _ Foot gauge for the various Foot Placings.



NOTE.—Inner circle, one foot-length in diameter.
 Middle „ two foot-lengths in diameter.
 Outer „ three foot-lengths in diameter.
 The *first* gives the extent of the feet when the body is in position, the *second* the distance from heel to heel in ordinary stepping, and the *third* the heel-distance in the various large steps.



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