ARMY PHYSICAL DRILL MADE EASY

BY

Col. Sgt. Ins. J. Coleman, R.C.R.
2nd Division

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INDEX

Introduction - - - 3
Method of Giving Command - - 3
Method of Giving Detail - - 4
How to Form Up a Class - - 4
Dressing - - - 5
Special Table I - - 6-14
Special Table II - - 15-21
Special Table III - - 22-29
Special Table IV - - 30-38
Special Table V - - 39-45
Special Table VI - - 46-51
Special Table VII - - 51-57
Special Table VIII - - 58-61
Part II - - 62-64

ARMS PHYSICAL DRILL
MADE EASY

Since the new syllabus of physical training came into force a large number of Officers and N.C.O.'s have spoken to me about the book "Special Tables Physical Training," they say that it is very hard to learn from, and even when learnt it is very hard to remember after a short time (after being away from the work, and then called to carry it on again) so to assist these Officers and N.C.O.'s I write this book. I do not pretend that this book is perfect. I have in my own language in most cases given the detail, as simple a language as I can make it so that it can be readily understood by those who read and those who receive, I have not said anything about bayonet exercise in this book only physical drill, and if I can assist the directors of physical training in Canada and my brother N.C.O.'s to make this important branch of our training easier, I shall be well repaid. Cadet Instructors training their cadets in military physical drill will also find this book useful.

METHOD OF GIVING COMMANDS.

The method of giving the words of command in physical drill differ somewhat from military drill. We have commands to suit our movement, a sharp command for a sharp movement, a medium command for a movement that is not sharp or slow, and a slow command for a slow movement; but in a slow command be careful that you do not get into the habit of drawling out your command or your class will move very slovenly.
METHOD OF GIVING DETAIL.

Illustrate everything yourself and then give detail, sometimes after you have illustrated an exercise you may call out a model and give the detail and have your model perform as you detail the exercise. Though you illustrate you must give the commands to yourself as if you were drilling a class; not too loud a command, but the correct intonation for the movement you are illustrating.

TO FORM UP A CLASS.

COMMAND

Class Fall In.

On the word class fall in, the right hand man of the front rank will place himself facing the instructor, smartly, his rear rank man in rear of him, the remainder of the class falling in on the left of their right or in rear of their front rank men, picking up their dressing; they will then stand at ease. The class will always fall in in the same places, the instructor will shift any man in the class as he thinks necessary. (Practice this frequently as an exercise.)

Attention.

On the word SHUN, they will spring up as usual, but the fingers of the hands will be fully extended instead of slightly curled.

Stand Easy.

On the word stand-ZEA (the word easy being pronounced EASE-ZEA) the class will carry off the left foot 18 inches (smartly), and at the same time clasp the left wrist in the right hand, the weight of the body equal on both legs. (This stand easy is performed as an exercise and must be carried out smartly.)
A. Introductory Exercises

**Exercise** | **Command** | **DETAIL.**
--- | --- | ---
Feet Close | Feet-Close | Leg Exercise.
On the word Close, raise the toes and pivot the body on the heels and bring the toes together, keeping the body perfectly still.

Feet-Open | | On the word Open, raise the toes and pivot the body on the heels and open the feet to the angle of 45 degrees.

Heels Raise | Heels-Raise | On the word Raise, raise the heels from the ground, keeping the body erect and stretching the hands down by the side, heels together.

Heels-Lower | | On the word lower, quietly lower the heels to the ground.

**Neck Exercise.**
On the word bend, draw the chin in and bend the head slowly backward.

**Exercise** | **Command** | **DETAIL.**
--- | --- | ---
Hips Firm | Hips-Firm | Arm Exercise.
On the word firm, bring the arms straight up from the position of attention and place the hands on the hips, fingers together and pointing upward, heel of the palm of hand downwards and thumb to the rear, elbows square with the body.

Hands-Down | | Bring the hands down from the hips smartly to the position of attention without slapping the thighs.

Correct | | Arm Exercise.
On the word bend, bring the hands up with a circular movement across the front of the body and clench the fists, wrists straight, elbows close to the sides of the body, the thumbs of the hands being over the second joints of the forefinger.

Arms-Downward-Stretch | | Stretch the arms downward by the shortest route to the position of attention.
Exercise Command DETAIL.

Arms Upward Stretch

**Arms-Upward-Stretch**

From the position of arms bend you stretch the arms upward, the arms being the width of the shoulders apart, the fingers extended and close together, the thumb close to the forefinger.

Arms-Bend

Bring the arms down smartly to the arms bend position.

Trunk Turning

(Feet-Close) (hips-firm) (start. pos.)

**One**

On the word one, you turn the trunk slowly to the left, keeping the chin in, not moving the hip bones, the head being kept in the centre of the body.

**Two**

You slowly turn the trunk to the front.

**Three**

On the word three, you turn the trunk to the right in a similar manner as you did to the left.

**Four**

On the word four, you turn the trunk slowly to the front.

Exercise Command DETAIL.

Foot Sideways Place

(hips-firm) (start. pos.)

**Leg Exercise.**

On the word place, you carry the left foot two foot lengths to the left, placing the forepart of the foot on the ground first, and then lowering the heel, the weight of the body distributed between both feet.

Left Foot Inwards-Place

On the word place, you raise the left toe off the ground, and then snap the left foot to the position of attention.

Feet Astride Place

(hips-firm) (start. pos.)

**Leg Exercise.**

On the word place, you carry the left foot one foot's length to the left, you observe a pause, and then carry the right foot one foot's length to the right.

Feet Together-Place

On the word place, you carry the left foot to the position of attention, you observe a pause, and then carry the right foot up to the left.
B General Exercises

Exercise | Command | DETAIL.
--- | --- | ---
Prep. for Span Position |  | On the word position, from the stand easy, you raise the arms slowly up to the arms upward stretch position (the legs being already apart); you stretch the arms up as high as you possibly can, being careful to keep the chin in, and not to throw the stomach out.

Rest |  | On the word rest, bring the arms slowly to the stand easy position behind the back.

Knee Raise (hips-firm) (start. pos.) | Left Knee-Raise | Balance Exercise.
On the word rise, you transfer the weight of the body on to the right leg, and then you raise the left knee, the upper leg being at right angles to the body, the lower limb hanging down, the toe pointed, heel slightly in rear of the knee.

Knee-Lower |  | On the word lower, you lower the leg slowly down to the position of attention.

The same movement to be performed by the right leg.

Exercise | Command | DETAIL.
--- | --- | ---
Trunk Bending Sideways One | Lateral Exercise.
(hips-firm) (start. pos.) | On the word one, you bend the trunk over to the left, the chin being kept in, head in the centre of the body, feet firm on the ground.

Two

Three

Four | As in the word two.

Trunk Bending Backward One | Abdominal Exercise.
(hips-firm) (foot-sideways P.) (start. pos.) | On the word one, you will bend the upper portion of the trunk backward, chin in, stomach not forced out, nasal breathing.

Two

Trunk Bending Forward One | Dorsal Exercise.
(hips-firm) (foot sideways P.) (start. pos.) | On the word one, you will bend the trunk slowly from the hips, until the body assumes the angle of 45 degrees.

Two

Slowly assume the upright position.
Marching Exercise.

Your class is marching at the cadence of 140 to the minute, and you give the word on the toes march, the word march must be given as the right foot comes to the ground, and then as the left foot comes forward the class will march on the toes, taking a pace of about 24 inches, keeping the knees stiff and swinging the arms from the shoulder as in the quick march.

On the word march. The word march being given as the right foot comes to the ground, then with the left foot as it comes forward the ordinary quick march is resumed.

Jumping Exercise.

On the word one, you raise on the toes, keeping the heels together.

On the word two, you bend the knees slightly, keeping the arms at the position of attention.

You spring up in the air as high as you can, keeping the body erect, arms by the side, and as you come down land on the fore part of the feet and gently lower the body to the full knee bend position, body erect.

Straighten the knees and remain on the toes.

The class will carry out the detail as laid down for upward jump one, two, three, in their own time, remaining in the full knee bend position.

As laid down in the fourth movement of the upward jump.

As laid down in the fifth movement of the upward jump.

As above, but after the full knee bend position has been reached you will straighten the knees and remain in the heels raise position.
Exercise  Command

Heels-Lower  As laid down in the fifth movement of the upward jump.

Upward Jump  Complete
No. 4  Jump

C Final Exercises

Heels-Raise  Heels-Raise  As detailed in Table 1, but watch your class, correct breathing, and correct positions.

Heels Lower  As already detailed.

Breathing Arms  Commence  On the word commence, each man of your class will raise his arms, fingers extended, thumb close to the forefinger, in line with the shoulder, at the same time filling the lungs with air, a slight pause, then lower the arms slowly to the sides and expell the air from the body, nasal breathing, every man performing the exercise according to his own breathing capacity.

Raising Sideways  Class-Halt  On the word halt, every man in the class will slowly in his own time complete his exercise and then halt.

Special Table II

PART 1.

A. Introductory Exercises

Exercise  Command

Knees Bend  Knees-Bend
(hips-firm)
(heels-raise)
(start. pos.)

Leg Exercises.
On the word bend, lower the body slowly, turning the knees out, keeping the body erect, the knees are only slightly bent.

Knees-Stretch
On the word stretch, straighten the knees slowly and come to the starting position.

Head Bending  One
Backward

Neck Exercise.
As already explained in Table 1.

Arms Sideways-  Two
Stretch

Arm Exercise.
On the word stretch, you stretch the arms smartly sideways, the arms in line with the shoulders, palms of the hands turned downwards, fingers together and extended, thumb close to the forefinger.

Arms Bend  Arms-Bend
(arms-bend)
(start. pos.)
### Exercise Command

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Command</th>
<th>DETAIL.</th>
</tr>
</thead>
</table>
| **Trunk Turning**               | One     | **Trunk Exercise.**  
This exercise has already been explained in Table 1. Only the starting position is different. |
| *(hips-firm)*                   | Two     |                                                                          |
| *(foot sideways-place)*         | Three   |                                                                          |
| *(start. pos.)*                 | Four    |                                                                          |
| **Feet Close and Full-Open**    | Feet-Close |                                                                          |
| **Part 1**                      | Feet-Close |                                                                          |
|                                | Feet Full-Open |                                                                          |
|                                | Feet-Close   |                                                                          |
|                                | Feet-Open    |                                                                          |
| **Feet Close and Full Open**    | Feet Close and Full-Open |                                                                          |
| **Part 2**                      |          |                                                                          |

### Leg Exercise.

On my word close, you will pivot the body on the heels, and bring the toes together, arms by the side, body erect.

On the word open, you will pivot the body on the heels, raise the toes, and open the feet to an angle of 90 degrees.

On the word close, you will act as in the above detail for feet close.

On the word open, you will open the feet pivoting the body on the heels, raising the toes, and open the feet to an angle of 45 degrees.

On the word open, you will first close the feet, observe a pause, then open the feet to an angle of 45 degrees, as explained in Part 1. You simply combine the two movements.

### General Exercises

#### B General Exercises

**Prep. for Span Bending by Word of Command**

- **With Feet Astride**

  - **Arms Upward-Stretch**
  - **Arms Downward-Stretch**

  On the word stretch, you will carry the left foot one foot length to the left, at the same time bending the arms; then you will carry the right foot one foot length to the right, and stretch the arms upward, a slight pause between the movements.

  On the word stretch, you will carry the left foot to the position of attention, and at the same time you will bend the arms, observe a slight pause, then carry the right foot up to the left and stretch the arms smartly downwards.

**Balance Exercise.**

- **Knee Raising**

  - **One**
  - **Two**
  - **Three**

  Raise the left knee as described in Table 1.
  Lower the left knee as described in Table 1.
  Raise the right knee as described in Table 1.
Exercise Command DETAIL.

One the Hands

One

On the hands by numbers.

Four

Lower the right knee as described in Table 1.

Abdominal Exercise.

In this exercise you first perform the exercise in view of your class yourself. Then call a model out and then give detail, your model performing.

On the word one, you will bend the knees and place the hands on the ground, width of the shoulders apart fingers inclined towards each other, arms inside the knee, back straight, eyes looking about 18 inches in front on the ground, heels raised.

Vigorously shoot the legs out from under the body, the toes resting on the ground, the heels together and the arms perpendicular to the body and carrying the weight of the body, the head, seat and heels being in one straight line, no sagging of the body, or shoving up the seat, eyes looking 18 in. to the front on the ground.

Exercise Command DETAIL.

On the Feet by Numbers

One

Two

Spring smartly to the position of attention.

Dorsal Exercise.

This exercise has already been explained in Table 1. A change is made in the starting position.

Marching Exercise.

On the word time, raise the feet alternately from the ground commencing with the left foot, bringing the knee up as for knee raising, snapping the knee up and lowering the leg with the cadence of the slow march, and then quicken slightly when your class is acquainted with the exercise.

Class-Halt

On the word halt, which is given as the right knee is going up, the right leg completes the movement and then is brought down to the left foot.
Eserciae
Forward Jumping with Arms Swing­Ing Forward.

Part 1
Forward Jump with Arms Swing­Ing Forward.

One

Jump

DETAIL.

Jumping Exercise.

As in Table 1 for upward jumping.

As in Table 1 for upward jumping, only the body is leant slightly forward.

As already described in Table 1, but the jump is forward and the arms are swung forward till they come in line with the shoulders, to assist the jump, and as you land in the full knee bend position, the arms come to the sides immediately.

As in the upward jump.

As in the upward jump.

The class will on the word jump, carry out in their own time, one, two, three, and remain in the full knee bend position.

As on the word four.

As on the word five.

The same detail as above only instead of remaining in the full knee bend position you stretch the knees and remain in the heels raise position.

As in the word five.

Part 2
Remain In the Full Knee Bend Position

Heels-Lower

Heels-Lower

Part 3
Remain In the Heels Raise Position

Exercise
Forward Jump with Arms Swing­Ing Forward

Command
Jump

DETAIL.

On the word jump, the class will in their own time make a complete jump, swing the arms forward, observing the rules for the jump as laid down in one, two, three, four, five.

C Final Exercises
Breathing, Arms Raising Sideways and Upward

Commence
As detailed in Table 1, only the arms are raised sideways and upward, breathing in, a pause, then the arms are lowered sideways and downward and breathing out.

Class-Halt
Each man will finish his exercise, and halt on conclusion.
### Special Table III

#### PART 1

#### A Introductory Exercises

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Command</th>
<th>Leg Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heels Raising and Knee Bending Quickly (hips-firm) (start. pos.)</td>
<td>One</td>
<td>Raise on the heels as has already been described, but quickly.</td>
</tr>
<tr>
<td></td>
<td>Two</td>
<td>Bend the knees as already described, but quickly.</td>
</tr>
<tr>
<td></td>
<td>Three</td>
<td>Stretch the knees quickly.</td>
</tr>
<tr>
<td></td>
<td>Four</td>
<td>Lower the heels to the ground, but quickly.</td>
</tr>
<tr>
<td>Head Bending Backward</td>
<td>One</td>
<td>Neck Exercise.</td>
</tr>
<tr>
<td></td>
<td>Two</td>
<td>As has already been detailed in previous tables.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Exercise Command**

- **Left Arm Upward and Right Arm Downward Stretch** (arms-bend) (start. pos.) Part 1
- **Left Arm Upward and Right Arm Downward Stretch** (arms-bend) (start. pos.) Part 2

**DETAIL.**

**Arm Exercise.**

- On the word stretch, you will smartly stretch the left arm upward and the right arm downward, keeping the head and body perfectly steady.

  - Bring the arms smartly down to the arms bend position.

  - On the word stretch, you will smartly stretch the right arm upward and the left arm downward, keeping the head and body perfectly steady.

  - On the word bend, bring the arms smartly down to the arms bend position.

  - On the word stretch, you will as before detailed.
Exerciae

Trunk Turning
(hips-firm)
(foot sideways)
(start. pos.)

Foot Placing
Sideways
(hips-firm)
(start. pos.)

Exercise Command
Arms-Change
Arms-Bend
Trunk Turning
One
Two
Three
Four
Foot Placing
Sideways
Commence

DETAIL.

On the word change, you will smartly come to the arms bend, and then smartly stretch the right arm upward and the left arm downward, observe a pause at the arms bend.

As has already been described.

Trunk Exercise.
Has already been explained.

Leg Exercise.
On the word commence, you carry the left foot two foot lengths to the left, counting one in your own mind, on the count of two you lower the heel, on the count of three you do not move but remain steady, on the count of four you raise the foot about one inch from the ground, pointing the toe, on five you snap the left foot up to the right, on the count of six you remain steady, recommencing the count in your own mind you repeat the exercise with the right foot, to halt your class the word class will be given on the fifth count, and halt on the sixth count.

B. General Exercises

Prep. for Span Bending
(foot astride)
(arms upward)
(stretch)
(start. pos.)

Upward-Stretch

Leg Raising
Sideways
(hips-firm)
(start. pos.)

Leg Exercise.
On the word stretch, stretch the trunk up to the upright position, slowly.

Balance Exercise.
On the word one, you transfer the weight of the body on to the right leg, keeping both legs straight and the body as erect as possible, you raise the left leg sideways, point the toe.

Lower the leg to the position of attention.

On the word three, you will raise the right leg as detailed above.

Lower the leg to the position of attention.
**Exercise Command**

**Lateral Exercise.**

On the word one, you will bend the trunk slowly over sideways, without altering the position of the head or shoulders, you always stretch over to the lowest arm.

On the word two, you will raise the body to the upright position.

The arms are changed as already described.

On the word one, you will bend the body sideways to the lowest arm as already detailed.

As detailed above.

**Abdominal Exercise.**

First do the exercise yourself, then call a model out and give the detail for the exercise.

On the word bend, without in any other way altering the position of the body, lower it close to the ground by bending the arms, the chest must not touch the ground, head, seat and heels one straight line.

On the word stretch, resume the starting position by straightening the arms.

**Dorsal Exercise.**

Illustrate yourself first, and then call a model out and give detail.

On the word bend, incline the body from the hips, until the upper body assumes an angle of 90 degrees to the lower portion; you must not round the back or contract the chest, elbows square with the body.

On the word stretch, raise the body to the starting position.

**Marching Exercise.**

As already described in Table 2, for the exercise of with knee raising quick march time. Only instead of marking time on the word march you lead on, observing the rules for knee raising, bringing the knee up with a snap, the cadence about the slow march time. After a while sharpen the pace a little.
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Command</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class-Halt</td>
<td><strong>DETAIL.</strong> On the word halt, which must be given as the right knee is coming up, you complete the exercise with the right leg and then the left foot is brought up to the right. This exercise may also be done while at the quick march, the command will be: With Hips Firm Knees -Raise, the word raise will be given as the left foot comes to the ground, the right foot will go forward and then as the left is about to come forward the hands are placed on the hips and the knee raising march is commenced. On the word quick march, which is given as the right knee is coming up, the right leg will complete the exercise, and as the left foot comes forward, the arms are sharply brought to the side and the quick march is resumed.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Command</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upward Jumping Jump with Arms Raising Sideways</td>
<td><strong>DETAIL.</strong> Jumping Exercise. This exercise is performed as already detailed in Table 2 for the upward jump, only the arms are raised in line with the shoulder when taking the jump, and brought down to the sides as you arrive at the full knee bend position.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>C Final Exercises</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heels-Raise</td>
</tr>
<tr>
<td>Arms Raising Side-ways and Upward</td>
</tr>
</tbody>
</table>

As already detailed in Table 2.
## Special Table IV

### PART 1

#### A. Introductory Exercises

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Command</th>
<th>DETAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heels Raising and</td>
<td>One</td>
<td>legs.</td>
</tr>
<tr>
<td>Full Knees Bending</td>
<td></td>
<td>Heels up on the toes as already explained.</td>
</tr>
<tr>
<td>(hips-firm)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(feet full open)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(start. pos.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Two</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Three</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Four</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head Bending</td>
<td>One</td>
<td></td>
</tr>
<tr>
<td>Sideways</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Leg Exercise.**

On the word one, raise up on the toes as already explained.

On the word two, lower the body slowly down to the full knee bend position, as low as possible, body erect, knees turned out, elbows square with the body, heels close together.

On the word three, straighten the knees.

On the word four, lower the heels.

**Neck Exercise.**

On the word one, you will bend the head slowly but steadily to the left, keeping the chin well drawn in.

On the word two, raise the head slowly to the starting position.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Command</th>
<th>DETAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arms Forward Bend</td>
<td>Three</td>
<td>On the word three, bend the head as described in the word one.</td>
</tr>
<tr>
<td>(arms sideways-raise)</td>
<td>Four</td>
<td>On the word four, raise the head as described in two.</td>
</tr>
<tr>
<td>(start. pos.)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Arm Exercise.**

Here we have an exercise, the starting position of which has not been taught in the previous tables.

On the word arms sideways raise, you will raise the arms slowly sideways till they come in line with the shoulders.

On the word bend, you will without moving the upper arms and keeping the elbows sharp, bend the forearm sharply, the hands, elbows and shoulders being in one straight line, the thumbs at about the nipples of the breast.

On the word stretch, smartly resume the starting position.

On the word arms sideways lower, lower the arms slowly to the side.

The above exercise is first taught slowly, then quickly.
Trunk Turning One Trunk Exercise.

As already detailed in previous tables, only the starting position is different.

Leg Exercise.

On the word commence, as has already been detailed in Table 3.

B General Exercises

As already detailed in Table 3, only the words one, two, are used.

This exercise is really a carry on of the previous exercise; on the word feet together place, bring the feet together and then you will be in the position of hips firm.

Leg Raising and Knee Bending (feet together place)

One
Two
Three
Four

Balance Exercise.

On the word one, transfer the weight of the body on to the right leg, then, keeping both knees straight and the body erect, raise the left leg backward as far as possible, the toe pointed.

Lower the leg to the position of attention.

Raise the right leg in a similar manner as you did the left.

Lower the leg to the position of attention.
**Exercise** | **Command** | **DETAIL.**
---|---|---
Trunk Bending | One | Lateral Exercise. On the word one, you bend the trunk sideways quickly. On the word two, stretch the trunk upright quickly. On the word three, bend the trunk to the right. Stretch the trunk to the upright position quickly.

Sideways Quickly (hips-firm) (foot sideways place) (start pos.)

Two

Three

Four

Leg Raising | One | Abdominal Exercise. On the word one, do not alter the position of the body or arms, then raise the left leg, knee stiff, as high as possible toe pointed, Lower the left leg alongside the right. On the word three, raise the right leg in a similar manner as you did the left. Lower the leg as in the word two.

(on the hands-down) (start. pos.)

Two

Three

Four

| Exercise | Command | **DETAIL.**
---|---|---
Arms Stretching | One | Dorsal Exercise. On the word one, you stretch the arms smartly sideways; arms in line with the shoulder, palms of the hands downward, fingers extended, thumb close to the forefinger. On the word two, you smartly bend the arms. This exercise may also be carried out on the word stretch, bend.

Sideways (arms bend) (foot sideways place) (trunk forward bend) (start. pos.)

Two

With Hips Firm on Alternate Feet-Hop

Three

Four

Marching Exercise.

While you are marching you receive the word hop, on the left foot coming to the ground, the right foot continues the march, then as the left foot is coming forward the hands are smartly placed on the hips, and as the left foot touches the ground it gives a hop, throwing the body as high in the air as possible and stretching the right leg with pointed toe to the rear, leg to be straight; when the hop is completed on the left toe touching the ground, the right leg is carried forward and as the toe
Exercise Command

touches the ground it gives a hop and the left leg is carried to the rear in a similar manner as the right leg was, and so continue the exercise.

Quick March

The word march is given as the right foot comes forward to hop, the hop is completed, and as the left foot comes forward the hands are dropped smartly to the side and the quick march is resumed.

Jumping Exercise.

On the word jump, the whole of the class will take three paces forward, commencing with the left foot, on the third pace jump high up in the air, raising the right knee well up while taking the jump, land on the toes and lower the body to the full knee position, body erect, etc.

On the word stretch, as already described in the previous jumps.

On the word lower, lower the heels.

Running with Three Paces Forward Off the Left (or Right) Foot-Jump Part 2

Knees-Stretch

Heels-Lower

Jump

Doubling, with Three Paces Forward Off the Left (or Right) Foot-Jump Part 3

Knees-Stretch

Heels-Lower

Jump

Doubling, with Three Paces Forward Off the Left (or Right) Foot and Remain in the Heels-Raise Position Part 4

Knees-Stretch

Heels-Lower

Jump

Doubling with Three Paces Forward Off the Left (or Right) Foot Complete Jump Part 5

Knees-Stretch

Heels-Lower

Jump

On the word jump, commencing with the left foot run forward, and on the third pace act as in the above detail; remain in the full knee bend position.

As above detailed.

As above detailed.

On the word jump, first raise the heels and double on the toes, commencing with the left foot, on the third pace leap in the air forward, as already detailed, landing in the full knee bend position.

As already detailed.

As already detailed.

On the word jump, as already detailed, only from the full knee bend position you stretch the knees and remain in the heels raise position.

Lower the heels quietly to the ground.

Don't forget you first raise the heels, then double, and in this instance you will make a complete jump, observing all the rules as laid down for jumping.
C. Final Exercises

**Exercise** | **Command** | **DETAIL.**
--- | --- | ---
Heels Raising and Knee Bending (hips-firm) (start. pos.) | One | Has been detailed in previous tables, but watch your class carefully, correct positions, etc.
Arms Raising Forward and Upward Lowering Sideways and Downward | Two | Commence
Three | Four

**Class-Halt**

On the word commence, raise the arms forward and upward, slowly, breathing in, fill the lungs full with air, a slight pause, then lower the arms slowly sideways and downwards, turning the hands to pronation as they are coming down, and expell the air from the lungs as the arms are coming down, each man doing the exercise according to his own breathing capacity.

On the word halt, each man will complete the exercise and halt.

Special Table V

PART 1

A Introductory Exercises

**Exercise** | **Command** | **DETAIL.**
--- | --- | ---
Two | Commence
Three | Four

Head Bending Sideways | One | Commence
Two | Halt
Three | Commence
Four | Finish

Arms Swinging Upward | One | Commence

On the word one, stretch the arm smartly sideways, hands in line with the shoulders, palms down, fingers extended, thumb close to the forefinger.

On the word two, smartly bring the arms to the bend position.

The above exercise can also be performed on the word stretch, and bend.

Neck Exercise.

This exercise has already been explained on Table 4.

Arm Exercise.

On the word one, keeping the body steady, swing the arms forward and upward, the arms the width of the shoulders apart, the fingers extended and the thumb close to the forefinger, when the exercise is completed, the arms should stretch up as high as possible and the body must be erect.
Exercise Command

**Trunk Turning Quickly**
- One
- Two
- Three
- Four

**Foot Outward-Place**
- Left Foot Outward-Place
  - (hips-firm)
  - (feet full-open)
  - (start. pos.)

**Left Foot-Inward Place**

---

**Exercise** Command

**Span Bending**
- One
- Two
- Three
- Four

**Leg Raising Forward**
- One
- Two
- Three
- Four

**Trunk Bending Sideways Quickly**
- One
- Two
- Three
- Four

**Legs Raising Lying on the Back-Down**
- One
- Two
- Three
- Four

---

**DETAIL.**

- Exercise as already detailed in table 4.

**Balance Exercise.**
- On the word one, transfer the weight of the body on to the right leg, and keeping both legs straight and the body erect, raise the left leg as high as possible, point the toe.
- On the word two, lower the left leg slowly down alongside the right leg.
- As already detailed for the word one.
- As detailed for the word two.

**Lateral Exercise.**
- As already detailed in previous tables, only the exercise is performed quickly and with more snap to it.

**Abdominal Exercise.**
- This is the starting position and as it has not yet been taught to the class we must first do so. On the word down, bend the knees and place the hands
on the ground, then smartly shoot the legs out and place the seat on the ground, then lower the body flat on the ground, arms alongside the body, as at attention, but with the palms of the hands flat on the ground, and the toes of the feet close together.

Examine the word raise, you will slowly raise the arms upward until they rest on the ground, width of the shoulders apart, palms inward.

On the word one, you will raise the legs slowly upwards until you, while keeping the head still, can see the insteps. Both knees to be kept straight, toes pointed.

On the word two, lower the legs slowly to the ground.

On the word up, while you are in the position of on the back down, you will swing the arms from over the head to the sides smartly, carrying the body with them and spring up on to the feet to the position of attention.

Leg Raising

- One
- Two
- Three
- Four

Trunk Bending Forward and Downward

- One
- Two
- Three
- Four

Dorsal Exercise.

On the word one, bend the trunk forward as already detailed in the trunk forward bend.

On the word two, bend the trunk downward as has already been detailed in Table 3.

Marching Exercise.

While you are marching you receive the word, as the left foot comes to the ground, With Hips Firm
Exercise | Command | DETAIL.
--- | --- | ---
Exercise from the shoulders and right foot will continue on the Left Foot Hop, the left foot will continue the march, then as the left foot comes forward the hands are placed on the hips, and as the left foot touches the ground you will hop on the left foot, hopping as high as possible and stretching the right leg to the rear with the toe pointed.

On the word change, you will make one more hop with the foot you may be hopping with and then change onto the other foot.

On the word march, complete the hop and then smartly bring the hands to the side and resume the quick march.

Here I have given the starting position of this exercise as the double march, and the reason for the same is that I wish to give the detail for the same. On the word march, raise up on the toes, and step off with the left foot and double on the toes with easy swinging strides, inclining the body slightly forward, the arms should swing easily.

C Final Exercises

As already detailed in Table 3.

Foot Placing Commence
Sideways (hips-firm) (start. pos.)
Arms Rising Forward and Upward LoweringSideways and Downward

As already detailed in Table 4.
# Special Table VI

## PART 1

### A Introductory Exercises

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Command</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arms Stretching Sideways</td>
<td>One (arms-bend)</td>
</tr>
<tr>
<td></td>
<td>(feet full-open)</td>
</tr>
<tr>
<td></td>
<td>(heels-raise)</td>
</tr>
<tr>
<td></td>
<td>(full knee-bend)</td>
</tr>
<tr>
<td>Head Turning Quickly</td>
<td>One</td>
</tr>
<tr>
<td></td>
<td>Two</td>
</tr>
<tr>
<td></td>
<td>Three</td>
</tr>
<tr>
<td></td>
<td>Four</td>
</tr>
</tbody>
</table>

**DETAIL.**

**Arms Exercise.**

On the word one, stretch the arms sideways in line with the shoulders, fingers extended, thumbs close to the forefingers, keeping the balance of the body correctly while doing this exercise.

On the word two, bring the arms in smartly to the arms bend position, keeping the correct position of the body while performing the exercise.

**Leg Exercise.**

This exercise has already been detailed in previous tables, the only difference is that the exercise is performed quickly, also the numbers of the movement may be called out in this manner: one, four, two, three, one, one, and so on, at the discretion of the instructor, the idea is to make the recruit use his brains, and think quickly.

**Trunk Exercise.**

As already detailed in previous tables, but lots of snap to it.

**Foot Placing Outward**

Judging the Time from the Front

Commence

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Command</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arms Stretching Forward</td>
<td>One (arms-bend)</td>
</tr>
<tr>
<td></td>
<td>(start. pos.)</td>
</tr>
<tr>
<td>Trunk Turning Quickly</td>
<td>One (arms-bend)</td>
</tr>
<tr>
<td></td>
<td>(foot sideways)</td>
</tr>
<tr>
<td></td>
<td>(place)</td>
</tr>
<tr>
<td></td>
<td>(start. pos.)</td>
</tr>
<tr>
<td>Foot Placing Outward</td>
<td>Judging the Time</td>
</tr>
<tr>
<td></td>
<td>from the Front</td>
</tr>
<tr>
<td></td>
<td>Commence</td>
</tr>
</tbody>
</table>

**Leg Exercise.**

On the word commence, you carry the left foot two foot lengths in the direction in which the toe is pointing, counting one in your own mind, on the count two you lower the heel, on the count of three you do not move but remain steady, on the count of four you raise the foot about one inch from the
Exercise  Command

DETAIL.

ground pointing the toe, on five you snap the foot up to the right, on the count six you remain steady, re-commencing the count one in your mind you repeat the exercise with the right foot; to halt your class the word class will be given on the fifth count, and halt on the sixth count.

B. General Exercises

Span Bending

Leg Raising Forward, Sideway and Backwards

(hips-firm)

(start. pos.)

One

Two

Three

Four

Balance Exercise.

On the word one, raise the left leg forward as already described in previous tables.

On the word two, move the leg round from the forward to the sideways raise position.

On the word three, move the leg round from the sideways to the backwards raise position.

On the word four, lower the leg alongside the right leg.

To carry out the exercise with the right leg you simply repeat one, two, three, four.

Lateral Exercise.

On the word turn, raise the right hand from the ground and with it take the hips firm position, at the same time turn the body to the left, bring the weight of the body on the left arm which should be at right angles to the body and place the right foot on the top of the left foot.

On Both Hands-Turn

Arms Bending with Leg Raising

(on the hands-down)

(start. pos.)

One

Two

Three

Four

Abdominal Exercise.

On the word one, keeping the leg straight, raise it as high as possible, toe pointed, without altering the position of the body, and bend the arms.

On the word two, lower the leg to the starting position, and stretch the arms.

As on the word one, raise the right leg and bend the arms.

As on the word two, lower the right leg and stretch the arms.
Exercile

Trunk Bending Forward
  (feet astride)
  (arms upward-stretch)
  (start. pos.)

On the word one, you will bend the trunk as already detailed in previous tables, but be careful that the head and arms are in one straight line.

On the word two, raise the trunk slowly to the upright position.

In Quick Time Sideways to the Left or right-March
  (hips-firm)
  (start. pos.)

Marching Exercise.
On the word march, rising on the toes, step sideways to the left with the left foot and close the right foot to it, and repeat the exercise until ordered to halt, keeping the legs straight, and the heels raised and body steady.

On the word halt, which should be given as the heels come together, one more side step should be taken and the heels lowered.

Jumping Exercise.
This exercise has already been explained in Table 1, namely, the upward jump, with this difference that as you jump upward you turn in the direction ordered by the instructor.

C Final Exercises

Arms Raising Forward and Upward Lowering Side-ways and Downward

DETAIL.

This exercise has already been explained in Tables 4 and 5.

Special Table VII

PART 1

A Introductory Exercises

Leg Exercise.
On the word commence, counting in your own mind one, you carry the left foot to the left and place the toe on the ground, on the count two you lower the heel, on the count three you raise up on the heels, on the count four you lower the heels, on the count five you raise the left foot with toe pointed off the ground, on the count six you snap the left foot up to the right, and on the count seven you remain steady, and on resuming the count one you repeat the exercise with the right foot, as above.
Exercise Command

Class-Halt

The word halt, is given on six, and if possible you should balance up an exercise, that is to say, perform the exercise an equal number of times on either side.

Head Bending Sideways

One Two Three Four

Arms Flinging (arms forward-bend) (start. pos.) Fling

Or Commence

Neck Exercise.

This exercise has already been explained in Tables 4 and 5.

Arm Exercise.

On the word fling, without allowing the elbows to come forward, fling the arms with vigour sideways and backwards to their fullest extent, keep the palms of the hands down, and allow the arms to rebound, as it were, to the starting position.

This exercise can also be performed on the word commence, and taking the time from the front, the exercise is continued until halt is given.

Exercise Command

Trunk Turning Quickly with Arms Stretching Upwards

One (arms-bend) (foot sideways-place) (start. pos.)

Two

Three

Four

Outward Lunge (hips-firm) (feet full open)

Left Foot Outward-Lunge

Trunk Exercise.

On the word one, turn the trunk as already described for trunk turning in previous tables, but as the trunk is turned the arms are stretched sharply upwards.

On the word two, the trunk is turned to the front and the arms are bent.

On the word three, the trunk is turned to the right and the arms are stretched upwards.

On the word four, the trunk is turned to the front and the arms are bent.

Leg Exercise.

On the word lunge, with a falling movement of the body, carry the left foot three foot lengths in the direction in which the toe is pointing, the left knee bent, heel slightly in rear of the knee, the right foot to remain flat on the ground, the head, seat, and heel of right foot in a straight line.
Exercise Command

Left Foot Inward-Place

On the word place, you will keep the right leg straight, and shove off the ground with the forepart of the left foot and then snap it up to the right foot.

The exercise is also performed to the right, with the right foot, and it is also best to incline your class when doing this exercise.

B General Exercises

Span Bending

Leg Stretching One Forward

= (hips-firm) (knees-raise) (start. pos.)

Two

Leg Raising One

(on the hands-down) (On one hand-turn) (start. pos.) Two

Arms Bending with One Legs Raising

(on the hands-down) Two

Lateral Exercise.

On the word one, you will raise the leg upwards, do not allow the head to come forward, and do not allow the hips to sink.

On the word two, lower the leg to its place on top of the lower leg.

After you have raised one leg a sufficient number of times you give the word On Both Hands Turn, and then you turn over and exercise the other leg.

Abdominal Exercise.

This exercise has already been explained in Table 5.

If the condition of the ground will not permit of the exercise above detailed, being performed the following exercise will take its place.

Abdominal Exercise.

On the word one, you will, without altering the position of the body by allowing the arms to bend, lower the body close to
**Exerciae**

**Trunk Bending**

- **Forward and Downward**
  - **feet astride arms upward-stretch**
  - **In Double Time Sideways to the Left-March**
    - **hips-firm**
    - **start. pos.**

**Command**

**DETAIL.**

- **One**
- **Two**
- **Three**
- **Four**

- **March**
- **Marching Exercise.**
  - On the word march, raise up on the toes, and keeping the knees straight, starting with the left foot take a succession of paces sideways to the left in double time, with a light springy movement, keeping the body erect and the heels off the ground.

**Dorsal Exercise.**

- This exercise has been already detailed in Table 5.

**Marching Exercise.**

- On the word two, you will raise the body off the ground by straightening the arms, and at the same time lower the left leg.

- On the word three, you will act as in one, with the right leg.

- On the word four, you will act as in two, with the right leg.

**Jumping Exercise.**

- This exercise has already been explained in Table 4, but there is this difference: when you make your jump in the air, you turn to the left or right, and when you land on your feet in the full knee bend position you will be facing in the direction ordered.

**Final Exercises**

- **Arms Raising Forward and Upward**
  - Commence Lowering Backward and Downward

- On the word halt, you will take one more side step to the left and lower the heels to the ground.

- The above exercise may also be performed to the right as well as to the left.
Special Table VIII
PART 1
A General Exercises

Exercise Command DETAIL.

Foot Placing Sideways and Heels Commence
Raising (hips-firm)

Head Bending Sideways One
Two
Three
Four

Arms Stretching Forward, Sideways and Upward One
Two
Three
Four

Leg Exercise.
This exercise has been detailed in Table 7. But put lots of snap into it.

Neck Exercise.
This exercise has been explained and detailed in Table 4.

Arm Exercise
On the word one, stretch the arms smartly forward.
On the word two, smartly bend the arms.
On the word three, stretch the arms smartly sideways.
On the word four, smartly bend the arms.
On the word five, smartly stretch the arms upward.
On the word six, smartly bend the arms again.

The above exercise may be carried out on the word, judging the time from the front, arms forward, sideways and upward, stretch, and the class will continue the exercise until the word class halt is given on the word five and six. In doing the exercise a distinct pause must be made between each movement.

Exercise Command DETAIL.

Trunk Turning Quickly with Arms Stretching Upward (arms-bend)
(foot sideways-place)
(start. pos.)

One Arm Upward, Left Arm Upward, One Downward, Right Arm Downward-Stretch
(arms-bend)
(feet full-open)
(left foot outward-lunge)
(start. pos.)

Arms-Bend

Trunk Exercise.
This exercise has been explained in Table 7.

Leg Exercise.
On the word stretch, you will stretch the left arm upward and the right arm downward, making sure that the head and arm are in one direction.

Bend the arms smartly.

This exercise is also performed when the right leg is in the outward lunge position, with the right arm stretched upward and left arm stretched downward.

And the above exercise is also performed by numbers. One, the arms are stretched upward and downward; two, the arms are bent.
### B General Exercises

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Command</th>
<th>Detail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Span Bending</td>
<td>One</td>
<td>Exercises as in Table 4</td>
</tr>
<tr>
<td>Leg Stretching Forward</td>
<td>Two</td>
<td>Balance Exercise.</td>
</tr>
<tr>
<td>(hips-firm)</td>
<td></td>
<td>This exercise has already been detailed in Table 7.</td>
</tr>
<tr>
<td>(knee-Raise)</td>
<td></td>
<td>Lateral Exercise.</td>
</tr>
<tr>
<td>(start. pos.)</td>
<td></td>
<td>This exercise has been explained in Table 7.</td>
</tr>
<tr>
<td>Leg Raising</td>
<td>One</td>
<td>Abdominal Exercise.</td>
</tr>
<tr>
<td>(on the hands-down)</td>
<td>Two</td>
<td>On the word one, you will allow the right leg to remain steady, and then carry the left leg up to the left arm, the knee of the left leg touching the left elbow, the body remaining steady.</td>
</tr>
<tr>
<td>(on one hand-turn)</td>
<td></td>
<td>On the word two, you will again stretch the left leg.</td>
</tr>
<tr>
<td>(start. pos.)</td>
<td></td>
<td>On the word three, you will act with the right leg as you did with the left leg.</td>
</tr>
<tr>
<td>Foot Placing Forward</td>
<td>Two</td>
<td>On the word four, you will stretch the right leg.</td>
</tr>
<tr>
<td>(on the hands-down)</td>
<td>Three</td>
<td></td>
</tr>
<tr>
<td>(start. pos.)</td>
<td>Four</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Exercise Command

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Command</th>
<th>Detail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arms Swinging Downward and Backward (feet astride, arms upward-stretch) (trunk forward-bend) (start. pos.)</td>
<td>One</td>
<td>Dorsal Exercise.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>On the word one, keeping the body as steady as possible you will swing the arms sharply downward and backward.</td>
</tr>
<tr>
<td></td>
<td>Two</td>
<td>On the word two, you will swing the arms up to the starting position.</td>
</tr>
<tr>
<td>In Double Time</td>
<td></td>
<td>Marching Exercise.</td>
</tr>
<tr>
<td>Sideways-March (hips-firm)</td>
<td></td>
<td>This exercise has been already explained in Table 7.</td>
</tr>
<tr>
<td>Upward Jump with Jump Arms Swinging Upward</td>
<td></td>
<td>Jumping Exercise.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>This exercise has been explained in Table 1, except as you make your jump you swing your arm upwards, and as you land in the full knee bend position you swing the arms back to the side.</td>
</tr>
</tbody>
</table>

### C Final Exercises

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Command</th>
<th>Detail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arms Raising Forward and Upward</td>
<td>Commence</td>
<td>This exercise is explained in Table 7.</td>
</tr>
<tr>
<td>Lowering Backward and Downward</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Part II

In the foregoing I have explained Part 1 of the 8 Tables, amongst them are a few of the exercises you will find in Part 2.

1. In two ranks fall in. (This to be practiced frequently.)

2. Quick march.

3. Marching on the toes. (Detailed on Table 1.)

4. Double march. (Detailed on Table 5.)

5. Slow march. This exercise is taught in three ways:

First, on the word, Slow-March, incline the body slightly forward from the ankles. On the word position you carry the left foot forward 30 inches and place the toe on the ground and then lower the heel; when this movement is completed the body to be erect and the heel of the right foot raised. And again on the word position carry the right foot forward as above detailed. On the word attention you will carry the rear foot up to the advanced foot.

Second method of teaching, after you have taught the first. On the word Slow-March, you incline the body as in the first method, and then on the word (one) you carry the left foot forward as above detailed, and on the word (two) you carry the right foot in advance of the left foot, and continue the exercise until the word attention, and then carry the rear foot up to the advanced foot.

Third method. On the word Slow-March, you step off with the left foot, observing all the rules as above with a cadence of 75 to the minute.

6. High Jump (taken free) jumping over rope.

Your class is facing you and you give the command, First-File, the first file of your class will spring to attention. No. 1, Ready, the right hand man of the front rank will move out at a double and place himself four paces from and facing the jump, the man in the rear rank moving up into the place in the ranks which the front rank man has vacated. Jump, on the word jump the man facing the jump will, commencing with the left foot, take three paces forward and take the jump off his left foot, observing the rules as laid down in Table 1 for the upward jump. After he has completed his jump he will remain at attention on the far side of the rope, his rear rank man has now moved up into position ready to take the jump.
·:· Next-Jump. The man who has already taken the jump will double back to his place in the ranks, and his rear rank man takes the jump. No. 2 of the front rank places himself in readiness for the jump, facing the rope, and so on until all the class has carried out the exercise.

7. Long Jump (taken free) as above.

8. Hopping with leg raising sideways—Commence. On the word commence make a hop on the right foot and raise the left leg sideways, make another hop on the right foot and lower the left leg to the right leg, then hop on the left foot and raise the right leg sideways, hop on the left foot again and lower the right leg, and so continue the exercise until the word is given to halt, finish hopping and bring the raised leg down.


10. Leap-Frog.

11. Surmounting Obstacles.

A table of exercises should be always finished off with the slow march.

If there are no qualified instructors, Part 2 should only be taken.