

Physical Training Tables

Without Apparatus

and the sequence of instruction in
Recreational Training Subjects

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These Tables will be used by:—

- (a) Trained soldiers of all arms.
- (b) The Territorial Army.
- (c) All units on mobilization.

NOTES

1. Continuity is essential if Physical Training is to produce the required results.

A *daily* lesson of from 10-20 minutes will therefore be included in unit training programmes wherever possible (Physical Training 1937, Secs. 22-26).

2. Each of the six Tables is compiled in two Parts; each Part is designed to take about ten minutes to complete.

3. The Tables are arranged in progression. Tables 1 and 2 are very elementary and will be used for unfit men, e.g., in training units on mobilization. Tables 3 to 6 are suitable for trained soldiers.

4. *Part I.*—(a) This Part of each Table is designed as a “daily dozen” to keep all parts of the body toned up, and should be done daily. No exercise should be omitted.

(b) *Method of Application.*—It is recommended that a soldier who knows the various exercises be placed in full view of the class and Part I carried through on the “Follow my Leader” principle, the class taking the time from him. The instructor is then left free to correct faults, coach and give “change” orders.

5. *Part II* of each Table contains exercises of a more strengthening nature. This Part should be done in addition to Part I whenever time permits. In particular it should be given to young soldiers with under three years’ service, and used in all training units on mobilization.

6. Starting positions are given in small print. The names of the exercises are in thick type. Explanatory notes are given in italics. The executive word of command is not included and depends on the nature of the exercise. In rhythmical exercises it will usually be “begin,” or merely “change” from a previous exercise.

The left hand diagram in each exercise shows the starting position of that exercise.

7. Quickening exercises and competitive team games may be included at the end of Part I or Part II if the instructor considers them necessary; they should not, however, be inserted in the middle of either Part. Details of suitable games are given on pages 13 and 14.

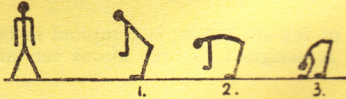
8. The notes on recreational training subjects show the recognized sequence of instruction in the various events, and are produced on this Card to assist instructors in units.

TABLE 1.

PART I.

March to open formation, numbering whilst on the move, according to the number of teams required.

1. Walking Heel and Toe in slow time. *Foot to be placed on ground straight to the front.*
2. Heels raising and lowering with Fingers stretching.
3. Standing astride.—Trunk bending downward to touch ground with hands in beats of 3 and upward stretch with Hands reversed.



4. Standing astride, Hips firm.—Trunk bending from side to side.



5. Standing astride, Arms crossed.—Arms swinging sideways.



6. Standing astride, Hands on lower Ribs.—Deep breathing.

7. Standing astride.—Alternate Ankle grasp with both Hands. *Passing through upright position each time.*



8. Arms sideways reversed.—Arms circling backward.



9. Hips firm.—Knee full raising in quick time 120 to the minute.



10. Skip jumps.

11. Hips firm.—Astride jumping.



12. Head pressing backward with Fingers stretching. *Breathing time.*

TABLE 1—continued

PART II.

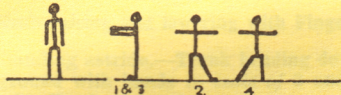
1. Arms forward, Palms downward.—Arms swinging sideways to across bend. *Time of Breast-stroke swimming.*
2. Hips firm, Knee raise.—Foot bending.
3. Crouch position.—Leg stretching backward.
4. Arms upward bending and stretching in various directions slowly.
5. Standing astride, Hips firm.—Trunk full turning slowly.
6. Foot forward, Hands clasped behind back.—Head pressing backward with Arms reaching downward.
7. Limbering up action for poise and relaxation.
8. Slow running action with Foot pointing straight to front.
9. Skipping action off both Feet. *Without rope.*
10. Jumping over outstretched Arm of kneeling man.
11. Head pressing backward with Fingers stretching. *Breathing time.*
12. Standing astride, Hands on lower Ribs.—Deep breathing.

TABLE 2.

PART I.

Marching and numbering, running to open formation.

1. Marching with Heels raised in quick time.
2. Foot placing sideways with rhythmical small Arm swings.



3. Standing astride.—Trunk bending down to touch ground with Hands and up to Arms upward bend.



4. Standing astride.—Trunk bending from side to side. In beats of 3.



5. Standing astride, One Hand Hip firm.—Single Arm circling. State number of beats with each Arm.

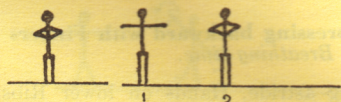


6. Standing astride, Hands on lower Ribs.—Deep breathing.

7. Standing astride, Hips firm.—Trunk circling from left to right and right to left.



8. Arms across bend.—Arms flinging.

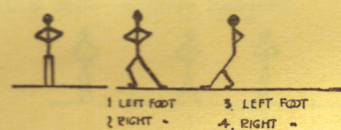


9. Hips firm.—Alternate Leg raising forward quickly.



10. Skip jumps, low and high. Combination varied.

11. Hops firm.—Hopping with Toe placing sideways and forward.



12. Head pressing backward with Hands reversing. Breathing time.

TABLE 2—continued

PART II.

1. Standing astride.—Arm action for Crawl-stroke swimming.
2. Hips firm.—Leg raising forward, sideways and backward.
3. Knee full raising and pressing towards body with aid of Hands.
4. Double circle, inner rank gripping each other's Shoulders, outer rank Back hang.—Heave and lower.
5. Standing astride, Arms crossed.—Trunk turning with alternate Arm swinging to midway.
6. Standing astride, Hands clasped behind Back, Trunk relaxed forward.—Back stretching with Arms reaching downward.
7. Slow running stressing drive from rear Foot.
8. Short sprint.
9. Skipping action off alternate Feet. Without rope.
10. Leap frog.
11. Head pressing backward with Hands reversing. Breathing time.
12. Standing astride, Hands on lower Ribs.—Deep breathing.

TABLE 3.

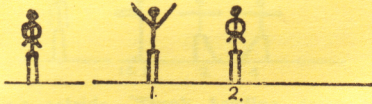
PART I.

Marching and numbering, running to open formation.

1. Marking time with opposite Knee and Arm raising forward.



2. Arms crossed.—Heels raising with Arms swinging to midway.



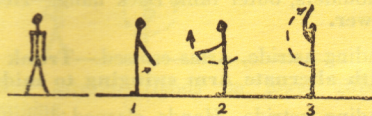
3. Standing astride.—Trunk bending downward to touch ground with Hands and up to Arms upward bend with Head pressing backward.



4. Standing astride.—Trunk bending from side to side in beats of 3, one Arm reaching downward, one Arm Bending Buckets.

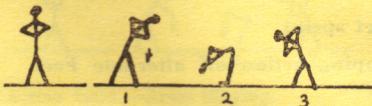


5. Standing astride.—Arms swinging backward, forward and upward. In beats of 3.



6. Standing astride, Hands on lower Ribs.—Deep breathing.

7. Standing astride, Hips firm.—Trunk circling.



8. Arms forward.—Arms parting slowly.

9. Knee full raising and pressing towards body with aid of Hands.



10. Hips firm.—Hopping with Leg raising sideways.



11. Skip jumps high to crouch position. Number of jumps varied.



12. Foot forward place.—Head pressing backward with Arms upward bending slowly. Breathing time.



TABLE 3—continued

PART II.

1. Standing astride.—Arms swinging forward and upward to upward bend and reverse Arm movement to starting position.
2. Left Knee raise with right Arm forward and left Arm sideways.—Jump sideways on to opposite Foot, reversing position of Arms.
3. Crouch position.—Both Legs stretching backward.
4. Double circle.—Both ranks Foot forward, Wrists grasp, Inner rank Back hang.—Heave and lower.
5. In pairs facing, standing astride, butcher's grip.—Sawing.
6. In pairs Back to Back, Foot forward, Hands clasped.—Arms raising sideways and upward slowly.
7. Striding, Stress Knee and Arm action.
8. Sprint action, emphasizing strong forward drive from rear Leg.
9. Astride and stride jumping with Arm movements.
10. Crouch position.—Jumping forward sideways and backward. Legs to be stretched at each Jump.
11. Arms sideways.—Head pressing backward with Hands reversing. Breathing time.
12. Standing astride, Hands on lower Ribs.—Deep breathing.

TABLE 4.

PART I.

Marching and numbering, running to open formation.

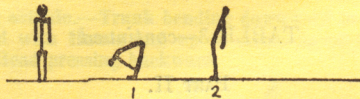
1. Hopping with opposite Knee and Arm raising.



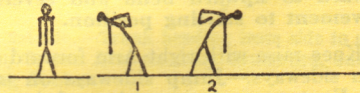
2. Arms crossed.—Heels raising and Knees bending with Arms swinging to midway.



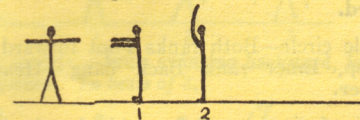
3. Trunk bending downward to grasp Ankles and Trunk bending backward with Hands reversing.



4. Trunk bending from side to side, one Arm reaching downward and one Arm bending Buckets.



5. Standing astride, Arms sideways.—Arms swinging forward and upward.



6. Standing astride, Hands on lower Ribs.—Deep breathing.

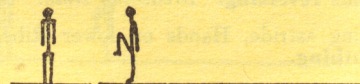
7. Standing astride, Arms upward bend.—Trunk circling.



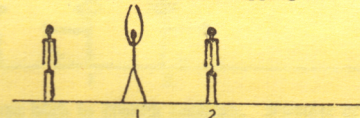
8. Arms across bend.—Rhythmical Elbow pressing backward Twice followed by Arms flinging Once.



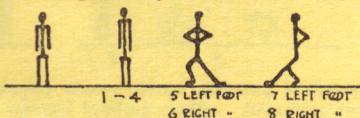
9. Knee full raising and pressing towards body without aid of Hands.



10. Astride jumping with Hands clapping above Head.



11. Skip jumps high 4 beats, and Hips firm Hopping with Toe placing sideways and forward Alternately.



12. Foot forward, Arms sideways.—Head pressing backward with Hands reversing. Breathing time.

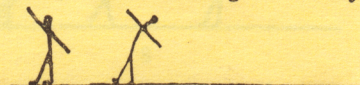


TABLE 4—continued

PART II.

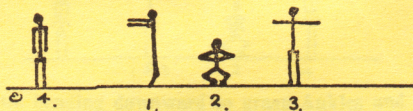
1. Standing astride.—Shoulder rolling forward and backward.
2. Leg raising forward, sideways and backward, with Arms raising forward, sideways and upward.
3. High kicking. Leg to be kept straight.
4. Double circle—Both ranks Foot forward, Wrists grasp, Inner rank Back hang.—Heave and lower with Leg raising.
5. Standing astride, Arms across bend.—Trunk full turning with alternate Arm flinging.
6. In pairs, Foot forward, Wrists grasp with Arms crossed.—Backward tug of war. Arms to be kept straight.
7. Cruising action for long distance running. Economy.
8. Short sprints from crouch start.
9. Skipping action, doubles every three jumps. Without rope.
10. Hurdling over outstretched Arm of kneeling man.
11. Foot forward, Arms sideways.—Head pressing backward with Hands reversed. Breathing time.
12. Standing astride, Hands on lower Ribs.—Deep breathing.

TABLE 5.

PART I.

Marching and numbering, running to open formation.

1. Hips firm.—Hopping on alternate Feet.
2. Heels raising and Knees bending with Arms forward raise, across bend, fling and lower.



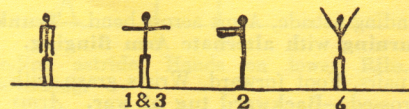
3. Standing astride.—Trunk bending downward to touch ground with Hands in 3 beats and up to Head pressing backward with Arms reversed sideways.



4. Standing astride, S. position.—Trunk bending from side to side in beats of 3.

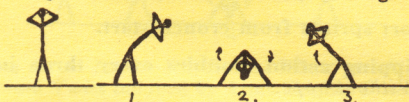


5. Rhythmical Arms swing sideways, forward, sideways and upward to Arms cross and fling to midway.



6. Standing astride, Hands on lower Ribs.—Deep breathing.

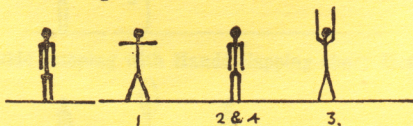
7. Standing astride, Neck rest.—Trunk circling.



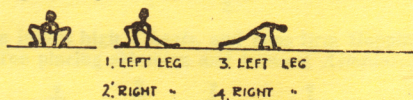
8. Arms forward raise, Palms downward.—Elbow pressing backward Twice and Arms swinging sideways Once.

9. Double mark time with Knee full raising to touch Chest.

10. Astride jumping with Arms raising sideways and upward alternately with two skip jumps when the Feet are together.



11. Crouch position.—Hopping with alternate Leg stretching sideways and backward.



12. Foot forward Arms sideways.—Head pressing backward with Arms upward bending slowly. *Breathing time.*

TABLE 5—continued

PART II

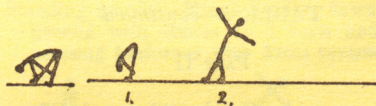
1. Standing astride, Hands on ground, Elbows outward, Head on Hands.—Arms stretching. *Hands about 3 feet in front of Feet.*
2. Leg swinging forward and sideways with Arms swinging forward and sideways. *Position to be held at third or fourth beat.*
3. In pairs, Back to Back, butcher's grip.—Forward tug of war.
4. Double circle—Both ranks Foot forward, Wrists grasp, Inner rank Back hang.—Heave and lower with Leg raising.
5. Standing astride, one Ankle grasp with both Hands.—Head to Knee, Arms assisting in beats of 3, Body to pass through upright position when changing.
6. Standing astride, Trunk forward bend.—Touch ground with Hands Twice and Elbow pressing backward Twice.
7. George's 100 up.
8. Slow running alternated with short sprints.
9. Skip jumps low and high with rhythmical Arms swing small and large. *Large swings with high jumps.*
10. Run Through and Astride vaults over human obstacle. *Two men opposing rugger scrum position.*
11. Head pressing backward with Arms upward bending. *Breathing time.*
12. Standing astride, Hands on lower Ribs.—Deep breathing.

TABLE 6.

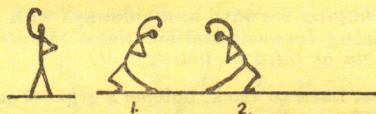
PART I.

Marching and numbering, hopping with opposite Knee and Arm raising to open formation.

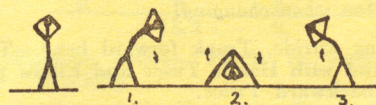
1. Hopping on alternate Feet, with Arm movements.
2. Heels raising and Knees bending with rhythmical Arms swing small and large.
3. Standing astride, Ankles grasp.—Trunk bending downward with Arms assisting in beats of 3 and Trunk bending backward with Arms reversed sideways.



4. Standing astride, S. position.—Trunk bending sideways with opposite Knee bending.



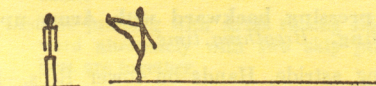
5. Standing astride.—Rhythmical large Arm swings.
6. Standing astride, Hands on lower Ribs.—Deep breathing.
7. Standing astride, Fingers interlaced above Head.—Trunk circling.



8. Arms across bend.—Arms flinging with Heels raising.



9. High kicking at opposite Hand. Leg to be kept straight and Hand held in line with top of Head.



10. Skip jumps high with Legs parting every third of fourth beat.

11. Crouch position.—Hopping with alternate Leg stretching sideways and both Legs stretching backward.



12. Foot forward, Arms upward.—Arms upward bend, sideways stretch slowly and Head pressing backward with Hands reversing.

TABLE 6—continued

PART II

1. In pairs, Hand-stand.—Arms bend and stretch with assistance.
2. Leg swinging forward and backward with Arms swinging forward and sideways. Balance lunge position to be held at 2nd, 4th or 6th beat.
3. Front support.—Feet placing forward and Arms bending alternately.
4. Double circle.—Both ranks Foot forward, Wrists grasp.—Inner rank heave and lower and outer rank lift and lower at same time.
5. Standing astride, Arms crossed, Trunk forward bend.—Trunk full turning with alternate Arm swinging sideways with clenched Fist.
6. In pairs—One rank Back lying Hands support, other rank Feet astride Fingers interlaced under partners Head.—Lift and lower.
7. Cruising action for long distance running. Economy.
8. Slow running alternated with short sprints.
9. Skipping action varied without rope. Off both Feet—alternate Feet—One Foot or doubles every 3.
10. Human obstacle. Leapfrog—under Legs—vaults, etc.
11. Arms forward.—Head pressing backward with Arms parting. Breathing time.
12. Standing astride, Hands on lower Ribs.—Deep breathing.

GAMES.

1. Ground Hand Ball.

Convenient size piece of ground according to numbers in teams. Goals 3 yards wide situated at each end. Two teams. Ball dribbled with hand only and must be kept on ground.

2. Relays.

(a) *Sprint Relay*.—Teams in single file, each with starting line equidistant from marked spot 10 to 15 yards distant. On "Go," No. 1 of each team races to marked spot and returns to touch hand of No. 2 who races to spot and so on till all have been.

(b) *Potato Race*.—Teams in single file, 3 stones on spot close in front of leader. Second spot marked 8 yards distant. Each man, in turn, will remove stones singly from one spot to the other.

(c) *Under and Over*.—Teams in single file, each with ball, stone or similar object. On signal leader passes object overhead (or under legs) to rear man who runs to head of line and repeats till original leader is in front.

(d) *Medley Relay*.—Teams in single file. In succession, hop forward 10 to 15 yards, return jumping in knees bend position.

3. Crows and Cranes.

Ranks standing, sitting or lying back to back. One rank named "Crows" and the other "Cranes." Instructor calls name of rank to be chased, rolling the "R." Named rank runs to marked finishing line 20 paces distant. Other rank chases and those caught carry catcher pick-a-back to start.

4. Dribble Ball Relay.

Teams in line, extended to 2 yards interval. First man dribbles ball in and out between members of his team to the end of line then kicks ball to second man and places himself as end man. Second man repeats dribble followed by remainder of team in succession back to original formation.

5. Squat Boat Race.

Teams in single file, one man upright facing team. The teams adopt knees bend position, leader holding hands of cox and remainder grasping hips of man immediately in front. On "Go" team jump forward to a finishing line (8 yards distant), the cox moving backwards and coaching the team.

6. Rugby Passing Relay.

Teams in line, echeloned slightly backward from right to left. On "Go" ball is passed from right to left, last man racing in front of team to right end and repeating passing movement. First team back in original formation wins. Passing from left to right can be practised by echeloning backwards from left to right and starting at left of line.

7. Quick Off the Mark.

Class marching round in circle. On whistle break into sprint. Second whistle return to walk. Variation: slow run in circle, on whistle turn and chase man behind; 2nd whistle, return to slow run.

8. Sandbag Passing.

Team in line. Sandbag is passed along line to last man who runs with it to opposite end and re-starts passing movement. Repeat by whole team in succession until back in original formation.

9. Under and Over Stick Relay.

Teams in single file. Stick on marked spot about 10 yards distant from head of team. No. 1 races for stick and returns holding it in a position necessitating team having either to jump over or duck under it. He returns it to marked spot and then touches the hand of the 2nd man who repeats No. 1's action. No. 1 takes up position at end of file. Runner decides how he will hold stick.

10. Scotch Hand Ball.

Teams in single file. Leader 4 yards from and facing team. On "Go" he throws ball to first man who runs round team, returns ball to leader and kneels down in original place. Repeat with all members of team.

11. Whip-to-Cap.

Class in circle facing inwards, bending forward hands open behind back. Instructor places coshes in hands of any 4 players and calls "Right" or "Left". The coshers then chase the players immediately on the named side of them round the circle back to their places.

12. Baton Take-over Relay.

Four parallel lines to be marked on ground. Centre two must be 20 yards apart, outer lines about 10 yards distant. Teams numbered and formed up between centre lines. No. 1 starts at one centre line and runs to an outer line, returns and hands over baton to No. 2 between centre lines. No. 2 runs to opposite outer line, returns and hands over to No. 3, and so on throughout team.

13. Running Circular Catch.

Class running round in circle. Instructor in centre throws ball to be caught by one of class. Keep numbers in circles to approximately 10; where necessary one of class acts as instructor.

14. Jump and Catch Relay.

Teams in single file. Bench about 8 to 10 yards in front. No. 1 runs with ball, jumps over bench and throws ball to No. 2 and forms up in rear of team. No. 2 runs, jumps and throws to No. 3 and so on through team.

15. Clock Relay.

Teams in single file. Instructor calls out time and No. 1 races to spot about 8 yards distant and, using chalk or a stick, draws one part of a clock face on ground, races back to hand over chalk to No. 2, who puts in a part and so on in turn, until clock face showing time stated is completed. Variation: writing Battle honours, etc.

TUG OF WAR.

STAGE 1.—

Develop stamina and general fitness.

Stamina—Walks, 4 m.p.h. in boots. Rope work.

Fitness—P.T. Grip developed by rope work, paper crumbling, rope climbing.

STAGE 2.—

Technique training.

Practise team pulling on derrick.

Practise team pulling live opposition.

Stress the following points of technique:—

Take the strain.

- (a) Sides of feet well dug in.
- (b) Feet not too close or too far apart.
- (c) Leading leg straight. Rear leg slightly bent.
- (d) Body well up to rope.
- (e) Leading shoulder well over rope.
- (f) Leading arm straight. Other arm very slightly bent with rope well into armpit.
- (g) Straight line from leading foot to top of head. Head in normal position.
- (h) Body at 45 degrees to ground.

Heave.

- (a) Lower angle of body and cant weight towards anchor man.
- (b) Straighten rear leg, and move leading leg back as rope comes.
- (c) Dig in former leading leg to consolidate position and then move back former rear leg. Keep feet close to ground when moving.

Check.

A counter movement to opposition's heave.

Lower angle of body and take extra pressure on legs.

STAGE 3.—Tactics.

- (a) Holding good defensive position.
- (b) Quick heaving.

PHYSICAL EFFICIENCY TESTS.

The test will take the form of the following athletic events, having a qualifying standard of performance as indicated:—

One Mile	6.5 minutes.
100 Yards	13 seconds.
High Jump	3 ft. 8 ins.
Long Jump	13 ft.
Heaving the shot (16 lb.) .	20 ft.

BAYONET FENCING.

Lesson 1.—Stick only.

1. Describe target.
 2. On Guard.
 3. Advance, retire, move right and left.
 4. Throw point.
 5. Throw point with lunge.
 6. Right and left parry.
 7. Retire by jump.
 8. Advance, lunge and retire by jump.
 9. Competition—"Toe Touching." Stick to be kept clear of ground.
- N.B.—Students must acknowledge when they are hit.

Lesson 2.—Spring Bayonet.

This lesson to be practised at Pad (wall or movable).

1. Repeat Lesson 1.
2. Combination of footwork, with throw point.
3. Re-attack.
4. Competition—"Toe Touching." With stick.

N.B.—No. 2 is a most important lesson for footwork, developing attack, and appreciation of distance, and should be practised throughout the training.

Lesson 3.—Spring Bayonet—Attacks.

1. Direct Attack.
2. Disengage.
3. Feint direct.
4. Feint direct and disengage.
5. Feint disengage and disengage. (One—Two.)

Lesson 4.—Spring Bayonet—Defence.

1. Parry and riposte for attacks in Lesson 3. (Attacker to use a stick.)
2. Assault Lesson—"One" attacks either direct or by disengage. "Other" parries and returns. "One," if attack is unsuccessful, endeavours to jump back out of distance.

Lesson 5.—Attacks.

1. Beat and point direct.
2. Beat and disengage.
3. Beat. (One—Two.)
4. Assault Lesson—limited to attacks in Lesson 3.

Lesson 6.—Defence.

1. Parry and riposte for attacks in Lesson 5.
2. Parry and riposte by disengage. (Attack—One—Two.)
3. Assault Lesson. "One" attacks with anything that has been taught. "Other" parries and ripostes either direct or by disengage.

Lesson 7.—Attacks.

1. Reverse beat direct attack.
2. Reverse beat disengage.
3. Reverse beat One—Two.
4. Feint disengage, feint disengage and disengage. (One—Two—Three.)

BAYONET FENCING—Concluded.

Lesson 8.—Defence.

1. Deceive beat, direct attack.
2. Deceive beat, disengage.
3. Parry and riposte by feint direct and disengage. (Attack—One—Two.)
4. Parry and riposte by One—Two. (Attack—One—Two.)
5. Assault Lesson. Practise all attacks and ripostes that have been taught.

Lesson 9.—Attacks.

1. High point.
2. Low point.
3. Throw point and pass forward.
4. Defence position—when throw point and pass forward has failed.
5. Remise.
6. Re-attack.

Lesson 10.—Defence.

1. Deceive reverse beat, direct attack.
2. Deceive reverse beat and disengage.
3. Counter riposte direct (after simple attacks.)
4. Counter riposte by disengage (after simple attacks.)
5. Stop hit.
6. Draw for stop hit. Parry and riposte.

Lesson 11.

1. Competition—Pool system—Pools of 6, 7, 8.
2. Competition—Teams of 3—Pool system.

Things to Remember.

- With opponents who parry successfully—Attack seldom.
- With opponents who attack successfully—Attack often.
- With opponents who use stop hit—Use decoy attack, parry and return.
- With opponents who attack with many feints—Use stop hit.
- Don't be impetuous. Try and weigh up your opponent before making a determined attack.

BOXING LESSONS.

Lesson 1.

1. Target, clenched fist and punches that count.
2. On Guard position, emphasizing poise, relaxation and protection.
3. Swaying by movement from knees and ankles (co-ordination and utility).
4. Simple footwork (gliding movements, get them automatic.)
5. Teach co-ordination of straight left by—
 - (a) Slow motion.
 - (b) Putting medicine ball.
 - (c) The sack.
6. Teach how to hold punch pad for straight left.
7. Straight left at pad combining co-ordination, power and distance.
8. Straight left at pad with variation of speed and footwork.

BOXING LESSONS—Concluded.

Lesson 2.

1. Practise purposeful footwork in pairs, one leads, the other avoids lead by footwork only.
2. Teach block guard for straight left.
3. Teach right hand deflection, followed later by counter to body.
4. Teach straight left to mark.
5. Teach right forearm deflection, followed later by counter to head.
6. Teach technique of feint attack (analyse).
7. Teach application of feint, followed by straight left.
8. One round of boxing (left hand hitting only.)

Lesson 3.

1. Practise purposeful footwork keeping opponent moving round the ropes.
2. Teach technique of straight right at sack or pad, with protection.
3. Teach application of straight right (a) on weak left lead, (b) after opponent's lead stress importance of timing.
4. Teach technique of right and left hook punches on sack.
5. Practise short hook punches on pad.
6. Teach feint followed by right or left hook.
7. Teach long left hook to point or mark.
8. Teach guards for all hooks followed later by counters.
9. Teach slipping, and later add counters.
10. Teach ducking, and later add counters.
11. One round of boxing, practising lessons.

Lesson 4.

1. Practise purposeful footwork, from centre of ring manoeuvre opponent into a corner.
2. Teach slip inside, right hook to head.
3. Teach upper cuts on pad and later guards for same.
4. Teach straight left followed by straight right against pad.
5. Practise hook punches in pairs.
6. Teach in-fighting at sack or pad.
7. Practise in-fighting.
8. Practise feinting and attacking with various punches.
9. Ring tactics.
10. Boxing in pairs.
11. Four ring practice.

FOUR RING PRACTICE.

In doing the four ring practice, the whole of the team should be told their different forms of training before being split up into the various rings.

On the command Time, all will begin to work.

No. 1 Ring	No. 2 Ring	No. 3 Ring	No. 4 Ring
Pupils practice a given lesson	A pair boxing	Pupils doing any training exercises	A pair punching the pad changing over at half the time of the round

The method of changing from one ring to the other is as follows:—

A pair from No. 1 ring go to No. 2 ring, a pair from No. 2 ring go to No. 3, a pair from No. 3 go to No. 4, a pair from No. 4 ring go to No. 1. This is continued until all have been through the four rings.

ATHLETICS.

Sprinting.

1. Shacking, winders and gentle striding.
2. Running on the toes with direct forward traction.
3. Angle of body, carriage of arms, up to level of mouth in front, not past hip behind, correct relaxation.
4. Practise bounding action to strengthen legs.
5. Practise striding action and foreleg stretch.
6. Starting from holes, action of arms and legs.
7. Sprints to be short at first up to 50 yards only.
8. Later practise finish through tape against another.
9. Practise baton work for team racing.

Middle-distance Running.

1. Shacking, and gentle striding.
2. Angle of body less and carriage of arms lower than in sprinting, correct relaxation.
3. Stamina building—over distance running at half and three quarter speed.
4. Speed training—under distance running at speed faster than possible for whole distance.
5. Practise starts from holes.
6. Practise finishing through tape against another.
7. Tactics in racing, reservation of energy for finish.
8. Practise baton work for team racing.

Hurdles.

1. Sprint training.
2. Special stretching exercises.
 - (a) High Kicking.
 - (b) Hurdling position on ground.
 - (c) Standing on one leg, lifting knee of take-off leg sideways and upwards.
 - (d) Touching ground with palm of hand, legs straight.
3. Pivot action over low hurdles or beam.
4. Walk over lower height emphasizing 3, then slow run.
5. Practise leading leg lift with bent ankle and knee.
6. Practise rear leg hang over 2 ft. 6 in. tape at slow run, using second tape at 5 ft. 6 in.
7. Add pick up of rear leg and correct position of body, chin leading knee.
8. Add correct arm action.
9. Practise step over action of rear leg as leading foot lands.
10. Raise tape gradually to 3 ft. 6 in., keeping second tape at 5 ft. 6 in., combining all movements.
11. If possible never use less than 2 hurdles.
12. Practise run up to first hurdle.

Long Jump.

1. Training as for sprinting.
2. Attain uniform sprint action stride.
3. Stride jump into pit, let take-off leg hang and land on it.
4. Practise free leg lift and body lean forward.
5. Add upward movement of arms to assist to attain height.
6. When highest point reached hitch kick action starts to get body upright and to maintain height.
7. Practise reversing of legs and land on take-off leg.

ATHLETICS—Continued.

8. Bring free leg up to take-off leg and shoot both legs forward from knees for landing.
9. Practise backward movement of arms to bring body forward for landing.
10. Follow this with forward movement of arms to throw body over legs.
11. Use of control marks—for runner to aid correct acceleration and for coach to check up stride—15 ft.—30 ft.—60 ft.
12. Alter checks marks to strike take-off board.

High Jump—Eastern Form.

1. Approach from 45 degrees or more and free scissors jump.
2. Turn and land on both feet, using rope at 3 ft.
3. Establish correct take-off mark by swinging free leg up to bar from standing position.
4. Make run-up regular and springy, not too fast.
5. Practise heel, tread, toe movement of take-off foot.
6. Practise straight kick up of free leg, toe pointed, and turn and land on take-off leg.
7. Practise take-off leg hang and then vigorous swing up when height is attained.
8. Improve turn towards rope by giving signal (hand-clap).
9. Introduce arm action with high kicking and arms swinging upwards exercise.
10. Use arms to turn body.
11. Upward lift of arms for clearance over rope.
12. Approach at straighter angle and turn take-off foot at slight angle to bar, to give more clearance to free leg.
13. Increase height gradually as correct technique is attained at each height.

High Jump—Western Form.

1. Loose jump from small angle taking off inside foot.
2. Repeat keeping free leg straight and raising both arms.
3. Concentrate on high kick of free leg aiming at handkerchief tied to far upright 18 inches above bar which should be at 3 ft. 6 ins.
4. Place second handkerchief under bar 2 ft. from near upright. As maximum height is gained reach for second handkerchief and look at it. This develops roll.
5. Secondary kick of free leg upwards assists in clearance and landing, which is made on take-off leg.
6. Raise bar gradually as technique is attained at each height.

Discus.

1. Correct hold of discus.
2. Teach correct spin by bowling action along ground.
3. Shoulder loosening exercises, keeping arms absolutely loose and relaxed.
4. Practise preliminary swings and transfer of weight.
5. Have loose throws from upright position, without using legs at all.

ATHLETICS—Continued.

6. Emphasize arm being dragged round by shoulder and getting height by sweeping discus past hips.
7. Adopt correct stance on line of throw with right foot pointing slightly to rear, left carried off slightly to left of line of throw.
8. Start drive from rear leg by raising heel and bending knee inwards and turning hips to the front before arm starts coming forward.
9. Speed up 8 and finish with throw.
10. Teach turn without discus pointing out position of feet.
11. Practise first half of turn and transfer of weight, bringing right foot to centre of circle.
12. Continue turn till standing throw position is reached, with left foot 6 inches from edge of circle.
13. Practise complete turn with discus slowly.
14. Increase speed and improve rhythm and co-ordination.
15. Teach reverse and follow through of right arm and emphasize straight left side and final lean over to right.

Hammer.

1. Correct hold with single and double handle and stance.
2. Practise swinging keeping arms straight when hammer is in front of body.
3. Practise swaying of body to resist pull.
4. Practise standing throw and release with body on toes and arms stretched upwards.
5. Teach turns without hammer, with heel, toe pivoting on left foot and stamping down of right foot.
6. Practise one turn and throw slowly, then quickening up.
7. Practise two and finally three turns with throw slowly.
8. Speed up turns to increase speed, emphasizing pressure with right foot.

Shot.

1. Hold of the shot, with bent wrist, shot against neck.
2. A walking putt from back edge of circle without using shot; left, right, left to putting position, left foot 8 inches short of stop board.
3. Repeat 2 and add putt and follow through to right of line of throw.
4. Stand facing right at back of circle without shot, swing left leg up and swing it round to the left and rear.
5. Repeat 4, doing similar movement with left arm.
6. Repeat 5 and hop to centre and balance.
7. Repeat 6 and stamp left foot down hard to standing putt position.
8. Complete whole glide and putt, without shot.
9. With shot adopt standing putt position, shot over right knee and foot, left arm relaxed and across body.
10. From this position, commence drive from rear foot, turn knee inwards and get pelvis square to front, and make left leg finish drive.
11. Repeat 10 and reverse.
12. Do complete glide and putt with shot, gradually speeding up glide.

ATHLETICS—Concluded.

Javelin.

1. The hold (with thumb and first or second fingers).
2. Practise short throws into ground a few yards away to get correct release with fingers.
3. Teach carry in front of forehead, wrist and elbow held naturally, point of javelin slightly downwards.
4. Teach standing throw position.
5. Teach throw, commencing drive from rear leg, getting hips square to front, upward movement of arm elbow leading and finish throw by walking off to the right.
6. Teach footwork at the walk without javelin for last 4 paces, emphasizing cross-over step of right foot on 3rd pace.
7. Teach arm action during last 4 paces without javelin, at walk.
8. Teach arm action at walk with javelin.
9. Teach throw at walk—last 4 paces only.
10. Repeat at slow run and then gradually speed up, taking full run and using check marks.

A PROPOSED PROGRAMME OF TRAINING FOR A CROSS COUNTRY RUNNING TEAM, FOR SEASON 1938, &c.

—	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Jan. 5th—11th ...	Weigh in. Walk 3 miles.	Run 3 miles slow...		Walk 4 miles ...	Run 3 miles half speed.	Walk 5 miles.
Jan. 12th—18th ...	Weigh in. Run 4 miles slow.	Walk 5 miles		Run 3 miles three-quarter speed.		Run 4 miles slow.
Jan. 19th—25th ...	Weigh in. Walk 5½ miles slow.	Run 4 miles three-quarter speed.		Walk 6¼ miles ...		Match 4 miles. Have fairly weak opposition.
Jan. 26th—Feb. 1st	Weigh in. Run 4 miles slow.	Walk 7 miles ...		Run 5 miles slow...	Walk 6 miles ...	
Feb. 2nd—8th ...	Weigh in. Run 3 miles three-quarter speed.		Match 4 miles ...	Walk 5 miles ...	Run 5 miles ...	
Feb. 9th—15th ...	Weigh in. Run 6 miles slow.	Walk 7 miles ...		Run 4 miles ...		Match 5 miles.

Feb. 16th—22nd ...	Weigh in. Run 4 miles slow.	Walk 6 miles ...		Run 5 miles half speed.	Walk 3 miles ...	Match 6 miles.
Feb. 23rd—Mar. 1st	Weigh in. Walk 7 miles.	Run 7 miles slow...		Walk 7 miles ...		Run 5 miles three-quarter speed.
Mar. 2nd—8th ...	Weigh in. Stroll 3 miles.	Command Championship.		Walk 7 miles ...	Run 4 miles half speed.	
Mar. 9th—15th ...	Run 7 miles half speed.	Walk 6 miles ...		Walk 4 miles ...	Run 4 miles three-quarter speed.	Proceed to site of run. Walk round course on Sunday.
Mar. 16th—22nd ...		Army Championships.				

SWIMMING.

Breast-Stroke.

STAGE 1.

Land drill on benches. Movements as shown on diagram.

STAGE 2.

Leg action in water, at shallow end with hands on rail and human support.

STAGE 3.

Standing breast deep, practise arm action.

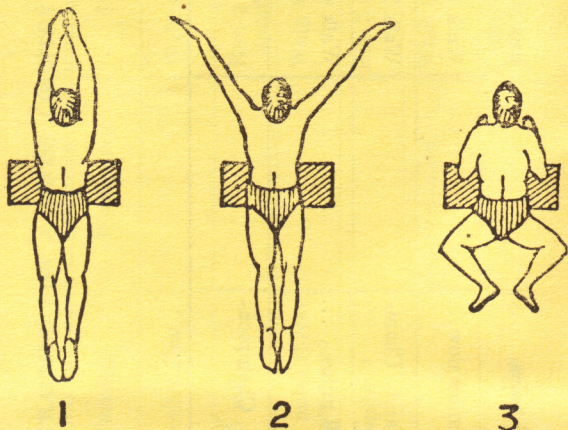
STAGE 4.

Combined arm and leg movements, with human support or belt.

STAGE 5.

As for Stage 4, without support.

N.B.—As soon as the pupil can keep himself afloat make him swim "lengths" to develop confidence and stamina. Faults may later be eliminated and the stroke improved.



NOTE (a) Breathe out during Movement 1.
(b) Breathe in during Movement 2.

Crawl—Leg Movements.

STAGE 1.

Swimmers supported by either holding the edge of the bath, or by another swimmer, who places one hand on his chest and one on his stomach.

- (1) Move legs slowly up and down from the hips; legs athletically straight; toes turned in. Depth of kick varies with the size of the swimmer. Increase the "flutter" of the legs until the swimmer is proficient.
- (2) Swimmer supports *himself* in the water with a ball or petrol tin and propels himself along with his feet.
- (3) Dog-paddle with hands—flutter with legs.

SWIMMING—Concluded.

Arm Movements.

STAGE 2.

- (1) Standing at side of bath left hand on rail, shoulder partly submerged and body leaning forward from the waist. Right arm extended back, just above water, little finger uppermost.
- (2) Raise right elbow, bending forearm and bringing it forward, completely relaxed, in a semi-circle until wrist in line with shoulders.
- (3) Extend arm forward until palm touches water in front of face, keeping shoulders square and elbow 3 or 4 inches higher than hand.
- (4) Cup hand slightly; press downwards towards centre line of body, until arm at right angles to shoulder.
- (5) Arm swerves outwards, passing close to hips, giving backward pull and elbow straightens until original position is reached, with hand not leaving water until arm is straight.
- (6) Repeat with other arm and finally both arms together, ensuring complete relaxation.

Co-ordination.

STAGE 3.

- (1) Co-ordinate leg and arm movements. *Leg action is the foundation*, although propulsion is mostly through the arms. Try to isolate legs and arms so that they work without affecting the trunk.
- (2) Same number of leg beats to each arm cycle.
- (3) Arm action must gradually fit in with leg action *not* vice versa.

General.

- (1) Breathing to be done once every arm cycle. Turn head only as one arm passes the face and inhale. Exhale under water, face to the front.
- (2) Crawl cannot be learnt without complete relaxation and confidence of the swimmer. So support in the water is necessary in order to isolate movements of legs, arms and head.
- (3) The best support is a "Skimmer" swimming teacher.
- (4) Petrol tins or water-polo balls are quite a good substitute.

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