

# **ARMY PHYSICAL DRILL**

**MADE EASY**

—BY—

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

**PRICE 35 CENTS**

**COPYRIGHTED 1918**

# ARMY PHYSICAL DRILL

MADE EASY

—BY—

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

Printed and Published by  
ROBERT DUNCAN & COMPANY  
Hamilton, Ontario



## 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

## ARMY 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 drawing 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.)

## DRESSING.

#### Eyes Right.

On the word right, both ranks will turn their heads and eyes to the right.

#### Dress.

On the word dress, the whole will pick up their dressing smartly, shuffling backwards or forwards until each man can see the lower part of the second man's face, on his right.

#### Eyes Front.

On the word front, the whole will turn their heads and eyes to the front, smartly.

#### In Twos, Number.

On the word number, the right hand man of the front rank will number himself one, the next man two, the next man one, the next man two, and so on along the front rank, the men of the rear rank taking the number called out by the men in front of them.

#### Open Ranks March.

On the word march, the odd numbers (ones) of the front rank will take two paces to their front, and the even numbers of the rear rank (twos) will take two paces to their rear.

#### Right or Left Turn.

On the word turn each man in the class will turn to the left or right, as may be required, observing the rules for turnings as laid down in infantry training, but with lots of snap to the turning.



# Special Table I

## PART 1.

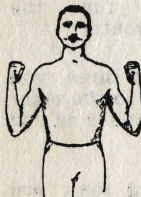
### A. Introductory Exercises

Exercise	Command	DETAIL.
Feet Close	Feet-Close	<p><b>Leg Exercise.</b></p> <p>On the word Close, raise the toes and pivot the body on the heels and bring the toes together, keeping the body perfectly still.</p>
	Feet-Open	<p>On the word Open, raise the toes and pivot the body on the heels and open the feet to the angle of 45 degrees.</p>
Heels Raise	Heels-Raise	<p>On the word Raise, raise the heels from the ground, keeping the body erect and stretching the hands down by the side, heels together.</p>
	Heels-Lower	<p>On the word lower, quietly lower the heels to the ground.</p>
		<p><b>Neck Exercise.</b></p>
Head Backward Bend	Head Backward-Bend	<p>On the word bend, draw the chin in and bend the head slowly backward.</p>
	Head Upward-Stretch	<p>On the word stretch, raise the head slowly upward to the erect position.</p>

Exercise	Command
Hips Firm	Hips-Firm



Correct  
Arms Bend



Hands-Down

Arms-Bend

Arms-Downward-Stretch

## DETAIL.

### 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.

Bring the hands down from the hips smartly to the position of attention without slapping the thighs.

### 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.

Stretch the arms downward by the shortest route to the position of attention.



Exercise	Command	DETAIL.
Arms Upward Stretch (arms-bend) (starting pos.)	Arms-Upward-Stretch	<p><b>Arm Exercise.</b></p> <p>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.</p>

Arms-Bend

Bring the arms down smartly to the arms bend position.

Trunk Turning  
(feet-close)  
(hips-firm)  
(start. pos.)



One	<p><b>Trunk Exercise.</b></p> <p>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.</p>
Two	<p>You slowly turn the trunk to the front.</p>
Three	<p>On the word three, you turn the trunk to the right in a similar manner as you did to the left.</p>
Four	<p>On the word four, you turn the trunk slowly to the front.</p>

Exercise	Command	DETAIL.
Foot Sideways Place (hips-firm) (start. pos.)	Left Foot Sideways-Place	<p><b>Leg Exercise.</b></p> <p>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.</p>

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.)

Feet Astride-Place

**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 Bending taken free	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 (feet-close) (hips-firm) (start. pos.)	One	Lateral Exercise. 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	Slowly raise the body to the upright position.
	Three	On the word three, you perform the same movement to the right as you did to the left.
	Four	As in the word two.
Trunk Bending Backward (hips-firm) (foot-sideways p.) (start. pos.)	One	Abdominal Exercise. On the word one, you will bend the upper portion of the trunk backward, chin in, stomach not forced out, nasal breathing.
	Two	Slowly assume the upright position.
Trunk Bending Forward (hips-firm) (foot sideways p.) (Start. pos.)	One	Dorsal Exercise. 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.



# **Exercise Command**

## **DETAIL.**

**On the Toes March On the Toes March**

**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.

**Quick March 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.

**Upward Jump No. 1 One**

**Jumping Exercise.**

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

**Two**

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

# **Exercise Command**

## **DETAIL.**



**Three**

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.

**Four**

Straighten the knees and remain on the toes.

**Five**

Lower the heels quietly to the ground.

**Upward Jump and Remain in the Full Knee Bend Position No. 2**

**Jump**

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.

**Knees Stretch**

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

**Heels Lower**

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

**Upward Jump and Remain in the Heels Raise Position No. 3**

**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	DETAIL.
	Heels-Lower	As laid down in the fifth movement of the upward jump.
Upward Jump Complete No. 4	Jump	Complete the whole jump, one, two, three, four, five.

### 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 Raising Sideways	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.
	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	DETAIL.
Knees Bend (hips-firm) (heels-raise) (start. pos.)	Knees-Bend	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 Backward	One	Neck Exercise. As already explained in Table 1.
	Two	As already explained in Table 1.
	Arms Sideways-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 Sideways Stretch (arms-bend) (start. pos.)	Arms-Bend	On the word bend, bring the arms smartly to the arms bend position.





Exercise	Command	DETAIL.
Trunk Turning (hips-firm)	One	<b>Trunk Exercise.</b> This exercise has already been explained in Table 1. Only the starting position is different.
(foot sideways-place)	Two	
(start. pos.)	Three	
	Four	
Feet Close and Full-Open Part 1	Feet-Close	<b>Leg Exercise.</b> On my word close, you will pivot the body on the heels, and bring the toes together, arms by the side, body erect.
	Feet Full-Open	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.
	Feet-Close	On the word close, you will act as in the above detail for feet close.
	Feet-Open	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.
Feet Close and Full Open Part 2	Feet Close and Full-Open	On the word open, you will first close the feet, observe a pause, then open the feet to an angle of 90 degrees as explained in Part 1 of this exercise, you simply combine the two movements.

Exercise	Command	DETAIL.
	Feet Close and-Open	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.
<b>B General Exercises</b>		
Prep. for Span Bending by Word of Command	With Feet Astride Arms Upward-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.
	Feet Together Arms Downward-Stretch	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.
<b>Balance Exercise.</b>		
Knee Raising (hips-firm)	One	Raise the left knee as described in Table 1.
(start. pos.)	Two	Lower the left knee as described in Table 1.
	Three	Raise the right knee as described in Table 1.



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

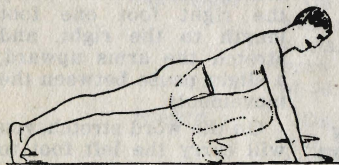
One the Hands  
One the Hands by Numbers

#### 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.

One

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.



Two

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	On the word one, resume the position as described in one in "on the hands" by numbers.
	Two	Spring smartly to the position of attention.

Trunk Bending Forward  
(arms bend)  
(foot sideways place)  
(start. pos.)

One

Two

#### Dorsal Exercise.

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

With Knee Raising Quick Mark-Time

#### 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.



Exercise	Command	DETAIL.
Forward Jumping with Arms Swing- ing Forward Part 1	With Arms Swing- ing Forward. Forward Jump	<b>Jumping Exercise.</b>
	One	As in Table 1 for upward jumping.
	Two	As in Table 1 for upward jumping, only the body is leant slightly forward.
	Three	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.
	Four	As in the upward jump.
	Five	As in the upward jump.
Forward Jump with Arms Swing- ing Forward. Remain in the Full Knee Bend Position Part 2	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.
	Knee-Stretch	As on the word four.
	Heels-Lower	As on the word five.
Forward Jump with Arms Swing- ing Forward Remain in the Heels Raise Position Part 3	Jump	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.
	Heels-Lower	As in the word five.

Exercise	Command	DETAIL.
Forward Jump with Arms Swing- ing Forward Complete	Jump	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

#### DETAIL.

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

#### Exercise

#### Command

#### DETAIL.

#### Arm Exercise.

One Arm Upward and One Arm Downward Stretch (arms-bend)  
(start. pos.)  
Part 1

Left Arm Upward and Right Arm Downward-Stretch

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

Arms-Bend

Bring the arms smartly down to the arms bend position.

Right Arm Upward and Left Arm Downward-Stretch

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

Arms-Bend

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

Same as Above (arms-bend)  
(start. pos.)  
Part 2

Left Arm Upward and Right Arm Downward-Stretch

On the word stretch, you will as before detailed.





## Exercise Command DETAIL.

### Arms-Change

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.

### Arms-Bend

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

One  
Two  
Three  
Four

### Trunk Exercise.

Has already been explained.

### Leg Exercise.

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

Commence

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

### Exercise Command DETAIL.

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



Trunk Backward-  
Bend

On the word bend, you will bend the trunk backward, allowing the arms to go with the body, keeping the chin and stomach drawn in, and at the same time stretching up as high as possible with the arms.

Upward-Stretch

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

### Balance Exercise.

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

One

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.

Two

Lower the leg to the position of attention.


Three

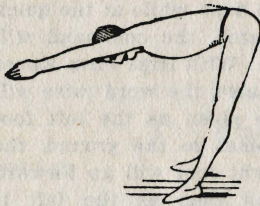
On the word three, you will raise the right leg as detailed above.

Four

Lower the leg to the position of attention.



Exercise	Command	DETAIL.
Trunk Bending Sideways (feet-close) (one arm upward one arm downward-stretch) (start. pos.)	One	<b>Lateral Exercise.</b> 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.
	Two	On the word two, you will raise the body to the upright position.
	Arms-Change	The arms are changed as already described.
	One	On the word one, you will bend the body sideways to the lowest arm as already detailed.
	Two	As detailed above.
		<b>Abdominal Exercise.</b>
	Arms-Bend	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 Hands Arms-Bend (on the hands-down) (start. pos.)		

Exercise	Command	DETAIL.
	Arms-Stretch	On the word stretch, resume the starting position by straightening the arms.
Trunk Downward Bend (hips-firm. foot-sideways) (place-trunk-forward-bend) (start. pos.)	Trunk Backward-Bend	<b>Dorsal Exercise.</b> 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.
	Trunk Upward-Stretch	On the word stretch, raise the body to the starting position.
	With Knee Raising Quick-March (hips-firm) (start. pos.)	<b>Marching Exercise.</b> As already described in Table 2, for the exercise of with knee raising quick mark 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.



Exercise	Command
----------	---------

DETAIL.
---------

<b>Class-Halt</b>
-------------------

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.

Exercise	Command
----------	---------

DETAIL.
---------

Upward Jumping with Arms Raising Sideways	Jump
---	------

<b>Jumping Exercise.</b>
--------------------------

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.

## C Final Exercises

<b>Heels-Raise</b>
--------------------

As already detailed in Table 2.

<b>Arms Raising Side- ways and Upward</b>
---

As already detailed in Table 2.



# Special Table IV

## PART 1

### A. Introductory Exercises

Exercise	Command	DETAIL.
Heels Raising and Full Knees Bending (hips-firm) (feet full open) (start. pos.)	One	<b>Leg Exercise.</b>  On the word one, raise up on the toes as already explained.
	Two	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.
	Three	On the word three, straighten the knees.
	Four	On the word four, lower the heels.
Head Bending Sideways	One	<b>Neck Exercise.</b>  On the word one, you will bend the head slowly but steadily to the left, keeping the chin well drawn in.
	Two	On the word two, raise the head slowly to the starting position.



### Exercise Command DETAIL.

Three	On the word three, bend the head as described in the word one.
Four	On the word four, raise the head as described in two.

**Arms Forward Bend**  
(arms sideways-raise)  
(start. pos.)



**Arms Forward-Bend**

**Sideways-Stretch**

### 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 well back, 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.



Exercise	Command	DETAIL.
Trunk Turning (arms-bend) (foot sideways- place) (start. pos.)	One Two Three Four	<b>Trunk Exercise.</b>  As already detailed in previous tables, only the starting position is different.
Foot Placing Sideways (hips-firm) (start. pos.)	Commence	<b>Leg Exercise.</b>  On the word commence, as has already been detailed in Table 3.

## B General Exercises

Trunk Bending Backward (feetastride, arms upward - stretch) (start. pos.)	One Two	As already detailed in Table 3, only the words one, two, are used.
---	------------	--

### COMPLEMENTARY EX.

Trunk Bending Forward and Downward (hips-firm) (foot sideways-place (start. pos.)		This exercise is really a carry on of the previous exercise, you are already in the position of feet astride, arms upward stretch. So on the command, Hips Firm, you simply bring the arms down from the upward position to the hips, still keeping the legs apart, and that brings you to the starting position for this exercise.
--	--	---

One	Bend the trunk forward.
Two	Bend the trunk downward.

Exercise	Command	DETAIL.
	Three	Stretch the trunk forward.
	Four	Stretch the trunk upward.

**SUPPLEMENTARY EXERCISE** This exercise is also 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.

Heels Raising and Knee Bending (feet together place)	One Two Three Four	Raise the heels. Bend the knees. Stretch the knees. Lower the heels.
---	-----------------------------	---

### 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.

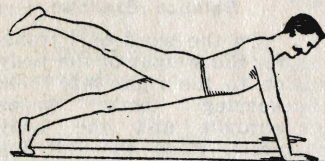
Lower the leg to the position of attention.





Exercise	Command	DETAIL.
Trunk Bending Sideways Quickly (hips-firm) (foot sideways place) (start pos.)	One	<b>Lateral Exercise.</b> On the word one, you bend the trunk sideways quickly.
	Two	On the word two, stretch the trunk upright quickly.
	Three	On the word three, bend the trunk to the right.
	Four	Stretch the trunk to the upright position quickly.

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



	One	<b>Abdominal Exercise.</b> 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,
	Two	Lower the left leg alongside the right.
	Three	On the word three, raise the right leg in a similar manner as you did the left.
	Four	Lower the leg as in the word two.

Exercise	Command	DETAIL.
Arms Stretching Sideways (arms bend) (foot sideways place) (trunk forward bend) (start. pos.)	One	<b>Dorsal Exercise.</b> 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.
	Two	On the word two, you smartly bend the arms. This exercise may also be carried out on the word stretch, bend.

With Hips Firm  
on Alternate Feet-  
Hop

**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	DETAIL.
----------	---------	---------

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.

**With Three Paces Forward Off the Left (or Right) Foot-Jump Part 1**

**Walking-Jump**

**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.

**Knees-Stretch**

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

**Heels-Lower**

On the word lower, lower the heels.

Exercise	Command	DETAIL.
----------	---------	---------

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

**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.

**Knees-Stretch**

As above detailed.

**Heels-Lower**

As above detailed.

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

**Jump**

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.

**Knees-Stretch**

As already detailed.

**Heels-Lower**

As already detailed.

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

**Jump**

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.

**Heels-Lower**

Lower the heels quietly to the ground.

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

**Jump**

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	One	Has been detailed in previous tables, but watch your class carefully, correct positions, etc.
Knee Bending	Two	
(hips-firm)	Three	
(start. pos.)	Four	

Arms Raising Forward and Upward  
Lowering Sideways and Downward

Commence  
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.

Class-Halt

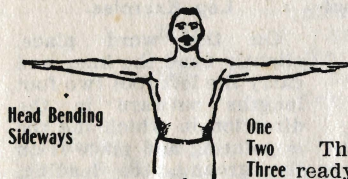
On the word halt, each man will complete the exercise and halt.

## Special Table V

### PART 1

## A Introductory Exercises

Exercise	Command	DETAIL.
Arm Stretching	One	Leg Exercise.
Sideways		On the word one, stretch the arm smartly sideways, hands in line with the shoulders, palms down, fingers extended, thumb close to the forefinger.
(arms-bend)		
(heels-raise)		
(knee.bend)	Two	
(start pos.)		



Head Bending  
Sideways

One  
Two  
Three  
The above exercise can also be performed on the word stretch, and bend.  
Neck Exercise.  
This exercise has already been explained on Table 4.

Arms Swinging  
Upward

### 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	DETAIL.
	Two	On the word two, swing the arms sharply forward and downward to the position of attention, keeping the body steady during the movement.
Trunk Turning Quickly (arms-bend) (foot sideways place) (start. pos.)	One Two Three Four	<b>Trunk Exercise.</b>  As already detailed in previous tables, but quickly, and lots of snap and polish to the exercise.
Foot Outward-Place (hips-firm) (feet full-open) (start. pos.)	Left Foot Outward-Place	<b>Leg Exercise.</b>  On the word place, slightly bend the knee and carry the left foot two foot lengths outward in the direction in which the toe is pointing and place it on the ground, toe leading, distribute the weight of the body evenly on both feet.
	Left Foot-Inward Place	On the word place, keeping the knee straight, push off the ground with the left foot and carry it smartly back to the right foot, keeping the body steady.
		The same exercise is performed with the right foot.

## B General Exercises

Exercise	Command	DETAIL.
Span Bending		Exercise as already detailed in table 4.
Leg Raising Forward (hips-firm) (start. pos.)	One	<b>Balance Exercise.</b> 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.
	Two	On the word two, lower the left leg slowly down alongside the right leg.
	Three	As already detailed for the word one.
	Four	As detailed for the word two.
Trunk Bending Sideways Quickly (arms-bend) (foot sideways-place) (start. pos.)	One Two Three Four	<b>Lateral Exercise.</b> As already detailed in previous tables, only the exercise is performed quickly and with more snap to it.
Legs Raising (lying on the back-down) (start. pos.)	Lying on the Back-Down	<b>Abdominal Exercise.</b> 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





**Exercise      Command      DETAIL.**

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.

**Arms-Raise**

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

**Legs Raising**

**One**

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.

**Two**

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

**On the Feet-Up**

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.

**Exercise      Command      DETAIL.**

The foregoing exercise you first illustrate yourself, and then call one of the class out as a model and then give the detail.

If the ground will not permit the foregoing, use the following

**Leg Raising**      One  
(on the hands.      Two  
                         down)      Three  
(start. pos.)      Four

This exercise has been explained in Table 4.

**Trunk Bending**      One  
**Forward and**  
**Downward**  
(hips-firm)  
(foot sideways  
                 place)  
(start. pos.)      Two

**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.

On the word three, raise the trunk slowly to the forward position.

On the word four, slowly raise the trunk up to the upright position.

**Three**

**Four**

**With Hips Firm on**  
**the Left or Right**  
**Foot-Hop**

**Marching Exercise.**

While you are marching you receive the word, as the left foot comes to the ground, With Hips Firm



## Exercise Command

## DETAIL.

on the Left Foot Hop, the right 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.

### Feet-Change

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.

### Quick-March

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

With Hips Firm  
Knees-Raise  
(double-march)

### Double-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

## Exercise Command

## DETAIL.



With Hips  
Firm Knees-  
Raise

### Double-March

With Three Paces Jump  
Off the Left or  
Right Foot

from the shoulders and should be bent at an angle of 135 degrees, the fists should be clenched. Length of pace 40 inches, with a cadence of 180 to the minute.

When you receive the word raise, as you are doubling, you place the hands on the hips and raise the knees as already detailed. Use sense in this exercise as it is very strenuous and don't keep your class at it too long.

On the word march, complete the exercise and then brings the hands to the position as for doubling, lower the knees and resume the double.

This exercise has been explained in Table 4 and your class perform the exercise as ordered.

## C Final Exercises

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

Commence

As already detailed in  
Table 3.

Arms Rising For-  
ward and Upward  
Lowering Sideways  
and Downward

Commence

As already detailed in  
Table 4.



# Special Table VI

## PART 1

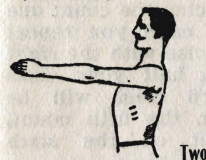
### A Introductory Exercises

Exercise	Command	DETAIL.
Arms Stretching Sideways (arms-bend) (feet full-open) (heels-raise) (full knee-bend)	One	<b>Leg Exercise.</b> On the word one, stretch the arms smartly sideways in line with the shoulders, fingers extended, thumbs close to the forefingers, keeping the balance of the body correctly while doing this exercise.
	Two	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.
Head Turning Quickly	One	<b>Neck Exercise.</b> 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.
	Two	
	Three	
	Four	

### Exercise Command

Arms Stretching One  
Forward

(arms-bend)  
(start. pos.)



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

Foot Placing  
Outward  
(hips-firm)  
(feet full open)  
(start. pos.)

One  
Two  
Three  
Four

Judging the Time  
from the Front  
Commence

### DETAIL.

#### Arm Exercise.

On the word one, you will stretch the arms forward, the arms being the width of the shoulders apart and in line with the shoulders, fingers extended, thumbs close to the forefingers.

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

Also on the word bend, stretch.

#### Trunk Exercise.

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

#### 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, recommencing 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**

Exercise as explained in table 4.

**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.

**Exercise Command**

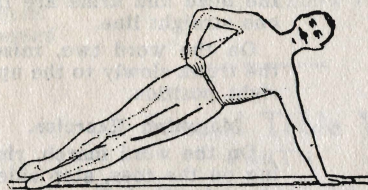
**DETAIL.**

**On One Hand Turn**  
(on the hands-down)  
(start. pos.)

**On the Left Hand-Turn**

**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**

On the word turn, turn slowly over and resume the starting position.

**Arms Bending with Leg Raising**  
(on the hands-down)  
(start. pos.)

One

**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.

Two

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

Three

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

Four

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



Exercise	Command	DETAIL.
Trunk Bending Forward (feet astride) (arms upward-stretch) (start. pos.)	One	<b>Dorsal Exercise.</b> 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.
	Two	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.)		<b>Marching Exercise.</b> 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.
	Class-Halt	On the word halt, which should be given as the heels come together, one more side step should be taken and the heels lowered.
Upward Jumping with Turning to Left or Right		<b>Jumping Exercise.</b> 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

Exercise	Command	DETAIL.
Arms Raising Forward and Upward Lowering Side-ways and Downward	Commence	This exercise has already been explained in Tables 4 and 5.

## Special Table VII

### PART 1

## A Introductory Exercises

### Leg Exercise.

Foot Placing Sideways and Heels Raising (hips-firm) (start. pos.)	Commence	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	DETAIL.
----------	---------	---------

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

### Neck Exercise.

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

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

Fling



### 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.

Or Commence

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	DETAIL.
----------	---------	---------

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

One

### 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.

Two

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

Three

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

Four

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

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

Left Foot Out-  
ward-Lunge

### 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.



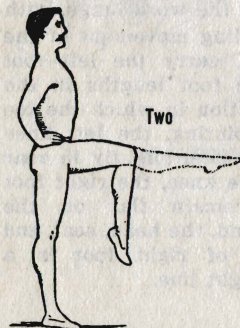


Exercise	Command	DETAIL.
Left Foot Inward-Place		<p>On the word place, you will keep the right leg straight, and shove off the ground with the forepart of the left foot and then snap it up to the right foot.</p> <p>The exercise is also performed to the right, with the right foot, and it is also best to incline your class when doing this exercise.</p>

## B General Exercises

### Span Bending

Leg Stretching Forward  
 (hips-firm)  
 (knees-raise)  
 (start. pos.)



Exercises as laid down in in table 4.

### Balance Exercise.

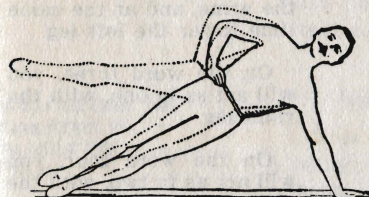
On the word one, you will keep the body steady and the upper leg raised as much as possible, you will stretch the lower limb, keeping the toe pointed.

On the word two, you will lower the leg to the knee raise position.

First do the exercise with the left leg and then with the right.

## Exercise Command DETAIL.

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



Legs Raising One  
 (lying on the back-down)  
 (arms upward raise)  
 (start. pos.) Two

Arms Bending with One  
 Legs Raising  
 (on the hands-down)

### 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



**Exercise      Command****DETAIL.**

the ground, and at the same time you will raise the left leg, pointing the toe.

**Two**

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.

**Three**

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

**Four**

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

**Trunk Bending  
Forward and  
Downward**  
(feet astride arms  
upward-stretch)

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

**Dorsal Exercise.**

This exercise has been already detailed in Table 5.

**In Double Time  
Sideways to the  
Left-March**  
(hips-firm)  
(start. pos.)

**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.

**Exercise      Command****DETAIL.****Class-Halt**

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.

**With Turning Three Jump  
Paces Forward Off  
the Left (or Right)  
Foot-Jump**

**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.

**C Final Exercises**

**Arms Raising For-  
ward and Upward  
Lowering Back-  
ward and  
Downward**  
**Commence**

This exercise has been explained in Table 4, with the difference that when you are lowering the arms from the upward position, you lower them backward and downward, slowly.



## Special Table VIII

### PART 1

#### A General Exercises

Exercise	Command	DETAIL.
Foot Placing Side-ways and Heels Raising (hips-firm)	Commence	<b>Leg Exercise.</b> This exercise has been detailed in Table 7. But put lots of snap into it.
Head Bending Sideways	One Two Three Four	<b>Neck Exercise.</b> This exercise has been explained and detailed in Table 4.
Arms Stretching Forward, Sideways and Upward (arms-bend) (start. pos.)	One Two Three Four Five Six	<b>Arm Exercise</b> 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  
Two  
Three  
Four

#### Trunk Exercise.

This exercise has been explained in Table 7.

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

Left Arm Upward,  
Right Arm Downward-Stretch

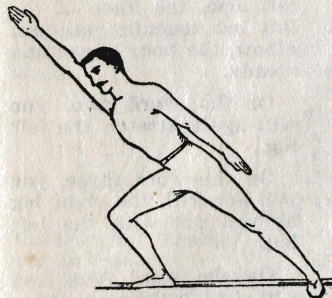
#### Leg Exercise.

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.

#### Arms-Bend

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

Exercise	Command	DETAIL.
Span Bending		Exercises as in table 4
Leg Stretching Forward	One	<b>Balance Exercise.</b>
(hips-firm)	Two	This exercise has already been detailed in Table 7.
(knee-Raise)		
(start. pos.)		
Leg Raising	One	<b>Lateral Exercise.</b>
(on the hands-down)	Two	This exercise has been explained in Table 7.
(on one hand-turn)		
(start. pos.)		<b>Abdominal Exercise.</b>
Foot Placing Forward	One	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.
(on the hands-down)	Two	On the word two, you will again stretch the left leg.
(start. pos.)	Three	On the word three, you will act with the right leg as you did with the left leg.
	Four	On the word four, you will stretch the right leg.

## Exercise Command DETAIL.

Arms Swinging Downward and Backward  
(feet astride, arms upward-stretch)  
(trunk forward-bend)  
(start. pos.)

One



Two

In Double Time Sideways-March  
(hips-firm)

Upward Jump with Arms Swinging Upward

Jump

### Dorsal Exercise.

On the word one, keeping the body as steady as possible you will swing the arms sharply downward and backward.

On the word two, you will swing the arms up to the starting position.

### Marching Exercise.

This exercise has been already explained in Table 7.

### Jumping Exercise.

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.

## C. Final Exercises

Arms Raising Forward and Upward  
Lowering Backward and Downward

Commence

This exercise is explained in Table 7.



## 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.

9. Running Training.

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.



