

INDIAN CLUB EXERCISE.

description of the motions. Having performed this a few times, suddenly extend the left club out at arm's length and describe a circle in front of the body (keeping the right hand executing the Wreath), as explained in the Shoulder Circle; and when the club reaches that portion of the Shoulder Circle that requires the execution of the Shoulder Twist, let the two clubs come in nicely together. This can be reversed the same as rest.

ELBOW TWIST.

In this motion you twist the wrists, bringing the backs of the hands square to the front, throwing them each a little outwards to the right and left, keeping the elbows close into the sides, at the same time dropping both clubs straight in front of you, not allowing the hands to move from their positions, giving the clubs a jerk and causing them to describe a circle. You may start both clubs together, or you may start one ahead of the other. In this and the following motions you do not keep the clubs parallel with the line, but at right angles.

BACKWARD AND FORWARD SWING.

Let your right foot go to the rear of the left about a foot, as you require a brace in this motion. Commence by letting the clubs both together fall over the shoulders as far back as you can, bending the body

a little to let them go well back, being careful not to touch your back or shoulders with the clubs or the hands; then give them a sudden jerk forward again at arm's length, letting them go over the shoulders as before. You can also execute this by allowing one club a start of the other. This is a splendid exercise for the chest.

ELBOW TWIST AND THE BACKWARD AND FORWARD SWING.

Let the clubs fall over the shoulders as described above, and, after jerking them forward and when they reach a perpendicular position, you execute the Elbow Twist. These three last motions are generally executed by first facing to the left and performing them, and then facing to the right.

The learner will by this time readily see that the first five motions are the principal ones—viz., The Wreath, Shoulder Twist, Head Circle, Shoulder Circle, and Extension—find that all the other motions are merely a combination of these; and after having become master of these with single and double clubs, you will find no difficulty in performing any other motions that any person may do; and also, with a little practice, you will be able to connect a number of these motions together, not being obliged to stop at the termination of any one motion, but to execute them one after another, making a very pretty and graceful combination.

THE END.