

4th Practice.

- 1st.*—Raise the wand with hands above the head, at the same time raise the left knee about ten inches.
- 2nd.*—Ready.
- 3rd.*—Raise the wand and right knee.
- 4th.*—Ready.

5th Practice.

- 1st.*—Wand verticle at the left side.
- 2nd.*—Wand horizontal to the left.
- 3rd.*—Left hand over the right verticle.
- 4th.*—Wand horizontal over the head.
- 5th.*—Lower the left end to verticle at the right.
- 6th.*—Lower the right end horizontal.
- 7th.*—Lower the right end verticle.
- 8th.*—Lower the left end horizontal.

6th Practice.

- 1st.*—Raise the right end under the arm the left end to the front, cross the right foot over the left.
- 2nd.*—Ready.
- 3rd.*—Raise the left end under the right end to the front, left foot to cross.
- 4th.*—Ready.

7th Practice.

- 1st.*—Carry the right end of the wand under the left arm, cross the right foot over the left.
- 2nd.*—Ready.
- 3rd.*—The left end under the right, and the left foot across.
- 4th.*—Ready.