both hands ; towards the

n of the hand ge circle,

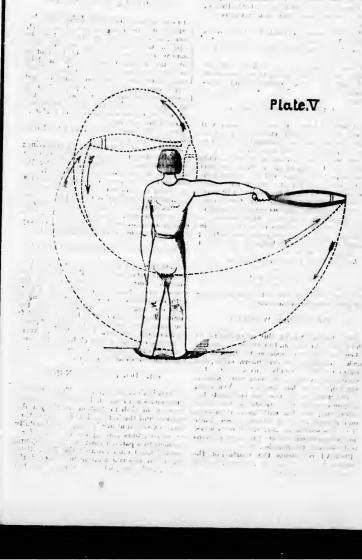
RCLE.

arly at arm's hs rear, and to the right, ng a circle in er being the fore, keeping When the which it was d-that is, at on twist your e right, and houlder, the e below and lub with the g it with the desoribing a the Shoulder club be again erpendicular. and then ex. making, as ircle), a cona circle. hands ; with he left. of the hand

h, is not as u commence rrives about of the head. rd the left ; d the back, ng to keep it i moving at e head to the the club to you will per-); but when on (pointing opposite to t your wrist ont, letting r, raising the

e circle.

tly towards he position d your hand ngth to the towards the) extended.



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