

*Two* Pass the left bell to the front and the right to the rear as far as possible. Repeat.

*Change. Second Variety.*

*One* Force both bells to the front.

*Two* Pass both bells to the rear. Repeat.

*Halt*

#### TENTH EXERCISE.

*One* Each pupil will lunge direct to his or her respective right, and at the same time raise the arms outwards to the third position, and incline the arms and body towards each other.

*Two* Recover. Bring the right foot back to the left, and lower the arms outwards to the first position.

*Three* Each pupil will lunge direct to his or her respective left, and raise the arms outwards to the third position, and incline the arms and body towards each other.

*Four* Recover. Bring the left foot back to the right, and lower the arms outwards to the first position.

*Halt* Repeat 3, 1.

**General Instructions.**—The word of command—*Ready, Commence*—will be given when the exercises are performed; judging the time, or to music.

The word *Step to the Front* herein infers about a half lunge.

At all times care should be taken to give equal development to each side of both the limbs and body.

The development of the lungs should frequently be practised by taking a deep inhalation and retaining it while performing several movements. Care should be taken not to draw in the stomach and raise the chest, but to allow the whole body to expand as much as possible.