

At *Five*, bring the right hand back into the arm pit.
Five.

At *Six*, extend both arms as in two and four. **Six.**

At *Seven*, bring the hands back into the arm pits.
Seven.

At *Eight*, come to attention. **Eight.**

NINTH EXERCISE.

At *One*, extend the arms to the front, hands open, palms upwards, as high as the chest. **One.**

At *Two*, keeping the arms extended clench the fists tightly. **Two.**

At *Three*, come to attention. **Three.**

In all three-motion exercises the 1st and 2nd motions will be repeated several times, finishing with the 3rd motion.

TENTH EXERCISE.

At *One*, raise the arms from the sides as high as the shoulders and in line with them, hands open, palms upwards. **One.**

At *Two*, clench the fists and turn them over to the front as far as possible, keeping the head and body steady.
Two.

At *Three*, come to attention. **Three.**

ELEVENTH EXERCISE.

At *One*, bring the clenched fists together under the chin, backs of the hands to the front. **One.**

At *Two*, separate the fists and swing them smartly outside the shoulders, back of the hands to the rear, and elbows close to the sides. **Two.**