

By Numbers.

1st Practice.

1st Part—

- (1)—Carry the right club up to the left shoulder, passing it behind the back, and down to the side.
- (2)—Raise the left club to right shoulder, etc., to side. (Or perform the same exercise with the *left* club, raising it to the *right* shoulder.)

2nd Part—

- (1)—Raise the right club as far as possible to the right, keeping the hand in line with the head.
- (2)—Swing the club down to the left and pass behind the back, out to the first position again. Repeat three or four times till the command *Halt* is given. Repeat with left club, extending it to the left.

3rd Part—

- (1)—Carry clubs.
- (2)—Extend the clubs to the right, the left forearm well over the head.
- (3)—Swing the left behind the back, and the right by the front. Repeat with right behind and left in front. Continue swinging till the command *Halt* is given.

2nd Practice.

1st Part—

- (1)—Turn the back of the right hand to the rear, raise the club to right shoulder, palm of the hand upwards, pass the club behind the back and down to the side.
- (2)—Repeat the same with *left* club, raising it to the *left* shoulder.