

dashing out with right foot, pointing with tightly closed fist to upper right-front corner of the room (4 times).

3rd movement. Charge to left-back corner of the room, using right foot, arm and hand as in first movement (4 times).

4th movement. Charge to right-back corner of the room, using left foot, arm and hand as in second movement.

5th movement. Charge alternately to left-front, right-front, left-back, right-back (twice). Be careful in this exercise to place heels together each time, on coming back to position.

3RD EXERCISE.—1st movement. Move head alternately to left-back, right, up. Reverse movement right, back, left, up. Again left, back, right, up. Reverse movement right, back, left, up. Care must be taken in this exercise to allow the head to drop—when raised, as indicated by the word “up,” see that it is perfectly erect. In this exercise hands should be clasped behind.

4TH EXERCISE.—1st movement. Charge to left-front with left foot as in exercise 2 (4 times). Hands clasped as in exercise 3.

2nd movement. Charge to right-front with right foot (4 times).

3rd movement. Charge to left-back with left foot (4 times).

4th movement. Charge to right-back corner of room with right foot (4 times).

5th movement. Same movement performed alternately to left-front, right-front, left-back, right-back, just as in second exercise except that arms are quiet (twice).

5TH EXERCISE.—Arms hanging carelessly at sides.

1st movement. Swing left arm up from side till somewhat higher than shoulder, hand open.

2nd movement. Raise right hand in same way, at same time lowering left arm and bending body sufficiently to keep two arms in a straight line with each other, always looking at the hand that is up (8 times).

6TH EXERCISE.—1st movement. Step out with left foot, without bending the knee, care being taken to keep the toe well pointed and heel high off floor (4 times).

2nd movement. Step out in like manner with the right foot (4 times).

3rd movement. Step first to left with left foot, then to