

stepping out with left foot, bending knee and at the same time raising the hoop until opposite the face and looking through it; then step back to position and dropping the hoop to the side (4 times).

2nd movement. Charge to right-front, raising right arm till the hoop is opposite the face, looking through it, then stepping back to position and dropping the hoop to the side (4 times).

3rd movement. Charge to left-back in like manner (4 times).

4th movement. Charge to right-back in like manner (4 times).

5th movement. Charge alternately to left-front, right-front, left-back, right-back, using hoop as before (4 times).

4TH EXERCISE.—1st movement. Raise the two hoops and with their edges touch the top of the head.

2nd movement. Touch two shoulders similarly.

3rd movement. Touch two hips similarly.

4th movement. Bend body sufficiently to touch the floor with the edges of hoops. Repeat movements 1, 2, 3, 4 alternately (4 times).

5TH EXERCISE.—Move arms towards the front and swing them right round (8 times).

6TH EXERCISE.—1st movement. Make a graceful curve with left arm until the hoop touches the forehead lightly as if saluting the audience, at the same time putting out the left foot with the toe pointed and the heel high from the floor, and bending the body gracefully. Then step back to position, letting the arm drop with a graceful outward curve (4 times).

2nd movement. Similar motion with the right arm, foot and hoop (4 times).

3rd movement. Same motion alternately with the left foot, then the right (4 times).

7TH EXERCISE.—Raise the hoop in the left hand until it is higher than the head, without bending the arm, and at the same time bend the body towards the right and look up at the hoop in the left hand.

2nd movement. Raise the right arm, at the same time lowering the left, bending the body towards the left and looking up at the hoop in the right hand. Repeat movements 1, 2 alternately (8 times).

8TH EXERCISE.—Allow the hoops to rest on hips, make