

One.

Swing the rifle sideways to the right to a horizontal position, and parallel with the shoulders, above the head, butt leading, with the arms straight, and wrists bent back, body turned on the hips to the right, back hollowed, eyes directed to the rifle, knees braced up; rising well upon the left toe, the right foot flat on the ground.

Two.

Swing the rifle down, with the muzzle leading, and up to the left, as described in "One," substituting left for right, and *vice versa*.

Steady.

Swing down to the "Ready" position.

Shoulder—Arms.

As before.

CAUTION.—Third practice. By numbers.

Ready. Two.

As before, except that the heels are to be kept close together.

Right—Lunge.

Keeping the left foot flat on the ground and the left leg straight, lunge to the right about 36 inches, the right leg from the knee downwards to be perpendicular, body turned to the right and bent backwards from the hips; at the same time throw the rifle to a horizontal position and parallel with the shoulders above the head, wrists bent back, eyes directed to the rifle.

Two.

Without bending the left leg, spring to the "Ready" position.

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