

- 3rd.—Wand verticle to left side.
 4th.— " horizontal above the head.
 5th.— Lower the left end to verticle.
 6th.— " horizontal to right.
 7th.— " verticle to right side.
 8th.— To the *ready* position.

6th Practice.

- 1st.— Right end of wand under right arm. Cross right foot over left.
 2nd.— To position.
 3rd.— Left end under left arm. Left foot over right.
 4th.— To position.

7th Practice.

- 1st.— Right end of wand under left arm.
 2nd.— Right foot over left. Position.
 3rd.— Left end under right arm. Left foot over right.
 4th.— Position.

8th Practice.

- 1st.— Lunge to right, wand in verticle position at the back.
 2nd.— Position.
 3rd.— Odd numbers attack, even numbers defend.
 4th.— Position.
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