

## GROUP X.

*Assemble.* { See Modes of Formation, Part I.

"First Position," R.H.

*Salute.* { See First Series, Calisthenics.

Caution.—*The Minim Circles, and combined Minim circles and Upper Ellipses, from the Second Position.*

*Exercise 1.—R.H.*

"Second Position." R.H.

*One.* { Keep the arm as straight as possible, and let the club describe a circle, towards the right, down, to the left, passing in front of and close to the arm, up, and to the right until in the position given at the head of the exercise; the club will be held by the knob, which will turn in the hand as the club describes the circle. (*See 6, 6, Cut 41.*)

*Change.* { See Exercise 1, R.H. Group V.

*Exercise 1.—L.H.*

"Second Position." L.H.

*One.* { Keep the arm as straight as possible and let the club describe a circle, towards the left, down, to the right, passing in front of and close to the arm, up, and to the left until in the position given at the head of the exercise; the club etc., See Exercise 1, R. H.

*Change.* { See Exercise 1, L.H. Group V.