

Two.

Bring the rifle quickly to a horizontal position in front of the body, sliding downwards, the right hand quitting the guard and grasping the butt at the small, both arms at their full extent; at the same time carry the right foot about 12 inches to the right, keeping the knees straight.

CAUTION.—*First practice. By numbers.*

One.

Bend quickly over with the arms and knees straight, lowering the rifle to the insteps.

Two.

Swing the rifle above the head, with the arms and knees straight, reaching well out to the front in doing so; eyes directed towards the rifle.

Three.

Bend the arms and drop the rifle to the shoulders, behind the neck, forcing the chest well forward, the eyes directed to the front.

Four.

Resume the second position smartly.

Steady.

Bring the rifle to the "Ready" position by bending the arms.

Shoulder—Arms.

Bring the right heel to the left, at the same time raise the rifle to the "Shoulder."

Two.

Drop the left hand to the side.

CAUTION.—*Second practice. By numbers.*

Ready. Two.

As before.