

#### FIFTH EXERCISE.

On the word *One*, raise the arms outwards from the sides, place the tips of the fingers on the shoulders, elbows as high as, and in line with the shoulders. **One.**

At *Two*, dropping the right hand to the side, extend the left arm upwards, eyes looking up to the palm of the hand. **Two.**

At *Three*, come to the first position. **Three.** /

At *Four*, dropping the left hand to the side, extend the right arm upwards, looking up at the palm of the hand. **Four.**

At *Five*, come to the first position. **Five.**

At *Six*, extend both arms upwards, tips of the fingers touching, and looking up at the hand. **Six.**

At *Seven*, come to the first position. **Seven.**

At *Eight*, come to attention. **Eight.**

#### SIXTH EXERCISE.

On the word *One*, come to the same position as at *one* in the 5th Exercise. **One.**

At *Two*, dropping the right hand to the side, extend the left arm to the left, in line with and as high as the shoulder. **Two.**

At *Three*, resume the first position. **Three.**

At *Four*, dropping the left to the side, extend the right arm to the right, as high as and in line with the shoulder. **Four.**

At *Five*, resume the first position. **Five.**

At *Six*, extend both arms. **Six.**