

CHAPTER IV.

SWORD EXERCISE.

INTRODUCTORY REMARKS.

The use of the Sword cannot be attained with requisite efficacy by the Cavalry, unless they are properly and perfectly trained to an exercise on Foot, previous to the practice on Horseback. Such is the object of the following Regulations; in the knowledge and practice of which a thorough command and suppleness of the limbs becomes habitual, as well as the quickness of the wrist and eye, which gives a decided superiority to Swordsmen.

SECTION I.

EXTENSION MOTIONS.

These motions tend to expand the chest, raise the head, throw back the shoulders, and strengthen the muscles of the back.

The Squad being at 'Attention,' the caution is given.

*First Extension Motions.*

*One*—Bring the hands, arms, and shoulders to the front, the fingers lightly touching at the points, and the nails downwards; then raise them in a circular direction well above the head, the ends of the fingers still touching, the thumbs pointing to the rear, the elbows pressed back, and shoulders kept down.

*Two*—Separate and extend the arms and fingers upwards, forcing them obliquely back, till they come extended on a line with the shoulders; and as they fall gradually from thence to the original position of 'Attention,' endeavour, as much as possible, to elevate the neck and chest.

*Three*—Turn the palms of the hands to the front, and press back the thumbs with the arms extended, and raise them to the rear, till they meet above the head; the fingers pointing upwards, with the ends of the thumbs touching.