

GV483

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#### NOTE.

As I have been asked by hundreds of students that have attended the College of Pedagogy and the Normal School to place my figures in fancy drill, dumb bells, wands, clubs, etc., in book form, I have done so for the benefit of them and others who may come after.

#### WANDS.

1. The position of the wand at the shoulder : Held by the forefinger and thumb of the right hand, about six inches from the lower end.

2. The ready position, is the wand held by both hands ; the hands to be about as wide apart as the shoulders ; both arms at the full extent ; wand touching the lower limbs. The lines should be four paces apart.

#### CLUBS.

1. The positions with clubs are, the order, at the side, the carry, arms at the half bend, the slope, clubs resting on the shoulders, from the carry.

#### DUMB BELLS.

1. According to the different exercises, sometimes on the floor, at others one in each hand.

As this drill is only for the students attending the School of Pedagogy and the Normal School, I do not deem it necessary to give the details of the different movements, as students of the coming session will go through them, and those who have passed through can take them as a reference.

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