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right foot pointing to the right, and the weight resting back on it. **Two.**

At *Three*, come to attention. **Three.**

TWENTY-NINTH EXERCISE

At *One*, turning partly to the left so that the right foot will point to the front, carry the left foot to the rear, as in the 2nd motion of the 27th Exercise, at the same time placing the right hand on the hip, and raising the left arm over the shoulder, bent to the rear, hand open, and palm uppermost. **One.**

At *Two*, turning on the right foot so that it will point to the right, lunge smartly forward on the left foot, at the same time forcibly extending the left arm to the front. **Two.**

At *Three*, come to attention. **Three.**

THIRTIETH EXERCISE.

At *One*, turning partly to the right so that the left foot is pointing to the front, carry the right foot to the rear as in the 2nd motion of the 28th Exercise, at the same time placing the left arm on the hip, and raising the right arm over the shoulder, bent to the rear, hand open, palm uppermost. **One.**

At *Two*, turning on the left foot so that it will point to the front, lunge smartly forward on the right foot, at the same time forcibly extending the right arm to the front. **Two.**

At *Three*, come to attention. **Three.**