

3RD CLASS.

ADVANCED AND ARDUOUS EXERCISES.

Third Course.

Running—To run at speed short distance.

The Leaping Stand—To leap height, running.

The Vaulting Bar—To vault over the bar by the back lift.

The Vaulting Horse—To vault to the right, running.

“ “ left “
“ “ To leap clear over “

Pair of Rings—To form a straight line by the back.
“ “ “ front.

Row of Rings—The single step backwards.

Bridge Ladder—To climb with both hands at once backwards, by the spars.

“ To climb with both hands at once forwards, by the spars.

“ To climb with right hand leading, by the sides.

“ To climb with left hand leading, by the sides.

“ To climb with both hands at once, by the sides.

Horizontal Bar—To form a straight line by the back.
“ “ “ front.

“ To clear circle and vault right and left.

“ To form a balance by short arm.

“ “ “ straight arm.

Parallel Bars—To form a straight line by the back.

“ Balance at short arm and march forward.

“ “ “ straight “

“ “ “ come slowly down and

form a straight line by the back.
The Vertical Rope—To climb both hands at once.

The Vertical Pole “ “

Supplementary Course.

Fencing.

Sword vs. Sword.

Bayonet vs. Bayonet.

Sword vs. Bayonet.

Quarter Staff.

NOTE.—Voluntary classes of I, II, III, IV Classes are instructed in any branch of gymnastics, or, of defensive exercises, i.e., sword, bayonet, boxing, &c.