

Exercise 1.—L.H.

"First Position," L.H.

- One. { Keep the arm as straight as possible and let the club describe a circle, going towards the right, up, to the left, passing in front of and close to the arm, and down to the position it started from ; the club can be held by the knob.
- Change. { See Exercise 1, L.H. Group V.

Exercise 2.—R.H.

"First Position," R.H.

- One. { Keep the arm as straight as possible and let the club describe a circle, going towards the right, up, to the left, passing in front of and close to the arm, and down to the position it started from ; the club can be held by the knob.
(See 1, 1, Cut 48.)
- Change. { See Exercise 1, R.H. Group V.

Exercise 2.—L.H.

"First Position," L.H.

- One. { Keep the arm as straight as possible and let the club describe a circle, going towards the left, up, to the right, passing in front of and close to the arm, and down to the position it started from ; the club can be held by the knob.
- Change. { See Exercise 1, L.H. Group V.

Caution.—*The Lower Ellipses from the First Position.*