

**CAUTION.**—*Fifth practice. By numbers.*

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| <i>Ready—Two</i> | As in "Third Practice."  |
| <i>One.</i>      | As in "Fourth Practice."   |
| <i>Two</i>       | Rise on the toes as high as possible.  |
| <i>Three.</i>    | Gradually lower the body as far as possible, by bending the knees, forcing them well apart, body and head erect, eyes directed to the front. |
| <i>Four.</i>     |  |
| <i>Five.</i>     | Resume the second position by slowly straightening the knees.  |
| <i>Steady.</i>   | Lower the heels to the ground.   |
|                  | Smartly resume the "Ready" position.   |

*Shoulder—Arms.* As before.

In this practice repeat "Two," "Three," "Four," and "Five" as often as required, before giving the word "Steady."