

4th Practice.*1st Part—*

- (1)—Place both clubs behind the back with hands on shoulders.
- (2)—Extend the left horizontally to the right as high as the shoulders.
- (3)—Raise the right in a vertical position above the right shoulder. Swing both down by the front from right to left. (The left club to position before the right. Repeat.) Let the right club follow the left, which should be replaced on the shoulder before the right.

2nd Part—

In place of resting at the back make them ellipse alternately, *or* (repeat the same without letting the clubs touch the shoulders so as to make them form alternate ellipses).

5th Practice.*1st Part—*

- (1)—Extend both clubs outwards as high as the shoulders holding them vertically.
- (2)—Cross clubs on the chest.
- (3)—Lower them in front and carry them out to the first position.
- (4)—Ellipse inwards.

2nd Part—

Perform the exercise without pausing for numbers.