

Second Class—Simple Exercises.

- Running—To run at slow time short distances.
- Vaulting Bar—To vault the bar, three movements.
 “ “ “ two “
 “ “ “ one movement.
- Vaulting Horse—To vault on the horse, two movements, standing.
 “ To vault on the horse, one movement, standing.
 “ To vault on the horse, one movement, running.
 “ To vault over horse, running.
- Parallel Bars—The single march, forwards.
 “ The double march “
 “ The single march, backwards.
 “ The double march “
 “ To clear the right bar by the front, oscillating.
 “ To rest on the right bar and clear the left by the front, oscillating.
 “ To rest on the right bar in the rear and clear it in front, oscillating.
- Pair of Rings—The single circle, evolving.
 “ The double circle “
 “ To turn with feet in the rings, backwards.
- The row of Rings—The single step.
- Horizontal Bar—To march with right hand leading.
 “ To turn round the bar, raising above the bar.
 “ “ “ with the hands reversed, raising above the bar.
 “ To raise above the bar, right and left.
 “ “ “ both hands at once.
 “ “ “ forwards.
- Bridge Ladder—To climb both hands at once, backwards.
 “ “ “ forwards.
- Vertical Pole suspended—To climb hand over hand, with hands and feet.
 “ “ To climb both hands at once, hands and feet.
 “ “ The double step both hands at once, and feet.
- Vertical Rope “ To climb with right hand leading.
 “ “ “ left “
 “ “ “ hand over hand.

Running—
 The Leap
 The Vault
 The Vault

Pair of R
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 Row of R
 Bridge L

Horizon

Parallel

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 The Ve

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 Sword
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 Sword
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