

8th Practice.

1st.—Place the wand in a diagonal position on the back, the right hand close to the right cheek, the left hand below the hip, at the same time lunge out to the right front, with the right foot.

2nd.—Ready.

3rd.—If in two lines—one line strike the other will guard—both lines lunge inwards.

4th.—Ready.

PARLOR QUARTER STAFF.

Guards—

Combatants stand facing each other, at two paces apart.

Position of * Guard—The wand is held in both hands, the back of the left hand down, the back of the right up; the left as high as the left shoulder, the right in line with the right hip.

Head Guard—Raise the wand above the head with both hands, the left end slightly higher than the right.

Guard—Back to guard.

2nd Guard—Raise the right end over the left, the right arm above the head, the left hand advanced to the left front, guarding the cheek and shoulder.

* Guard—Back to guard.

3rd Guard—Reverse the position of the 2nd guard, and guard the right cheek and shoulder, left hand above the right.

Guard—Back to guard.

4th Guard—Guard the left hip by lowering the right end of the wand and sliding the right hand up the left.

* Guard—Back to guard.

5th Guard—Reverse the position to guard the right hip.