

SECTION III
(The Reverse Movement)

STUDY I

1. Practise the two ovals in varying sizes, especially the one-space size.
2. Study *a c a*. Where is the highest point of *a*?
3. Practise *aaa ucac*. Keep at this exercise until you can write it easily with free movement.
4. Practise
ace came cane care cave vacate
5. Practise *@ @ @*. Keep at this until it becomes second nature. Get muscular control.

STUDY II

1. Practise the three fundamental motions—varying sizes.
2. Study capital *A*.