

**CIHM
Microfiche
Series
(Monographs)**

**ICMH
Collection de
microfiches
(monographies)**



Canadian Institute for Historical Microreproductions / Institut canadien de microreproductions historiques

© 1994

Technical and Bibliographic Notes / Notes techniques et bibliographiques

The Institute has attempted to obtain the best original copy available for filming. Features of this copy which may be bibliographically unique, which may alter any of the images in the reproduction, or which may significantly change the usual method of filming, are checked below.

L'Institut a microfilmé le meilleur exemplaire qu'il lui a été possible de se procurer. Les détails de cet exemplaire qui sont peut-être uniques du point de vue bibliographique, qui peuvent modifier une image reproduite, ou qui peuvent exiger une modification dans la méthode normale de filmage sont indiqués ci-dessous.

- Coloured covers/
Couverture de couleur
- Covers damaged/
Couverture endommagée
- Covers restored and/or laminated/
Couverture restaurée et/ou pelliculée
- Cover title missing/
Le titre de couverture manque
- Coloured maps/
Cartes géographiques en couleur
- Coloured ink (i.e. other than blue or black)/
Encre de couleur (i.e. autre que bleue ou noire)
- Coloured plates and/or illustrations/
Planches et/ou illustrations en couleur
- Bound with other material/
Relié avec d'autres documents
- Tight binding may cause shadows or distortion
along interior margin/
La reliure serrée peut causer de l'ombre ou de la
distorsion le long de la marge intérieure
- Blank leaves added during restoration may appear
within the text. Whenever possible, these have
been omitted from filming/
Il se peut que certaines pages blanches ajoutées
lors d'une restauration apparaissent dans le texte,
mais, lorsque cela était possible, ces pages n'ont
pas été filmées.

- Coloured pages/
Pages de couleur
- Pages damaged/
Pages endommagées
- Pages restored and/or laminated/
Pages restaurées et/ou pelliculées
- Pages discoloured, stained or foxed/
Pages décolorées, tachetées ou piquées
- Pages detached/
Pages détachées
- Showthrough/
Transparence
- Quality of print varies/
Qualité inégale de l'impression
- Continuous pagination/
Pagination continue
- Includes index(es)/
Comprend un (des) index

Title on header taken from: /
Le titre de l'en-tête provient:

- Title page of issue/
Page de titre de la livraison
- Caption of issue/
Titre de départ de la livraison
- Masthead /
Générique (périodiques) de la livraison

Additional comments: /
Commentaires supplémentaires:

There are some creases in the middle of pages.

This item is filmed at the reduction ratio checked below /
Ce document est filmé au taux de réduction indiqué ci-dessous.

10X	14X	18X	22X	26X	30X
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12X	16X	20X	24X	28X	32X

The copy filmed here has been reproduced thanks to the generosity of:

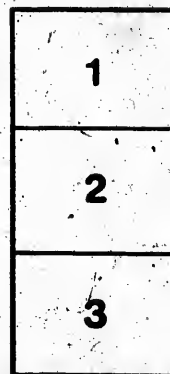
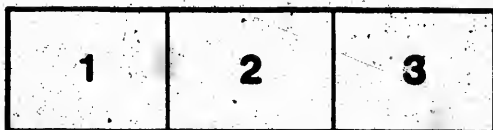
Ontario Institute for Studies in Education,
R.W.B. Jackson Library

The images appearing here are the best quality possible considering the condition and legibility of the original copy and in keeping with the filming contract specifications.

Original copies in printed paper covers are filmed beginning with the front cover and ending on the last page with a printed or illustrated impression, or the back cover when appropriate. All other original copies are filmed beginning on the first page with a printed or illustrated impression, and ending on the last page with a printed or illustrated impression.

The last recorded frame on each microfiche shall contain the symbol \rightarrow (meaning "CONTINUED"), or the symbol ∇ (meaning "END"), whichever applies.

Maps, plates, charts, etc., may be filmed at different reduction ratios. Those too large to be entirely included in one exposure are filmed beginning in the upper left hand corner, left to right and top to bottom, as many frames as required. The following diagrams illustrate the method:



L'exemplaire filmé fut reproduit grâce à la générosité de:

Ontario Institute for Studies in Education,
R.W.B. Jackson Library

Les images suivantes ont été reproduites avec le plus grand soin, compte tenu de la condition et de la netteté de l'exemplaire filmé, et en conformité avec les conditions du contrat de filmage.

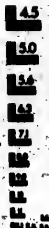
Les exemplaires originaux dont la couverture en papier est imprimée sont filmés en commençant par le premier plat et en terminant soit par la dernière page qui comporte une empreinte d'impression ou d'illustration, soit par le second plat, selon le cas. Tous les autres exemplaires originaux sont filmés en commençant par la première page qui comporte une empreinte d'impression ou d'illustration et en terminant par la dernière page qui comporte une telle empreinte.

Un des symboles suivants apparaîtra sur la dernière image de chaque microfiche, selon le cas: le symbole \rightarrow signifie "A SUIVRE", le symbole ∇ signifie "FIN".

Les cartes, planches, tableaux, etc., peuvent être filmés à des taux de réduction différents. Lorsque le document est trop grand pour être reproduit en un seul cliché, il est filmé à partir de l'angle supérieur gauche, de gauche à droite, et de haut en bas, en prenant le nombre d'images nécessaire. Les diagrammes suivants illustrent la méthode.

MICROCOPY RESOLUTION TEST CHART

(ANSI and ISO TEST CHART No. 2)



APPLIED IMAGE Inc

1653 East Main Street
Rochester, New York 14609 USA
(716) 482 - 0300 - Phone
(716) 288 - 5989 - Fax



MANUAL

OF

Drill and Physical Exercise,

Corrected and arranged especially
for the use of

HIGH AND PUBLIC SCHOOLS.

BY

MAJOR JOHN T. THOMPSON,

Instructor of Drill and Physical Exercise,

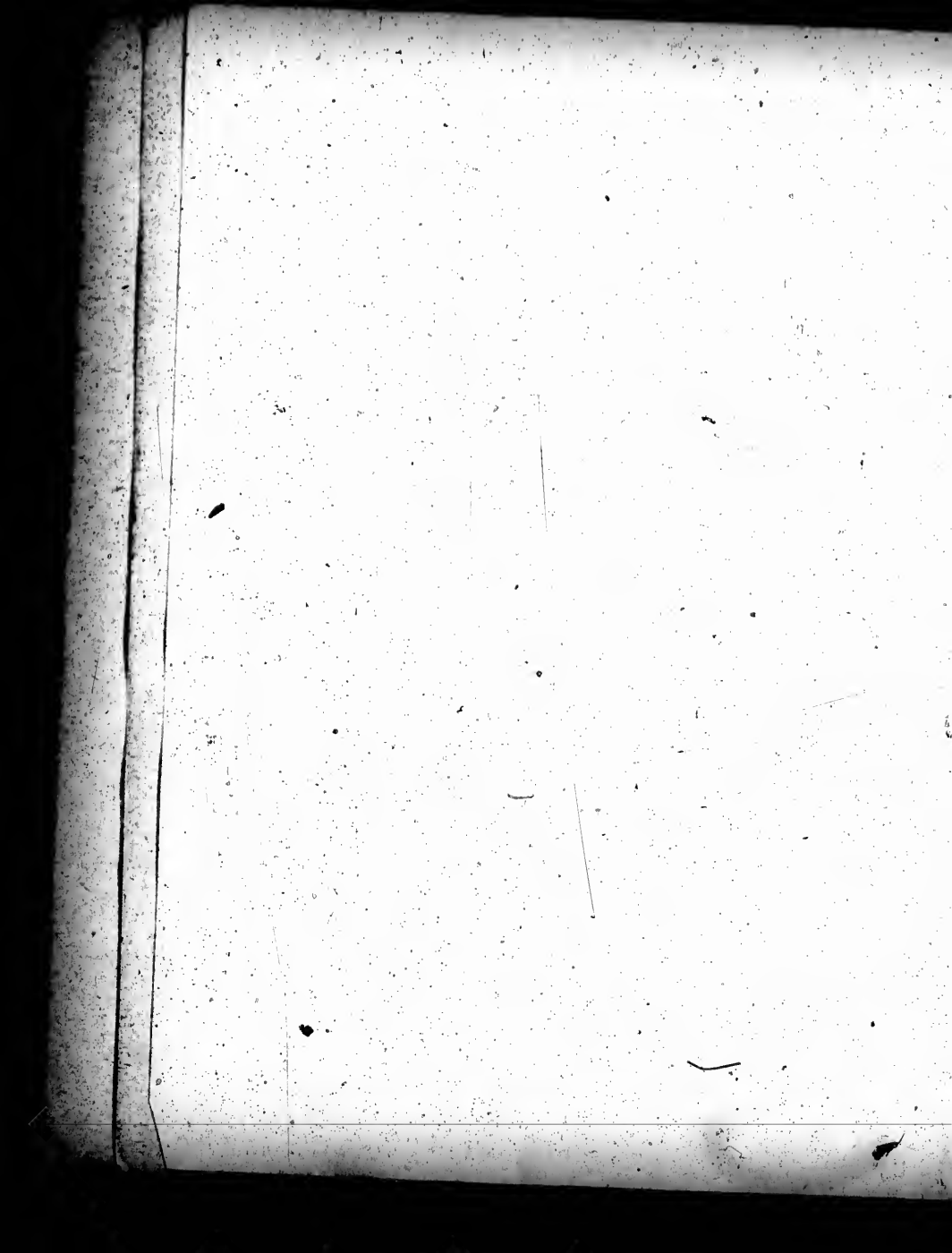
TORONTO PUBLIC SCHOOLS



TORONTO:

CHAS. RODDY, PRINTER, 40 & 42 LOMBARD STREET.

1900.



SQUAD DRILL.

S. 1.—GENERAL RULES.

I.

INSTRUCTION OF THE PUPIL.—1. The instructors must be clear, firm and concise in giving their directions; and must allow for the different capacities of the pupils, and be patient where endeavor and good-will are apparent.

2. Pupils should fully comprehend one part of their drill before they proceed to another. When first taught their position, they should be properly placed by the instructor; when more advanced they should not be touched, but taught to correct themselves when admonished. They should not be kept too long at any one part of their exercise."

II.

DURATION OF DRILL, &c.—Short and frequent drills are preferable to long lessons, which exhaust the attention both of the instructor and pupil.

III.

WORDS OF COMMAND.—1. Every command must be distinctly pronounced, and sufficiently loud to be heard by all concerned.

2. Every command that consists of one word must be preceded by a caution: the caution or cautionary part of a command must be given slowly and distinctly; the

last or executive part, which in general should consist of one word or syllable; must be given sharply and quickly, or slowly and smoothly, as the movement requires. Thus Company—Halt, Half Right—Turn. A pause will invariably be made between the caution, or cautionary part of a command, and the executive word.

3. The words given in the Physical Training exercise and Balance Step must be given sharply, or slowly and smoothly, as the nature of the motion may require.

4. When the last word of a caution is the signal for any preparatory movement, it will be given as an executive word, and separated from the rest of the command by a pause; thus, Right—Form. Quick—March, as though there were two separate commands, each with its caution and executive word.

5. When the pupils are in motion, executive words must be completed as they are commencing the pace which will bring them to the spot on which the command has to be executed. The cautionary part of the word must, therefore, be commenced accordingly.

IV.

GIVING DETAIL OF MOVEMENTS.—Instructors will only give at a time the detail of what is to be done on the next word, and not give the detail at once for the whole command, as pupils are likely to forget long details. Take the command, "Stand at Ease by Numbers," for instance. It consists of two words, and there is something to be done on each word; so the instructor should proceed thus, saying: "On the word one, so and so will be done," that is, he will give the details of what is to be done on that word, and then give the word "One," and see that they do according to the detail given. If not correctly done, he will give the words, "as you were," on which the pupils must smartly return to the position they just

left; the instructor will then make them do it over again and again, until properly done. He will then proceed with the word "Two" in like manner, and so on.

SQUAD DRILL.—Squad Drill is the foundation of all drill; it consists of three stages or formations (1st, with intervals; 2nd, in single rank; 3rd, in two ranks); and each stage has its particular movements or formations running in regular progressive order, a thorough knowledge of which is a key to all drill; but it must first be mastered before it is possible to achieve anything higher. A person might as well think of commencing in the fourth book in learning to read, as to think of learning Company Drill properly without having a thorough knowledge of Squad Drill.

RECRUIT, OR SQUAD DRILL WITH INTERVALS.

S. 2.—*Formation of the Squad.*

1. A few pupils will be placed in line (that is, side by side) at arm's length apart; while so formed they will be termed a "Squad with Intervals."

2. If necessary, the squad may consist of two such lines of pupils, in which case the pupils in the second line will cover the intervals between the pupils in the first, so that in marching they may take up points to march on.

3. Pupils will in the first instance be placed by the instructor without any dressing; when they have learned to dress, as directed in S. 5, they will be taught to fall in, as above described, and then to dress and correct their intervals; after they have been instructed as far as S. 21, they may fall in in single rank, and then if required to drill with intervals, be moved as directed in S. 22.

4. Pupils formed into a squad will be directed to observe the relative places they hold with each other ; while resting between the exercises they will be permitted to fall out and move about ; they will be instructed on the words " Fall in," to fall in as they stood at first. This should be constantly practised.

S. 8.—*Position of Attention.*

The exact squareness of the shoulders and body to the front is the first principle of the position of attention. The heels must be in line and closed ; the knees straight ; the toes turned out, so that the feet may form an angle of 45 degrees ; the arms hanging easily from the shoulder, elbows to the rear, slightly bent, the hands partially closed, the backs of the fingers touching the thighs lightly, thumbs close to forefingers, the hips rather drawn back, and the breast advanced, but without constraint ; the body straight and inclining forward, so that the weight of it may bear principally on the fore part of the feet ; the head erect but not thrown back, the chin slightly drawn in, and the eyes looking straight to the front.

N.B.—The order in which the position of attention is detailed, after describing the first and great principle of the position of attention, commences at the feet and runs up.

When the pupil falls in for instruction, he will be taught to place himself in the position above described.

S. 4.—*Standing at Ease.*

Pupils will first be taught the motions of standing at ease by numbers, then judging the time.

I.—*By Numbers.*

Caution—Stand at Ease by Numbers.

One.

On the word "One," open the hands, raise the arms from the elbows, left hand in front of the centre of the body, as high as the waist, palm upwards; the right hand as high as the right breast, palm to the left front; both thumbs separated from the fingers and the elbows close to the sides.

Two.

On the word "Two," strike the palm of the right hand on that of the left, drop the arms to their full extent, keeping the hands together, and passing the right hand over the back of the left as they fall; at the same time draw back the right foot six inches, and slightly bend the left knee.

When the motions are completed, the arms must hang loosely and easily, the fingers pointing towards the ground, the right thumb lightly held between the thumb and palm of the left hand; the body must incline forward, the weight being on the right leg, and the whole attitude without constraint.

Squad,
Attention.

On the word "Attention," spring up to the position of attention.

2.—*Judging the Time.*

Caution—Stand at Ease, Judging the Time.

Stand
at—Ease.

On the word "Ease," go through the motions described in the Standing at Ease by Numbers, distinctly but smartly, and without any pause between them.

Squad, Attention. As before.

No deviation from the position of stand at ease will be permitted, unless the command "Stand Easy" is given when the pupils will be permitted to move their hands but without quitting their ground, so that on coming to Attention no one shall have materially lost his dress in line. If pupils are required to keep their dress accurately, they should be cautioned not to move their left feet.

On the word Squad being given to pupils standing at ease every pupil will at once assume the position of Stand at Ease.

S. 5.—*Dressing a Squad with Intervals.*

Eyes—Right.

On the words "Eyes—Right," eyes will be directed to the right, head being slightly turned in that direction.

Dress.

On the word "Dress," each pupil except the right-hand pupil, will extend his right arm, palm of the hand upwards, nails touching the shoulder of the pupil on his right. At the same time he will take up his dressing line by moving, with short, quick steps, till he is just able to distinguish the lower part of the face of the second pupil beyond him; care must be taken that he carries his body backward forward with the feet, keeping his shoulders perfectly square in their original position.

Eyes—Front.

On the words "Eyes—Front," head and eyes will be turned smartly to the front, the arms dropped, and the position of Attention resumed.

Dressing by the left will be practised in like manner.

S. 6.—*Turnings.*

In going through the turnings, the left heel must never quit the ground; but the pupil must turn on it as on a pivot, the right foot being drawn back to turn the body to the right, and carried forward to turn it to the left; the body must incline forward, the knees being kept straight.

In the first of all the following motions, the foot is to be carried back, or brought forward, without a jerk, the movement being from the hip, so that the body may be kept perfectly steady until it commences to turn.

At Squad Drill with Intervals, the turnings will always be done by numbers, except when the word Front is given, in which case the pupil will judge the time, making a pause of quick time after each motion.

And in going through the turnings by numbers, on the word Turn, a pupil must not turn, but merely place the foot in position to perform the turn ordered, and wait for the word Two, on which he will turn in the direction ordered, and if the turn is greater than a quarter-circle, will then wait for the word Three, to square or bring the heels in line.

Right—Turn. { On the word "Turn," place the hollow of the right foot smartly against the left heel, keeping the shoulders square to the front.

Two. { On the word "Two," raise the toes and turn a quarter-circle to the right on both heels, which must be pressed together.

Left—Turn. { On the word "Turn," place the right heel against the hollow of the left foot, keeping the shoulders square to the front.

- Two.* { On the word "Two," raise the toe and turn a quarter-circle to the left on both heels, which must be pressed together.
- About—Turn.* { On the word "Turn," place the ball of the right toe against the left heel and keep the shoulders square to the front.
- Two.* { On the word "Two," raise the toe and turn to the right about on both heels.
- Three.* { On the word "Three," bring the right foot smartly back in a line with the left.
- Half Right
—Turn.* { On the word "Turn," draw back the right foot one inch.
- Two.* { On the word "Two," raise the toe and turn half right on both heels.
- Half Left
—Turn.* { On the word "Turn," advance the right foot one inch.
- Two.* { On the word "Two," raise the toe and turn half left on both heels.

After any of the foregoing turnings, the word Front may be given, on which the whole will turn, as accurately as possible, to their former front.

S. 7.—SALUTING.

1.—*Saluting to the Front.**Caution—Salute by Numbers.*

One.

On the word "One," bring the right hand smartly, with a circular motion, to the head, palm to the front, point of the forefinger one inch above the right eye, thumb close to the forefinger; elbow in line, and nearly square, with the shoulder.

Two.

On the word "Two," let the arm fall smartly to the side.

Caution—Salute, Judging the Time.

Salute.

On the word "Salute," go through the two motions described in One and Two, observing a pause of quick time between them.

2.—*Saluting to the Side.*

Cautions—Right (or Left) Hand Salute by Numbers; or Right (or Left) Hand Salute, Judging the Time.

The Salute will always be with the hand further from the person saluted.

The procedure will be as described in One, except that as the hand is brought to the Salute, the head will be slightly turned towards the person saluted.

Pupils should be practised in marching two or three together, saluting points being placed on either side; when several pupils are together, the pupil nearest to that point will give the time.

When a pupil passes a person he wishes to salute, he will salute on the third pace before reaching him, and will lower the hand on the third pace after passing him.

MARCHING.

S. 8.—*Length of Pace and Time.*

1.—*Length of Pace.*

In slow or quick time the length of a soldier's pace is 30 inches, except in "stepping out," when it is 33 inches and in "stepping short," when it is 21 inches.

In "double time," the length of a pace is 33 inches.

The length of the side step is 13½ inches.

When a soldier takes a side pace, to clear or cover another, as in forming fours, the pace will be 27 inches.

No exact rule can be laid down for boys. The instructor should impress on them that they should, in marching, step a full, ordinary step, without straining.

2.—*Time.*

In slow time, 75 paces are taken in a minute. In quick time, 120 paces. In double time, 165 paces. The time of the side step is the same as for quick step.

S. 9.—*Position in Marching.*

In marching, the pupil must maintain the position of the head and body, as directed in the position of attention. He must be well balanced on his limbs. In slow time his arms and hands must be kept steady by his sides, care being taken that the hand does not partake of the movement of the leg.

* In quick time his arms and hands will swing naturally from the shoulder, the right arm swinging forward with

the left leg, and the left arm with the right leg, the hand not to be thrown in advance of the leading foot, nor across the body. The hand will not be raised higher than the waist. The movement of the leg must spring from the haunch, and be free and natural.

Both knees must be kept straight, except while the leg is being carried from the rear to the front, when the knee must necessarily be a little bent, to enable the foot to clear the ground. The foot must be carried straight to the front, and, without being drawn back, placed firmly on the ground, so as not to jerk or shake the body; the toes turned out at the same angle as when halted.

Although several pupils may be drilled together with intervals, they must act independently, and precisely as if they were being instructed singly.

Each pupil must be taught to march in a straight line, and to take a correct pace, both as regards length and time, without reference to the other pupils of the squad.

Before the squad is put in motion, the Instructor will take care that the pupils are square individually, and in correct line with each other. Each pupil must be taught to take up a straight line to his front, by first looking down the centre of his body between his feet, then fixing his eyes upon some object on the ground straight to his front at a distance of about 100 yards; he will then observe some nearer point in the same straight line, such as a stone or other casual object, about 50 yards distant, and march straight on them, selecting new points in the same line as he goes on.

S. 10.—*Balance Step.*

The object of the Balance Step is to teach the pupil the free movement of his legs, preserving at the same time perfect squareness of shoulders and steadiness of body. No labor must be spared to attain this object, which

forms the very foundation of correct marching. The Instructor must be careful that the pupil keeps his body well forward and his shoulders perfectly square during these motions.

1. *Advancing—Caution—Balance Step Advancing.*

Front.

On the word "Front," the left foot will be raised from the ground and carried smartly to the front, the knee being straightened as the foot is carried forward, toes turned out at the same angle as when halted, the sole parallel to, and about two inches from the ground; the heel about twelve inches in advance of the line of the right toe.

Forward.

As soon as the pupils are steady in the above position, the word "Forward" will be given, on which the left foot will be placed firmly on the ground at 30 inches distance from the right heel (this pace is too long for juniors, therefore the Instructor must use his discretion as to the length of the pace for the class), toes turned out at the same angle as when halted, and the right foot will immediately be raised and held extended to the rear, the toe pointing to the spot on the ground it has just quitted, both knees to be kept straight.

Front.

On the word "Front," by a slight bend of the knee the right foot will be brought smartly forward, and so on alternately.

*Squad—
Halt.*

On the word "Halt," which should always be given when the moving foot is to the front, that foot will complete its pace, and the other will be brought up smartly in line with it.

2 *Retiring—Caution—Balance Step Retiring.*

Rear.

On the word "Rear," the left foot will be raised from the ground and carried 12 inches to the rear, the toe pointing to the ground; toes turned out at the same angle as when halted, both knees to be kept straight.

Retire.

As soon as the pupils are steady in the above position, the word "Retire" will be given, on which the left foot will be brought to the ground at 80 inches from heel to heel; the right foot will be immediately raised and held extended to the front, as described in the command "Front," in the "Balance Step Advancing."

Rear.

On the word "Rear," carry the right foot to the rear, as directed for the left, and so on alternately.

Squad—Halt.

On the word "Halt," which should always be given when the moving foot is to the rear, that foot will complete its pace, and the other will be brought back smartly in line with it.

Great care must be taken that the toes remain throughout at the proper angle; that the body accompanies the leg, and that the inside of the heel is placed on the straight line that passes through the points on

which the pupil is marching; that the body remain straight, but inclining forward; that the head is erect and turned neither to the right nor left.

S. 11.—*The Slow March.*

The three most important objects in this part of the drill are cadence, length of pace, and direction.

Slow—March. { The time having been given, on the word "March," the left foot will be carried 30 inches to the front, directed in S. 9; the right foot will then be carried forward in like manner, and so on alternately.

Marching in slow time is merely a step in the training of the pupil between the balance step and the usual pace for all drill, i. e. *quick time*. No more time, therefore, should be devoted to it than is required to ensure the pupil being properly balanced on his limbs.

S. 12.—*Quick March.*

Quick—March. { The time having been given, on the word "March" the squad will step together with the left foot, observing the rules given in S. 9.

S. 13.—*The Halt.*

Squad—Halt. { On the word "Halt," the moving file will complete its pace, and the other files will be brought smartly up in line with it.

S. 14.—*Stepping Out.*

Step—Out. { When marching, on the words "Step—Out." the pupil will lengthen the pace by three inches, leaning forward a little. There must be no alteration in time.

This step is used when a slight increase of speed, without an alteration of time, is required. On the words, "Quick—Step," the usual pace will be resumed.

S. 15.—*Stepping Short.*

Step—Short. { On the command "Step—Short," the foot advancing will complete its pace, and afterwards each pupil will shorten the pace by nine inches, until the word "Forward" is given, when the usual pace will be resumed.

This step is used when a slight check is required.

With small boys, when the 30 inch pace has been shortened for the "Quick—Step," 9 inches is too much to shorten the pace. The instructor, in such cases, must use his discretion as to the proper length of the "Short Step."

S. 16.—*Marking Time.*

Mark—Time. { On the command "Mark—Time," the foot then advancing will complete its pace, after which the time will be continued, without advancing, by raising each foot alternately about three inches, keeping the feet parallel with the ground, the knees raised to the front, the body steady, and the arms to remain steady at the sides. On the word "Forward," the pace at which the pupils were moving will be resumed.

From the Halt the command will be "Quick March Time."

§ 17.—*Stepping Back.*

—Paces
Step Back
—March.

In stepping back, pupils must be taught to take the quick pace of 30 inches straight to the rear, preserving their shoulders square to the front and their bodies erect. In halting the foot in front will be brought back square with the other.

The step back should not exceed four paces.

§ 18.—*Changing Step.*

Change—Step.

To change step in marching, the advancing foot will complete its pace and the ball of the rear foot will be brought up to the heel of the advancing one, which will make another step forward, so that no time will be lost, the successive steps being taken by the same foot.

This may be required when part of the squad, or even a single pupil, is stepping with a different foot from the rest.

To change step when marking time the pupil will be brought forward twice with the same foot.

§ 19.—*The Double March.*

On the command "Double—March" the pupils will step off together with the left foot, taking a pace 3 inches longer than in "Quick Step," and at a rate of 165 paces to the minute.

Double—March. { the same time they will raise their hands as high as the waist, carrying back the elbows and clinching the fists, the flat part of the wrist inwards, arm to the side; the head to be erect, and the shoulders square to the front. The knees are to be more bent, and the body more advanced than in other marches.

Squad—Halt. { On the command "Squad—Halt," halt as usual, dropping the hands to the position of Attention.

Pupils will be taught the double mark time in the same manner as quick mark time, the hands being raised and clenched just as in the double. The command will be "Double, Mark—Time."

S. 20.—*Side Step.*

1. *By Numbers.*

Caution.—Right Close, by Numbers.

One. { On the word "One," the right foot will be carried smartly 18½ inches to the right, the shoulders and face being kept square to the front, and the knees straight.

Two. { On the word "Two," the left foot will be closed smartly against the right foot, heels touching.

One. { The word "One" being repeated, the right foot will be carried as before described, and so on.

Squad—Halt. { When the command "Squad—Halt" is given, the left foot will be closed to the right, as on the command "Two."

2. *Judging the Time.*

Caution.—*Right Close, Judging the Time.*

*Right Close,
Quick—March,
or
—Paces Right
Close; Quick
March.*

On the command "Right Close—Quick—March," each pupil will close his right foot direct to the right, and instantly close his left foot to it, completing the pace; he will then take the next pace in the same manner; shoulders to be kept square, knees not bent, unless on rough or broken ground. The time must be the same as a step, and the direction in a straight line to the flank.

Squad—Halt. { On the command "Squad—Halt," which will be used when the number of paces has not been specified, pupils will complete the pace they are marching and remain steady.

Pupils will be instructed in "Left Close" in the same manner. They should usually be moved to a flank by a side step more than twelve paces.

S. 21.—*Turnings on the March.*

Right—Turn. { When marching, on receiving the command "Right—Turn," the left foot should be given as the left foot is moving to the ground, each pupil will turn in the named direction, and move at once, without checking the pace.

Left—Turn.

When marching, on receiving the command "Left—Turn," which should be given as the right foot is coming to the ground, each pupil will turn to the left, and move on at once, without checking the pace.

Pupils, in marching, will always turn to the right on the left foot, and to the left on the right foot. If the command is not given when the proper foot is coming to the ground, the pupils will move on one pace and then turn.

2. MAKING A HALF RIGHT OR A HALF LEFT TURN ON THE MARCH.—Pupils will be taught to make a half turn right or left, and to move (without checking the pace) in a diagonal direction, selecting fresh points to march on.

3. TURNING ABOUT.—Pupils will also be taught to turn about, which must be done by each pupil on his own ground, in the time of three paces, without losing the time. Having completed the turn about, the pupil will at once move forward, the fourth pace being a full pace as before. When retiring, the squad will turn to the front on the command "Front—Turn."

The command should be completed as the left foot is coming to the ground. This will make the fourth pace, or the first in the new direction, come on the left foot.

SQUAD DRILL, IN SINGLE RANK.

The Instructor will now be careful to explain to the pupils the exact meaning of the terms "Front," "Directing," or "Inner" or "Outer Flanks."

FRONT.—It is the direction pupils face when occupying the same relative positions as when last told off, i.e., number one will be on the right of the line and number two on his left,

DIRECTING FLANK.—It is the flank by which a column marches.

INNER FLANK.—It is the flank nearer the point of destination.

OUTER FLANK.—It is the flank opposite to the inner directing flank.

S. 22.—*Formation of the squad in single Rank.*

At this stage of instruction the pupils will be formed in single rank at such an interval as will enable each to swing his arms naturally and freely, without touching the pupil on his right or left. When armed and equipped each pupil will be allowed a space of 27 inches. Equipped pupils take rather less.

<p><i>Squad—Number.</i></p> <p><i>Odd numbers,</i> <i>two paces</i></p> <p><i>Forward—March</i></p>	}	<p>The squad will be numbered from right to left.</p> <p>When a squad in single rank is required to drill with intervals, the instructor will direct the odd numbers to take two paces forward.</p>
---	---	---

To re-form single rank the odd numbers will step back two paces, when the squad will correct the intervals from the right.

S. 23.—*Dressing when 'Halted.*

* In dressing, each pupil will look towards the flank which he is ordered to dress with a smart turn of head, as described in S. 5; he must carry his body backward or forward with the feet, moving to his dress with short, quick steps, without bending backward or forward; his shoulders must be kept perfectly square, the position of attention retained throughout.

Right—Dress.

1. **DRESSING IN SUCCESSION.**—The instructor having placed a flank pupil a pace and a half in front of the alignment, on the word "Dress," the remainder will take a pace to the front and shuffle up the remaining half-pace. The faces of the pupils, not their breasts or feet, are the line of dressing. Each pupil is to be able just to distinguish the lower part of the face of the second one beyond him.

Eyes—Front.

When the instructor is satisfied that the line is correct, he will give the command "Eyes—Front," on which the pupils will turn their heads and eyes smartly to the front.

Similarly, a squad will be taught to dress back, the pupils taking a pace to the rear on the command "Right—Dress," and moving back into line in succession.

2. **DRESSING TOGETHER.**—When pupils are on the alignment they have to occupy, and their dressing is simply to be corrected, the command "Right—Dress" will be given, on which they will move up or back to their places successively; commencing with the pupil on the named flank.

The instructor should invariably fix upon some object on which to dress his line.

It will be found most useful to accustom the pupils to dress on an alignment oblique to any well defined adjacent line, such as the side of a building.

S. 24.—Turnings.

The pupil will next practice in single rank, judging time, the turnings he has been taught by numbers.

Pupils are never unnecessarily to stand turned to rear.

S. 25.—Marching to Front or Rear.

Before a squad is ordered to march, the directing file must be indicated by the caution, "By the right, By centre, By the left." During the march, the shoulder must be kept perfectly square to the front, the head steady, and the eyes off the ground. Each pupil preserve his position in the alignment by an occasional glance towards the point of direction.

The squad will first be taught to march straight to front and rear. It will then be practised in all the varieties of step in quick time, and in marking time, which it will be practised in double time.

The pupils will be practised in changing the pace, without halting, from quick to double, on the command "Double," and from double to quick on the command "Quick."

The instructor should teach the pupil to select points to march on, and before approaching the first take another in advance on the same line; and so on should remain behind occasionally, and by fixing his eye upon some distant object ascertain if the squad is marching straight to the front.

Where a pupil finds himself out of the alignment must be taught to recover his position gradually, and not to rush to it, which would make him unsteady and the marching of the rest of the squad.

S. 26.—*The Diagonal March.*

1. FROM THE HALT.—On the command "Half Right—Turn," the pupils will make a half turn to the right, and on the command "Quick—March," each pupil will step off and move correctly in the diagonal direction, glancing occasionally to the right, and regulating his pace so that his own shoulders are parallel with the shoulders of the pupil on his right. This pupil's head should conceal the heads of the other pupils towards the directing flank. The right hand pupil will direct, and must therefore pay particular attention to the direction and pace.

*Half Right—
Turn.
Quick—March.*

On the command "Squad—Halt," the squad will halt; and on the command "Front," it will turn to its original front.

*Squad—Halt.
Front.*

If the diagonal march has been properly performed, the squad, when halted and fronted, will be found to be in a line parallel to its original position.

2. ON THE MARCH.—When the squad is marching to the front, and is required to move in a diagonal direction to the right, the command "Half Right—Turn" will be given, upon which the pupils will turn half right and move diagonally in that direction, as described from the halt. When it is intended to resume the original direction, the command "Front—Turn" will be given, on which every pupil will turn to his front, and move forward without checking his pace.

*Half Right—
Turn.*

Front—Turn.

The diagonal march will also be practised in "Dress—Time." It will also be taught to the left.

When practising the diagonal march, the squad will be taught to move at an angle less or greater than 45 degrees on receiving the command "Right (or Left) Dress—Up."

S. 27.—A Single Rank, Halted, Changing Front

- | | | |
|------------------------------|---|--|
| <i>Half Right—
Form.</i> | { | 1. On the command word "Front—March" the right-hand pupil will turn, and the remainder will make a half turn in the required direction. |
| <i>or</i> | | |
| <i>Right—Form.</i> | { | On the command "Quick—March" all except the right-hand pupil will step off; each, glancing to the right, will move by the shortest line to his place in the new front; and take up his dressing. |
| <i>Quick—March.</i> | | |
| <i>Eyes—Front.</i> | { | On the command "Eyes—Front" the pupils will turn their heads and eyes smartly to the front. |

2. When pupils are required to form to the rear on the alignment they occupy, they will be turned about on the spot. When formed as above described, the squad being fronted and dressed when the formation is complete.

3. The squad will also be practised changing front at angles smaller than half-right. In this case the Instructor will place the right-hand man, and on the word "Right—Dress," the remainder will take up their positions, as directed in S. 23.

4. The squad will also be practised in changing front at angles greater than half-right and less than right. In this case the Instructor will place the right-hand man in the required alignment, and then give the command "Front—March."

"Right—Form," when the remainder will make a half turn in the required direction. On the command "Quick—March," the movement will be performed as in (1).

S. 28.—*A single rank on the March, changing Direction.*

<p><i>Half Right— Form or Right— Form.</i></p>	}	<p>1. On the word "Form," the right-hand pupil will turn in the required direction and mark time, while the remainder will make a partial turn, and move by the shortest line to their places in the new front. Each marks time, takes up his dressing, and looks to his front as he arrives in his place.</p>
--	---	--

As soon as the squad is formed, the command "Forward" will be given.

2. When the squad is at the halt, and it is intended to move off on a new front, the word of command will be "On the move, Half Right (or Right)—Form, Quick—March," followed by "Forward" when the required angle has been reached. The pupils will proceed as in (1).

S. 29.—*Marching as in File.*

<p><i>Right—Turn.</i></p>	}	<p>1. FROM THE HALT.—Pupils, when standing as in file, must be instructed to cover each other exactly. The head of the pupil immediately before each one, when he is correctly covered, will conceal the heads of all the others in his front.</p> <p>The strictest observance of all the rules for marching is particularly necessary when marching as in file.</p>
---------------------------	---	--

Quick—March.

On the command "Quick March" the whole will step off together, full pace, and will so continue to without increasing or diminishing interval between each other. No ing down or leaning back is to be allowed. The leader is to be direct march straight forward on some tant object, the remainder of the pils covering correctly during march.

*Squad—
Halt.
Front.*

On the command "Squad—H Front," the pupils will halt and to their original front, and if marching has been properly per ed, their dressing will be found rect.

Right—Turn.

2. ON THE MARCH.—On the "Turn" the pupil will turn to right, and move on as in file.

Front—Turn.

The original direction is res by giving the command "Fr Turn," on which the pupil will tu the front, and then move on ste in line.

S. 30. *Wheeling as in File.*

The squad, when marching as in file, will be taug change its direction by wheeling to the right or left

Right—Wheel. { On the command "Right—Wheel," the leading pupil will move round a quarter of the circumference of a circle having a radius of four feet. The others, in succession, will follow in his footsteps without increasing or diminishing their distance from each other or altering the time, but shortening the pace a little with the inner foot as they wheel.

A squad may be wheeled at any angle by the command "Right—Wheel," followed by "Forward," when the required direction is obtained.

If a squad is ordered to halt or mark time when a part of the pupils only have wheeled into the new direction, the remainder should be instructed to cover off, if required, by the diagonal march, on the command, "Rear File—Cover."

S. 81.—*Pupils Marching as in File, Forming Squad.*

Front—Form. { 1. FORMING TO THE FRONT.—When the squad, marching as in file to the right, is ordered to form to the front, the leader will mark time; the remainder will make a half turn to the left, and form upon him, marking time as they come into the alignment, taking up their dressing, and then looking to the front.

Squad—Halt or Forward. { As soon as the squad is formed, the command "Squad—Halt," or "Forward," will be given.

If marching to the left, the remainder will make a half right turn, and then follow out the foregoing detail.

Rear—Form. { 2. FORMING TO THE REAR. —
marching to the right, the mo
will proceed as above, except t
pupils will turn to the right, an
up on the right of the leading p

When marching to left, as in file, and "Rear—
is given, proceed as in "Front—Form" when
leading.

Right—Form. { 3. FORMING TO THE RIGHT.—
marching as in file, right lead
the command "Right—Form"
leading pupil will wheel to the
take two paces to his front, an
the remainder will march on
they arrive opposite their place
they will wheel in succession, a
to the right for their dressing.

After dressing the squad, the Instructor will g
command "Eyes—Front."

Right form can only be given when the squad is
to the right, as in file; and left form only when
is leading. They are seldom used except for gua
ceremonies, and when marching on markers.

S. 82.—*The Side Step.*

The side step will now be practised, the pupils
the time, as laid down in S. 20 (2). Care must b
that the shoulders are kept square, and the pace
in a direct line to the flank.

S. 83.—*Marching with Arms.*

Squads with arms will be practised in the d
marches, and variations of step, described

foregoing sections. During these practices great attention must be paid to the position of the young pupil.

The disengaged arm will be allowed to swing naturally.

When pupils parade with arms, they will invariably fall in at the "Order."

All the instructions relating to the position and movement of the rifle, when marching, will be found in another part, under Rifle Exercises.

SQUAD DRILL, IN TWO RANKS.

S. 84.—*Formation of a Squad in Two Ranks.*

The squad at this stage of the drill will be formed into two ranks. The pupils will take their places in succession, commencing from the flank on which they are ordered to form. Each rear rank pupil will be placed 60 inches from the one in front of him, measuring from heel to heel, and will cover him correctly, the two pupils thus placed forming a "File." When there is an uneven number in a squad, the third from the left will be a "Blank (or Incomplete) File." The squad will be numbered from right to left. The squad will also be taught to drill in half-squads. The file on the left of the right half-squad will always be the centre of the squad.

If the squad is required to drill with intervals, it will be numbered. The command will then be given, "Odd numbers of the front rank two paces forward, even of the rear rank two paces to the rear—March." To reform the squad, the odd numbers of the front rank will be directed to take two paces to the rear, and the even numbers of the rear rank two paces to the front.

S. 85.—Dressing.

The front rank will dress as described in S. 23. In the rear rank will look to the front, and will correct their distances, as the front rank take up dressing.

S. 86.—Marching to the Front or Rear, and Marching in File.

A Squad in two ranks will be practised in the movements and variations of step taught in single rank.

COVERING AND DISTANCE.—While marching in line in the rear rank must accurately preserve their covering and distance.

MARCHING IN FILE.—Marching and wheeling in file will be practised as laid down in S. 29 and S. 30, care being taken that the rear rank dresses correctly by the front rank.

S. 87.—Taking Open Order.

The squad, if with arms, will be at the "Order Arms" taking open order, at the halt.

*Open Order—
March.*

On the command "Open Order—March," the rear rank will step two paces in quick time, and on the command "Rear Rank, Dress," the rear rank will be covered by the Instructor from the right.

*Rear Rank,
Eyes—Front.*

On the command "Rear Rank, Eyes—Front," the rear rank will turn their heads and eyes to the front.

*Close Order—
March.*

On the command "Close Order—March," the rear rank will step two paces to the front.

2. ON THE MARCH.—On the command "Open—Order," the rear rank will mark time two paces.

On the command "Close—Order," the front rank will mark time two paces.

S. 88.—*Changing Ranks.*

Change—Ranks. { On the command "Change—Ranks," the squad will turn about.

The Instructor will explain that when ranks are changed, the former front rank becomes the present rear rank. The former right half-squad now becomes the left half-squad. The original right files will remain right files, and the former left files remain left files. A blank file, after turning about, will occupy the vacant space in the new front rank.

S. 89.—*The Diagonal March.*

The Diagonal March will be practised in two ranks in the manner described in S. 26. In addition to the instructions there given, those in the rear rank must be cautioned to preserve their relative positions with those of the front rank, in order that they may be found to cover correctly when they are halted and fronted.

S. 40.—*Changing Front or Direction.*

The front rank of the squad will form from the halt, on the march, or on the move, according to instructions given in S. 27 or S. 28. The rear rank will not turn on the caution, but in forming will conform to the movements of the front rank.

When a squad turned about, or moving to the rear, changes front or direction, the rear rank acts as a front rank, and the front rank acts as a rear rank.

S. 41.—*The Formation of Fours.*

It must be explained that odd numbers are right files and even numbers left or moving files.

In order that the left four may always be complete file on the left of a squad will always act as a moving file, and the second from the left always stand facing forming fours.

Form—Fours. } 1. AT THE HALT.—On the command "Form—Fours," the left files will take a pace of 30 inches to the rear with their left feet and one of 27 inches to the right with their right feet, in quick time, so as to cover the right files. In this formation the squad will stand facing fours.

Squad—Front. } On the command "Squad—Front," the left files will move up in line with the right files by taking a pace of 30 inches to the left with their left feet and one of 30 inches to the front with their right feet:

Form—Fours. As already described.

About (or Right, or Left). } The squad will turn as ordered.

Squad—Front. } The squad will turn to the front and then proceed as already described.

In forming fours, with ranks changed, the left files will step back with the right foot and take the side with the left foot, and the two files on the right of the squad will act as they did when on the left of the squad.

2. **ON THE MARCH.**—A squad marching to the front, rear, or to a flank in file, will be taught to form fours precisely as when forming fours from the halt.

When marching to the front, rear, or to a flank in file, or by the diagonal march, on the command "Form—Fours," the right files will mark time two paces, while the left files move to their places in fours; if the word "Right (or Left)" follows, the squad will turn in the direction ordered.

When moving to a flank in fours, each section of fours will move by the flank ordered to direct.

A squad moving to the front, rear, or to a flank, in fours, may be turned in any direction, diagonal or otherwise.

A squad moving to the front, rear, or to a flank, in fours, may be ordered to form two deep; on the command "Form—Two Deep," the left files will step up or back into their places in the two deep formation, the right files marking time two paces.

A squad moving to a flank in fours, on receiving the command "Front (or Rear)—Turn," will turn in the required direction, and re-form two-deep, as above described.

S. 42.—*Fours Wheeling, and Forming Squad.*

1. **WHEELING.**—A squad moving to a flank in fours will wheel to the right or left in the same manner as it wheels in file, each four wheeling successively round the same point, as described in S. 80.

If the squad be ordered to halt, or mark time, when a part of the fours only have wheeled, the remainder should be instructed to cover off, if required, by the diagonal march on the command, "Rear Fours—Cover."



2. **FORMING TO THE FRONT OR REAR, OR TO THE RIGHT OR LEFT.**—When the squad, moving in fours to a flank, is ordered to form to the front or rear, it will form two-deep, and then proceed, as in S. 31 (1, 2), the men taking up their proper places as they come into the alignment.

When forming to the right or left, the squad will form two-deep. The rear rank will act as in 31 (3), those of the front rank will move round their respective rear rank men, and form successively in front of them.

S. 43.—*Passing Obstacles.*

A squad will be taught to pass an obstacle on the command “—Files on the Right, Left—Turn,” when the files will mark time two paces, and then receive the command “Right—Wheel,” resuming the original formation on the command “Files to the—Front,” when the files will make a half turn outwards and double to their places, taking up the quick time when arriving there.

The obstacle may be passed by forming fours and marching upon a named file, forming two deep when the obstacle has been passed. The named file during the movement will step short, but the whole will continue advancing at the regular quick pace upon the command “Forward.”

S. 44.—*Dismissing a Squad.*

Right—Turn. { 1. **WITHOUT ARMS.**—On the command “Right—Turn,” the squad will turn as directed.

Dis—miss. { On the word “Dismiss,” the squad will break off quietly.

2. **WITH ARMS.**—As above, but on the word “Dismiss” the pupils will “Port Arms,” and, after a pause, “Shoulder Arms” and break off quietly.

PART II.

COMPANY ORGANIZATION AND DRILL.

S. 45.—*General Rules.*

1. **ORGANIZATION.**—A company commanded by a captain is divided permanently into two half-companies, the right and the left half-company, each under a subaltern officer. Half-companies are permanently divided into two sections, each under a non-commissioned officer. The sections are numbered one to four from the right of the company.

A section, when it exceeds ten files, is divided into two sub-sections, the right and left sub section. In this case the section commander will command one sub-section and another non-commissioned officer or selected private will command the other.

2. **OBJECTS.**—This organization will be maintained both in the barracks and in the field. The men accustomed to act together will acquire the spirit of true comradeship and confidence in each other, while the non-commissioned officers will be habituated to command, and to act their own initiative.

By such means alone can the fighting value of the company be fully developed, and its proper direction and command under hostile fire, when superior control becomes impossible, be maintained.

3. **EQUALIZING AND SIZING.**—Companies are not to be equalized, sized, or mixed except for ceremonial purposes. When fewer than ten files of a company are present they should be attached to another company, but will retain their own organization, irrespective of that of the company with which they act.

4. **FORMATION AND TELLING OFF.**—The company will fall in for inspection by its captain in two ranks, with an interval of two paces between sections (or sub-sections). On the completion of the inspection the intervals will be closed, and the company will stand as in column by the left. The men will be numbered from right to left of sections (or sub-sections). The left-hand man of the right half-company is the centre of the company.

5. **APPLICATION OF SQUAD DRILL.**—All the rules laid down for the instruction of a squad in two ranks are equally applicable to the movements of a company; it will, therefore, only be necessary in this part to describe the positions and duties of the officers and non-commissioned officers during their movements, and to add the different formations and movements of half-companies and sections.

6. **THE CAPTAIN.**—The duties of the captain require that he be allowed great independence as regards his position. As a general rule he will be six paces in front of the centre of his company in line or column; in quarter column two paces from the left, and in line with the front rank of his company; and in column of half-companies, sections, or sub-sections, three paces from the centre of the column on the directing flank.

In the absence of the captain, his place will be taken by the next in rank; a similar rule will be followed within the half-company, section, or sub-section.

A captain in giving words of command, should carefully observe the rules laid down in S. 1 (3). He will

give as few commands as possible. On raising his right or left arm when advancing, the men of the company should be instructed to bring up their left or right shoulder to correct, if necessary, the interval; but all such corrections should be made gradually.

7. THE SUBALTERN.—When the company is in line, column, or column of half companies, each subaltern will be three paces in rear of the centre of his half company. In quarter column he will be two paces in rear of the centre of his half-company. In column of sections or sub-sections he will be two paces from the centre of the outer flank of his half company.

8. GUIDES, MARKERS, SECTION AND SUB SECTION COMMANDERS.—Section and sub section commanders will be formed in a third or supernumerary rank, two paces distant from the rear rank; the drummer in rear of the second section, the pioneer in rear of the third section. The guides and supernumeraries will usually conform to all orders given to the company as regards the carrying of their arms. When the company "Present Arms," and during the performance of the "Manual" and "Firing Exercises," they remain steady at the "Shoulder"; during the "Bayonet Exercises" and "Physical Drill," at the "Order." They fix bayonets only for defence against cavalry, in an assault, and when escorting the colours.

The four section commanders will act as guides and markers when required to do so. When the company is in line, column, or quarter column, the commander of a flank section (or sub-section) of a company will act as a guide; the commander of a centre section (or sub-section) as a marker.

In each section, or sub-section, a selected private will be trained as leader, and will take command in the absence of the non-commissioned officer.

No change in the command of sections or sub-sections, will take place except by the direct order of the captain. Corporals and lance-corporals not required to command their sections, or sub-sections, will be in the ranks.

In "Line," both right and left guides will be on the flanks of the Company, and, in the absence of the colour party, the left guide of the right centre company will direct on the left of the front rank; the remaining companies will march by their inner flanks.

In "Column," "Quarter Column," and "Column of Half Companies," the commander of the sections (or sub-sections) on the inner flank will be on the right (or left) of the leading rank.

In "Column of Sections" (or sub-sections) commanders will lead their respective sections (or sub-sections) on the right (or left) of the leading rank.

"In "Fours," the commander of the leading section (or sub-section) will be on the directing flank of the leading four. The remaining supernumeraries will retain their places.

9. MARKERS GIVING POINTS.—Markers are only to be employed at ceremonial and on instructional parades. In the latter case the caution, "The Company will drill with Markers," will be given. When employed they will move out on the caution for the movement being given by the instructor, and will always turn towards the point of formation. The instructor will cover the markers and give the word "Steady." When the movement is completed, the markers will resume their positions in the supernumerary rank on the second word "Steady."

A marker moving out to give a point for his company to dress upon, will carry his rifle at the "Shoulder," or, when doubling, at the "Trail." In a line formation he will stand with recovered arms, turned towards the point

of formation, at arm's length in front of the alignment, to mark the point where the flank, to which he is marker, should rest; when the company approaches, he will extend his inner arm at right angles to his body with the fist clenched, on which the line will dress. The markers, on the words "Eyes—Front," from the guide, will resume their hold on their rifles.

A marker, when giving a point for his company to form on in column, or quarter column, will recover arms while being covered, coming to the same order as the company when correctly covered; or when covered simultaneously with other markers, as when markers are given for companies to form on parade, on the word "Steady." When the guide comes up to take his place in column, the marker will resume his post in the supernumerary rank.

10. COMPANIES TO BE EXERCISED ON ROUGH GROUND AND WITH THE RANKS CHANGED.—A company should be exercised on rough and broken ground when available. Companies should also be exercised with ranks changed during the drill, in order that every one may be equally well practised to act as a front or rear rank man.

11. DERANGEMENTS IN TELLING OFF TO BE QUICKLY REMEDIED.—Great pains must be taken to accustom those of the company to remedy quickly and of their own accord, any derangement in the order in which they were last told off.

12. MARCHING ON POINTS AND JUDGING DISTANCE.—Non-commissioned officers are to be thoroughly trained in these important duties; they will frequently be practised separately in marching on points, as described in S. 25, the instructor standing still in rear of the sergeant, to see that he marches perfectly straight to his front, just clear of the point on which he is moving. In judging distance and frontage, the number of files for which it is taken should be previously named, and the instructor should practically prove the distance or frontage.

13. **THE FLANK BY WHICH THE COMPANY IS TO DRESS AND MARCH, TO BE NAMED.**—When a company is ordered to "Dress," the flank is always to be named; when ordered to move, the flank of direction will be given. As a general rule, the company will take up its own dressing when moving into column or quarter column. They will be dressed by the guide on the inner flank when forming line, or changing front in line.

14. **OFFICERS' SWORDS, WHEN TO BE DRAWN AND RETURNED.**—When the men are under arms, officers will draw swords as they fall in; the commander of a parade will not draw his sword. Swords will be at the "Slope," except when the men are at the "Shoulder" and on the saluting base in marching past, when they will be at the "Carry."

Swords will be returned when troops are employed in (1) Attack; (2) Advance or Rear Guards; (3) Outposts; (4) Operations by Night; (5) Shelter Trench and Pit Exercises; but will be drawn when bayonets are fixed.

15. **CAUTIONS AND COMMANDS**—Cautions and commands are given for formations to or from one flank only, but the same rule applies when forming to or from the other flank, which will also be practised.

The cautions and words of command printed in capitals are given by the instructor, those in small type by the captain or guides.

FORMATIONS AND MOVEMENTS.

S. 46.—*Formation of a Company.*

The company will fall in as described in S. 45 [4].

S. 47.—*Inspecting and Proving a Company.*

A company on parade will be inspected and proved as follows:—

Fix Bayonets.

Open Order—March.

The rear rank will move as directed in S. 37, and the supernumerary rank will step back two paces. The nearest section, or sub section, commander in the supernumerary rank will give "Rear Rank, Right—Dress; and having dressed it, will give "Rear Rank, Eyes—Front."

The inspecting officer will pass down the ranks to see that the appointments, clothing, etc., are clean and in good order.

Unfix—Bayonets. Shoulder—Arms.

For Inspection, Port Arms.

When at the "Port," open the breech, raise the back-sight, and grasp the small with the right hand, thumb pointing to the muzzle.

The officer will inspect the breech action, and will here and there take a rifle from the cadet's hands and examine the barrel by looking down it. As the officer passes the file next to him, each cadet will close the breech, press the trigger, lower the back-sight, order arms from the port and stand at ease.

Attention. Close Order—March.

The company will then be formed as a company in column by the left, and proved as follows:—

By Sections, or sub-Sections—Number.

Form—Fours. Front.

The company will then change ranks and be proved as above. When proved, ranks will be again changed.

S. 48.—*Advancing or Retiring.*

1. **ADVANCING.**—The instructor, having stated the supposed order of the battalion, will proceed as follows:—

<p>THE COMPANY WILL ADVANCE. BY THE LEFT, QUICK—MARCH.</p>	{	<p>On the word "ADVANCE," the left guide will select points to march on. The company will proceed as in S. 36.</p>
---	---	--

2. **RETIRING.**—On the caution, "THE COMPANY WILL RETIRE," the left guide will turn about, take two paces to the rear, and align himself with the rear rank; if the company is in line, the right guide will do likewise. The instructor will then give the command, "ABOUT—TURN. BY THE RIGHT. QUICK—MARCH."

S. 49.—*The Diagonal March.*

As in S. 26 and S. 39. The guide on the flank to which the company is moving will lead the leading rank, whether the company is in line or column.

S. 50.—*A Company in Column Forming into Line.*

<p>INTO LINE. LEFT—FORM.</p>	{	<p>I. FROM THE HALT.—As in S. 27 and S. 40. On the word "FORM," the left guide will step back and cover the front rank man of the left file. The company will act as in squad drill.</p>
---	---	---

<p>QUICK— MARCH.</p>	{	<p>On the word "MARCH," the right guide will place himself on the right of the front rank. The left guide will move up on the left of the company and dress the files as they come up into line, and having completed the dressing will give the command "Eyes—Front," and fall in on the left of the front rank.</p>
---------------------------------	---	---

*Eyes—
Front.*

INTO LINE.
LEFT—FORM.
FORWARD,
BY THE—
[OR
HALT].

2. ON THE MARCH.—As in 28 [1] and 41. The right guide will take post on the right of the company on the word "FORM." If the company be halted, the captain will order it to dress by the left, the left guide will dress it, give the words "Eyes—Front," and take post on the left of the company. Before forming to an outer flank, the company will be ordered to march by that flank.

3. ON THE MOVE.—When the company is at the Halt, and it is intended to move off when the line is formed, the command will be, "ON THE MOVE, INTO LINE," &c.

S. 51.—*A company in line forming forward, or back, into column.*

1. FORMING FORWARD, FROM THE HALT.—A company in line will form forward into column on the command—"INTO COLUMN, RIGHT—FORM, QUICK—MARCH." The company will move as in S. 27 and S. 40. The right guide will take post in the supernumerary rank on the command "QUICK—MARCH." The left guide will remain on the left flank of the company. The captain will order the company to dress by the left, when the men will take up their own dressing and then look to the front.

2. ON THE MARCH.—A company in line will form into column on the command "INTO COLUMN, RIGHT—FORM," when the company will form to the right, and the right guide will take post in the supernumerary rank. When the company is square the command will be given, "Forward. By the Left, or Halt," "Left—Dress," when the men will take up their dressing by the named flank and then look to the front.

3. ON THE MOVE.—If, when the company is at the halt, it is intended to move off at once, the command will be "ON THE MOVE, INTO COLUMN, RIGHT—FORM. QUICK—MARCH. Forward. By the Left."

COLUMN TO
THE RIGHT.
ABOUT—TURN.
Company—
Front.
Left—Dress.

4. FORMING BACK INTO COLUMN.—A company in line will be formed back into column in a similar manner, the company being first turned about by order of the instructor. When in position the captain will order the company to front and dress by the left.

S. 52.—*A Company Changing Front as the Base Company of a Line Formation.*

A change of front will always be made on a flank company to the front.

CHANGE FRONT,
HALF RIGHT
(OR RIGHT.)
Half Right
(or Right)—Form.
Quick—March.
Eyes—Front.

On the word "March," the men will act as in S. 27, and the right guide will dress the files as they come up into the alignment. When the dressing is completed, he will give the words "Eyes—Front," and resume his position on the right of the company.

A company will also be practised in changing front at an angle less than half right: The captain will place the flank man of the front rank in the required position, and give the command "Right—Dress." The company will be dressed by the right guide, who will give "Eyes—Front" when the company is dressed.

S. 53.—*A Company in Column, Changing Direction.*

A company in column, on the caution "CHANGE DIRECTION RIGHT (OR HALF RIGHT)," will form into the new

direction as laid down in S. 28, by the captain's command, "Company, Right (or Half Right)—Form," followed by "Forward" when the formation is completed. In changing direction to an outer flank, the guide of that flank will move up.

S. 54.—*The Formation of Fours.*

The formation of fours will be done as explained in S. 41. The commander of the leading section will move as in S. 45 (8). The captain, subalterns and supernumeraries will turn in the required direction, on the word "About (or Right or Left)."

S. 55.—*A Company Marching in Fours, Forming to the Front or Rear.*

These formations will be made as described in S. 31 (1, 2), and S. 42 (2), on the command "INTO LINE (OR COLUMN), FRONT (OR REAR)—FORM." If the company be halted (and fronted) in forming into line, the captain will give the command "Right (or Left)—Dress," the guide of the flank of formation will dress the company, give the command "Eyes—Front," and take post.

S. 56.—*The Side Step.*

A company will be practised in the side step, as explained in S. 20 and S. 32.

S. 57.—*Changing Ranks.*

A company will change ranks as follows:

On the command "CHANGE—RANKS," the company will turn about, and the supernumeraries will turn outwards and double round to the new rear, the captain moving round at the same time by the outer flank.

The instructions laid down in S. 38 are also applicable to the company, but the sections will retain their numbers. In changing ranks, the directing flank will be named.

If the company is in quarter-column the captain change his flank.

The above instructions as regards the captain, alternos, guides and supernumeraries are applicable to changing ranks on the march, but the company will turn about.

S. 58—*Formation of Half-Companies and Sections.*

Columns must always move with as large a front as the ground allows, and the interior formations of a company should as a rule be made by sections or sections.

*Right Half
Company to the
Front.
Remainder
Right—Turn.*

On the caution from the instructor "ADVANCE IN COLUMN OF HALF COMPANIES FROM THE RIGHT," the captain will give the executive words of command.

*By the Left.
Quick—March.*

On the word "March," the left half company will mark time two paces before leading on.

*Left Half
Company
Half Left—Turn.
Front—Turn
By the Left.*

When the leading file of the left half company is in rear of the centre of the preceding half-company, its commander will order it to make a half turn towards the front, and as it arrives in column of half-company will turn it to the front.

Column of sections or sub-sections will be formed on the same principle.

A diminution of front may be effected by turning to a flank in fours, and wheeling to the front.

The above movements may be performed on the march, the command "Quick—March" being omitted.

A company will also move to a flank by half-companies or sections, on the principles laid down in §. 50 (2, 3). The instructor's cautions are—"COLUMN OF HALF COMPANIES (OR SECTIONS) TO THE RIGHT," on which the captain will give the executive words, "Into Column of Half-Companies (or Sections), Right—Form," followed by "Forward, By the Left," or "On the Move, etc., etc."

An increase of front from fours to sections or half companies, may be effected on the principles laid down in 42 (2) When it is required to increase the front, such as from sections to half-companies, the instructor will give the words "FORM—HALF COMPANIES." The captain will repeat the command, and the sections, on command of their section commanders, will form half companies by the diagonal march, in quick time if at the halt, or in double time if on the march.

§. 59.—*Passing Obstacles.*

Front will be diminished by breaking off files, or by forming half companies, sections, sub-sections or fours, as may be necessary.

When a stream, ditch or bank is to be crossed, it will be generally found that instead of diminishing the front the contrary should be done, not only by causing the files of each section to gradually open out before they arrive at the obstacle, but by forming sections, half companies and company.



S. 60.—*A Company Meeting an Attack from Cavalry.*

FROM THE
RIGHT (FRONT
OR REAR)—
CAVALRY.

On the caution from the instructor, the captain will give the command "*Right—Form, Double—March, Fix—Bayonets. Back—The Flanks,*" or if cavalry is approaching from the front, "*Fix—Bayonets. Back the Flanks,*" or if from the rear, "*Change—Ranks.. Fix—Bayonets. Back—The Flanks.*" He will then give the necessary commands for firing.

Usually the flanks should be only slightly dressed back, in order that a maximum amount of fire may be delivered; but, if necessary, they may be further dressed back to form a circle. The captain will be in rear of the centre; section or sub-section commanders in rear of their respective sections or sub sections.

The captain must determine the kind of fire and the position of the cadets.

REFORM—
COMPANY.

The captain, after blowing the whistle to cease fire, will give the command "*Unload. Order—Arms. Unfix Bayonets. Up—The Flanks,*" and turn, or form, the company into its original position.

S. 61.—*A Company Dispersed, Re-assembling.*

The captain will place either the right or left guide with recovered arms turned towards the front. On the word "*Assemble,*" the members of the company will double in and form on him in their original places under the direction of the captain.

S. 62.—*Dismissing a Company.*

The officers, having been ordered to fall out, a company will be dismissed as described in S. 44.

PART III.

PHYSICAL TRAINING.

1. The object of the following exercises is not display, but the setting up of the pupil, and the strengthening and rendering supple of his muscles.

2. The work should be so arranged that it is always changing, keeping in view the fact that the groups of muscles that are used in one exercise should be rested in the next, and that no muscles in the body should be either neglected or unduly tired. A good general rule for an instructor to bear in mind is—Exercises for the legs and exercises for the arms should alternate with one another, and exercises for both upper and lower limbs may be roughly divided into those that bend and those that straighten them, and with the body (trunk) the same, those that bend the body and those that straighten it. The instructor must never lose sight of the fact that what he is aiming at is the development, and consequent strengthening, of the whole of the body, and not of one particular part. Everything depends upon the instructor, and if he is capable it is certain that good results will ensue. He must never forget that a pupil must be strong all over, active, intelligent, and full of life and dash.

3. Too much importance cannot be placed on the position laid down for each exercise being rigidly adhered to,

this especially holds true in "free gymnastics," where, unless the correct position is maintained, the exercise is useless, requiring no muscular exertion whatever; for instance, in bending and stretching the arms, if the legs are relaxed and allowed to bend, little muscular exertion is made by the arms, shoulders, and chest, and the value of the exercise is lost.

4. A strictly military position must always be observed, as it accustoms the pupil to that erect, soldier-like attitude that is best for the body, since it tends greatly to the free and full action of the heart and lungs, and the consequent development of the whole body.

5. Great attention must be paid by the instructor to the mobility of the chest walls of the pupils under instruction, and for this purpose "deep breathing" exercises must be frequently practised. The method of performing the exercise will be as follows:—

From the position of "Attention," slowly exhale as much as possible the air from the lungs, bringing the head and shoulders well forward whilst doing so in order to contract the chest. From this position slowly make a deep inspiration, gradually throwing back the head and shoulders and assuming an erect position, the air being inhaled through the nostrils and not through the mouth. After the chest has been fully expanded and the air held in the lungs for one or two seconds, slowly expire it through the mouth, bringing the head and shoulders well forward in doing so. This exercise should be repeated at least six times.

FREE GYMNASTICS.

The class will be formed in two ranks, and be numbered from right to left.

- Full Interval from the left.*
Right—Close.
Quick—March. { The whole, except the file named, will close as ordered: Each front rank pupil will raise the left arm, palm of the hand upwards, nails touching the shoulders of the next pupil, and take up his dressing; the rear rank to cover correctly.
- Eyes—Front.* { Head and eyes will be turned smartly to the front, and the arm dropped to the side.
- For Free Gymnastics—Prepare.* { The rear rank will take two paces to the rear.
- March.* { Odd numbers of the front rank will take four paces to the front, and the even numbers of the rear rank four paces to the rear.

The class may be formed as a squad with intervals, and ordered to make a half turn right

EXERCISE I.

CAUTION—*Swinging the Arms.*

- One.* { Throw the arms up, perpendicularly, palms of hands turned inwards, and not wider than width of shoulders.
- Two.* { Swing the arms freely to the rear, round to the front, and up again. Repeat this six times; the sixth time, instead of completing the circle, strike the palms of the hands together behind the back, and remain steady.
- Three.* { Bring the arms to the sides and resume the position of attention.

In this exercise, the first and second motions may be repeated, by giving the command "Continue the Motion." The squad will then take the time from the right-hand pupil; on the word "Steady," the pupils will remain in the second position, and on the word "Three," they will resume the position of attention.

EXERCISE II.

CAUTION—*Bending and Stretching the Body.*

First Practice.

One. { Keeping both arms straight, raise the right hand as high as possible, turning the back of it inwards, and reach down with the left hand, arm close to the body; shoulders square to the front, back hollowed, body well bent over to the left at the waist, eyes directed to the right hand.

Two. { Perform the same motion, but with the left hand raised, right lowered, body bent to the right.

CAUTION—*Second Practice.*

(To be given when the left hand is raised.)

One. { Swing the left hand, keeping it near the body, palm inwards by a circular motion sideways to the right, and as it comes level with the right hand, raise both hands, backs towards the face; body turned on the hips to the right and inclined over to the left, head thrown back, eyes directed to the hands.

- Two.* { Swing both arms down by the front, close to the body, and up to the same position as before, but to the left.

CAUTION—Third Practice.

(To be given when the hands are above the head on the left.)

- One.* { Carry the right foot 12 inches to the right, bend quickly down, and touch the toes with the tips of the fingers, keeping the knees straight.
- Two.* { Straighten the body, bringing the tips of the fingers to breast, elbows close to the sides.
- Three.* { Throw the arms above the head, palms of the hands to the front, bending back the head and the upper part of the body, eyes directed to the hands.
- Four.* { Bring the fingers to the breast, as directed in "Two," body upright.

CAUTION—Fourth Practice.

(To be given when the hands are above the head.)

- One.* { Turn the body from the hips, swing the hands down by a circular sweep to the left, and up to the right, as in the "Second Practice," feet apart, knees braced back, rising up on the toe of the left foot, the right foot kept firm on the ground.
- Two.* { Perform the same motion to the left, rising on the toe of the right foot.

Three. { Close the heels, the right heel being brought back to the left, and drop the hands to the sides; resuming the position of attention.

EXERCISE III.

CAUTION—*Bending and Stretching the Arms.*

One. { Keeping the elbows close to the sides, quickly bend the arms, hands in line with the shoulders and forced back, hands closed, nails to the front.

Two. { Opening the hands and turning the backs upwards, shoot them out right and left, in line with the shoulders; thumbs close to the forefingers.

One. { Return to the first position, closing the arms to the sides.

Two. { Open the hands, palms to the front, throw the ~~arms~~ up perpendicularly above the shoulders, the whole of the upper part of the body stretched upwards.

One. As before.

Four. { Bring the arms smartly to the sides and resume the position of Attention. Care must be taken that in these movements the body and head are retained in the position of Attention.

EXERCISE IV.

One. { Keeping the body upright, smartly raise the hands and place them on the hips, fingers to the front, thumbs to the rear, elbows and shoulders forced well back.

- Two.* { Keeping the body erect, slowly rise on the toes as high as possible, legs perfectly straight, heels together.
- Three.* Slowly sink on the heels.
- Four.* Resume the position of Attention.

This exercise being chiefly for the calves of the legs and insteps, should be repeated at least ten times.

EXERCISE V.

One
To the Right.

Place the left hand on the hip, fingers to the front, thumb to the rear, keeping the left foot firmly on the ground and the left leg straight. Step out to the right front, right lower leg perpendicular, knee over the instep, body turned to the right, and bent from the hips backwards; at the same time raise the right hand over the head, arm straight, head thrown back, eyes directed to the back of the right hand.

Two

Without bending the left leg, drop the right hand to the side, and spring to the position of Attention.

To the Front.

Step out to the front as directed for "One," but with both hands raised and separated about the width of the shoulders.

Two.

Recover as before, but in bringing the hands down, throw them to the rear with a semi-circular sweep, and resume the position of Attention.

One { As before, stepping out with the
To the Left. { left instead of the right foot.

Two. { Spring back to the position of At-
 { tention, as from the "Right—Front."

The class will also be taught to commence with the left foot.

This exercise may be continued by giving the caution, "Judging the Time"; on the command "Right Front," all the foregoing movements will be repeated as often as required.

EXERCISE VI.

CAUTION—*Working the Shoulders. First Practice.*

One { Raise the upper arms level with the
 { shoulders, at right angles to the body,
 { elbows forced to the rear, arms bent,
 { hands clenched and close to the shoulders,
 { the fore-arm directly over the upper.

Two. { Straighten the arms, keeping them
 { level with the shoulders, hands open,
 { palms upwards.

CAUTION—*Second Practice.*

One. { Throw the arms to the front, in line
 { with the shoulders, and strike the
 { palms of the hands lightly together,

Two. { Draw the elbows quickly to the rear,
 { bending the arms, hands clenched and
 { close to the shoulders, knuckles turned
 { up, chest expanded, head erect.

CAUTION—*Third Practice.*

One. { Step out to the right, as directed in Exercise V., but with the body inclined forward, and strike out freely from the shoulder with the left fist, instead of throwing the right hand above the head.

Two. { Draw the left hand quickly back as far as possible, keeping it close to, and about in line with the breast; at the same time hit out with the right fist, as directed for the left in "One."

CAUTION—*Fourth Practice.*

One. { Raise the toes, and by a quick movement, turn to the left on the heels, reversing the position of the legs, viz., the left knee out, right leg straight, and hit out as before, but with both fists at the same time. Care must be taken to exert as much force in drawing the hands back as in striking out.

Or as follows:

About. { Draw back the right hand, raise the toes, and by a quick movement turn about on the heels, reversing the position of the legs, viz., the left knee bent, right leg straight, keeping the hands closed.

One. { Hit out with both fists, the body being inclined well forward in so doing.

Two. { Withdraw the hands, elbows well to the rear.

Three. { Bring the right foot quickly back to the left, and resume the position of attention.

EXERCISE VII.

CAUTION—*Second Combined Practice.*

Lunge. { Turn to the right and step out as directed in Exercise V., but throwing the arms right and left in line with the shoulders as the step is made; hands open, fingers close together, palms upwards, shoulders forced back, body upright.

Two. { Spring up from the right foot, and close the heels, feet at right angles, body still turned to the right, arms extended but brought to the front of the body, palms of the hands touching.

Lunge. { Turn again to the right, and repeat as before.

Three. Resume the position of attention.

The class will also be taught to step with the left foot.

MANUAL OF
EXERCISE VIII.

First Practice.

One { On the word "One," bring the hands at the full extent of the arms, to the front, close to the body, knuckles downwards, till the fingers meet at the points; then raise them in a circular direction over the head, the ends of the fingers still touching and pointing downwards so as to touch the cap, thumbs pointing to the rear, elbows pressed back, shoulders kept down.

Two { On the word "Two" throw the hands up, extending the arms smartly upwards, palms of the hands inwards, then force them obliquely back, and gradually let them fall to the position of Attention, endeavoring as much as possible to elevate the neck and chest.

Three { On the word "Three" raise the arms outwards from the sides without bending the elbow, pressing the shoulders back until the hands meet above the head, palms to the front, fingers pointing upwards, thumbs locked, left thumb in front.

Four { On the word "Four," bend over until the hands touch the feet, keeping the arms and knees straight; after a slight pause, raise the body gradually, bring the arms to the sides, and resume the position of Attention.

N.B.—The foregoing motions are to be done slowly, so that the muscles are to be exerted throughout.

DRILL AND PHYSICAL EXERCISE.

EXERCISE IX.

Second Practice.

One { On the word "One," raise the hands in front of the body at the full extent of the arms, and in line with the mouth, palms meeting, but without noise, thumbs close to the forefingers.

Two { On the word "Two," separate the hands smartly, throwing them well back, slanting downwards; at the same time raise the body on the fore part of the feet.

One { On the word "One," bring the arms forward to the position above described, and so on.

Three { On the word "Three," smartly resume the position of Attention.

Having practised the above motions a few times, the instructor will give the command "Continue the Motion," or the words "One, Two," in rapid succession for about a minute, followed by the word "Steady" [when the arms are in the second position], and then give the "Three," on which the squad will resume the position of Attention.

EXERCISE X.

Third Practice.

The squad will turn to the right as into file, previous to commencing the third practice.

One { On the word "One" raise the hands in front of the body, having them clenched, at the full extent of the arms, and in line with the mouth; thumbs upwards, fingers touching.

- Two* { On the word "Two," separate the hands smartly, throwing the arms back in line with the shoulders, back of the hand downwards.
- Three* { On the word "Three," swing the arms round as quickly as possible from front to rear.
- Steady* { On the word "Steady," resume the second position.
- Four* { On the word "Four," let the arms fall smartly to the position of Attention.

EXERCISE XI.

- One.* { Place the hands smartly on the hips, fingers together, and extended to the front, thumbs to the rear, elbows and shoulders well back.
- Two.* { Hop twice on the right foot and swing the left foot to the front.
- Three.* { Hop twice on the left foot and swing the right foot to the rear.
- Four.* Resume the position of attention.

Continue the movements, hopping lightly on the toes, and swinging the left foot only to the front and the right foot only to the rear.

EXERCISE XII.

Same as Exercise XI, with the right foot to the front and the left foot to the rear.

EXERCISE XIII.

Hopping as in the last exercise; swing the left foot outwards to the left, and the right foot to the right alternately.

This exercise may be practised advancing or retiring, hopping and swinging the feet, as in Exercises XI and XII.

EXERCISE XIV.

- One.* Place the hands as in Exercise XI.
- Two.* Bound as high as possible, alighting on the toes.
- Three.* Resume the position of attention.

COMBINED EXERCISES.

The exercises of this series are performed by the combined efforts of the pupils, arranged in couples.

Front position, pupils are arranged in pairs, standing side by side, facing front, with inner hands joined.

ARM EXERCISE.—FRONT POSITION.

- One.* { Raise inner arms forward in line with the shoulder.
- Two.* Lower arms down to position.
- One.* { Raise arms over shoulders, at the full extent of arm.
- Two.* Lower arms down to position.
- One.* Raise arm in line with shoulder.
- Two.* Raise arm above shoulder.
- Three.* Lower arm in line with shoulder.
- Four.* Lower arm down to position.

- One.* Raise arm in line with shoulder.
Two. { Swing arm to rear, in line with shoulder.
Three. { Swing arm back, in line with shoulder.
Four. Lower arm down to position.

ARM AND FOOT EXERCISES.

- One.* Raise arm in line with shoulder.
Two. { Raise arm above shoulder, and raise both heels.
Three. Lower arm in line with shoulder.
Four. Lower arms and heels to position.
One. { Raise arm in line with shoulder, and step forward with inner feet.
Two. { Lower arm down to position and close heels.

The same exercise with outer feet.

The same inner and outer alternately.

ARM EXERCISES.

FACING POSITION.

The pupils will be ordered to turn facing each other and join both hands.

- One.* { Raise arms sideways in line with shoulders.
Two. Lower arms down to position.
One. Raise arms over shoulders.
Two. Lower arms down to position.

- One* Raise arms in line with shoulders.
- Two* Raise arms over shoulders.
- Three* Lower arms in line with shoulders.
- Four* Lower arms down to position.

ARM AND FOOT EXERCISES.

- One* { Raise arms sidwards in line with shoulders, and step sidwards to the front.
- Two* { Lower arms down to position and close heels.
- One* { Raise arms sidwards in line with shoulders and step sidwards to the front.
- Two* Raise arms over shoulders.
- Three* Lower arms in line with shoulders.
- Four* { Lower arms down to position and close heels.

The above exercises will be repeated to the rear, also to the front and rear alternately.

- One* { Raise arms sidwards in line with shoulders.
- Two* { Raise arms above shoulders and raise both heels.
- Three* Lower arms in line with shoulders.
- Four* { Lower arms down to position and lower heels.

- One* { One step forward with left foot, and place right hand (hands joined) on partner's left shoulder.
- Two* { Lower arms down to position and close heels.

This exercise will be repeated, starting with the right foot and left hand, and then alternately.

ARM EXERCISES.

REVERSE POSITION.

The pupils will be ordered to turn back to back, hands still joined.

- One* { Raise arms sidwards in line with the shoulders.
- Two* { Lower arms down to position.
- One* { Raise arms sidwards in line with the shoulders.
- Two* { Raise arms above shoulders.
- Three* { Lower arms in line with shoulders.
- Four* { Lower arms down to position.
- One* { Raise arms above shoulders.
- Two* { Lower arms down to position.

ARM, FOOT, AND TRUNK EXERCISES.

- One* { Raise arms sidwards, in line with the shoulders.
- Two* { Lower front arm, and raise rear arm over shoulder with bending body at the waist to the front.

Three Arms in line with the shoulders.

Four Lower arms down to position.

This exercise will be repeated, commencing to the rear, also front and rear alternately.

One { Raise arms sidwards, in line with the shoulders, and at the same time step forward with the left foot.

Two { Lower arms down to position and close heels.

This exercise will be repeated, commencing with right foot, also left and right alternately.

HOPPING EXERCISES.

FACING POSITION.

The pupils will be ordered to turn facing each other.

Hop twice on each foot, swinging opposite foot outwards. Begin by swinging foot to the front.

Each of the above exercises will be repeated eight counts.

PART IV

MANUAL EXERCISE.

GENERAL DIRECTIONS.

1. Previous to commencing the instruction in the manual and firing exercises, the Captain, or other Instructor, must show the cadets in detail the different parts of the rifle, naming them, he will then ascertain by questioning that the cadets know these parts by name.

2. The Instructor must always have a rifle, in order that he may show the required positions and movements.

3. The rifle must be carefully handled, as any rough usage will injure it.

4. Rifles when unloaded are to be carried with the hammer down on the nipple, except where it is otherwise directed in the Firing Exercise; when loaded, they are to be carried at half-cock.

MANUAL EXERCISE BY NUMBERS.

I.

The Order.

The rifle will be placed perpendicularly at the right side, the butt on the ground, its toe in line with the toe of the right foot, the right arm slightly bent; the right hand to seize the rifle between the bands, thumb pressed against the thigh, fingers slanting towards the ground. When the rifle has been placed at "The Order," the cadet must be instructed always to fall in on parade with it in that position.

CAUTION—Manual Exercise by Numbers.

II.

Fixing Bayonets.

On the command "Fix Bayonets," seize the socket of the bayonet with the left hand, knuckles to the front, thumbs to the rear, fingers pointing to the ground, left elbow to the rear; at the same time push the muzzle a little forward; make a slight pause, then draw the bayonet, and when the point clears the scabbard turn it up, keeping the elbow down and the upper part of the arm close to the body; place the socket on the muzzle [flat part of the blade to the front] and when it falls over the fore-sight, turn it with the thumb from left to right and press it home; then turn the locking ring in the same direction, and come to "The Order" together.

*Fix Bayonets.**For Sword Pattern Bayonet.*

On the command "Fix Bayonets," place the rifle between the knees, guard to the front, and at the same time seize the scabbard with the left hand, turning the handle of the bayonet towards the right front; then seize the handle of the bayonet with the right hand, knuckles downwards, and draw the bayonet to the front; turn the point upwards when it is well clear of the body, and seize the rifle

Fix Bayonets.

with the left hand under the upper band, place the back part of the handle against the right side of the barrel, knuckles to the right, arm close to the body, and slide the spring on to the catch, and the ring on to the muzzle; lastly, seize the rifle with the right hand between the bands, and taking the time from the right, return to "The Order" together.

III.

The Shoulder from the Order.

Shoulder—
Arms. { On the command "Shoulder Arms," give the rifle a smart cant upwards with the right hand, catching it with the left in line with the elbow; at the same time seize the guard, at the full extent of the arm, with the forefinger and thumb of the right hand, the remaining fingers under the hammer; the upper part of the barrel to rest in the hollow of the shoulder.

Two. { On the word "Two," drop the left hand smartly to the side.

IV.

The Present Arms.

Present—Arms. { On the command "Present Arms," seize the rifle with the left hand at the lower band, raising it a few inches by slightly bending the right arm, without moving the barrel from the shoulder, and at the same time slip the thumb of the right hand under the hammer, and the fingers under the guard slanting downwards; both arms close to the body.

Two

On the word "Two," bring the rifle to a perpendicular position close in front of the centre of the body, guard to the front, as low as the right hand will admit without constraint, and grasp it with the left hand, the little finger touching the projection in front of the lock plate, thumb between stock and barrel; the right hand lightly resting on the small of the butt, fingers straight and slanting downwards; the weight of the rifle to be supported by the left hand.

V.

The Shoulder from the Present Arms.

Shoulder—
Arms

On the command "Shoulder Arms," bring the rifle to the right side and seize it with the right hand at "The Shoulder," the left hand remaining to steady it to its place, arm close to the body.

Two.

On the word "Two," step the left hand smartly to the side.

VI.

The Port Arms.

Port—Arms.

On the word "Arms," seize the rifle as in the first motion of "The Present Arms."

Two.

On the word "Two," bring the rifle to a slanting position in front of the body; guard to the left and downwards, the barrel crossing opposite the point of the left shoulder, and seize it at the same time with the thumb and fingers of the right hand round the small of the butt, the thumb and fingers of the left hand remaining round the rifle close in front of the back sight; the left wrist to be opposite the left breast, both elbows close to the body.

VII.

The Charge.

*As a Front
Rank,
Charge—
Bayonets.*

On the command "Charge Bayonets," turn on the heels, point the right foot to the right and the left full to the front; at the same time, without changing the grasp of the hands, bring the rifle to nearly a horizontal position at the right side, with the muzzle inclining a little upwards, and the right wrist resting against the hollow of the thigh below the hip-bone. The whole to be performed in one smart motion.

2. The Shoulder from the Charge.

*Shoulder—
Arms.*

On the command "Shoulder Arms," raise the rifle to a perpendicular position at the right side, seize it with the right hand at "The Shoulder" turning at the same time to the front; the left hand remaining in its place, arm close to the body.

Tw
When
the cant
Port."

Shoul
Arm

Order

Two. { Drop the left hand smartly to the side.

3. *Rear Rank Charging Bayonets.*

When the command to charge bayonets is preceded by the caution, "As a Rear Rank," remain steady at "The Port."

VIII.

The Shoulder from the Port.

Shoulder—
Arms.

{ On the command "Shoulder Arms," bring the rifle with the left hand to the right side and seize it with the right hand at "The Shoulder," the left hand remaining in its place, arm close to the body.

Two.

{ On the word "Two," drop the left arm smartly to the side.

IX.

The Order from the Shoulder.

Order—Arms.

{ On the command "Order Arms," seize the rifle smartly with the left hand, little finger in line with the point of the right shoulder, arm close to the body.

Two.

{ On the word "Two," lower the rifle with the left hand nearly to the ground, arm and rifle moving close to the body; then seize it with the right hand where it is held at "The Order," at the same time drop the left hand smartly to the side and place the butt quietly on the ground.

X.

*The Slope from the Order.**Slope—Arms.*

On the command, "Slope Arms," give the rifle a cant upwards with the right hand, and seize it at the lower band; then carry it to the left side and seize the butt with the left hand, the first two joints of the fingers grasping the inside of the butt, the fore-finger half an inch from the heel, the thumb in front of the heel; at the same time drop the right hand smartly to the side.

Two.

On the word "Two," raise the rifle until the guard presses gently against the hollow of the shoulder, muzzle to point to the rear.

XI.

*The Order from the Slope.**Order—Arms.*

On the command "Order Arms," drop the left arm to its fullest extent and seize the rifle with the right hand, little finger in line with the point of the shoulder.

Two.

On the word "Two," carry the rifle to the right side and come to the "Order"—placing the butt on the ground without noise.

Cha

*Change—Arms.**Two.**Three.**Change—Arms.**Slope—Arms.*

XII.

Changing Arms at the Slope.

Change—Arms. { On the command "Change Arms," pass the left hand up quickly, and seize the small of the butt, fingers and thumb around the stock; at the same time seize the butt with the right hand, first two joints of the fingers around the stock, thumb in front of the heel.

Two. { On the word "Two," without moving the head, raise the rifle to a perpendicular position, carry it across the body and place it on the right shoulder.

Three. { On the word "Three," drop the left hand smartly to the side.

Change—Arms. { On the command "Change Arms," carry the rifle back to the left shoulder in a similar manner.

XIII.

The Slope from the Shoulder.

Slope—Arms. { On the command "Slope Arms," seize the rifle as in the first motion of the "Present Arms."

{ On the word "Two," carry the rifle to the left shoulder, and seize it with the left hand, the first two joints of the fingers grasping the inside of the butt, the forefinger half an inch from the heel, the thumb in front of the

Two.

heel, the muzzle slanting to the rear, and the guard pressed against the hollow of the shoulder. The upper part of the arm to be close to the side, the lower part of the arm to be horizontal, the toe of the butt to point to the centre of the left thigh, the right hand holding the small of the butt, thumb and fingers around the stock, arm close in to the body.

Three.

On the word "Three," drop the right hand smartly to the side.

XIV.

*The Shoulder from the Slope.*Shoulder—
Arms.

On the command "Shoulder Arms," seize the small of the butt with the right hand, fingers and thumb around the stock, arm close to the body.

Two.

On the word "Two," bring the rifle to the right side, seizing it smartly with the left hand at the lower band as it crosses the body, and seize it with the right hand at "The Shoulder," the left hand remaining up to steady it.

Three.

On the word "Three," drop the left hand smartly to the side.

Order—Arms.

As already taught.

Unfix
Bay

XV.

Unfixing Bayonets.

On the command "Unfix Bayonets," place the rifle between the knees, guard to the front, seize it with the left hand under the upper band, and with the second joint of the forefinger of the right hand, turn the locking ring to the left; then extend the fingers under the bend; raise the bayonet, turn it to the left, remove it from the muzzle, and seize the scabbard with the left hand; make a slight pause, then taking the time from the left drop the point of the bayonet towards the scabbard (bend resting on the thumb, little finger on top of the socket), and insert the point a few inches; again taking the time from the left, send the bayonet home, quit the hold of the scabbard with the left hand, and with right seize the rifle where it will be held at "The Order"; then taking the time from the right, come smartly to "The Order."

*Unfix—
Bayonets.*

On the command "Unfix Bayonets," place the rifle between the knees, guard to the front. Place the left hand on the guard of the bayonet, knuckles to the front, seize the handle with the right hand, knuckles to the front, fingers pointing downwards, forefinger on the spring, tighten the knees on the rifle, press the spring, and gently raise the bayonet upwards.

*Unfix—
Bayonets.*

When the bayonet is clear of the muzzle seize the scabbard with the left hand; make a slight pause, then taking the time from the left, drop the point towards the scabbard, edge to the front and elbow raised, and insert the point a few inches into the scabbard; again taking time from the left, send the bayonet home, quit the hold of the scabbard with the left hand and seize the rifle with the right hand between the bands; then taking the time from the right come smartly to "The Order."

XVI.

The Trail from the Order.

Trail—Arms.

On the command "Trail Arms," give the rifle a sharp cant upwards with the right hand, seizing it at the point of balance, and bring it to a horizontal position at the full extent of the arm, fingers and thumb around the rifle.

XVII.

The Shoulder from the Trail.

*Shoulder—
Arms.*

On the command "Shoulder Arms," tighten the grasp of the right hand, bring the rifle to a perpendicular position and seize it with the left hand close in line with the elbow, at the same time raising it slightly, and seize it with the right hand at "The Shoulder," as already taught.

Two. { On the word "Two," drop the left hand smartly to the side.

XVIII.

The Trail from the Shoulder.

Trail—Arms. { On the command "Trail Arms," seize the rifle with the left hand, little finger in line with the right elbow, arm close to the body.

Two. { On the word "Two," seize the rifle with the right hand at the point of balance; then bring it down to "The Trail," at the same time drop the left hand to the side.

XIX.

The Order from the Trail.

Order—Arms. { On the command "Order Arms," raise the muzzle and allow the rifle to slip through the hand to "The Order."

N.B.—Arms should never be trailed with bayonets fixed.

XX.

Grounding Arms.

Ground—Arms. { On the command "Ground Arms," with a sharp movement of the wrist turn the rifle on its heel, guard to right. After a slight pause, sink the body by bending both knees, and place the rifle on the ground, guard to the right, muzzle inclining to the right, front hammer in line with the heels. After another pause, come smartly to "Attention."

MANUAL OF

XXI.

*Taking-up Arms.**Take Up—
Arms.*

On the command "Take Up Arms," sink the body by bending the knees, seize the rifle with the right hand where it will be held at "The Order," wait a pause and come smartly to that position.

XXII.

*Saluting with Arms.**Company—
Salute.*

In saluting with arms carry the left hand across the body, and bring it smartly on to the sling at the height of the elbow. After a pause of three paces in quick time, drop the left hand to the side.

XXIII.

*Securing Arms.**Secure—Arms.*

For the protection of the rifle in wet weather, it may be carried as follows: the rifle to be under the right arm, butt to the rear, the hammer to be close up under the armpit, the barrel slanting downwards, and inclining to the left front; the rifle to be firmly grasped with the right hand, which is to be rather lower than the hip; the right elbow a little to the rear. When bodies of men are required to carry their arms in this way they will receive the command "Secure Arms."

Change—

Having
Manual
taught to
receiving
form each
distinctly
two motions
"Three."

*Stand at—**Ma*

Section
attention
trail and
manders
Firing Ex
the "Sho
Physical
only the
against y
colors.

Change—Arms. { On the command "Change Arms," change to a similar position under the left arm.

MANUAL EXERCISE—JUDGING THE TIME.

Having been thoroughly taught each movement of the Manual Exercise, by numbers, the cadet will next be taught to perform it in quick time; that is to say, on receiving the command for any movement he will perform each motion of that movement smartly and distinctly observing a pause of quick time between every two motions, without waiting for the word "Two" or "Three."

XXIV.

Standing at Ease from the Order.

Bayonets Fixed or Unfixed.

Stand at—Ease { On the command "Stand at Ease," without shifting the grasp, push the muzzle of the rifle to the front with the right hand, arm close to the side, at the same time carry back the right foot as when standing at ease without a rifle.

XXV.

MANUAL EXERCISE FOR SECTION COMMANDERS.

Section Commanders will stand at ease and come to attention with the cadets; they will also shoulder, slope, trail and order arms with them. The Section Commanders during the performance of the Manual and Firing Exercises by the Company, will remain steady at the "Shoulder," and during the Bayonet Review and Physical Exercise at the "Order." They fix bayonets only when the company fixes bayonets for defence against cavalry, in an assault, and when escorting the colors.

Recover—Arms

Seize the rifle as directed in the first motion of the "Present Arms," and raise it perpendicularly in front of the face, right hand grasping the small of the butt, thumb as high as the mouth, barrel to the front; at the same time place the left hand under the butt, thumb in front of the heel, first two joints of the fingers round the side of the butt.

While a section commander, marking a point in a line formation, is extending an arm, he will hold his rifle by the small of the butt with the other hand, resting the toe against his chest.

XXVI.

Piling Arms.

In addition to the motions of the rifle taught in single rank, the company in two ranks, at close order, will be taught to pile arms as follows:—

Pile.

On the word "Pile," both guides will place themselves on their respective flanks of the company, turning inwards, to superintend the movement; the rear rank will close up a pace of 21 inches, and the front rankmen will draw back the right foot, ready to turn about.

On the word "Arms," the front rank will turn about, bringing their rifles with them at the short trail; the whole will then place the butts of their rifles between their feet, guards to the left; after which the odd number rear

*Arms.**Stand—Clear.**Stand—To.**Unpile—*

rank, and the even number front rank, will incline their rifles towards each other, and cross rods. This done, the odd number front rank man will, with his left hand, seize the rifle of the even number front rank man by the muzzle, bearing it from him, and with his right hand lock rods by passing his own by the left of the rods and to the right of the barrels of the other rifles; when firmly locked, the even number front rank, seizing his rifle between the bands, will move the heel of the butt to his right front, so as to form a triangle of equal sides with the other two butts; lastly, the even number rear rank will lodge his rifle between the muzzles of the front rank, sling uppermost. When there is an odd file, each man of the file will lodge his rifle against the pile on his right, if it is in his own section, otherwise against the pile on his left.

Arms.

Stand—Clear.

On the command "Stand Clear" the ranks will step back a pace of 10 inches, and turn to the directing flank.

Stand—To.

On the command "Stand To," the ranks will turn inwards, and close on their arms by taking a pace of 10 inches forward.

Unpile—

On the word "Unpile," seize the rifle with the right hand under the upper band, the front rank men at the same time drawing back their right feet ready to turn to their front.

Arms.

On the word "Arms," the men will unhook the rods without hurry, by raising the pile and allowing the butts to incline inwards, and come to "The Order." The front rank and guides will then "Front," the rear rank will step back a pace of 21 inches, and the guides will move to their places.

In piling arms on parade, the word "Break-Off" will be given after "Stand-Clear." On again falling in, the cadets will place themselves as they stood before breaking off.

It is necessary to be careful in piling and unpling arms, to prevent damage being done to the rods and sights.

MARCHING WITH ARMS.

1. Cadets will be taught to perform the necessary motions of the rifle while marching. These can best be taught while marking time. They will then be practised on the march.
2. Each motion should be done as the left foot comes to the ground; the executive word of the command should therefore be given as the right foot comes to the ground.
3. When cadets standing in other than file formations, with rifles at the "Order" and bayonets *unfixed*, receive the command "Quick-March," or "Quick Mark-Time," they will come to the "Trail" as they take the first step.
4. When bayonets are fixed, and, as a rule, at all times at drill, the command "Shoulder Arms," or "Slope Arms," will precede any command to march. In all cases when the command to "Shoulder Arms" has

been given, ca-
spective of an
the word to "f

5. Cadets at
"The Order,
March," will
step.

6. Cadets
Arms" on the

7. When m
arms at "Th
being turned
again when t
fours.

8. Cadets
arms, if ordo
tion, will re
fixed.

9. When
trailed arms
perpendicu
pace of the
(the one in
rifles will be
first pace, a

10. When
fours, move
given numb
Short Trail

11. When
ordered or
ried at the
fours, it wi

been given, cadets will remain at the "Shoulder," irrespective of any change of formation, until they receive the word to "Slope," "Trail," etc., etc.

5. Cadets standing in file formation, with arms at "The Order," on receiving the command "Quick March," will "Shoulder Arms" as they take the first step.

6. Cadets marching at "The Trail," will "Order Arms" on the command "Halt."

7. When marching in other than file formation, with arms at "The Trail," cadets will "Shoulder Arms" on being turned, or formed, into file, and will "Trail" again when turned into line formation, or formed into fours.

8. Cadets moving in file formation with shouldered arms, if ordered to form fours, or to turn into line formation, will remain at "The Shoulder" if bayonets are fixed.

9. When cadets, marching or marking time, with trailed arms, turn about, the rifles will be brought to a perpendicular position by a turn of the wrist on the first pace of the turn, and will be trailed again on the fourth (the one in the new direction); if at "The Slope," the rifles will be brought to a perpendicular position on the first pace, and sloped again on the fourth.

10. When cadets standing with ordered arms form fours, move by the "side step," step back, or move any given number of paces forward, they will come to "The Short Trail."

11. When moving to a flank in fours, unless otherwise ordered or when bayonets are fixed, the rifle will be carried at the "Trail," and when advancing or retiring in fours, it will be carried at the "Shoulder."

12. Advanced and Rear Guards, Skirmishers, Supports and Reserves move at "The Trail," unless otherwise ordered.

I.

The Short Trail.

Raise the rifle from the ground about two inches, keeping the barrel close to the shoulder.

II.

Changing Arms at the Trail.

Change—Arms. { On the command "Change Arms," raise the rifle to a perpendicular position at the right side, carry it to the left side and pass it into the left hand, then lower it to "The Trail"; at the same time drop the right hand to the side.

Change—Arms. { On the command "Change Arms," change the rifle back to the right side in a similar manner.

III.

Fixing Bayonets on the March.

Quick Mark— } As already taught.
Time.

Fix—Bayonets. { On the command "Fix Bayonets," slant the muzzle of the rifle upwards until it is as high as the right breast, fix the bayonet as at the halt, taking care not to damage the sight; then come to "The Slope."

Cadets marching at "The Slope," on receiving the command to "Fix Bayonets," will first come to "The Trail," and then proceed as already detailed.

Fix—B

As a
Ra
Prep
Ch

Ch

Compar

The
out.

Secti

For Sword Pattern Bayonet.

Fix—Bayonets.

On the command "Fix Bayonets," change the rifle into the left hand, draw the bayonet with the right hand, bringing it out of the scabbard between the left arm and the body; inclining the muzzle of the rifle upwards until opposite the left breast, fix the bayonet as at the halt, taking care not to damage the sight, then come to "The Slope."

Cadets marching at "The Slope," on receiving the command "Fix Bayonets," will first come to "The Trail," and then proceed as already detailed.

IV.

The Charge.

*As a Front Rank.
Prepare to Charge.*

On the word "Charge," bring the rifle to the "Port" without losing the square position of the body or the regularity of the step.

Charge.

On the command "Charge," break into a steady double, and when closing with the enemy bring the rifle to the position of the "Charge." No rushing or breaking away will be allowed.

Company—Halt. Come to the "Slope."

CHARGING AS A REAR RANK.

The Rear Rank will remain at the "Slope" throughout.

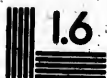
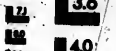
Section commanders will lead in the Charge.





MICROCOPY RESOLUTION TEST CHART

(ANSI and ISO TEST CHART No. 2)



APPLIED IMAGE Inc

• 1653 East Main Street
Rochester, New York 14609 USA
(716) 482-0300 - Phone
(716) 288-5889 - Fax

PHYSICAL DRILL WITH ARMS.

The squad will be formed in two ranks with arms at the "Shoulder," and be numbered from right to left. The squad will then be opened out as for free gymnastics, the words "physical drill" being substituted for "free gymnastics."

*Full Interval
from
the Left.
Right—Close.
Quick—March.*

The whole, except the file named, will close as ordered. Each front rank man will raise the left arm, palm of the hand upwards, nails touching the shoulders of the next man, and take up his dressing; the rear rank to cover correctly.

Eyes—Front.

Head and eyes will be turned smartly to the front, and the arm dropped to the side.

*For Free
Gymnastics—
Prepare.*

The rear rank will take two paces to the rear.

March.

Odd numbers of the front rank will take four paces to the front, and the even numbers of the rear rank four paces to the rear.

CAUTION—Ready. By numbers.

Ready.

Raise the left hand smartly to the right shoulder and grasp the rifle, finger nails to the front, thumb downwards, hand close to and in line with the shoulder.

Shoulder

Tu

CAU

Ready.

Two. { Bring the rifle quickly to a horizontal position in front of the body, sling downwards, the right hand quitting the guard and grasping the butt at the small, both arms at their full extent; at the same time carry the right foot about 12 inches to the right, keeping the knees straight.

CAUTION.—*First practice. By numbers.*

One. { Bend quickly over with the arms and knees straight, lowering the rifle to the insteps.

Two. { Swing the rifle above the head, with the arms and knees straight, reaching well out to the front in doing so; eyes directed towards the rifle.

Three. { Bend the arms and drop the rifle to the shoulders, behind the neck, forcing the chest well forward, the eyes directed to the front.

Four. { Resume the second position smartly.

Steady. { Bring the rifle to the "Ready" position by bending the arms.

Shoulder—Arms. { Bring the right heel to the left, at the same time raise the rifle to the "Shoulder."

Two. { Drop the left hand to the side.

CAUTION.—*Second practice. By numbers.*

Ready. Two. { As before.

- One.* } Swing the rifle sideways to the right to a horizontal position, and parallel with the shoulders, above the head, butt leading, with the arms straight, and wrists bent back, body turned on the hips to the right, back hollowed, eyes directed to the rifle, knees braced up; rising well upon the left toe, the right foot flat on the ground.
- Two.* } Swing the rifle down, with the muzzle leading, and up to the left, as described in "One," substituting left for right, and *vice versa*.
- Steady.* } Swing down to the "Ready" position.
- Shoulder—Arms.* As before.

CAUTION.—Third practice. By numbers.

- Ready. Two.* } As before, except that the heels are to be kept close together.
- Right—Lunge.* } Keeping the left foot flat on the ground and the left leg straight, lunge to the right about 36 inches, the right leg from the knee downwards to be perpendicular, body turned to the right and bent backwards from the hips; at the same time throw the rifle to a horizontal position and parallel with the shoulders above the head, wrists bent back, eyes directed to the rifle.
- Two.* } Without bending the left leg, spring to the "Ready" position.

Front-
Lu

T

Left
L

T

Shoulder

In m
in the d
firm on

On t
be per
Lunge,
Comm
in the
"Left
used i
word "

C

Head

Front—
Lunge. { As in "Right Lunge," but lunging to the front.

Two. As before.

Left—
Lunge. { As in "Right Lunge," substituting left for right, and *vice versa*.

Two. As before.

Shoulder—Arms. As before.

In making the above lunges the leading foot must point in the direction given, the heel of the rear foot to be kept firm on the ground, rear knee braced back.

On the caution "Judging the Time," this practice may be performed by giving the command "Right (or Left) Lunge, Commence." On the command "Right Lunge, Commence," all the foregoing movements will be repeated in the above order as often as required; if the command "Left Lunge, Commence," is given, the left leg will be used in lunging to the left and to the front. On the word "Steady," come to the "Ready" position.

CAUTION.—*Fourth practice. By numbers.*

Ready. Two. As in "Third Practice."

One. { Throw the rifle out to the front, arms straight, backs of the hands up and in line with the shoulders, sling to the front.

Two. { Bring the rifle smartly to the breast, about 6 inches below the chin, elbows close to the sides, sling of the rifle upwards, forcing the chest well forward.

Right—Lunge. { While at "Two," lunge to the right, as in "Third Practice," body and head turned to the right but kept upright; at the same time throw the rifle out to the front.

Two. As before.

About. { While at "Two," raise the toes, and and by a quick movement turn left about on the heels, reversing the position of the legs, viz.:—the left knee bent, the right leg straight, throwing the rifle out, as before.

Two. As before.

Recover. { Bring the right heel to the left, and, turning to the front, throw the rifle out, as before.

Two. As before.

Steady. { From "Two," drop the rifle to the "Ready" position.

Shoulder—Arms. As before.

In this practice "One," "Two" will be repeated in each position as often as required.

Each of the above practices will be repeated a certain number of times, either by numbers, or by the command "Judging the time. Commence." When performed to music, any slow march will be applicable for first, second and third practices; any quick step for fourth practice.

CAUTION.—*Fifth practice. By numbers.*

- | | |
|------------------|--|
| <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."

