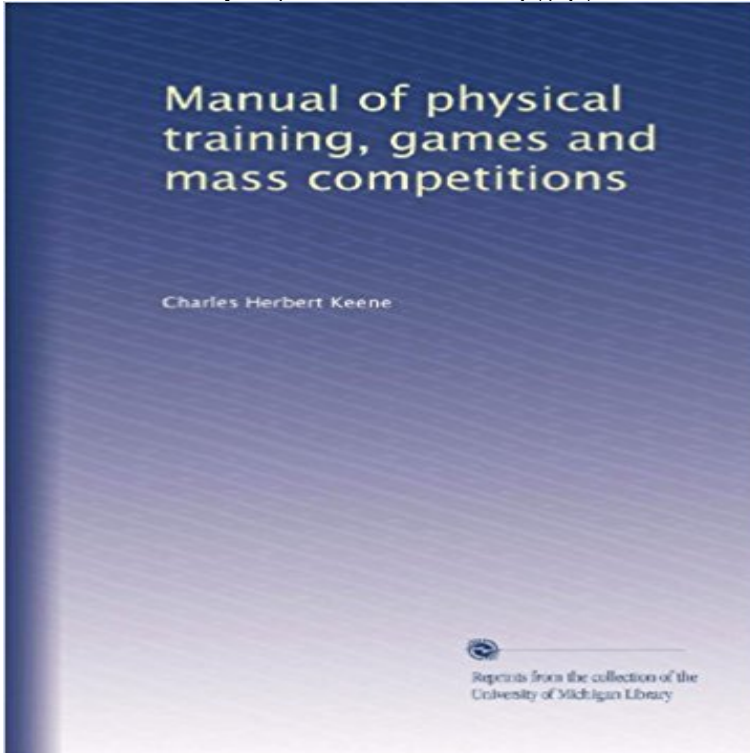


# Manual of physical training, games and mass competitions



This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1915 Excerpt: ...and downward--Sink! 4. Left (or right) leg sideways--Raise! Right (or left) heel--Raise! Heel--Sink! Legs--Change! (Repeat) Position! 5. Arms upward--Bend! Arms sideways, forward, upward, and backward--Stretch! (Eight counts) Arms downward--Stretch! Arms half upward--Bend! Body forward--Bend! Body--Raise! 6. Body backward--Bend! Body--Raise! Position! 7. Arms sideways--Raise! Body left--Bend! Body--Raise! Arms--Sink! 8. Hands on hips and feet sideways--Place! Feet together--Jump! Jump! etc. 9. Heels--Raise! Knees--Bend! Knees--Stretch! Heels--Sink! 10. Arms sideways and upward--Raise! (Inhale) Arms sideways and downward--Sink! (Exhale) FANCY STEPS--Those previously given GAMES--All Up (100) Japanese Tag (101) Lesson No. 4 1. Position! (Marching, etc., as in Lesson 3) 2. Hands on neck--Place! Head backward--Bend! Head--Raise! Position! 3. Arms upward--Bend! Left (or right) forward--Lunge! Arms forward, sideways, and upward--Stretch! Bend! (Six counts) Position! 4. Hands on neck--Place! Left (or right) knee upward--Bend! Knee sideways--Rotate! Forward--Rotate! Leg downward--Stretch! Position! (Reverse) 5. Arms half forward--Bend! Arms half upward--Raise! Bend! Position! Arms forward and upward--Fling! Body forward--Bend! Body--Raise! 6. Body backward--Bend! Body--Raise! 7. Body left (or right)--Bend! Body--Raise! Arms--Sink! 8. Hands on hips and left foot forward--Place! Right foot forward--Jump! Jump! etc. 9. Left (or right) knee upward--Bend! Forward--Stretch!--Bend! Legs--Change! (Repeat) Position! 10.

Arms sideways--Raise! Palms  
upward--Turn! (Inhale) Palms  
downward--Turn! (Exhale) Arms--Sink!  
FANCY STEPS--Those previously given  
GAMES--Bears and Cattle (91) Hopping  
Race (99) Lesson No. 5 Alternation of  
Lessons i, 2, 3, and 4 Lesson No. 6 i.  
Position! (Fa...

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