

**A SYSTEM OF PHYSICAL
CULTURE, FIRST BOOK,
FREE GYMNASTICS**

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A System of Physical Culture, First Book, Free Gymnastics by Carl Betz

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CARL BETZ

**A SYSTEM OF PHYSICAL
CULTURE, FIRST BOOK,
FREE GYMNASTICS**

A SYSTEM OF
PHYSICAL CULTURE

BY

CARL BETZ

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(THIRD EDITION)



FIRST BOOK

FREE GYMNASTICS

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PHYSICAL CULTURE aims to unfold the natural and symmetrical beauty of the human body, making it fit and capable in every phase of moral life to obey and carry out the will of its supreme master, THE MIND.



PREFACE.



This book, the third edition of part first of the author's system of Physical Culture, presents a COMPLETE system of *Free Gymnastics*; it can be used alike in schools, colleges, clubs and gymnasiums.

Although a few changes have been made, this edition does not differ substantially from the first and second editions. In other directions, however, the improvements are numerous. The work has been more evenly graded, and is arranged in EIGHT courses, instead of only FOUR.

The *Appendix* contains such exercises that cannot well be performed in the school-room, or which conventional propriety demands, boys and girls should take alone.

The commands, largely taken from the German, have been thoroughly Americanized, and at no-step of the system need they be changed; although short and concise, the commands give to the mind a clear conception of the positions or movements for which they stand.

Quite an original feature of this system is, that, like *musical sounds*, the *gymnastic movements* of the body can be combined or separated at will, thereby giving freedom to the imagination of the teacher, and a wide field on which to test his ability and fine taste. The number of exercises is thus made endless; the manual gives only a few of the many thousand possible combinations.

With these few remarks, the author entrusts his book to the care of those who are working in the cause of America's youth.

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