

**A B C OF THE SWEDISH SYSTEM
OF EDUCATIONAL GYMNASTICS.
A PRACTICAL HAND-BOOK FOR
SCHOOL TEACHERS AND THE
HOME**

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A B C of the Swedish System of Educational Gymnastics. A Practical Hand-Book for School Teachers and the Home by Hartvig Nissen

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TEACHERS AND THE HOME.

BY

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"A Manual on Swedish Movement and Massage Treatment," etc., etc.

WITH 77 ILLUSTRATIONS



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PREFACE.

DURING my many years of experience as a teacher of gymnastics I have been asked numerous questions which, to a professional man, seem so simple that he often forgets to answer them satisfactorily.

The same is true of most treatises on Swedish gymnastics. The science and theory are often very skillfully treated; but the most common questions are not answered, and the practical work, which should serve as a guide to the inexperienced teacher, is stuffed with scientific terms and shortened words and sentences. So it happens that the teacher becomes confused or even wholly averse to the subject as one requiring too much of his precious time.

Since the Swedish system of educational gymnastics has been introduced into the public schools of Boston, it has become a necessity to have a practical hand-book, both for the teachers and the many homes where gymnastics are practiced. Wherefore, I have tried to furnish a book which will give plain answers to the most frequent questions; prescriptions of exercises for children of different ages, from the third class in primary schools up to the first class in grammar schools; with full commands for each exercise, and illustrated by cuts.

The cuts are copied from the works of well-known authors in Sweden and Norway,—Liedbeck, Norlander, Balck, and Björnstad,—and I believe they will make it very easy for anybody to see how the exercises should be done.

I believe the Swedish system of gymnastics to be the best for schools and homes; but I believe, also, that gymnasiums, colleges, and universities would find a combination system better suited to their peculiar needs. I hope to be able to arrange a book with a full description of such a combination system.

At present a practical hand-book of the Swedish system of educational gymnastics to guide the teachers is most necessary, and I therefore offer this book to the public.

HARTVIG NISSEN.

BOSTON, MASS., August 17, 1891.

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EXPLANATORY NOTES.

NOTE I.—The teacher should study the Day's Order which he (or she) is to teach so he knows it by heart, or he may write it on a small card to be used as a memorandum.

NOTE II.—In arranging the children for gymnastic exercises in class-rooms, place the shortest ones in front and the tallest behind. Let the child stand between the seats (and not between the desks), but have first, third, fifth, and seventh row four inches in front of second, fourth, and sixth row. This will give all room necessary, both for arm and leg exercises.

NOTE III.—The Swedish mode of facings are: Turn on the left heel and right toe to the left, and on the right heel and left toe to the right, in two counts. For instance: *Left—face!* Raise the left ball of foot and the right heel and turn 90 degrees to the left side, let the left ball and toes sink and keep the balance on the whole left foot, steadied by the right toe. At *Two!* place the right foot in to the left (heels together, toes out, 90 degrees). Keep a perfect balance all through.