

**LIGHT GYMNASTICS: A
GUIDE TO SYSTEMATIC
INSTRUCTION IN
PHYSICAL TRAINING**

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Light gymnastics: a guide to systematic instruction in physical training by William G. Anderson

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WILLIAM G. ANDERSON

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LIGHT GYMNASTICS.

A GUIDE

TO

SYSTEMATIC INSTRUCTION IN PHYSICAL TRAINING.

FOR USE IN SCHOOLS, GYMNASIA, ETC.

BY

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1890.

GV 481
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THIS SIMPLE VOLUME
IS AFFECTIONATELY INSCRIBED TO

My Wife,
4352

TO WHOM I AM INDEBTED MORE THAN TO ALL OTHERS
FOR READY AID AND ASSISTANCE.

PREFACE.

It is now generally admitted by educators that the pupils in our institutions of learning need some kind of systematized physical training in connection with their mental work.

The action of the foremost educators in the world, the faculties of our leading colleges, permitting the expenditure of many hundreds of thousands of dollars on magnificent gymnasiums, strengthens the assertion. The example thus set must be and is being followed by the public and private schools. They are gradually introducing gymnastics as a part of their course of study.

Teachers are responsible for the physical condition of their pupils while in their charge. If they are ignorant of the simple laws of health and gymnastics, their pupils will suffer on account of it.

It may be said in the teachers' defense, however, that should they desire the knowledge that would fit them to teach physical training from professional teachers of the subject, they could spare neither the time nor money to acquire it; consequently they must obtain this from books.

A good work on light gymnastics should be the

result of years of experience of a teacher of this subject. It should be compiled after a definite plan, be profusely illustrated, and contain exercises that are at the same time beneficial, simple, and of pleasing variety. In short, it should be a book that will be valuable to any teacher, because it is founded on fact and not fancy, and its methods such that any intelligent teacher can make use of them with success in his classes.

This has been the author's aim in making this manual. The subjects are treated from the standpoint of a physician and gymnastic director. The experience of years as an instructor of many thousands of pupils and teachers, the writer has endeavored to condense and simplify, in hopes that it may be of use to others.

He wishes to thank Dr. A. C. Perkins of the Adelphi Academy for the suggestions he has so kindly given; Mr. Henry S. Anderson for his assistance and aid; and Mr. Julius A. Pfarre for the use of cuts.

The drawings for military methods were made by L. J. Pennock of the Brooklyn Normal School for Physical Education.

MARCHING OR MILITARY METHODS.

EXPLANATION OF TERMS USED.

File.—A row of scholars ranged one behind the other from front to rear.

Line or Rank.—A row of scholars placed side by side.

Guide.—The one who directs or leads a line of four or more.

Dress.—To straighten.

By right or left flank.—The same as a right or left face, but applicable only to scholars when marching.

Align.—To arrange according to height.

Pivot.—The one who makes the shortest turn in a wheel.

COMMANDS.

There are two kinds :

The *preparatory command*, such as *Forward*, which indicates the movement that is to be executed.

The command of *execution*, such as MARCH! or HALT!, the part of the command which causes the execution.

The preparatory commands are distinguished by *italics*, those of execution by SMALL CAPITALS.

The tone of command should be animated and distinct.

The instructor should never require a movement to be made until he has fully explained and executed it. He accustoms a pupil to take by himself the proper position, rectifies it when necessary, and sees that no movements are performed carelessly or with undue haste. Each movement should be understood before passing to another. After they have been properly executed in the order laid down, the instructor no longer confines himself to that order ; on the contrary, changes it to suit his wishes.

A MANUAL OF PHYSICAL TRAINING.

CHAPTER I.

THE POSITION OF ATTENTION.

HEELS on the same line and as near each other as the conformation of the body permits.

Foot turned out at an angle formed by the foot-marks (60°).

Knees straight.

The body erect on the hips, inclining a little forward.

Shoulders square and falling equally.

Elbows near the body.

Palms of the hands turned slightly to the front, arms hanging naturally.

The head erect. Chin slightly drawn in without constraint. Eyes to the front.

TO REST AND DISMISS SCHOLARS.

The teacher lets the pupils rest from time to time. For this purpose he commands, (1) *Squad*, (2) **REST!** At the command *rest*, the pupil is no longer required to preserve immobility, silence, or to remain strictly in his place.

If the instructor commands, (1) *In place*, (2) **REST!**,