

MANUAL OF PHYSICAL TRAINING

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Manual of physical training by Various

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VARIOUS

**MANUAL OF
PHYSICAL
TRAINING**

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OF
PHYSICAL TRAINING.

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CONTENTS.

SECTION I.

OBJECT AND SCOPE OF PHYSICAL TRAINING.

PARAS.		PAGES.
1 to 5.	General object and necessity for physical training	7
6 to 8.	Special object and necessity for the physical training of the soldier	7 and 8
9.	Performance of exercises a means only of attaining object	8
10.	Value of games and sports as adjuncts to physical training	8

SECTION II.

PRINCIPLES OF THE SYSTEM EMPLOYED.

11.	General outline of the principles	8
12 to 13.	Classification of exercises	9 and 10
14 to 19.	The daily lesson	10 to 12
20.	Complementary exercises	12
21.	Supplementary leg exercises	12
22.	Progression	13
23 to 24.	Training of large numbers	13 and 14

SECTION III.

FORMATION OF CLASSES AND CONDUCT OF PHYSICAL TRAINING AND EXERCISE.

25 to 29.	Formation of classes for "Physical Training" (Recruits)	14
30.	Weakly men	14
31.	Intelligent and active men	14 and 15
32.	Instructors not to be changed more than absolutely necessary	15
33 to 36.	Dress, cleanliness, open air work	15
37.	Ventilation and cleanliness of gymnasia	15
38.	No physical training before breakfast or too soon after a meal	15
39 to 45.	"Physical exercise" of trained soldiers	15 and 16

SECTION IV.

ABBREVIATIONS, NOMENCLATURE, EXPLANATION OF TERMS USED.

46.	Abbreviations	16 and 17
47.	Nomenclature	17 " 18
48.	Starting positions	18
49.	Additional movements	18

SECTION V.

METHOD OF INSTRUCTION AND HINTS TO INSTRUCTORS.

PARAG.		PAGES.
53 to 57.	General remarks re instruction	19 and 20
58 to 63.	Explanation and illustration of exercises	20 " 21
64 to 70.	Correcting faults	21 " 22
71 to 79.	Words of command	22 " 23
80.	One sided movements	23
81.	Combined movements	23
82 to 85.	Prevention of accidents	24
86.	Massed work	24
87.	New instructor taking over partially trained class	24

SECTION VI.

CLASS ARRANGEMENTS, &c.

88.	Formation of the class	25
89.	Falling in and changing position	25
90.	Quitting ranks and re-forming (moving " free ")	25 and 26
91.	Position of Attention	26 " 27
92.	Standing at ease	27
93.	Standing easy	28
94.	Dressing	28
95.	Numbering	28
96.	Stepping forward, backward and sideways	29
97.	Opening and closing ranks	29 and 30
98.	Formation of class for " Free standing exercises "	30
99.	Turnings	31
100.	Changing places	31 and 32
101.	Class arrangements for apparatus work generally	32
102.	Class arrangements at jumping standards, &c.	32 to 34
103.	Class arrangements at Vaulting horse	34
104.	Class arrangements at Beam	35 and 36
105.	Class arrangements at Climbing ropes	36
106.	Class arrangements at Iron bar	36 and 37
107.	Class arrangements at Wall bars	37
108.	Supporting Feet	37 and 38

SECTION VII.

DETAIL OF EXERCISES UNDER GROUP HEADINGS.

109 to 129.	Group A. Leg exercises	39 to 51
130 to 135.	Group B. Neck exercises	53 " 57
136 to 155.	Group C. Arm exercises	59 " 71
156 to 182.	Group D. Span bending	73 " 77
183 to 190.	Group E. Heavy exercises	79 " 99
191 to 205.	Group F. Balance exercises	101 " 109
206 to 216.	Group G. Lateral exercises	111 " 119
217 to 233.	Group H. Abdominal exercises	121 " 133
234 to 243.	Group I. Dorsal exercises	135 " 145
244 to 258.	Group J. Marching and Running	146 " 152
259 to 293.	Group K. Jumping and Vaulting	153 " 175
294 to 296.	Group L. Corrective exercises	176

SECTION VIII.

OBSTACLE TRAINING, &c.

PARAS.		PAGES.
297.	General instructions re Obstacle training	177
The Shelf.		
298.	Formation of class for work at Shelf	177
299.	One rank mounting shelf with assistance and downward circling (by numbers)	177 to 179
300.	One rank mounting shelf with assistance and downward circling (judging the time)	179
301.	Downward jumping	179
302.	Both ranks mounting shelf with assistance	180
Ten Foot wall.		
303.	Formation of class for work at Ten Foot wall	180
304.	Surmounting wall with assistance	181 and 182
Obstacle course.		
305.	Nature of obstacles	182 and 183
306.	Taking course by words of command	183
307.	Taking course judging the time	183 and 184
Pommel horse.		
308.	Mounting and dismounting	184 and 185

SECTION IX.

RUNNING TRAINING.

309.	Object	185
310.	To be carried out regimentally	185
311.	Style and speed	185
312 to 317.	Method of conducting the running training	185 and 186
318.	Clothing, &c., worn	186
319 to 321.	When carried out	186 and 187

SECTION X.

USE OF DUMB-BELLS AND RIFLES.

322 to 324.	General remarks	187
325.	Exercises with dumb-bells (for voluntary use only)	187 and 188
326.	Use of rifles	188

SECTION XI.

RECREATIONAL GYMNASTICS.

327.	Value of athletic games, &c.	188 and 189
328 to 331.	Recreational gymnastics and their employment	189
332.	Introduction of recreational features into physical training and exercise	189 and 190

SECTION XII.
ELEMENTARY ANATOMY AND PHYSIOLOGY.

Anatomical Outlines.

PARA.		PAGES.
333 to 334.	The skeleton, joints and ligaments	100
335.	The skull	190 and 191
336 to 338.	Bones of the trunk	191 to 194
339 to 342.	Bones of the upper limb	194 „ 197
343 to 345.	Bones of the lower limb	197 and 198
346 to 348.	The muscular system	198
349 to 350.	Organs of the thorax and abdomen	198 and 199
351 to 353.	The circulatory system	200 to 202
354 to 356.	The respiratory system	202 „ 204
357 to 358.	The digestive system	204 „ 206
359 to 360.	The excretory system	206
361.	The nervous system	206 and 207

General Considerations regarding Bodily Exercise.

362.	Means of acting on the internal organs	207
363 to 365.	Bodily exercise with reference to the muscles, &c.	207 and 208
366.	Bodily exercise with reference to the circulation	208
367.	Bodily exercise with reference to the respiration, &c.	208 and 209
368.	Bodily exercise with reference to the nervous system	209
369.	Bodily exercise with reference to the digestion	209

Action of the Principal Muscles.

370 to 371.	Muscles of the spine	210
372 to 374.	Muscles of the neck	211
375 to 377.	Muscles of the abdomen	211 and 212
378 to 388.	Muscles of the shoulder and arm	213 to 215
289 to 396.	Muscles of the leg	215 „ 217

**Action of the Muscles in Typical Positions
and Exercises, &c.**

397.	General remarks	217
398.	Consideration of the Position of Attention	217 to 220
399 to 408.	Action of muscles in various exercises	220 and 221

SECTION XIII.

METHOD OF USING THE TABLES.

409 to 416.	General instructions for using Tables	222 and 223
417 to 419.	Allotment of time in the daily lesson	223
420 to 421.	Deviations from the Table	224
422 to 425.	Improvised arrangement of a Table	224 and 225

SECTION XIV.

TABLES.

426.	Infantry Recruits' Tables, I to XIII	225 to 233
427.	Cavalry and Artillery Recruits' Tables, I to IX	239 „ 248
428.	Trained Soldiers' Physical Exercise Tables, I to III	249 „ 252

APPENDIX.

COMPILING TABLES.

General instructions for compiling Tables	253 and 254
Sheet showing method of arranging exercises for use in compiling Tables.	
List of exercises arranged in progressive order.	

MANUAL

OF

PHYSICAL TRAINING.

SECTION I.

OBJECT AND SCOPE OF PHYSICAL TRAINING.

1. The object of physical training is the production of a state of health and general physical fitness in order that the body may be enabled to withstand the strains of daily life and to perform the work required of it without injury to the system.

2. It is not sufficient to train the muscles alone and to neglect the heart, lungs and other internal organs, for it is on the internal organs that the body depends not only for its health but for its very existence.

3. The required condition of physical fitness necessitates that the heart and lungs should above all things be sound and healthy; but the harmonious development of the *whole*—the skeleton or framework, the internal organs (including the brain and nerves) and the muscular system—is necessary to produce this condition.

4. The ordinary daily work of the individual develops some parts of the body and neglects others. If the brain alone is worked the body suffers, and vice versa. Manual labour is often "one-sided," the positions adopted are apt to be cramped and crooked, certain muscles are employed very much more than others and the range of movement is frequently very limited. The result of this is inharmonious development.

5. The exercises employed in a system of physical training, if they ensure as they should the harmonious development of the whole body, will at the same time correct the faults engendered by one-sided work and so put the body in a better state to perform any other work that may be required of it.

6. The above remarks indicate the primary objects that should be kept in view in the training of the *man*, whether soldier or civilian. But as regards the special training of the *soldier* in order to fit him for his life as such, apart from the technical training of the branch