

**KOEHLER'S WEST POINT  
MANUAL OF  
DISCIPLINARY  
PHYSICAL TRAINING**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649221332

Koehler's West Point manual of disciplinary physical training by H. J. Koehler

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**H. J. KOEHLER**

**KOEHLER'S WEST POINT  
MANUAL OF  
DISCIPLINARY  
PHYSICAL TRAINING**



KOEHLER'S WEST POINT MANUAL  
OF  
DISCIPLINARY PHYSICAL TRAINING



**KOEHLER'S**  
**WEST POINT MANUAL**  
OF  
**DISCIPLINARY PHYSICAL TRAINING**

BY

LIEUT. COL. H. J. KOEHLER, U.S.A.

*Director of Military Gymnastics, Swordsmanship, etc., United States  
Military Academy; Instructor at United States Training  
Camps and Cantonments, 1917 and 1918; Instructor  
at Business Men's and Militia Camps,  
1915 and 1916*

WITH A FOREWORD BY

NEWTON D. BAKER

SECRETARY OF WAR



WEST POINT  
NEW YORK

NEW YORK  
E. P. DUTTON & COMPANY

1919

G V 363  
K 8

COPYRIGHT, 1919,  
BY E. P. DUTTON & COMPANY

—  
*All Rights Reserved*

Printed in the United States of America



## INTRODUCTION

This manual is based upon the experience gathered in this work at the United States Military Academy during a period extending over more than a generation, and upon the direct personal application of the results of this experience to approximately 200,000 men in our new Army, 37,000 of whom were aspirants for commissions.

In general, the manual is a revision of Special Regulations, No. 23, Field Training of the Soldier, a syllabus prepared by the author, and published by the War Department, by the direction of the Secretary of War, making it mandatory upon all to carry out this work in the service in accordance with these special regulations.

The reason for its publication at the present time is to meet the frequent demands made by those, in and out of the service, who having had a practical personal experience with this method, and who, realizing the present importance of physical training to our people in general, were kind enough to urge its publication in order that this method and any merits it may possess might become as accessible and wide-spread as possible.

To facilitate its application the subject has therefore been treated as simply and comprehensively, and with as much detail as possible, so that drill instructors of even limited experience, and the inter-

ested layman may follow it intelligently and be able to carry out its intent successfully. Wherever possible technical terms and professional terminology have been translated into every-day English.

Though the manual is intended primarily for the instruction of recruits in the service, civilians who expect to be inducted into the service, and those who do not but who are desirous to add to their general efficiency, will find it to their advantage to become thoroughly proficient in what it prescribes. By doing so select men will not only be physically fit and qualified to successfully meet the demands made upon them when they enter the service, but prepared to take advantage of any opportunity for early advancement that may present itself.

The manual will also adapt itself readily to the needs of schools, colleges and other institutions in which the object of bodily training is disciplinary and educational and not only physical.

## CONTENTS

SECTION	PAGE
I GENERAL OBJECT . . . . .	I
Efficiency of military establishments—Demands of modern warfare—Importance of physical training—Standard set by military requirements—Health and organic vigor determining factors—Development of recuperative and resistive powers—Health, strength and vigor a means—Discipline of the mass—Discipline to be voluntary—Definition of discipline—Relation between discipline and physical training—Summary of objects to be attained.	
II GENERAL SCOPE . . . . .	7
Scope of field physical training—Setting-up exercises—Conditioning and restorative exercises—Rifle exercises—Bayonet training—Vaulting and obstacles—Athletic contests and games.	
III METHODS . . . . .	10
The employment of various forms of training—Condition and aptitude of men—Classification of the men—Time devoted to training—The morning period—The afternoon period—The arrangement of instruction material—The disciplinary exercises—The setting-up exercises—Marching—Jumping—Double timing—Endurance runs—Contests—Group contests, games, etc.—Endurance course.	