

A MANUAL OF MARCHING

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A Manual of Marching by George A. Cornell & Elmer Berry

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GEORGE A. CORNELL & ELMER BERRY

**A MANUAL
OF MARCHING**

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By GEORGE A. CORNELL, '02

Edited by ELMER BERRY, '02

Instructor

International Young Men's Christian Association Training School
Springfield, Massachusetts

SECOND EDITION

Adopted as the Official Manual of Marching by the Y. M. C. A.
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BY GEORGE A. CORNELL, '08

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SCHOOL, SPRINGFIELD, MASS.

Preface.

The value of marching, from a normal standpoint, is becoming increasingly evident. The steady demand for a useful textbook has made a second edition of Mr. Cornell's Manual needful. In presenting this second edition it has not been thought necessary to make important modifications. A few new movements have been included, and an index has been added which it is hoped will increase the usefulness of the Manual.

During the last few years fancy steps have come to occupy an important place in physical training. They have an inherent hygienic value, as well as furnishing entertainment. The short chapter on "Fancy Steps" added by Dr. J. H. McCurdy will be found helpful and suggestive to those interested in such work.

ELMER BERRY.

* Reprinted from the Association Seminar.

TO VINDICATE MARCHING

Marching.

Alfred T. Halsted, M. D., says in his "Manual of Marching for Gymnastic Use": "A tour among the gymnasiums of our land would doubtless reveal as great a diversity of methods in handling men and boys upon the floor as in the character of the exercises given. Everything from the general rush for dumb-bells and the scrambling for 'spots' on the floor to the nearest approach to military methods possible would probably be found." Is this true to-day? It may be the case in a great many gymnasiums throughout the country, but I believe that in a larger number marching is carried on to a great extent; not, however, as much as it might be.

There are a great many objections that can be raised against marching in the gymnasium, and since these objections are strong ones, it seems to me we should consider them carefully, and, if possible, find out whether the benefits derived from marching more than offset these objections. No objections should keep us from doing our best work. It seems to me the strongest points that can be brought against marching are the following:—

First, lack of floor space; second, the physical director's inadequate knowledge of marching and his inability to give commands properly; third, the men do not stay in the gymnasium long enough to learn the different movements; fourth, men are not interested in marching.

Most of the gymnasiums and Association buildings that have been erected in the past ten years have made it a special point to have the gymnasium floor space large and clear of posts and all unmovable apparatus. There

are very few gymnasiums to my knowledge that have not floor space enough to give marching, and the chief reason that it is not given is that the physical director is not interested.

This brings me to my second point: the physical director has an inadequate knowledge of marching and lacks ability to give commands. We find that out of 257 Association gymnasiums only seventy-three of the physical directors employed have had a thorough technical training. In 122 college gymnasiums, only forty-one directors have had technical training; and out of fifty-nine preparatory schools, only twelve of the physical directors have had technical training. This probably indicates that most of these men know comparatively little about marching, and have had still less opportunity to lead and command classes. I believe that a large per cent of those who have had technical training, and do not have marching in their gymnasiums, lack that strong personality which would enable them to interest men in marching. It is a psychological fact that a physical director who takes no interest in marching is not able to interest his men in it.

The third point is that many men do not stay in the gymnasium long enough or come often enough to learn to execute the commands. This is a strong argument against marching. However, if the physical director sees that the new men are placed next to a regular attendant, this difficulty can be easily overcome.

The fourth objection is that men are not interested in marching. This is not true. Men may not be interested in the kind of marching they have, but I have seldom seen marching fail to arouse an interest in the men when given

by a leader who understood it thoroughly and gave commands in a correct and pleasing manner. When carried on in a military spirit they take great pride in doing it well. At the Bridgeport, Conn., Young Men's Christian Association, before Mr. Fish took charge, there was no marching because of some of the reasons mentioned. While he had charge they had ten to fifteen minutes' marching for every senior class.

Now that we have gone over the objections that are brought against marching, it seems fair to consider the strong points in favor of it. In the first place the physical director must have a thorough knowledge of marching and a strong personality that will take with boys. His commands should be given in a way that will show to the men his interest in the class. I found in leading the Middle Class at the Training School that if I went on the floor feeling blue or tired, it was impossible to get good work out of the class. If this is true with men who take marching as a part of their course and are interested in the theory of it, it is plainly seen how much depends upon the leader and his method of giving commands as well as his personality. With a strong leader there will be no trouble in having ten to fifteen minutes' marching during the lesson. It will give the men a more graceful and erect carriage, as well as a general knowledge of gymnastic tactics.

Strict military discipline aids the physical director in obtaining perfect control of his men. This is especially helpful at the beginning of the lesson. It is emphasized if the director has a clear, commanding voice. Marching