

**AN EASY SYSTEM OF
CALISTHENICS AND DRILLING,
INCLUDING LIGHT DUMB-BELL
AND INDIAN CLUB EXERCISES**

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An easy system of calisthenics and drilling, including light dumb-bell and Indian club exercises
by Thomas A. McCarthy

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THOMAS A. MCCARTHY

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BY

THOMAS A. McCARTHY,
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ETC.

FOR THE USE OF SCHOOLS AND PRIVATE FAMILIES.

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P R E F A C E .

A "Drilling Master" should be selected on the same principles which guide the selection of any other master, that is, he should be chosen because he is properly qualified for the duties he has to perform. No prudent parent would send his children to an unqualified school-master; neither would he think of calling in an unqualified medical practitioner to attend them in sickness.

“Drilling” is a profession, and requires special attainments, which all who profess it have not acquired; great care should, therefore, be taken to secure an instructor who has a thorough knowledge of his duties, and is assiduous in performing them.

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AN EASY SYSTEM
OF
CALISTHENICS AND DRILLING.

INTRODUCTION.

THE object gained by being instructed in "Calisthenics and Drilling," is a "graceful figure" and easy "deportment." Too much care cannot be taken in selecting the best exercises for that purpose, as there are various systems by which each "drill instructor" attains, or tries to attain, the required object. I have made a careful selection of the most useful, as well as the most simple, exercises—exercises that I have used for years, and that have the approval of all whom I have had the honour of drilling. There need not be fifty