

**MANUAL OF GYMNASTICS:
PREPARED FOR THE
USE OF THE STUDENTS OF
MT. HOLYOKE SEMINARY**

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Manual of Gymnastics: Prepared for the Use of the Students of Mt. Holyoke Seminary by
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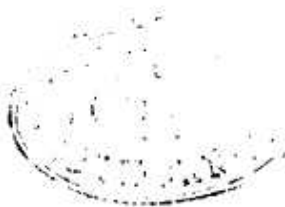
MANUAL OF GYMNASTICS

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BY CORNELIA M. CLAPP

INSTRUCTOR IN GYMNASTICS



1883

THE DIO LEWIS SYSTEM.

GENERAL PRINCIPLES.

POSITION. — Heels together ; toes out, so that the feet may form a right angle ; head erect ; shoulders and hips drawn back ; hands naturally at sides, unless otherwise specified.

TIME. — The system of numbering in the exercises is this : each strain consists of eight accented and eight unaccented beats, or what in marching would be eight steps with the left foot and eight steps with the right, and time is kept by counting the numerals from one to eight for the heavy beats, and for the light beats the syllable "and." The pupil always resumes, on the unaccented beat, the position with which he began the last preceding accented beat.

FREE GYMNAS'TICS.

These exercises are performed without apparatus. They are arranged in three series of equal length, and a chorus, so that, when a class shall have become sufficiently proficient, each of the three series may be performed at the same time, by different portions of the class, and the chorus by the class all together. Hands firmly closed and well back upon the chest. All thrusts are from the chest unless otherwise specified.

FIRST SERIES.

HAND MOVEMENTS.

- Ulnate*
mic;
1. Thrust right hand down from chest twice ; left twice ; simultaneous twice.
 2. Repeat No. 1, thrusting out at side.
 3. Repeat No. 1, thrusting up.
 4. Repeat No. 1, thrusting in front.
 5. Right hand down once ; left once ; drum beat (right a little in advance of left) once ; simultaneous once ; same out at sides.
 6. Repeat No. 5, thrusting up and in front.
 7. Right hand down once ; left once ; clap hands ; same out at sides.
 8. Repeat No. 7, thrusting up and in front.

FOOT MOVEMENTS.

9. Hands on hips ; divide a circle about the body, with a radius of from two to three feet, into eight equal parts, by stepping forward, diagonal forward, at side, diagonal back, etc., with right foot, keeping left knee straight and the feet at right angles, except last two steps, bending right knee each step.
10. Repeat No. 9 with left foot.
11. Same movement, alternating right and left.
12. Charge diagonal forward with right foot, advancing with three steps, bending right knee, left straight ; same on the left side ; same diagonal back on right side ; same left.
13. Repeat No. 12. Foot movements always performed quite slowly, with very slow time. "*Music in the Air*" is best.

BODY MOVEMENTS.

14. Hands on hips; twist upper body half round to right, then to left, alternately, stopping in front on unaccented beats.
15. Bend upper body to right and left.
16. Bend forward and back.
17. Bend body to right, back, left, front; then reverse, bending to left, back, right, front; repeat, becoming erect only on last beat.

HEAD MOVEMENTS.

18. Same as 14, except that the head alone is moved.
19. Same as 15, except that the head alone is moved.
20. Same as 16, except that the head alone is moved.
21. Same as 17, except that the head alone is moved.

MISCELLANEOUS MOVEMENTS.

22. Arms extended in front, thumbs up, raise hands about a foot, and bring forcibly to shoulders.
23. Arms horizontal in front; raise right hand to perpendicular over head twice; left twice; alternate twice, and simultaneous twice.
24. Thrust hands down, out at sides, up, in front, twisting the arms at each thrust; repeat.
25. Repeat No. 24.
26. Thrust hands to floor, not bending knees; then over head, rising on toes, opening hands at each thrust.
27. Hands at sides open; swing them over head, clapping them, at same time stepping right foot to left, and left foot to right, alternately.
28. Stamp left foot, then right; then charge diagonal forward with right; bend and straighten right knee; at same time throwing arms back from horizontal in front.
29. Repeat No. 28 on left side.

SECOND SERIES.

HAND MOVEMENTS.

1. Thrust right hand down and up alternately.
2. Repeat No. 1 with left hand.
3. Alternate, right going down as left goes up, and *vice versa*.
4. Simultaneous, both down, then both up, etc.
5. Thrust right hand to right and left, alternately, twisting body when thrusting to left.
6. Thrust left hand to left, and right, twisting to right.
7. Thrust both hands alternately to right and left, twisting body.
8. Thrust both hands to right four times, to left four times.

FOOT MOVEMENTS.

9. Hands on hips ; kick diagonal forward with right foot, three times, stamping floor on fourth beat ; same with left.
10. Kick diagonal back three times with right foot, same with left.
11. Repeat No. 9.
12. Repeat No. 10.

ARM MOVEMENTS.

13. Hands down at sides ; raise stiff right arm forward over head four times ; left four times.
14. Alternate four times ; simultaneous four times.
15. Raise stiff right arm sidewise over head four times ; left four times.

16. Alternate four times ; simultaneous four times.
17. Arms extended in front ; swing them back horizontally.

SHOULDER MOVEMENTS.

18. Hands at sides ; raise right shoulder four times ; left four times.
19. Alternate four times ; simultaneous four times.

MISCELLANEOUS MOVEMENTS.

20. Hands down at sides ; open hands and spread fingers four times ; out at sides four times.
21. Hands up ; open four times ; in front four times.
22. Mowing movement from right to left, and left to right.
23. Hands on hips ; throw elbows back.
24. Bend body down diagonal to right, and thrust right and left hands down alternately as near the floor as possible, four beats ; same bending diagonally to left side.
25. Repeat No. 24.
26. Swing arms around in front, clasping shoulders, right hand above, then left above, alternately.
27. Hands on hips ; stamp left foot, then right foot ; charge diagonal forward with right, sway the body, bending right and left knees alternately.
28. Repeat No. 27, diagonal forward on the left side.
29. Repeat diagonal back on the right side.
30. Repeat diagonal back on the left.

THIRD SERIES.

ATTITUDES AND PERCUSSION.

1. Hands on hips ; stamp left foot, then right ; charge diagonal forward with right foot ; inflate the lungs.
2. Remaining in the attitude, percuss the upper part of the chest.
3. Repeat No. 1, diagonal forward left.
4. Repeat No. 2.
5. Repeat No. 1, diagonal back right side.
6. Percuss the lower part of the chest.
7. Repeat No. 1, diagonal back, left side.
8. Repeat No. 7.

HAND MOVEMENTS.

9. Hands clasped behind the back ; raise and thrust down.
10. Hands down at sides, thumbs out ; twist hands half round, four beats ; hands out at sides, thumbs back, twist hands half round.
11. Hands above the head, thumbs in, twist hands half round ; hands in front, thumbs out, twist hands half round.
12. Palms together in front, slide right and left hand forward alternately, elbows straight.

SHOULDER MOVEMENTS.

13. Hands down at sides ; describe forward circle with right shoulder four times ; left four times.
14. Alternate four times ; simultaneous four times.