

**CALISTHENICS AND
LIGHT GYMNASTICS FOR
HOME AND SCHOOL**

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Calisthenics and Light Gymnastics for Home and School by Alfred M. A. Beale & S. M. Spedon

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ALFRED M. A. BEALE & S. M. SPEDON

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BY
ALFRED M. A. BEALE.

PROFUSELY ILLUSTRATED
BY
S. M. SPEDON.



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PREFACE.

THIS little work is in nowise intended to be a technical treatise, but is simply an endeavor to present in a plain, easily-understood manner those exercises which are particularly suitable for children either in classes at school, or at home individually.

The exercises will be found arranged in such manner as to follow each other as they become more difficult, beginning with the simple movements of the limbs and body, without apparatus, and ending with the most difficult and at the same time most useful of accomplishments--swimming.

Of late years, much has been done to render calisthenic exercises not alone useful, but also beautiful, and the result has been the production of "Broom Drills," "Handkerchief Drills," "Fancy Marches," etc., performed by young ladies or children, with the greatest success. It has been the author's endeavor to present these exercises in the most concise manner, to the end that they may be taught and acquired without confusion or misunderstanding on the part of teacher or pupil.

As a work of this kind would be useless without drawings illustrating the various movements, and still

more useless if the illustrations were imperfect, it became necessary to resort to instantaneous photography. By this means each exercise was accurately photographed from the living subject. The excellence of the wood-cuts, which were drawn from the photographs, is due to the skill of Mr. S. M. Spedon, to whom the writer is much indebted for his hearty co-operation in a somewhat difficult task.

Although conscious that all that can be done has been done to make this work both instructive and interesting, it is with trepidation submitted to those awful little critics, the children.

ALFRED M. A. BEALE.

NEW YORK, 1888.

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