

**JACKSON'S GYMNASTICS  
FOR THE FINGERS  
AND WRIST, BEING A  
SYSTEM OF GYMNASTICS**

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Jackson's Gymnastics for the Fingers and Wrist, Being a System of Gymnastics by Edwin Ward Jackson

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**EDWIN WARD JACKSON**

**JACKSON'S GYMNASTICS  
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SYSTEM OF GYMNASTICS**



*In preparation.*

**A HAND-BOOK OF BODILY EXERCISES**, based upon A. Ravenstein's "Volks-Turnbuch," and edited by E. G. Ravenstein, F.R.G.S., &c., President of the German Gymnastic Society of London, and John Hulley, Director of the Athletic Club, Liverpool. In one volume, 8vo, pp. 400, and 700 woodcuts.

This will be the most complete work on Gymnastics and all descriptions of bodily exercises ever published in the English language.

**CONTENTS:** History of Gymnastics—Constitution of Gymnastic Societies—On the manner of conducting the Exercises—Distribution into Squads—Training of Instructors—Gymnastic Festivals and Competitions—Sanitary Rules—Exercises without apparatus—(free exercises, walking, running, co-operative and *facto*-gymnastical exercises, wrestling, boxing, &c.)—Exercises with portable apparatus (wands, dumb-bells, clubs, bars, &c.)—Exercises at fixed apparatus (rack, parallel bars, horse, buck, climbing and escalading, leaping and vaulting, swings, &c.).

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LONDON: N. TRÜBNER & CO., 60, PATERNOSTER ROW.

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**GYMNASTICS FOR THE FINGERS AND WRIST.**



# JACKSON'S

GYMNASTICS FOR THE FINGERS AND WRIST,

BEING

A SYSTEM OF GYMNASTICS,

BASED ON ANATOMICAL PRINCIPLES,—FOR DEVELOPING AND  
STRENGTHENING THE MUSCLES OF THE HAND; FOR MUSICAL,  
MECHANICAL, AND MEDICAL PURPOSES.

With thirty-seven Diagrams.

LONDON :

N. TRÜBNER & CO., 60, PATERNOSTER ROW.  
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The whole of the Engravings contained in this work were executed for the author by Berndt, in Berlin, July, 1864.

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The apparatus referred to in this work may be had, price 3s. 6d., of Messrs Metcaler & Co., 25 to 28, Great Marlborough Street, W.



JOHN CHILDS AND SON, PRINTERS.

## PREFACE.

THE subject of this little work develops, on anatomical and physiological principles, a system of Gymnastics for the Fingers and Wrist, the object of which is—, to lay a solid and scientific foundation for the acquisition of technical skill in the fingers and wrist, as applied to the playing on musical instruments and to finger-work generally.

For a detailed account of the circumstances under which this system was discovered, I refer to the Introductory Remarks, wherein I have explained the process of reasoning and the series of experiments, which enabled me to arrive at the results I have now the pleasure of submitting to the consideration of my countrymen ; more especially to all those among them who are en-

gaged in musical pursuits, or any other work requiring the constant use of the fingers.

I may simply state that both the scientific principles and the practical utility of this system of Gymnastics—, after having been subjected to the test of numerous experiments—, have met with the approval of the highest anatomical, musical, and gymnastic authorities of Germany; at whose special solicitation I was induced to make these discoveries known by means of public and private lectures—, delivered gratis in the German language in many German cities—, during a journey undertaken at my own expense, in the course of the summer of 1864.

I gladly avail myself of this opportunity to return my best thanks to Professors Hyrtl, Virchow, Herrmann Meyer, and Griesinger; to Drs Richter, C. C. Carus, J. V. Carus, Berend, and Angerstein; to Professors Moscheles, Kullak, Stern, Geyer, Kittl, Joachim, and Lanterbach; to Capellmeister Taubert, Ferdinand Hiller, Lachner, Strauss, Abenheim, Täglichsbeck, and Meyer; to Concertmeister F. Schubert, Carl Baermann, Scholtz, Singer, Grün, and many others whom space precludes