

## b. Sabreing.

- (1) Stick handling with either or both hands.
- (2) Fundamental slashes and parries with movement to either side.

## c. Personal contests.

- (2) Novelty contests such as are described in the War Department Training Circular No. 87 and in Paragraphs 35 and 76 of F. M. 21-20 add zest and interest to the day's work and are valuable in developing body control and competitive spirit.

## d. Actual competition.

- (1) At first the various maneuvers employed in this part of the program should be practiced as exercises. Later, when sufficient skill is acquired, trainees may be paired off for actual competition, under adequate supervision, in some phases of the work.

3. Gymnastics and Obstacle Courses.

- a. The chief object of instruction in this area is the development of the kinesthetic sense, balance, and certain kinds of body control, particularly while supporting the weight by means of the arms and hands. It is also one of the best types of activity for the much-needed development of the upper body.
- b. Exercises utilizing the horse, parallel bars, horizontal bar, ropes and mats should be stressed and they should be planned with a view to being of use in surmounting the physical obstacles that may be encountered in the field.
- c. This phase of training naturally culminates, during the latter part of the term, in work on the obstacle course in which most of the skills previously learned as exercises are utilized in a more practical way. Since obstacle courses are not uniform standards of achievement should be established locally, with a minimum performance requirement for all trainees.

4. Team Sports

- a. The will to win through coordinated team play and discipline is the first objective in this area.
- b. Teams should be evenly matched with incentive to develop hard, aggressive play and a fighting, competitive spirit.
- c. Other objectives are the improvement of cardio-respiratory endurance, speed and agility, and the development of the large muscle groups, particularly of the legs.
- d. The list of sports which may be employed is limited only by the availability of facilities and equipment and by trainee interest. However, experience has shown that the following games, while affording the values desired, have, in the past, been most easily adaptable to general participation by large numbers.

Soccer, speedball, touch football, modified football, basketball, volleyball, baseball.