

Hoch Auditorium (three weeks)

1. Running

- a. wind sprints
- b. reverse directions
- c. stops-starts
- d. run with knees high
- e. response drills
 - 1. stop-go-right-left-squat
prone-reverse
 - 2. zigzag run

2. Conditioning exercises

- a. exercises suggested by the Physical Fitness Institute.
- b. other calisthenic exercises

These exercises should be given at a brisk tempo over a period of 8-10 minutes preferably at the beginning of the class, or at the end of the running period.

3. Ranger Activities

- a. these activities are so called because they are patterned after movements which ranger troops use.
- b. formation

- 1. single or double circle each man about 8 ft. apart. instructor in circle.

- c. Each exercise is performed for 10-30 second period as the circle moves around the instructor. On the command "Relax" the circle continues to move on walk or run till the command "Start" is given for a new exercise.

d. exercises

- 1. walking on all fours
- 2. leap frog
- 3. bear walk
- 4. duck waddle
- 5. squat jump
- 6. indian walk
- 7. crouch run
- 8. straddle run
- 9. knee raise run
- 10. hop

4. Carries

- a. pair off, ones carry twos

- 1. firemans carry
- 2. cross carry
- 3. single shoulder carry
- 4. arm carry

5. Relays

- a. add interest and competition to program
- b. distances should be long enough to make for vigorous effort.
- c. not more than 8 men on a team

- 1. shuttle relay
- 2. jump stick relay
- 3. duck waddle
- 4. ~~back~~ing
- 5. crab-walk
- 6. wheelbarrow
- 7. horse and rider
- 8. others

6. Boxing

- a. fundamentals of boxing are valuable, especially the foot work and thrusts.
- b. should give expert supervision and control.
- c. the following skills are of value and are suggested for practice.

- 1. on guard
- 2. footwork
- 3. advance and retreat
- 4. side stepping
- 5. thrusts
- 6. straight right or left
- 7. hooks right or left

- 7. There is a tendency for beginners in boxing to slug, caution against slugging.