

Push-up Dip. Get down on all fours with the body extended parallel to the floor and with fingers and toes supporting the body. Without letting the abdomen, chest, or thighs touch the floor, execute a full dip. Then push up and dip again. Without allowing the hips to sag, repeat this exercise twelve times.

Full Squat Dip. Stand in upright position. With arms extended laterally to perfect the body balance, extend the right leg to the front and sink slowly on the left foot to a full squat. Without touching the floor with the hands or with the extended leg, put entire weight on left leg and thigh, and depend upon the strength of the knee and the hip joints to bring the body again to an upright position. Finish with a rising skip. Repeat this exercise, three times on each leg, twice daily.

All these setting-up exercises should be slowly stretched through, quite after the manner of a contented cat before a fire. Plenty of stretching keeps the spine supple and the body youthful.

Nothing is better than open-handed boxing for the development of timing, footwork agility, body weave, and quick change of pace. Boxing teaches the follow-through more readily than any other sport. Its quick emphatic changes from offense to defense are comparable to basketball movements. A clever basketball player is generally a fine boxer. Footwork, headwork, and handwork are the prime essentials of both sports. In shooting or in guarding too few players are loose enough in their hips. Too few bend their knees sufficiently; they stand straight up and lock their knees.

Economy of defense is best emphasized by the boxer's stance. The boxer gives ground grudgingly as he simulates the movements of the ape man. Also, he springs quickly forward to the offense, ready to take every physical advantage to be gained through alertness and agility.

Boxing develops every fundamental movement vital to basketball. There