

through both eye and ear, the instructor giving explicit directions for each exercise and demonstrating it. The instructor must be completely familiar with the execution of the ten exercises; he must be able to give a perfect performance. He must also master the technique of giving the instructions. Each exercise is demonstrated only once, and the pupils must all perform it before the next exercise is introduced. The subjects must not imitate their classmates; they imitate only the instructor. The exercises are as follows:

1. Straddle Jump.

Hands on hips. Start with feet together in first center target. Jump astraddle to first two black squares. Return to feet-together position on second target. Proceed thus across mat in regular jumps, finishing on the finish target.

2. Stagger Skip

Hands on hips. Start with feet together in front of the right lane. Step with left foot on first center target and hop, still on left foot, to first black square on left. Step with right foot to second center target and hop, still on right foot, to second black square on right. Continue in regular skips across mat.

3. Stagger Jump.

Hands on hips. Feet together throughout the exercise. Start with feet together in front of right lane. Jump obliquely with both feet to first black square on right, then to second white square on left, finishing on finish target.

4. Forward skip, holding opposite foot from behind.

Start with feet together before either right or left lane (optional). Step with right foot into first white space, raising left foot behind and taking it with right hand behind right thigh. Hop in this position on right foot to first black space. Release left foot, step with left foot to second white space, lifting right foot behind and taking it with left hand behind left thigh. Hop in this position on left foot to second black space. Continue thus across the mat.

5. Front Roll

Disregard all black markings and perform in the red lane. Start outside of chart in front of center lane. Perform two front rolls, the first within the limits of the first half of the lane, the second within the limits of the second half, never touching or over-reaching the red lanes.