

Exercise 5

Starting position: Attention.

Counts 1-4: Walk forward on toes.

Count 5: Drop to full knee bend.

Counts 6-8: In deep knee bend position, spring in place  
3 times. 4 to 8 times.

Exercise 12

Starting position: Arms raised sideward to shoulder height  
and feet about 24 inches apart.

Count 1: Bend and twist trunk to left, touching right hand  
to outside of left foot. Look up at left hand.

Count 2: Return to starting position.

Count 3: Repeat 1 to the right.

Count 4: Return to starting position. 16 to 24 times.

Suggestion for teachers

1. Insist on good form, i.e., exactly as described, and with energy in each movement.
2. Increase the number of times each exercise is performed, and the capacities of the individuals develop.
3. Sustained effort without rest or pause between exercises must be maintained. Each exercise must be thoroughly learned before going on to the next one. When the drill is memorized, then all the exercises should be done without stopping.
4. The class must master "unit a" before progressing to "unit b" and likewise "units a" and "b" before progressing to "unit c".
5. To master "unit a" means that the class is able to do better than the minimum set for each exercise before "unit b" is begun. Continue to increase the number of times in "unit a" as "unit b" is added. The same procedure is to be followed in adding "unit c".
6. Demonstrate each exercise before asking the class to do it. Correct demonstration is more valuable than a lengthy explanation.
7. Give commands clearly and concisely. The tone of voice can help materially in stimulating the class to action.
8. Observe the class from all angles, commenting on the good performance, correcting the faulty one. Urge all to better performance.
9. Encourage the improvement of performance by individual practice at home.