

Formation

Open order. Form closed order in a column of 3's and 4's. On the command, 1, extend to the left. 2, MARCH, all raise arms sideward and run to the left until they are at least twelve inches between finger tips. The boys on the right flank stand fast. "COVER" (i.e., straighten lines from front to back) and lower arms to sides. This is one of the many ways of opening order. See War Department Basic Field Manual, F.M. 21-20. Physical Training, March 6, 1941, p. 24, for another method.

Unit One

Exercise (1).

Starting position: Stand with feet about a foot apart, knees slightly bent, arms raised backward.

- Count 1 - Swing arms forward and jump upward.
- Count 2 - Swing arms backward and jump upward.
- Count 3 - Swing arms forward, upward and jump upward about 1 foot.
- Count 4 - Swing arms backward and jump upward 5 to 12 times.

Exercise (2)

Starting position: Position of attention.

- Count 1 - Squat rest, (a squat rest is a deep knee bend with hands on floor in front of feet.)
- Count 2 - Extend legs backward to front leaning rest, (the body is straight from shoulder to feet, weight supported on hands and toes).
- Count 3 - Return to squat rest.
- Count 4 - Return to attention. 12 to 25 times.

Exercise (3)

Starting position: Feet slightly apart, and elbows bent with fists at shoulders.

- Count 1 - Bend knees deeply and thrust arms forward, keeping body erect.
- Count 2 - Return to starting position.
- Count 3 - Bend trunk forward, and thrust arms downward, touching toes, keeping knees straight.
- Count 4 - Return to starting position. 10 to 20 times.

Exercise (4)

Starting position: Lie on back, arms stretched sideways.

- Count 1 - Raise legs slowly swinging them over head and touching toes to ground above head.
- Count 2 - Lower legs slowly to starting position. The count is slow; 10 to 20 times.