

5. Hurdling Wall, 2 feet 6 inches wide, 3 feet high.

6. Scaling Wall, 7 feet high, with sand and sawdust pit.

7. Crouching Cage, 4 feet high, 20 feet long.

8. Broad Jump Pit, 12 feet.

9. Vaulting Fence, 4 feet high.

**GRENADÉ THROW:** As shown in the pictures on page 16, the grenade throw is a combination of a shot-put and a catcher's peg. Bring the right arm up until the elbow is on line with the shoulder. Keep the palm up, close to or touching the shoulder. At the same time extend the left arm, palm down and pointing toward the target. The weight is on the right foot, while the eyes sight along the left arm. Throw the right arm upwards, as in shot-putting, but straighten it out and follow through as

you would in throwing a baseball.

**HURDLING:** In the pictures below, the athlete is taking a low hurdle. The idea is to hurdle the obstacle with as little break in the stride as possible. This the hurdler does very nicely. He makes perfect use of his arms and legs. As his left leg goes over the barrier, his right arm is thrust forward. But as soon as the lead leg is whipped down, as shown in the last picture, the right arm starts going back and the other arm forward. This is the type of arm-work used in ordinary walking — opposite arm and leg always forward.

There are several points worthy of attention: Note that the leg is not kept stiff as it is thrust over the hurdle, but is slightly flexed and that there is no exaggerated body lean. The head is up and the body angled forward as in sprinting.

**START**

