

neck straps. Men going to sea get a lot of abandon ship. Use competition and relays whenever they can.

Men get little pleasure - are catching hell most of the time.

"I never studied so hard as I did the first six weeks."

Now take all physical instructors in as apprentice seamen.

Every night for 5 weeks from 7 to 8:30 spent in gym.

1. El. Boxing
2. El. Wrestling
3. Tumbling
4. Rope Climbing
5. Judo
6. Games - relays
three deep
towel swat
7. Use body building exercises and proved in the boot camps by tests that men with poor and broken bodies can be built up.
8. Fire pistols, 20 m.m. and 3 m.m. guns.

Young kids bounce back fast. "A young boy in my platoon cried a lot." Had a problem getting him adjusted.

Proper food, exercise and plenty of sleep (at least 8 hours) is regimen of Navy.

Food is good and feed you entirely too much. White bread, plenty of butter and marmalade, good coffee to officers, to boys a hybrid coffee. Cereals, oatmeal, cracked rice, mush, chicken once a week, steaks, beets, beans, desserts are ice cream or cake.

Man going to sick bay is always permitted to go, else officer might be liable for court martial if something happened to man.

Play a lot of softball and men like it. Also have tumbling classes. Tumbling very important for man in combat, i.e. falling down, rolling, diving, etc. Feel that tumbling is much more important than judo.

Showed 15 exercises used in the Navy.

Pay particular attention to stature -

Kyphosis
Lordosis
Scoliosis
Protruding abdomen

Are graded on posture.