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Watson s Manual of Calisthenics; A Systematic Drill-Book Without Apparatus, for Schools, Families, and Gymnasiums. with Music to Accompany the Exercises

By James Madison Watson

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1882 Excerpt: .motions. Second Position. No. 111.--At the command, Second--Position, the student will take the position of Fig. 48. No. 112.--The movements of this Flq-47 position correspond to those of No. 110; but the eight motions from the right side are made by throwing the arms up, as represented by the dotted part of Fig. 48. Eight corresponding upward motions are made from the left side, the motions to recover the commencing position being unaccented. These are the motions of a chopper, who is chopping into a tree as high as possible above his head. Third Position. No. 113.--At the command, Third--Position (Sawing), the student will take the position of Fig. 49, in which the body is bent slightly forward, inclining to the right, and principally supported on the right foot; the arms are bent at the elbows, and the left fist is held higher than the right,...



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Reviews

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