

LIST OF PLATES.

PLATE.		TO FACE PAGE—
XX.	Lining a road ..	.. 266
XXI.	The musket ..	.. 390
XXII.	Standing load ..	.. 402
XXIII.	Standing aiming ..	.. 403
XXIV.	Kneeling load ..	.. 409
XXV.	Kneeling aiming ..	.. 410
XXVI.	Parts of revolver ..	.. 433-36
XXVII.	The grip ..	.. 445
XXVIII.	For inspection draw revolver ..	.. 454
XXIX.	Rest ..	.. 456
XXX.	Ready ..	.. 459
XXXI.	The figure target ..	.. 465
XXXII.	The disappearing figure head target ..	.. 466
XXXIII.	The recover ..	.. 469
XXXIV.	" Carry " sword }	
XXXV.	" Slope " sword }	.. 470
XXXVI.	} The salute	
XXXVII.		.. 475

Manual of Drill for the Bengal Police—Volume II.

CHAPTER XIV.

Street Lining.

SECTION I.

DETAILS OF INSTRUCTION.

1. The Officer Commanding a company detailed for street lining will first inspect his men to see that they are clean and properly dressed.
2. He should form the company in column, being very careful that Nos. 2, 3 and 4 platoons each contain an even number of men and ending with an even number of the left flank of each section.
3. Should an odd number of men be on parade, No. 1 platoon must contain the blank file.
4. On arrival at the street required to be lined (or before if possible) he should ascertain the distance from point to point which his men have to guard.

5. By dividing half the number of his men into the number of yards (counting 120 paces as equal to 100 yards) he will be able to determine what interval will be required between men on both sides of the road. For example:—If he is ordered to line both sides of a road 1,000 yards in length with a company of 120 men, the distance divided by half the company, viz., 60 men, results in an interval of 20 paces between each man on each side of the road, but as the men move off in single file, going alternately to the right and left, his command would be for 10 paces only.

6. He is responsible that his Platoon Commanders report to him regarding the safety of the route guarded by the men under their command.

7. Before the commencement of the movement he should assemble his Platoon and Section Commanders and give them all necessary instructions, including the distance between the inner and outer lines, when four-lines are to be formed.

8. Each Section Commander will then (under the supervision of Platoon Commanders) inform the men of their respective sections of orders received.

9. Section Commanders are responsible to the Officer Commanding their platoon, for the whole portion of the road lined by their men,

and will submit all reports to him. After extending, they are also responsible for the interval and dressing of the men of their sections.

10. With the assistance of the men of their section they should search all likely places where bad characters may be concealed before reporting to the Platoon Commander.

11. They should arrest and send under escort to the Platoon Commander any suspicious person found in their respective portions of the route.

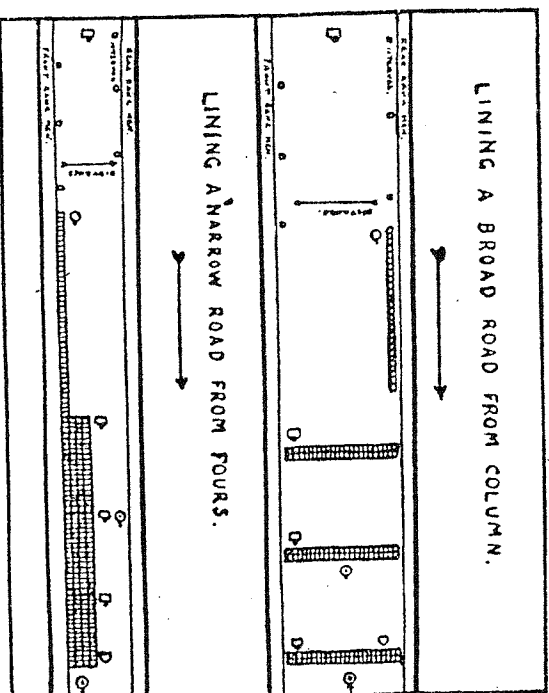
12. Platoon Commanders will generally supervise the work of their Section Commanders.

13. They will forward to the Officer Commanding any suspicious characters sent to them by the Section Commanders.

14. They must report personally to the Officer Commanding the route guarded by their respective half-companies.

15. The formation for street lining will depend on the width of the road. If wide enough, it should be done in double lines on either side. Outer ranks (the odd numbers) facing outwards and inner ranks (the even numbers) facing inwards. If not wide enough, it must be done in two lines only, the odd numbers facing outwards if ordered by the officer-in-charge to do so.

Plate XX.



16. If the street, on arrival of the company to line it, is crowded, the Officer in Command will clear it as shown in plate XX with sections Nos. 3, 2 and 1 as they proceed along it.

SECTION II.

COMMAND OF OFFICER-IN-CHARGE.

1. Clear and line the road extending from the rear at.....paces interval.....paces distance. Front rank to the right, rear rank to the left, in 2 (or 4) lines, even numbers, facing inwards (as required). Company by the left, quick-march.
2. Interval means the number of paces between the front and rear rank men when extending from single file.
3. Distance means the space between the odd numbers of the front and rear rank men.

SECTION III.

COMMAND OF PLATOON COMMANDERS.

1. On the Company Commander giving the order **Quick-march** from column, all, except the rear platoon, will advance in

column and clear the road, as shown in Plate XX and the Commander of No. 4 platoon will at once give the following orders:—

2. **No. 4 Platoon, left turn, right wheel,** and when the wheel is completed, **form single file** and continue as laid down in para. 13 of this section.

3. When No. 4 Platoon is fully extended, No. 3 Platoon will give the same commands, and so on, for Nos. 2 and 1 in succession.

4. As each platoon completes the movement the Platoon Commander will at once give the order **Even numbers about turn, paces forward-march**, when the double line on each side will be formed and dressed.

NOTE.—On drill parades the four lines may be formed by the whole company together on the sound of one "G" on a bugle.

5. If the order is for 2 lines only, and in the event of the public being permitted on either side of the road outside the lines, then as the men take their places, if the Company Commander so desires, the Platoon Commander will give the order *Even numbers about turn*, and, having dressed the line, the whole line will stand fast with odd numbers still facing outwards.

Note to para. 4 also applies here. The even numbers turning about on the bugle sounding.

Chap. XIV. Sec. III.]

6. If the road is so narrow that the public are not allowed outside the line at all, then, as soon as the first movement is completed, the Platoon Commander will simply give the order **about turn**, so that all are facing inwards, dress the line and stand fast.

Note to para. 4 also applies here, the whole turning about on the bugle sounding.

7. In the event of the road being too narrow to move in column, the company will be formed in line on the road, when the movements can similarly be carried out from column of fours, No. 4 platoon leading. On the Company Commander's order **Quick-march** the Platoon Commander of No. 1 must at once order his platoon to **form single file**. Nos. 2, 3 and 4 Commanders will do the same when the section in their rear is fully extended and in making the movement from either column of platoons or column of fours; it must be remembered if there is a blank file, he must be in the leading section. [See Section I, para. 2, which applies to Nos. 1, 2 and 3 platoons when extending form fours.]

8. Platoon Commanders must remain in rear of their respective platoons and will supervise and see that the men keep correct intervals when extending.

9. All ranks, as soon as they are extended, should take up their dressing from the rear section.

10. In advancing in single file for street lining Constables must take great care that the proper fronting distance is maintained. The rear rank men must always form behind the front rank men.

11. They must take particular notice of the number of paces "Interval" and "distance" ordered.

12. Intervals will be gained from the rear when advancing in single file. Each man on arriving at the proper place will halt *and at the same time* tap the Constable in front smartly on the back. He will then proceed to take up his distance.

13. When ordered by the Platoon Commander to form single file, all the men of the platoon will be on the left side of the road, therefore, to obtain the distance ordered, rear rank men, after obtaining their intervals, must halt and turn to the left (outwards), whereas the front rank men, when their intervals have been obtained, will turn to the right, march the number of paces distance ordered, halt and take up dressing from the rear platoon, but, in extending from fours, the front rank men will turn to the right and halt, and the rear rank men to the left, and march the number of paces distance ordered.

14. If armed with muskets or lathis, they will at once come to the order on arrival at

their places. They will not salute unless ordered to do so but, if standing at ease, and an officer passes, they must spring smartly to *Attention*.

15. On obtaining their intervals Constables must, however, take their dressing from the rear platoon, being careful not to move to their right or left in doing so.

16. To carry out the extension properly, it is most important that on receiving a tap on the back from the man in the rear, the one in front should at once commence counting up the paces interval ordered.

17. In the event of troops taking part in the lining of the road they will invariably form the inner line.

SECTION IV.

CLOSING ON ORIGINAL POSITIONS.

1. On completion of these duties, if it is required to reform the sections in their original positions in column, the Company Commander will signal or order the **close** accordingly.

2. This command or signal will be passed along by Platoon Commanders until it reaches

No. 1 Platoon Commander, who will then give the order **Inwards about wheel, double-march.**

3. The front and rear rank men of No. 1 Platoon, at the end of the line, will at once slope arms if armed with muskets or lathis, wheel inwards about and proceed at a steady double towards the right flank of No. 4 Platoon, both ranks keeping on their respective sides of the road, and being careful to maintain a proper fronting distance, and all Constables will regain their places as a company in two ranks in file, when the rear of their platoon arrives at the spot where they are posted.

4. On the leading file of the company reaching the right hand man of No. 4 Platoon the Officer Commanding will order **Inwards about wheel.** The leading files will wheel as ordered and the front rank close in until the rear rank is two paces from it, the rear files covering the leading files. On the leading file of each platoon arriving at its original point in column, Platoon Commanders will order—**At the halt, on the right, form—platoon.**

5. In closing to the original position when in fours, No. 4 Platoon Commander will give the order for the first inwards about wheel on the signal or order to **close.** After the second inwards **about wheel** (which will be given by

the Company Commander), when the leading file of No. 4 Platoon reaches the spot where it first moved off, **company halt. Right turn.**

6. If it is desired to reform column at the other end of the road, in order to proceed in that direction, the Officer in Command will instruct the Platoon Commanders accordingly before giving the Order to close.

(a) If the company is in two lines with the odd numbers facing outwards, the Platoon Commanders will give the order **odd numbers—about turn.**

(b) If the company is in four lines with the odd numbers facing outwards, they will give the order **odd numbers, about turn,.....paces forward—march** and then (for both these formations) **ranks, right and left turn, quick march,** when the front rank will turn to the right and rear rank to the left. **Front rank left incline, double-march,** and when two paces from the rear rank, **right incline, quick-march.** The Commander of the leading platoon will then order **mark time in front,** and when his platoon has arrived at the correct interval in file, **at the halt, on the right, form platoon,** Nos. 2, 3 and 4 conforming as their leading file arrives at column distance from the platoon in front. If it is desired to close at this end of the road when in fours the same orders as when closing to column

will be given, except that No. 4 on arriving at correct interval in file the order will be **platoon halt. Right turn. Left dress.** Nos. 2, 3 and 1 carrying out the same when each arrive at their respective places.

SECTION V.

FORMING A SINGLE LINE IN THE CENTRE OF A ROAD FOR CONTROLLING EXTRAORDINARY TRAFFIC.

1. This movement should also be carried out from a company in fours left leading and formed up in the centre of the road.

2. After forming fours and turning in the required direction the Company Commander will order—

Line the centre of the road in one line, front rank facing right, rear rank facing left, at... paces interval. Company, by the right, quick—march.

3. The Platoon Commanders will be responsible that the men have their proper interval and are facing the required direction. Their positions will be as before detailed when extending.

4. In extending the same orders, as laid down for lining a narrow road will be given

by the Platoon Commanders on the company moving off in fours.

5. On closing to the original position the front rank men will turn to the right and rear rank men to the left, or *vice versa*, if it is required to form up the company at the other end of the road and reform company as in closing from extended order drill, except that, if carrying muskets or lathis, they will come to the slope and close at a steady double.

6. When controlling traffic they should see that the rules of the road are observed, *i.e.*, each carriage should keep to the left, and not be driven in a careless manner. No carriage should be allowed to stop and hold up those in rear, or leave the line with a view to getting in front of others.

7. Where the road is broad enough and heavy traffic is permitted, all bullock carts, etc., should be made to proceed only on the extreme left of the road on either side, so as not to interfere with carriages, etc. Platoon and Section Commanders will supervise as usual and report any unusual occurrence to the officer-in-charge.

CHAPTER XV.

Physical Training.

SECTION I.

INTRODUCTORY.

1. The Chief objects of Physical Training are:—

- (i) To teach the recruit so as to produce a high standard of physical fitness by co-ordination of mind and muscle and to exercise the Trained Constable so as to maintain this condition of physical efficiency.
- (ii) To counteract the unbalanced development of muscle which would otherwise result from his ordinary everyday duties.

This implies the attainment of a high degree of co-ordination of Hand, Foot, Ear, Eye and Brain, so that the Brain, even under the stress of nervous excitement, shall be in a condition to receive a superior's orders and to transmit them immediately to the muscles concerned.

2. For the full realisation of human effort the body is best considered as the instrument of the mind. Our aim should be, therefore, to increase the efficiency of the mind, through the agency of an effective body. With this object in view, the daily work of the constable should include Physical Training, not merely for the sake of developing his physique, but to train and influence his mind and develop the character.

3. Probably the highest ideal at which the modern system aims is the creation of the "team spirit," coupled with the maximum moral, mental and physical development of the individual. This is borne in mind in the formal exercises laid down and finds its fullest development in the games that have become, not merely an adjunct to, but an integral part of the whole system. The object of all organised games should be to promote a well-balanced muscular and nervous system, rather than an over-development of physical strength. At the same time, they should serve as a means of character training. In this connection it should be remembered that a too long-maintained *outside* control tends to weaken the individual character.

4. In short, Physical Training, being a highly important element in the training of

mind, is a *powerful aid to all forms of training*. This conclusion is based on the following considerations:—

- (a) The activities of Physical Training regarded merely as such, apart from any mental co-operation, aid in the healthy functioning of the senses—the *gateways of knowledge*.
- (b) The constant call for self-effort and self-restraint, for co-operation and harmonious working with others, all so needful to the correct execution of physical exercises and for playing organised games, helps to foster unselfishness and the promotion of the "team spirit."
- (c) Physical Training helps to ensure that every action, which a policeman may be called upon to perform, is carried out with as little useless dissipation of energy as possible (*economy of effort*). By this is meant, not a diminution of effort but a proper direction of energy along the best lines to produce work. Every part of the body has its own rhythm of activity and all movements should possess a characteristic speed and rate of progression. In order to

avoid unnecessary fatigue, a suitable rhythm should be established for the particular work in hand (*e.g.*, in a long route march: In setting the pace, the nearer to perfection that is reached in the way of rhythm, the more easily and untiringly will the march be performed).

5. The order in which the exercises are placed in the Table (*vide* Section XV) is the order in which they will be normally performed except when deviations from the Table are necessary for particular reasons.

The practical reasons for this are:—

- (i) The order is the best and most practical for obtaining the fullest benefit.
- (ii) Short periods of comparative rest are arranged for by taking exercises of varying strength and effect, alternately.
- (iii) It is possible to put more work into the time available for the Table when the exercises are taken systematically in an order definitely arranged beforehand.
- (iv) The work is performed more easily and with better advantage when the exercises are arranged, as indicated, with steady progression from easier

to harder, and the passage from rest, or easy work, to hard work and back again is not too sudden.

SECTION II.

HINTS TO INSTRUCTORS.

1. *Recruits to be given rests.*

(i) In the early stages of their training, recruits will never be kept too long without being given a rest.

(ii) They will always be ordered to "stand easy," while waiting for other men of the squad to perform an exercise.

They will at the same time be directed to watch their performances and take note of the instructor's remarks and corrections.

2. Strength of recruits not to be over-taxed.

(i) Recruits must never be kept too long in one position, especially a constrained one.

(ii) An exercise will not be performed so many times that it becomes wearisome, nor must the strength and

endurance of recruits be pushed to extreme limits. Directly recruits lose the correct position of an exercise through fatigue, not only is the beneficial effect of the exercise lost, but definite harm may be done.

3. *Progression.*

Keeping in view the important principle of gradual and easy progression, the instructor must ensure that in addition to progression in the amount and strength of the actual muscular work there is also progression in accuracy and precision of execution and in activity and quickness of movement.

4. *Economise time.*

Time is one of the instructor's greatest enemies and to get the fullest value from the period not a moment can be wasted. This can be achieved as under:—

(i) By having a detailed knowledge of the Table to be taught. During the period he should have the Table Card with him, but he must not consult it more than is absolutely necessary and then only when the squad is *standing easy* and never when the recruits are at *Attention* or during the performance of an exercise or game.

(ii) By cutting out all unnecessary explanations; instruction being carried out through the eye, as far as possible. This also develops the power of observation.

(iii) By spending the minimum time in taking up starting positions and devoting as much time as is available in performing an exercise.

5. *Position of Instructor.*

The most common error is for the instructor to stand too close to the squad thereby limiting his view of the performers. He must observe the following rules:—

(i) During the performance of an exercise, he must be in such a position that he—

(a) can see every recruit in the squad.

(b) can see the main faults which are likely to be committed in the particular exercise being performed.

(ii) He should avoid standing facing the sun, otherwise he cannot see the squad properly.

6. *Counting.*

Counting aloud by recruits during the performance of an exercise is forbidden. Nor

will an instructor *always* count aloud himself and thus prevent the recruits developing self-effort.

7. *Consider the Squad.*

Consider the comfort of the recruit. Recruits should whenever possible be made to work with the sun on their flank. When it is hot, work the squad in the shade if available, and when it is cold, work them in the sun.

8. *The "Rest" Position.*

(i) The command "rest" is intended to be used to bring the squad from any physical training position (as opposed to a drill position) direct to the "rest" position which is virtually the same position as "stand easy." It will be followed by the word of command "Position."

(ii) To understand its use instructors must realise that it is a privilege granted to the physical training instructor in order to prevent waste of time by moving a squad from a physical training position to the "stand easy" position which might entail many words of command.

(iii) Its use must not be abused. Instructors must avoid saying "Squad—rest" on every occasion possible, especially between the free-standing exercises in the Tables

when it is generally better to keep the recruits standing in a correct position of "at ease" (see also paragraph 1) and thus prevent bad carriage being adopted, *i.e.*, round shoulders and contracted chests.

(iv) It must not be used to supersede Drill words of command when only one movement is entailed or when the advantages mentioned in sub-paragraph (ii) above are not gained.

9. *Demonstrations.*

(i) When demonstrating an exercise the instructor will so place himself that every recruit in the squad can see him without moving or turning his head very much from his front. An exercise will always be demonstrated from such a position that the main points of the exercise are at once obvious to the recruits of the squad.

(ii) All exercises will be set by the instructor himself, who should remember that the position or exercise demonstrated by him must always be the *best* he can do, so that the recruit may record a correct picture in his mind--first impressions are those which remain. Bad positions or performance in an instructor invariably reflect themselves in the recruit.

(iii) In the case of certain exercises which involve assuming positions which are difficult to maintain while speaking and from which

it is impossible to see the squad, the instructor will, after demonstrating the exercise, cause a smart recruit to take up the position while he, the instructor, draws attention to any special features of the exercise.

10. *Correcting Faults.*

(i) A golden rule for the instructor to remember is that exercises which are well known to him and which have become easy by practice are new and often difficult to the recruit. He must not therefore expect perfection in one day. **A little improvement daily will be aimed at. Excessive time must not be spent on the perfection of any one exercise to the exclusion of the others.** To assist in this end the instructor must think out beforehand what special points he wishes to improve in the exercises of the table each day.

(ii) **Only one fault at a time must be corrected.** Faults will gradually be eliminated thus at the end of the periods allotted, the major faults should have disappeared and only a few minor faults may remain which will correct themselves gradually as the recruits make progress in their work.

(iii) It must be remembered that if an instructor has to stop every few minutes to give explanations and correct faults, the powers of endurance and concentration are

not trained; in fact, the power of resistance to fatigue, *i.e.*, stamina, can only be acquired by continuous work free from interruptions.

(iv) **Major faults** will always be corrected first. For this it is necessary to "Rest" the squad. The fault will then be pointed out by the instructor followed generally by a correct demonstration. The squad will then be set to work again after getting them into the *starting position* with the command "**Position.**" The first major fault to be corrected will generally be that which is preventing the chief effect of the exercise being obtained, *i.e.*, the essential feature of the exercise. The importance of producing the chief effect must always be borne in mind by the instructor.

(v) **Minor faults** are corrected by general correction *while* the recruits are performing the exercise. This requires coaching, which means that the instructor is able not only to correct the faults but to encourage the recruits and urge them to put more and more concentration into the performance of the exercise. Here again only the worst of the minor faults will be brought out, to start with, by the instructor so as to avoid discouraging and confusing the recruit. Good coaching during the performance of an exercise reduces the talking between exercises and thus saves much

time. The importance of good coaching therefore cannot be overestimated.

(vi) **Individual faults** are likewise corrected during the performance of an exercise. If a recruit requires special correction, involving considerable attention, he will be taken separately for a few minutes after the parade if possible, so as not to waste the time of the others.

(vii) Faults must not be corrected by "handing" the recruit, *i.e.*, using the hands to put a recruit into position. Correction to be lasting must be by self-effort.

11. Word of Command.

An instructor must cultivate a good word of command if he is to get good results. The following are the essentials of a good word of command:—

(i) *Quiet yet authoritative.*—Only loud enough for the furthest man to hear in order to ensure the attention of the squad. A quiet command also ensures quiet work.

(ii) *Regulated according to the requirements of the case.*—The pronunciation must be distinct and the intonation and manner of giving the command must suit the particular movement required, *i.e.*, it should

help the recruits to perform the exercise, *e.g.* :—

- (a) Fast crisp commands for fast exercises as in "Arms bend."
- (b) Quiet and slower for such as "Head backward bend."
- (c) Full of life for such as "Go" in horse work, etc.
- (iii) *A live word of command.*—Avoid a monotonous or dull tone—avoid excessive and unnecessary gestures or mannerisms, and aimless movement.

Every command will consist of two parts—*cautionary* and *executive*.

There will be a distinct pause between the two parts so that the recruits may be prepared for the movement. With beginners the pause will be rather longer than with more advanced recruits as they take longer to prepare.

It is occasionally useful to vary the length of the pause for advanced squads in order to exercise their nerve control.

The command *As you were*, although occasionally useful to bring recruits back to a previous position, will be avoided whenever

possible and the proper command for returning to that position will be used in preference, to ensure greater smartness of execution.

SECTION III.

STAGES OF INSTRUCTION.

General Remarks.

1. There are three stages of instruction which ensure that no exercise becomes automatic, that is to say, not requiring the active employment of the brain during its performance, for no sooner is the final stage of one set of exercises mastered than another set is commenced by the first stage.

Once the recruit has learned "by numbers" how to control the different movements of a new exercise and to perform them in sufficiently good style, he will be given an opportunity of acquiring an increasing sense of rhythm, dash or control by performing these exercises, the several movements of which are by now familiar to him, in accordance with the principles laid down in the second and third stages.

It should therefore be the aim of an instructor to pass on to the second and third

stages as soon as possible and so build up movement and increase dash and control.

2. The following rules will be adhered to:—

(i) Old exercises will at once be done by the second and third stages.

(ii) An Indian instructor will only use English words of command for the starting position.

(iii) In setting an exercise, an instructor will—

(a) never drill himself but will assume the position without any word of command.

(b) not give any explanation nor will he name the exercise to be done.

3. The stages of instruction in the above exercises are as under:—

(i) **1st Stage.**—Word of Command.
(By Numbers.)

The instructor, after taking up the starting position, will demonstrate the exercise. It should rarely be necessary to show it more than once.

This stage will only be employed to teach the actual movements of a new exercise.

Physical Education being the science of bodily movement, instructors must endeavour to build up positions into movement as soon as possible.

The teaching of set positions in the first stage is to be considered as steps towards movements to ensure that those muscles which it is intended to exercise are correctly brought into use.

(ii) **2nd Stage.**—Judging the Time.
(Rhythm.)

The instructor, after taking up the starting position, will demonstrate the exercise *once only*. He will then at once get his squad into the starting position and, without delay, give the command, "*that exercise—begin.*"

During the performance of the exercise he should coach the squad and give the command "*Halt*" when he wishes to stop the exercise.

(iii) **3rd Stage.**—Number of Times.—
"Begin."

The instructor, after taking up the starting position, will quickly demonstrate the exercise *once only*. He will then at once get his squad into the starting position and without delay, give the command "*exercise—begin.*"

He then coaches as in the second stage acting more as an adviser than as an instructor, the squad halting as soon as the required number of times have been completed. This transfers most of the brain work from the instructor to the "instructed." The latter, in addition to remembering the sequence of movements in an exercise (*e.g.*, Arms stretching in various directions) must also concentrate their minds on the number of times the exercise is to be performed and on doing it rhythmically, in time with the others in the squad.

SECTION IV.

ONE-SIDED MOVEMENTS.

1. All one-sided movements will be commenced to the *left* or with the left arm or leg, as the case may be and will be performed an equal number of times to the *right*, or with the *right* arm or leg. For the sake of convenience, such exercises in the Table are described for one side of the body, one leg or one arm only, but the descriptions apply equally to the other side.

2. In teaching an exercise in which the starting position remains the same while both sides of the body are exercised, the movements will be performed an equal number of

times each way and will be numbered in sequence, *e.g.*—

Balance. "Hips firm-Knee raise".

"One"—raise the left knee.

"Two"—lower the left knee.

"Three"—raise the right knee.

"Four"—lower the right knee.

In teaching an exercise in which the starting position is changed after the exercise has been performed on one side, the counting will start from "one" for each side, *e.g.*—

"Feet close 1 Arm upward 1 Arm downward stretch—Trunk bending sideways".

"One"—bend to the left.

"Two"—stretch.

"Arms change."

"One"—bend to the right.

"Two"—stretch.

SECTION V.

COMBINED MOVEMENTS.

1. Before taking an exercise, or assuming a starting position, which involves a combination of movements, each movement will

previously have been taught separately as a distinct exercise.

2. When it is required to execute such combined movements at the same time, the rule to be followed is that the movements will be completed together, *e.g.*—

(i) When combining a leg movement with an arm movement, the arm movement will be made faster than the leg movement so that both movements may be completed at the same time, *e.g.*, Leg raising forward with Arms raising forward and upward.

(ii) When the exercise consists of two movements of the legs and one of the arms, the first movement of the legs will first be taken without moving the arms and the movement of the arms and the second movement of the legs will then be taken and completed together, *e.g.*, Feet astride Arms bend.

(iii) In all movements or combination of movements in taking up a *starting position* a distinct pause will be observed after each movement. The object of this is to emphasize control.

SECTION VI.

IMPORTANCE OF CORRECT BREATHING.

1. The principles of correct deep breathing, emphasising the necessity for abdominal breathing through the nose, will be taught to recruits at the beginning of their training and recruits themselves will be made to practise it.

2. The position to be adopted for deep breathing will be *Foot sideways, Hips firm*. In this position the lungs can be inflated and deflated to the fullest, making use of the abdominal muscles to assist the action.

3. In the Table, recruits will be made to do deep breathing before the Table is commenced and also during the *finish off*.

4. By making recruits do deep breathing from the start the greatest benefit will be derived and the recruit will become fitter much more quickly. Later on the necessity for formal deep breathing exercises is not so necessary, as the demand of the body for oxygen during strenuous exercise will automatically regulate the ventilation of the lungs when correct deep breathing has, by practice in the early stages of instruction, become a habit. It is the free rhythmical

movements of the exercises which tend to enhance deep and free breathing.

5. Instructors must appreciate the importance of the above principles and insist on recruits breathing deeply and freely during exercises.

SECTION VII.

IMPORTANCE OF GOOD CARRIAGE.

The instructor will emphasise the necessity of good carriage at all times because this is only the product of self-effort in the recruit. Even when standing easy, although the freedom of movement of the limbs should not be restricted, recruits will never be allowed to adopt slouching attitudes which would tend to counteract the value of the exercises employed in their training. Any tendency to loss of position will be checked at once by means of a corrective exercise, *e.g.*, *Head bending backward* for bad carriage of head and neck. Heels raise will also be done whenever the necessity for counteracting flat-footed movements is observed.

SECTION VIII.

SIZE OF SQUADS.

The maximum number of recruits which one instructor can teach efficiently is 16. If

squads are smaller than 12, it is difficult to promote team work in Physical Training Games—an important part of the recruits' training—and also it is generally wasteful of instructors.

SECTION IX.

RECRUITS' PHYSICAL TRAINING KIT.

1. Whenever weather permits, recruits will work stripped to the waist with bare legs and feet and bare-headed, only wearing a pair of khaki shorts (Sikh recruits will only wear a *rumal* round their kes.)
2. There is no harm in recruits wearing thin white gymnasium vests if desired, but even vests are better not worn.

Advantages of this kit:—

- (i) *Economy*.—No wear and tear on clothing—nothing to buy.
- (ii) More hygienic.
- (iii) Much easier for the instructor to detect faults in carriage which would very likely go unnoticed if clothing were worn.
- (iv) The recruit is given a greater feeling of freedom to his limbs which helps him to co-ordinate them more easily.

(v). By being in bare feet greater benefit can be derived from the agility exercises and the recruit can be kept much more "on his toes."

(vi) His mind can concentrate more easily on the performance of the exercises.

3. If the weather is too cold to work stripped, recruits may work in shirts with sleeves rolled up and collars open at the neck or in gymnasium vests, if available. Cardigans or jerseys may be worn in the very cold weather, but as soon as the recruits show any signs of getting too hot, clothing will be taken off and put on again at the end of the parade. Recruits will always have a rub down if they are hot at the end of the parade. For this purpose a towel will be brought on parade when necessary.

4. A puttee wound round the waist as a belt is not to be worn. Belts must never be tighter than is necessary to keep up the shorts, otherwise breathing is restricted.

SECTION X.

TAKING OFF AND PUTTING ON KIT FOR PHYSICAL TRAINING.

This will be done under the supervision of their physical training instructor if possible,

and the recruits made to do it as quickly as possible and be taught to put away their clothes tidily. This engenders smartness, tidiness and discipline in the recruit and makes him start off well. No slackness of any kind must ever be allowed to creep into physical training parades just because the recruits are in a free kit. Taking off and putting on of kit may occasionally be made competitive.

SECTION XI.

FORMATION OF THE SQUAD.

1. The squad will be formed for physical training in two ranks.

2. Recruits will always fall in, in the stand-at-ease position.

3. Most exercises are better performed with the ranks opened out facing the original front, but some of the "Free standing exercises" will be taken with the ranks opened out and turned to a flank. Teams will be told off at the commencement of each Table.

SECTION XII.

FALLING IN AND CHANGING POSITION.

The following method of changing the position of a squad when fallen in in two ranks

It
the

will be used so as to save time and avoid purely drill movements.

The instructor will direct the right hand recruit to take up a certain position and give the command—**Fall-in**; the recruits will then fall in on the right hand man as quickly as possible, take up their dressing and stand-at-ease, each man moving independently.

SECTION XIII.

MOVING "FREE."

1. Whenever recruits change position in Team Formation or in two ranks, or when individual recruits, files or fours leave their places in the ranks for any purpose whatever, they will invariably spring to Attention, do "Heels raise, Fingers stretch," without any orders from the instructor, and move off at a "free" double the shortest and easiest way, as quickly and smartly as possible, running lightly on the toes, maintaining a good carriage.

By the adoption of this practice the recruits are trained to habits of quickness, activity and easy movement from the very beginning of their training and the value of the Table is thereby greatly increased.

2. Moving "free" must not be confused with "Free standing exercises," which is the term applied to all exercises which are performed without apparatus.

3. The word "free" is applied to all movements made with the freedom, combined with smartness, described in this chapter. When a position or an exercise is ordered to be taken "free," the position will be assumed direct or the exercise performed freely without precise adherence to the detailed movements.

SECTION XIV.

RETURNING TO THE RANKS.

Recruits returning to their places in the squad after performing an exercise will pass by the flank and rear of the squad, and, on reaching their places in the ranks, will halt, take up their dressing, stand at ease smartly, and then stand easy without making any unnecessary turnings or drill movements.

SECTION XV.

TABLE.

1. Method of working the table:—
(i) The instructor should open the class, should order and demonstrate the

starting position and then should order the exercise to start. He should demonstrate only once. When no special starting position has been indicated, the exercise should begin from the ordinary position of "Attention." When drill movements only are to be carried out (for example quick march or double march) the word of command only should be used, no demonstration should be necessary.

(ii) *Immediately*, after this, the section leader should give the command "....
"ready"times" "begin."

2. Some exercises are carried out as many times as commanded. At the time of giving this command the instructor should take into consideration the nature of the exercise. But no exercise should be done less than four times. After carrying out the exercise according to the command, the section will come to "rest" without any further command.

3. In the case of an exercise in which the number of times it is to be carried out is not indicated, on the command, "Halt," the section will resume the starting position unless the command "Rest" is given.

4. Only two games in the Table should be played. These should precede item 8.

5. While conducting the exercises, instructors should instruct and give demonstrations to the sepoy. They should not let the interest of the class diminish.

6. The exercises in Table I are easier than those in Table II. As officers are apt to be sluggish on return from leave, they should be made to go through Table I only.

7. Parts of the body and names of the Groups of exercises are commenced with a Capital letter, all other words with a small letter.

8. Starting positions entailing more than one movement are written in the order in which the movements are commanded; when these movements are taken separately, a comma is used between each; but when taken together, no comma is used, and the order of the movements is given from the feet upwards.

9. In the Tables a dash (—) is used between the starting position and the exercise.

10. Detailed descriptions of the movements laid down in the Tables, are given later in this chapter. The *number* after the movement refers to the detailed descriptions which are given lettered groups immediately after the Tables.

TABLE I.

1. Marching and running
 - (a) Quick march—Heels raise. (*Group B. 7.*)
 - (b) Marching with opposite Knee and Arm raising. (*Group B. 10.*)
 - (c) Hips firm—Hopping on alternate Feet. (*Group B. 8.*)
 - (d) Walking on Heels. (*Group B. 12 and 13.*)
2. Introductory Exercises—
 - Legs .. (a) Hips firm—Heels raising and Knees full bending. (*Group C. 3.*)
 - Neck .. (b) Head turning with Fingers stretched. (*Group D. 3.*)
 - Arms .. (c) Arms bend—Arms stretching in various directions. (*Group E. 6.*)
 - Trunk .. (d) Feet astride, Hips firm—Trunk turning quickly. (*Group G. 4.*)
 - Co-ordinate (e) Jumping astride with Arms raising sideways (alternately). (*Group K. 2.*)
3. Heaving .. (a) Sawing (in pairs). (*Group F. 2.*)
- .. (b) Arms swinging upward with Heels raising. (*Group E. 12.*)
4. Lateral .. (a) Feet astride, Arms sideways stretched—Trunk bending sideways. (*Group G. 5.*)
- .. (b) Feet astride—Trunk turning with alternate Arm flinging. (*Group G. 2.*)

5. Balance
 - (a) Hips firm—Leg raising forward, sideways and backward (by numbers). (*Group H. 3, 4 and 5.*)
 - (b) Hips firm—Knee raise. (*Group H. 2.*)
6. Abdominal
 - (a) On the Hands—Arms bending. (*Group I. 1.*)
 - (b) On the Hands—Arms bending and Leg raising. (*Group I. 4.*)
7. Dorsal .. Feet astride—Floor beat with knees straight. (*Group J. 8.*)
8. Jumping and vaulting.
 - (a) Upward jumping. (*Group K. 1.*)
 - (b) Hand kicking. (*Group C. 6.*)
 - (c) Running long strides (2 or more strides). (*Group K. 4.*)
9. Final Exercise. Feet astride. Arms sideways stretched—Trunk bending backward with Hands turning. (*Group J. 3.*)
10. Corrective Exercises.
 - (a) Feet astride, Hips firm—deep breathing.
 - (b) Attention, stand at ease (check the position of the sepoy).

Sports (*vide*)—Section XVI, page 362, *et seq.*

- (1) Relay Race—10 yards.
- (2) 2's and 3's.
- (3) Leap Frog.

TABLE 2.

1. Marching and running.	(a) Quick march. Double march. (<i>Group B. 1-6.</i>)
	(b) Hopping with opposite Knee and Arm raising. (<i>Group B. 11.</i>)
	(c) Slow march. (<i>Group B. 2.</i>)
	(d) Hopping on alternate Feet with Arm movements. (<i>Group B. 8.</i>)
	(e) Walking, on Heel and toe in slow time. (<i>Group B. 12.</i>)
2. Introductory Exercises—Legs	(a) Hips firm—Heels raising and Knees full bending quickly. (<i>Group C. 2 and 3.</i>)
Neck	(b) Head rolling with Fingers stretched. (<i>Group D. 5.</i>)
Arms	(c) Arms forward raise—Arms parting with Heels raising. (<i>Group E. 7, 8 and 9.</i>)
Trunk	(d) Feet astride, Hips firm, Trunk forward bend—Trunk rolling. (<i>Group G. 6.</i>)
Co-ordinate	(e) Astride jumping with Hands clap above head (alternately). (<i>Group K. 3.</i>)
3. Heaving	(a) Feet astride, arms upward stretched—Arms swinging downward and sideways. (<i>Group F. 11.</i>)
	(b) See-saw (in pairs). (<i>Group F. 1.</i>)
4. Lateral	(a) Feet astride, Arms upward stretch—Trunk bending sideways. (<i>Group G. 5.</i>)
	(b) Feet astride, Arms sideways stretch—Trunk turning with alternate Toe-touching. (<i>Group G. 1.</i>)

5. Balance	(a) Leg raising forward, sideways and backward with Arms raising forward, sideways and upward (by numbers). (<i>Group H. 5.</i>)
	(b) Hips firm, Knees raise, Foot bending and rolling. (<i>Group H. 6.</i>)
6. Abdominal	(a) On the Hands—Feet placing forward. (<i>Group I. 3.</i>)
	(b) On the Hands—Arms bending and Legs parting. (<i>Group I. 5.</i>)
7. Dorsal	(a) Feet close—Floor beat with knees straight. (<i>Group J. 9.</i>)
	(b) Feet astride, Arms upward stretched—Trunk bending forward. (<i>Group J. 7.</i>)
8. Jumping and vaulting.	(a) Hips firm—Hopping with Leg raising sideways. (<i>Group C. 5.</i>)
	(b) Obstacle course (sepoys should form obstacles).
	(c) Hop, step and jump. (<i>Group K. 5.</i>)
9. Final Exercise.	Feet astride, Arms sideways stretched—Trunk bending backward with Hands turning and Arms raising upward. (<i>Group J. 5.</i>)
10. Corrective Exercises.	(a) Feet astride, Hips firm—Deep breathing.
	(b) Attention, stand at ease (check the position of sepoys).

Sports—

- (1) Relay Race—15 yards.
- (2) V. C. Race.
- (3) Circular Jockey Race.

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
1. Stand at ease	"Stand at ease."	Keeping the legs straight carry the left foot about 12 inches to the left so that the weight of the body rests equally on both feet. At the same time carry the hands behind the back and place the palm of the right hand in the palm of the left grasping it lightly with the fingers and thumb, and allowing the arms to hang easily at their full extent. This position must be taken up by the recruit whenever he falls in for instruction, or when the order "Rest" is given.	(a) Assuming a strained position. (b) Neck allowed to incline forward. (c) Shoulders forced back, raised, or allowed to fall forward. (d) Small of the back unduly hollowed. (e) Feet wrong distance apart.
2. Attention	"Attention"	Sprung up to the following position:—Heels together and in line. Feet turned out at an angle of 45 degrees. Knees straight. Body erect and carried evenly over the thighs, with the shoulders	(a) Small of the back unduly hollowed. (b) Arms forced down and position. (c) Grasping the hand incorrectly. (d) Small of the back unduly hollowed. (e) Feet wrong distance apart.

(a) Small of the back unduly hollowed. (b) Arms forced down and position. (c) Grasping the hand incorrectly. (d) Small of the back unduly hollowed. (e) Feet wrong distance apart.	(a) Assuming a strained position. (b) Neck allowed to incline forward. (c) Shoulders forced back, raised, or allowed to fall forward. (d) Small of the back unduly hollowed. (e) Feet wrong distance apart.	(a) Small of the back unduly hollowed. (b) Arms forced down and position. (c) Grasping the hand incorrectly. (d) Small of the back unduly hollowed. (e) Feet wrong distance apart.	(a) Assuming a strained position. (b) Neck allowed to incline forward. (c) Shoulders forced back, raised, or allowed to fall forward. (d) Small of the back unduly hollowed. (e) Feet wrong distance apart.
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Group "A". Drill Movements and Class Arrangements—(contd.).

310

[Chap. XV. Sec. XV.]

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
3. Stand easy ..	"Stand—Easy"	The position is one of readiness, but there should be no stiffness or forced unnatural straining to maintain it. The position of attention is one of the most difficult positions a recruit has to learn, and instructors must therefore pay particular attention to this and see that gradual improvement is maintained. It should be noted that a correction of the carriage of the head will usually have the effect of correcting the carriage of the whole body. Without altering the position of the feet the men will be permitted to move freely but not to adopt a slouching attitude. The Command "Stand Easy" should be given whenever a rest is required, and whenever	(a) Moving the feet. (b) Adopting slouching attitudes.

4. Heels raising and moving freely.	"Begin"	it is necessary to give long explanations. It should invariably be given when, for any reason, a section is obliged to wait before proceeding with the instruction, or when the instructor's attention is temporarily called away from his section. On the caution "Section" the men will at once resume the "Stand at Ease" position. From the position of attention, rise on the toes, stretch the arms and fingers downward, pause slightly while allowing the body to overbalance forward, then double forward a few paces and halt. Continue until "Halt" is given by the instructor. The instructor will only demonstrate the exercise, then allow the men to practise freely and individually, the main object being to get recruits to concentrate on getting on their toes, and running lightly and freely in this position.	(a) Not stretching the arms and fingers. (b) Bending forward from the waist instead of overbalancing from the toes. (c) Throwing head and shoulders backward. (d) Not running on the toes.
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Chap. XV. Sec. XV.]

311

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
5. Falling in— Covering— Dressing— (2 ranks and in file).	"In two ranks— Fall in".	The right hand man will place himself two paces from and facing the instructor, the remainder will fall in on the left taking their places in succession, each occupying a lateral space of 24 inches. Each man of the rear rank will place himself 60 inches from the man in front of him, measuring from heel to heel, and will cover him correctly, the two men thus placed forming a file. When the section consists of an uneven number of men the third man from the left of the front rank will be a blank (or incomplete) file; that is he will have no rear rank man. NOTE.—It will probably be necessary the first time these movements are done to place each individual in position.	(a) Not rising on the toes before moving. (b) Not standing square to the front. (c) Head poked forward. (d) Shoulders not kept square to the front during dressing. (e) Taking too much or too little distance in the ranks. (f) Rear rank man not correctly covering off his front rank man.

6. Stepping forward, backward and sideways.	"One pace forward— March". "In two ranks in file—Fall in". "One pace step back— March".	Each man will take up his dressing from the right and in succession turn his head and eyes to the front when in correct alignment, and stand at ease. At first it will be necessary to explain to recruits how to pick up their dressing; the instructor will therefore, after the recruits have fallen in, give the command "Right Dress" and as soon as the dressing is correct "Byes Front". Later, recruits will take up their dressing alone. Fall in as above except in file. Keeping the arms still at the sides, take a full pace of 30 inches forward with the left foot, carrying it close to the ground and pointing the toe downward place it on the ground, toe leading and close the right foot to it smartly without stamping. Keeping the arms still at the sides, take a full pace of 30 inches backward with the left foot, and close the right foot to it without stamping.	(a) Not taking the proper length of pace. (b) Not keeping the trunk erect during the pace. (c) Stamping the feet. (d) Moving the arms. (e) Allowing the heel to reach the ground first. (f) Not moving directly forward or backward. (g) Not allowing the body to go with the foot.
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Group "A"—Drill Movements and Class Arrangements—(contd.).

314

[Chap. XV. Sec. XV.]

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
	"One pace to the left (R)— March."	Take a full pace of 30 inches to the left with the left foot place it on the ground, toe leading, and keeping the legs straight close the right foot to it without stamping. In stepping forward, backward and sideways the body must be kept erect, but should be carried evenly with the foot and not after it. Two or more paces may be taken forward or backward as described above, the heels being closed only on the completion of the last pace. In taking two or more paces sideways, each pace will be taken as described above, except that the heels will not be brought to the ground until the completion of the final pace. Stepping backward should not exceed four paces. Stepping sideways is only to be done in open ranks. The section will number off from the right, the right hand	
7. Numbering ..	"Number" ..		

8. Opening and reforming ranks.	"Open ranks— March".	man calling out— <i>ek</i> , the next on his left— <i>do</i> , and so on. Each man as he calls out his number will keep his head steady and continue to look straight to his front. Each rear rank man will have the same number as his front rank man. The "odd numbers" of the front rank will step forward two paces, the "even numbers" of the rear rank will step back two paces and as soon as the paces are completed all (except the right hand man of each rank) will look to the right and correct their dressing quickly, looking to the front again as soon as it is correct, without word of command. This is called "Open Formation." Most free standing and marching exercises are better performed with the ranks opened out as above described, but sometimes it will be found necessary to turn the section to a flank, when each man should be covered off front to rear. This is called "Team Formation."	(a) Not dressing correctly. (b) The second pace not being a full pace. (c) In stepping backward not taking full paces. (d) Not moving directly forward or backward. (e) Moving the arms.
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Chap. XV. Sec. XV.]

315

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
9. Turning (by numbers).	"Re-form ranks—March."	The ranks should invariably be "told off" as teams, and the rank will step backward two paces, the even numbers of the rear rank will step forward two paces, and as soon as the paces are completed, the section will dress quickly by the right and look to the front without word of command.	(a) Weight of the body not on forward foot. (b) Knees bent. (c) Stamping. (d) Lack of control after first movement. (e) Losing the correct foot angle of 45°. (f) Moving the arms. (g) Moving the rear foot before "Two."
	"Turning to the right—One."	Keeping both knees straight and the body erect turn to the right on the right heel and left toe, raising the left heel and right toe in doing so. On completion of the preliminary movement, the right foot must be flat on the ground and the left heel raised, both knees straight, and the weight of the body, which must be erect, on the right foot.	

10. Turning (judging time). the	"Two"	Keeping the legs straight, bring the left heel smartly up to the right without stamping.	As for above, except for "right" read "left" and <i>vice versa</i> .	"Two"	Bring the right heel smartly up to the left without stamping.	Turn fully about to the right as described for "right turn".	Close the heels as before.	As above described, but turning half right or half left.	Close the heels as before.	Turn smartly as above, observing two distinct movements.	As above.	NOTE—Throughout all turns the arms must be kept close to the sides as in the position of attention. All turns will be done by numbers until Table I is completed.
	"Turning to the left—One"			"Two"	Turn fully about to the right as described for "right turn".	Close the heels as before.	As above described, but turning half right or half left.	Close the heels as before.	Turn smartly as above, observing two distinct movements.	As above.		
	"Two"			"Two"	"Turning about to the right—One"	"Turning to the right (L) and turn."	"Right (left about)"	"Right (left about)"	"Right (left about)"			

Group "A"—Drill Movements and Class Arrangements—(concl'd.).

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
11. Turning about (on the move).	"About—Turn".	To ensure that the recruits observe the correct pause between the movements they should be encouraged to count <i>the time to themselves</i> but not aloud thus—"One" and "two". "Turn" is given as the left foot comes to the ground. Complete the pace with the right foot, then commence the turn with the left foot, the turn being completed in three beats of the time in which the Constable is marching. Having completed the turn about, the Constable will at once move forward, the fourth pace being a full one and taken with the right foot.	(a) Stamping the feet. (b) Going forward with the wrong foot. (c) Swinging the arms.

318

[Chap. XV. Sec. XV.]

Group "B"—"Marching and Running".

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
1. Slow mark time—Halt.	"Slow mark—Time". "Halt"	Raise each foot alternately about 12 inches, lifting the heel off the ground first, the ball of the foot being immediately below the point of the knee, toes pointing downwards, the knees raised to the front, the arms steady at the sides, and the body steady. In lowering the leg the ball of the foot will be placed on the ground first, followed by the heel. Close the heels and remain still at attention. Cadence 70 paces a minute. "Halt" is given as the right foot leaves the ground.	(a) Knees turned out as the legs are raised instead of straight to the front. (b) Foot placed flat on the ground instead of toe-heel. (c) Stamping the feet. (d) Swaying the body. (e) Raising one foot higher than the other.

Chap. XV. Sec. XV.]

319

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
2. Slow march —Halt.	"Slow—March"	Stop off with the left foot and march as described for quick march but in slow time, and keeping the arms and hands steady at the sides, thumbs to the front. Each leg will be brought forward in one even motion and will be straightened as it comes to the front with the toes straight to the front and pointed downwards and placed on the ground before the heel.	(a) Turning the toes out instead of keeping them straight to the front. (b) Body leaning back. (c) Jerking the legs forward. (d) Moving the arms. (e) Placing the heel on the ground first.
3. Quick march Time—Halt.	"Quick mark —Time" "Halt"	A pace of 30 inches will be completed with the left foot and the right foot brought up in line with it without stamping. Ing. Cadence 70 paces a minute. "Halt" is given as the left foot is coming to the ground. Raise each foot alternately about six inches, lifting the heel off the ground first, the knees raised to the front, the	(a) Knees turned out as instead of straight to the front. (b) Feet placed flat on the ground instead of toe-heel.

Group "B"—"Marching and Running"—(cont.)

4. Quick march —Halt.	"Quick—March" "Halt"	In lowering the leg the ball of the foot will be placed on the ground first, followed by the heel. Close the heels and remain still at attention. Cadence 130 paces a minute. "Halt" is given as the left foot is coming to the ground. Stop off with the left foot, taking a full pace of 30 inches, in quick time, observing the following rules:— The head and body should be maintained in the relative position of attention well balanced on the limbs. The arms should be as straight as their natural bend will allow and should swing naturally from the shoulder. Hands should be kept closed but not clenched.	(a) Body inclined from too much forward from the hips. (b) Body swayed from side to side. (c) Arms stiffened and brought forward. (d) Arms swung from the elbows only with the upper arm kept still. (e) Arms swung across the body. (f) Knee bent as the foot is placed on the ground.
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Group "B"—"Marching and Running"—(contd.).

322

[Chap. XV. Sec. XV.]

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
	"Halt"	The legs should be swung forward freely and naturally from the hip joints, each leg as it swings forward being bent sufficiently at the knee to enable the foot to clear the ground. The foot should be carried straight to the front and without being drawn back, placed firmly upon the ground with the knee straight, but so as not to jerk the body. A pace of 30 inches will be completed with the left foot and the right foot brought up in line with it without stamping. At the same time the right hand will be cut smartly to the side. Cadence 130 paces a minute. "Halt" is given as the right foot is coming to the ground.	(g) Toes turned out instead of keeping them straight to the front. (h) Not allowing the arms to swing back.
5. Double mark time—Halt.	"Double mark Time."	Raise each foot alternately about six inches, keeping on the ball of the foot, the knees raised to the front. The arms and	(a) Turning the knees out. (b) Foot placed flat on the ground instead of the ball only.

	"Halt"	hands are carried as when marching in double time, but without swinging the arms. Make two more beats, close the heels on the ground at the same time cutting away the hands to the position of Attention. Cadence 130 paces a minute. "Halt" is given as the right foot comes to the ground.	(c) Raising one foot higher than the other. (d) Arms raised too high. (e) Swinging the arms.
6. Double march—Halt.	"Double—March."	Rise on the toes stretching the fingers, step off with the left foot taking a pace of 40 inches, and double on the toes with easy swinging strides, inclining the body slightly forward but maintaining its correct carriage. The feet must be picked up cleanly from the ground, at each pace, and the thigh, knee and ankle joints must all work freely and without stiffness. The whole body should be carried forward by a thrust from the rear foot without unnecessary effort. The heels must not be raised towards the seat, but the foot	(a) Moving heavily and stiffly. (b) Allowing the heels to touch the ground. (c) Not swinging the arms freely and easily. (d) Bending the arms too much and swinging them across the body. (e) Swaying the body. (f) Raising the heels too high in rear.

Chap. XV. Sec. XV.]

323

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
	"Halt"	carried straight to the front and the toes placed lightly on the ground. The arms should swing easily from the shoulders and should be bent at the elbow, the forearm forming an angle of about 135 degrees with the upper arm (i.e., midway between a straight arm and a right-angle at the elbow), fists lightly clenched, backs of the hands outwards, and the arms swung sufficiently clear of the body to allow of full freedom for the chest. The shoulders should be kept steady and square to the front and the head erect. Take three more paces and bring up the right foot closing the heels without stamping, at the same time cutting away the hands to the position of Attention. "Halt" is given as the right foot comes to the ground. Cadence 180 paces a minute.	
7. Quick march—Heels raise.	"Heels—Raise" or "Begin."	Shorten the pace, keep the body perfectly upright, rise on the toes as the weight of the body comes vertically above the foot at the same time keeping the arms steady at the sides downward. The heel should not be allowed to touch the ground, but a lifting movement obtained from the ankle joint. Resume the marching. "Raise" is given as the right foot comes to the ground. "March" is given as the right foot comes to the ground. Done in "bursts." (cadence as for Quick March.	(a) Getting no movement from the ankle joint and instep. (b) Bending the knees. (c) Allowing the body to overbalance forward. (d) Not stretching down with the arms and fingers.
8. (3) Hips Arm—on alternate feet—Hop.	"On alternate feet—Hop" or "Begin."	Take a full pace forward with the left foot and hop once on the ball of the foot keeping the body erect and shoulders square to the front, then swing the right leg forward well clear of the ground and hop in the same manner on the right foot. Continue until "Halt" is given. (cadence as for Quick March.	(a) Too short a pace. (b) Not getting high enough. (c) Bending the rear leg. (d) Not keeping the shoulders square to the front. (e) Jumping off both feet. (f) Hopping twice on one foot.

Group "B"—"Marching and Running"—(contd.).

Group "B"—"Marching and Running"—(contd.).

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
	"Halt "	Take another pace with the left foot and bring the right foot up to the left. "Halt " is given as the right foot comes to the ground. Cadence, 104 to the minute.	
(ii) Hopping on alternate feet with arms raising sideways.	"With arms raising sideways on alternate Feet—Hop " or "Begin."	As above except the arms are raised sideways in line with the shoulders and lowered with each hop.	(a) Not keeping the arms straight. (b) Raising the arms too high.
(iii) Hopping on alternate feet with arms swinging upwards.	"With arms swinging upward on alternate Feet—Hop " or "Begin."	As above except the arms are swung vigorously forward and upward and downward and backward with each hop. The upward movement of the arms is intended to help to raise the body in the air; they must therefore be swung vigorously upward and fully backward.	(a) Swinging the arms outward. (b) Checking the swing of the arms behind the body. (c) Arms bent. (d) Body forward.

9. Mark time with opposite knee and arm raising.	"Begin "	Raise the knee until the thigh is at right-angles to the body at the same time swing the opposite arm forward in line with the shoulder in a free and easy swing fist lightly clenched, thumb uppermost. Cadence, 88 paces to the minute.	(a) Jerky movements. (b) Not raising the knee high enough. (c) Raising the same leg and arm. (d) Putting the heel down heavily. (e) Not raising the arms high enough. (f) Foot not far enough forward.
	"Halt "	"Halt " is given as the left knee and right arm are raised. Lower the left foot and bring the right foot smartly up to it.	
10. Marching with opposite knee and arm raising.	As above.	As above but moving forward.	As above.
11. Hopping with opposite knee and arm raising.	"Begin "	As for Ex. 9 above, but moving forward with a hop on alternate feet. Cadence as in Ex. 9 above.	(a) As for Ex. 9 above. (b) Not making a sufficiently forward movement with each hop or spring.
	"Halt "	"Halt " is given as the right foot is on the ground. Take three more paces forward and Halt as in Double March.	

Group "B"—"Marching and Running"—(concl.).

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
12. Walking on heel and toe in slow time.		Forcing the toe upwards. Swing the leg forward, at the same time vigorously raise the heel of the rear foot; place the forward foot on the ground—heel first and continue the movement. It is most essential that the toes of the leading foot be forced upwards towards the knee. A good springy effect should be got from the rear foot. The arms are swung naturally, hands in line with the shoulders.	(a) Not forcing toes upward. (b) Not getting sufficient spring from rear foot. (c) Bending the knees. (d) Swinging leg too high. (e) Too stiff.
13. Quick March on heels.		Forcing the toe upwards and keeping the legs straight march forward in quick time. Length of pace about 18". Arms are swung naturally as in quick march.	(a) Bending the body forward. (b) Not forcing the toe upwards.

Group "C"—Leg Exercises.

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
1. Heels raise	"Heels—Raise" "Heels—Lower" or "Begin."	Keeping the heels together, legs straight, body and head erect and fingers well stretched, raise the heels from the ground as high as possible. Lower the heels evenly to the ground, relaxing the fingers. To be taught in three stages. In the second and third stages the fingers remain stretched throughout. Used as a starting position for all knee bending and a preliminary to all doubling. This exercise, by contracting the muscles of the calves, helps to correct a condition of flat foot. If the carriage of the men has been bad during other exercises, this may be taken in- stead of correcting each man throughout the recruits train- ing.	(a) Heels not together. (b) Knees bent. (c) Body swayed and not kept erect and fully stretched. (d) Heels lowered heavily. (e) Back hollowed and weight inclined backward.

Group "C"—Leg Exercises—(contd.).

330

[Chap. XV. Sec. XV.]

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
2. Hips firm— Heels raising and Knees bending.	"One" .. "Two" .. "Three" .. "Four" .. or "Begin".	Rise on the toes. Bend the knees half-way keep- ing the body upright. Stretch the legs. Lower the heels. To be done in three stages. All knee bending exercises have great effect on the extensor muscles and joints of the legs. These exercises play a great part in the control required on landing from jumping and apparatus exercises.	(a) Not getting high enough on the toes. (b) Not keeping the heels together. (c) Not keeping the back upright. (d) Bending the knees forward instead of outward.
3. Hips firm— Heels raising and Knees full bending.	"One" .. "Two" .. "Three" .. "Four" .. or "Begin".	Rise on the toes. Bend the knees as far as possible keeping the body upright. Stretch the legs. Lower the heels. To be taught in three stages. Has increased effect on the mus- cles and flexibility of the ankle, knee and hip joints. May also be performed quickly when a still stronger effect is required.	(a) As for Ex. 2 above. (b) Not forcing the knees out.
4. Arms bend— Heels raising and Knees bend- ing quickly with Arms stretching side- ways.	"One" .. "Two" .. "Three" .. "Four" .. or "Begin".	Rise on the toes. Bend the knees quickly, at the same time stretch the arms sideways in line with the shoulders. Stretch the legs quickly and re- sume the Arms Bend position. Lower the heels. To be taught in three stages.	(a) As for Ex. 3 above. (b) Not keeping the back straight and the body steady when stretch- ing arms. (c) Not stretching the arms vigorously.
5. Hips firm— Hopping with Leg raising sideways.	"Begin" .. "Halt" ..	Keeping the body as erect and steady as possible, hop upward on the toes of the right foot, springing from the knee and ankle joints and at the same time raise the left leg sideways, lower it again and then hop on the left foot while raising the right leg sideways, and so alternately on each foot. Halt is given as the left foot is coming to the ground, raise the right leg, lower it and close the heels. Cadence—130 to the minute. Done in bursts.	(a) Allowing the body to sway. (b) Not raising the legs high enough. (c) The movements not being easy and light. (d) Rolling the shoulder. (e) Turning the hips.

Chap. XV. Sec. XV.]

331

Group "C"—Leg Exercises—(concl.).

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
6. High kicking at Hand.	"Begin" .. "Halt" ..	Keeping both legs braced, kick in the air as high as possible. Endeavour to kick the palm of the left (right) hand with the right (left) foot. "Halt" is given as the left leg is up. Lower it and bring the right heel up to the left. Done in bursts. Very useful exercise for hurdlers and high jumping, as it lengthens the hamstrings and increases the flexibility of the thigh.	(a) Not keeping the legs braced. (b) Not kicking high enough. (c) Dropping the heel down heavily. (d) Not kicking the hand.

Group "D"—Neck Exercises.

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
1. Head turning	"One" .. "Two" .. "Three" ..	Stretch the arms and fingers fully downward and turn the head slowly but strongly to the left as far as possible. Turn the head as described above, but to the right. Turn the head as described above, but to the front. Taught in three stages. Once through is—Turn to the left, full turn to the right, and back to the front.	(a) Head not kept erect. (b) Shoulders not kept steady. (c) Not making a full turn. (d) Relaxing the fingers.
2. Head bending backward.	"One" .. "Two" .. or "Begin".	Stretch the arms and fingers fully downward and press the head backward as far as possible with chin drawn in. Stretch the head upward and relax the pull on the arms. Taught in three stages. In the second and third stages the fingers will remain stretched throughout. This is an important neck exercise and may be inserted in the tables at any time as a corrective to bad carriage.	(a) Allowing the chin to poke forward. (b) Holding the breath. (c) Back hollowed.

Group "D"—Neck Exercises—(concl.).

334

[Chap. XV. Sec. XV.]

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
3. With Fingers stretching, Head bending backward with turning.	"One "	A combination of Exercises 1 and 2 above.	As for Exercises 1 and 2 above.
	"Two " or "Begin."	The fingers will be stretched on each backward movement of the head, and relaxed on each forward movement. To be done in three stages.	
4. Head bending sideways.	"One "	Stretch the arms and fingers fully downward and bend the head slowly but strongly to the left as far as possible, keeping it square to the front.	(a) Turning the head. (b) Shoulder raised. (c) Not getting a full bend. (d) Dropping the head forward.
	"Two "	Bend the head as described above but to the right.	
	"Three " or "Upward Stretch."	Resume the position of attention. Taught in three stages. The fingers will remain stretched throughout.	

5. Head rolling	"Begin "	Stretch the arms and fingers fully downward, bend the head forward and carry it in a circular movement as far as possible to the left, backward, over to the right and forward again. Continue until "halt " is given.	(a) Restricting the breath. (b) Rounding the shoulders when the head is forward. (c) Moving the shoulders. (d) Neck not fully stretched.
	"Halt "	Resume the position of attention. "Halt " is given as the head is coming forward. To be done in second and third stages. Third stage is ".....times left andtimes right. Begin." The fingers will remain stretched throughout.	

Chap. XV. Sec. XV.]

335

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
1. Hips firm ..	"Hips—Firm"	Raise the hands quickly and grasp the waist firmly just above the hips, fingers together in front, thumbs behind, palms pressed well down on to the hips, shoulders in the same position as at Attention.	(a) Hands carried wide of the body during the movement. (b) Heel of the hand away from the side. (c) Hands too far back. (d) Elbows pressed back. (e) Shoulders raised. (f) Hands not carried close to the side. (g) Backs of hands turned forward.
	"Hands—Down."	Lower the arms sharply to the sides the shortest way, stretch the fingers and resume the position of Attention.	
		Used as a starting position for a large number of exercises. Besides being convenient for the purpose of getting the arms out of the way of the legs, etc., in performing certain trunk and leg exercises, the position of "hips firm" has the advantage of transferring the weight of the arms from the shoulders and upper part of the trunk to the hips, thus giving rather more freedom to the chest walls.	

Group "B"—Arm Exercises.

2. Arms bend	"Arms—Bend"	In addition, it has the effect of bracing the whole trunk for the various exercises with which it is employed.	(a) Hand raised sideways in bending the forearms. (b) Elbows forced backward and points of the shoulders forward. (c) Elbows too far from the body and not kept down. (d) Head poked forward. (e) Small of the back hollowed. (f) Fingers turned forward. (g) Hitting the legs when stretching the arms downward. (h) Not carrying the arms, the shortest way to the sides.
	"Arms—Bend"	Moving the elbows as little as possible from the sides, bend the arms quickly and energetically by carrying the hands up close in front of the body till the forearms are fully bent on the upper arms. Fists tightly clenched and carried backward into line with the shoulders, the position of which should be maintained as at Attention. Backs of the hands turned outward, wrists straight, elbows down. Stretch the arms sharply downward to the sides, stretch the fingers, and resume the position of Attention.	Used as a starting position for arm stretching exercises. As it is therefore used very frequently its correct performance is of the utmost importance. Care should be taken that the breathing is in no way restricted by forcing the elbows too close to the sides. Until the technique is learnt the arms bend will be performed slowly.
	"Arms down—Stretch."		

Group "E"—Arm Exercises—(contd.).

338

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
3. Arms bend—Arms stretching sideways.	"One "	Force the arms out sideways in line with the shoulders, fingers together and fully extended and palms of the hands downwards.	(a) Hands not carried the shortest way. (b) Hands lowered. (c) Shoulders raised. (d) Back hollowed. (e) Starting the "stretch" or "bend" slowly.
	"Two " or "Begin."	Quickly resume the starting position. To be taught in three stages. In addition to its use as an arm exercise the position is often taken as a starting position for other exercises.	
4. Arms bend—Arms stretching forward.	"One "	Force the arms forward in line with the shoulders keeping the hands the width of the shoulders apart, palms inward, fingers together and fully extended.	(a) Inclining the trunk forward. (b) Not clenching the fists tightly in the "Arms bend" position. (c) Rounding the shoulders. (d) Starting the stretch or bend slowly.
	"Two " or "Begin."	Resume the starting position. To be taught in three stages.	

[Chap. XV. Sec. XV.]

5. Arms bend—Arms stretching upward.	"One "	Stretch the arms sharply upward to their fullest extent, hands the width of the shoulders apart, palms inward, fingers closed and fully extended.	(a) Hands not in line with the arms. (b) Palms not fully turned inward. (c) Fingers not fully stretched. (d) Head poked forward and back hollowed. (e) Arms not fully stretched. (f) Arms not far enough back.
	"Two " or "Begin."	Resume the starting position. To be taught in three stages.	
6. Arms bend—Arms stretching various directions.	"Arms stretching forward, sideways and upwards."		
	"One " "Two " "Three " "Four " "Five " "Six " or "Begin ".	The arms will be stretched on the odd numbers and bent on the even numbers.	(a) As for Exercises 3, 4 and 5. (b) Not remembering the sequence. (c) Not moving the arms vigorously.
7. Arms forward raise.	"Raise "	Raise the arms to the "Arms forward stretch" position, keeping them stretched and parallel throughout the movement.	(a) Rounding the shoulders. (b) Arms raised too high.
	"Lower "	Resume the position of Attention. Starting position for several exercises.	

Chap. XV. Sec. XV.]

339

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
8. Arms forward raise—Arms parting.	"Begin"	Keeping the palms of the hands in the same plane, part the arms vigorously sideways and backward to their fullest extent, immediately returning to the starting position. To be taught in the second and third stages.	(a) Not getting a rebound with the arms. (b) Arms not kept in line with the shoulders. (c) Jerky movements.
9. Arms parting with Heels raising.	"Begin"	As for Exercise 8 above except rise on the toes as the arms are parted.	(a) As for Exercise 8 above. (b) Not getting high enough on the toes.
10. Feet astride, one Hand Hips Arm—Arm circling.	"Begin"	Jump to astride position, placing right hand and hips arm, slightly turn the body to the left, circle the left arm forward, upward and backward in a free and easy movement. Change the hands and repeat "Change" will be given as the Arm is circling upward. To be taught in the second and third stages.	(a) Jerky movements. (b) Arms not making a complete circle. (c) Body inclined too much.
	"Change"		

Group "E"—Arm Exercises (concl.).

11. Foot forward place Arms upward stretch—Arms swinging downward and sideways.	"One"	Swing the arms forward and downward through the arms forward stretch position in line with the shoulders, turning the palms downward as the arms are swung sideways.	(a) Not swinging the arms far enough backward. (b) Moving the body. (c) Weight not distributed equally on both feet causing hollowing of back in the upward swing.
	"Two" or "Begin."	Swing the arms forward and upward to the starting position. The starting position is a combined movement to be done "judging the time" in two movements, the arm movement being the controlling factor. To be taught in three stages. In the second and third stages a pause will be made in the starting position.	(a) Lack of rhythm. (b) Arms held too stiffly. (c) Not swinging the arms upward on the third beat. (d) Not swinging the arms backward. (e) Allowing the body to rock. (f) Heels not kept together.
12. Arm swinging upward with Heels raising (in beats of three).	"Begin"	Swing the arms forward in line with the shoulders, then downward and backward, repeat this movement, on the third beat, swing the arms upward and raise the heels, then commence the Exercise from the beginning as above.	

Group "F"—Heaving Exercises.

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
1. See—Saw ..	"For See—Saw—Ready".	Odd and even number teams get back to back as quickly as possible, with their arms interlocked, and feet apart to maintain balance.	(a) Not keeping the legs straight. (b) Lifting quickly and jerkily.
	"Begin"	Alternately raise each other with a steady lift, the men being lifted, closing their legs and keeping them straight and forward.	
2. Sawing ..	"For Sawing—Ready".	Outer teams face inward, inner teams face outward. Each man takes up a position with left foot forward and grasps his opponent's hands in the butcher's hook grip, left arm straight, right arm bent with the elbow down.	(a) Not punching the arms out straight. (b) Raising the elbows. (c) Not offering resistance when done slowly.
	"Begin" ..	Punch out and draw back the arms alternately with a sawing movement or as if delivering punches to the body. On the command "feet change," change the feet as quickly as possible with a jump. Can be done either quickly, or slowly and strongly.	

342

[Chap. XV. Sec. XV.]

Group "G"—Lateral and Trunk Exercises.

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
1. Feet astride, Arms sideways stretch—Trunk turning with alternate Toe touching.	"One" ..	Turn the trunk quickly to the left as far as possible.	(a) Not turning sufficiently.
	"Two" ..	Keeping the head, shoulders and arms in the same relative position as in "One", bend the trunk downward touching the toes of the left foot with the fingers of the right hand.	(b) Not keeping the arms in the sideways stretch position throughout. (c) Bending the knees.
	"Three" ..	Resume the position as in "One".	(d) Not turning quickly enough.
	"Four" ..	Turn the trunk quickly to the right as far as possible.	(e) Head dropped forward.
	"Five" ..	Bend the trunk downward touching the toes of the right foot with the fingers of the left hand.	(f) Not keeping both arms in line.
	"Six" ..	Resume the position as in "Four".	
	"Forward turn" or "Begin."	Turn the trunk to the front.	
		To be taught in three stages. Once through. Complete movement to the left, complete movement to the right and turn to the front.	

Chap. XV. Sec. XV.]

343

Starting Position and Exercise.		Word of Command.	Detail and Remarks.	Common Faults.
2. Feet sideways place, 1 Hand Hips arm— Trunk turning with one Arm flinging or Trunk twist and single Arm fling.		"Begin"	Keeping the muscles of the arm relaxed, bring the left arm slightly across the body, fingers lightly clenched, then turn the trunk to the left flinging the left arm freely slightly upward, and backward as far as possible, allowing the head to follow the movement of the arm, then turn the trunk naturally back to the front with the arm swinging freely across the front of the body, and continue.	(a) Not getting a full turn of the trunk. (b) Movement too jerky and stiff. (c) Not allowing the head to follow the upward swing of the arm. (d) Checking the swing of the arm in front of the body. (e) Flinging the arm too high. (f) Bending the knees. (g) Not flinging the arms strongly.
		"Change"	Without stopping the movement complete the swing with the left arm, at the same time continue the swing with the right arm, as the body comes to the front again, place the left hand on the hip, and carry on with the exercise. Change is given when the arm is at the top of the swing. The change may be given several times.	

Group "G"—Lateral and Trunk Exercises (contd.).

3. Hips arm, place—Trunk bending sideways.	"Tail"	Bring the arm to the side. "Halt" is given as the right arm is at the top of the swing.	Bend the trunk to the left as far as possible.	Bend over to the right as far as possible.	Resume the starting position.	To be taught in three stages. Once thorough.—Bend to the left, over to the right and back to the upright.	To be done in the second stage only.	As for Exercise 3 above. Cadence 100 to the minute.	As for Exercise 3 above except that the starting position is different.	To be done in the second and third stages.
	"One"									
	"Two"									
	"Three or upward stretch"									
	"Begin"									
4. Feet astride, Hips arm—Trunk bending from side to side quickly.	"Begin"									
5. Feet astride, Arms sideways—Trunk bending (upward stretch) quickly.	"Begin"									

- (a) Feet not kept firm on the ground.
(b) Trunk turned or inclined forward or backward.
(c) Not using the head as a lever to force the body further over.
(d) Raising the heel.
(e) Incorrect rhythm.
- (a) As for Exercise 3 above.
(b) Not keeping the arms level with the shoulders.
(c) Holding the breath.

Group "G"—Lateral and Trunk Exercises (concl'd.).

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
6. Foot sideways place, Hips firm, Trunk forward bend—Trunk rolling.	"Begin"	*Without turning the head and shoulders, circle the trunk as far as possible to the left, backward to the right and forward again, repeating the exercise until "Halt" is given. All movements should take place at the waist, the circling being done from the hips, the seat being pushed back as the trunk circles forward. To be taught in the second and third stages. In the second stage "Halt" will be given as the men return to the forward bend position. Third stage, "..... times left and..... times right—Begin".	(a) Not making the movements big enough or sufficiently free. (b) Rounding the back. (c) Turning the shoulders. (d) Bending the knees.

346

[Chap. XV. Sec. XV.]

Group "H"—Balance Exercises.

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
1. Feet close—Heels raise.	“ Heels—Raise ”	Keeping the feet together, legs straight, body and head erect and fingers well stretched, raise the heels from the ground as high as possible.	(a) Lack of control. (b) Not getting as high as possible on the toes. (c) Not stretching down with the fingers. (d) Heels separated.
	“ Heels—Lower ”	Lower the heels evenly to the ground, relaxing the fingers.	
2. Hips firm—Knee raise.	“ One ” ..	Keeping the body erect, bend the left knee and raise it upward until the thigh is at right-angles to the body and the lower leg held straight downward with the toe pointing to the ground.	(a) Not raising the knee high enough. (b) Unsteadiness. (c) Bending the standing leg. (d) Lower leg not held straight down.
	“ Two ” ..	Lower the leg to its original position.	
	“ Three ” ..	} Repeat with the right leg.	
	“ Four ” ..		

Chap. XV. Sec. XV.]

347

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
3. Hips firm— Leg raising.	"One"	Raise the left leg forward as high as possible, toe pointed, keeping both legs straight and the body erect.	(a) Not getting the leg high enough. (b) Unsteadiness. (c) Leaning back.
	"Two"	Resume the starting position.	(d) Bending the standing leg.
	"Three"	Repeat with the right leg.	
	"Four"	Repeat with the right leg.	
	"One"	Keeping both legs straight and the body erect raise the left leg forward as high as possible, toe pointed, at the same time raise the arms forward and upward over the head into the position of "Arms upward stretch."	(a) As for Exercise 3 above. (b) Arm and leg movement not finishing together. (c) Arms not kept straight.
	"Two"	Resume the starting position.	
	"Three"	Repeat with the right leg.	
	"Four"	The arms will be raised (lowered) at a faster rate than the legs so that the two movements may be completed at the same time.	

5. Leg raising. forward side-ways and backward with arms raising forward sideway and upward.	"Left (R.) Leg—One"	Raise the left leg forward at the same time raise the arms forward in line with the shoulders.	
	"Two"	Carry the leg to the left at the same time carry the arms to the "sideways stretch position."	
	"Three"	Carry the leg backward and the arms to the "Upward stretch" position.	
	"Four"	Resume the position of attention.	
6. Hips firm Knee raise— Foot rolling.		Forcing the toe upward circle the foot outwards. Emphasize should not be placed on stretching the toe towards the ground. The lower leg must be kept still.	(a) Not forcing the toe upwards. (b) Moving the lower leg. (c) Circling the foot inwards.

Group "I"—Abdominal Exercises.

350

[Chap. XV. Sec. XV.]

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
1. On the Hands (on ground). (Add later. Arms bend.)	"One "	Bend the knees quickly outward, incline the trunk slightly forward and place the palms of the hands on the ground rather more than the width of the shoulders apart, fingers turned slightly inward, arms straight and nearly vertical. The back should be kept straight and the head in the same relative position to the shoulders as at attention. Weight at end of movement to be equally distributed on arms and feet.	(a) Rounding the back and dropping the head forward in the first movement. (b) Arms not at right-angles to the body. (c) Slackening of the abdominal muscles and thereby hollowing the back. (d) Raising the seat. (e) Head not kept in its relative position to the body. (f) In bending the arms not keeping the elbows in line with the shoulders.
	"Two " or "Down."	Keeping the arms straight, shoot the legs backward till the body and legs are straight and fully stretched, the weight supported by the toes and hands, heels together, feet at the normal foot-angle, arms at right-angles to the body, head in the same relative position as at attention.	
	"On the feet — " "One ".	Resume the first position of <i>On the hands</i> .	

2. On the Hands (on ground)— Foot placing forward.	"Two "	Resume the position of attention.	
	"Bend "	Bend the arms until the body is just clear of the ground.	
	"Stretch "	Resume the starting position.	
		When the movements have been taught, the starting position will be done "Judging the time."	
		"Arms bend " will be taught in three stages.	
	"One "	Keeping the seat down bring the left foot forward as far as possible underneath the body, knee inside the elbow.	(a) Knee not brought far enough forward. (b) Knee brought outside instead of inside the arms. (c) Seat raised. (d) Rear leg bent.
	"Two " or "Begin " or "On the Feet—Up."	Quickly reverse the position of the feet.	
	"One "	Bring the rear foot up to the leading foot and assume the first position of <i>on the hands</i> .	
	"Two " or "Up ".	Resume the position of Attention.	
		To be taught in three stages.	

Chap. XV. Sec. XV.]

351

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
3. On the Hands— (on ground)— Feet placing forward.	"One" .. "Two" or "Begin" ..	Keeping the knees close together bring the feet forward as far as possible, head kept still. Shoot the legs back to the starting position. To be taught in three stages. In the second and third stages no pause will be made except in the starting position. As the arms are bent, without altering the position of the body keep the left leg straight, and raise it as high as possible, toe pointed. Resume the starting position .. Repeat with the other leg.	(a) Not straightening the legs and shooting them fully backward. (b) Allowing the body to sag. (c) Bringing the knees up outside the elbows.
4. On the Hands— (on ground)— Arms bending and leg raising.	"One" .. "Two" .. "Three" .. "Four" or "Begin" ..	As the arms are bent, without altering the position of the body keep the left leg straight, and raise it as high as possible, toe pointed. Resume the starting position .. Repeat with the other leg.	(a) Raising the leg too high, thereby altering the position of the body. (b) Bending the knee of the raised leg. (c) Elbows not kept out. (d) Raising the seat. (e) Holding the breath.

Group "I"—Abdominal Exercises—(contd.).

5. On the Hands— (on ground)— Arms bending with legs parting.	"Bend" .. "Stretch" or "Begin" ..	Lower the body close to the ground by bending the arms, at the same time keeping the legs straight, part them as far as possible. Resume the starting position by straightening the arms and closing the legs. To be taught in three stages.	(a) Not maintaining a correct position of the body. (b) Bending the knees. (c) Not parting the legs to their fullest extent.
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Group "J"—Dorsal Exercises.

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
1. Feet astride, Hips firm—Trunk bending backward.	"One " ..	Keeping the body well braced up, incline it steadily backward as far as required, commencing the movement with the head.	(a) Back rounded. (b) Head poked forward. (c) Breathing restricted. (d) Elbows forced back. (e) Not getting the bend from the upper part of the back.
	"Two " or "Begin."	Resume the starting position. To be taught in three stages. This exercise must be restricted to the dorsal part of the back only, and care should be taken that the bend backward does not take place in the lumbar regions, which tends to create a hollow back.	
2. Feet astride, Arms upwards stretch—Trunk bending backward.	"One " ..	Bend the upper part of the trunk backward, the head commencing the movement and kept well back with the chin drawn in, at the same time reaching up with and carrying back the arms.	(a) The bending made only in the small of the back instead of the whole spine. (b) Holding the breath. (c) Arms not fully stretched. (d) Head poked forward.

3. Feet astride, Arms sideways stretch—Trunk bending backward with Hands turning.	"Two " or "Begin."	Resume the starting position. To be taught in three stages.	
	"One " ..	Bend the upper part of the trunk backward, the head commencing the movement and kept well back with the chin drawn in, at the same time turn the palms of the hands upward pressing back with the arms.	(a) As for Exercise 2 above. (b) Not completely turning the hands.
4. Feet astride, Arms sideways stretch—Hands turn—Trunk bending backward with Arms raising upward.	"Two " or "Begin."	Resume the starting position. To be taught in three stages.	
	"Hands turn "	Turn the hands, palms up. ..	(a) As for Exercise 2 above.
	"One " ..	Bend the upper part of the trunk backward, the head commencing the movement and kept well back with the chin drawn in, at the same time, keeping the arms forced back, raise them to the upward stretch position.	(b) Allowing the arms to come forward. (c) Starting the arm movement before the trunk moves.
	"Two " or "Begin."	Resume the starting position. To be taught in three stages. To save time in returning to the position of Attention the command "Hands—Turn" will not be given.	

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
5. Feet astride, arms sideways stretch—Trunk bending back—Hands turning ward with arms raising upward.	"One" .. "Two" or "Begin"	As in Exercise 4 above, except that the hands are turned as the arms are raised upward. Lower the arms to the starting position.	(a) As for Exercise 4 above, before the hands are raised. (b) Turning the arms are
6. Hips arm, foot sideways place—Trunk bending forward.	"One" .. "Two" or "Begin"	Incline the trunk forward from the hips to an angle of 45 degrees; keeping the back straight and the head in the same relative position as at Attention. Resume the starting position. To be taught in 3 stages.	(a) Bending the trunk too low. (b) Back rounded. (c) Head or chin poked forward. (d) Elbows forced back.
7. Feet astride, arms upward stretch—Trunk bending forward.	"One" or "Begin"	As for Exercise 6 except the starting position is different. The arms must be kept in the same relative position to the body.	(a) Allowing the arms to come forward. (b) Head poked forward.
8. Feet astride—Floor beat with knees straight.	"Begin" ..	Passing through the "Trunk forward bend" position continue the movement quickly down-	(a) Not forcing the head down between the legs.

9. Feet close—Floor beat with knees straight.	"Halt" .. "Begin" ..	Return to the starting position. To be taught in the second and third stages. As for Exercise 8 above but with a smaller base except for the starting position, and beat the ground at the sides of the feet.	As for Exercise 8 above, but far forward. (d) Beating the ground too far forward. (c) Not allowing the arms to bend. (b) Bending the knees.
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Group "K"—Agility Exercises.

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
1. Upward jumping.	"One " .. "Two " or "Jump ".	Rise on the toes and stretch the fingers. Slightly bend the knees and jump vertically upward as high as possible, maintaining the relative position of Attention. Land on the toes, bend the knees, stretch the legs and lower the heels in one movement, assuming the position of Attention. When the movements have been learnt "By numbers" the exercise will be done "Judging the time" on the word "Jump" and later two or more jumps consecutively will be given.	(a) Not stretching sufficiently in the jump. (b) Kicking the heels up. (c) Heavy landing. (d) Jerking the head and shoulders back. (e) Not stretching the arms and fingers.
2. Astride jumping with arms raising sideways.	"Begin " ..	Keeping on the ball of the feet jump astride and feet together alternately ; at the same time raise the arms sideways with the hands in line with the top	(a) Not jumping wide enough. (b) Bad co-ordination between arms and legs. (c) Arms raised too high.

	"Halt " ..	of the head, when the feet are astride and lower them when the feet are together. Is given when the feet are together. Make two more beats and resume the position of attention. This exercise can be done as a warming-up exercise when the hands are cold, the hands should then smack the sides of the thighs ; one, two or more jumps can be added when the feet are together, turn right or left, or moving forward. To be taught in the second stage and to be done in "bursts." Cadence 130 to the minute.	(d) Hands hitting the thighs. (e) Bending the knees too much.
3. Astride jumping with Hands clap above Head.	"Begin " ..	As for Exercise 2 above, but the arms move quickly and the hands are clapped above the head when the feet are in the astride position. The same variations may be made as in Exercise 2. Cadence as in Exercise 2.	(a) As for Exercise 2 above. (b) Arms not raised through the "sideways stretch" position. (c) Arms not straight above the head.

Group "K"—Agility Exercises—(concl.).

Starting Position and Exercise.	Word of Command.	Detail and Remarks.	Common Faults.
4. Running long strides (add later two or more strides).	"Go" or "Begin".	Run forward, take off on one foot springing up as high as possible and land on the other foot, carry the rear foot straight forward and continue the run back to the squad. Two (or four) tapes will be placed on the ground by named files from the squad under direction of the instructor. The tapes should be sufficiently far apart to ensure that the men have to make an effort to stride across them. To be taught in three stages.	(a) Landing with the toe turned inward. (b) Not reaching out for distance. (c) Not getting high enough. (d) Not continuing the run forward.
5. Hop, Step and Jump.	"Go" or "Begin".	Run forward a few paces to a mark on the ground, hop on one leg as far as possible, then take a step with the other leg, and on completing the step	(a) Lack of co-ordination and control. (b) Stride jumping. (c) Not gathering speed in the run up.

as the rear leg is coming forward, jump as far forward as possible landing on both feet. To be able to do this exercise well a great deal of control and co-ordination is required. Distance should not be attempted until this co-ordination is acquired. To be taught in three stages.		
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SECTION XVI.

GAMES.

Relay Races—15 yards.

(a) Simple Sprint.

(b) Turning.

Method of Running.

To introduce a slight variation, runners will be told to turn about once on the way out and once on the way back. The turns will be varied by the instructor.

*Leap Frog.**Object.*

Increases agility and dash and strengthens the jumping muscles.

Organisation.

On the instructor's command "For Leap Frog—Ready," Team leaders will double forward 6 paces and take up position as follows:—

Left foot a pace forward and left knee slightly bent, right leg braced, hands grasping the top of the thigh just above the knee, arms braced, head slightly bent forward.

"Begin."

The second man of each team will double forward, "leap frog" over the leader and when 6 paces beyond, will take up the position described above. When the second line is clear, the third line without any further word of command will follow on and so on until the instructor calls a *halt*.

NOTE.—It is not advisable to make a race of Leap Frog as correct position when going over the obstacle and a good landing are important.

The Team showing the best style will be the winner.

V. C. Race.

Object.

Strengthens the leg and back muscles—teaches a good method of carrying wounded.

Organisation.

The Section is formed in 2 ranks. One rank doubles 10 to 15 paces away and faces about.

Each man will face another of the opposite rank.

Method of playing.

One rank will be named as the carriers. On the word "Go" that rank will double forward and each man will lift his opposite

number on to his back and double to the starting line. The man reaching the starting line first with his burden correctly carried will score a win for his team.

Detail of the method of carrying.

A—Carrier.

B—Man to be carried.

1. A will grasp B's right hand with his left hand or *vice versa*.
2. A will turn his back towards B at the same time bending down and passing his head under B's right arm and his own right arm between B's legs and with it grasp B's left hand leaving his own left hand free.
3. A will straighten his legs and so lift B, who will be lying across his shoulders, off the ground.

All Forms of Relay Races.

Object.

Especially useful in promoting the Team Spirit also develops the leg muscles and general activity.

NOTE.—Unsuitable alternatives are to be avoided and the distance is never to exceed 15 yards.

The following are the most suitable varieties:—

- (i) Running forward or backward.
- (ii) Walking forward or backward.
- (iii) Hopping on one foot and changing on to the other.
- (iv) To include one or two turns or a cart-wheel.
- (v) Touching mark with a named hand.
- (vi) Taking a ball or object from one circle to another.

2's and 3's.

Object.

Develops quick thinking and general alertness.

Organisation.

A large circle of players in pairs at about 3 paces interval, one man standing behind and close to the other of the pair.

To form the circle:—

The two inner Teams turn inwards and their centres fall back to form the circle. At the same time each man of the outer Team places himself close behind one of the players forming the circle.

Method of playing.

One pair is brought into the centre of the circle and will be the first hare and hound. They will stand back to back. The game is started by the instructor calling out the name of one of the pair. The player named becomes the hound and immediately tries to touch the hare. The hare's object is to place himself directly in front of one of the pairs of players forming the circle. If he succeeds, then the rear man of that pair becomes the hare. If a hound succeeds in touching a hare before the latter has reached a sanctuary, then their roles are reversed.

NOTE.—This is intended to be a game of quick dodging and the instructor must insist on players keeping to the immediate vicinity of the circle. A common fault which results in confusion is when the rear man of a pair anticipating that the hare is going to halt in front of his pair starts running before he should do. Pairs should be so closed up that it is not possible for the hare to run between the two players.

Variation.

Mental progression can be obtained as follows:—

The players of each pair face each other with one pace between them. The object of the hare is now to place himself between the two men of a pair so that his back is towards

one and his face towards the other. Directly he succeeds in this, the man behind him becomes the hare. This game does not lend itself to competition.

*Circular Jockey Race.**Object.*

Increases speed and agility.

Organisation.

A circle in pairs as for 2's and 3's. The instructor orders "Mount"—the rear player of each pair mounts the front player pick-a-back.

Method of playing.

The instructor then gives the command "Once to the right (left)—Go." The jockeys dismount, race round the circle once and mount their horses. The instructor names the first man up and he scores for his Team. Jockeys and Horses then change places.

Variation.

Jockeys may be ordered to race twice round the circle.

In addition to the race round, quickness in mounting and dismounting may be tested, *i.e.*—

"Dismount, and mount the horse on the right (left)."

"Dismount, crawl through horse's legs and mount again."

"Horse and Jockey change."

SECTION XVII.

PREVENTION OF ACCIDENTS.

The surest way to prevent accidents is a careful adherence to the principles of gradual progression.

The instructor must, however, be prepared to "save" recruits from hurting themselves whenever there is any possibility of their falling in the performance of an exercise.

In "saving" care must be taken that the performance of the exercise is not interfered with if there is a chance of its being done safely. The recruits will not, therefore, be "saved" unnecessarily.

It gives recruits confidence in the early stages of their training to know that the instructor is "standing by" to "save"; but it must be remembered that recruits are to be trained to rely upon themselves and to have confidence in their own powers. As the recruits gain confidence, strength and skill, the instructor will gradually dispense with this assistance, only "standing by" for an occasional recruit who requires it.

SECTION XVIII.

OBSTACLE COURSE.

1. The obstacles should be arranged in the following order:—

<i>Vaulting Horse</i>	(3' 6")
<i>Ramp Jump</i>	(7' 3")
<i>Vaulting Beam</i>	(adjustable)
<i>Long Jump</i>	(Up to 12 feet)
<i>High Jump</i>	(3 feet)
<i>Vaulting Wall</i>	(Wood 6 feet)
<i>Escalading Wall</i>	(8 feet) without assistance.

In the case of Gurkha or very short Recruits—for a section of the wall—the ground in front may be proportionately raised.

2. Where ground permits, the distance between each obstacle should be sufficient to form up a company in fours (closed up) between each, plus the ground required to carry out the exercises. The obstacles should be wide enough to exercise four men together at full arm interval from their left.

3. Where ground is not available, the men should be exercised in sections.

4. At each obstacle on the command "*First*" or "*Next Four*" the whole class will spring to Attention as before detailed, the first four men coming to the "trail" if armed with lathis, and on the whistle sounding the leading four will proceed with the exercise as ordered by the Instructor. The remainder at the same time, in order that all may start from the same ground, will take one pace forward, halt and again stand at ease.

5. During the period of Instruction, on completion of the exercise at each obstacle, on the whistle again sounding, each four, as they so complete, will double forward to the laid down distance in front of the next obstacle and of themselves halt, about turn, stand at ease and watch the remainder. In this way they will be in a position to see and to benefit by the corrections made, and the mistakes pointed out by the Instructor among those that follow them.

Vaulting Horse.—1st Exercise. (Without muskets or lathis.)

Caution.—On the knees.

6. *First four.*—The whole class will spring to Attention, and on the whistle sounding the leading four men will double to the horse and place both hands on it, the

width of the shoulders apart, fingers to the front, raising their knees between the hands and bringing them forward till they rest on top of the horse on their shins and insteps, legs close together, toes pointed backwards, knees pushed well to the front. As their legs touch the horse, they will sit well back on the heels, body and head erect, back hollow and hands by the sides.

7. *Jump.*—Spring forward off the insteps, throwing the arms to the front in line with the shoulders, and alight on the further side of the horse, dropping lightly on the forepart of the feet heels together, knees to be bent well outwards.

8. *Next Four.*—The whole class, including the four men over the horse, will spring up to Attention. The latter will then take three paces forward together and on the whistle sounding the second four men will act as above detailed for the first four and at the same time the men on the further side of the horse will turn outwards, *i.e.*, two men to the right and two to the left double along the flanks of the company, and form up as they originally were but in rear of the last section of fours for the next portion of this Exercise.

Vaulting Horse.—2nd Exercise (Without muskets or lathis).

Caution.—On the feet and off.

9. "*First Four*". On the whistle sounding as before detailed.

The men will double to the horse and place their hands thereon, as in the 1st Exercise, from which position they will bring their feet between the hands, place them on the horse and stand erect.

10. *Off*.—Throwing the arms to the front in line with the shoulder, to assist the spring, jump upward and forward, legs together, toes pointed down, back hollow and head erect, alight on the feet, as before detailed for Exercise I.

11. *Next Four*.—As in the last Exercise, and so on, until all have completed the practice.

Vaulting Horse.—3rd Exercise. (Without muskets or lathis.)

Caution.—Round back between the hands.

12. "*First Four*". On the whistle sounding as before detailed. The men will double to the horse, and, springing with both feet, place the hands on top as before. Rounding the back and doubling the legs up under the body, clear the horse between the hands, legs and feet close together. As the

legs clear the horse, shoot them downwards and, assuming a hollow back position, alight as before, but keeping the arms to the sides.

13. *Next Four*, and so on, until all have completed the practice. See paragraph 5. Before turning about and standing at ease, the men will in turn as they halt, each pick up a lathi, which should be grounded in fours in front of the Ramp Jump.

Class, About—Turn.

The men will spring to Attention, turn about and stand at ease again.

Caution.—**Ramp jump.** (With muskets or lathis.)

14. *First Four*.—As before detailed, the first four men trailing lathis and on the whistle sounding the men will double together up the ramp and come to the Attention position on top, toes in line with the edge of the ramp, lathis at the trail.

15. *Jump*.—Without touching the ramp with their hands or lathis the men will drop to the ground on the forepart of the feet, heels together, bending the knees well out in doing so, left arms to the side, right elbows bent thereby, bringing the lathis above the right shoulders.

16. *Next Four.*—As for the first four. The men on the further side of the ramp will spring to Attention, bring the lathi to the trail and take three paces forward together.

17. *On the whistle sounding.*—As before detailed; the men over the jump will double forward together until they reach the correct distance from the vaulting beam, halt, order arms, turn about and stand at ease.

Class about Turn.—As before detailed.

Caution.—Vaulting Beam. Right Hand Vault.

(With muskets or lathis.)

18. The first four should be six paces from the beam.

19. *First Four.*—As in paragraph 14, and on the whistle sounding; the men will double forward together changing arms of the left foot, as in Rifle Exercise on the march, clasp the beam smartly with the right hand, turn to the left, advance the left foot about 30 inches to the front, body erect from the hips upwards, rear leg straight, left knee bent over the left foot, lathi at the trail on the left side.

20. *Vault.*—Swinging the right foot forward, spring off the toes of the left foot and clear the beam without any part of the body or lathi touching it. During the vault the left arm should be bent, thereby bringing the lathi above the left shoulder. The men will alight on the further side of the beam on their toes, heels together, knees bent outwards, lathi above the shoulder and right hand to the side.

21. *Next Four.*—As before detailed. The men over the beam will bring the lathi to the trail on the left side, spring up to attention and take three paces forward.

22. *On the whistle sounding.*—As before detailed. The men on the further side of the beam will change arms, as in paragraph 19.

Class About Turn.—As before detailed.

Caution.—Long Jump off the right (or left) foot.

(With muskets or lathis.)

23. *First Four.*—As before detailed, and on the whistle sounding, the first four men will run forward jump and alight with heels together and knees bent outwards, keeping the lathis at the trail.

24. *Next Four*.—As before detailed.

The men on the further side of the jump will spring up smartly to Attention take three paces forward, *i.e.*, two full paces, commencing with the left foot and without completing the third pace drop on the right knee, bringing the lathi to the 'Rest.' In this position the back should be hollowed, head erect, right thigh and left lower leg perpendicular, left hand resting on top of the left thigh.

25. *On the whistle sounding*.—As before detailed. The men on the further side of the jump will spring up to Attention by bringing the left foot back to the right, trail arms and double forward together.

Class About Turn.—As before detailed.

26. *Caution:—High Jump*.....paces forward off the Right (or left) foot. (With muskets or lathis.)

First Four.—As before detailed and on the whistle sounding the men will double forward together the number of paces ordered and jump off the right (or left) foot. The jump will be to the front and no part of the body or lathi is to touch the obstacle. The men will alight on the further side on the forepart of the feet with the knees bent well

outwards and bring the lathi above the right shoulder as laid down in paragraph 15.

27. *Next Four*.—As before detailed in paragraph 16, and on the whistle sounding, the men over the jump will double forward and ground their lathis on either side of the obstacle course, Nos. 1 and 2 on the right and 3 and 4 on the left.

Class About Turn.—As before detailed.

28. *Caution:—Vaulting wall*. Right (or left) vault. (With and without muskets or lathis.) See section XIX, paragraph 3.

29. *First Four*.—As before detailed, and on the whistle sounding, the first four men will double towards the vaulting wall together, place the left foot against it about 3 feet from the ground, spring forward and upwards, placing both hands on the top, fingers to the front, both arms straight, body diagonally balanced on the top of the wall, head and chest well to the front, legs straight and together and toes pointing to the rear and downward.

30. If the vault is to the right, the position of the left hand will be reversed and *vice versa*.

31. *Vault.*—Keeping the body in the same position, as in paragraph 29, strike the further side of the wall with the right hand about 18 inches below the left. Vault without bending the knees, opening the legs, or lowering the feet towards the ground, press away from the wall with both hands (see paragraph 30), alight on the further side on the forepart of the feet, knees bent, and immediately come to the attention position facing the left or right of the course according to which vault has been completed.

32. *Next Four.*—As before detailed, and on the whistle sounding, men over the wall turning to the right (or left) and doubling forward together as already laid down.

Class About Turn.—As before detailed.

Escalading Wall. (With and without muskets or lathis.) (See section XIX, paragraph 3.)

33. *Caution.*—Surmounting wall without assistance.

34. *First four* (or if the wall is wide enough to take more men at a time), *First Line.*

One.—As before detailed and on the whistle sounding, the men will run towards the 8 foot wall, jump forward at the wall,

at the same time place the left foot against it as high as can conveniently be managed, seize the top of the wall with both hands, pull up to the chest, keeping both legs steady, feet together, toes pointing towards the ground, place the right arm on top of the wall, then the left arm, both elbows bent outwards, forearms straight across the body, hands together, knuckles upwards, and press up until the belt is in line with the top of the wall, separate the hands the width of the shoulders straighten both arms and come to a diagonal position as laid down for the Vaulting Wall.

35. *Two.*—Without bending the right leg, throw it smartly over the top without touching it and mount to the sitting astride position, *i.e.*, back hollow, chest well to the front, head erect, arms at the Attention position, knees bent and close to the wall, lower part of the legs almost perpendicular, sloping slightly forward.

36. *One.*—On the command By the Right (or Left) place both hands smartly in front of the body, flat on the top of the wall, right hand in front of the left, or *vice versa*, if by the Left.

37. *Two.*—Keeping both hands flat on the top of the wall, throw the left (or right) leg to the rear of the body and over the top of

the wall without touching it with the knees or foot, and come to the diagonal position noted in paragraph 34.

38. On the command "Down" throw the left hand forward and seize the outer edge of the top of the wall and lower the body, then the rear edge of the wall should be seized with both hands and the body further lowered to the full extent of both arms. Drop to the ground, turning the body to the right and pressing slightly away from the wall with the right hand when doing so. Assume the Attention position.

39. *Next Four (or Line).*—As before detailed, and on the whistle sounding, the men on the further side of the wall turning to their right and doubling forward together.

Class About Turn.—As before detailed.

Rope Climbing.—

40. *Caution.*—Climbing with the left hand and right foot leading.

First Four or First Line.—As before detailed.

41. *Ready.*—The first line of men will double out smartly and place themselves opposite and close to the ropes.

42. *One.*—Rising on the toes, the men will grasp the ropes with their left hands as high as possible.

43. *Two.*—Grasp the rope with the right hand immediately under the left.

44. Keeping the arms straight, raise the thighs to a horizontal position, grip the rope between the inside of the knees and outside of the feet, right foot in front of the left, the rope passing between the left shin and right calf (*i.e.*, over the left instep and outside the right heel).

45. *Four.*—Maintaining a firm grip of the rope with the legs, bend the arms and straighten the legs without any undue hollowing of the back.

46. *One.*—As above but right hand grasping the rope as high as possible to the full extent of the arm.

47. *Two.*—As above but left hand under the right.

48. *Three.*—As above but left foot in front of the right.

49. *Four.*—As above, alternately.

50. *Down.*—Lower the body to the full extent of the arms, allowing the rope to slip through the legs.

51. *Two.*—Grasp the rope in line with the breast with the lower of the two hands.

52. *Three*.—Grasp the rope with the upper of the two hands immediately above the other and come to position three for climbing.

53. *Down-Two* and *Three*.—As above.

On the men reaching the ground they will come to Attention.

54. *Next Four or Line*.—As before detailed. The men close to the ropes will take a side pace to the right.

Ready.—As before detailed.

55. The men between the ropes will double forward together, halt, turn about and may be allowed to sit down and watch the remainder.

56. On completion the class will be marched on to their lathis and dismissed.

(*For Training College only.*)

57. The preliminary instructions on the obstacle course should be carried out as follows for Recruits:—

The men will be marched to the obstacle course without arms and in light running kit and be equally divided amongst the Instructors according to their numbers.

The first Instructor will individually instruct his Squad in the *Vaulting Horse, Ramp Jump and Vaulting Beam Exercises*.

The second, in the *Long Jump, High Jump and Vaulting Wall Exercises*.

The third, in surmounting the 8 foot wall and rope climbing the latter two, continuing round the obstacle they have not done.

SECTION XIX.

OBSTACLE COURSE TRAINING IN DISTRICTS.

1. The following is the method of surmounting the Obstacle Course:—

- (a) When doing this training, constables should go over the course two or three times at a slow pace.
- (b) The same as above, but in light running kit with muskets.
- (c) As in (b), but with boots, no muskets.
- (d) In boots and carrying muskets.
- (e) Drill Order.

2. When going over the course as in (e), the pace should be as *rapid as possible* and should be considered as practical training to

teach men equipped to surmount obstacles quickly. No attention should be paid to "Dressing" each man going as fast as possible. There should be no words of command and the company should, if possible, be lying under cover. The first "File," "Section of fours," or more, according to the width of the obstacle, should double forward a distance of, say, 20 or 30 yards according to the severity of the course and the number of obstacles, etc. They should then lie down. The second file, section of fours, etc., will then double forward to the first file, section of fours, etc., and lie down, the first file, section of fours, etc., then making a rush forward as before, the third file, section of fours, etc., starting when the first file, section of fours, etc., make their second rush forward, and so on.

3. Should a high wall be met with, or some other difficult obstacle which requires assistance, the following should be the general arrangement:—

The first four double forward and place their muskets against the wall, or on the ground, then they take up a position with their backs to the wall, to assist the remainder of the Squad or section to surmount the obstacle.

The first four over the obstacle will select a suitable position close to the wall and will immediately lie down under the best available cover. Then the remainder of the Squad will join them as soon as they have surmounted the obstacle.

The last four of the Squad to surmount the wall will assist the first four by lying on top of the wall with their legs on the far side, leaning well over with their fingers interlaced. When the whole of the Squad is over, the same procedure to be adopted as for negotiating ordinary obstacles, and this procedure to be adopted throughout the Company.

Muskets should only be slung when approaching an obstacle which requires the use of both hands.

The men should finish the course by charging about 30 yards.

When each man has completed the course, he should perform the exercise "Arms raising sideways and upward." This being a Corrective Exercise, enables a man to resume his normal state of breathing after severe exercise.

SECTION XX.

ESCALADING.

8 to 10-foot wall.

The Squad will be drawn up in fours facing the wall.

CAUTION.—*Surmounting wall with assistance. See section XIX, paragraph 3.*

First four to the wall—Ready.—The first four will spring to Attention, double out, turning left about, and place themselves with the right shoulder, buttock and foot against the wall, and the left foot about 3 feet in front of the right foot, bending the knees and placing the hands, with the fingers interlaced, on the left thigh.

The second four spring to Attention.

Next four up (2nd four).—The second four will double forward, place the left foot in the hands of the first four and spring from the ground with the right foot and straighten the left leg, using the hands while rising to steady themselves against the wall, and then grasping the top of it and swinging the right leg over to the right to assume the position of "sitting astride the wall," facing left. The

first four assisting in the movement by bringing their left foot up to the wall (as the 2nd four straighten their legs after springing from the ground), at the same time raising the locked hands upwards as high as possible and slightly forward.

Next four ready (3rd four).—The third four will act as described above for the first four. The second four will dismount on the far side of the wall by swinging the left leg over by the rear, letting themselves down to the fullest extent of the arms with the hands grasping the top of the wall and then quitting with the right hand press away from the wall with it, quit with the left hand and then drop to the ground turning about in the air so as to face away from the wall and landing as usual.

The first four then double about 8 paces forward, turn about, standing at ease.

Next four up (1st four).—The first four will mount the wall as described above, assisted by the third four. The second four will move forward on the far side of the wall, or form up in any position that may be ordered.

And so on, each section of fours alternately assisting and mounting until the last section is left at "Attention" at the foot of the wall.

One's—up.—The "ones" or odd numbers of the section may then mount the wall as above, assisted by the "twos" or even numbers thus leaving 2 men (front and rear rank) at the foot of the wall.

Front rank—up.—The front rank man may then mount the wall to the "sitting astride position," assisted by the rear rank.

The last man (rear rank) may then mount with assistance, as follows:—

Last man—up.—The front rank man swings the left leg over the wall to the rear and leaning over the wall with his legs on the far side, reaches downward with his hands on the near side, fingers interlaced, arms straight.

The rear rank man takes a short run, jumps forward and upward at the wall, placing his left foot against it as high as he can conveniently manage and seizes the hands of the front rank man with his own right hand followed immediately by the left.

Both men then pull upward, and the rear rank man transfers first one hand and then the other to the top of the wall, and continues to rise above the wall till he is able to throw his right leg over it, and so assume the "sitting astride" position. As soon as

the rear rank man has transferred both his hands to the wall, the front rank man lets himself down on the far side as usual.

Last man down.—The last man lets himself down as usual.

The above is the usual method of teaching a class to surmount the ten-foot wall, as it is suitable for the usual length of these walls. Should, however, the length of the wall admit, a whole rank may be assisted up at the same time; then the "ones" (or odd numbers of the remaining rank) assisted by the "twos" (even numbers), and then every other man assisted by the man next on his right and so on.

The whole class, or as many of them as possible, may also be taught to surmount the wall as described for the "last man" with assistance from above.

In teaching a class carrying muskets to surmount this wall, the muskets should be slung, or they may be passed over in batches when one set of men are on the far side and one set on the top of the wall.

CHAPTER XVI.

Musketry.

SECTION I.

GENERAL INSTRUCTIONS.

1. The present arm of the Bengal Police is a Short Lee Enfield Mark III .303 bore converted to .410 smooth bore without magazine. See Plate XXI.
2. The purpose of musketry training is to render individual constables proficient in the use of the above arm and to qualify officers to direct and control fire.
3. Musketry training will include thorough preliminary training of recruits and trained constables at range and field practices.
4. Field practices should be regarded as the most important of these but ample time must always be allotted to preliminary training.
5. Field and range practices are divided into (a) Individual and (b) Collective.

NOTE.—For Collective practices on the range, see Musketry Course in the Police Regulations, Bengal.

SECTION II.

AIMING INSTRUCTION.

1. Aiming will be taught in stages as follows:—
 Explanation of aiming with the backsight and foresight.
 Aiming with scrupulous accuracy from a rest.
 Demonstration of results of inaccuracy in aiming.
 Aiming combined with trigger pressing.
 Declaring point of aim at moment of discharge.
 Rapid alignment of sights.
 Aiming and snapping without a rest in all positions.
 Explanation of the use of aim corrector.
 Fire discipline exercises.
2. It is immaterial whether the instruction is given in the above order but further training should be deferred until the eye is shown to be accurate in aiming. Ample time should be devoted to trigger pressing and declaring the point of aim on discharge.

3. Aiming instruction should proceed simultaneously with firing instruction and muscle exercises, short lectures and questions being included in the daily programme.

SECTION III.

ACCURACY IN AIMING.

1. Special care will be taken that the sights of any musket used for aiming instruction are in perfect order.

2. The aiming mark in the earlier stages will be a special aiming target with a 6-inch bulls-eye placed at a distance not exceeding 100 yards.

3. The most common faults in aiming are:—

(i) Taking too much, or too little, foresight into the "U" of the backsight, causing the bullet to strike high or low respectively.

(ii) Inaccurate centring, *i.e.*, failure to get the blade of the foresight in the exact centre of the "U" of the backsight. This inaccuracy will deflect the muzzle of the musket to the side on which the line of aim is taken, *e.g.*, if aim be taken over the right

edge of the "U," the bullet will strike to the right of the mark.

(iii) Fixing the eye on the foresight and not on the object. If the eye is focused on the foresight only, the firer will retain only a blurred image of the target and inaccurate shooting will result.

(iv) Inclining the backsight to one side. This will cause the bullet to strike low and on the side to which the sights are inclined.

4. To illustrate principles or check faults a free use will be made of large diagrams on paper, blackboard or ground; by practical illustration with the musket and by the use of suitable appliances.

5. When these principles have been mastered, the instructor will himself aim from a rest at the target, taking care that his eye is immediately above the butt plate. Having aimed he will call on each man of his squad to observe the correct method of aligning the sights on the mark.

6. Each man will then act similarly, when the Instructor will verify the aim, point out errors, and explain how they would have affected the accuracy of the shot and how they are to be avoided. The Instructor should occasionally call on a man of his squad to

point out any errors which may have been made by his comrades.

7. Extreme accuracy of aim must be insisted on from the first lesson.

8. **Aiming at a grouping target at 100 yards.**

(1) *Sequence of Instruction.*

(i) State object, *i.e.*, how to take a correct aim. Emphasize need for extreme accuracy.

(ii) Explain the three rules of aiming:

(a) The backsight must be kept upright.

(b) The left eye (if, as is normal, the man shoots from the right shoulder) must be closed. In the opposite case the right eye must be shut.

(c) Aim will be taken by aligning the *sights* on the lowest central portion of the mark, the top of the *foresight* being in the centre of, and in line with, the shoulders of the "U" of the *backsight*. With the *sights* thus aligned, focus the aiming mark.

(iii) Demonstrate how to take an aim and explain:—

(a) Elbow and head rested.

(b) Eye over the heel of the butt.

(c) Look at the mark.

(iv) Let each man view the aim.

(v) Teach men how to arrange appliances.

(vi) Men lay aims, instructor checks, dealing with faults as they occur.

(vii) Give reasons for aiming at the lowest central portion of the mark:

(a) Whole object is kept in view.

(b) Better chance of hitting a vanishing target.

(c) Counteracts tendency to shoot high.

(d) Assists close grouping, especially in collective fire.

(viii) Give reasons for taking a "full sight":—

(a) Less chance of varying amount of foresight.

(b) Facilitates a rapid aim.

(ix) Give reasons for focussing the aiming mark and sights in the order:—*aiming mark*, *backsight*, *foresight*, *aiming mark*. Counteracts tendency to blur the mark by focussing the sights instead of the mark.

(x) Give further practice in taking aim as necessary.

(2) When checking an aim laid by a man, the instructor must always get his eye in the correct position and rest his head. If the aim is found to be incorrect, make the man look at it again; if he sees it is wrong, let him lay another but if he still thinks it is correct the instructor must convince him that it is incorrect. This may be done by the instructor holding a piece of white paper in front of the *muzzle*; the man, who must be in the correct position, is then told to get the tip of the *foresight* in line with the shoulders and in the centre of the "U" of the *backsight*. The paper is then removed quickly, and replaced after a short pause, when the man is asked where his aim was.

SECTION IV.

FIRING INSTRUCTION.

1. Instructors will teach by force of example quite as much as by word of mouth and be careful to refrain from any form of comment which may discourage Recruits.
2. Faults must not, however, be overlooked or allowed to become formed habits; the essential points of the firing positions are to be insisted upon from the beginning, as the foundation of fire discipline.

3. In the early part of the training, squads should be as small as possible and assembled round the Instructor in a semi-circle. The Instructor will explain the uses of the different firing positions and illustrate them to the squad. Recruits will practise the motions separately until able to combine them, and assume each position rapidly and without constraint.

4. The position of each individual will be corrected in turn; the regulation positions may be varied if physical characteristics render them unsuitable in any case but awkwardness in the first stages of instruction is not to be accepted as an indication that the regulation position requires modification.

SECTION V.

TRIGGER PRESSING.

1. When practising trigger pressing the instructor will ensure that men hold their muskets in a manner which conforms to that when actually firing, *i.e.*, the right elbow below the toe of the butt.
2. Trigger pressing requires careful individual instruction during which the necessity for determination, strong personal effort, and nerve control will be impressed on the mind

of every recruit. The importance of physical fitness and its bearing on accurate trigger release will also be emphasized.

3. *Sequence of Instruction.*

- (i) Ensure that each recruit can move his trigger finger freely.
- (ii) Explain—
 - (a) Unless trigger is properly pressed bad shooting will result.
 - (b) Double pressure—two distinct pressures are necessary to fire the musket. The strength of the first is three to four lbs.; that of the second about two lbs.; making a total of five to six lbs.
 - (c) When pressures are taken—the first should be taken when the musket has been brought into the shoulder for aiming; the second when the sights are aligned on the mark.
 - (iii) The instructor demonstrates each phase of the action of trigger pressing, mentioning each phase as he does it.
 - (iv) Squad imitates instructor in each phase as follows:—
 - (a) Cocking action and correct grip with right hand.

- (b) Applying forefinger to the trigger—first joint on the lowest part of the trigger.
- (c) The direction of the pressure—emphasize that it is diagonally across the small of the butt.
- (d) Taking first pressure.
- (e) Taking second pressure—
 - (i) Squeezing action of right hand.
 - (ii) Right wrist not to be moved.
 - (iii) Breathing momentarily restrained *just as pressure is taken.*
- (v) Each man in turn will be shown the correct pressures by the instructor performing the movements with his forefinger placed over that of the man. The instructor will check each man's pressures by placing his own forefinger on the trigger and getting the man to take the pressures over his own forefinger. The instructor may use either hand.
- (vi) Give reasons for points in (iv), as follows:—
 - (a) Use of forefinger—to enable correct grip to be maintained.
 - (b) Use of first joint—secure hold of trigger.

- (c) Use of lowest part of trigger—to obtain leverage for steady pressure.
- (d) Momentary restraint of breathing—to ensure aim is undisturbed as second pressure is being taken.
- (vii) Further practice by men individually as necessary.

SECTION VI.

FIRING EXERCISES.

LOADING AND UNLOADING.

TO LOAD (FROM "LOAD" POSITION).

One. Turn the safety catch completely over to the front with the forefinger of the right hand.

Two. Seize the knob of the bolt with the forefinger and thumb of the right hand, turn it sharply upwards and draw the bolt back to its full extent.

Three. Unbutton the pouch with the right hand and take out a cartridge.

Four. Place the cartridge in the boltway.

Five. Force the bolt sharply home with the thumb and forefinger of the right hand, turning the knob well down, and with the forefinger of the right hand turn the safety

catch completely over to the rear, at the same time by means of the other fingers ensure that the bolt knob is fully down.

Six. Button the pouch.

TO UNLOAD.

One. As when loading, but after drawing back the bolt, place the little finger of the right hand in the chamber to ensure that it is empty.

Two. Close the breech, press the trigger and turn the safety catch over to the rear with the forefinger of the right hand in the manner described in *five* above.

SECTION VII.

FIRING EXERCISES.

THE STANDING POSITION.

1. Preliminaries.

- (i) Arrange for suitable targets for instructor and squad.
- (ii) Inspect muskets, dummies and pouches. Loosen slings. Extend squad. Point out targets, including one for instructor.

2. *Sequence of Instruction.*

- (i) State object of all firing instruction (Section I, paragraph 2). This lesson is to teach how to fire the musket in the standing position.
- (ii) Give complete demonstration of *whole position*, naming each phase while doing so—
 - Loading position.
 - Loading.
 - Aiming and firing.
 - Declaring point of aim.
 - Unloading.
 - Returning to the order.

Stage I—Loading position.

(See Plate XXII.)

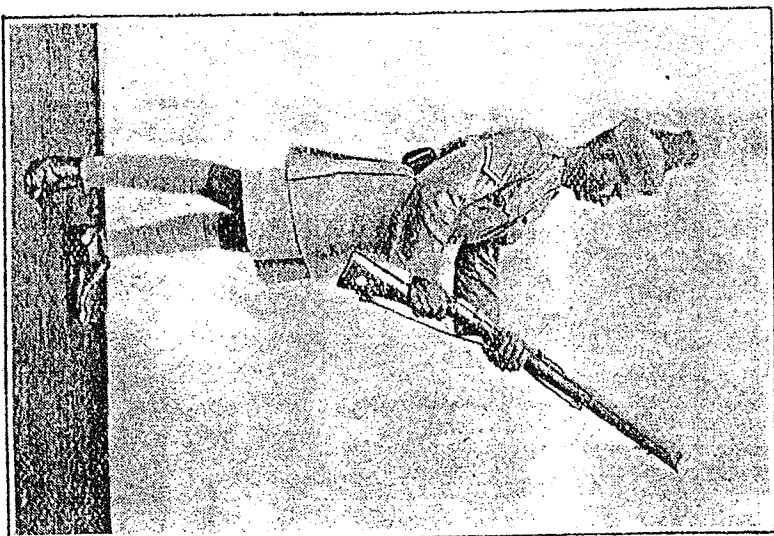
(i) Squad imitates instructor in coming to the loading position and returning to the order.

To COME TO THE LOADING POSITION:—

- (a) Turn half right.
- (b) Carry the left foot to the left so that the body is equally balanced on both feet.

Plate XXII.

[To face page 402.]



STANDING—LOAD.

- (c) Bring the musket to the right side with the muzzle pointing upwards, small of the butt just in front of the hip, grasping the stock with the left hand immediately behind the backsight, right hand grasping the small of the butt.

Instructor emphasizes the points to note during the imitation by the squad.

General faults only checked.

TO RETURN TO THE ORDER FROM THE LOADING POSITION.

- (d) Seize the musket with the right hand near the band; at the same time bring the left foot back to the right, turning to the front in doing so.
- (e) Bring the musket to the right side, steadying it with the left hand at the nose cap, butt just clear of the ground.
- (f) Lower the butt gently to the ground cutting the left hand away to the side.

(ii) Men practise individually. Instructor checks each man separately. Faults should be corrected by demonstration.

(iii) Instructor assembles squad and while it rests, explains the reasons for the points already mentioned. Instructor questions to see that the reasons are understood.

(iv) Squad resumes original position and is given further practice as follows:—

Men practise individually until the position can be adopted in one movement.

Stage II—Loading and Unloading.

(i) Squad ordered to adopt the loading position.

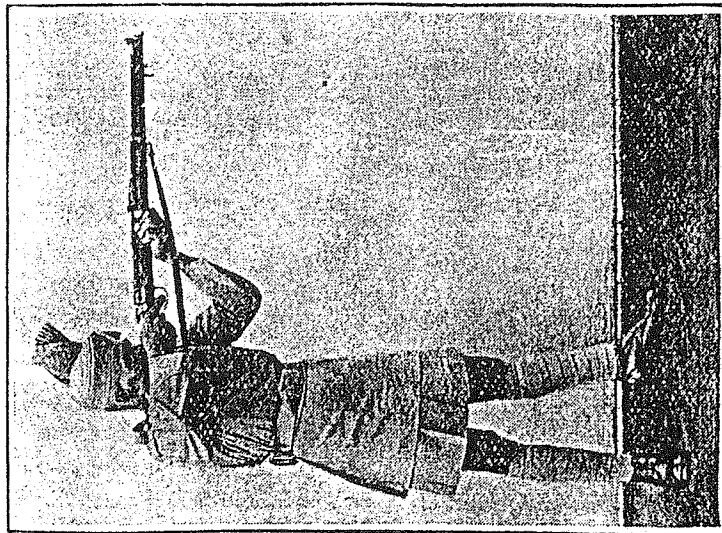
(ii) Squad imitates the instructor in loading, unloading and returning to the order.

(iii) Squad practises loading and unloading individually. Instructor checks each man separately.

(iv) Squad practises by word of command: **"Standing Load"** and instructor checks *"object and range"*.

(v) Instructor orders **"Unload"**. Squad returns to the order. Instructor checks to see if safety catch has been applied.

Plate XXIII.



STANDING—AIMING.

Stage III.—Aiming Position.

(See Plate XXIII.)

- (i) Instructor gives order **"Standing Load"** and *object and range*.
- (ii) Instructor states that he will now teach the aiming position.
- (iii) Gives demonstration of the aiming position in two distinct phases and after the demonstration of each phase, mentions the points to note in that phase.

(iv) 1st Phase—

- (a) Direct eyes on the mark.
- (b) Push forward the safety catch.
- (c) Bring the musket into the hollow of the right shoulder and press it in with the left hand. Grasp the small firmly as taught in trigger pressing, placing the forefinger round the lower part of the *trigger*, and take the first pressure. The right elbow will be a little lower than, and well in front of, the right shoulder.

- (v) Instructor returns to the loading position.
- (vi) Squad carries out the 1st Phase once.

(vii) **2nd Phase:—**

As the musket touches the shoulder bring the cheek down on to the butt, keeping face well back from the right hand and cocking-piece. Close the left eye and align the sights on the mark.

(viii) Instructor returns to the loading position.

(ix) Squad carries out the 2nd Phase once.

(x) Squad working individually practises the aiming position complete. Instructor checks each man in turn.

(xi) Instructor assembles squad and gives reasons for points to note followed by questions to ensure that these are understood.

(xii) Further practice by squad as necessary.

Stage IV—Firing.

(i) Instructor gives order **“Standing-load”** (or, if already loaded, **“Standing load—Position”**).

(ii) Instructor states that he will now teach the actual firing of the musket.

(iii) He explains that.

(a) The safety catch will be put forward on the named number of rounds being given.

(b) On the command **“Stop,”** the musket will be loaded again.

(c) If the order **“Stop”** has been given, firing will be resumed on the command **“Go on”**.

(iv) Instructor mentions essential points to note, *i.e.*—

(a) On the command **“Fire,”** the musket is brought into the aiming position.

(b) When sights are correctly aligned restrain the breathing and take the second pressure.

(c) Declare as truthfully as possible the exact direction in which the musket was pointing at the moment of discharge, *i.e.*, **“Correct,” “High,” “Low,”** etc.

(v) Squad performs the action of firing once.

(vi) Squad, working individually, practises firing. Instructor checks each in turn.

(vii) Instructor orders **“Unload.”** He then assembles squad and reminds them of the

importance of the truthful declaration of each shot during all firing instruction, except in rapid fire.

(viii) Instructor gives the order **"Standing Load."** Squad practises firing on words of command:—**"Target—.....rounds—Fire."**

(ix) To avoid any tendency to develop a habit of declaring every shot correct, the instructor will, at this stage, check the declarations of some of the squad by making the individual aim at his eye.

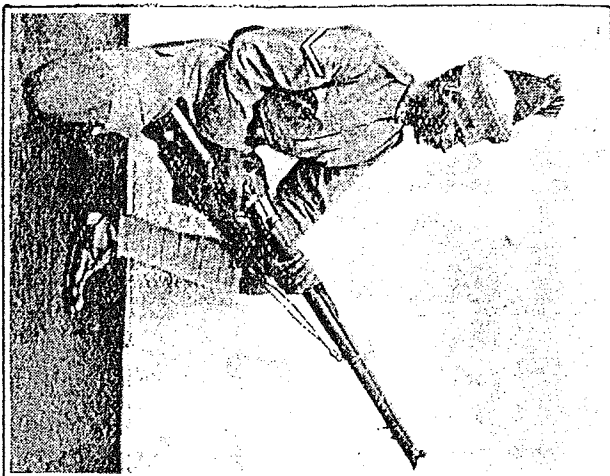
(x) When the practice is finished the instructor will order **"Unload."**

Stage V—(Instructors only)—How to get the eye, back from the cocking-piece.

Instructor explains that it is essential for a clear view of the sights and that the following should be tried:—

- (i) Raise the head a little and draw it back.
- (ii) Raise the butt a little higher in the shoulder.
- (iii) Turn the body more square to the target.

Plate XXIV.



KNEELING—LOAD.

(iv) If these methods fail, obtain a longer butt.

SECTION VIII.

THE KNEELING POSITION.

Stage 1—The loading position.

(Plate XXIV.)

(i) **To kneel.**—Take a walking pace forward to the right front with the left foot, at the same time grasping the musket in the left hand as when standing. Kneel down on the right knee, keeping it well out to the right; if possible sink the body on to the right heel, right hand grasping the small of the butt, left forearm to rest behind the left knee, butt of the musket resting on the right thigh.

(ii) **To return to the order.**

Stand up, grasping the musket near the hand with the right hand and at the same time bring the left foot back to the right. Then return to the order as taught in section VII, Stage I, Loading position.

(iii) When giving reasons for points to note explain that the object of them all is to ensure steadiness.

Stage II—Aiming position.

(Plate XXV.)

The two distinct phases in the instructor's demonstration will be:—

(i) **1st Phase:**—

- (a) Direct the eyes on the mark.
- (b) Push forward the safety catch.
- (c) Without raising the left arm, slide the left elbow forward until it rests either behind or in front of the left knee—whichever is most convenient.

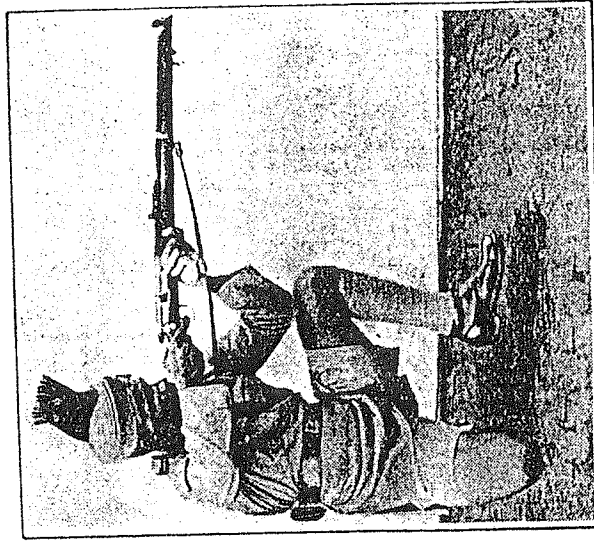
Aiming position otherwise as for the standing position.

(ii) **2nd Phase:**—When in the aiming position the musket may be raised or lowered on the target as follows:—

- (a) To raise:—Draw the body back.
- (b) To lower:—Slide the left elbow forwards or backwards.

To face page 410.

Plate XXV.



KNEELING—AIMING.

SECTION IX.

THE SITTING POSITION.

1. The instruction in this position will be confined to demonstration and practice on the following lines:—

Instructor first states what he is about to teach, then demonstrates the complete position. The instructor will then practise the squad in the complete position by word of command.

2. Demonstrations and practice must be carried out on ground suitable for the position actually being taught.

3. After giving the first complete demonstration the instructor will inform the squad that the position would be used on service when firing on a steep slope.

SECTION X.

THE LYING POSITION.

1. Men will be trained to adopt the lying position rapidly and to perform the loading

and unloading motions with as little movement as possible. The oblique angle of the body is essential but should not be exaggerated.

2. The sequence of instruction will be the same as for the standing position.

3. *Preliminaries.*

- (i) Arrange for suitable targets for instructor and squad. Aiming disc.
- (ii) Inspect muskets, dummies and pouches. Loosen slings. Extend squad. Point out targets, including one for instructor.

4. *Sequence of Instruction.*

- (i) The object of the lesson is to teach how to fire the musket while lying in the open.
- (ii) Instructor gives a complete demonstration of the whole position, naming each phase—
 - (a) Loading position.
 - (b) Loading.
 - (c) Aiming and firing (declare point of aim).
 - (d) Unloading.
 - (e) Rising and returning to the order.

- (iii) Instructor informs squad that this position is used on service when firing in the open or when firing from continuous low cover such as a bank or a fold in the ground; also from behind isolated cover such as rocks, trees, etc.

Stage I—Loading position.

- (i) Squad imitates instructor in—
 - (a) Lying down.
 - (b) Getting up from the lying position.
 - (c) Returning to the order.

(ii) **To lie down.**—Turn half-right and bring the musket to the right side as when standing. Advance the left foot as far as possible, at the same time canting the musket forward, muzzle leading, and grasping the musket in the left hand at the point of balance. Place the right hand on the ground and lie down by carrying the left foot back and lowering the musket to the ground gently so that the muzzle is pointing towards the target and the left arm extended to the front. The firer will then be lying obliquely to the line of fire. The legs should be

separated, the left shoulder well forward, and the musket in a convenient position for loading.

(iii) **To get up from the lying position.**—

Draw up the left knee as close to the body and as far forward as is possible without unduly raising the body. Quit the musket with the right hand and place the right hand on the ground, palm downwards and below the right shoulder. At the same time draw back the musket with the left hand. From this position the next two movements will be made in quick succession without any pause between them—

First movement.—By exerting simultaneous pressure off the ground with the right hand, left elbow and left foot, raise the body off the ground.

Second movement.—Carry the left foot inwards until it is in a convenient position for taking a full pace forward with the right foot.

The movement will then be completed as follows:—

(a) *If it is required to come to the order:*—Bring the right foot up to the left, at the same time grasping the musket with the right hand at the band.

(b) *If it is required to continue advancing on rising:*—Press forward off the left foot and carry the right foot to the front in doing so. Cant the musket into the right hand, holding it at the trail. Continue moving forward.

During imitation of lying down and returning to the order instructor mentions the points to note.

(iv) Men practise individually. Instructor checks.

(v) Instructor assembles squad and gives the reasons for the points to note.

(vi) Further practice as necessary including “advancing.” Instructor now quickens up the movements.

Stage II—Loading and unloading.

(i) Squad ordered to adopt the loading position.

(ii) Squad imitates the instructor in:—

(a) *Loading*, as already taught.

(b) *Unloading*, as for standing.

(iii) Squad practises loading, and unloading individually. Instructor checks.

(iv) Squad practises by word of command.

Stage III—Aiming position.

- (i) Instructor gives order "**Load**".
- (ii) Instructor states that he will now teach the aiming position.
- (iii) Gives demonstration of the aiming position in two distinct phases and after the demonstration of the **1st Phase**, mentions the points to note in the phase.
- (iv) **1st Phase:**—

- (a) Direct the eyes on the mark.
- (b) Push forward the safety catch.
- (c) Without moving the elbows, come to the aiming position as in the standing position.

- (v) Instructor returns to the loading position.

- (vi) Squad carries out the **1st Phase** once.
- (vii) **2nd Phase.**—When in the aiming position the musket may be raised or lowered on the target as follows:—

- (a) To raise the musket, draw the body backwards pivoting on the elbows.
- (b) To lower the musket, move the body forwards pivoting on the elbows.

- (viii) Instructor returns to the loading position.

- (ix) Squad carries out **2nd Phase** once.
- (x) Squad, working individually, practises aiming and taking first pressure only.

Instructor assembles squad and questions them on the points to note, to ensure that these are understood.

- (xi) Further practice by squad as necessary.

Stage IV—Firing.

- (i) Instructor orders squad to adopt the loading position.

- (ii) Instructor states that he will now teach the firing of the musket in the lying position, and that the method is the same as in the standing position.

- (iii) Instructor gives himself an order: "**Target—Five rounds—Fire,**" and performs the actions of firing as when standing.

- (iv) Instructor interrogates the squad on the points to note as for the standing position.

- (v) Squad, working individually, practises firing. Instructor checks.

- (vi) Further practice by squad, instructor giving initial order:—"**Target—.....rounds—**

Fire" and checking as in Section VII **"Standing position," Stage IV, IX,** but using aiming disc at varying heights.

SECTION XI.

STRENGTHENING AND QUICKENING EXERCISES.

1. These exercises are designed:—

- (i) To strengthen those muscles directly concerned with the firing of the musket so that men will be able to stand the strain of prolonged firing under troubled conditions.
- (ii) To quicken men in handling the musket, particularly in those movements which affect rapid firing.

Strengthening exercises.

2. These will be employed progressively so as to avoid undue fatigue. The 1st and 2nd Exercises may be applied to any position, the 3rd being carried out in the standing position only.

Bayonets will be fixed as progress is made, except in the 2nd Exercise.

A prominent object will be selected as a target.

1st Exercise—Automatic alignment.

3. Preliminaries—

Inspect muskets and pouches. Loosen slings. Select targets. Extend squad. Fix bayonets when required.

4. Sequence of Instruction.

(i) Instructor states—

- (a) Object of strengthening exercises [paragraph 1, (i.) above].
- (b) Object of this exercise, *i.e.*, to train the man to combine the use of hand and eye whereby he aligns his musket automatically on the target.

(ii) Instructor gives complete demonstration and then explains in detail how to carry it out:—

"Load."

"One"—Bring the musket to the aiming position but only roughly align the sights on the target. After a short pause return to the loading position. Continue the movements.

"Loading position."

"Unload."

(iii) Squad practises by word of command—"One," after which each man works in his own time.

2nd Exercise—Crippling.

5. *Preliminaries*—

As for **1st Exercise**, bayonets not fixed.

6. *Sequence of Instruction.*

(i) Instructor states object of this exercise [paragraph 1; (i)] and gives a complete demonstration. He then explains in detail how to carry it out:—

"Load."

"One." Bring the musket to the aiming position but without dropping the head on the butt, closing the left eye or aligning the sights.

"Two." Quit the musket with the right hand, which should remain close to the small of the butt.

"Three." Grasp the musket with the right hand, forefinger on trigger, and immediately quit it with the left hand but keep it close to the musket.

"Two." Grasp the musket with the left hand and quit it with the right as above.

"Three." As above.

"One."

"Loading position".

"Unload."

(ii) Squad practices by word of command.

(iii) About 10 seconds' interval between the command:—

"Two"—"Three"—"Two" should be the standard reached by the trained constable.

3rd Exercise—Endurance.

7. *Preliminaries*—

As for **1st Exercise**.

8. *Sequence of Instruction.*

(i) Instructor explains object of this exercise [paragraph 1, (i)], and gives a complete demonstration. He then explains in detail how to carry it out:—

"Load."

"One." Bring the musket to the aiming position and hold it there until the man begins to tire, then return to loading position. Maintain the aim

as accurately as possible but occasionally glance away from the target to avoid straining the eye by a prolonged aim.

"Loading position."

"Unload."

(*ii*) Squad practises on command **"One."**

(*iii*) The standard to be reached by the trained constable will be the ability to hold the position for *two minutes* maintaining a reasonably accurate aim.

SECTION XII.

FIRING BEHIND COVER.

1. When recruits have reached a satisfactory standard in firing positions in the open, they will be taught to adapt or modify such positions to suit various types of cover.

2. The types of cover which may be met with on service are:—
Folds in the ground.
Banks.
Hedgerows.
Trees and bushes.
Walls.
Rocks.
Trenches.

3. Cover may be continuous or isolated, and may be cover from fire or only cover from view.

4. Good cover should—

(*i*) Permit a free use of the weapon.

(*ii*) Have a good field of fire.

(*iii*) Be bullet-proof.

(*iv*) Be inconspicuous.

(*v*) Be easy to advance from.

5. The main conditions to be observed by a firer in using cover are—

(*i*) Alteration of position to suit the cover without loss of fire effect.

(*ii*) No undue movement or exposure.

(*iii*) Correct resting of the musket.

6. In addition to these, the following points apply when:—

(*i*) *Firing over cover.*

(*a*) The left hand and forearm will be rested unless the cover is so hard as to be likely to injure the hand.

(*b*) If possible, neither the fore-end of the musket nor the bayonet will be rested.

(ii) *Firing round cover.*

- (a) Backsight clear of cover.
- (b) Side of the musket only rested against cover.

(iii) *Firing behind isolated cover.*

Firer lying straight behind cover with legs closed.

7. One of the objects of training in this subject is the development of initiative, intelligence and common sense on the part of the man in observing the main conditions necessary when handling his weapon behind cover.

SECTION XIII.

COLLECTIVE FIRE.

1. When the fire of several muskets is combined for a definite purpose under the orders of a fire leader, it is called collective fire; the senior officer who defines the purpose for which the fire is to be used is said to direct the fire and it is the duty of subordinate commanders to control the fire in accordance with his orders.

2. Collective fire is necessarily controlled fire. Individual fire will also be controlled if circumstances permit.

3. For preliminary training in independent and volley firing Constables will be formed into as many squads as there are Instructors available, and, if possible, consisting of about 12 men each. They should be in single rank at one pace interval and 20 paces from the aiming marks.

4. Small bulls-eyes should be painted on walls in two lines, *i.e.*, top line for standing and lower line for kneeling, sitting or lying.

5. It must be clearly understood that these bulls-eyes are for preliminary practice only and as the men advance, natural objects, both stationary and moving, will always be pointed out by Instructors before the command *Present or Commence*.

6. Preliminary collective exercises will consist of simple practices designed to inculcate implicit obedience and prompt action on the Instructor's command and to practise rapid concentration of fire on different objectives.

7. Collective fire cannot be effective, unless the objective is described in such a way that every constable in the fire units will immediately recognise his target or point of aim.

SECTION XIV.

RATE OF FIRE.

1. The rate of fire will always be carefully regulated according to requirements. If orders are not given to the contrary, it must be understood that when firing independently the rate of fire will not exceed 6 rounds a minute.
2. Rapid independent fire will be used when there is a chance of being overcome by a mob, etc. (*See Chapter X, Riot Drill.*)
3. The rate of fire should then be about 10 rounds a minute or as rapidly as can be combined with accuracy.

SECTION XV.

FIRE IN TWO RANKS.

1. Both independent and volley firing will be practised in two ranks, first by squads, and subsequently by sections, half companies and companies. As this is the usual formation used against rioters, special attention must be paid to the control of fire and commands.
2. Squads will be formed in two ranks, the rear rank at two paces distance from the front as usual.

3. The men will be at the *Order*. On the command **Volleys** or **independent**, the rear rank will close up to the front, by taking one pace straight to the front with the left foot and a side pace to the right, thereby covering off the intervals between the men of the front rank.

Load.—(Description of ammunition to be used should precede this order.)

4. The men will load together, as before detailed, in this chapter.
5. If volleys are to be fired, the Instructor will order **Present**, when all the men will come to the *Present* together.
6. On the command **Fire**, which should be given by the Instructor, after a slight pause long enough to enable each man to align his sights on the mark, the men will press the trigger together and return to the loading position and await further orders.
7. If independent firing is required, the Instructor will order **Commence**, when each man will come to the *Present* and fire independently, continuing until the order to *Cease fire* is given, signalled by bugle call or by a long blast on a whistle.
8. **Cease fire.**—On the command or signal each man must *at once* return to the loading position whether his musket is loaded or not.

Under no circumstances is a man to fire after the Cease fire has been ordered or signalled.

9. If the Instructor wishes to re-open the same description of fire, he will give the object and order independent firing or rapid firing (according to what he was formerly using)—*continue*.

10. Instructors must never omit pointing out the object before ordering fire to commence, *i.e.*, directly after the command **load**.

11. **Unload**.—The men will go through the motions laid down in Section VI.

12. **Order-arms**.—Both front and rear rank will come to the order as before detailed, the rear rank men taking a side pace to the left with the left foot and a pace to the rear with the right, thereby resuming their former position.

13. The normal positions for firing in two ranks are rear rank standing and front rank kneeling. If it is desired to fire both ranks standing, or both ranks kneeling, or front rank lying, rear rank kneeling, the directions to do so will precede the command *Load*.

14. The above paragraphs also apply to fire units larger than squads.

15. In order to facilitate the passing of orders when exercising a battalion or company in independent firing, the number of

rounds to be fired may be named, *e.g.*, 5 rounds independent—**Commence**.

16. Battalion volleys may be fired under the order of the battalion Commander or volleys fired by companies under Company Commanders.

17. In the latter case the Battalion Commander must specify the number of volleys to be fired, *e.g.*, *four volleys by companies in succession from the right or left as required*.

18. The Company Commanders will at once order their men to *load* as usual.

19. The volley should be continuous, *i.e.*, if volleys are ordered from the right, No. 1 Company will fire the first volley as quickly as possible. As No. 1 company Commander gives the order to *Fire*, No. 2 will at once order his men to *Present and Fire*, and so on, right down the line, No. 1 Company again presenting as the company on the extreme left fires. This will be continued until the number of volleys ordered by the Commander has been fired, when the men of each company will come to the loading position and await further orders.

20. The above must also be practised by companies, the Commanders acting as laid down for Battalion Commanders and Section Commanders acting as Company Officers.

21. Rapid change of the direction of fire must be practised when firing collectively, also the description of fire, *i.e.*, volleys to independent.

22. As the Bengal Police are supplied with two kinds of ammunition, and may probably carry both, it is necessary that all Instructors should accustom themselves to the use of both; they will therefore precede their word of command *Load*, by naming the ammunition to be used.

NOTE.—Loading with buckshot will only be practised by guards.

23. The words of command for firing should be given in the following order:—

At (object).

(With ball or buckshot.) Independent or rapid fire.

On which the firer will load, ascertain the object, aim and fire slowly or rapidly.

Cease fire:

On which fire will be discontinued and the firer will bring the musket to the loading position.

Unload.

Order arms.

CHAPTER XVII.

The Revolver (Webley Mark III, .380 inch).

SECTION I.

THE WEAPON AND ITS CHARACTERISTICS.

1. The name of the more important parts of the revolver are as follows (Plate XXVI):—

- (1) Barrel.
- (2) Foresight.
- (3) Barrel strap.
- (4) Cylinder axis.
- (5) Cylinder (with 6 chambers).
- (6) Extractor with ratchet.
- (7) Extractor spring.
- (8) Barrel catch with backsight.

- (9) Hammer.
- (9A) Hammer catch.
- (9B) Hammer swivel.
- (10) Body.
- (11) Mainspring.
- (12) Mainspring auxiliary.
- (13) Trigger Guard.
- (14) Trigger.
- (15) Cylinder stop.
- (16) Pawl.
- (17) Shield.
- (18) Barrel catch spring.
- (19) Extractor lever.
- (20) Extractor lever auxiliary.
- (21) Cylinder cam.
- (22) Cam lever.
- (23) Stock side.

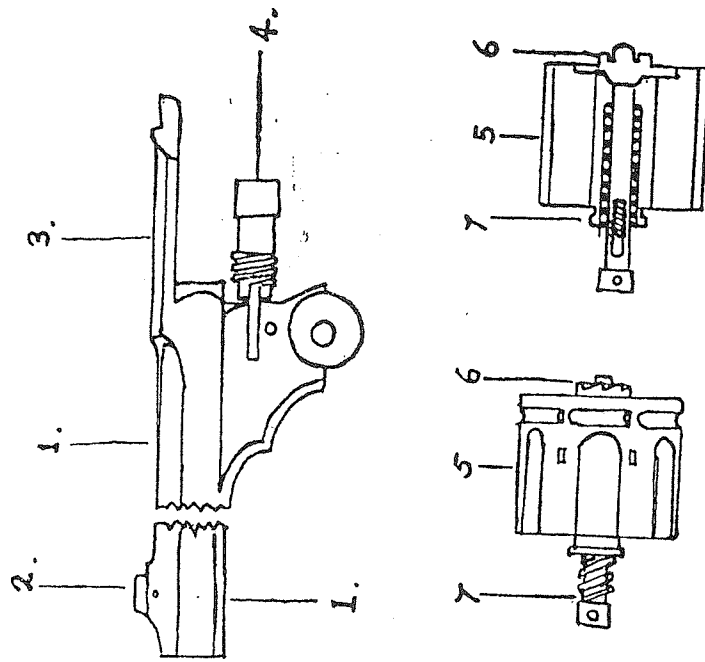


Plate XXVI.

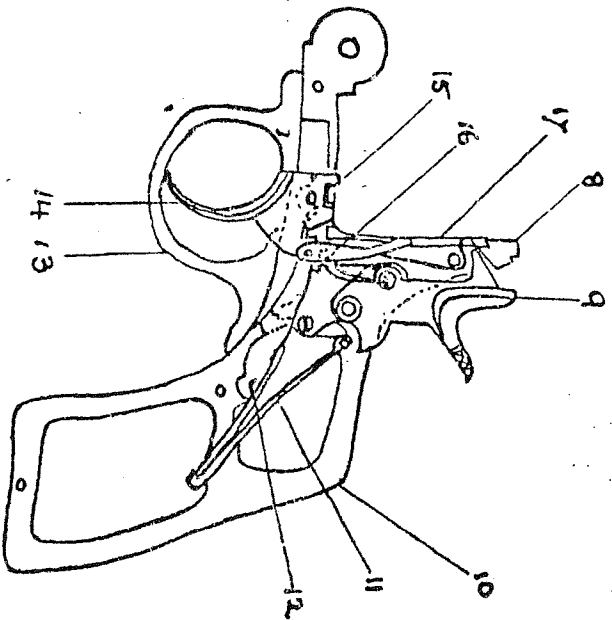
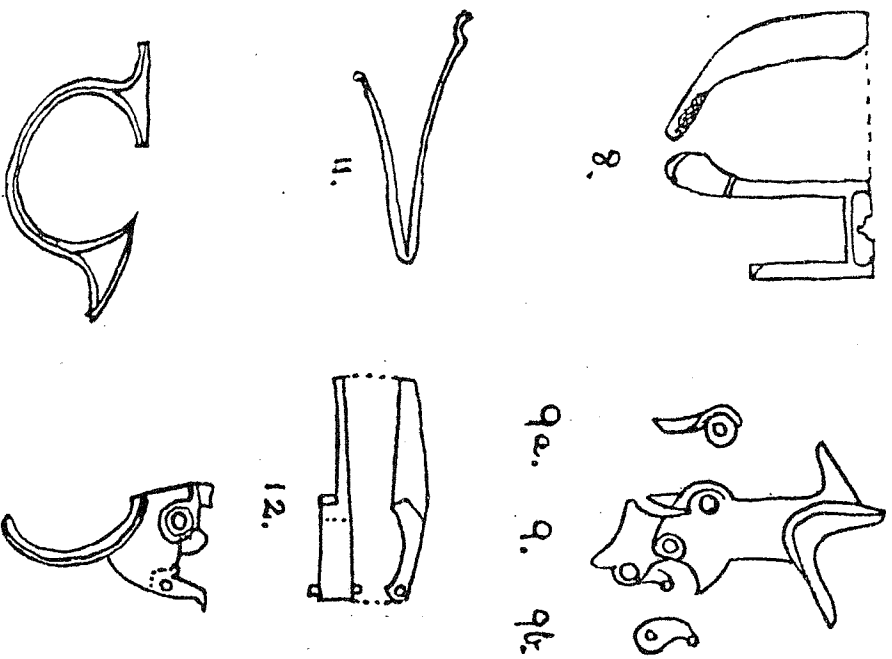
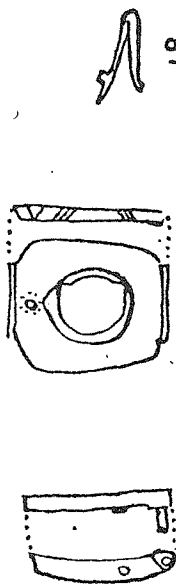


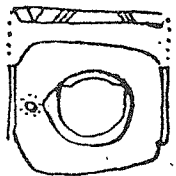
Plate XXVI. (Contd.)



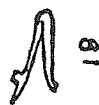
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Plate XXVI. (Contd.)



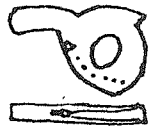
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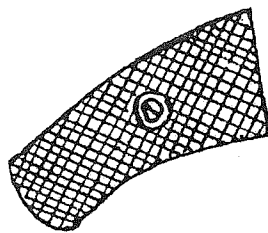
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22.



23.

Plate XXVI. (Concl.)

Chap. XVII. Sec. I.]

437

2. The main characteristics of the revolver and deductions that may be made therefrom are as follows :—

Characteristics.	Deductions.
The revolver is a one-handed weapon.	(i) A correct grip is essential.
	(ii) Correct trigger-pressing is of the utmost importance.
	(iii) The user must be able to fire with either hand.
The barrel is very short.	(i) A quick change of target can be made.
	(ii) It is a dangerous weapon in untrained hands as it is easily turned in the wrong direction; consequently strict discipline in training and target practice must be insisted upon.
	(iii) Further emphasizes the necessity for correct trigger-pressing.
	(iv) The sights being close together, a correct aim is essential; for a small error in aiming will cause a big error in shooting.
Great stopping power...	(i) It is a useful weapon at close quarters.
High rate of fire. . . .	(i) Value at close quarters emphasized.
	(ii) It must be used as a quick-shooting weapon.

Characteristics.	Deductions.
The method of loading is slow.	(i) Constant practice in loading is essential. (ii) The habit of counting rounds fired and re-loading at the earliest opportunity must be acquired.

SECTION II.

SAFETY PRECAUTIONS.

1. In order to avoid all risk of accidents the following safety precautions must be strictly observed by all ranks. They will be explained to beginners for the first three periods of elementary training before instruction begins and periodically afterwards :—

- (a) The revolver must be kept in its case when worn and except for cleaning purposes, may only be drawn by order or in an emergency.
- (b) During instruction the revolver when drawn must always be broken open and examined.
- (c) The revolver must always be treated as loaded until it has been **proved**; consequently it must always be broken open when picked up or before it is handed to another person.

- (d) A revolver must never be pointed at a comrade even if it is known to be unloaded.
- (e) All forms of revolver training must be carried out in single rank.
- (f) A revolver must never be put into or carried in, a case with the hammer cocked.
- (g) A revolver must never be opened or closed with the hammer cocked.

NOTE.—Failure to observe this precaution may result in—

- (i) damage to the cylinder,
- (ii) damage to the trigger mechanism and pawl,
- (iii) a premature explosion if the revolver is loaded.
- (h) No promiscuous snapping must be allowed. Training with an empty revolver must always be of an organised nature, and pouches must be inspected before use.
- (i) The use of dummy cartridges is forbidden.
- (j) Trigger-pressing during instruction must be carried out with hammer shock-absorbers.
- (k) When out of the case and not actually in use the revolver must always be carried in the "rest" position.

SECTION III.

CARE AND CLEANING.

1. Revolvers must be kept scrupulously clean at all times. Frequent inspection, by an officer if possible, is essential and must be carried out not less than once a week.
2. Only regulation cleaning material must be used, care being exercised to avoid damaging the weapon by improper use of the cleaning rod.
3. The revolver must be opened and closed with care, the hammer being invariably forward.
4. The following instructions should be observed when the revolver is not in use :—
 - (a) The hammer must be forward to prevent undue weakening of the mainspring.
 - (b) The revolver must be kept oiled. The oil must be removed from the bore only :—
 - (i) immediately before firing.
 - (ii) for inspection when ordered.
5. The revolver must always be kept in a holster when worn.
6. No interchange between the parts of revolvers is permitted.

Manual of Drill for the Bengal Police,
Volume II.*Correction Slip No. 17 of 1940.*

Page 441.—Chapter XVII, section III, paragraph 7.—*Insert the following as item (v) :—*

“(v) *Bristle Brush*”.

(M. 1275—40.)

(Manual of Drill, Bengal Police, C. S. No. 17 of 1940.)

folded round the cleaning rod in order to avoid damage to the barrel. If the bore is to be oiled, the flannellette should be slightly smaller than that used for cleaning. The oil, of which only a modicum should be used, must be worked into the flannellette with the fingers.

(iii) *Rangoon or “Three-in-one” oil (for lubricating and preserving).*—On no account must any other kind of oil be used.

(iv) *Old cloth (for cleaning parts other than the bore).*—Revolvers must be cleaned daily.

NOTE.—On no account must glass or emery paper or any kind of powder be used.

10. Ammunition should always be kept clean and dry. It should never, on any account, be oiled.

11. Inspection of revolvers :—

(i) Before inspection "break" the revolver and ascertain that it is unloaded ; proceed to inspect as follows :—

Examine—

(a) barrel for corrosion, superficial fouling, bulges or puckers, cuts, scratches, lead fouling or rod wear.

(b) cylinder for leading.

(c) extractor for freedom in its upwards lift.

(d) cylinder for free rotation on its axis.

(ii) *General*—

(a) Examine generally for deficiencies and breakages.

(b) test action for free movement also hammer for protrusion.

(c) excessive play at joint between barrel and body when first observed should be reported immediately to the armourer.

9. Undue wear to the revolver is caused by—

(i) Insufficient care of the weapon which may necessitate drastic measures being taken to bring it back to its previous state of cleanliness.

(ii) The use of a bent, or otherwise damaged cleaning rod, with consequent damage to the bore.

(iii) Incorrect use of the cleaning rod, *i.e.*, failure to keep the rod central, thereby causing wear to the muzzle.

SECTION V.

SECTION IV.

SEQUENCE OF INSTRUCTION.

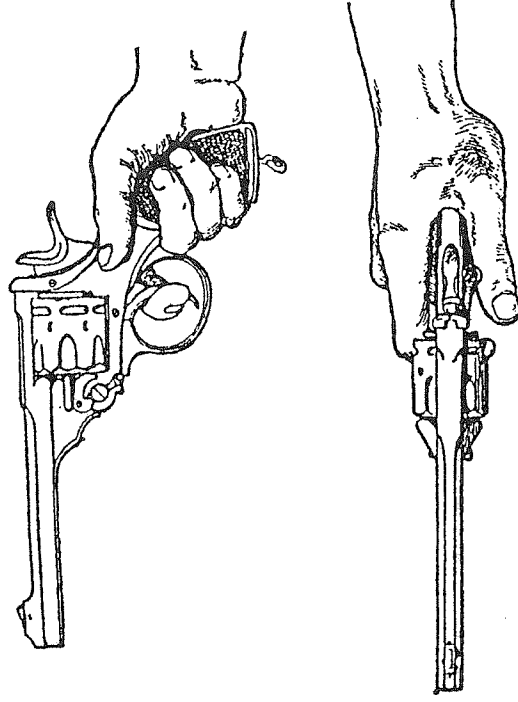
1. The foregoing Sections I to III will first be taught. Thereafter practical training will be given strictly in the following sequence :—

NOTE.—For the sake of convenience all revolver drill has been grouped together in one Section—viz., Section IX.

- (i) The grip (Section V).
- (ii) Drawing and proving revolvers, the “Rest” position, changing hands and returning revolvers (Section IX, Part I).
- (iii) Determination of the master eye (Section VI).
- (iv) The “Ready” and “Standing” positions (Section IX, Part II).
- (v) Aiming practice and trigger-pressing (Section VII).
- (vi) Loading and Unloading (Section IX, Part III).
- (vii) Target Practice (Section X).

2. Muscle exercises will be carried out for a few minutes at the end of every instructional period.

THE GRIP. (PLATE XXVII.)



1. Before any drill movements are taught it is essential for recruits to know how to hold the revolver correctly.
2. The revolver must be so held that on raising it, the sights come into automatic alignment with the aiming mark.

3. The butt of the revolver should be placed in the palm of the hand with the second, third and fourth fingers wrapped round the butt; the second fingers should be close up behind the trigger-guard and the second joint of this finger beyond the left side of the guard. The inside surface of these three fingers and of the hand should be in close contact with the butt.

4. The inner side of that part of the thumb between the first and second joints should then be rested on the top of the left stock or shoulder of the butt; the thumb may be fully extended or bent according to its individual size but the tip of the thumb should not be in contact with any part of the weapon.

5. The revolver should be gripped firmly but not excessively, the forefinger should be placed on the lower part of the trigger and a light pressure applied (not sufficient to move the trigger) to counter-balance a similar pressure on the part of the thumb.

6. When the individual grip has been ascertained, the instructor will emphasize the following points :—

- (a) That once the grip has been found, it must be remembered and always taken
- (b) Methods of remembering—feel and appearance.

The following guides will be found to be useful in this connection :—

Lateral (controlling direction)—

- (i) Knuckles at the inside edge of the trigger-guard.
- (ii) Tips of the fingers clear of the palm of the hand.

Vertical (controlling elevation)—

The relationship between the comb of the hammer when cocked, and the thumb.

7. *Imitation*.—The class will be practised in taking the correct grip as follows :—

- (a) Draw arms.
- (b) Test grip for correctness.
- (c) Replace arms.

SECTION VI.

DETERMINATION OF THE MASTER EYE.

1. Before beginning aiming practice the master eye of each recruit must be determined and the method of aligning the sights and pressing the trigger must be fully explained.

2. With most recruits it will be found that one eye is stronger than the other and that, consequently, the stronger eye takes charge and directs the operation of aiming without reference to its weaker companion. Therefore, if both eyes are open during aiming, there will be conflict between the two with resultant inaccuracy. It is accordingly necessary to determine, in the first instance, which is the master eye in the case of each recruit and train him to use that eye only. In a case in which the instructor is satisfied that a recruit has central vision both eyes may advantageously be kept open when firing as they are both assisting and there is no conflict between the two.

3. The following method may be adopted to determine the master eye :—

The recruit will be told to point with his forefinger at any mark a convenient distance away, keeping both eyes open for the purpose. He will then be told to close each eye in turn and without moving his finger, to look along it and note its position in relation to the aiming mark in each case. If with the left eye closed, his direction is still correct, and with the right eye closed, his direction is incorrect, obviously the right eye is the master eye and *vice versa*. If in both cases his direction is correct, his

eyes are of equal strength, and he is what is known as "central visioned".

4. If recruits are unable to determine for themselves which is the master eye, the following method may be adopted :—

The instructor takes up his position several paces in front of the recruit and closing one eye, tells the recruit to point at the other eye. From his position the instructor can determine by watching the movement of the recruit's arm, which eye is controlling the movement and is, consequently, the master eye.

SECTION VII.

AIMING PRACTICE AND TRIGGER-PRESSING.

1. The necessity for absolute accuracy should be explained, viz., :—

(i) The sights of the revolver being close together, a small error in aiming will probably result in the target being missed.

(ii) With a close-range weapon such as a revolver the first shot must be effective; there may not be time for another.

2. The following principles must be followed in aiming, and must be carefully explained by the instructor:—

- (i) The grip must be correct (Plate XXVII).
- (ii) The weaker eye should be closed.
- (iii) The sights must be perfectly upright.
- (iv) The foresight must be exactly centred in the back-sight, and the tip of the former must be in line with the shoulders of the latter.
- (v) The tip of the foresight must be aligned on a selected point, 10 to 15 yards away. (This point may conveniently be a black spot on a white back-ground; in range practice the point is the centre of the bull's-eye.)

3. Rapidity in raising the revolver and automatically bringing the sights into alignment with the selected point must be aimed at. The attention of the recruit should be concentrated on the selected point, not on the revolver.

4. When accuracy of aim has been achieved the correct method of pressing will cause great be explained. Incorrect pressing will cause great inaccuracy in firing.

5. The trigger should be pressed as soon as the sights are in alignment this, if aiming has mark or selected point, should be as soon as the been properly taught, (*vide* Section IX, Part II) "Standing" position has been reached.

6. The trigger should not be "pulled" but pressed back by a steady squeeze of the whole hand, the pressure equal to that of the thumb on the trigger being equal of the butt.

against the left shoulder of the fall anticipate the fall not to squeeze steadily

7. The firer must continue to squeeze steadily of the hammer but continue to squeeze steadily until this occurs.

8. The trigger must be released as soon as the hammer falls.

SECTION VIII.

MUSCLE EXERCISES.

The object of muscle exercises is to develop those muscles which effect the control of the

revolver; they should be carried out for a few minutes at the end of every instructional period to the following orders:—

“Muscle Exercises”—

- “One” .. Push forward the arms in line with the shoulders, fingers wide apart, all muscles of the hand braced, knuckles uppermost.
- “Two” .. Turn the hands over slowly.
- “Three” .. Clench the fists slowly, bracing all the muscles of the hands and arms.
- “Four” .. Pull the arms back slowly to bring the wrists near the hips.
- “Five” .. Assume the position of Attention.

SECTION IX.

REVOLVER DRILL.

1. All exercises will be carried out standing.
2. The squad will be fallen in in single rank and extended to two paces.
3. Movements will be carried out strictly in accordance with the orders detailed below.

Chap. XVII. Sec. IX.]

PART I.

Exercises to be taught after the correct grip has been acquired.

- A. To draw revolvers for inspection—

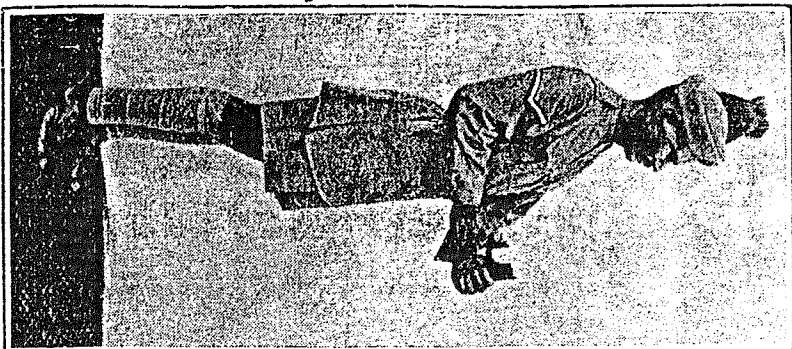
For Inspection Draw Revolvers.

One .. Both hands will be carried to the case, right hand grasping the butt of the revolver and the left hand unfastening the leather tag of the case, elbows close to the body.

Two .. Draw the revolver with the right hand and bring it to a vertical position in front of the body muzzle downwards and level with the belt; grip the barrel with the left hand, the thumb pressing against the cylinder fluting.

Three .. Press forward the barrel catch lever with the thumb of the right hand and break open the revolver, lowering the butt from the barrel without allowing the barrel to move.

Plate XXVIII.



FOR INSPECTION DRAW REVOLVER.

Chap. XVII. Sec. IX.]

455

B. To prove revolvers—

Prove—Revolvers.

Without moving the elbows turn the breech of the revolver to the front.

C. To come to the *Rest* position after inspection—

Rest.

One .. Without moving the elbow turn the breech of the revolver upwards and close the revolver by bringing the body to the barrel firmly but gently with the right hand, the barrel and left hand remaining stationary.

Two .. Drop the left hand to the side as in the position of Attention and carry the revolver with the right hand to the right of the body, forearm resting on the hip, barrel pointing downwards and forwards at an angle of 45 degrees from the body (Plate XXIX).

Plate XXIX.



Rest.

In quick time and on the range, on the command *Draw Revolvers*, the revolver will be drawn, proved and closed, and the *Rest* position will be assumed.

D. To change hands from the *Rest* position—

Change Hands.

One .. Carry both hands with arms extended to the front of the body, maintaining the revolver at an angle of 45 degrees with it, and transfer the butt of the revolver from the right to the left hand.

Two .. Bring the revolver to the "Rest" position with the left hand and cut the right hand to the side.

To change hands from the left to the right the reverse actions will be carried out.

E. To return revolvers—

Return Revolver.

One .. Open the flap of the case with the left hand; with the right

hand carry the revolver across the body by the shortest route and insert it in the case, assuming the first position of *Draw Revolvers*.

Two

Close the case and fasten the leather tag with the left hand, and resume the position of Attention.

PART II.

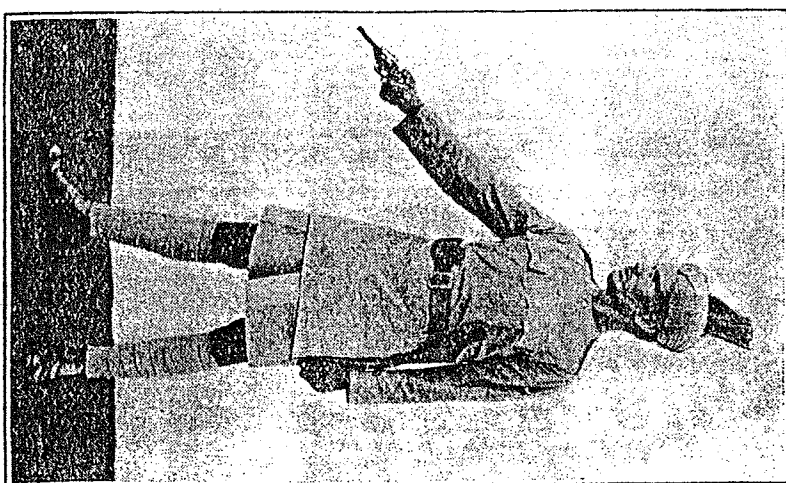
Exercises to be taught after the master eye has been determined.

F. To come to the *Ready* from the *Rest* position—

Ready—

Make a half turn to the left, advance the right foot about 12 inches and balance the body comfortably and evenly on both feet. Extend the right arm forwards, the revolver being held at an angle of 45 degrees from the body. (Plate XXX.)

Plate XXX.



READY.

For *Left Hand*—*Ready* a half turn is made to the right and the left foot and left arm are extended in a similar manner.

G. To come to the *Standing* from the *Ready* position—

Standing Position.

Close the weaker eye, focus the aiming mark and with the arm fully extended raise the revolver quickly and align the sights on the mark.

In this position only will aiming and trigger-pressing be practised.

Recruits will practise in their own time coming from the *Rest*, first to the *Ready* and then to the *Standing* positions, pressing the trigger six times and thereafter resuming the *Rest* position. This will be done both with the right and the left hand.

Single practices are deprecated and cocking and easing springs should only be done by an instructor.

During instruction and range practice the *Rest* position must be resumed immediately on the blast of a whistle or the command *Cease Fire* the instructor must see that the trigger is not again pressed after this order has been given.

PART III.

Exercises to be taught after completion of training in aiming and trigger-pressing.

Loading and unloading will never be practised with cartridges except on the range.

H. The order to load will be given after revolvers have been drawn and proved, and the *Rest* position has been assumed—

Load.

One .. Make a half turn to the right and advance the left foot about 12 inches, keeping the revolver pointing to the front, at the same time grasp the barrel with the left hand, the thumb pressing against the cylinder fluting.

Two .. Press forward the barrel catch lever with the thumb of the right hand and break open the revolver, lowering the butt from the barrel without allowing the barrel to move.

Three

Retain the revolver in position with the left hand; unbutton the pouch with the right hand and extracting two rounds of ammunition, insert them in the 10 o'clock and 8 o'clock chambers, keeping the cylinder still with the thumb of the left hand, continue to load in an anti-clockwise direction until the six rounds have been inserted, the butt should then be grasped once more with the right hand.

Four

Close the revolver by bringing the body to the barrel firmly but gently with the right hand and without moving the barrel.

Five .. Resume the *Rest* position.

NOTE.—The reason for loading in an anti-clockwise direction starting with the 10 o'clock chamber is that owing to the rotatory movement of the cylinder in a clockwise direction the round in the 10 o'clock chamber is the first to be fired when the trigger is pressed, that in the 8 o'clock chamber being second, and so on. If, during loading, the firer is surprised by an enemy, every round that he has already loaded at the time of surprise will be placed to the best advantage for him.

1. To unload from *Rest* position—

Unload.**One**

Assume the position laid down for the first position of *To Load*.

Two

Open the revolver slightly.

Three

Elevate the muzzle and break open the revolver fully by turning the butt inwards to rest against the right hip, at the same time releasing the grip of the butt and catching the empty cases and such live rounds as may not have been fired with the right hand as they are ejected by a backward pressure on the barrel.

Four

Drop the empty cases on the ground, return live rounds to the pouch and return the right hand to the butt of the revolver.

Five

Close the revolver and assume the *Rest* position.

SECTION X.

TARGET PRACTICE.

1. The course for police officers and men will consist of the practices detailed below.
2. In practices Nos. 1 and 2 revolvers will be drawn, loaded and returned before the practices begin.

Practice No. 1.

Distance, 15 yards—6 rounds—right hand.

On the first whistle the firer will double from the 25 yards firing point to the 15 yards firing point, draw his revolver from the case and fire 6 rounds at the life size figure target (Plate XXXI) ; firing shall cease on the second whistle.

Time allowed between the first and second whistle—15 seconds.

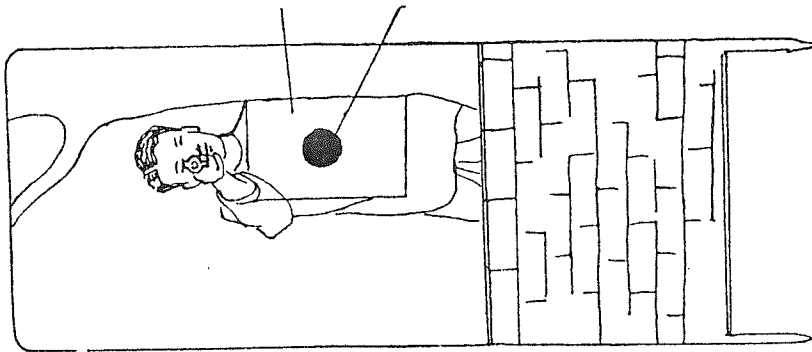


PLATE XXXI.

Practice No. 2.

Distance, 15 yards—6 rounds—left hand.
As in Practice No. 1.

3. In practices Nos. 3 and 4 revolvers will be drawn and loaded and the *Ready* position will be assumed before the practices begin.

Practice No. 3.

Distance, 10 yards—6 rounds—right hand.

The disappearing life size figure-head target (Plate XXXII) will be exposed 6 times for irregular periods varying from 3 to 5 seconds.

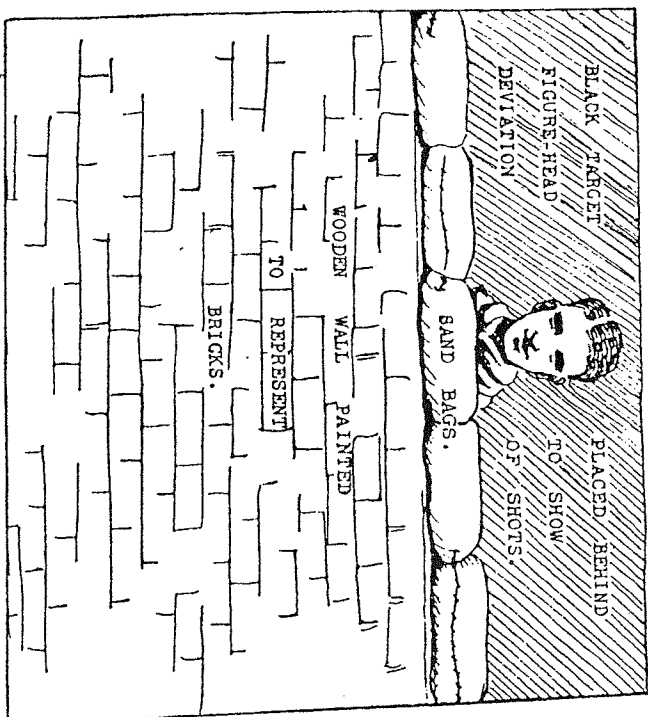


PLATE XXXII.

Practice No. 4.

Distance, 10 yards—6 rounds—left hand.

As in practice No. 3.

4. The method of scoring will be as follows:—

Practices Nos. 1 and 2	Each shot in the bull's-eye	4 points.
	Each shot in the rectangle on the body	3 points.
	Each shot on any other part of the body	1 point.
Practices Nos. 3 and 4.	Each shot on the target	4 points.

5. No rest or any extraneous aids shall be allowed during firing.

6. Range practices shall take place, whenever possible, under the supervision of the Superintendent of Police.

7. Only the instructor and the officer or man actually firing will be at the firing point. The instructor shall be slightly to the rear and well to the right of the firer, as from this position he can detect the errors in the firer's movements and handling of the weapon besides being able to see the target.

The remainder of the firing squad shall be formed up *at ease* not less than 20 yards in rear of the firing point so that they cannot in any way interfere with or distract the attention of the firer.

8. No weapon shall be loaded except at the firing point, and then only by order of the instructor.

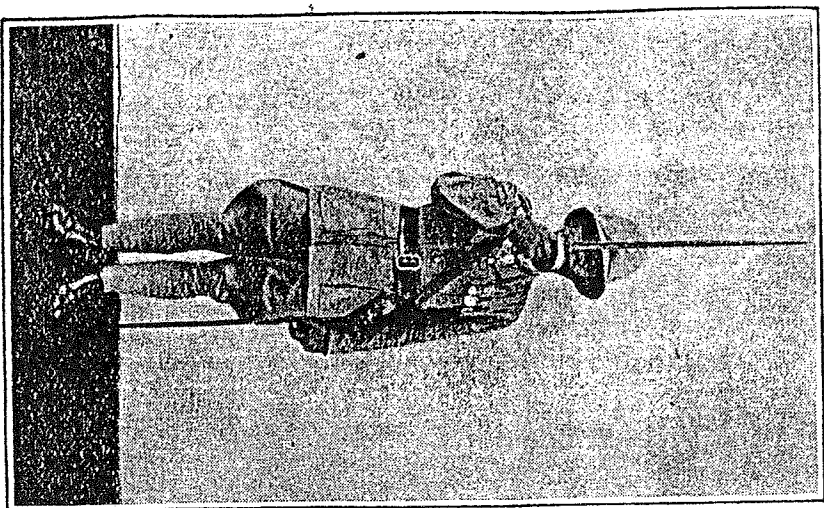
9. On completion of each practice the order to unload will be given and revolvers will be inspected by the officer-in-charge before the target is inspected.

10. If a misfire occurs, the barrel of the revolver must be inspected before another round is fired.

NOTE.—If there is a bullet in the barrel when a round is fired, the barrel is liable to burst and cause loss of life.

11. All revolvers and pouches must be inspected before leaving the range.

Plate XXXIII.



"THE 'RECOVER.'"

CHAPTER XVIII.

Sword Exercises.

SECTION I.

DISMOUNTED SWORD DRILL.

When the sword is worn with Sam Browne equipment.

1. *The position of attention.* **Attention.**

The scabbard is held close to the side by the left hand, thumb in front, forefinger down the scabbard, remaining fingers in rear, back of the hand outwards.

2. *To draw swords.* **Draw swords—One.**

Pass the right hand smartly across the body and grasp the handle of the sword. Draw out the blade until the forearm is horizontal.

Two. (*Position of Recover.*)

Carry the shoe of the scabbard slightly to the rear, draw the sword slowly upwards to the front and bring it smartly to the *Recover*, that is, with the blade perpendicular, edge to the left, upper part of the hilt opposite the mouth, elbow close to the body. At the same time bring the scabbard upright by the side. (Plate XXXIII.)

Three. (Position of *Carry*.)

Lower the sword to the *Carry*, that is, with the forearm horizontal, hand in front of the elbow, elbow close to the body, blade perpendicular, edge to the front, forefinger and thumb round the resistance piece, other fingers round the handle, hilt resting on the upper part of the hand. (Plate XXXIV.)

3. Slope—swords.

Relax the grasp of the last three fingers. place the little finger behind the handle and allow the back of the sword to fall lightly on the shoulder midway between the neck and point of the shoulder. (Plate XXXV.)

4. Return Swords—One.

From the *Carry* : —

Carry the hilt smartly to the hollow of the left shoulder, blade perpendicular, edge to the left, elbow level with the shoulder, at the same time carrying the shoe of the scabbard slightly to the rear.

Then by a quick turn of the right wrist, drop the point into the scabbard and resume the position at the end of the first motion of *draw swords*, shoulders being kept square to the front throughout this motion.

[To face page 470.]

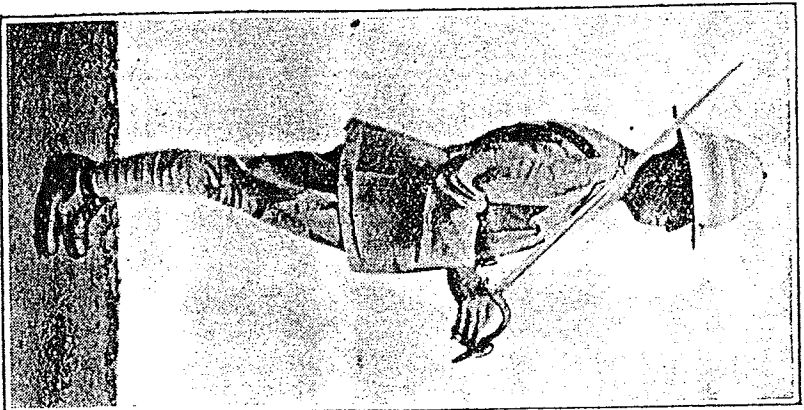
Plate XXXIV.



"CARRY" SWORD.

[To face page 470.]

Plate XXXV.



"SLOPE" SWORD.

TWO.

Push the sword lightly into the scabbard, the right hand remaining across the body in line with the elbow, fingers extended and close together, back of the hand up, and bring the sword to the position of attention.

Three.

Drop the right hand smartly to the side.

5. Stand-at-Ease—One.

(i) With the sword in the scabbard.

Keeping the legs straight, carry the left foot and the scabbard about 12 inches to the left. So that the weight of the body rests equally on both feet.

TWO.

Carry the hands behind the back and place the back of the right in the palm of the left, grasping it lightly with the fingers and thumb, and allow the arms to hang easily to their full extent.

Three.

From the *Slope*:—

Carry the left foot about 12 inches to the left, the sword remaining at the *slope*. The left hand grasping the scabbard as in the position of *attention*.

6. Quick—March.

The sword (or empty scabbard) is kept steady by the side by the left hand.

7. Halt.

Assume the position of *attention*.

SECTION II.

MOUNTED SWORD DRILL.

1. Draw swords.**Draw Swords—One.**

Pass the right hand smartly across the body over the bridle arm, draw out the blade so as to rest the hilt on the bridle arm, place the sword knot on the wrist, give it two or more turns inward to secure it, and then grasp the handle with the right arm close to the body, shoulders square to the front.

Two.

With an extended arm draw the sword slowly from the scabbard and bring it smartly to the *Recover*.

Three. (Position of Carry.)

Lower the sword smartly to the *Carry*, that is, with the guard resting on the hand, blade perpendicular, edge to the front, the first, second, and third fingers gripping the handle under the resistance piece, the little finger behind the handle to steady it, the wrist resting on the thigh and the pommel pressed against the inside of it, upper part of the arm close to the body, and the elbow lightly touching the hip.

2. Slope swords.**Slope—Swords.**

Raise the hand until the forearm is horizontal, keeping the upper arm perpendicular, hand in front of the elbow; relax the grasp of the second and third fingers, and allow the sword to fall lightly on the shoulder, midway between the neck and point of the shoulder, the guard still resting on the hand, the little finger still in rear of the hilt.

3. Sit at ease.**Sit at—Ease. (From the Slope.)**

Place the hands on the front part of the saddle, with the right hand over the left, without removing the sword from the shoulder.

4. **Attention.**

Come smartly to the position of *slope swords*.

5. *Return swords.***Return Swords—One.** (From the *Carry*.)

Carry the hilt smartly to the hollow of the left shoulder, blade perpendicular, edge to the left, forearm horizontal. Then by a quick turn of the wrist drop the point into the scabbard and resume the position at the end of the first motion of *Draw swords*, shoulders being kept square to the front throughout this motion.

Two.

Push the sword lightly into the scabbard, release the hand from the sword knot by giving it two or more turns outwards, the right hand remaining across the body in line with the elbow, fingers extended and close together, back of the hand up.

Three.

Drop the right hand smartly to the side.

Note.—For saluting with the sword, see section III, and for instructions in funeral exercises, see Chapter IX, section I.

SECTION III.

SALUTING WITH THE SWORD.

(Plates XXXVI and XXXVII.)

1. *Saluting with the sword at the halt, when dismounted.*

The sword being at the carry.

First motion.—Bring the sword to the *recover*.

Second motion.—Lower the sword until the point is 12 inches from the ground and directed to the right at an angle of 45 degrees from the front, edge to the left, right arm and sword in one straight line, hand about 12 inches from the thigh, thumb flat on the handle of the sword.

Third motion.—Bring the sword back to the *recover*.

Fourth motion.—Bring the sword down to the *carry*.

2. *Other ranks* do not salute as above, but bring their swords to the *carry*, turning the head and eyes towards the officer saluted if passing him.

3. *Officers saluting with the sword when on parade with men armed with muskets.*

On the command *Present*—*Arms*, bring the sword to the *recover* with the first motion of the musket and lower the sword to the *salute* with the third motion of the musket. On the command *Slope*—*Arms*, bring the sword to the *recover* with the first motion of the musket, and to the *carry* with the second motion of the musket.

When wearing a sword in a scabbard, officers will salute with the hand.

4. *Officers saluting with the sword at the halt, when mounted.*

Officers salute as described in paragraph 1, above, except that the sword is lowered to the full extent of the arm, with the arm and sword in one straight line and the hand held close to the outside of the centre of the thigh.

5. *Officers saluting with the sword when on the move.*

(i) *When dismounted.*—Officers salute as described in paragraph 1 above. In both slow and quick time the motion will be performed in two paces, working on the left foot.

When the salute has finished the sword is brought to the *recover*, carrying it well in front, and to the *carry*, in two deliberate movements, each time as the left foot comes to the ground.

Correction Slip No. 19 of 1940.

Page 475.—Chapter XVIII, section III.—*Substitute the following for paragraphs 1-5:—*

1. *Officers saluting with the sword at the halt, when dismounted, the sword being at the carry:*

First motion—Bring the sword to the *recover*.

Second motion—Lower the sword until the point is 12 inches from the ground and directed to the front, edge to the left, right arm straight, hand just behind the thigh, thumb flat on the handle of the sword.

Third motion—Bring the sword back to the *recover*.

Fourth motion—Bring the sword down to the *carry*.

2. *Other ranks* do not salute as above, but bring their swords to the *carry*, turning the head and eyes towards the officer to be saluted, if passing him.

3. *Officers saluting with the sword when on parade with men armed with muskets:*

On the command *Present-Arms*, bring the sword to the *recover* with the first motion of the musket and lower the sword to the *salute* with the third motion of the musket. On the command *Slope-Arms*, bring the sword to the *recover* with the first motion of the musket and to the *carry* with the second motion of the movement.

When wearing a sword in a scabbard, officers will salute with the hand.

4. *Officers saluting with the sword at the halt, when mounted:*

Officers salute as described in paragraph 1 above, except that after the *recover* the sword is lowered to the front to the full extent of the arm, blade three inches below the knee, edge to the left, thumb extended to the direction of the point, hand directly under the shoulder.

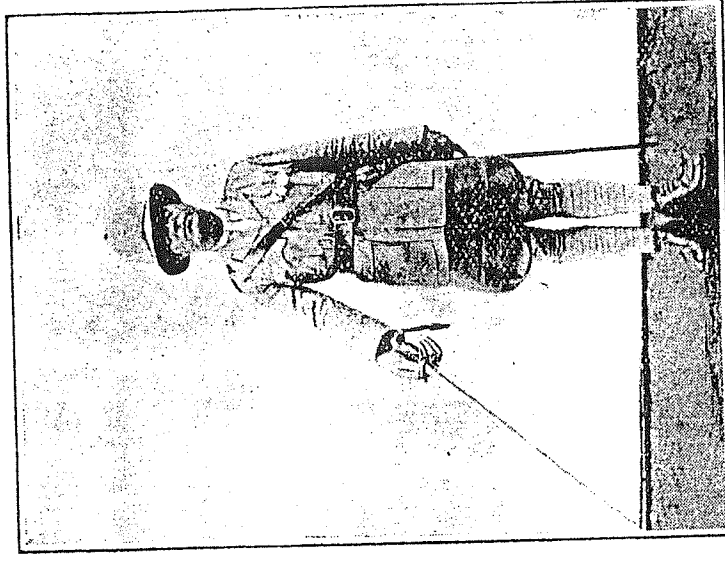
5. *Officers saluting with the sword when on the move:*

(i) *When dismounted.*—In both slow and quick time the salute will be performed in two motions, each time as the left foot comes to the ground—

First motion—Bring the sword to the *recover*.

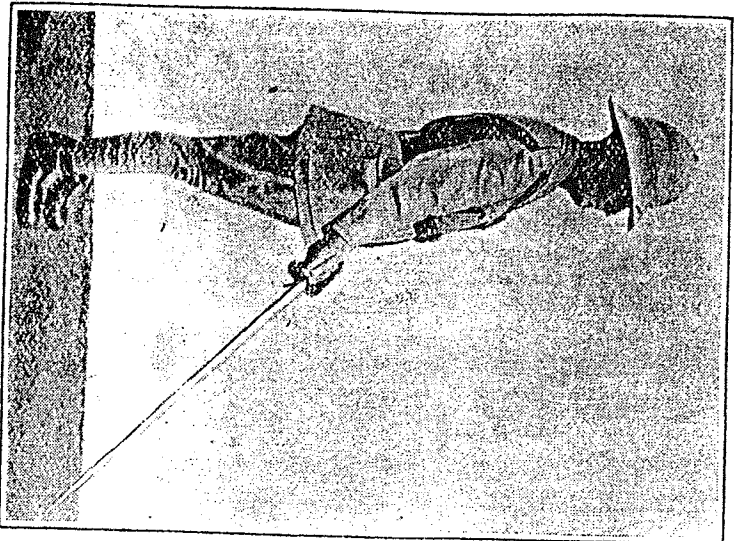
[To face page 475.]

Plate XXXVI.



THE "SALUTE."

Plate XXXVII.



THE "SALUTE."

The head is turned towards the officer saluted on the first motion of the salute and is turned to the front again on the first motion of the *recover*.

(ii) *When mounted*.—Officers salute as described in paragraph 4 above.

6. When swords are drawn, all ranks will hold the sword at the *carry* when addressing an officer.

In addition, officers on approaching a superior will do so at the *carry*, and will halt three paces from him and salute; they will salute again on leaving him.

7. *Saluting with the sword when marching past*.—The salute is to commence on the order *Eyes—Right* (see Chapter VIII, section VI) or in the case of individual officers at a point "C", ten yards before arrival in front of the reviewing officer, and finish on the order *Eyes—Front* (see Chapter VIII, section VI) or in the case of individual officers at a point "D", ten yards after passing him, the time being taken from the officer on the right.

8. The salute before dismissing (at the conclusion of parade). On the command *Fall out the Officers*, officers will march up to the officer commanding the parade at the *carry*, halt five paces from him and salute.

After saluting, officers will return swords, and form up in rear of the commander until the parade is dismissed.

SECTION IV.

GENERAL INSTRUCTIONS FOR OFFICERS.

1. On ceremonial parades officers will draw swords after their companies have been inspected. The commander of a parade will not draw his sword unless a senior officer be present on parade.

2. Dismounted officers' swords will be carried as follows:—

(i) *At the halt.*—At the *carry* on all occasions when their men are at the order or with sloped arms.* (See Plate XXXIV.)

(ii) *On the move.*—At the *slope* except:—

(a) On the saluting base.

(b) When taking post, and returning, and when advancing in review order.

(c) During guard mounting.

* Swords will be at the *carry* during the firing of a feu-de-joie.

3. Mounted officers' swords will be carried as in paragraph 2 above; for the *carry* see section II, 1, sub-paragraph 3, and for the *slope* see paragraph 2 of the same section.

4. When marching past, in any ceremonial formation with swords not drawn, officers will salute with the hand. The salute will commence at point "C", and finish at point "D", officers in front of leading formations taking their time from the commanding officer.

Vol. I contains pages 1-261.
Vol. II contains pages 262-479.

INDEX.

	PAGE.
Advance—	
—Signal for	256
Aiming—	
—Accuracy in	392
—Common faults in	392
Alignment, definition of	1
Arm exercises	336
Arms Bend—	
.. ..	337
—Arms stretching in various directions	304, 331, 338, 339
—When on the hands	305, 350
Arms parting, with heels raising	340
Arms raising forward, arms parting with heels raising	306, 339, 340
Arms swinging upward, with heels raising	304, 341
As you were, signal for	267
Assault Practice in bayonet fighting	191
Astride Jumping—	
—With arms raising	304, 358
—With arms clasp above head	306, 359
38	

Vol. I contains pages 1-261.

Vol. II contains pages 262-479.

PAGE.

Attention—

—Position ..	28
—Position, for Physical Training ..	305, 308
—Position, from rest on the arms reversed ..	161
—Position, object of ..	8
—Position, with musket ..	69
—Position, with sword ..	469, 474

Bayonet—

—To fix at the order ..	72
—To fix and unfix on the march ..	84
—To unfix ..	74

Bayonet fighting—

—Butt Stroke, First ..	212
—Butt Stroke, Second ..	212
—General instructions for ..	186
—High and Low Parry ..	218
—High Port ..	194, 195
—Jab ..	206
—Jab Parry ..	220
—Left Parry ..	218
—Long Point ..	196
—On Guard ..	193
—Pointing ..	187

Vol. I contains pages 1-261.

Vol. II contains pages 262-479.

PAGE.

Bayonet fighting—(concl'd.)

—Right Parry ..	216
—Short Point Parries ..	220
—Slash, the ..	213
—Breathing correctly : Importance of in Physical Training ..	295
—Bugle calls : signals by ..	258
—Calibre: Definition of ..	1

Cane—

—Position of, at attention ..	63
—Position of, at ease ..	63
—Position of, at the halt ..	64
—Position of, on the march ..	64
—Position of, when turning about ..	65
—Position of, when saluting, at the halt ..	100
—Position of, when saluting, on the move ..	101
—Carry Swords ..	470, 473

Ceremonial—

—Advance in Review Order, in ..	151
—Firing a feu-de-joie ..	152
—Formation of company for ..	134
—General instructions to officers ..	140

Vol. I contains pages 1-261.

Vol. II contains pages 262-479.

PAGE.

Ceremonial—(concl.)

— Inspection of—parade, in line ..	146
— March Past ..	143
— March Past, in close column ..	149
— March Past, in column of route ..	150
— March Past, in platoons ..	147
— Officers on—parade, when to salute ..	141
— Preparation of—parade ground ..	137
— Position of officers on—parade ..	135
— Receiving High Personages ..	146
— Receiving Reviewing Officer ..	145
— Saluting when on—parade ..	143
— Singing Company for ..	141
— Swords how carried, when on—parade ..	140
— Telling off Company for ..	141
Challenge by sentry ..	230

Change Arms—

— From the reverse under the left arm ..	157
— From the trail at the left side ..	159
— When at the secure ..	89
— When at the slope ..	82
— When at the trail ..	83
Change Direction, signal for ..	256

Vol. I contains pages 1-261.

Vol. II contains pages 262-479.

PAGE.

Change step ..	37
Charge, when bayonet fighting ..	191
Circular Jockey Race ..	307, 367
Cleaning and care of revolver ..	440
Clearing and lining a road ..	267
Close column, definition of ..	1
Close order drill, object of ..	8
Close order, March ..	26
Close, signal for ..	257
Collective fire ..	424
Collective training, how to begin ..	18
Collective training, object of ..	15
Column, definition of ..	1
Column of route, definition of ..	1, 55
Column, or Quarter Column, in fours, definition ..	1
Command, word of, how given ..	21, 22
Commands, when to be given ..	24
Company, definition of ..	2

Company—

— Changing ranks, at the halt ..	117
— Drill, general instructions ..	115
— Formation of, for ceremonial ..	134

Vol. I contains pages 1-261.

Vol. II contains pages 262-479.

	PAGE.
Company, in close column—	
— On the march, forming line at the halt, facing a flank	122
— Moving to a flank in fours, forming line at the halt	124
— Of platoons falling in with or without the drum	116
— When halted, changing direction	118
— When halted, forming column of fours	120
— When halted, forming line facing same direction	121
— When halted, moving to a flank in fours	121
Company, in column—	
— Advancing or retiring from close column	122
— On the march, changing direction	124
— On the march, closing to close column	123
— On the march, forming line facing same direction	125
— When halted, closing to close column	123
— When halted, forming column of fours	125
— When halted, forming line facing a flank and moving forward	126
Company, in column of fours—	
— Forming column facing a flank and moving forwards	131
— Forming column (or close column) of platoons at the halt, facing a flank	130

Vol. I contains pages 1-261.

Vol. II contains pages 262-479.

	PAGE.
Company, in column of fours—(concl'd.)	
— Forming forward into close column of platoons at the halt	130
— Forming forward into column of platoons	129
— Forming line of platoons in fours, moving in the same direction	131
Company, in line—	
— Forming line of platoons in fours facing same direction	128
— Saluting in ceremonial	143
— When halted, advancing in column of platoons	128
— Forming column facing a flank at the halt	128
— Forming column (or close column) facing same direction	127
Compliments paid by sentries	238
Control and communication —	
— By signal	255
— By whistle and bugle	258
— By verbal messages	259
Covering, definition of—	2
Defile, definition of	2
Deploy to, definition of	2
Direction, definition of	2
Dismiss, as a guard	224
Dismiss, with or without arms	65
Distance, definition of	2

Vol. I contains pages 1-261.
Vol. II contains pages 262-479.

	PAGE.
Double March—	38
—Signal for ..	257
—For Physical Training ..	306, 323
Double Mark Time for Physical Training ..	322
Draw swords ..	469
Draw Revolvers, for inspection ..	463
Dressing, definition of ..	2
Dressing, to be maintained without orders ..	21
Dressing a squad in single rank ..	42
Dressing a squad with intervals ..	30
Drill Instructors, instructions to ..	6
Ease springs ..	78
Ease, to stand at ..	29
Ease, to stand at, with arms ..	68
Easy, to stand ..	29
Easy, to stand, with arms ..	68
Echelon, definition of ..	2
Escalading wall ..	378, 386
Examine Arms ..	79
Extend, signal for ..	256
Extended line, closing ..	253
Extended Order Drill, Instructions for ..	249
Extended Order Drill, object of ..	248
Extending, instructions for ..	251
Falling in for Physical Training ..	299, 312
Falling in, with arms ..	67

Vol. I contains pages 1-261.
Vol. II contains pages 262-479.

	PAGE.
Feet astride—	
—Arms sideways stretched, trunk bending ..	304, 345
—Arms sideways stretched, trunk bending and hands turning ..	305, 355
—Arms sideways stretched, trunk bending with alternate toe touching ..	306, 343
—Arms sideways stretched, trunk bending backwards, with hands turning and arms raising upward ..	307, 356
—Arms upward stretched, arm swinging ..	306, 341
—Arms upward stretched, trunk bending ..	306, 345, 354, 356
—Floor beat with knees straight ..	305, 356
—Hips firm, Deep breathing ..	305, 307
—Hips firm, trunk bending and rolling ..	306, 346
—Hips firm, trunk turning ..	304, 354
—One hand hips firm, arm circling ..	340
—Trunk turning, arm flinging ..	304, 344
Feet close, floor beat with knees straight ..	307, 357
Feu de joie, firing, in ceremonial ..	152
Fire, frontal, definition ..	3
Fix bayonets, from the order ..	72
Flank directing, definition ..	3
Flank, inner, definition ..	3
Flank, outer, definition ..	3
For Inspection, Draw Revolvers ..	453
For Inspection, Port Arms ..	77

Vol. I contains pages 1-261.

Vol. II contains pages 262-479.

Form Fours—

—At the halt	56, 59
—On the march	59, 60
—Word of command, when given ..	24

Form—

—Right or left, at the halt	44
—Right or left, on the move	45
—Right or left, word of command when given ..	24
—Squad, on right or left, in single file ..	47
—Squad, on right or left, in two ranks ..	53
—Squad, on right or left, in fours ..	61, 62
—Squad, or platoon, word of command when given ..	24
Form square	175

Form two deep—

—From fours	57, 60
—From single file	54
—Word of command when given ..	24
Form single file	54
Formation, definition of	3
Forming squad with intervals	27
Forming squad in two ranks	48
Forming squad in two ranks for physical training ..	299

Vol. I contains pages 1-261.

Vol. II contains pages 262-479.

PAGE.

Forming up, inspection, telling off and proving a platoon	109
Forward, word of command, when given ..	24
Frontage, definition of	3
Funerals, general instructions for official ..	164
Gripping the revolver	445
Ground arms, from the order	93
Guards—	
—General instructions	222
—General instructions for Rounds officers ..	240
—of Honour	239
—Relieving, posting or dismissing	224
—Special, instructions to	237
—to march with sloped arms	223
—Turning in	223
—Turning out	222
—Turning out between reveille and retreat ..	232
—Turning out at night	235
—Turning out for inspection	229
—Waiting	222
Guides in Company Drill	114
Guides in Platoon Drill	107
Halt	36, 39

Vol. I contains pages 1-261.
Vol. II contains pages 262-479.

PAGE.

Halt, signal for ..	256
Halt, word of command when given ..	24, 25
Hand kicking, for Physical Training ..	305, 332
Head bending ..	333, 334
Head rolling with fingers stretched ..	306, 335
Head turning with fingers stretched ..	304, 334
Heaving Exercises ..	342
Heels raise ..	329
Heels raising and moving freely ..	311
High jump, for obstacle course ..	376
High port, from on guard ..	92
High port, for bayonet fighting ..	194, 195

Hips Firm—

Feet astride, trunk turning quickly ..	304, 345
Heels raising and knees full bend ..	304, 306, 330
Hopping on alternate feet ..	304, 325
Hopping with leg raising sideways ..	307, 331
Knee raising ..	305, 347
Knee raising, foot bending and rolling ..	307, 349
Leg raising ..	305, 348
Honours paid by sentries ..	238
Hop, step and jump ..	307, 360
Hopping on alternate feet, with arm movements ..	306, 325

Vol. I contains pages 1-261.
Vol. II contains pages 262-479.

PAGE.

Hopping with opposite knee and arm raising ..	306, 327
Horse length, definition of ..	3
Horse width, definition of ..	3
Incline, definition of ..	3
Incline, right or left, signal for ..	257
Incline, right or left, word of command when given ..	24
Individual training, points to explain ..	15

Inspection—

Of arms ..	76, 79
Of arms from the order ..	77
Of a company for ceremonial ..	146
Of a platoon ..	109
Of a squad ..	26
Instruction of recruits, similar for armed or unarmed branches ..	14
Instruction, principles of ..	11
Instruction, to recruits, how given ..	20
Instructions, general, on system of training ..	14
Instructors to stand at attention when giving commands ..	23
Interval, definition of ..	3
Interval, deploying, definition of ..	3
Jab, bayonet fighting ..	206

Vol. I contains pages 1-261.

Vol. II contains pages 262-479.

	PAGE.
Jab perry, bayonet fighting ..	220
Jumping astride, with arms raising ..	304, 358
Jumping astride, with arms clap above head ..	306, 359
Jumping upward ..	305, 358
Kicking hand, for physical training ..	305, 332
Kneeling load, position of ..	409
Lateral and trunk exercises ..	343
Lathi drill, engage ..	179, 181
Lathi drill, general instructions ..	177
Lathi drill, guard, position of ..	179, 180
Leap frog ..	305, 362
Leg exercises ..	329
Leg raising, with arms raising ..	307, 348, 349
Length of pace when marching ..	32
Line, definition of ..	4
Lining a road ..	267
Loading and unloading exercises ..	400
Loading and unloading the revolver ..	461
Long jump in the obstacle course ..	375
Long point, bayonet fighting ..	196
Lying load, position of ..	411
March—	
—Diagonal ..	44, 51
—Double ..	38, 44

Vol. I contains pages 1-261.

Vol. II contains pages 262-479.

	PAGE.
March—	
—quick ..	35
—Quick, command when given ..	25, 44
—Slow ..	35
—Slow, command when given ..	25
March past—	
—in close column, in ceremonial ..	149
—in column of route ..	150
—by platoons in ceremonial ..	147
Marching in single file ..	43
Marching, length of pace ..	32
Marching, position ..	34
Marching and running exercises ..	319
Marching with opposite knee and arm raising ..	304, 327
Mark time ..	37, 39
Mark time, command when given ..	25
Mark time for Physical Training ..	320
Mark time with opposite knee and arm raising ..	327
Muscle exercises, musketry ..	418
Muscle exercises, revolver ..	451
Neck exercises ..	333
Numbering a squad ..	42
Obstacle course, in districts ..	383
Obstacle course, for recruits ..	369
Obstacle course, with sepoy as obstacles ..	307

Vol. I contains pages 1-261.
Vol. II contains pages 262-479.

	Page.
On guard—	
—for bayonet fighting ..	193
—from the <i>High Port</i> ..	92
—from the <i>order</i> ..	92
—from the <i>slope</i> ..	91
On the hands—	
—Arms bending ..	305, 350
—Arms bending, with legs parting ..	307, 353
—Arms bending, with leg raising ..	305, 352
—feet placing forward ..	307, 351, 352
Open Order, March ..	26
Open Ranks March, in single file ..	43
Open Ranks March, in two ranks ..	49
Opening and reforming ranks, for Physical Training	315
Order Arms—	
—from <i>on guard</i> ..	92
—from <i>loading position</i> ..	403
—from the <i>port</i> ..	78
—from the <i>secure</i> ..	87
—from the <i>slope</i> ..	70
—from the <i>trail</i> ..	81
Order Lathis ..	181
Pace, definition of ..	4
Pace, length of ..	32

Vol. I contains pages 1-261.
Vol. II contains pages 262-479.

	Page.
Parry—	
—High and Low, in bayonet fighting ..	218
—Jab, in bayonet fighting ..	220
—Left, in bayonet fighting ..	218
—Right, in bayonet fighting ..	216
—Short point, in bayonet fighting ..	220
Patrol, definition of ..	4
Physical Training	
—Correct breathing ..	295
—Drill movements and class arrangements ..	308
—Forming squad for ..	299
—Hints to instructors ..	280
—Kit for ..	297
—Moving free ..	300
—Object of ..	276
—Rest position ..	283
—Table I ..	304
—Table II ..	306
—Table, explanation of ..	301
Pile Arms ..	94
Pivot flank, definition of ..	4
Pivot guide, definition of ..	4
	39

Vol. I contains pages 1-261.
Vol. II contains pages 262-479.

	PAGE.
Platoon—	
—definition of ..	4
—Drill, General rules ..	106
—In column of fours, forming line of sections in fours (or file), moving in same direction ..	111
—In line, forming line of sections in fours (or file) moving in same direction ..	110
Point, long, in bayonet fighting ..	196
Point, short, in bayonet fighting ..	203
Port Arms ..	77
Position, change of, definition ..	4
Posting guards ..	224
Posting sentries ..	227
Present Arms, from <i>slope</i> ..	71
Present Arms, from <i>rest on your arms reversed</i> ..	162
Prove revolvers ..	455
Proving a platoon ..	109
Quick March—	35
—Heels raise ..	304, 325
—Signal for ..	257
—In Physical Training ..	306, 321
—Word of command when given ..	25
Quick Mark time in physical training ..	320
Ramp Jump ..	373

Vol. I contains pages 1-261.
Vol. II contains pages 262-379.

	PAGE.
Rank, definition ..	4
Reconnaissance, definition of ..	4
Recover Arms, from <i>the slope</i> ..	96
Recover, position of in sword drill ..	469
Recruits, instruction in drill same for armed as for unarmed branch ..	14
Reform ranks, when in single file ..	43
Reform ranks, when in two ranks ..	49
Relay Race, for Physical Training ..	305, 307, 362
Relief, definition of ..	4
Relieving guards ..	224
Relieving sentries ..	227
Rendezvous, definition of ..	4
Rest, position of, in physical training ..	283
Rest on the arms reversed, from the reverse at the left ..	160
Retire, signal for ..	256
Retire, units may with ranks changed or unchanged ..	108
Return swords ..	470, 474
Reverse Arms—	
—from the present ..	155
—from the <i>rest on your arms reversed</i> ..	161
—from the <i>trail at the left side</i> ..	159
Review Order, advance in, for ceremonial ..	151

Vol. I contains pages 1-261.
Vol. II contains pages 262-479.

	PAGE.
Reviewing Officer, receiving, in ceremonial	145
Revolver drill	452
Rope climbing	380
Route marching	243
Royal Personage, Viceroy or Governor, receiving, in ceremonial	146
Running, long strides, in Physical Training	305, 360
S. A. A., definition of	5
Salute—	
—At the halt, with arms	103
—General instructions	98
—On the march	100
—On the march, with arms	104
—Given with right hand	98
—To the front	99
—To the side	100
—When carrying a cane, at the halt	100
—When carrying a cane, on the move	101
—With lathi	105
—With sword	105, 475
—Without headdress	103
Sawing, in physical training	304, 342
Scout, definition of	5
Section, definition of	5

Vol. I contains pages 1-261.
Vol. II contains pages 262-479.

	PAGE.
Secure Arms—	
—From the order	86
—From the slope	85
—From the trail	88
See-saw for physical training	306, 342
Sentries—	
—Challenge by	230
—General duties of	240
—Honours (Compliments) paid by	238
—Instructions to	236
—Relieving and posting	227
Short point, in bayonet fighting	203
Short trail	84
Signal—	
—control and communication by	255
—for advance	256
—for as you were	257
—for change direction, right or left	256
—for close	257
—for double march	257
—for extend	256
—for follow me	257
—for halt	256
—for Incline or turn	257
—for lie down	257

Vol. I contains pages 1-261.
Vol. II contains pages 262-479.

	PAGE.
Signal—(concl'd.)	
—for <i>Quick Time</i> ..	257
—for <i>Retire</i> ..	256
—with the musket ..	258
Single file, to form ..	54
Single file, to form in centre of road to control extraordinary traffic ..	274
Sitting, Load ..	411
Slash, in bayonet fighting ..	213
Sling Arms ..	90
Slope Arms—	
—from <i>on guard</i> ..	91
—from <i>the order</i> ..	69
—from <i>the port</i> ..	78
—from <i>the present</i> ..	72
—from <i>the recover</i> ..	97
—from <i>the secure</i> ..	86
—from <i>the trail</i> ..	82
Slope Lathis ..	178
Slope swords ..	470, 473
Slow march ..	35
Slow March for Physical Training ..	306, 320
Slow March, Command when given ..	25
Slow Mark time, for Physical Training ..	319

Vol. I contains pages 1-261.
Vol. II contains pages 262-479.

	PAGE.
Squad Drill—	
—preliminary training ..	6
Squad Drill without arms ..	27
Squad, formation of, with intervals ..	27
Squad, formation of, in single rank ..	41
Squad opening and closing ..	49
Stand at ease ..	29
Stand at ease with arms ..	68
Stand at ease with the sword ..	471
Stand at ease for Physical Training ..	305, 308
Stand easy ..	29
Stand easy with arms ..	68
Stand easy for Physical Training ..	310
Standing Load ..	405
Standing Load position of ..	402
Standing orders, definition of ..	5
Step, back ..	37
Step out ..	36
Step short ..	36
Step, side ..	39
Step, to change ..	37
Strengthening and quickening exercises in musketry ..	418
Sword Drill—	
—Dismounted ..	469
—Draw swords ..	469, 472

Vol. I contains pages 1-261.
Vol. II contains pages 262-479.

PAGE.

Sword Drill—(concld.)

—The carry ..	470, 473
—Mounted ..	472
—Position of attention ..	469
—Position of recover ..	469
—Position of return swords ..	470
—Rest on your arms reversed ..	161
—Reverse swords ..	156, 160
—Reverse swords, at the change arms ..	157
—Reverse swords, from rest on the arms reversed ..	162
—Salute ..	475
—Sit at ease ..	473
—Slope ..	470, 473
—Stand at ease ..	471
Table, for Physical Training ..	301-06
Take up arms, from ground arms ..	93
Telling off a platoon ..	109
Time when marching ..	33
Time for rifle exercises ..	67
Trail Arms—	
—from the order ..	80
—from the secure ..	88
—from the slope ..	81
—from the reverse under the left arm ..	158

Vol. I contains pages 1-261.
Vol. II contains pages 262-479.

PAGE.

Training—

—Collective, how to begin ..	18
—Collective, object of ..	15
—Individual, points to explain ..	15
—Principles of instruction ..	11
—Responsibility for ..	10
—Subsequent to recruit training ..	17
—System of ..	14
Training stick, for bayonet fighting ..	189
Trigger pressing, importance of in musketry ..	397
Trunk exercises (Lateral) ..	343
Turn—	
—For physical training ..	30
—On the march ..	316-17
—Signal for ..	40
—Word of command when given ..	257
Turning out guards ..	24
Turning out guards, procedure for ..	229
Two's and threes ..	303, 365
Unfix bayonets, at the order ..	74
Unpile Arms ..	94
V. C. Race, in Physical Training ..	307, 363
Vaulting Beam ..	374
V uling Horse ..	370
22 ..	

Vol. I contains pages 1-261.

Vol. II contains pages 262-479.

	PAGE.
Vaulting Wall ..	377
Visiting Rounds, instructions to officers ..	240
Volleys, at funerals ..	163
Waiting guard ..	222
Walking on Heels, for Physical Training ..	304, 328
Walking on Heels and toe in slow time ..	306, 380
Water course, definition ..	5
Water shed, definition ..	5
Wheel, to change direction, in single file ..	46
Wheel, to change direction, in fours ..	60
Wheeling, definition of ..	5
Whistle, signal and control by ..	258
Words of Command, how given ..	22
Words of Command, when given ..	24

