

WAND EXERCISES.

For the following exercises, any straight rod which is smooth and fairly strong will be all that is necessary. Broom handles, curtain sticks, etc.

POSITION.—Feet in position, the wand across the thighs, backs of hands forward, thumbs pointing downward. (Fig. 22 *a*.)

48. WAND RAISING.

a. Raise wand till the arms are on a level with shoulders.

Rest 1 count.

b. Raise wand over head.

Rest 1 count.

c. Lower to shoulder level.

Rest 1 count.

d. Drop to first position.

Inhale on raising the wand, exhale on lowering the wand.



FIG. 22.

d. Overhead.

Rest 1 count.

e. Horizontally in front as in 48.

Rest 1 count.

f. Drop to Attention position. (Fig. 22.)

Combine 48 and 49.

In all wand exercises, let the wand be perfectly horizontal.

49. *a*. From position (Fig. 22,) set wand on the shoulders, (Fig. 23.)

Rest 1 count.

b. Drop wand to position of Fig. 24.

Rest 1 count.

c. Raise to shoulders.

Rest 1 count.

50. Carry wand up over head—arms far apart. (Fig. 24 *a*.) Carry wand down, without bending the arms, (Fig. 24 *b*.) Carry wand back into first position. Count 1, rest, 2, rest, 3, rest, 4, rest. *Hold body firmly*, inhale on raising, exhale on lowering the wand.



FIG. 23.



FIG. 24.

51. SWAYING THE WAND.

From the horizontal position in front, (Fig. 22,) carry the wand up, perpendicular, at the right side. Rest 1 count.



FIG. 25.

Horizontal in front.

Rest one count.

Perpendicular at left side.

Rest one count.

Horizontal in front.

Rest one count, etc., etc.

Be careful in this exer-



FIG. 26.

cise that there is no sympathetic swaying of the body.

52. Wand horizontally across the front. (Fig. 22.)

Raise wand to the right, the left arm over the head. (Fig. 26.)

Rest 1 count.

Horizontally across the front.

Rest 1 count.

Raise wand to the left side, right arm over head.

Rest 1 count.

Horizontally across the front.

Rest 1 count. *Repeat.*

Inhale on raising, exhale on lowering the wand. Combine with these any simple foot movement, so taking advantage of every opportunity to educate the will.

Vary by bringing the wand down across the back (Fig. 27), after the movement of (Fig 26), then up



FIG. 27.



FIG. 28.



FIG. 29.

over head on the opposite side, then across the front, (Fig 22).

53. Raise arms and wand from the Attention position of Fig. 22 to the level of the shoulders.

Notice that the elbows do not droop, neither should they be above the level of the wand. Now thrust wand to the right, (Fig. 28), then to left, coming back to the position on the chest between each two thrusts.

54. Wand in position (Fig. 22). Raise to chest, elbows up and bent. Throw right end of wand over the head, the opposite elbow dropped, the accompanying arm extended. (Fig 29.)

Repeat right and left.

55. Swing the wand right and left, from horizontal position in front, twisting also the body. (Fig. 30.)



FIG. 30.



FIG. 31.

Add to this a slight bending of the corresponding knee and a slight bowing forward of the body.

In this "mowing-movement" let there be quiet, regular breathing.

56. A simple exercise in which the chest is necessarily held erect and firm is from walking evenly and firmly with the wand in the position of (Fig. 31.)

Wand exercises strengthen the chest muscles, expand the chest cavity and promote the activity of the respiration in a marked degree. Especially to be recommended, are those in which the wand is carried over the shoulders. All wand exercises are to be practised therefore by those with weak, depressed chests, round shoulders, and with stooping habits arising from a general sense of weakness in the spine.

Raising and lowering the wand with one arm is excellent for spinal curvatures, the raising being performed on the concave side of the curvature, and the lowering on the convex side.