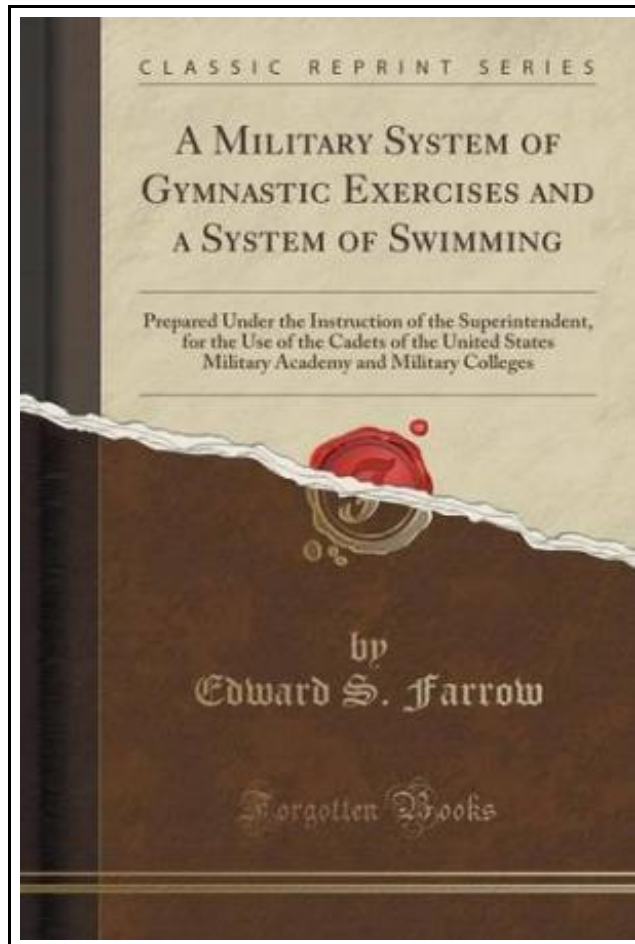


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from **A Military System of Gymnastic Exercises and a System of Swimming: Prepared Under the Instruction of the Superintendent, for the Use of the Cadets of the United States Military Academy and Military Colleges** In the preparation of this Course of Gymnastics, I have endeavored to meet a long felt want in the Corps of Cadets at the United States Military Academy. It has also been my aim, by briefing and generalizing, to make the work suitable for a text book in the Army and the various Military Academies, covering, as it does, that course of training which, taken in connection with the school of the soldier, is essential to the proper training of all soldiers. I have purposely avoided separating the exercises on the various machines into times and motions, in order that the instructor might introduce such additional exercises and variations as seem to him most proper. Those explained in the text are deemed sufficient to call into play all the muscles and parts of the body; but it is expected that the instructor will frequently make additions for the sake of greater variety, and in so doing, or when confining himself to the text, he can readily divide the exercises into the proper motions. I wish to publicly acknowledge my indebtedness to the work of Messrs. Ravenstein and Hully, for much of the substance of the text and many illustrations taken from original designs. I am likewise indebted to Maclaren s Gymnastics, the English work, Walker s Manly Sports, and a few other works of reference. It is hoped that the manner in which the subject is treated will enable the classes to...

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