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WILLIAM J. CROMIE
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EXERCISES ON THE SIDE HORSE

By

WILLIAM J. CROMIE

INSTRUCTOR IN GYMNASTICS

UNIVERSITY OF PENNSYLVANIA



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FOREWORD.

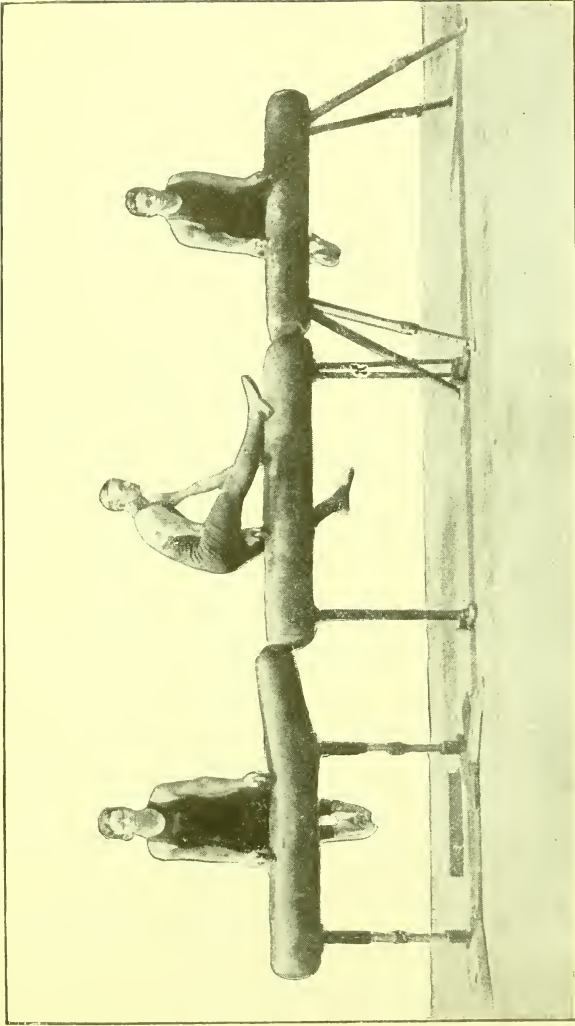
THE side horse is one of the best pieces of apparatus found in our gymnasia. Horse work is also one of the most difficult forms of exercise, as it requires an almost perfect balance, a shifting the weight of the body in various directions, and a high form of co-ordination.

The elementary exercises, except the vault, are not taken up in this book, but the more advanced work is shown. Many writers have illustrated the simple work, but there are none, to the writer's knowledge, who have photographic illustrations showing circles and advanced exercises upon the side horse. Two or more persons posed in these illustrations in order to show the successive parts of the exercise.

It is very important to have good form upon the horse, as the tendency is to "hump" the back and contract the chest. Keep the chest well expanded and do not "hump." One should also use a suspended piece of apparatus, such as the horizontal bar or rings, in connection with the horse, and thus counteract the tendency of "humping."

All the photographs in this book have been taken by Haeseler, photographer, Philadelphia.

WILLIAM J. CROMIE.



Position 1.

Position 2.

Position 3.

FIGURE 1.

FIGURE 1.

Feint.

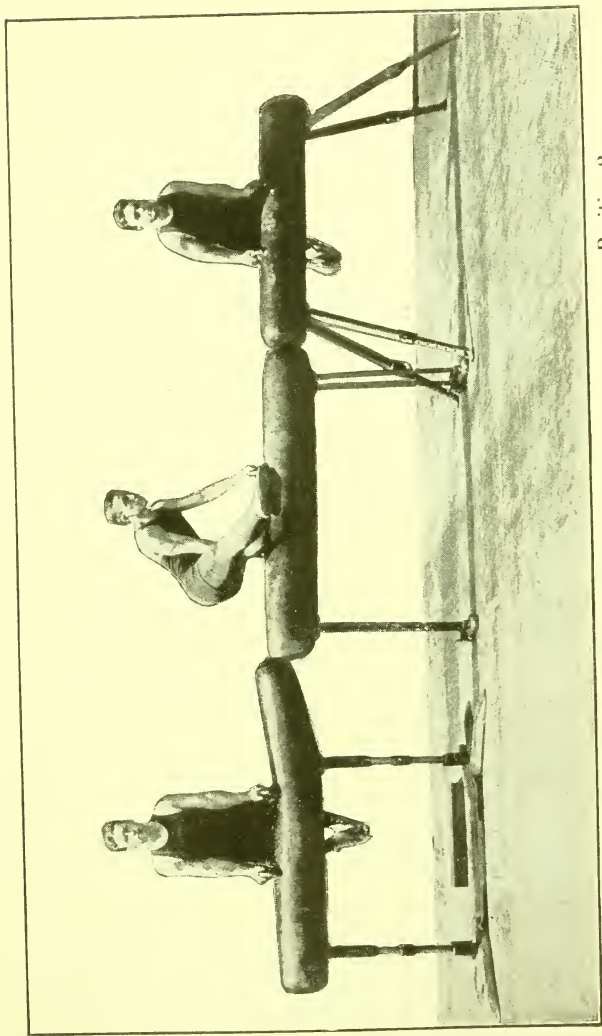
In the first illustration there are three types of the Spalding Side Horse, or "Vaulting Horse." The one on the left, with the raised end, is the kind used by gymnastic teams; on the right is the old-fashioned kind, with oblique legs, and the center one was constructed for the University of Pennsylvania Gymnasium. This specially designed horse fits in a socket in the floor and can be readily removed for games or free work. In squad work in large classes, in the University of Pennsylvania Gymnasium, four sets of apparatus are used at one time, each set consisting of six pieces. Two views of this gymnasium are shown in latter part of this book.

In order to understand the exercises upon the side horse more readily, it is well to know its various parts, used in describing many of the exercises contained in this book.

Description of horse on left of illustration, from the position of the gymnast: The raised handles which he is grasping are called pommels, and are designated as left (or neck) pommel and right (or croup) pommel, the space between them is the saddle. The space between the left pommel and left end is the neck, and the space between the right pommel and right end is the croup. From the position of the gymnast the long axis corresponds to the length of the horse, and the short axis to a line drawn from the near side (against which he is resting) to the far side.

Front Feint with Right Leg.

From Position 1, front feint with right leg (Position 2); return to starting position (1 or 3).



Position 3.

Position 2.

FIGURE 2.

Position 1.

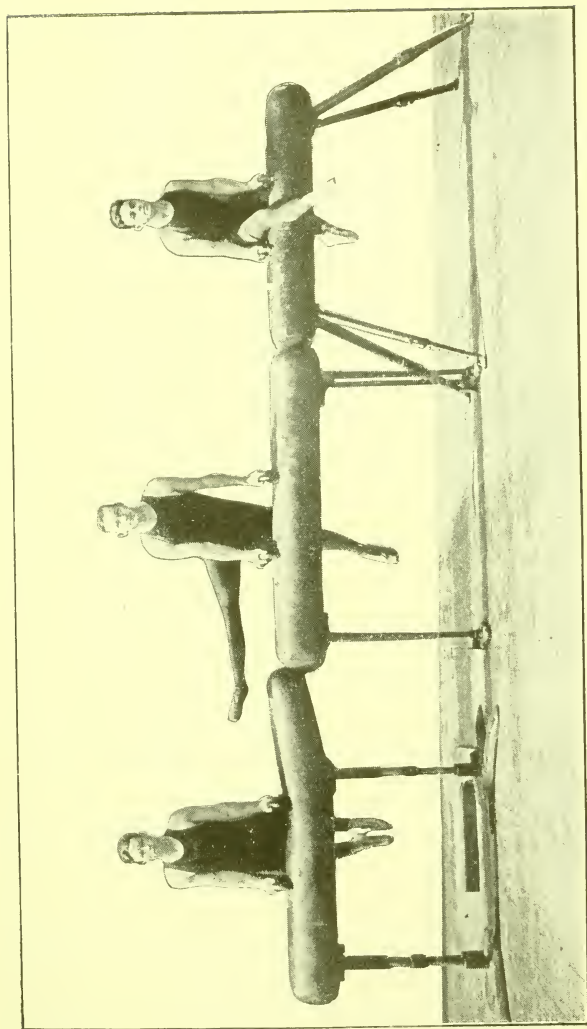
FIGURE 2.

Front, Double Feint Right.

From Position 1, front rest, perform a double feint to the right (Position 2), and return to front rest as in Position 3.

A feint is a movement similar to the half circle. The leg is circled about the arm of the same side, but, instead of passing under the hand, is immediately returned to its starting position. It is used as a preliminary to other movements and the leg is swung as nearly as possible in the lateral plane.

A feint can be performed from a front (Figure 2, Position 1) or back rest (Figure 10, Position 1), right or left, with one or both legs.



Position 1.

Position 2.

Position 3.

FIGURE 3.

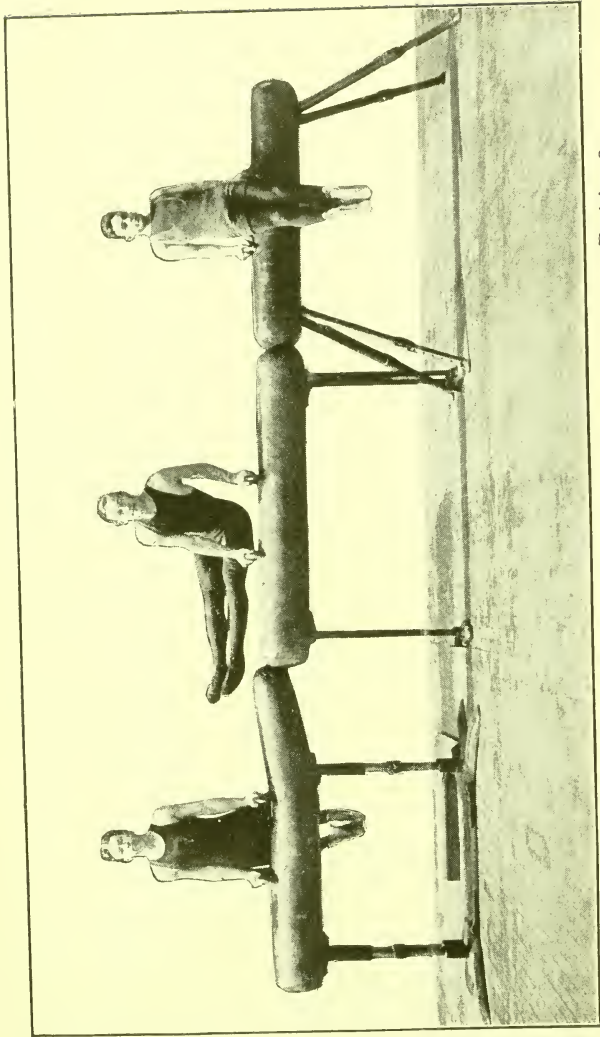
FIGURE 3.

Circles.

R. ½ Left.—From front rest (Position 1) perform a ½ circle to the left with right leg, by abducting right leg as in Position 2; release grasp of right hand and pass leg under hand to Position 3.

Left ½ circle right is the same exercise performed with left leg.

The above are not performed in competition, as they are too simple, but one should practice at these in order to work up to the more difficult ones.



Position 1.

Position 2.

Position 3.

FIGURE 4.

FIGURE 4.

Circles.

Double $\frac{1}{2}$ Left.—From front rest (Position 1) perform a double $\frac{1}{2}$ left circle by raising both legs as in Position 2; release grasp of right hand momentarily, pass legs over pommel to back rest (Position 3).

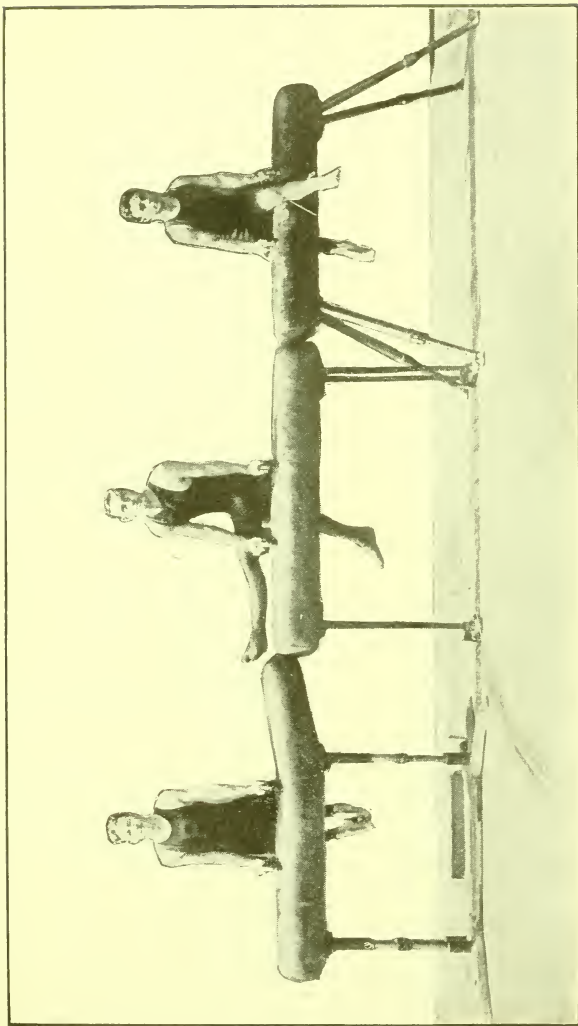
Double $\frac{1}{2}$ right circle is performed on the opposite side of the horse.

From the back rest (see Position 3):

Double $\frac{1}{2}$ right; both legs $\frac{1}{2}$ circle backward beneath right hand (Position 2) to front rest.

Double $\frac{1}{2}$ left; both legs $\frac{1}{2}$ circle backward beneath left hand to front rest.

Combinations.—Double $\frac{1}{2}$ left, double $\frac{1}{2}$ right; double $\frac{1}{2}$ right, double $\frac{1}{2}$ left; double $\frac{1}{2}$ right, double $\frac{1}{2}$ right; double $\frac{1}{2}$ left, double $\frac{1}{2}$ left.



Position 1.

Position 2.

Position 3.

FIGURE 5.

FIGURE 5.

L. ½ Left.

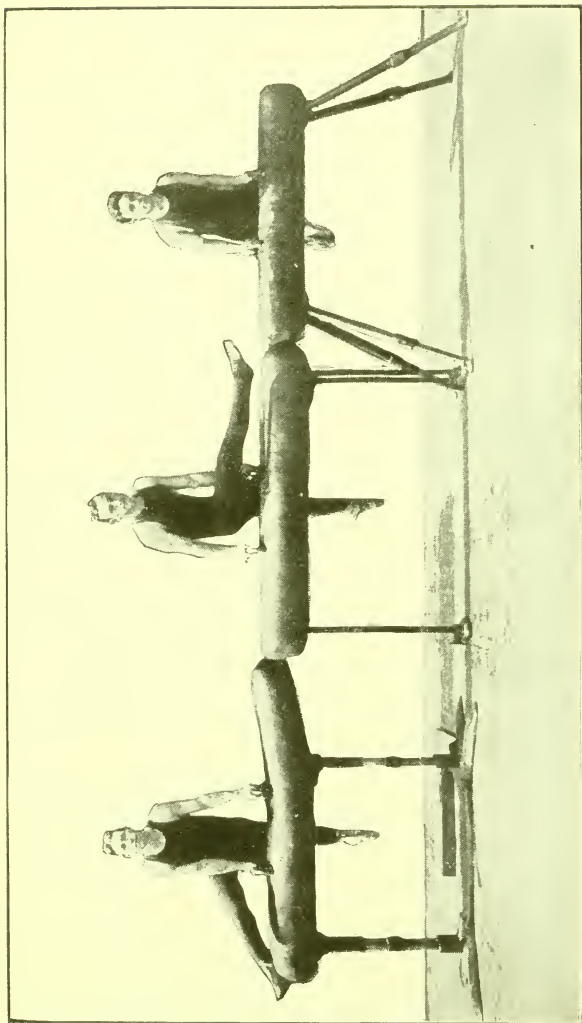
From front rest (Position 1) perform a $\frac{1}{2}$ left circle by raising left leg as in Position 2; release grasp of right pommel, pass leg underneath hand to Position 3.

Right $\frac{1}{2}$ right is performed as above, with the right leg in opposite direction.

Most exercises upon the horse call for a fine sense of balance. One must be able to shift the weight of the body from one hand to the other easily and in good form. The chest should be held high, chin in toward the chest, legs straight and toes pointed.

The abbreviations for circles in this book will be as follows:

The capital R. is right leg; L., left leg; right or left written out is the direction; double R. or L. is a circle with both legs right or left.



Position 1.

Position 2.

Position 3.

FIGURE 6.

FIGURE 6.

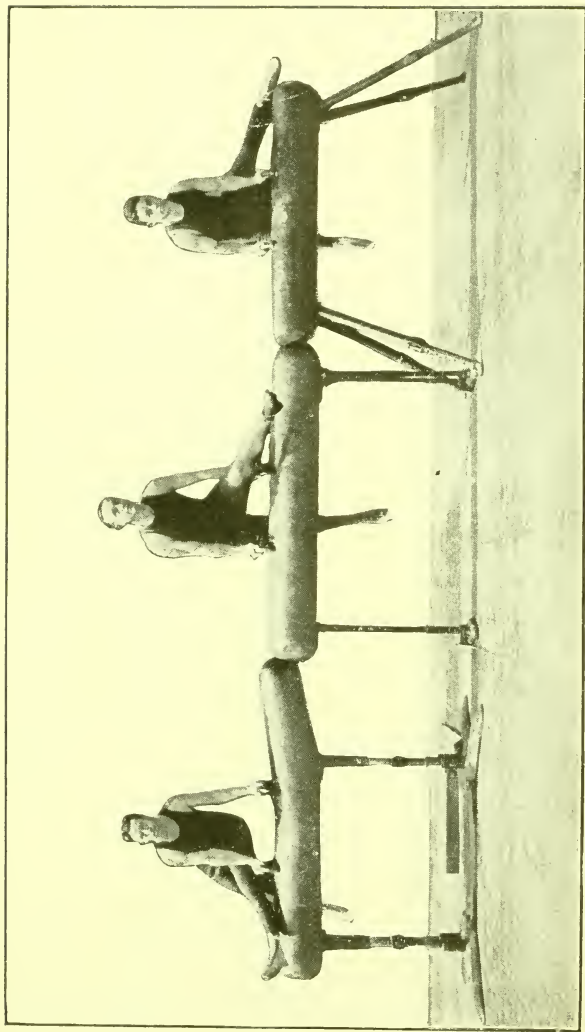
Circles.

R. Left.—A R. left circle is a complete circle with the right leg to the left.

From front rest (Figure 6, Position 1), abduct right leg as in Position 1; release grasp of right hand; shift weight to left hand; pass leg beneath right hand and regrab; continue circle of leg as in Position 2; release grasp of left hand; shift weight to right hand; continue circle of leg beneath left hand to Position 3.

A L. right circle is performed as explained above, with left leg circling to the right.

Perform a R. left then a L. right.



Position 1.

Position 2.

Position 3.

FIGURE 7.

FIGURE 7.

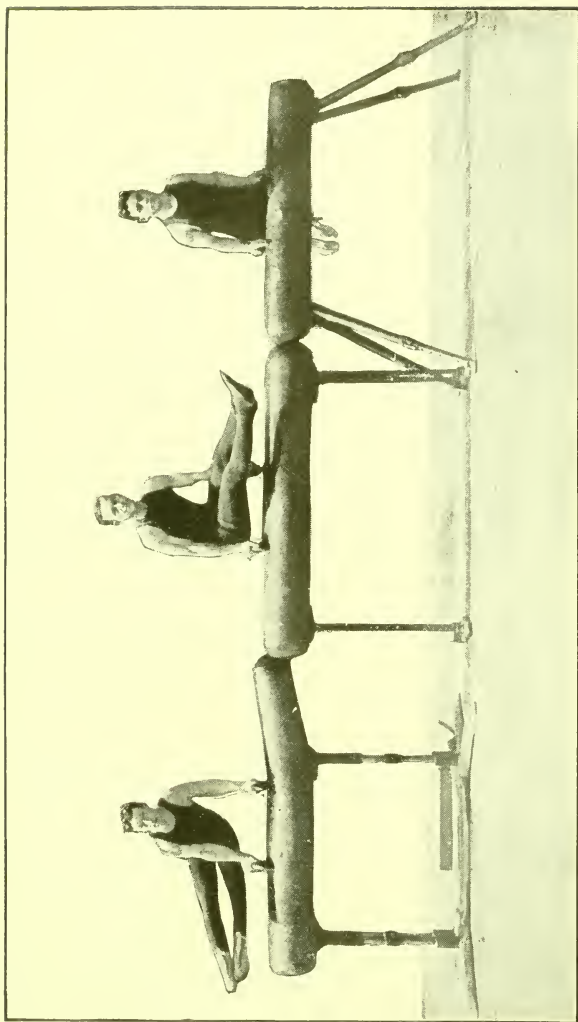
Circles.

L. Left.—A L. left is a full circle with left leg to left.

From front rest (Figure 5, Position 1), raise left leg as in Position 1; pass right hand circling to left as in Position 2; pass left hand as in Position 3; returning left leg to the starting position.

A R. right leg circle is performed as described above, with the right leg making a complete circle to the right.

Combine Figures 6 and 7: R. left. L. right; L. left, R. right.



Position 1.

Position 2.

Position 3.

FIGURE 8.

FIGURE 8.

Circles.

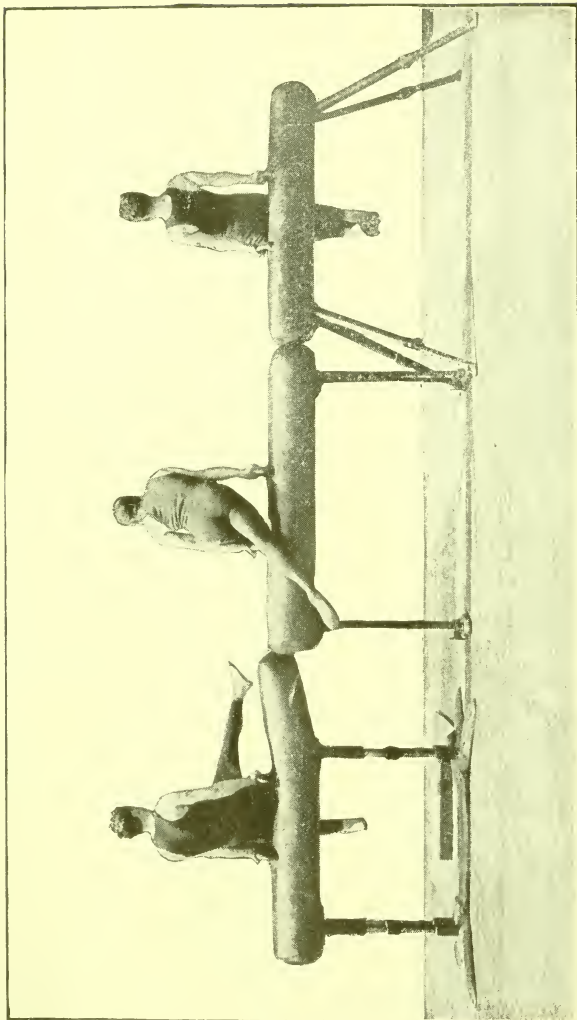
Double L.—A double left is a circle of both legs to the left.

From front rest begin circle to left as in Position 1; release grasp of right hand, continue circle as in Position 2; release grasp of left hand till legs pass left pommel, and finish at starting point (Position 3).

A double R. is a full circle of both legs to the right. A continuous double R. or double L. is a number of circles performed in the direction indicated without a pause at the starting position.

Practice four or five double R. or double L. in succession. When one can master this exercise he need fear no circles on the horse.

Combinations.—Figures 6, 7 and 8.



Position 1.

Position 2

Position 3,

FIGURE 9.

FIGURE 9.

Circles.

Back Rest; R. Right.—A R. right from back rest is a full circle to the right with the right leg.

From a back rest (Position 3), abduct right thigh as in Position 1; release grasp of right hand, circle leg under left hand, and finish as in Position 3.

The circles described under Figures 6, 7 and 8 can be performed in the back rest position.

R. left—A full circle to the left with right leg.

L. right—A full circle to the right with left leg.

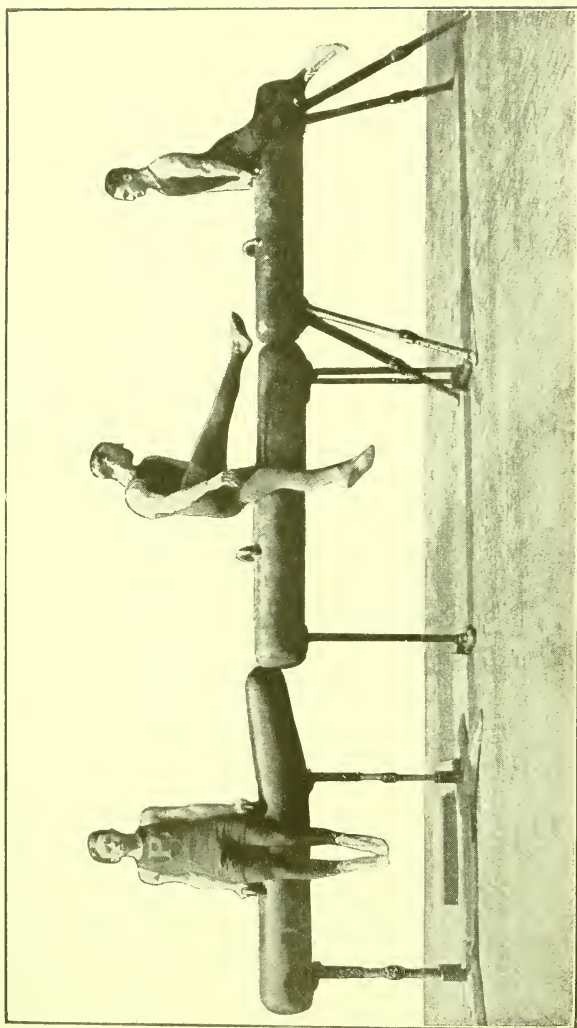
L. left—A full circle to the left with left leg (opposite of Figure 9).

R. right—A full circle to the right with right leg.

Double R.—A full circle to the right with both legs.

Double L.—A full circle to the left with both legs.

In performing a R. left or a L. right, swing both legs to right or left till they meet and begin the circle (on the L. right bring both legs as in Position 1); in fact, this shifting of weight is necessary for smooth, rhythmic work.



Position 1.

Position 2.

Position 3.

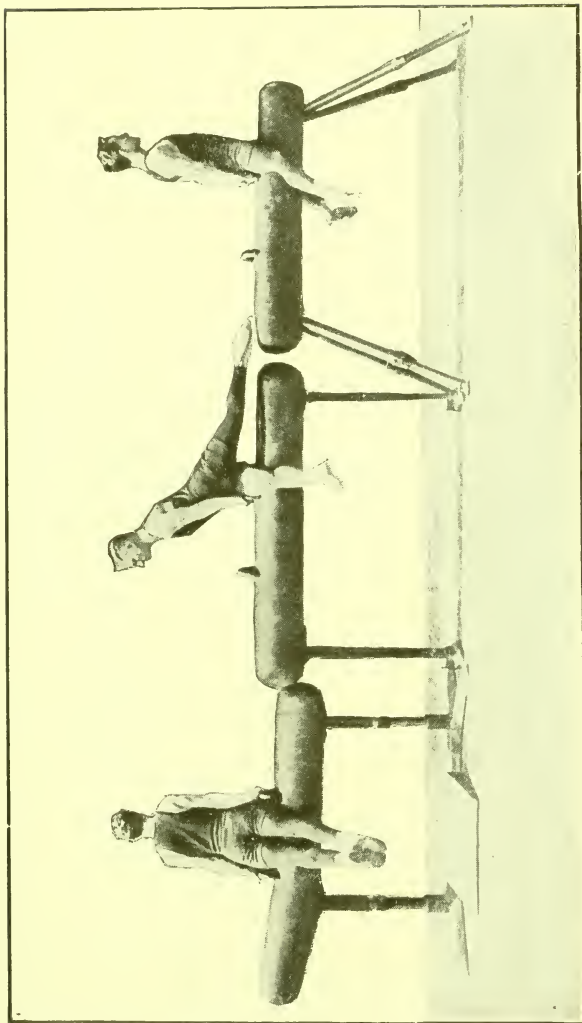
FIGURE 10.

FIGURE 10.

Front Half Screw Circle.

A screw circle is a leg circle from a front or back rest, or from any of the riding seats, coming to either a riding position or immediately dismounting, accompanied by a quarter, half, three-quarter or full turn of the body. During these circles the performer travels from one part to or over another part of the horse.

From a back rest (Position 1), perform a half front screw circle (Position 2) to a cross riding seat (Position 3). (For side riding seat see Position 3, Figure 6.)



Position 1.

Position 2.

Position 3.

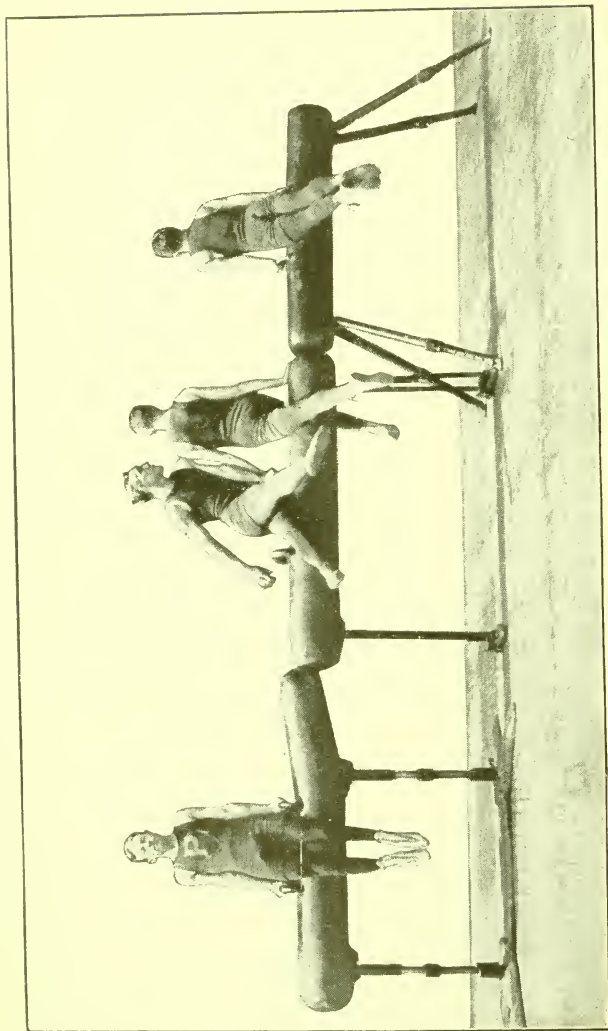
FIGURE 11.

FIGURE 11.

Back Half Screw Circle.

From a front rest (Position 1), perform a half front screw circle (Position 2) to a cross riding seat (Position 3).

These exercises are merely suggestions, and the performer can work up his combinations (which are innumerable) from these circles, scissors and vaults.



Position 1.

Position 2. Position 3.

Position 4.

FIGURE 12.

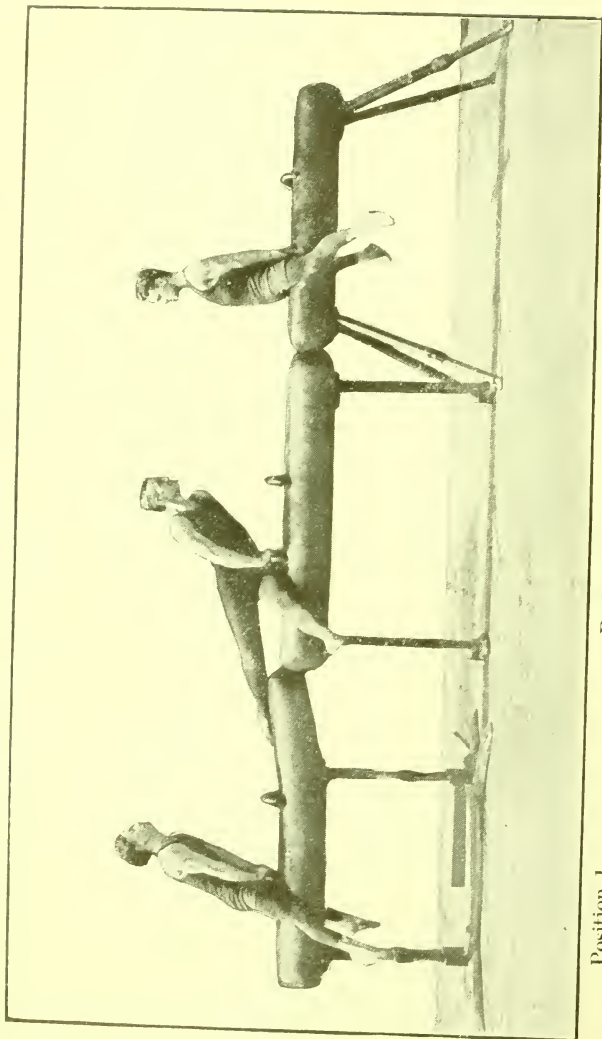
FIGURE 12.

Front Full Screw Circle.

From back rest (Position 1), begin a full screw circle by releasing grasp of right hand; rest weight on left thigh (Position 2) against saddle, turn body and circle right leg as in Position 3; continue circle to the left with right leg without a pause to Position 4. The person in Position 4 should be grasping the right pommel in left hand, and the right hand should be on the right end of the horse.

The full screw mount can be performed backward from a front rest. Both front and back are done to either right or left.

Begin an exercise with a feint, followed by a screw circle, and combine Figures 6 to 9, ending with a triple vault.



Position 1.

Position 2.

Position 3.

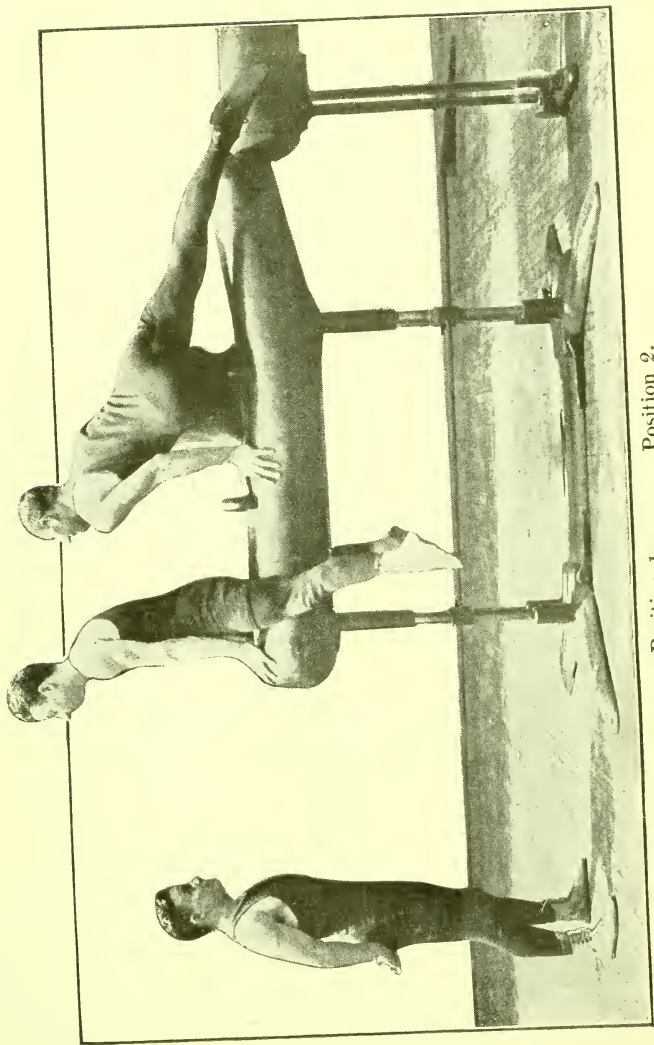
FIGURE 13.

FIGURE 13.

Scissors.

From a cross riding seat (Position 1), front scissors by a simultaneous abduction of both thighs past the median line of the body (Position 2), accompanied by a half turn of the body, finishing in a cross riding seat (Position 3). The man in Position 2 should be higher in the air.

Back Scissors.—From cross riding seat (Position 3) swing, keeping legs abducted, and finish as in Position 1.



Position 1. Position 2.

Position 3.

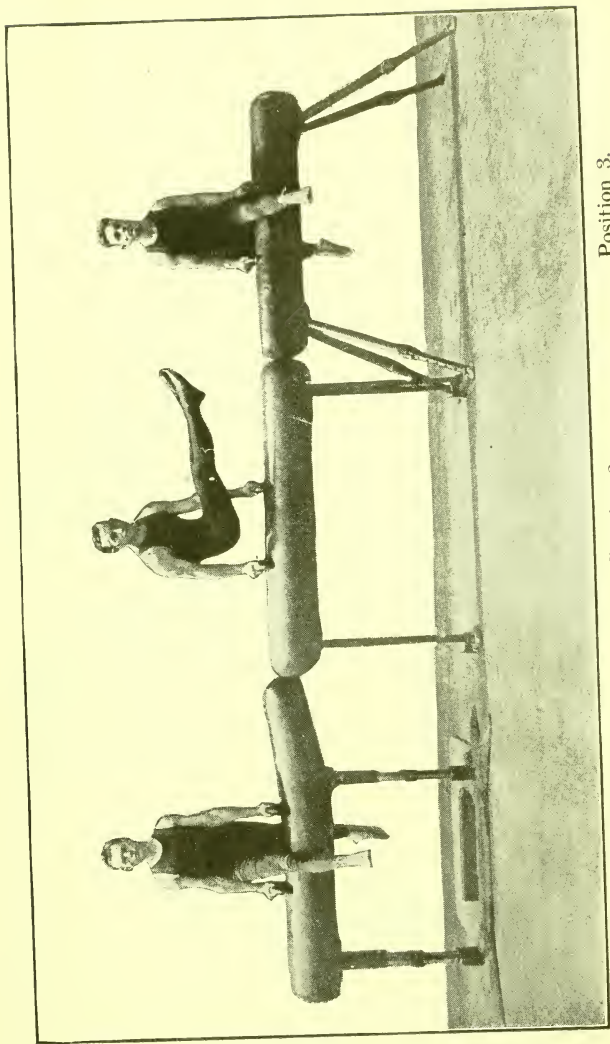
FIGURE 14.

FIGURE 14.

Scissors Dismount.

From a cross riding seat (Position 1), a back scissors dismount is accomplished by swinging legs and turning body as in Position 2, landing on the floor as in Position 3. The same can be performed with turns between Position 2 and Position 3.

The front scissors dismount is performed by a cross riding seat facing in (Figure 13, Position 1), and scissors off to mat, facing the opposite of Position 3 in Figure 14. The legs of Position 2 should be higher in the air.



Position 1.

Position 2.
FIGURE 15.

Position 3.

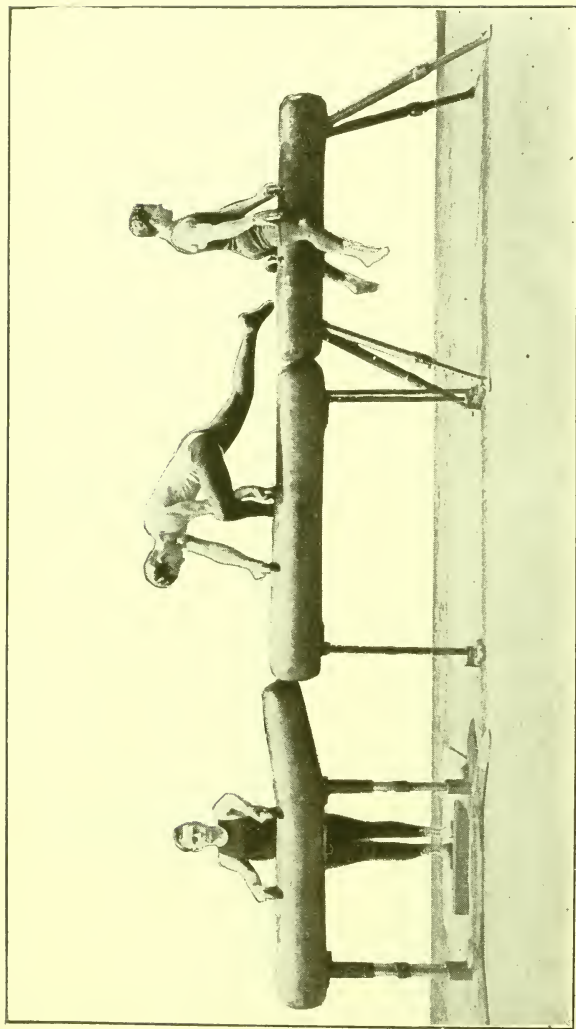
FIGURE 15.

Scissors Without Turn of Body.

From the side riding seat, or rest (Position 1), swing as in Position 2; release grasp of left hand and change position of legs by crossing them simultaneously. In the starting position the right leg is on the far side of the horse, and after the change (Position 3), the left is on the far side. To perform the scissors on the right, swing from Position 3 to the right; change position of legs, coming to Position 1 again.

Make the scissors continuous, first to the left, then to the right. This can be used in many combinations.

Rest Astride the Right or Left Arm.—The rest astride the right or left arm, legs further front than in figure (Position 2), can be used in a number of combinations and is an excellent movement to practice.



Position 1.

Position 2.

Position 3.

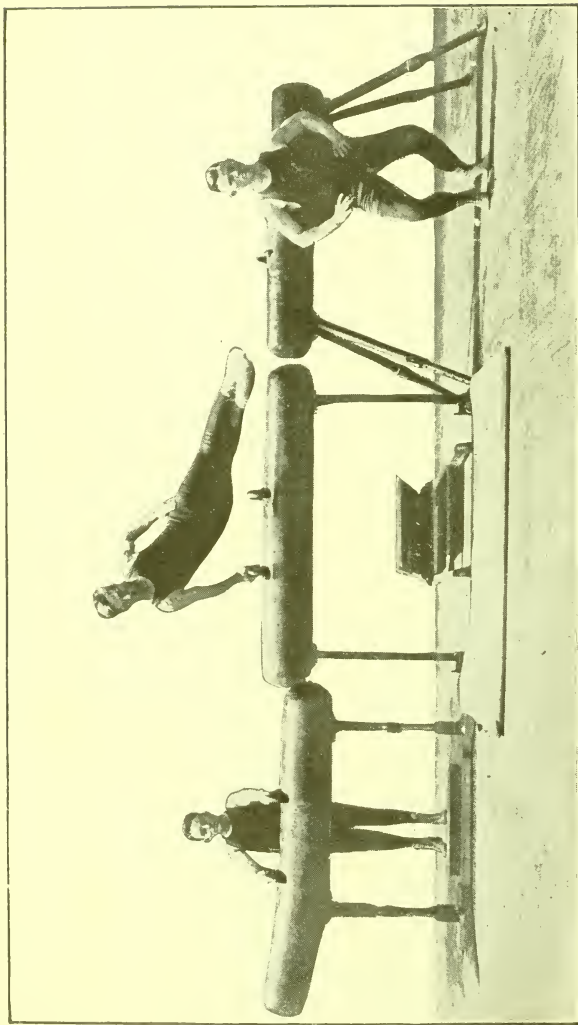
FIGURE 16.

FIGURE 16.

The Needle.

From a stand with reversed grasp of left hand, needle mount left by flexing left thigh and leg; passing it forward over the croup around the left arm and over the saddle, swinging the right leg at the same time over the neck to the far side (Position 2), and finish by alighting in a riding seat in saddle (Position 3).

This may be performed on the other side. It is used in starting combinations.



Position 1.

Position 2.

Position 3.

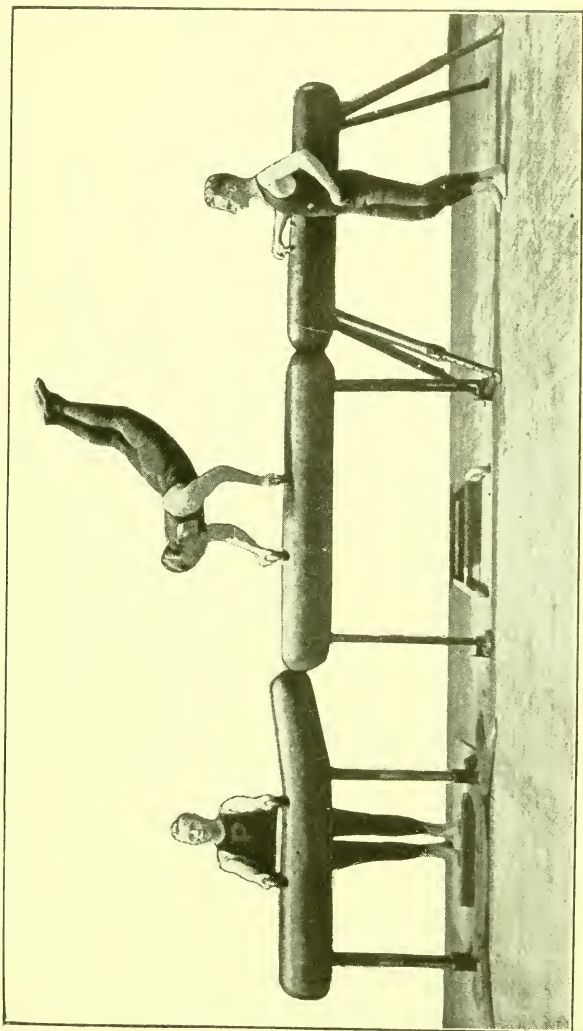
FIGURE 17.

FIGURE 17.

Flank Vault.

From Position 1 flank vault as in Position 2, alighting as in Position 3.

In a flank vault the body is raised sideways to a horizontal position, the side of the body being toward the horse when passing over it. Position 2 is a low flank vault to the left. The flank front and rear vaults, though simple, are necessary here in order to show the various ways of dismounting in combination work. A high flank vault, where the body is on a horizontal, is very pretty and exercise requires much practice to master.



Position 1.

Position 2.

Position 3.

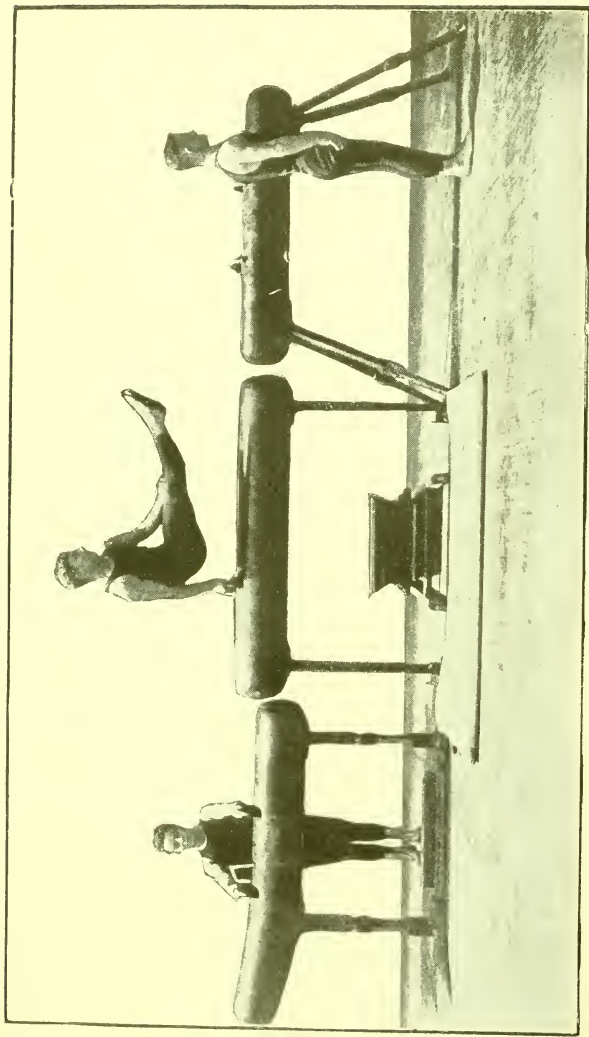
FIGURE 18.

FIGURE 18.

Front Vault.

Perform a front vault left by starting from a stand (Position 1), and as the body is raised sideways make a quarter turn toward the horse in the rise, the front of the body being toward the horse while passing over it (Position 2), and alighting as in Position 3. The left hand is about to be released in Position 2. The same may be done at right side of horse.

The beginner will experience no confusion concerning vaults if he remembers that in the flank it is the side; front, the front; and rear, the back part of the body that is toward the horse while passing over it.



Position 1.

Position 2.

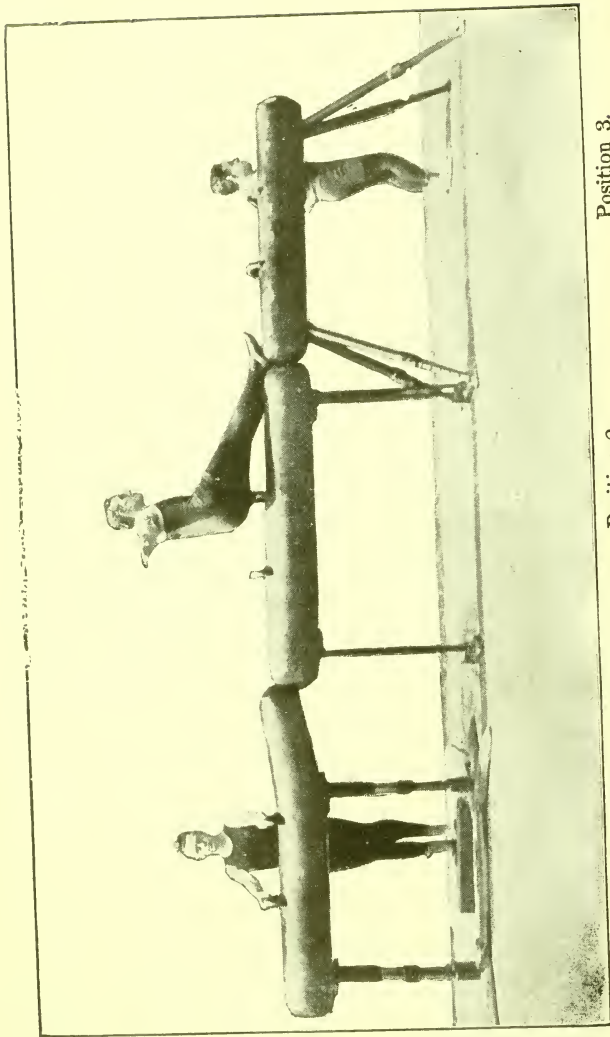
Position 3.

FIGURE 19.

FIGURE 19.

Rear Vault.

Commence a single rear vault left from stand (Position 1), and as body is raised sideways make a quarter turn left away from the horse, the thighs being half flexed at the same time, the back of the thighs being toward the horse while passing over it (Position 2), dismount as in Position 3. The same may be performed to the right.



Position 1.

Position 2.

Position 3.

FIGURE 20.

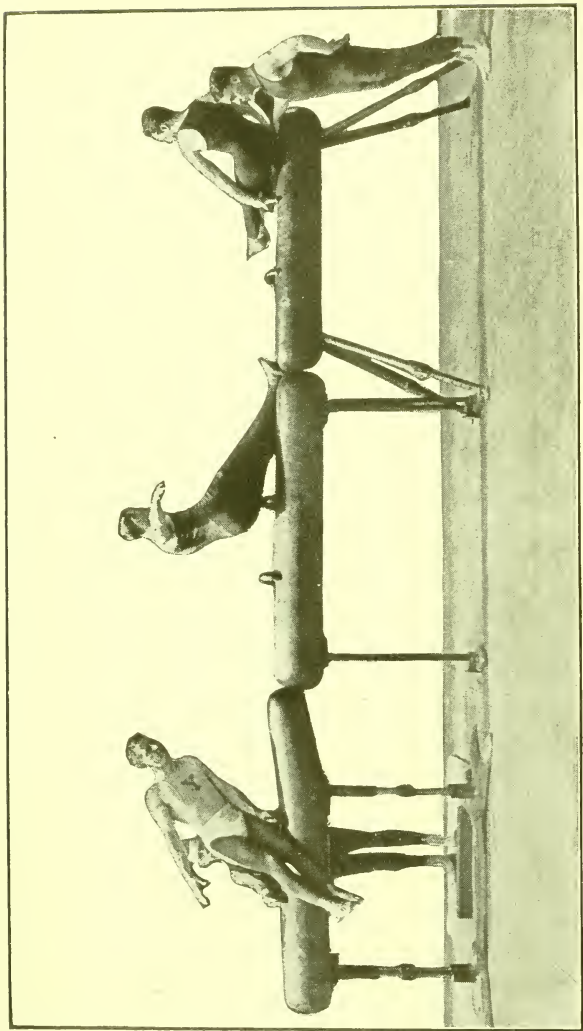
FIGURE 20.

Double Rear Vault.

From stand (Position 1) double rear vault left by swinging around croup to Position 2, Figure 21, and continue to Position 2, Figure 20; alight as in Position 3. The same can be performed to the right.

A double rear vault may be executed twice over one part of the horse or once each over two parts before dismounting.

The legs in Position 2 should be higher.



Positions 1 and 2.

Position 3.

Positions 4 and 5.

FIGURE 21.

FIGURE 21.

Triple Rear Vault.

A triple vault is executed three times over one or more parts before dismounting.

From Position 1 vault around croup to Position 2, still turning to the left; go to Position 3, then Position 4, dismounting as in Position 5. The legs of Positions 2, 3 and 4 should be higher.

In the (so-called) quadruple rear vault one extra turn of the body is made, alighting on other side of horse facing in the opposite direction of Position 5, Figure 21.

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EXERCISES ON THE FLYING RINGS

By

WILLIAM J. CROMIE

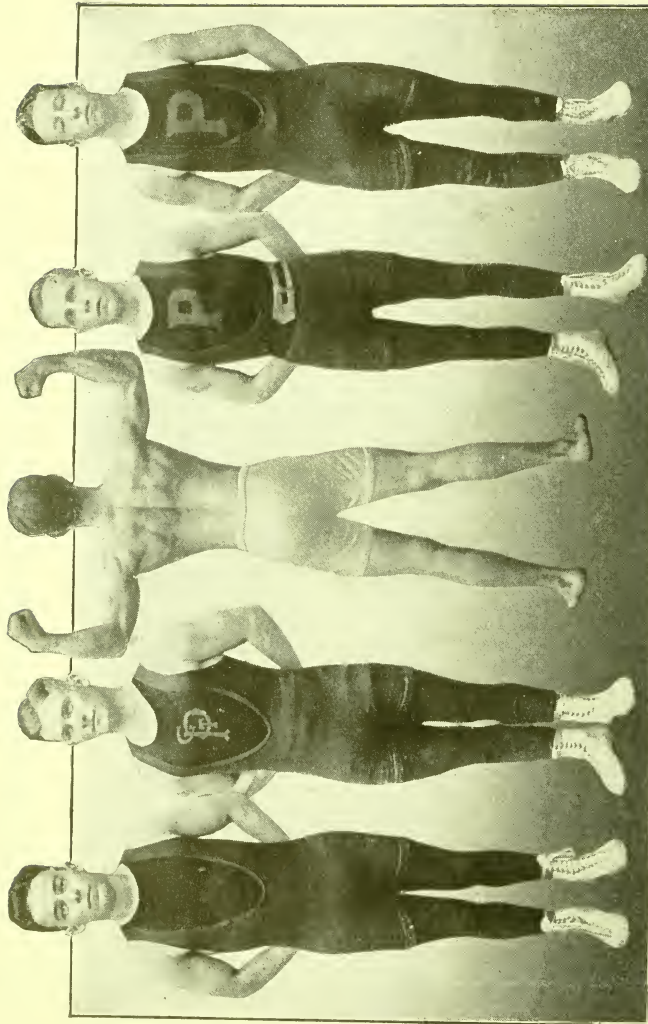
INSTRUCTOR IN GYMNASTICS

UNIVERSITY OF PENNSYLVANIA



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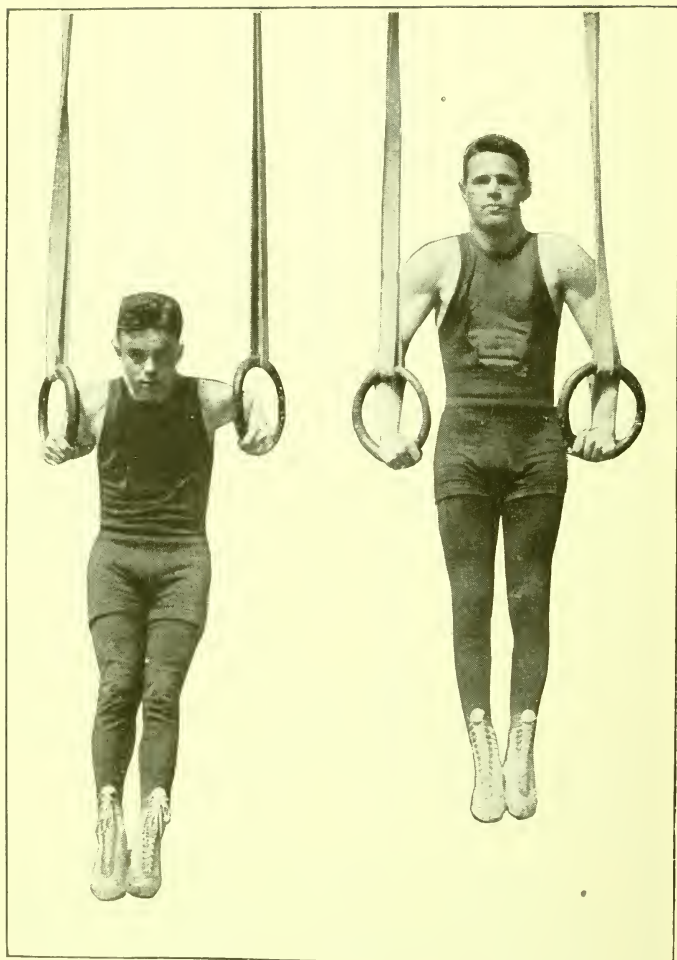
FOREWORD.

THE rings are an excellent mode of development, especially for the upper part of the body. In fact, work upon the rings (to the exclusion of other pieces of apparatus) tends to develop the muscles of arms, back and chest abnormally. To counteract this tendency, one should work upon the parallels and horse, and practice ground tumbling. Typical ring exercises develop such physical qualities as strength, equilibrium and grace, but call for little or no agility, and, for this reason, ground tumbling should be given a prominent part in one's gymnastic regimen.

The writer would rather see a gymnast upon the horizontal, parallels, horse, trapeze or rings, of mediocre ability with a symmetrical physical development than a marvelous "stunt" performer on any or all of these pieces who is all chest and shoulders. If work upon the heavy apparatus produces deformity of the upper part of the body, and fails to develop the lower part, then either the gymnast has been improperly trained or the apparatus is at fault. To prove that gymnasts may secure a symmetrical development with proper coaching the writer desires to direct attention to the poses on opposite page, showing illustrations of the coach and members of the University of Pennsylvania gymnastic team.

The writer desires to thank the members of the gymnastic team of the University of Pennsylvania who posed for the illustrations in connection with the rings, and Haeseler, photographer, who took the photographs.

WILLIAM J. CROMIE.



Position 1.

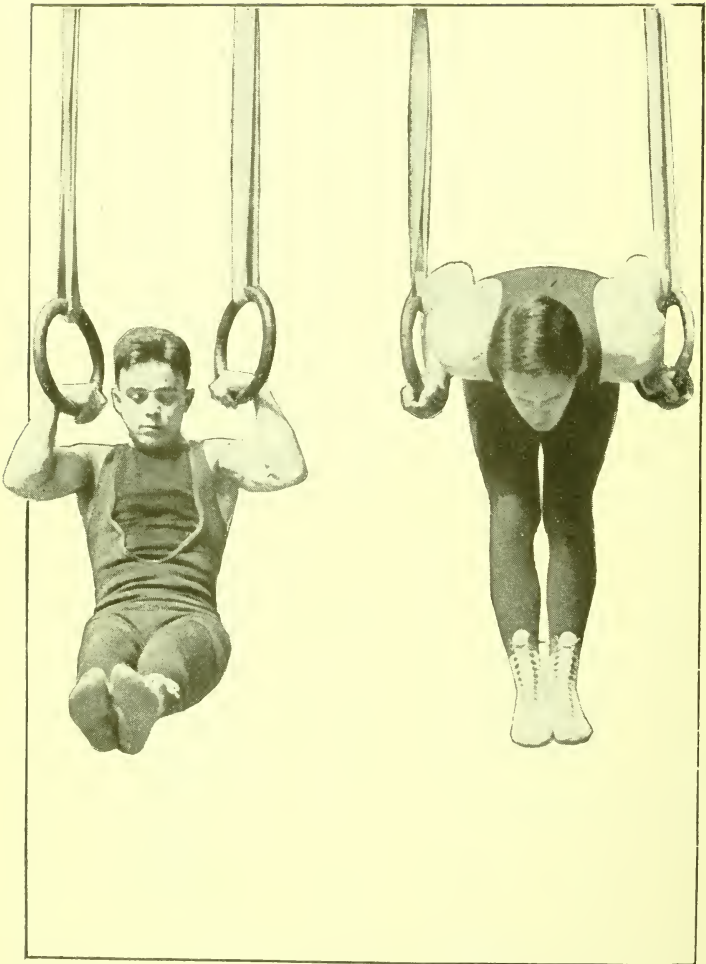
Position 2.

FIGURE 1.

FIGURE 1.

Ordinary hang on rings, "false grip" (Figure 3, Position 1); keep rings close to body, pull up as in Figure 1, Position 1. It is at this point where a good, strong pull is needed. Lean forward with head and shoulders, turn rings outward, give a sharp pull, then begin to push till Position 2 is reached. In getting a false grip, place the hands on the rings so that the weight of the body will fall upon the little fingers. (See Figure 3, Position 1).

This is one of the first exercises that one should be able to do with ease in order to practice advanced work upon the rings.



Position 1.

Position 2.

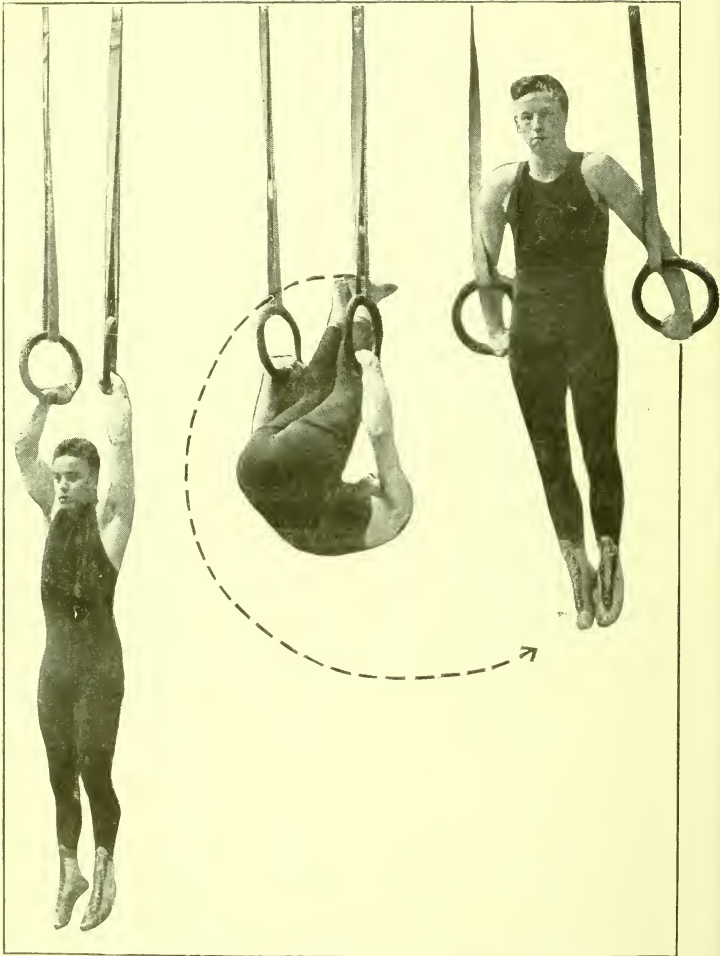
FIGURE 2.

FIGURE 2.

From Position 1 pull up and roll forward as in Position 2. A number of these in succession look well, especially if done easily and in good form.

This exercise can also be done while swinging.

In all ring exercises, keep the chest well thrown out, legs straight, together, and toes pointed.



Position 1.

Position 2.

Position 3.

FIGURE 3.

FIGURE 3.

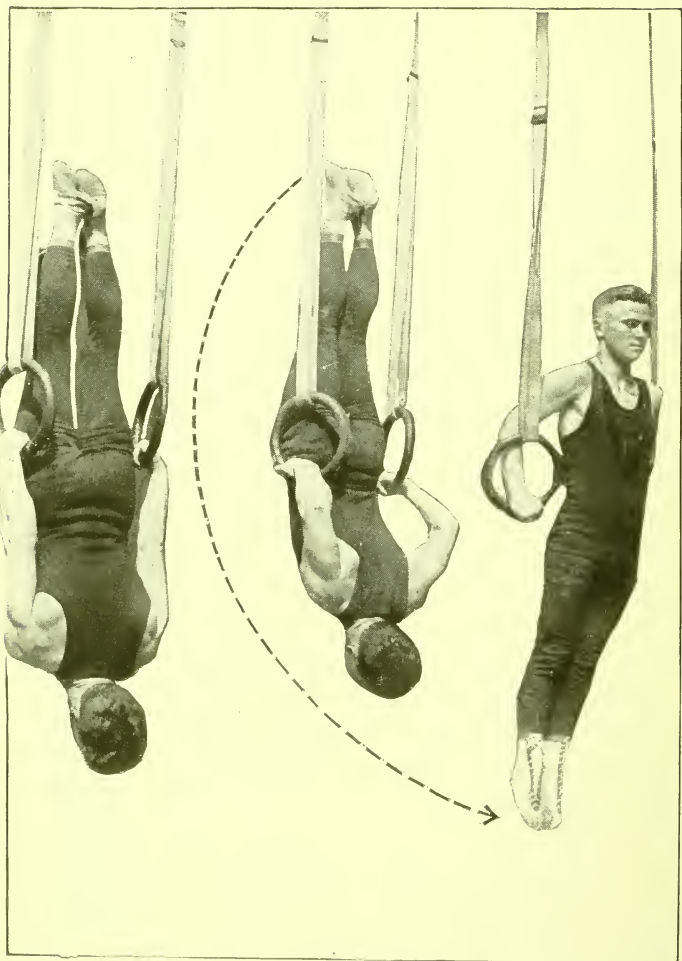
Upstart.

From Position 1 turn body over as in Position 2, throw chest out sharply, pull with hands, snap legs downward, and upstart to Position 3 (false grip).

From Position 1 swing forward and, at end of front swing (Figure 2, Position 1), upstart.

Uprise.

From Position 1 swing and, at end of back swing, without bending as in Position 2, uprise or "pull in" to Position 3. The arms should be kept straight in this exercise.



Position 1.

Position 2.

Position 3.

FIGURE 4.

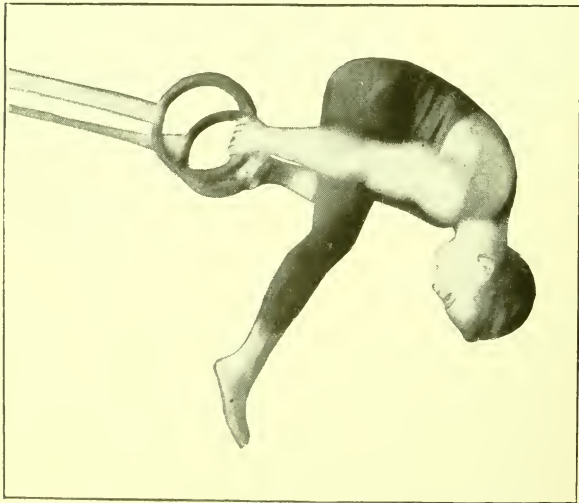
FIGURE 4.

Circle into Rest.

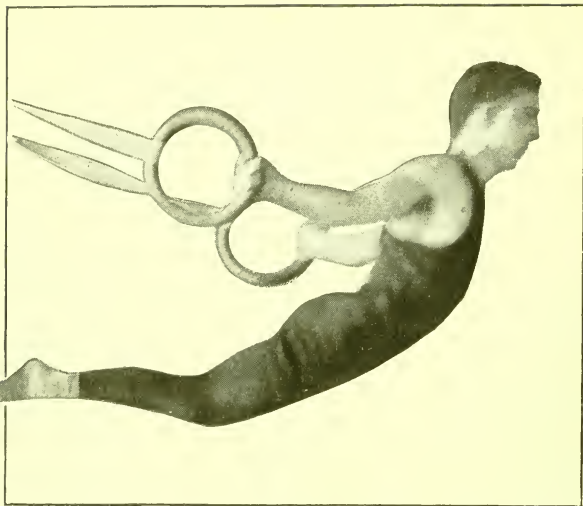
From Position 1, Figure 2, turn over to an inverted hang (Position 1, Figure 4), pull up as in Position 2, keeping rings close to body, false grip; turn rings outward and circle to Position 3.

This can also be performed while swinging.

From Position 2 one can get the "planche above rings," or lever above rings, by circling slowly; lean forward with the head and shoulders, stiffen legs in the rear, keep hands at hips (Figure 11), and the feat is accomplished.



Position 1.



Position 2.

FIGURE 5.

FIGURE 5.

The Dislocation.

The backward dislocation is somewhat similar to circling over, performed quickly and without releasing grasp of hands. It should be practised first without a swing. Some really think the shoulders are being dislocated, but this is because the arms are not bent. In the swing, turn the body over between the hands, keep legs stiff until nearly at end of back swing (Position 1); now shoot the legs over the head, reversing the position of the body (Position 2); turn rings outward and spread arms.

This backward dislocation can be performed at end of forward and backward swings. The triple dislocation is performed consecutively, one at the front, center and back of swing. This requires good judgment going through the ropes at the proper time.

The forward dislocation (see Figure 2) consists in going through the ropes head first, instead of feet passing over head with arms bent. These movements can be alternated.

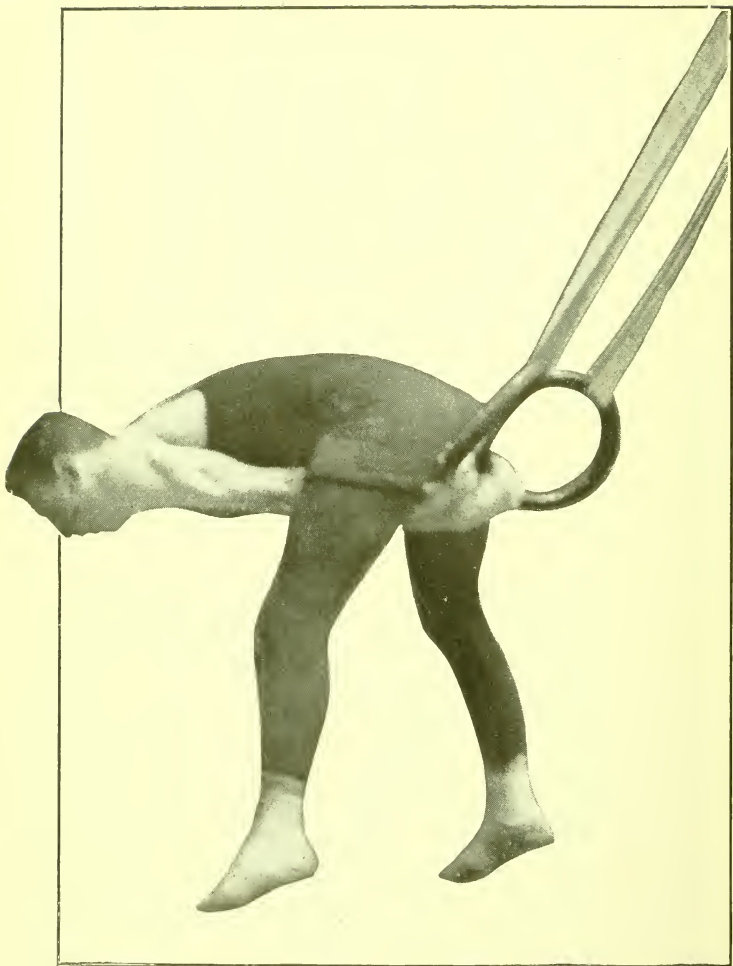


FIGURE 6.

FIGURE 6.

Backward Cut Off.

The backward cut off, or straddle, should be practised standing before attempting it on the swing. In circling backwards keep head back, which will bring one upon the feet. Practice going through the motion without releasing hands, bringing the thighs down against the forearms sharply.

Take one or two steps and, at the end of front swing, turn backward, straddling hands as in figure. Release grasp, throw head backward and dismount.

The backward cut off can be performed at end of backward swing, but is more difficult than at end of front swing.

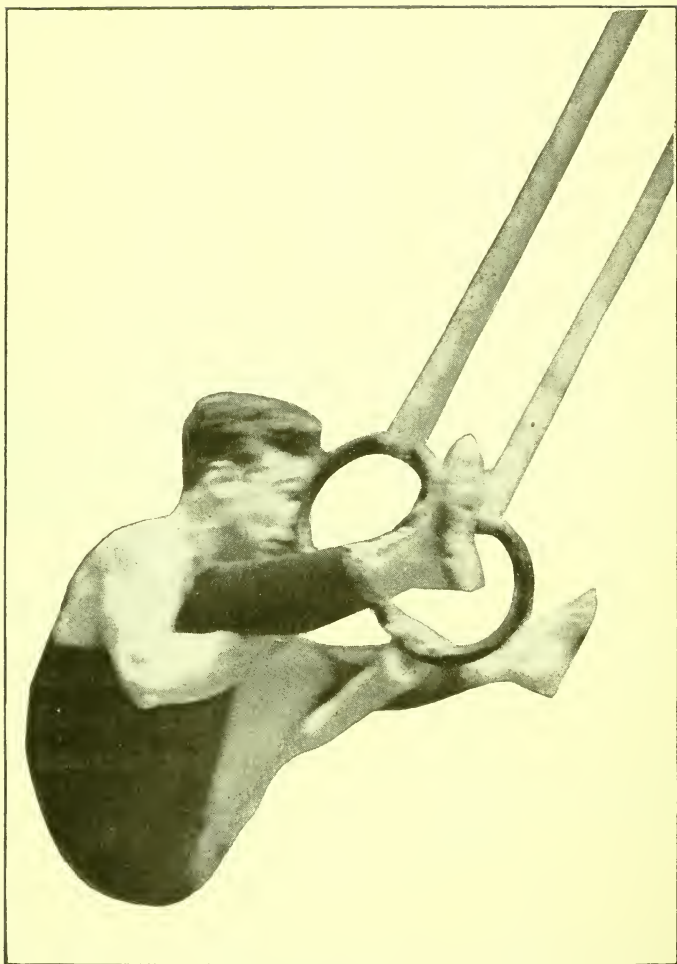


FIGURE 7.

FIGURE 7.

Forward Cut Off and Catch.

Take a short swing, turn over backward as in Figure 5, Position 1. At end of backward swing bring legs quickly down upon the wrists (see Figure 7); cut off and regrab rings. The legs should be brought down with sufficient force to bring the head between the rings. At this point the cut off is made. This movement can also be performed at the end of the forward swing (see Figure 8), also at the forward and backward ends in a swing (Figures 7 and 8).

Practice this exercise while standing before attempting it swinging. One may not be able to regrab again while stationary but will get the idea of the cut.



FIGURE 8.

FIGURE 8.

*Forward Cut and Catch.**End of Forward Swing.*

This is the same as the preceding exercise, excepting that it is done at the end of the forward swing. A very pretty combination is an uprise at the end of a back swing (see under Figure 3), suddenly go through the ropes head first with bent arms, simultaneously open legs and perform the cut and catch.

From a swinging rest, this movement can also be performed at the end of front swing, but is very difficult.

From the hang, grasp rings, jump to Position 2, Figure 2, open legs and front cut off. This is excellent practice for the swinging movement described above.

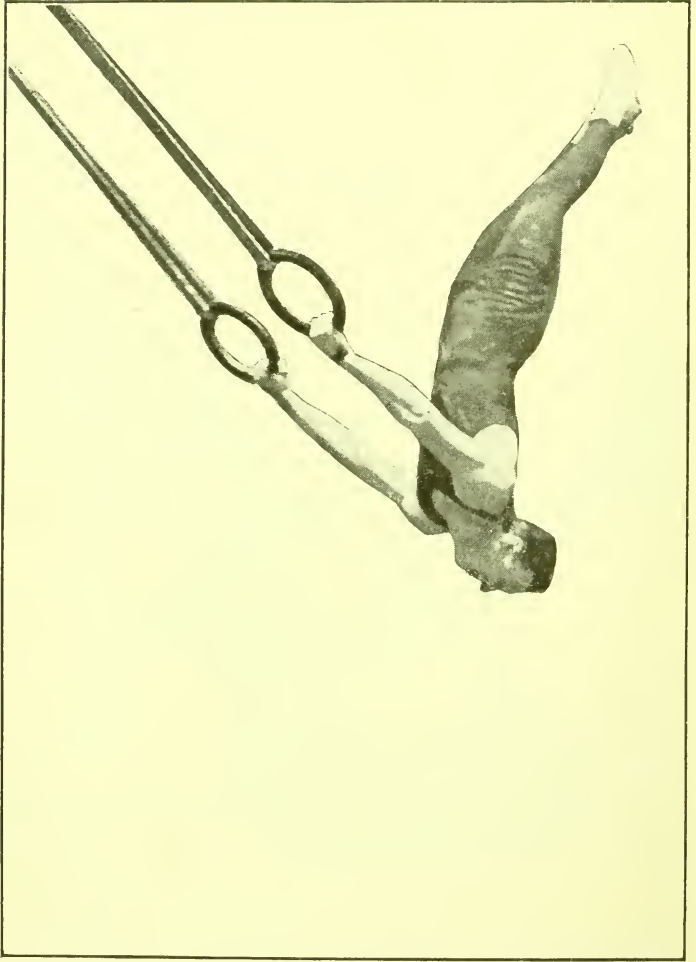


FIGURE 9.

FIGURE 9.

*Back Flyaway.**At End of Front Swing.*

The backaway, or back flyaway, is dangerous unless assistance is secured. One may practice this without lungers if he turns over as in figure and then releases his grasp. He is then almost over, and in succeeding trials he can turn over each time nearer the horizontal position till he gets the flyaway. The position of the body, when properly performed and when the grasp is released at the end of the front swing, should be as in Figure 13.

The back flyaway makes a very pretty dismount if done in the hollow back position (Figure 13).

At End of Back Swing.

Take a swing about ten feet in height and, when at the front, hold the legs forward, keeping them stiff from the waist. When returning from the front swing, bring the legs backwards, bending from the waist only; the return swing of the body will put one in the correct position for the back somersault or flyaway.

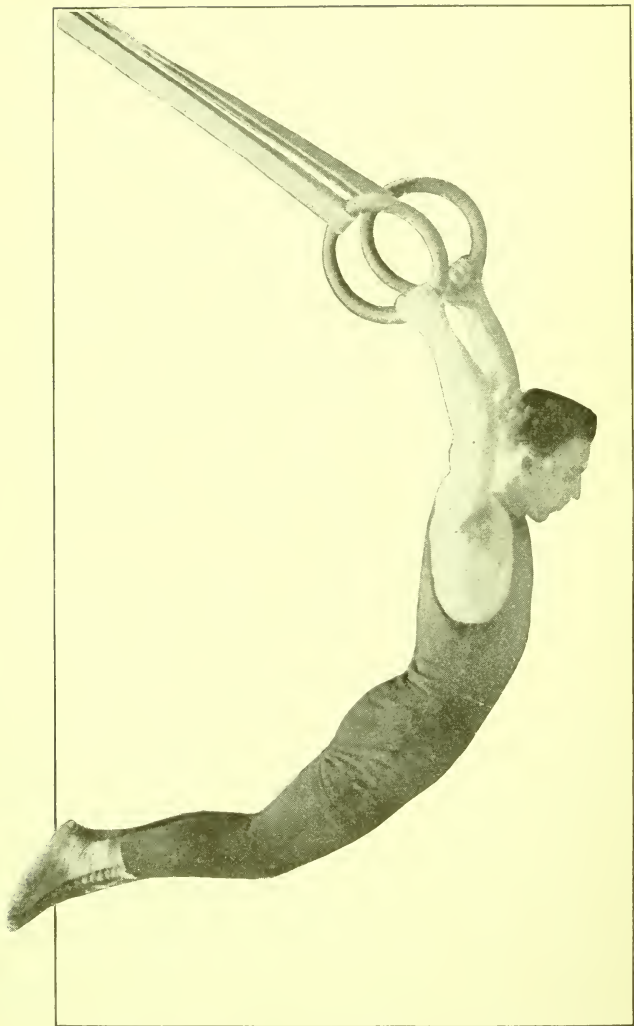


FIGURE 10.

FIGURE 10.

*Front Flyaway.**At End of Back Swing.*

In attempting the front flyaway one should wear the lungers, with an assistant holding the end of each rope to prevent accident. When in the position of Figure 10, release the grasp, double up the body, and endeavor to catch the ankles. This gives the requisite turn to the body, making a forward somersault in the air and bringing one on his feet. If the ropes holding the rings are of sufficient length, one can eventually work up to the hollow back style of performing the front flyaway.

At End of Front Swing.

The front flyaway can also be performed at the end of the front swing, but requires a great deal of caution while learning it. In all the somersaults in the air, have plenty of mats and assistance while learning to turn.

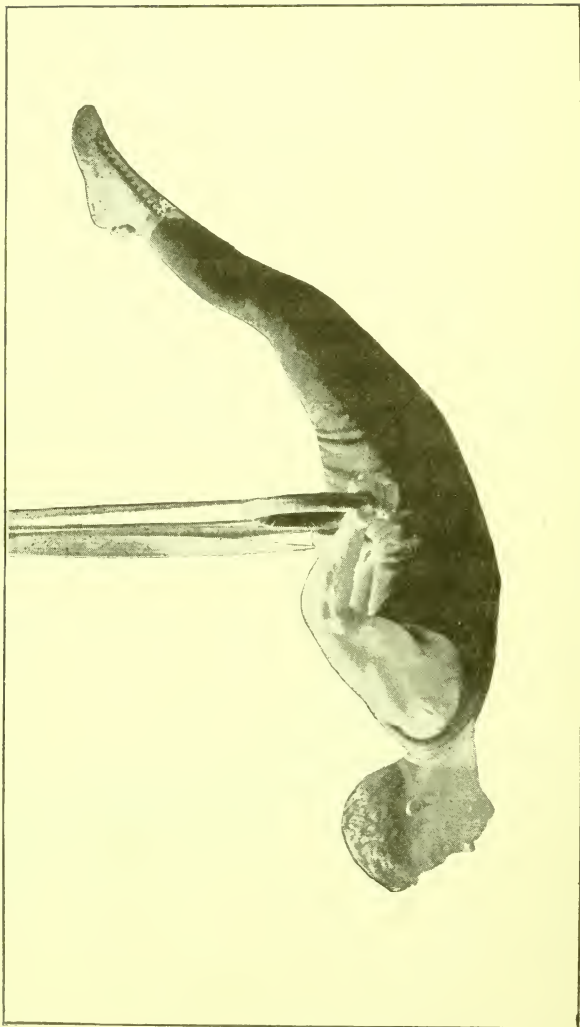


FIGURE 11.

FIGURE 11.

Lever above Rings.

The lever above rings, which is sometimes called the "planche above rings," is a development of the circle into rest (Figure 4). To hold the lever easily, the rings should be parallel with the body.

From the position of Figure 11, push up to a shoulder balance or hand balance, or lower body to Figure 12.

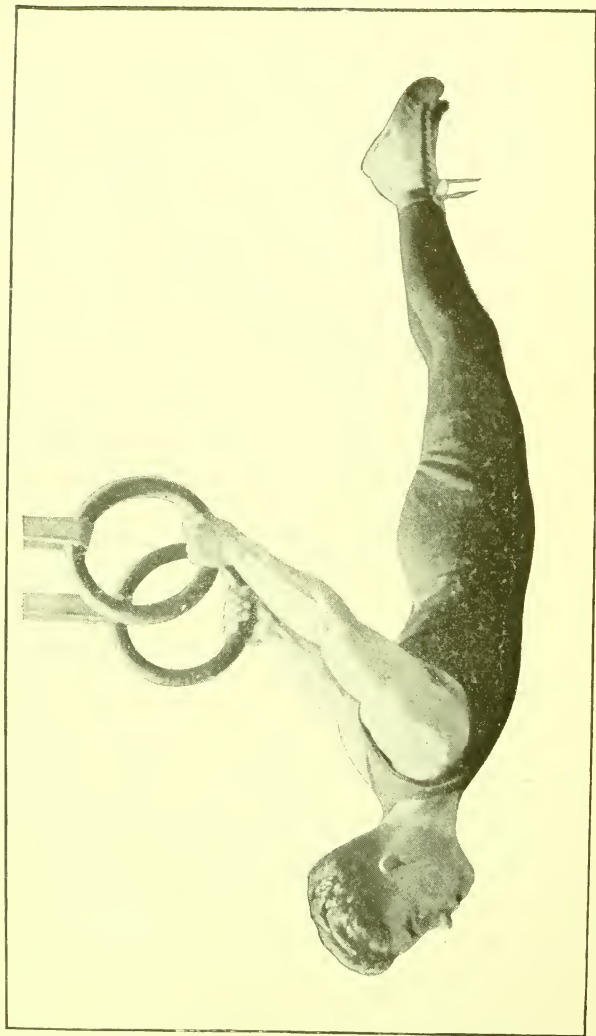


FIGURE 12.

FIGURE 12.

Back Lever.

From an ordinary hang, turn over backwards, extend legs and straighten body as in figure. The closer the rings, the easier it is to hold this lever. The hands being held close together, assist the arms in getting a good hold upon the shoulder blades.

Combinations.—Figure 1 to Figure 17, push up to Figure 19, lower to Figure 18, then Figure 11 to Figure 12, then finish with Figure 16.



FIGURE 13.

FIGURE 13.

Front Lever.

The front lever, or planche, is the most difficult of any, on account of the position in relation to the muscles that must hold the weight of the body.

From the ordinary hang (Figure 3, Position 1) turn over backward to mat, keeping the back arched as in Figure 13. This is excellent practice.

When practising the front lever, bend the arms at first in order to prevent fatigue and swinging. The hands should be over center of gravity of the body. The illustration shows the way most gymnasts perform the feat. The back is arched too much and the head and feet are not quite in a straight line.

From an inverted hang (Figure 4, Position 1), slowly lower body to front lever.



FIGURE 14.

FIGURE 14.

Side Lever. Arm Rear.

From an ordinary hang turn over to an inverted hang (Figure 4, Position 1). Bend the right arm, and bring body in hollow back style across the forearm, resting the waist against the wrist. Keep the arms bent, or the weight of the body falling on the shoulders will cause pain. When the body is in a horizontal position, release the grasp of the left hand and extend the arm as in figure.

The gymnast who posed for Figure 15 did so for the first time, and consequently did not do justice to the exercise. The body in figure should be horizontal, the left arm and leg in a horizontal line.

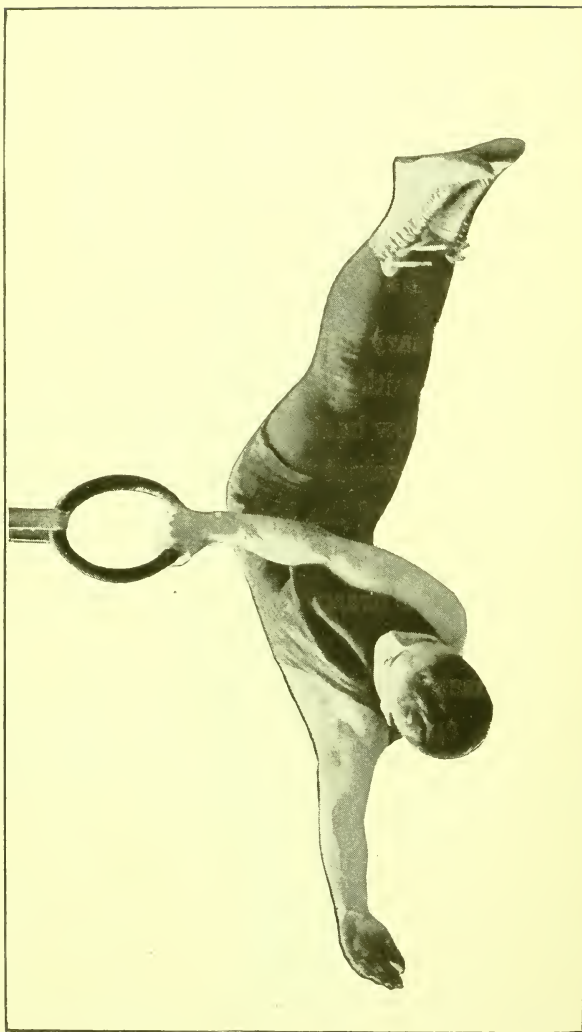


FIGURE 15.

FIGURE 15.

Side Lever. Arm Front.

In Figure 15 the body should not be bent at the waist, and the right arm should be bent as in Figure 14.

The side lever, arm front, is performed by grasping the rope of the right hand ring with the left hand. Bring the upper part of the body over and past the right hand till the waist is opposite the forearm, lean the weight of the body upon it and extend the left arm as in figure. The inclination is to double up, as in figure, but it must be resisted. A little bend can be used to advantage, but too much spoils the look of the exercise.

In both Figures 14 and 15 bend the elbow and extend forearm across back or abdomen and see that the hand is at the center of gravity.



FIGURE 16.

FIGURE 16.

One Arm Back Lever.

The roll into the one arm back lever is a feat that requires strength and perseverance. Commence by pulling up the body by one arm to a bent arm rest position (see Figure 2, Position 1), and with a sudden movement bring the right shoulder forward, at the same time stiffening out the body horizontally (see Figure 16) and extend the left arm.

Another way is to turn over backward, holding with the right hand only, as in Figure 3, Position 2. When the legs are past the right hand, keep waist close to the hand and shoot the legs out suddenly as in Figure 16.

The easiest way to get the exercise is to perform Figure 12, then Figure 14, and then Figure 16. Bring the arm well under the shoulder-blades as in Figure 16.

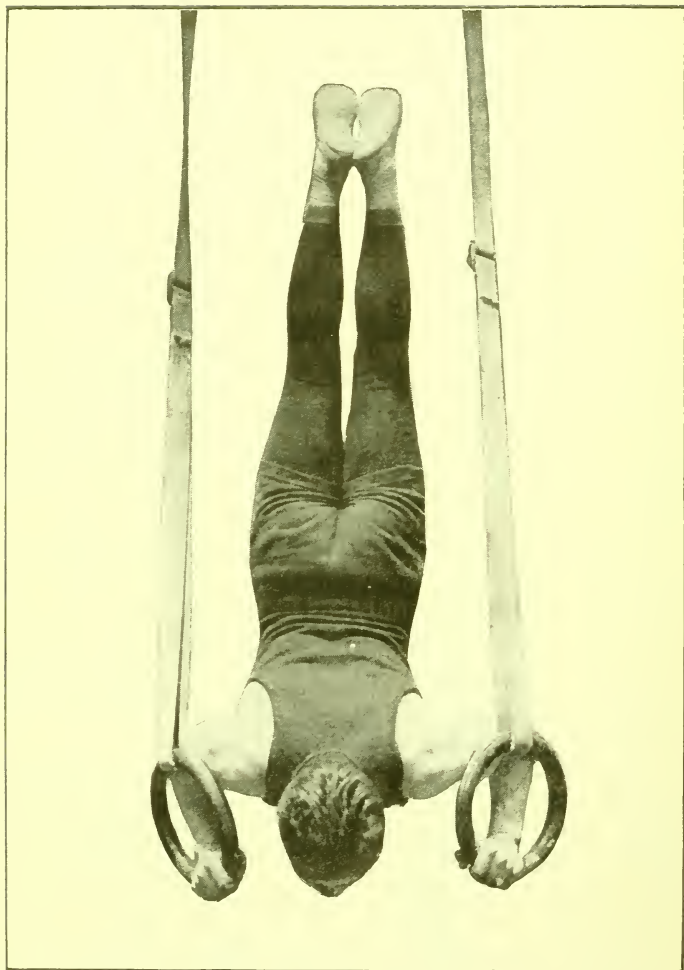


FIGURE 17.

FIGURE 17.

Shoulder Balance.

From a hang, pull up to a front rest and shoulder balance. One should practice upon the floor or lower parallels in order to master this movement before attempting it on the rings. In learning it, place the feet against the ropes till accustomed to the inverted position.



FIGURE 18.

FIGURE 18.

Hand Balance.

From the shoulder stand (Figure 17) push up as in figure. The hard part of the push is in leaving the shoulder balance, and requires well-developed triceps. From Figure 18 to Figure 19, the proper way the hand balance should be performed, is comparatively easy.

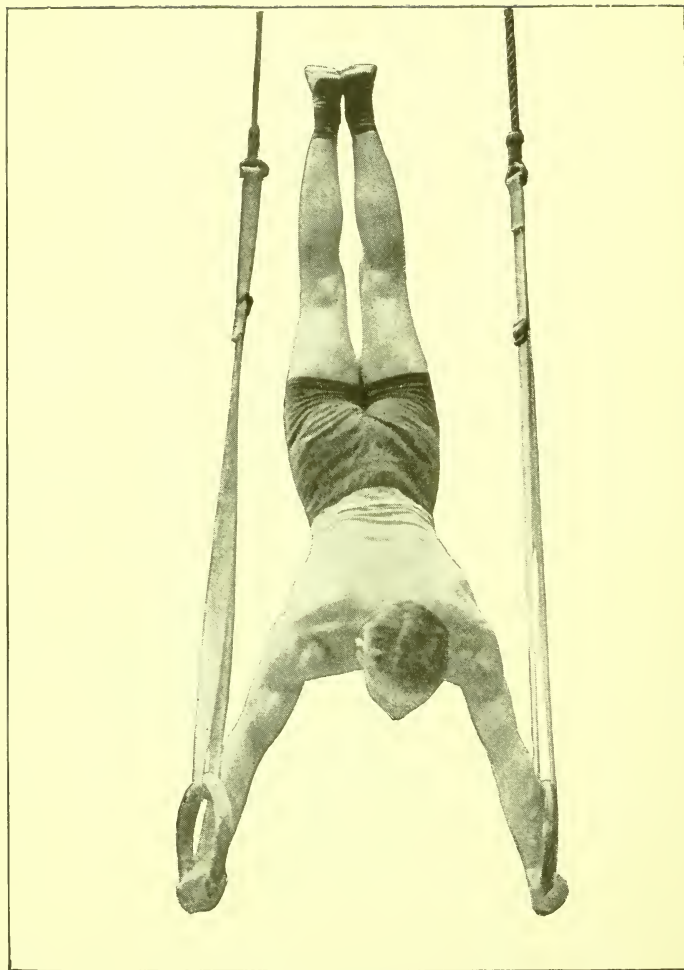


FIGURE 19.

FIGURE 19.

Hand Balance.

The best way to get a hand balance is by repeated trials of pushing up (Figures 17 to 18, then 19), either from the shoulder balance or by circling into rest and pushing up (Figure 4). The hand balance upon the rings is the most difficult of any gymnastic piece of apparatus except the trapeze, and should therefore be the ambition of every advanced gymnast to attain.

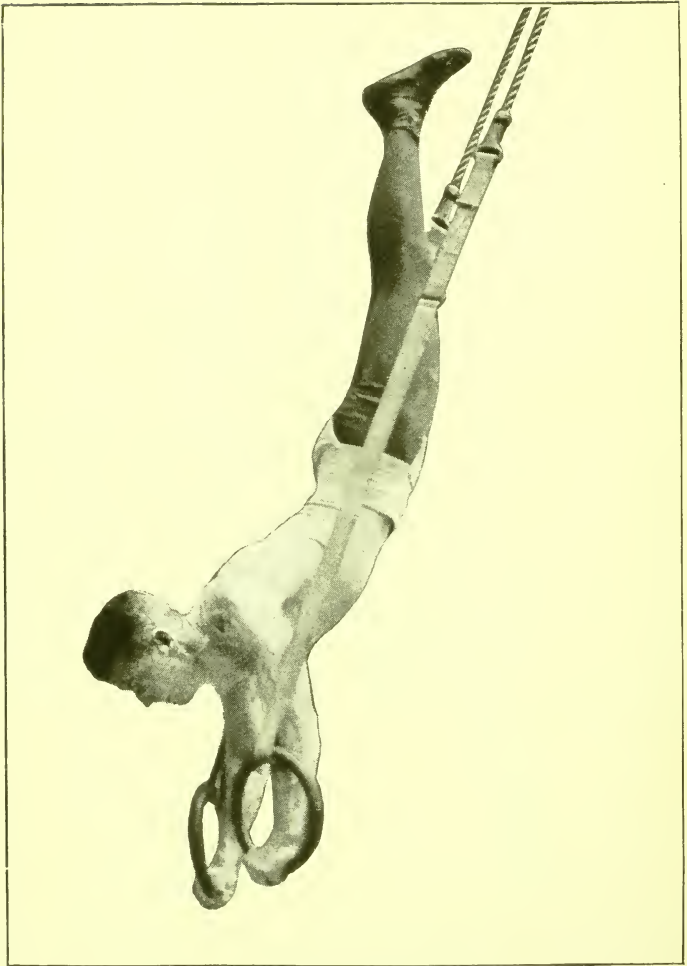


FIGURE 20.

FIGURE 20.

Swinging Hand Balance.

The swinging hand balance is a feat of the first water, especially if one circles into the balance at the end of the back swing. If one is well up in Figures 17 and 19, he can then swing in the hang, circle into rest (Figure 4). Do not allow the legs to come down, but by a quick movement of the legs shoot further upwards, high up between the ropes. This, assisted by a good pull with the arms, will bring one into Position 17, and another push to Figure 20. This must be done rapidly and before the end of each swing.



FIGURE 21.

FIGURE 21.

The Cross.

“The Cross,” sometimes called the “iron arm,” is very difficult and requires considerable practice. It takes a great deal of strength and plenty of skill to perform it properly. Bring the arms slightly to the front, putting the weight upon the biceps, or front, rather than the triceps, or back muscles of the upper arm.



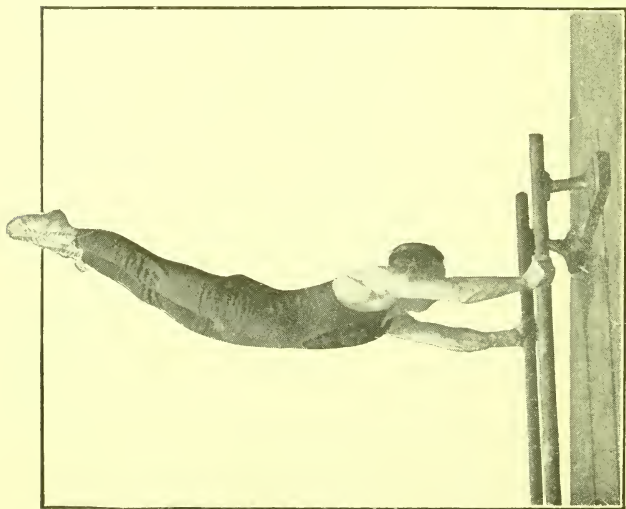
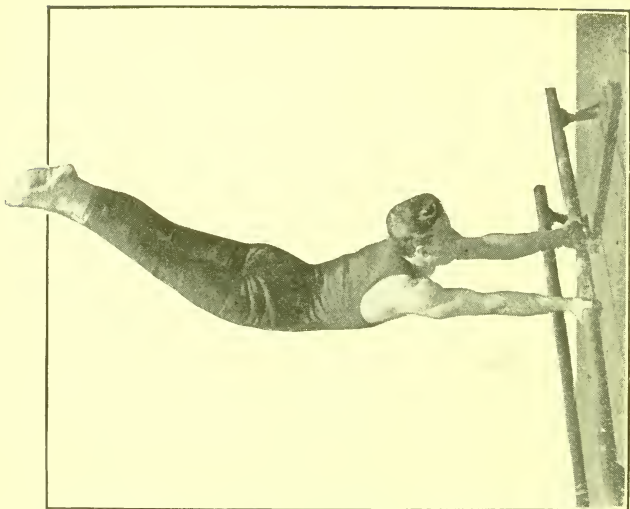
FIGURE 22:

FIGURE 22.

Inverted Cross.

A good exercise to close this article on the rings is the inverted cross. It is more difficult than the preceding exercise. From Figure 19 sink slowly to the inverted cross (see Figure 22).

From Figure 22 return to Figure 19. If one descends much below that in Figure 22 he will be unable to return to Figure 19.



In every gymnasium wherein advanced work is done upon the horizontal, high parallels, rings and trapeze, a pair of low parallel bars should be accessible, in order that the aspiring gymnast may practice the hand balance, changing from one grasp to another, and the pirouette. There is no danger from falling at this height and it also accustoms one to the inverted position of the body.

Caution.—In all exercises involving risk, seek assistance.

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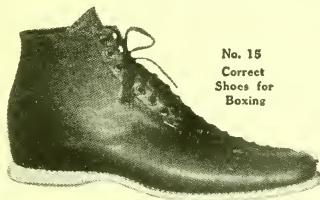


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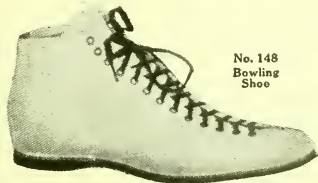
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Spalding Special Bowling Shoes

No. 148. For bowling and general gymnasium use. Light drab chrome tanned leather uppers; electric soles. Laces extremely low down. Pr., \$4.00



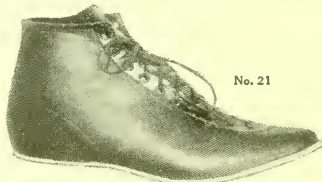
No. 166

No. 166. Low cut, selected leather, extra light and electric soles; men's sizes only. Pair, \$3.50



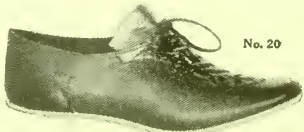
No. 66L

No. 66L. Women's. Low cut, extra light, selected leather uppers. Electric soles. Pair, \$3.50



No. 21

No. 21. High cut, black leather, electric soles. Sewed and turned, which makes shoes extremely light and flexible. Pair, \$3.00



No. 20

No. 20. Low cut, otherwise as No. 21. Sewed and turned shoes. Pair, \$2.50
No. 20L. Women's. Otherwise as No. 20. Sewed and turned shoes. Pair, \$2.50

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

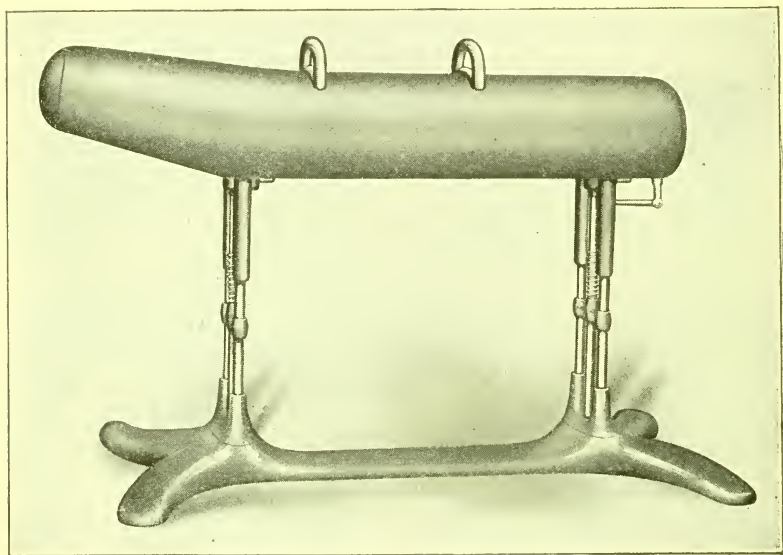
A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect January 5, 1916. Subject to change without notice. For Canadian prices see special Canadian Catalogue.



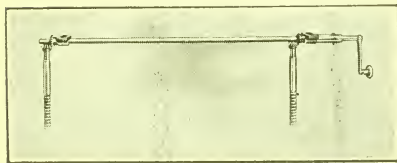
Spalding Efficient Gymnasium Apparatus



VAULTING HORSE No. 300

Patented January 2, 1912.

All adjustments take place from one point and that the most convenient.
At the rear—operated in standing position.



To raise or lower the Horse or Buck a hinged crank is instantaneously adjusted to place and as quickly removed.

Small picture shows crank in position for use.

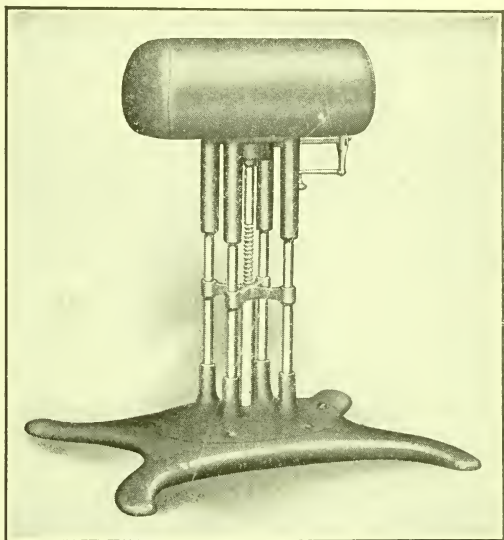
See next page for complete description of Horse and Buck.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.



Spalding Efficient Gymnasium Apparatus



VAULTING BUCK No. 305

Patented January 2, 1912.

The power is transmitted through bevel gears by a one piece shaft drive that operates the adjusting screws. The lack of friction in our bevel gears allows fast screws to be used.

Speed of adjustment—from lowest to highest in six seconds.

This same screw when lowered to its limit depresses plates carrying ball bearing swivel rollers, so that the apparatus may be easily, quickly and noiselessly moved about.

The roller action is smooth and uniform; no snap; no jar; no danger to toes or fingers.

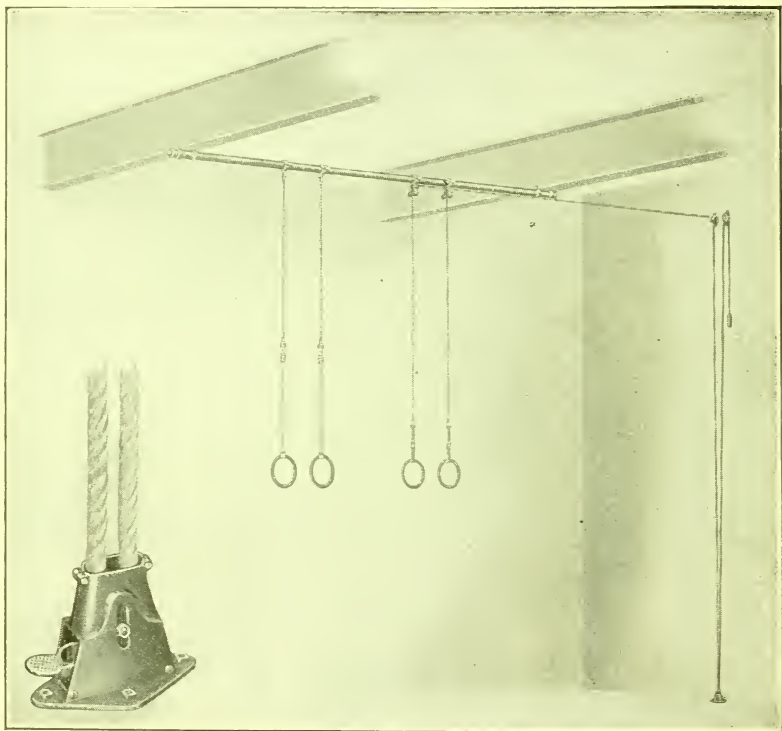
The strength and beauty of design is apparent; the simplicity of the mechanism is obvious and its durability is guaranteed.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.



Spalding Efficient Gymnasium Apparatus



ADJUSTABLE FLYING RINGS

Patented U. S., January 2, 1912; Patented Canada, April 13, 1912.

Flying Rings are made in two forms (No. 825), that shown on the left with adjustable webbing straps, and (No. 830) that on the right with wall adjustment device.

The Rings with wall adjustment are especially adapted for school gymnasiums. By pressing the floor lever with the toe the rope clutch is released so that rings can be adjusted to any height or hoisted to the ceiling. Adjusting straps are provided to take up any uneven stretching of the ropes.

Fittings are all of malleable iron, black japanned. Rings are of steel with cowhide covers. The ceiling fittings can be provided for either pipe beam, as shown in the photograph, or for flat beam.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.



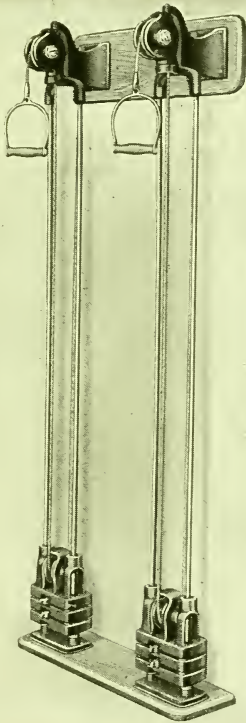
Spalding Efficient Gymnasium Apparatus



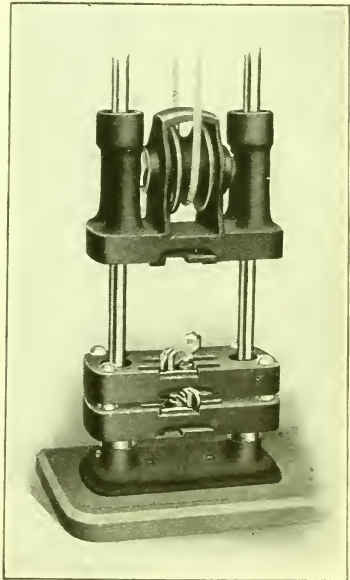
SPALDING GYMNASIUM PULLEY WEIGHTS

Durable, noiseless, of handsome design and finish. All approved combinations:

- Chest Weights.
- Duplicate Back and Loin.
- Duplicate Intercostal.
- Triplicate Back and Loin-Intercostal.
- Quarter Circles, etc.



WEIGHT DETAILS—Central balance. Levers lock at two points. Weights cannot rattle and work loose. Felt bushings and rubber bumpers. Pulleys have adjustable, self-lubricating, wood-bushed bearings.

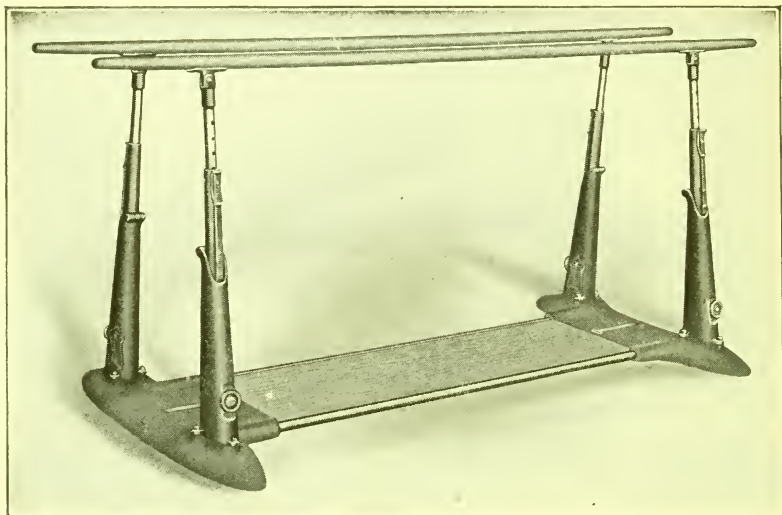


PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.



Spalding Efficient Gymnasium Apparatus



SPALDING SAFETY ADJUSTABLE PARALLEL BARS No. 400

Patented U. S., July 16, 1912; November 26, 1912; Patented Canada, March 5, 1912.

Height Adjustment—Spring-pin and lever, with the pin automatically locked in.
Can't snap out.

Width Adjustment—Screw and traveling nut operated by turning hand wheel.
Being *always* locked is *always* safe.

Height Indications—Engraved on the telescoping uprights.

Width Indicator—A small brass plate on each upright shows the width *instantly*.

Ball Bearing Rollers—One under each corner. *Two levers* control the four rollers.

Other Features—Platform Base; Telescoping Uprights of brass covered steel tubing, can't rust; Hinged Rails of selected white ash, oval shaped; all Castings finished in black enamel.

See next page.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.

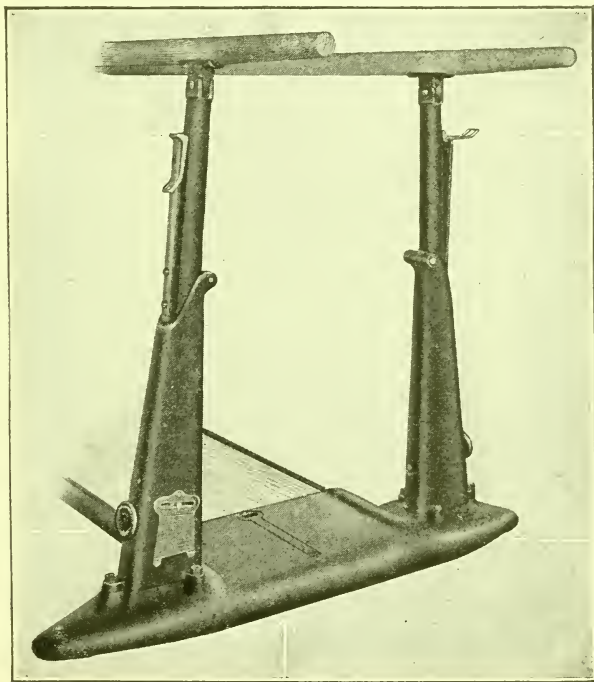


Spalding Efficient Gymnasium Apparatus



SPALDING SAFETY ADJUSTABLE PARALLEL BARS No. 400

Hinged rails provide flexibility.



Height adjustment pin held tightly in place by automatic locking bar. No more accidents.

Locking bar raised automatically as pin is drawn by lever.

Width adjustment hand wheel operates screw shaft. Always locked in any position. This simply can't slip.

Ball bearing swivel roller under each standard.

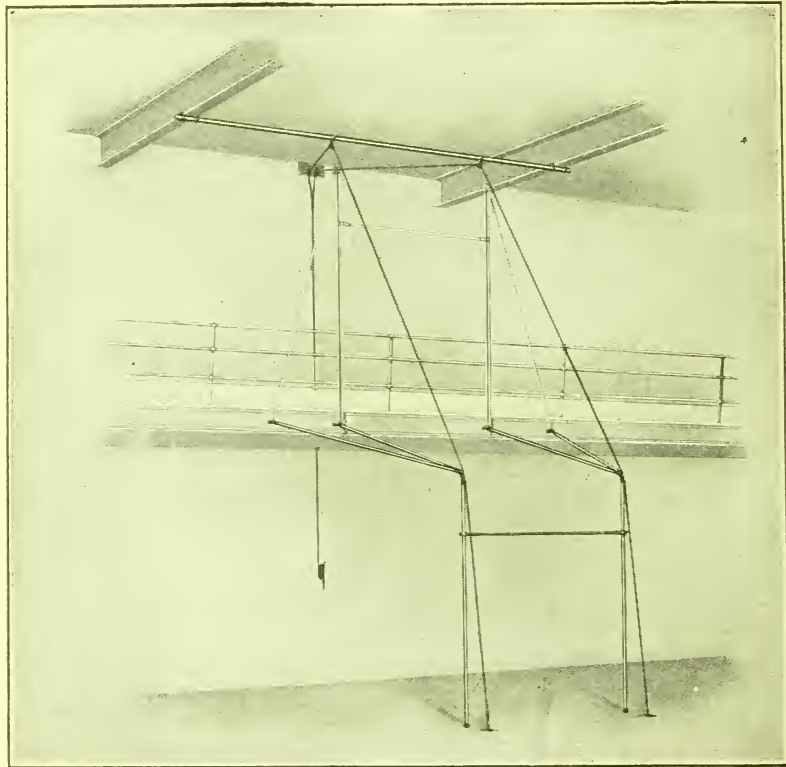
One lever at each end of the base operates two ball bearing swivel rollers under the standards. Convenient operation and positive action.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.



Spalding Efficient Gymnasium Apparatus



GALLERY BRACED HORIZONTAL AND VAULTING BAR No. 579

The most efficient combination bar for rooms with gallery. Braced out eight feet—can be used for all Vaulting and High Bar work. May be quickly and easily hoisted to face of gallery as shown in phantom view.

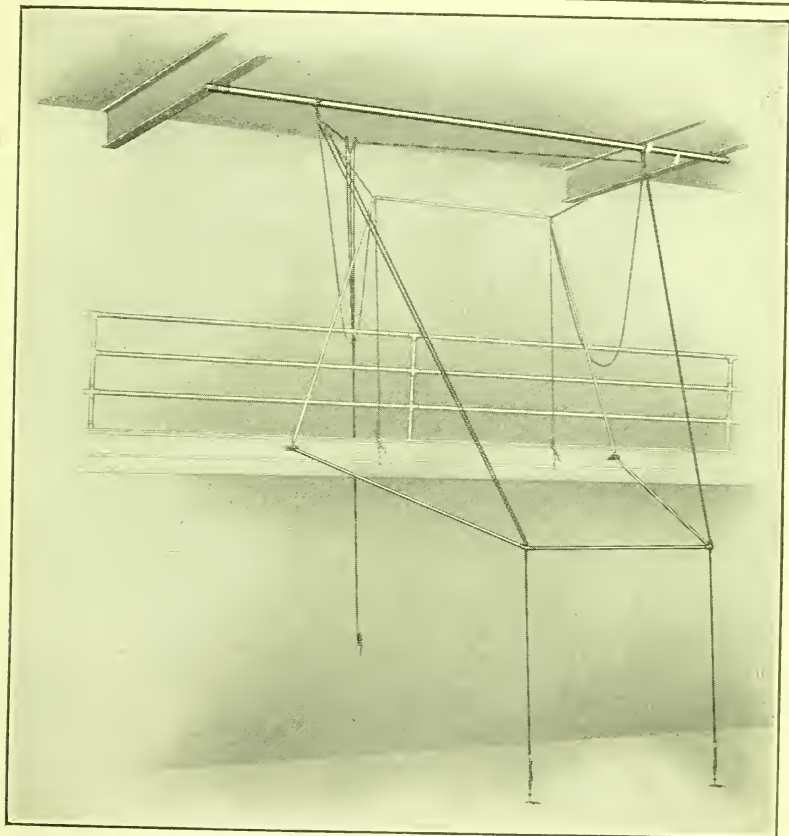
Uprights of *brass covered steel tubing* with our patented interior height indications.
Bars of either Steel-Core Hickory or Solid-Steel, with patented "quick-set safety" caps.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.



Spalding Efficient Gymnasium Apparatus



GALLERY BRACED HIGH HORIZONTAL BAR No. 580 Pat. Sept. 19, 1911.

A very efficient Horizontal Bar for attachment to gallery or to the wall. Of sturdy construction and well braced, quickly and easily hoisted to the face of gallery as shown in phantom. Steel cable guys with instantaneous turnbuckles. Bar of Steel-Core Hickory or Solid-Steel.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.



Spalding Efficient Gymnasium Apparatus



GALLERY HORIZONTAL AND VAULTING BAR No. 560

Similar in general construction to No. 554 Bar shown on preceding page, but is provided with a counterbalance weight so that the entire apparatus may be quickly and easily cleared from the floor.

Uprights of *brass covered steel tubing* with our patented interior height indications.

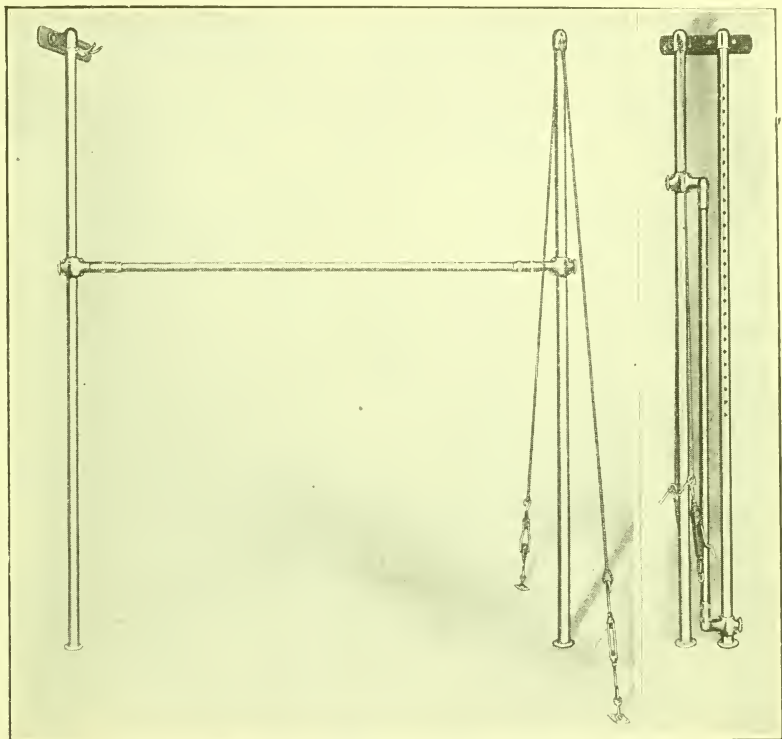
Bars of either Steel-Core Hickory or Solid Steel, with patented "quick-set safety" caps.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.



Spalding Efficient Gymnasium Apparatus



HORIZONTAL AND VAULTING BAR No. 554

One upright permanently attached to wall, the other guyed by steel cables with instantaneous turnbuckles.

Folds so compactly it may be attached to posts or columns.

Uprights of *brass covered steel tubing* with our patented interior height indications.

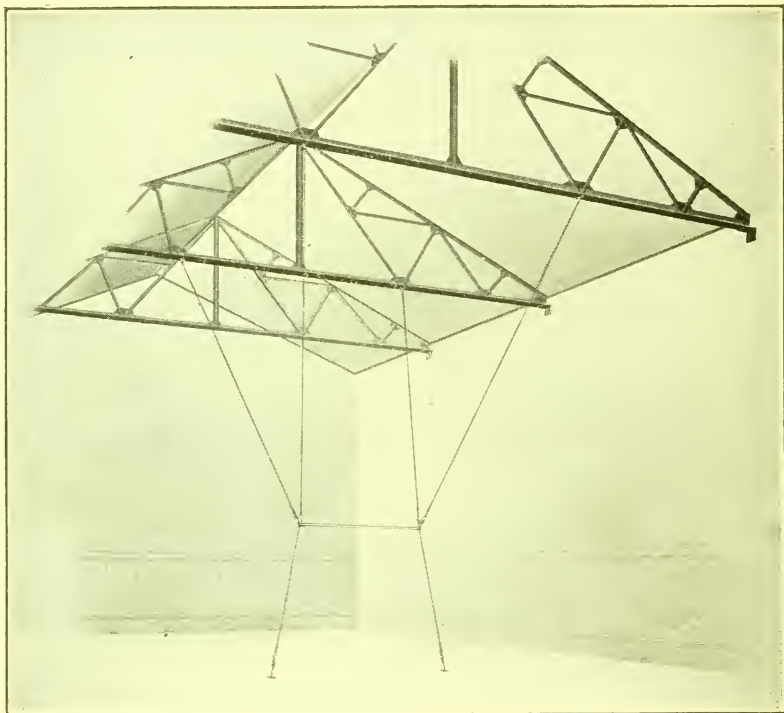
Bars of either Steel-Core Hickory or Solid-Steel, with patented "quick-set safety" caps.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.



Spalding Efficient Gymnasium Apparatus



SIX-GUYED HIGH HORIZONTAL BAR

No. 586

Especially adapted to high ceilings. May be quickly hoisted to ceiling by releasing instantaneous turnbuckles on floor guys.

PRICES ON APPLICATION

A. G. SPALDING & BROS., Inc.
CHICOPEE, MASS.

STANDARD QUALITY

An article that is universally given the appellation "Standard" is thereby conceded to be the Criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is guaranteed by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for forty years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assigns a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect, must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

A. G. Spalding & Bros.

STANDARD POLICY

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the job salesmen, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential, but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz. the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that, 17 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

FIRST—The user is assured of genuine Official Standard Athletic Goods.

SECOND—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This, briefly, is the "Spalding Policy," which has already been in successful operation for the past 17 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

SPALDING

ATHLETIC LEAGUE

LIBRARY OF CONGRESS



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A separate book covers every Athletic Sport
and is Official and Standard
Price 10 cents each

GRAND PRIZE



ST. LOUIS, 1904



GRAND PRIX



PARIS, 1900

SPALDING ATHLETIC GOODS

ARE THE STANDARD OF THE WORLD

A. G. SPALDING & BROS.

MAINTAIN WHOLESALE and RETAIL STORES in the FOLLOWING CITIES

NEW YORK	CHICAGO	ST. LOUIS	
BOSTON	MILWAUKEE	KANSAS CITY	
PHILADELPHIA	DETROIT	SAN FRANCISCO	
NEWARK	CINCINNATI	LOS ANGELES	
ALBANY	CLEVELAND	SEATTLE	
BUFFALO	COLUMBUS	SALT LAKE CITY	
SYRACUSE	ROCHESTER	INDIANAPOLIS	PORTLAND
BALTIMORE	WASHINGTON	PITTSBURGH	MINNEAPOLIS
LONDON, ENGLAND	ATLANTA	ST. PAUL	
LIVERPOOL, ENGLAND	LOUISVILLE	DENVER	
BIRMINGHAM, ENGLAND	NEW ORLEANS	DALLAS	
MANCHESTER, ENGLAND	MONTREAL, CANADA		
BRISTOL, ENGLAND	TORONTO, CANADA		
EDINBURGH, SCOTLAND	PARIS, FRANCE		
GLASGOW, SCOTLAND	SYDNEY, AUSTRALIA		

Factories owned and operated by A. G. Spalding & Bros. and where all of Spalding's
Trade-Marked Athletic Goods are made are located in the following cities:

NEW YORK	CHICAGO	SAN FRANCISCO	CHICOPEE, MASS.
BROOKLYN	BOSTON	PHILADELPHIA	LONDON, ENG.