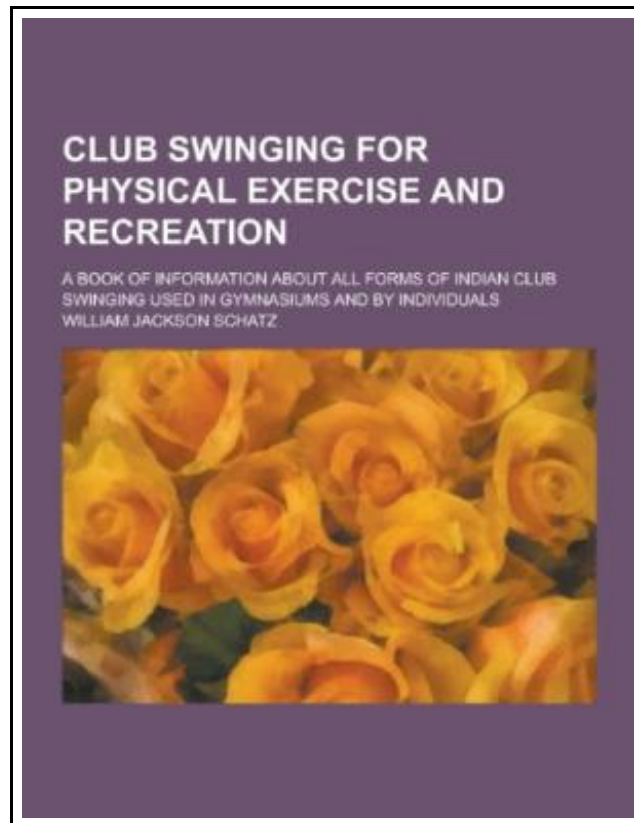


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Theclassics.Us, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1908 edition. Excerpt: . By W. G. ANDERSON, M. D. Professor of Physical Education, and Director of Gymnasium, Yale University. AFTER a quarter of a century s experience teaching gymnastics I feel more strongly drawn than ever to the use of the clubs as a helpful and pleasing form of exercise. True, there are some objections to them from the so-called hygienic standpoint, but these objections are out-weighed by the factors in their favor. The arguments against the club movements may just as rightly be made against many of the movements given with the wands and bells, but as it is possible and probable that the exercises which bring the arms too much in front of the body are at once counteracted by circles that raise the shoulders and draw back the scapulae, I doubt much if any harm comes pleasing form of exercise. The time will never come I hope when the element of pleasure in exercise will be overlooked. There is more that is pleasurable in club swinging, especially accompanied by good music, than in many movements with other pieces of light apparatus and I have noticed that pupils call for the clubs more frequently than for bells or wands. Only the most expert performer wil approximate the mastery of the clubs; the combinations are so numerous and difficult that one must be a specialist to even stand on the threshold of complete knowledge of the thousand and one movements. A limited use of the...



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