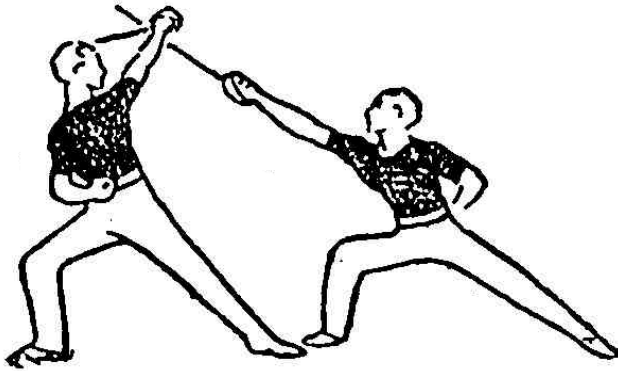


**SINGLE-STICK EXERCISES.
FOR CADETS, SCOUTS,
SCHOOLS, AND PRIVATE
FAMILIES.**



By Captain FRANK SMITH, S.O. Cadets
As published in the
Sunday Times (Sydney, Australia)

1910



Captain FRANK SMITH, S.O. Cadets

SINGLE-STICK EXERCISES. FOR CADETS, SCOUTS, SCHOOLS, AND PRIVATE FAMILIES.

Single-sticks, as an exercise, is excellent for boys; whilst making them smart on their feet, it has the effect of physically developing them, makes them think and act quickly; it brings out determination and pluck, curbs the temper more, perhaps, than anything known.

The greatest care should be taken to avoid loose or indiscriminate play, till such time and the pupils have mastered the cuts, guard and points, attack and defence, and have been taught to control their temper.

There is no need for me to enter into details of competition, as that may be obtained from any qualified instructor. Suffice it to say that the stick should be about 40 inches long, and not so weak as to bend. Ash plants are in general use, with cane, willow, or leather or hide hilts. The sticks should be kept in water, otherwise they may be easily broken. Should the point of a stick break, stop play at once, as this is dangerous. Points should not be permitted in loose play. For displays, the Review exercise, attack and defence, first, second, third, and fourth practice, as laid down in the book in order.

Fall In. - The squad will be formed up two deep, rear rank two paces from the front rank, holding sticks with the left hand below the hilt, round part of the hilt down, point of stick sloping to the rear.

Right Dress. - Place right hand on hip, turn head and eyes to the right.

Eyes Front.- Lower the right arm to the side, turn head and eyes to the front.

Number. - Squad will number 1, 2, 4, 6 and so on; rear rank same number as front rank.

Front Rank, Two Pace Forward, March, - The front rank marches two paces forward, and halt.

Left Turn. - All except the right file will turn to the left.

Quick March. - The right file will stand fast; remainder will step off together, march the same number of paces they have numbered, halt, and front.

Draw Sticks, - Bring the right hand smartly across the body, grasping the handle; raise the hand as high as the elbow, back of the hand at the rear, arm close to the body.

Two. - Draw the stick out of the left hand, point kept well to the rear; turn the point up smartly, and lower the hand until the upper part of the hilt is opposite the mouth, stick perpendicular, round part to the left, elbow close to the body. "Recover," Fig. 1.

Three.- Carry the stick smartly down until the hand is in front of the elbow, stick perpendicular, round part of the hilt to the front, elbow close to side (called the carry).

Slope Sticks. - Relax the grasp of the last three fingers without moving the hand; lower the stick on

the shoulder (Fig. 2.)

Return Sticks. - Carry the hilt over to the left shoulder, pause, lower the stick smartly towards the rear, grasp it with the left hand, point down.

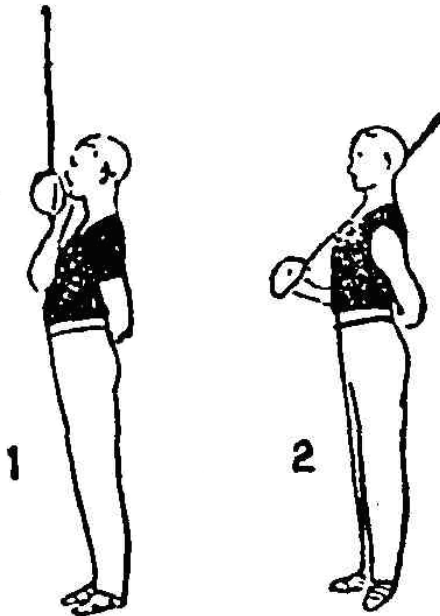
Two. - Lower the hilt to the left hand, point of stick to rear.

Three. - Resume the position of attention.

Rest. - Place point of stick inside of left foot, grasp handle with right hand, draw back right foot, bend left knee, left hand on hilt.

Stand at Ease. - When at the slope, draw back the right foot 6 inches, bend the left knee.

Attention. - Come to the position of slope; bring up right foot.



For Stick Exercise,

Prepare. — Make a half turn on the heels to the left, right foot to front, and heel placed against hollow of left foot, left foot to left; place the left fore-arm behind the back, hand closed, head and eyes to the front.

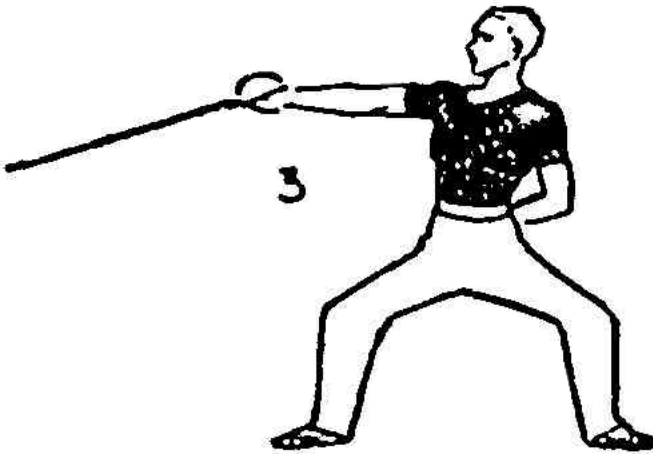
Right, Prove Interval. — 'Recover sticks' as before. By a second motion extend the arm to the right, lower the stick in a horizontal direction from the shoulder, round part of hilt to front, shoulders square to the front, head and eyes turned to the right.

Slope Sticks. — As before.

Front, Prove Distance, - "Recover sticks." By a second motion extend the arm to the front, and lower the stick in a horizontal direction round part of the hilt to the left.

Slope Sticks. — As before.

Engage. - Advance the right foot smartly 18 inches, bend both knees, heels in line, weight of body resting equally on both legs; at the same time carry the stick to the front (Fig. 3.)



“Engage”

CUTS.

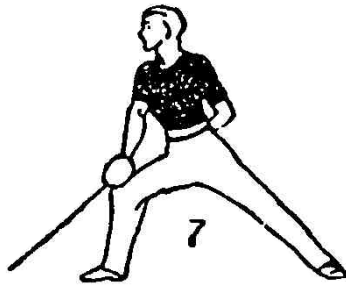
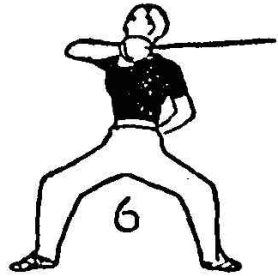
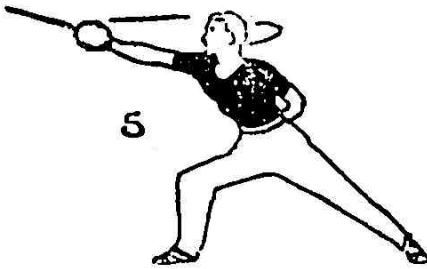
Assault. - Raise the right hand and stick to the rear, arm bent, wrist rounded, the back of the stick resting on the shoulder (Fig. 4.).

Cut One. - Cut diagonally downwards from right to left; extend the arm freely; at the same time step out smartly 18 inches, straighten the left leg, bend well over on the right knee, rest the hilt inside the right knee (see Fig. 5, in the act of cutting).

Two, Prepare. - Raise the stick smartly on the left shoulder; at the same time draw back the right foot 18 inches (Fig. 6, "in position")

Cut Two. - Cut diagonally downwards from left to right; at the same time step out 18 inches; rest the hilt outside the right knee (Fig. 7).

Three, Prepare.- Raise the stick as in assault; at the same time draw back foot 18 inches (Fig 4.).



Cut Three. - Cut horizontally from right to left; step out 18 inches, hilt in line with the left hip (Fig 8). in act of cutting.

Four, Prepare. - Raise stick as in “two, prepare” (Fig. 6.).

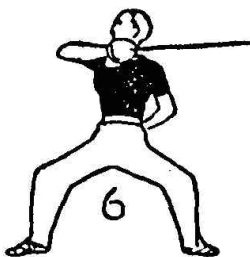
Cut Four. - Cut horizontally from left to right, resting as in Fig 9.

Engage. - Turn point of the stick smartly over; draw back the right foot, as in Fig 3.

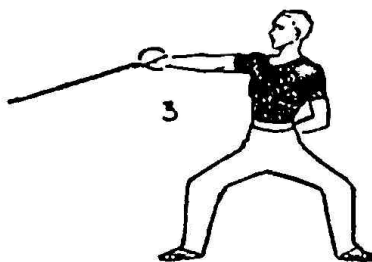
Slope Sticks. - As before (Fig. 2).

Rest.-As described.

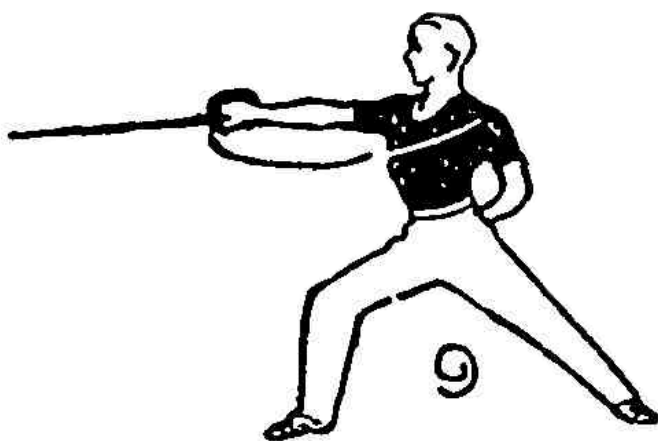
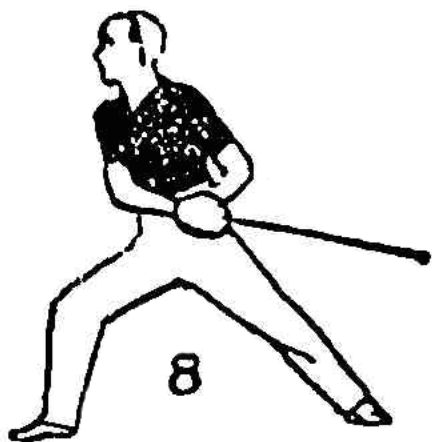
Slope Sticks.-As Before.



“Four, Prepare”



“Engage”



GUARDS-CAUTION.

Engage. - As before (Fig. 3).

First.- Raise the hand smartly above the head, and a little in advance, the point of the stick lowered to the left front (Fig. 10)

Second.-Draw back the elbow to the right; bring the stick to a diagonal position covering the right cheek and shoulder, point upwards, inclining to the left (Fig 11.)

Third.- Bring the hand across the body towards the left shoulder, point down, and inclining to the front (Fig 12).

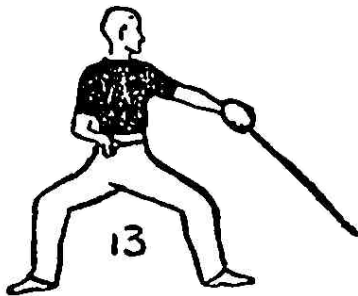
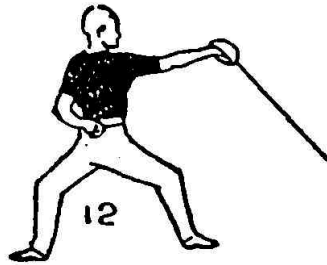
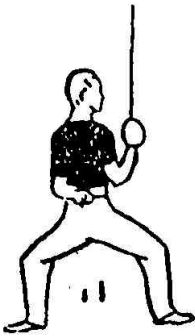
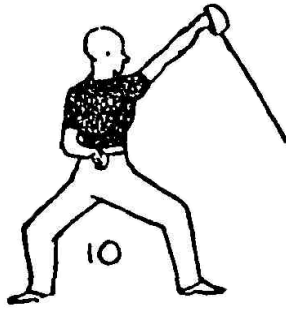
Fourth.- Square the upper arm with the shoulder, forearm to be in front line with the elbow, wrist slightly below it, point of the stick inclining to the front (Fig. 13).

Engage. - As before

Slope Sticks. - As before (Fig. 2).

Rest.-As described.

Note.- After the pupils have practiced the cuts and guards thoroughly with the right hand, the stick may be taken in the left, "change sticks," and the exercise repeated.



POINTS.

Slope Sticks.— As before.

Engage. — As before.

First. — With a quick motion direct the point to the front, by extending the arm; at the same time step out 18 inches, the round part of hilt uppermost (Fig. 14).

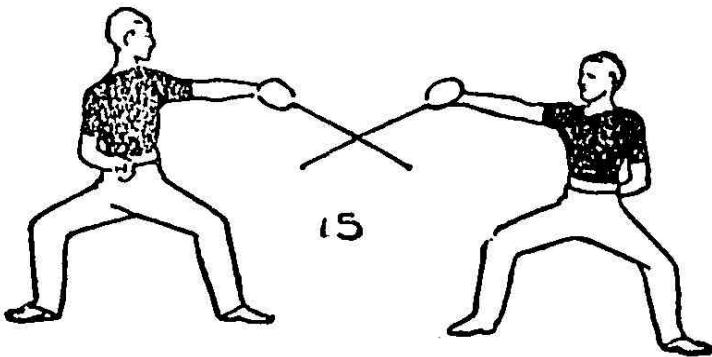
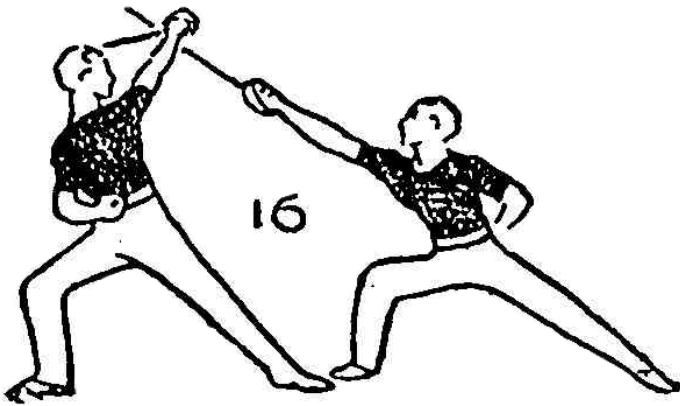
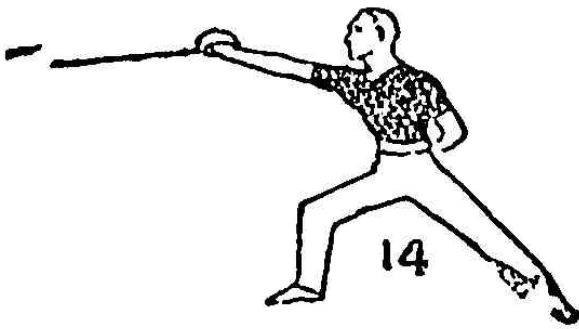
Parry. — -Brace up arm quickly, forming first guard (Fig. 15); draw foot back 18 inches.

Second. — Deliver the point quickly, by extending stick to the front; advance foot. (Fig. 14).

Parry.— Draw back the arm and foot, and parry to the right (Fig. 16), right file.

Third. — Lower the point by extending the arm; step out 18 inches. (Fig. 14.)

Parry.— Draw back the arm and foot, and parry to the left; form third guard (Fig. 17).



Fourth. — Raise the point and deliver the thrust (Fig. 14).

Parry. — Parry downwards to the right by forming fourth guard (Fig. 18).

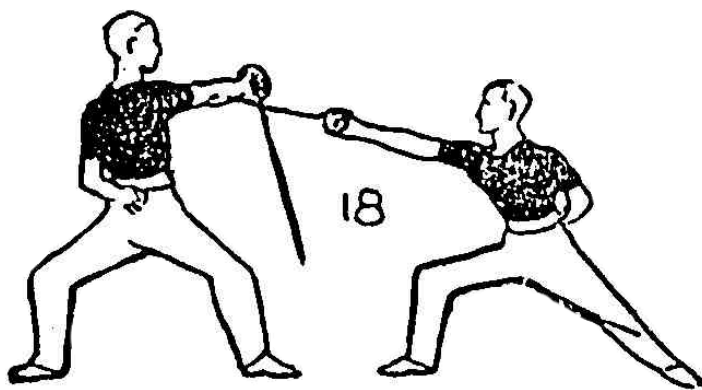
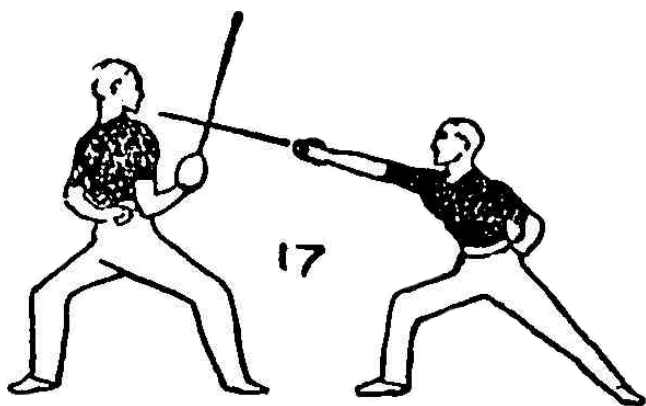
Engage. — As before.

Slope Sticks. — As before.

Rest — As before.

(Note, — Points 1 and 2 should be delivered high at the face and neck, 3 and 4 at the waist.)

Particular attention is drawn to the position of the feet in cuts, guards, and points. Thus far may be considered as merely drill practice, and when thoroughly understood may commence the 'Review Exercise by Separate Words of Command,' in which the cuts and points are delivered in the lunging position, guards in the engaging position.



REVIEW EXERCISE BY SEPARATE WORDS OF COMMAND.

Engage.— Pupils at the slope. As before.

Assault.— As before.

One. — Cut 1 (Fig. 5), checking the blow at the part aimed at.

Guard.— Form first guard (Fig. 10).

Point.— As described (Fig. 14).

Two, Prepare. — (Fig 6)

Two.— Cut 2, checking the blow as before.

Guard.— Form second guard (Fig. 11).

Point. — As described.

Three, Prepare. — Prepare for cut 3 on the right shoulder (Fig. 4).

Three.— Cut 3, checking the blow as before.

Guard. — Form third guard (Fig. 8).

Point. — As described.

Four, Prepare.- — Prepare for cut 4 on left shoulder (Fig. 6).

Four. — Cut 4, checking the blow as before (Fig. 9).

Guard. — Form fourth guard (Fig. 13).

Point. — Point as described.

Engage. — As before.

Slope Sticks. — As before. 'Change sticks,' if required, and repeat.

Stand at Ease. — As described.

REVIEW OR INSPECTION EXERCISE.

Squad, Attention. — All will slope, bring up right foot, and stand to attention.

Prepare for Sword, Exercise! — As before described. (Note. — There will be no need to give this word of command if they are ready in the position.)

Engage. — As before.

Assault. — As before.

One. — Cut 1, form first guard, point and two prepare (pupil count 4).

Two. — Cut 2, form second guard, point and three prepare (count 4).

Three. — Cut 3, form third guard, point and four prepare (count 4).

Four. — Cut four, form fourth guard, point and come to the engaging guard (count 4).

Slope Sticks.— As before.

Change Sticks. — First movement, extend arms straight to the front, and change the sticks into the left hand; second movement, come to the prepare position, left foot to the front, right hand on back, and repeat above with left hand by coming to the engage and assault first (count. 4).

Change Sticks. — As before coming to the slope.

Squad, Front. — All face to the front,

Slope Sticks.— As before.

Salute.— Both acting together, come to the engage; beat stick against stick twice ; come back to the 'recover' (Fig. 15); slight pause ; extend the stick to the left front across the body ; slight pause ; raise the stick upwards, and extend to the right ; pause, and then extend to the left front ; pause ; engage, beat stick twice, recover, lower stick gracefully down to the right front, and bow, then slope.

FIRST PRACTICE.

RIGHT FILES ATTACK

LEFT FILES DEFEND.

Engage.

As before (Fig. 15).

Head, lunge and cut one.

Commencing —

Head, first guard (Fig. 16)

One.

One, return, cut one.

Engage.

Two.

Head, lunge and cut one.

Head, first guard.

Two, return, cut two (Fig 17).

(Files reversed.)

Engage, as before.

Three.

Head, lunge and cut one.

Head, first guard.

Three, cut three (Fig, 18.),

Left File Showing

cut, right guard.

Engage.

Four.

Head, lunge and cut one.

Head, first guard.

Four, cut four (Fig. 10),

left file showing

cut,

right file guard.

Engage.

First guard.

Return, cut one

First guard.

First guard.

Cut one.

Second Guard.

Guard One.

Cut One.

Guard three.

Guard one.

Cut one.

Guard Four.

Slope Sticks.— As before.

NOTE.— The left files do not lunge when cutting ; the left files may also attack. This applies to all these practices.

SECOND PRACTICE.

Engage.	
As before.	
One, cut one.	Guard one.
One.	
Head, guard one.	Cut one.
Head, cut one.	Guard one.
Engage.	
Two, cut two.	Guard two.
Two.	
Head, guard one.	Cut one.
Head, cut one.	Guard one.
Engage.	
Three, cut three.	Guard three.
Three.	
Head, guard one.	Cut one.
Head, cut one.	Guard one.
Engage.	
Four, cut four.	Guard four.
Four.	
Head, guard one.	Cut one.
Head, cut one.	Guard one.
Engage.	
Slope Sticks.— As before.	

THIRD PRACTICE.

Engage.	
As before.	
Head, cut one.	Guard one.
One.	
One, guard one.	Cut one.
Head, cut one.	Guard one.
Engage.	
Two.	
Head, cut one.	Guard one.
Two, guard two.	Cut two.
Head, cut one.	Guard one.
Engage.	
Three.	
Head, cut one.	Guard one.
Three, guard three.	Cut three.
Head, cut one.	Guard one.
Engage.	
Four.	
Head, cut one.	Guard one.
Four, guard four.	Cut four.
Head, cut one.	Guard one.
Engage.	
Slope Sticks.— As before.	

FOURTH PRACTICE.

Engage.	
As before.	
One.	
Lunge, feint, head cut	Guard one and
two.	Two.

Head, head. Cut one, guard one.

Engage.

Two.

Feint three, cut four. Guard three and four.

Head, head. Cut one, guard one.

Engage.

Three.

Feint head and point. Guard one and four.

Head, head. Cut one, guard one.

Engage.

Four.

Feint four and point Guard four and one.

Head, head. Cut one, guard one.

Engage. — As before.

Slope Sticks.— As before.

Squad Front.— All turn to the front.

Close on the right.

Right Turn.— The right file will stand fast ; the remainder will turn to the right.

Quick March. — The whole will step off together, and close on the right file, halt and front. Close

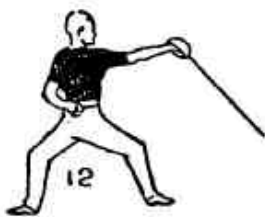
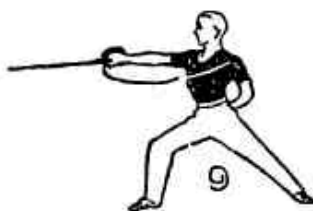
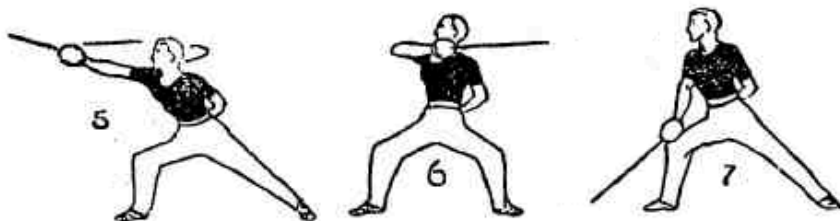
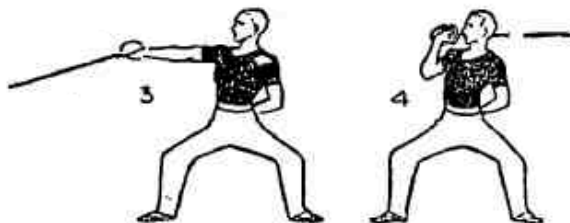
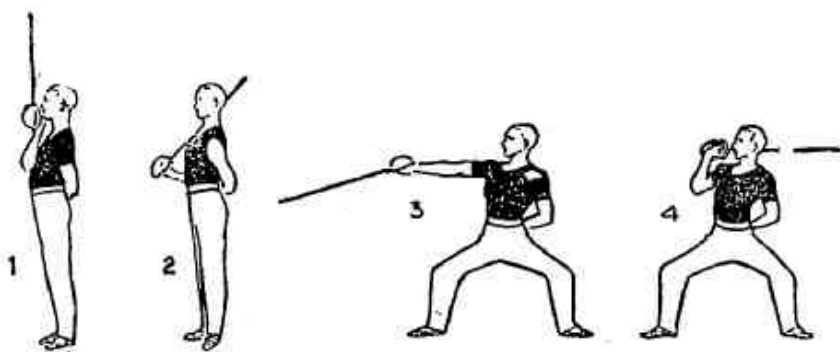
order, March.— The rear rank will close on the front rank, two paces from them.

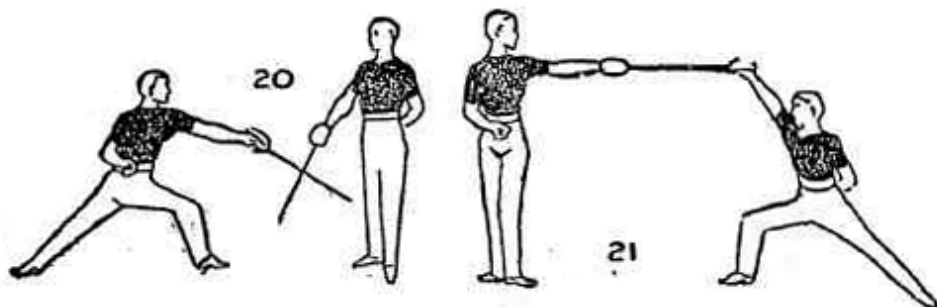
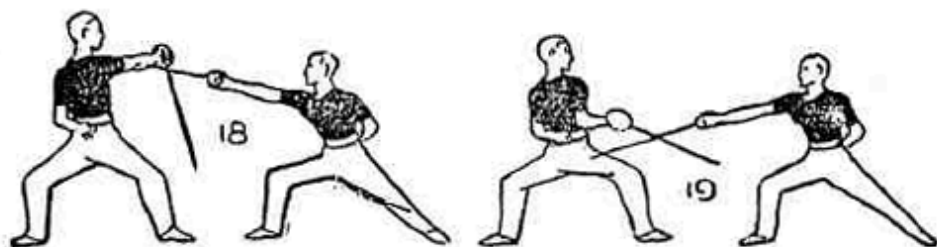
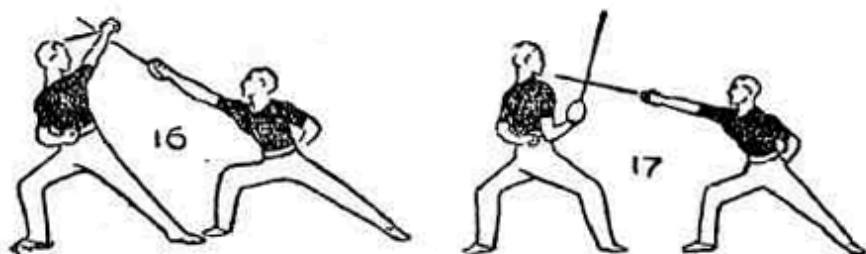
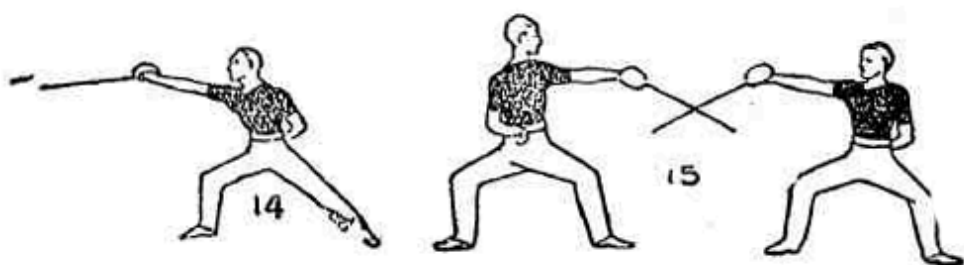
Return Sticks. — As before.

DIAGRAMS OF SINGLE_STICK EXERCISES.

The learner can practise the work simply by following these. Teachers, officers of cadets, and scoutmasters should read the articles. Cut out this diagram and keep it.

By simply following the following diagrams two boys can learn the cuts, points, and guards. Full Information about displays will be found in the articles.





The above book was serialised in Sydney's Sunday Times newspaper in February 1910.

Below are links to the articles as they appeared in print.

<http://trove.nla.gov.au/ndp/del/article/123813141?>

<http://trove.nla.gov.au/ndp/del/article/123830957?>

<http://trove.nla.gov.au/ndp/del/article/123812317?>

Captain Frank Smith also wrote articles on marching drill and physical culture, which can be found here:

A Running Maze for Boys and Girls

<http://trove.nla.gov.au/ndp/del/article/123814048?>

A Smart Set of Dumbell Exercises

<http://trove.nla.gov.au/ndp/del/article/123815222?>

And

<http://trove.nla.gov.au/ndp/del/article/123817636?>

An Easy System of Club Exercises

<http://trove.nla.gov.au/ndp/del/article/123825633?>

Physical Exercises. For the Use of Scouts, Cadets, Schools, and Private Families

<http://trove.nla.gov.au/ndp/del/article/123834608?>