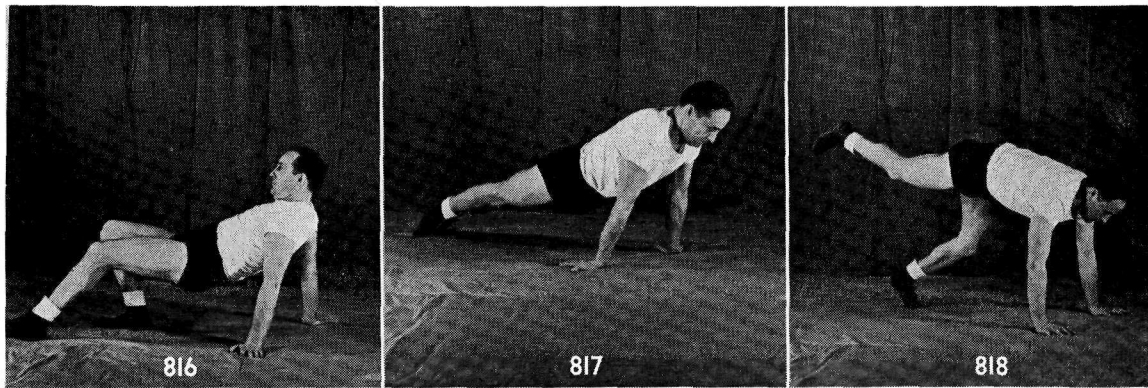


CHAPTER XIV

Suitable Relays for Upper Body Development

Both the instructional and the intramural gymnastics and tumbling program may be greatly enhanced by the use of relays. Relays that are designed specifically to aid known deficiencies, mainly upper body strength, should be chosen. The following relays do not exhaust the possibilities, but are offered as relays which have been used very successfully.

SOLO RELAYS

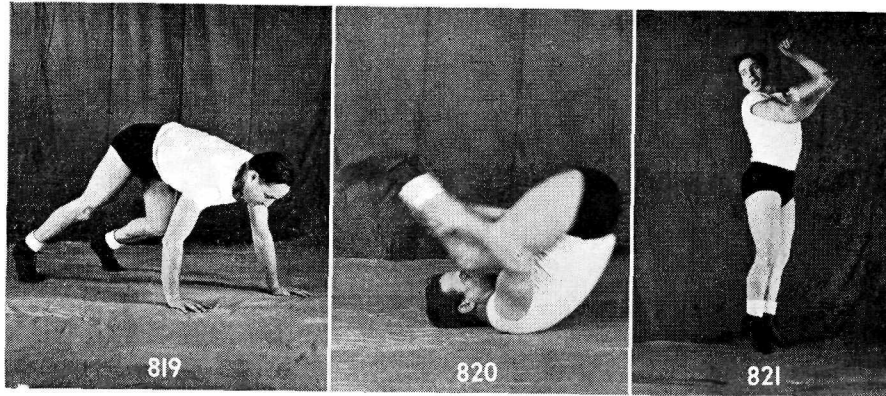
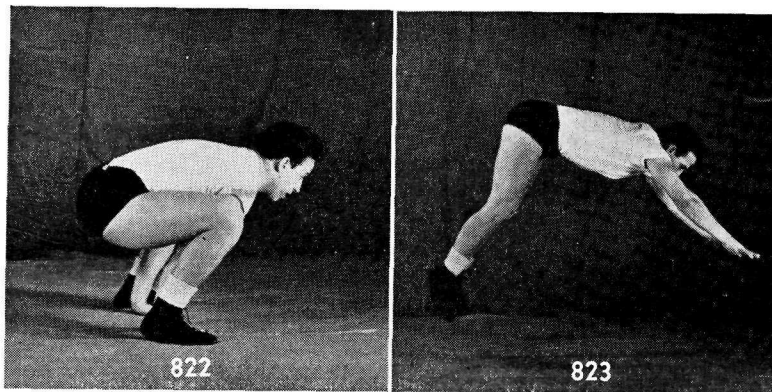


Solo Without Equipment

816—*Crab Crawl*.—Cadet lies on his back, raises body off the mat to the crab position (supporting on hands and feet)—Crawl backward and forward!

817—*Seal Crawl*.—Cadet in prone position, resting on straight arms and insteps of feet. Drag himself to line and back. Swing freely from hips—Keep fingers pointed backward!

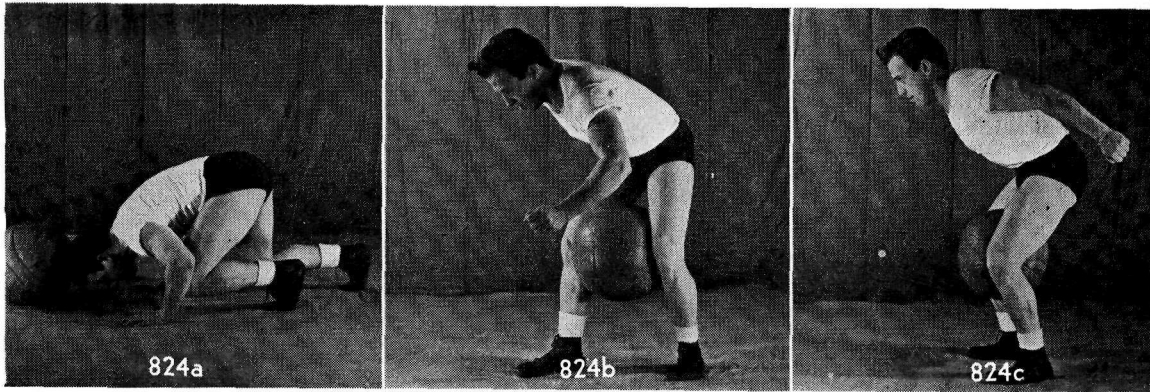
818—*Lame Dog*.—Cadet on all fours—Lifts one leg and hops to a line and back!

819—*Running on All Fours.*820—*Dive.*821—*Turn and Continue Series.*822—*Frog Jump.*823—*Frog Jump and Dive.*

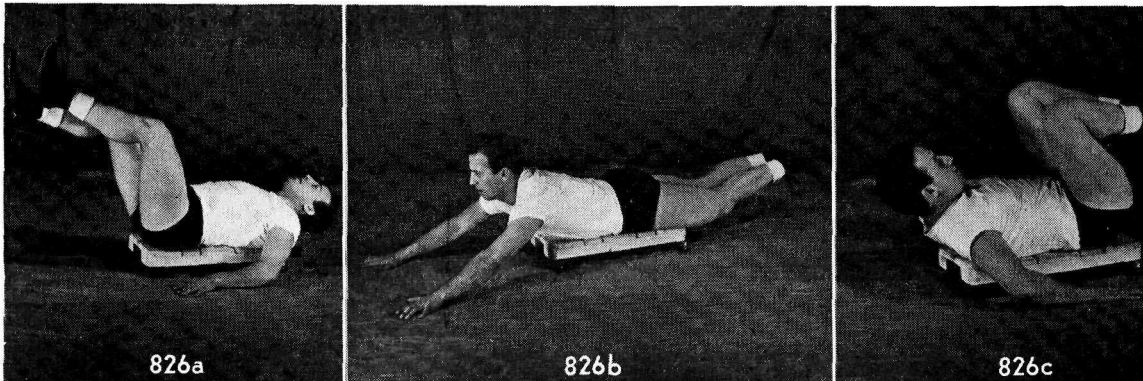
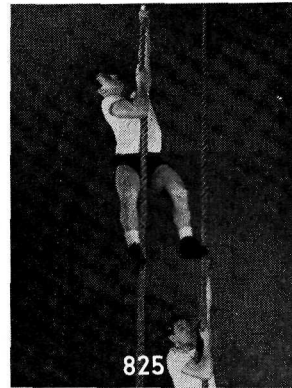
★ ★ ★

Solo with Equipment

824—*Medicine Ball Relays.*—(a) Cadet down on all fours, butts the ball with his head to a distant line and back; (b) Place Medicine Ball between legs. Cadet runs to line and back holding the ball between legs! *Variation.*—Cadet runs backward to line; (c) Place Medicine Ball between legs—Cadet jumps to line and back holding the ball between legs!

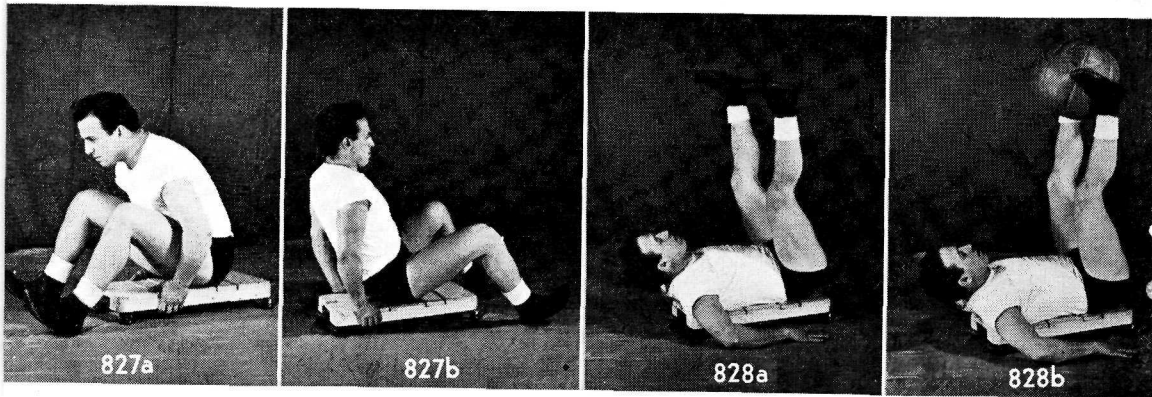


825—*Vertical Rope*.—Two ropes for each team. Divide the team, half of team sitting facing one rope, half facing the other rope. On start Cadet A climbs to the top or to a specific height (15-18 feet, etc.). When he reaches top, Cadet B starts to climb. While he is climbing, A is descending; so when B has reached his required height, C is ready to climb the rope A just came down.



826—*Coasters*.*—(a) Lying on coasters in prone position, push with hands—Travel head first; (b) Lying on coaster, supine position—Push with hands—Travel head first; (c) Same as above—Travel buttocks first!

* The coasters furnished with the trampoline may be used for this purpose.

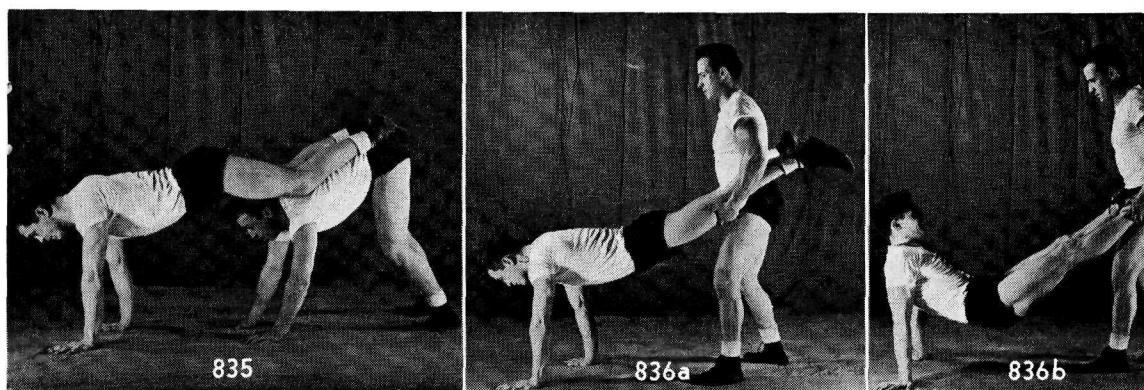
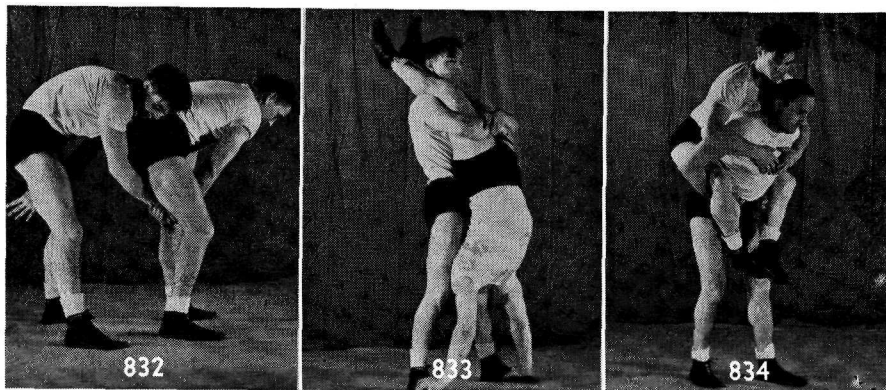
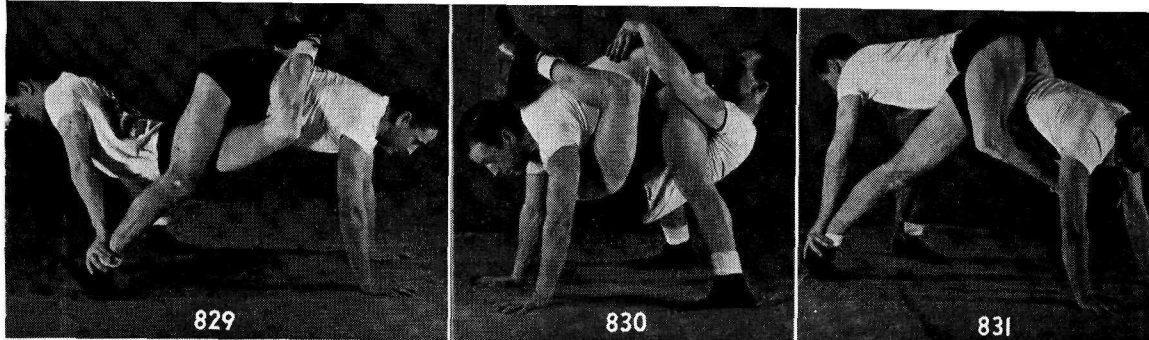


- 827—(a) Sitting on coasters—Push with feet only—Travel forward; (b) (Same as above)—Travel backwards!
- 828—(a) Supine positions—Legs up, vertical to deck—Push with hands; (b) (Same as above)—Medicine Ball between feet!

DOUBLES RELAYS

Doubles without Equipment

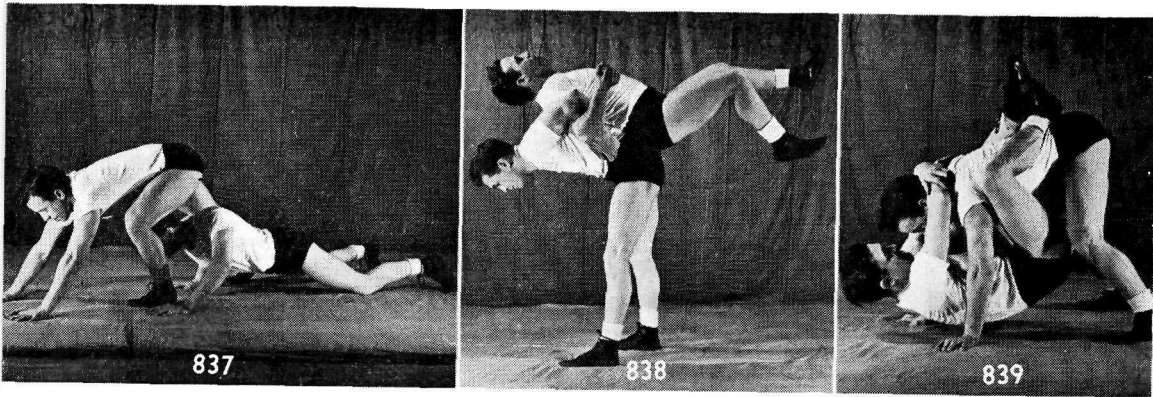
- 829—*Elephant Walk*.—(Cadets A and B) Cadet A stands erect, legs spread—Cadet B faces A, jumps upward and places legs around A's waist. Bends backward and places arms on deck between A's legs—Cadet A bends forward and places hands on deck—Cadet B places hands on A's ankles and straightens arms—Cadet A moves forward!
- 830—*Monkey Walk*.—Cadet A stands with legs spread—Cadet B lies on his back between A's legs facing same direction as A—Cadet A bends forward, placing hands on the deck—Cadet B places legs around A's waist, reaches upward and holds around A's buttocks, fingers clasped together—A moves forward carrying B!
- Variation*.—This relay may be modified by travelling half the length of mat rolling left or right, and B returns to the starting point carrying A.
- 831—*Horse Walk*.—Cadet A bends forward placing hands on the deck—Cadet B lies on A's back facing opposite direction, legs around A's chest, hands on A's ankles, arms straight!
- 832—*Human Chain*.—Cadet A bends slightly forward placing right hand between his legs—Cadet B stands back of A, bends forward and grasps A's right hand with his right hand—Cadets must keep hands grasped!
- Variation*.—This relay may be modified for the whole team to run together.
- 833—*Inverted Hang*.—Cadet A stands erect—Cadet B faces A, bends forward placing hands on A's feet, does a hand balance—Cadet A grasps the ankles of B as he makes hand balance—On signal, A and B move forward!
- Variation*.—This relay may be modified by placing hurdles such as mat rolls on their path.
- 834—*Horse and Rider (Piggy-Back)*.—Cadet A stands erect—Cadet B mounts on A's back, feet and legs around A's waist, hands clasped over A's shoulders—Cadet A carries B to designated object—Change partners and return!



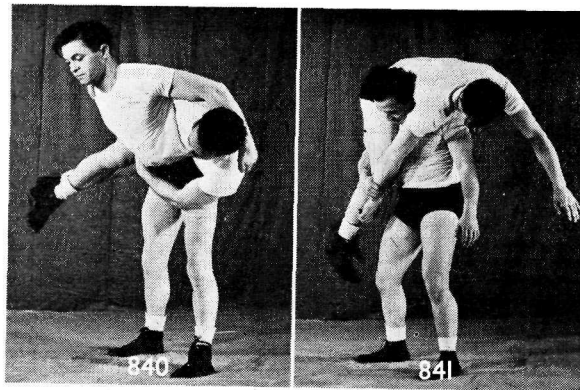
835—*Tandem Walk*.—Cadet A bends forward placing hands on the deck, fingers well spread—Cadet B stands in front of A, facing same direction, bends forward placing hands on the deck, fingers well spread, feet being raised upward and placed on A's shoulder—On given signal, both walk forward!

836—*Wheelbarrow (Forward or Backward)*.—(a) Forward—Cadet A, supported on hands, legs in hands of Cadet B, who is standing—A and B walk forward!

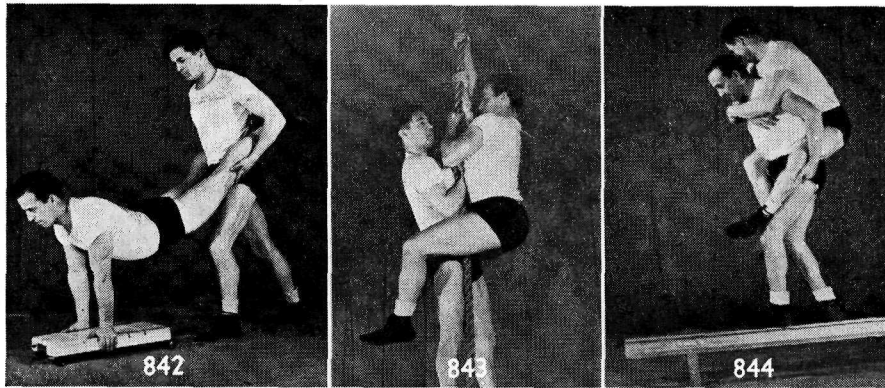
Variation.—(b) Backward—This relay can be done backward.



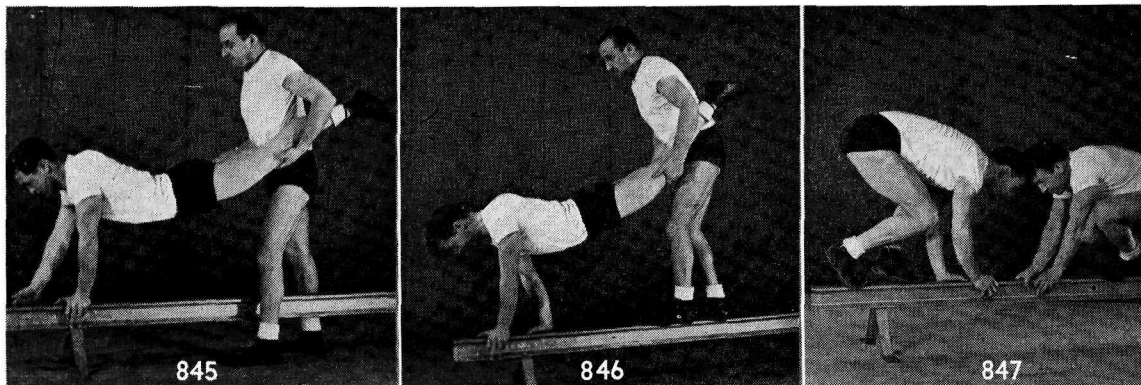
- 837—*Wheelbarrow Change*.—Walk half way—Cadet A lies flat on belly—Cadet B jumps over and takes the position—Cadet A then picks up B's legs and continues on to finish line!
- 838—*Back Carry*.—Cadets A and B stand back to back and lock arms—A bends forward lifting B up on his back—A bends at the waist raising his legs upward!
- 839—*Pilot Hang*.—Cadet A lies on the deck facing upward—Cadet B faces A, straddles him, legs spread, and bends forward placing hands on the deck, facing A—Cadet B places legs around A's waist and holds onto A's neck, moves forward carrying B!



- 840—*Saddle-Back Carry*.—Cadet A holds Cadet B waist high, horizontal to the deck—Cadet B is facing Cadet A's back!
- 841—*Fireman's Carry*.—Cadet A holds Cadet B over one shoulder. He locks his arms under B's thigh and holds wrist!

Doubles with Equipment

- 842—*Wheelbarrow on Coasters.*—Cadet A supported on hands on coaster, legs in hands of Cadet B who is standing behind him—Cadet B then pushes A the length of the floor and then they change places!
- 843—*Passing on Rope.*—After A has reached the top, B starts—A starts to descend and passes his teammate on the rope. This process continues until the entire team has climbed and descended the rope!
- 844—*Piggy-Back Along Balance Beam.*—Cadet B mounts A on the floor—He then steps up on the balance beam and walks the length of it. They then change places—The relay should perhaps be done barefooted to get a better grip on the beam!

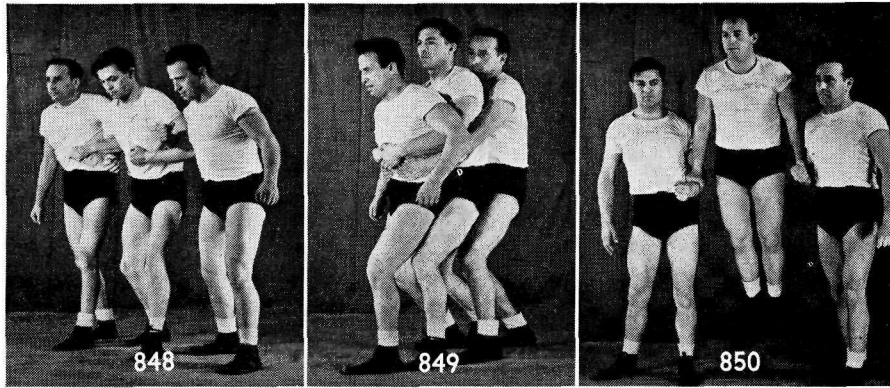


- 845—*Wheelbarrow Along Balance Beam (Not on Beam).*—Cadet A supported on hands on balance beam, legs in hands of Cadet B who is standing astride the beam—Cadet B walks along deck—At the end of the beam they change and A supports B!
- 846—*Wheelbarrow Along Balance Beam (Both on Beam).*—(Same as above) except that Cadet B walks along beam instead of on the deck!
- 847—*Head Wrestling on Balance Beam.*—Tight grip—Push with toes and head!

Climbing Shelf Relay (9 ft. high).—Each team places one man (A) in position—He lies face downward with arms extended—On the signal *GO* the first man runs to the shelf, jumps into a forearm grasp with A. A then helps him to climb shelf—After he is on top, A jumps to mat—When he lands that is the signal for the next man to start—When the last man crosses line, the team will have concluded the race!

GROUP RELAYS

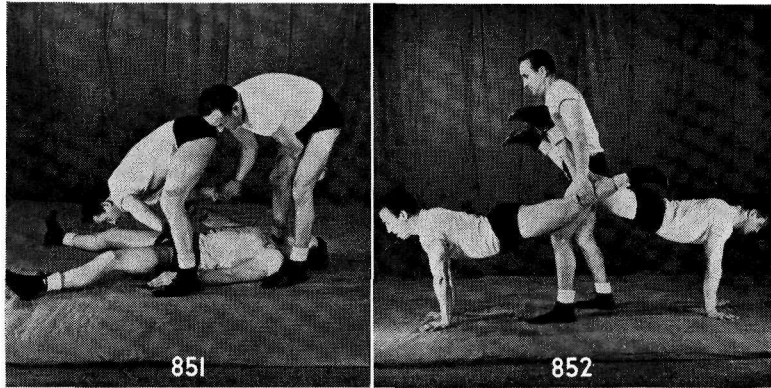
Group without Equipment



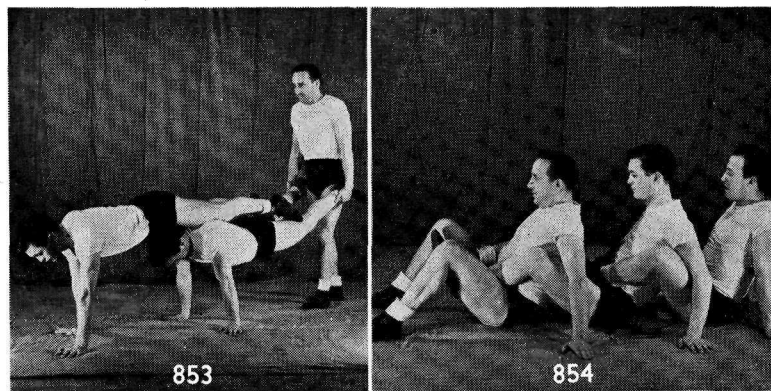
- 848—*Chariot Race (2, 4, 6, 8 Cadets).*—Men run together, arms locked, around distant object.
- 849—*Centipede.*—Entire team stands behind each other in close formation, arms around each other—The entire line then runs around a distant object and back!
- 850—*Forearm Carry (A, B, and C).*—Cadets A, B, and C stand side by side facing same direction—Cadets A and C flex inside arms, forearm parallel to the deck outside arms flexed and held across the body grasping inside arm—Cadet B grasps the wrists of A and C and lifts his body upward—Feet approximately 4 to 6 inches off the deck. Cadets A and C move forward carrying B.

★ ★ ★

- 851—*Skin the Snake (6 or More).*—Cadets line up in single file or squad, facing same direction—Cadets bend forward placing right hand between the legs grasping the left hand of the cadet behind him—Cadet reaches forward with his left hand and takes right hand from man in front—On given signal, last man in column lies down keeping body straight, feet together—All cadets move backward doing same procedure—When the first man gets over all, he holds on and returns to original position!

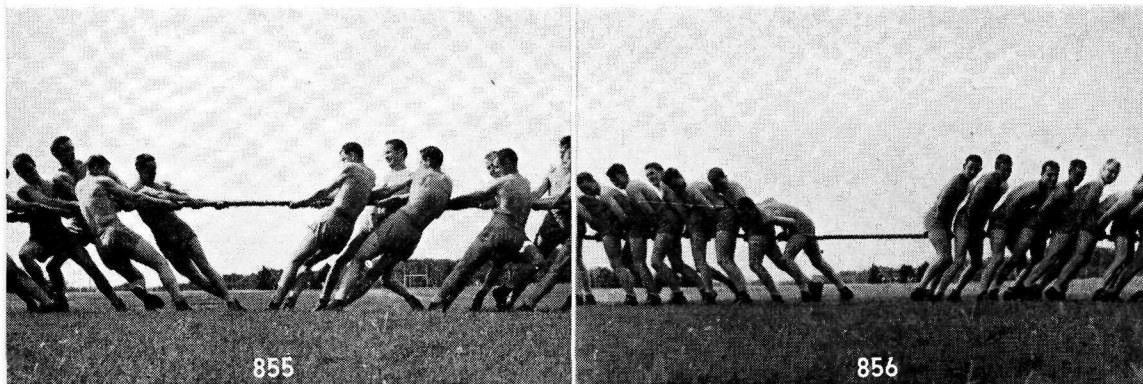


852—*Tripod (A, B and C).*—Cadet A stands erect—Cadet B stands in front of A, facing same direction—Places hands on the deck, raises legs, placing feet beneath A's arms—Cadet C stands with back to A and assumes same position as B—A moves forward holding B's and C's legs firmly under arms!



853—*Three-Men Wheelbarrow.*—Cadets A, B, and C stand directly behind one another facing same direction—Cadet A bends forward placing hands on the deck—Cadet B places hands on A's buttocks while C stands and holds B's feet and legs extended!

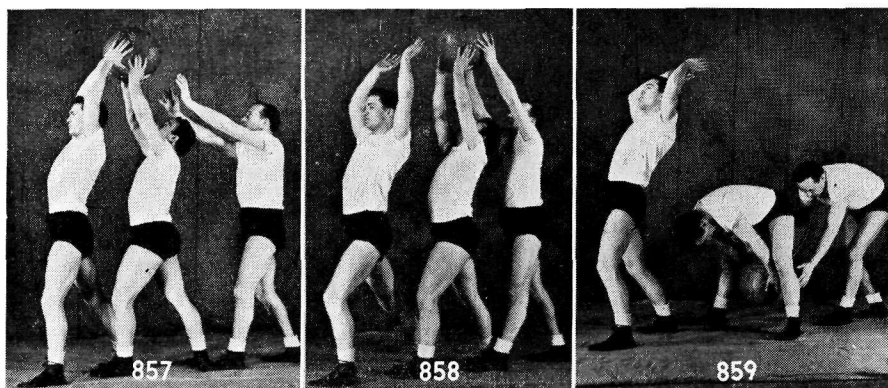
854—*Stroke the Boat.*—Cadets sit on the deck directly behind one another, placing feet in one another's lap—Cadet in forepart of the boat can push with his feet, hands, and buttocks, while other cadets will be limited to hands and buttocks—If cadets separate, that team loses!

Group with Equipment

855—*Ropes—Tug of War.*—Use 1½ inch line, fifty feet long—Twelve men or more on a team—Length of time: pull for two minutes.

856—Rope between legs pulling backwards in opposite directions—This method is suitable for a limited space.

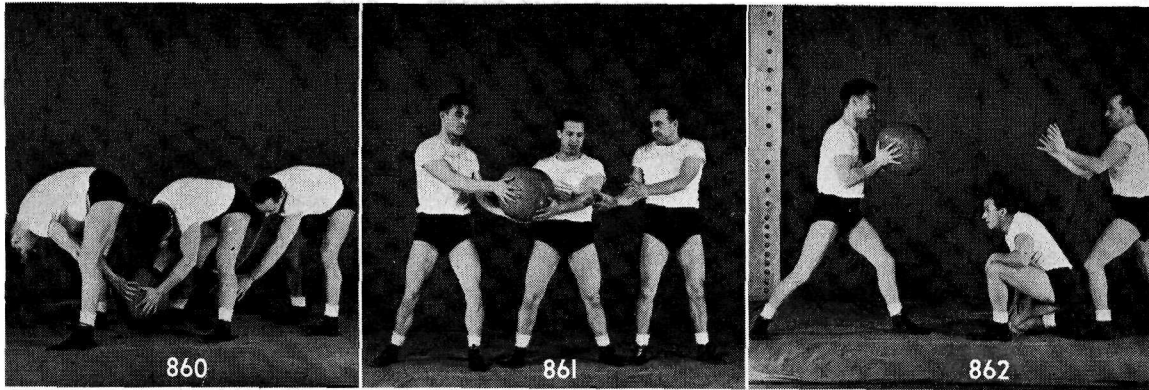
Coasters—Soccer.—Improvise the game of soccer to be played on coasters.



857—*Medicine Ball (Overhead—Last Man to Front).*—The team stands in a straight line—The medicine ball is passed over head starting from the first man—The last man brings the ball to the front of the line and passes it overhead—Repeat this procedure until everyone is back in his original position.

858—(*Back between Legs and Forward over Heads*).—Team in straight line—The ball is passed backward between legs, when it reaches the end of the line it is passed forward over the heads—Five complete trips constitutes a relay!

859—(*Over and Under—Last Man to Front*).—The team stands in a straight line—The first man passes the ball over his head; the second man passes the ball between legs; third man passes the ball over his head, etc. Last man brings the ball to the front of the line and the procedure is repeated—Keep this up until everyone is back in the original position!



- 860—(*Back Between Legs—Last Man to Front*).—Team stands in straight line—The ball is passed backward between legs, when it reaches the end of the line the last man runs to the front of line with the ball and then passes ball back between legs!
- 861—(*Down the Sides*).—Team stands in straight line shoulder to shoulder—The ball is passed down the side of the line—When it reaches the end everyone about faces and the ball is passed up the other side—Five complete trips constitute a relay!
- 862—(*Pass and Duck—Four or more Cadets*).—Cadet A stands 3 feet in front of X column composed of three or more cadets facing X column. Cadet A passes 9 lb. medicine ball to Cadet B, who returns pass and then squats. A passes to C who does as B did, and so on down the column—When the ball gets to the end of the column the cadet carries ball to the position of A and then A steps in front of column and the relay continues!
- Variation.*—This relay may also be done by passing the ball backward over the head!

APPLICATION OF THE NAVY GYMNASTIC MANUAL
TO GRADE AND HIGH SCHOOL TEACHING

1. The Flight Preparatory School Program is suitable for the Seventh Grade. At this age it is desirable to emphasize vaulting activities rather than support work. Tumbling and balancing should be emphasized, also.
2. The War Training Service School Program is suitable for the Eighth Grade. Tumbling should be emphasized. Include also vaulting, natural gymnastics, and relays for upper body development.
3. The Preflight School Program is suitable for the Senior High School. Use the first part for 9th and 10th grades and the second part for 11th and 12th grades.

In adapting the Navy syllabus to the school program the following changes might be made:

1. Less attention should be given to All-Out Effort Activities. Be sure that the biceps, the triceps, and the abdominals are given considerable attention to insure the safety of the performer.
2. The program should be planned with less formality.
3. An appropriate grade scale should be established.