KOEHLER'S WEST POINT MANUAL OF DISCIPLINARY PHYSICAL TRAINING

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Koehler's West Point manual of disciplinary physical training by H. J. Koehler

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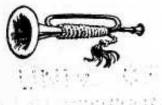
KOEHLER'S WEST POINT MANUAL OF DISCIPLINARY PHYSICAL TRAINING

BY

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> WITH A FOREWORD BY NEWTON D. BAKER SECRETARY OF WAR



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INTRODUCTION

This manual is based upon the experience gathered in this work at the United States Military Academy during a period extending over more than a generation, and upon the direct personal application of the results of this experience to approximately 200,000 men in our new Army, 37,000 of whom were aspirants for commissions.

In general, the manual is a revision of Special Regulations, No. 23, Field Training of the Soldier, a syllabus prepared by the author, and published by the War Department, by the direction of the Secretary of War, making it mandatory upon all to carry out this work in the service in accordance with these special regulations.

The reason for its publication at the present time is to meet the frequent demands made by those, in and out of the service, who having had a practical personal experience with this method, and who, realizing the present importance of physical training to our people in general, were kind enough to urge its publication in order that this method and any merits it may possess might become as accessible and wide-spread as possible.

To facilitate its application the subject has therefore been treated as simply and comprehensively, and with as much detail as possible, so that drill instructors of even limited experience, and the inter-

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INTRODUCTION

ested layman may follow it intelligently and be able to carry out its intent successfully. Wherever possible technical terms and professional terminology have been translated into every-day English.

Though the manual is intended primarily for the instruction of recruits in the service, civilians who expect to be inducted into the service, and those who do not but who are desirous to add to their general efficiency, will find it to their advantage to become thoroughly proficient in what it prescribes. By doing so select men will not only be physically fit and qualified to successfully meet the demands made upon them when they enter the service, but prepared to take advantage of any opportunity for early advancement that may present itself.

The manual will also adapt itself readily to the needs of schools, colleges and other institutions in which the object of bodily training is disciplinary and educational and not only physical.

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