

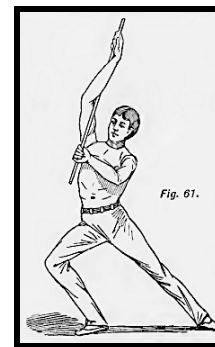


# THE **LEAN** BERETS<sup>1</sup>

## AVENGERS OF HEALTH!

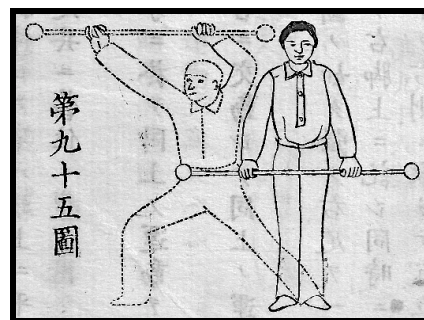
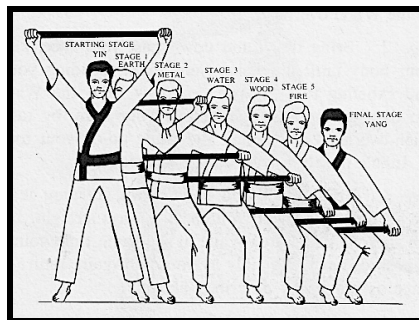
### Health Wands Reference List

We have been working with a handful of older mentors to learn classical physical education and restorative art that includes health wands. While many of our resources are in our historical book library now—some of the learning we share is from “hands-on” teaching under people that have done it for decades. This blend of Eastern and Western writings plus our personal time with great teachers gives our wand education a uniqueness which is both scholarly and practical in application. *Enjoy.* ☺



#### Western Philosophy Usage

- “*Hand-Book of Light Gymnastics*” by Lucy B. Hunt (1882)
- “*Beale’s Calisthenics*” by Alfred M.A. Beale (1885)
- “*Light Gymnastics*” by William G. Anderson, MD (1890)
- “*Gymnastics: A Textbook Of The German-American System of Gymnastics*” Edited by W.A. Stecher (1895)
- “*Pyramid Building With Wands, Chairs, & Ladders Part II*” by W.J. Cromie (1909)
- “*Keeping Physically Fit*” by William J. Cromie (1918)
- “*Bonnie Prudden’s Fitness Book*” by Bonnie Prudden (1959)
- “*Teenage Fitness*” by Bonnie Prudden (1965)
- “*How To Keep Your Child Fit From Birth To Six*” by Bonnie Prudden (1972)
- “*How To Keep Your Family Fit & Healthy*” by Bonnie Prudden (1975)



#### Eastern Philosophy Usage

- “*Shogaku Futsu Taisoho Vol. GE*” by Tsuboi Gendo (1884)
- “*Chinese Wand Exercise*” by Bruce L. Johnson (1977)
- “*Jiangan: The Chinese Health Wand*” by Michael Davies (2012)