

DRILLS FOR REVIEW AND INSPECTION INTRODUCTORY GRADE

Position of Standing Easy

Body: The body will be in the Position of Attention except –

Feet: Heels at least 25cm apart and in line.
Feet turned out at an angle of at least five degrees each.

Arms: Arms behind the rear of the marcher, and bent, with the right hand being placed in the palm of the left hand, with the fingers of the right hand touching the fingers of the left hand, thumbs crossed with the right thumb uppermost.

Position of Standing at Ease

Body: The body will be in the Position of Attention except –

Feet: Heels at least 25cm apart and in line.
Feet turned out at an angle of at least five degrees each.

Arms: Arms behind the rear of the marcher as straight as the natural bend will permit with the right hand being placed in the palm of the left hand, with the fingers of the right hand touching the fingers of the left hand, thumbs crossed with the right thumb uppermost.

Moving From Standing Easy to Stand at Ease

Body: The body will be in the Position of Attention except –

Arms: *Left Beat:* There will be a movement of the arms, in unison, to obtain the position of Stand at Ease.

Right Beat: Pause

Moving From Standing at Ease to Attention

Leg Action: *Left Beat:* The left leg will be carried across to the Position of Attention with the knee being bent sufficiently to allow the foot to just clear the ground.

Arms/Hands: The arms and hands will move to the Position of Attention with the inwards movement of the foot.

Right Beat: Pause

Body: The body will be in the Position of Attention

Moving From Attention to Standing at Ease

After the command "STAND AT" / "EASE" given on successive left beats, pause one beat and during the next left beat:

Leg Action: *Left Beat:* The left leg will be carried across to the position of Stand at Ease with the knee being bent sufficiently to allow the foot to just clear the ground.

Arm/Hands: The arms and hands will move to the position of Stand at Ease with outwards movement of the foot.

Right Beat: Pause

Body: The body will be in the Position of Attention

Moving From Standing at Ease to Standing Easy

After the command "STAND" / "EASY" given on successive left beats, pause one beat and during the next left beat:

Body: The body will be in the Position of Attention except –

Arms: *Left Beat:* There will be a movement of the arms, in unison, to obtain the Position of Standing Easy.

Right Beat: Pause

Halt

Body: The body will be in the Position of Attention except –

Arms/Hands: The arms will drop to the Position of Attention as per Armdrop detail in Standard Drills.

Leg Action: The rear foot will travel forward directly to the Position of Attention.