

## DRILLS FOR REVIEW AND INSPECTION SENIOR 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:* Raise the left foot to the Mark Time position and hesitate  
*Right Beat:* Pause  
*Left Beat:* Hesitate and lower the left foot to the Position of Attention.
- Arms/Hands: The arms and hands will move to the Position of Attention with the downwards 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:* Raise the left foot to the Mark Time position and hesitate

*Right Beat:* Pause

*Left Beat:* Hesitate and lower the left foot to the Stand at Ease position.

Arms/Hands: The arms and hands will move the Position of Standing at Ease with the outwards movements 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

### **Right & Left Turns**

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

Leg Action: *Left Beat:* For a Right Turn, a pivot of ninety degrees to the right is executed on the right heel and the ball of the left foot at the same time raising the right toe and the left heel sufficiently to clear the ground with both legs remaining straight. On completion of this movement the body weight will be over the right foot, which will be flat on the ground, and the left heel will be raised.

Both feet will be turned out at an angle of at least five degrees each to the new line of march.

*Right Beat:* Pause

*Left Beat:* Raise the left foot to the mark time position and hesitate

*Right Beat:* Pause

*Left Beat:* Hesitate and lower the left foot to the Position of Attention, toe first, in one action.

*Right Beat:* Pause

For a Left Turn at the Halt, read 'left foot' for 'right foot' and vice versa.

**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.