	Pa 2	U18, SNR, MASTERS GRADE	ES 2023/2024
TEORINGAE B	9. 2		
COMMENTS: (Judge to tick appropriate boxes)			
POSTURE:		ARMSWING:	_
Body not erect		Incorrect action/timing	
Posture unsteady		Incorrect direction	
Shoulders not level and square to front		Height not uniform, as per drill de	etails
Hesitation not completed		Timing not uniform	
		Arms not naturally straight	
HANDS:		ARMDROP:	
Incorrect grip (fingers/thumbs)		Incorrect action/timing	
Incorrect alignment (up/down/hooking/twisting)		Incorrect direction	
Incorrect position at side		Incorrect height	
Not steady			
SALUTE:		ARMSWING OUT:	
Incorrect action		Incorrect action/timing	
Incorrect timing		Incorrect direction	
Incorrect position (when raised)		Incorrect height	
HEAD TURN:		PAUSES:	
Incorrect action		Incorrect timing	
Incorrect timing		Any part of the body moving	
Incorrect position (when turned)			—

<u>POSTURE</u>

E = Erect Sh = Shoulders St = Steady Hes = Hesitations

ARMSWING

A = ActionT = TimingD = DirectionH = Height

HANDS G = Grip AI = Alignment Pos = Position St = Steady

<u>ARMDROP</u>

A = ActionT = TimingD = DirectionH = Height

SALUTE A = Action T = Timing Pos = Position

ARMSWING OUT

A = ActionT = TimingD = DirectionH = Height

HEAD TURN

A = Action T = Timing Pos = Position