

OPEN FREE CHOICE GRADE
SAMPLE MOVEMENTS PLAN (Technical Drill)

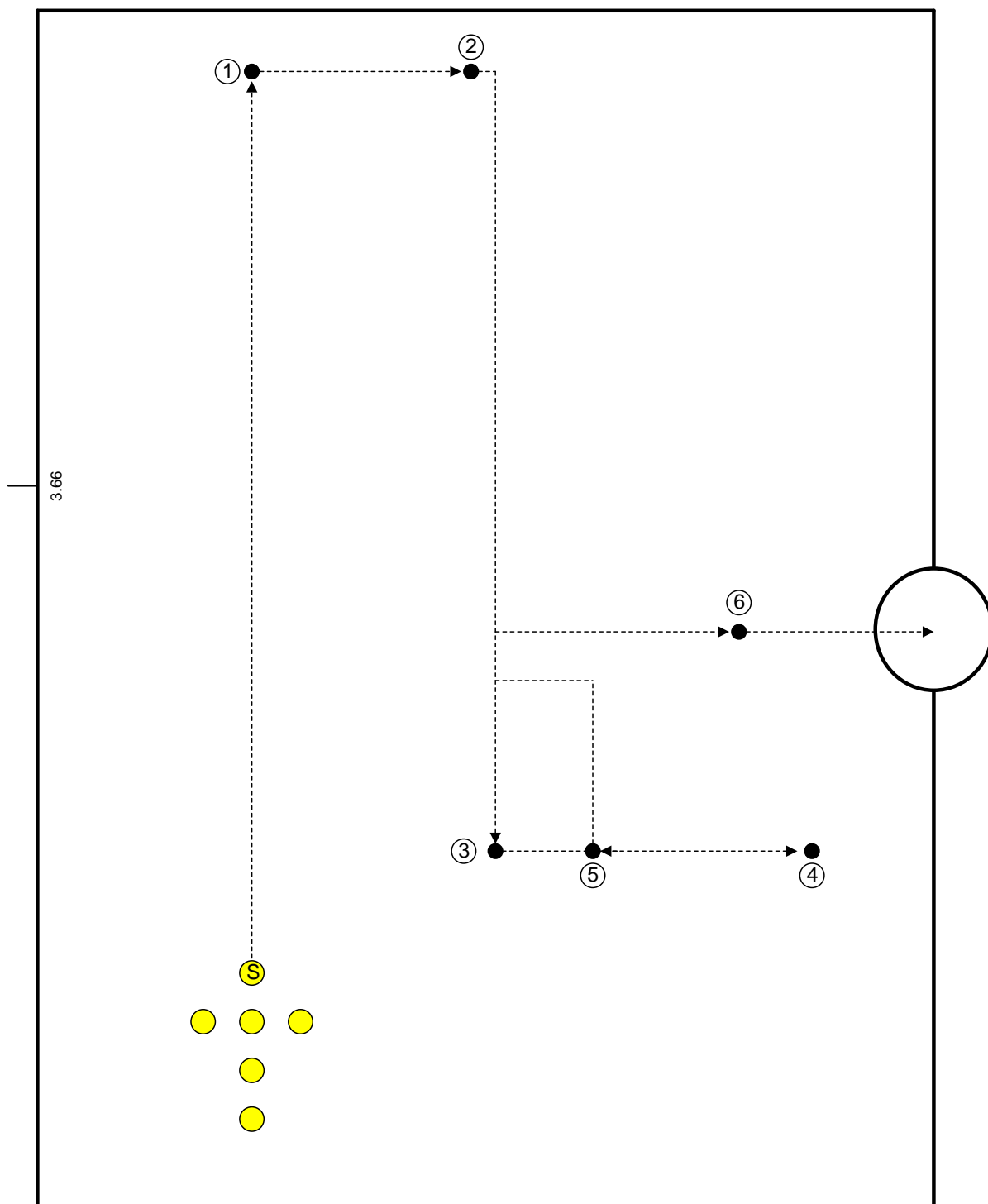
- Under 12 Paces -

DISC	MOVEMENT
Start	Quickstep / Compliments
1	Turn Right
2	Turn Right / Open Formation
3	Reform Team / Left Turn
4	About Turn
5	Form Line
6	Form "V"

Start: On Under 12 Discs

Start: By the Centre Quick March

Time: 1 minute 43 seconds

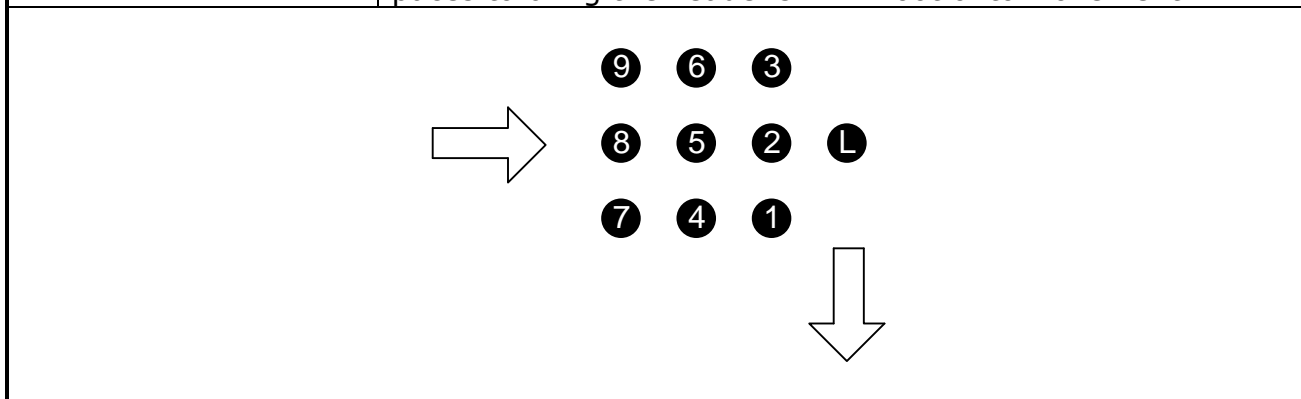


QUICKSTEP/COMPLIMENTS:

Leader	March nine paces, halt, pause two beats saluting and turning head to the right on the first (left) of these beats, march eleven paces (left arm at side), halt, pause two beats dropping the salute and turning head to the front on the first (left) of these beats, and step out.
No. 1	March nine paces, halt, pause two beats (left and right beats), march eleven paces (arms at sides), halt, pause two beats (left and right beats), and step out.
Nos. 2/3/4/5/6/7/8/9	March nine paces, halt, pause two beats turning heads to the right on the first (left) of these beats, march eleven paces (arms at sides), halt, pause two beats turning heads to the front on the first (left) of these beats, and step out.
All Members	Including the step out pace on the LEFT foot, march fifteen paces to bring the Leader's LEFT foot onto Movement 1.

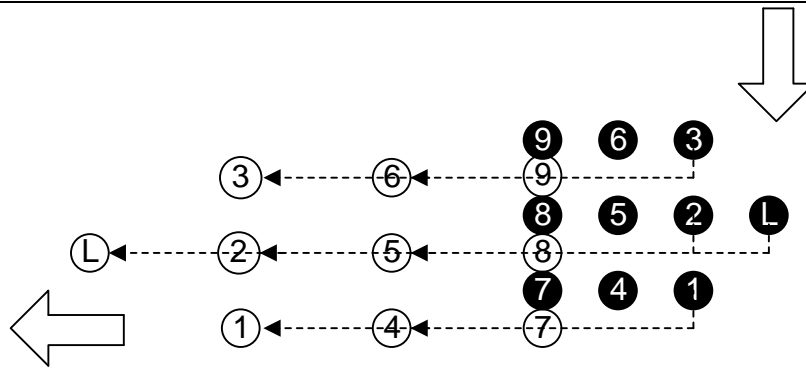
MOVEMENT 1 – TURN RIGHT:

All Members	Halt, mark time six beats turning evenly 90 degrees to the right and step out.
All Members	Including the step out pace on the LEFT foot, march nine paces to bring the Leader's LEFT foot onto Movement 2.



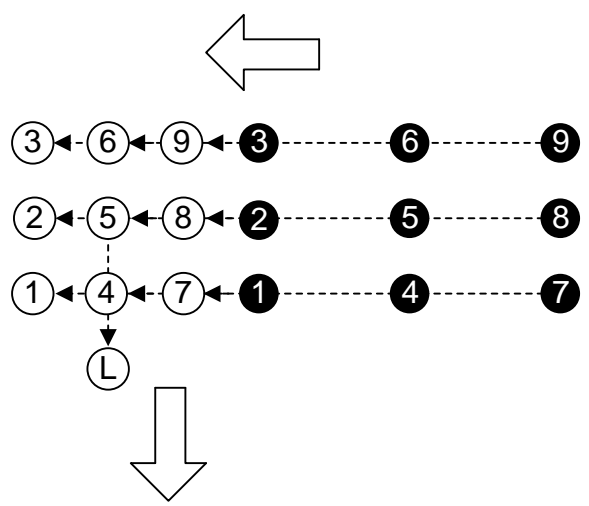
MOVEMENT 2 – TURN RIGHT / OPEN FORMATION:

All Members	Halt, pivot 90 degrees to the right on the ball of the left foot, pause one beat.
Leader	Take one side pace to the left, march eighteen paces and step out
Nos. 1/2/3	Pause two beats, mark time four beats, take one side pace to the left, march twelve paces and step out
Nos. 4/5/6	Pause two beats, mark time four beats, pause two beats, mark time four beats, take one side pace to the left, march six paces and step out
Nos. 7/8/9	Pause two beats, mark time four beats, pause two beats, mark time four beats, pause two beats, mark time four beats, take one side pace to the left and step out
All Members	Including the step out pace with the LEFT foot, fourteen paces will be taken to bring the Leader's RIGHT foot to Movement 3.



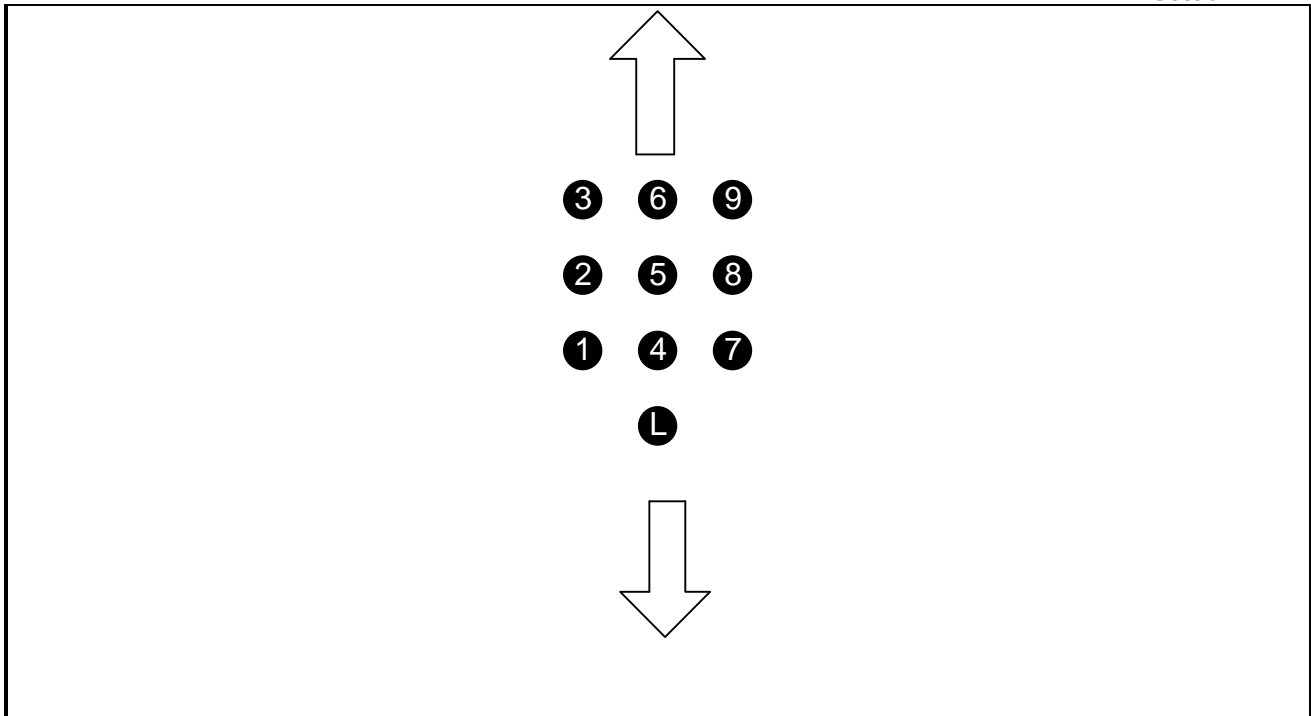
MOVEMENT 3 – REFORM TEAM / LEFT TURN

All Members	Halt
Leader	Mark time six beats, pivot 90 degrees to the left on the ball of the right foot and march four paces, mark time two beats and step out.
Nos. 1/2/3	March two paces, mark time six beats, march four paces and pivot 90 degrees to the left on the ball of the right foot and step out
Nos. 4/5/6	March four paces, mark time four beats, march four paces and pivot 90 degrees to the left on the ball of the right foot and step out
Nos. 7/8/9	March six paces, mark time two beats, march four paces and pivot 90 degrees to the left on the ball of the right foot and step out
All Members	Including the step out pace with the LEFT foot, NINE paces will be taken to bring the Leader’s LEFT foot onto Movement 4.



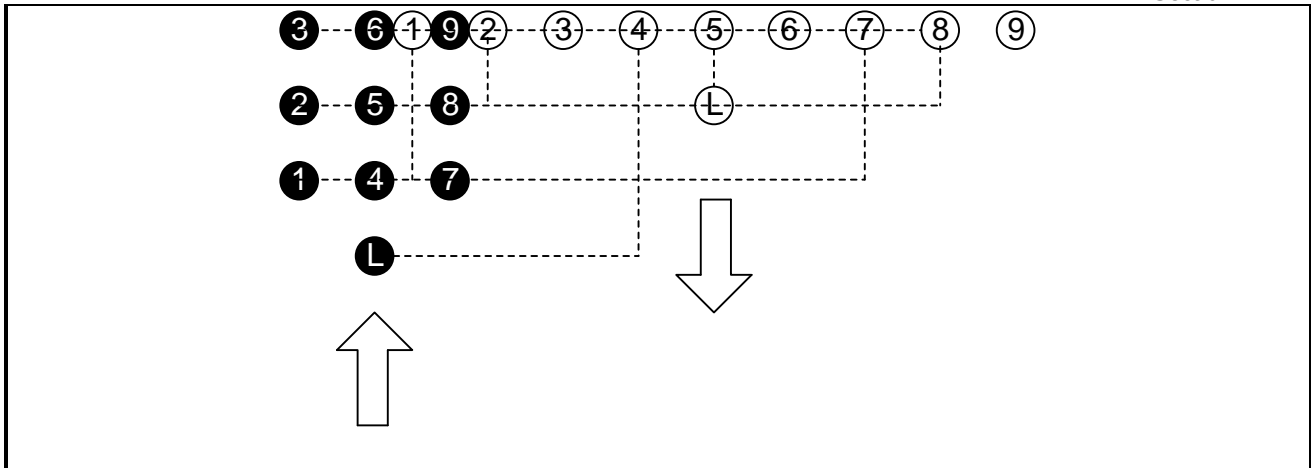
MOVEMENT 4 – ABOUT TURN:

All Members	Halt, mark time six beats turning evenly 90 degrees to the right, pause two beats, mark time six beats turning evenly 90 degrees to the right and step out
All Members	Including the step out pace on the LEFT foot, march nine paces to bring the Leader’s LEFT foot onto Movement 5.



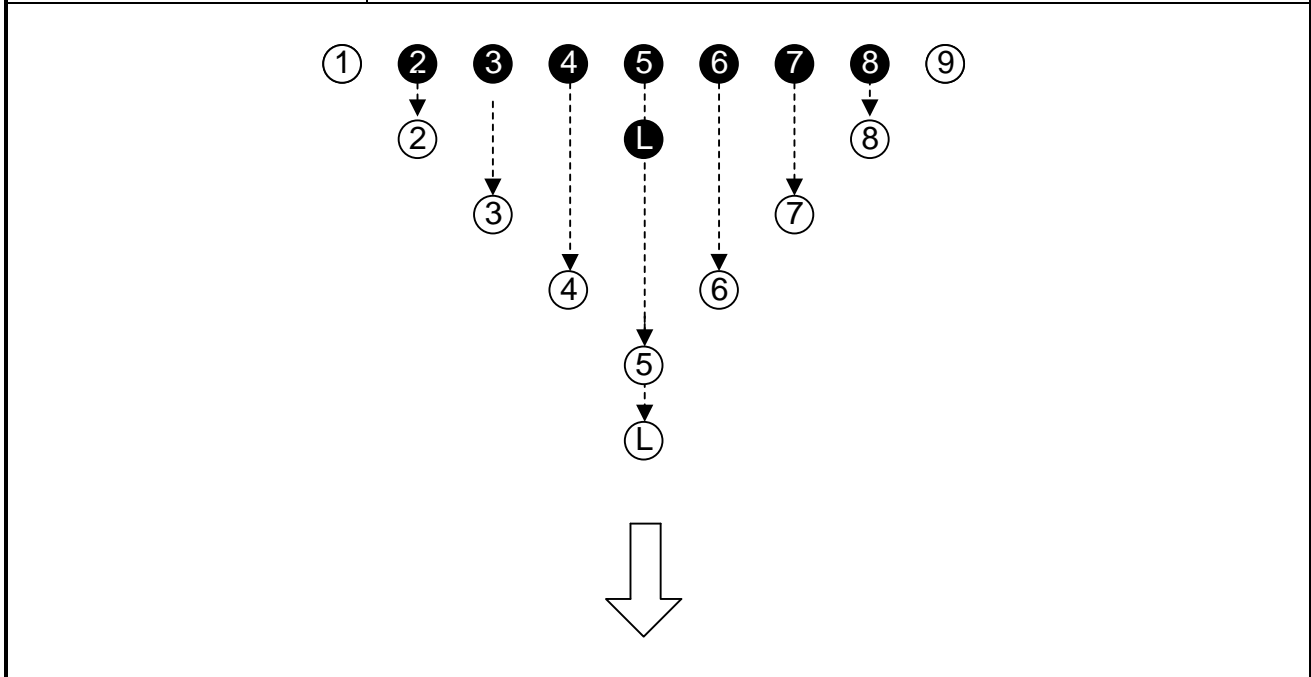
MOVEMENT 5 – FORM LINE:

All Members	Halt, pause two beats, pivot 90 degrees to the right on the ball of the left foot, pause two beats
Nos. 1/2/3	March three paces, halt, mark time eight beats, pause one beat
Leader & Nos. 4/5/6	March seven paces, halt, mark time four beats, pause one beat
Nos. 7/8/9	March eleven paces, halt, pause one beat
Nos. 3/6/9	March two paces, mark time two beats, march two paces, mark time two beats, pause two beats and step out
Nos. 2/5/8	Take two side paces to the left, march two paces, mark time two beats, pause two beats and step out
Nos. 1/4/7	Take four side paces to the left, pause two beats and step out
Leader	Take four side paces to the left, march two paces (arms at sides) and step out
All Members	Mark time six beats turning evenly 90 degrees to the right and step out
All Members	Including the step out pace on the LEFT foot, march ten paces to bring the Leader’s RIGHT foot onto Movement 6.



MOVEMENT 6 – FORM V:

All Members	Halt
Leader and No 5	March eight paces, mark time two beats finishing in the Position of Attention.
Nos. 6/4	March six paces, mark time four beats finishing in the Position of Attention.
Nos. 3/7	March four paces, mark time six beats finishing in the Position of Attention.
Nos. 2/8	March two paces, mark time eight beats finishing in the Position of Attention.
Nos. 1/9	Mark time ten beats finishing in the Position of Attention.
All Members	Pause eight beats saluting in unison on the third pause beat and dropping the salute in unison on the sixth pause beat, left turn and step out.



NOTES:

1. There will be no whistle signal to indicate the final halt.
2. The left turn executed to march off the competition area is optional, but must not exceed four beats.
3. The team must march directly off the competition area and must not halt or disband until well clear of the side boundary.