

## DRILLS FOR TECHNICAL DRILL MOVEMENTS

### INTRODUCTORY GRADE

#### DRILL DEFINITIONS

##### **Halt**

Stopping with the feet together and the body erect

##### **Left Turn**

The signal will be given on the left foot, feet will come together, then step out to the left with the left foot

##### **Mark Time**

Body erect, feet raised alternately, until the toes clear the ground

##### **Mark Time Moving Forward on the March**

*As per Position of Attention except -*

**Action:** The feet will be raised alternately (as for Marking time) from the Stationary position to an optional height and as each foot is placed on the ground toe first, it will be at a sufficient length from the other so as to propel the Marcher forward to the relevant position of the movement being undertaken

**Height:** The Height of each Mark Time Moving forward pace is optional

**Foot Placement:**

Each foot will be placed on the ground directly in the line of march the marcher is moving towards.

**Length:** The length of each Mark Time Moving Forward pace will be determined by the movement being undertaken.

**Speed:** Each Mark Time Moving Forward pace will be executed at an even speed and will occupy one beat of the music.

**Arms:** Arms will be at sides (as for the Position of Attention) unless otherwise specified.

##### **Pace**

Length of pace, unless otherwise specified is 61cm.

##### **Pause**

One beat stop

**Position of Attention**

Feet together, Body erect, Arms / Hands at the side of the body with hands closed.

**Salute**

Bring the right hand to the, palm to the front, fingers extended and together. The dropping of the arm will be made by the shortest route down

**Side Pace**

The foot will be carried straight to the side, followed by the other foot. Each action to occupy one beat of music.

**Tempo**

Left foot placed on the loud or strong beat of music.

**Whistle Signal**

Three beats, two pace - one continuous blast

**NOTE: When it is required that more than one member executes identical drill, then such drill must be executed in a uniform manner (eg; mark time height).**

**For more detailed drill definitions, please see Section 2.**