

## **DRILLS FOR QUICKSTEP/COMPLIMENTS/MOVEMENTS UNDER 16 GRADE**

### **Turns**

For a left turn the whistle signal and step out will be with the left foot and for a right turn the whistle signal and step out will be with the right foot.

Beat 1           The rear foot will travel forward at approximately the same speed and in the same manner as it does in a normal marching pace (with the arms dropping to the sides at the same time), to rest beside, close to, parallel with the stationary foot, toes in line and hesitate.

Beat 2           Hesitate and then step out from the turn in the same manner and at approximately the same speed as in a normal marching pace, with the stationary foot pivoting on the ball of the foot to the required angle of the turn. The arms will start their swing as the step out pace is commenced.

### **Off-Step Turns**

For a left off-step turn the whistle and step out will be on the right foot and for a right off-step turn the whistle and step out will be on the left foot.

Perform the turns as per Beats 1 and 2 above.

### **About Turns**

If required these are specified within the detail for Quickstep/Compliments /Movements.

### **Halts During Movements Phase**

Beat 1           The rear foot will travel forward at approximately the same speed and in the same manner as it does in a normal marching pace (with the arms dropping to the sides at the same time), to rest beside, close to, parallel with the stationary foot, toes in line and hesitate.

Beat 2           Hesitate and step out from the halt in the same manner and at approximately the same speed as in a normal marching pace unless a mark time follows the halt when there will not be a hesitation prior to the first mark time.

### **Halt At End Of Movements Phase**

As per halt during movements except that the feet will be in the Position of Attention on completion.

### **Note:**

**Unless otherwise specified within a movement, all drills for the current Quickstep/Compliments/Movements should be read in conjunction with Section 2 of the Policy and Operations Manual (Technical).**