

COMPLIMENTS/MOVEMENTS

INTRODUCTORY GRADE

MOVEMENTS:

DISC	MOVEMENT
Start	
1	Mark Time Turning
2	Left Turn
3	Countermarch
4	Left Wheel
5	Form V / Salute

DISC MEASUREMENTS:

Disc	Left of Centre	From Front Boundary	Right of Centre
Assembly	18.91m	17.08m	-
Start	8.54m	17.08m	-
1	-	17.08m	1.83m
2		11.59m	1.83m
3		11.59m	13.42m
4	-	12.20m	2.44m
5	-	(Circle)	-

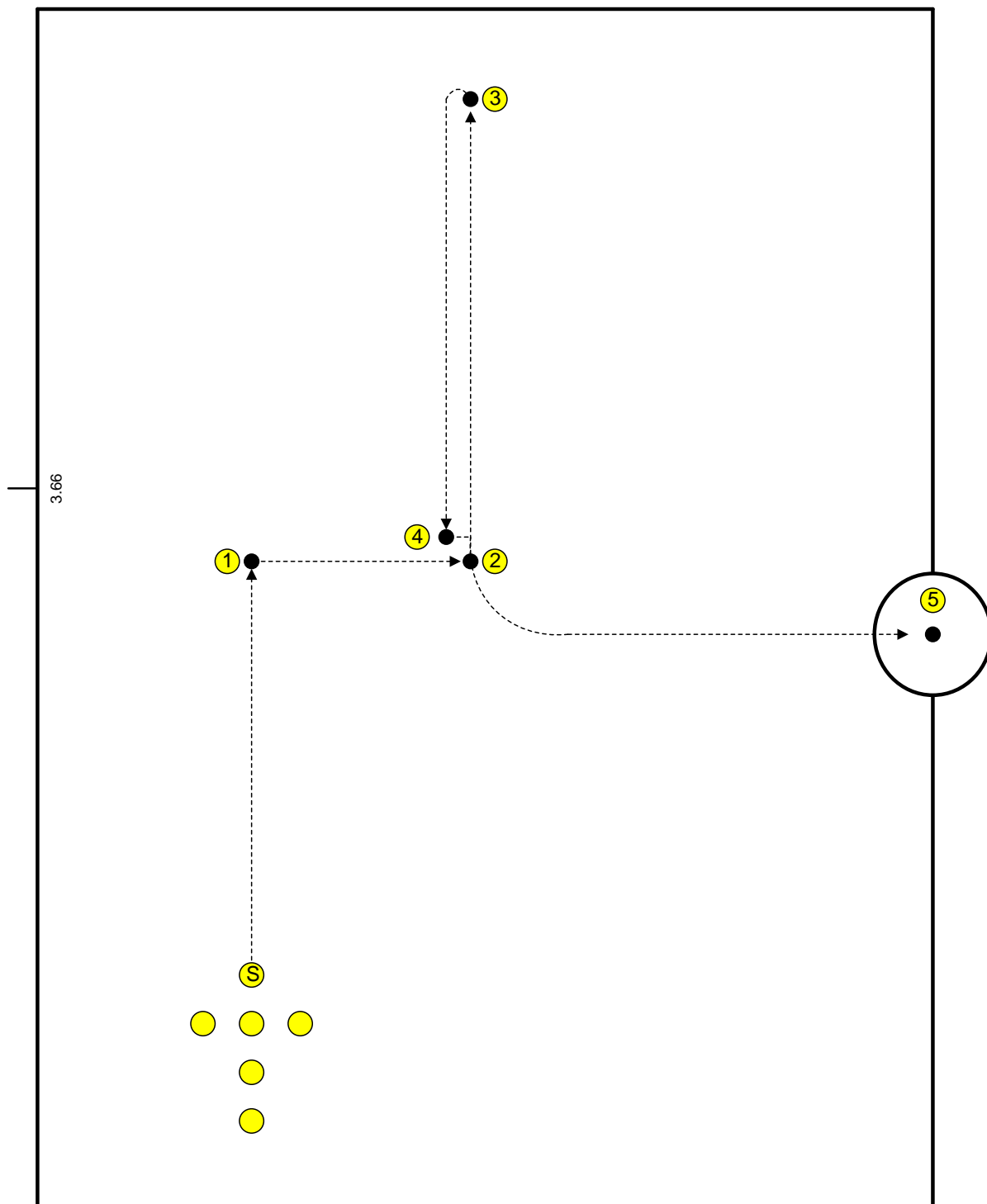
Note: The Assembly Position will be 18.91m, Left of Centre, unless this measurement precludes the use of an indoor venue in which case the Assembly Disc can be moved toward the side boundary at 17.69m or 16.47m.

Team will start on the U13 Start Discs (Yellow)

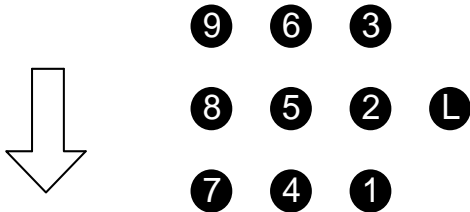
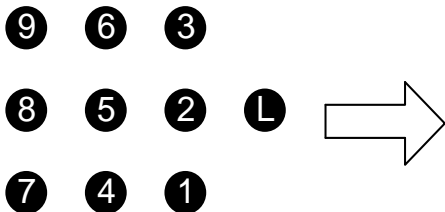
Length of Pace: 61cm

Time: 1 minute 30 seconds approximately

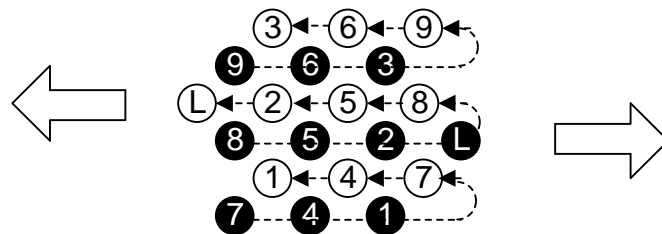
PLAN OF THE COMPLIMENTS/MOVEMENTS PHASE:



START: By the Centre Quick March

DISC 1 – MARK TIME TURNING:	
All Members	From the Start, including the step out pace with the LEFT foot, SEVENTEEN Paces will be taken to bring the Leader’s LEFT foot onto Disc 1
All Members	Halt, mark time six beats turning evenly 90° to the right, pause two, mark time six beats 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 Disc 2
	
DISC 2 – LEFT TURN:	
All Members	Left turn and step out. (as per the Drills for Introductory Grade)
All Members	Including the step out pace with the LEFT foot, NINETEEN paces will be taken to bring the Leader’s LEFT foot onto Disc 3.
	
DISC 3 – COUNTERMARCH:	
All Members	Halt
Leader	Moving forward mark time eight beats (arms at sides) to wheel 180 degrees to the left (radius half pace), march seven paces, mark time three beats and step out.

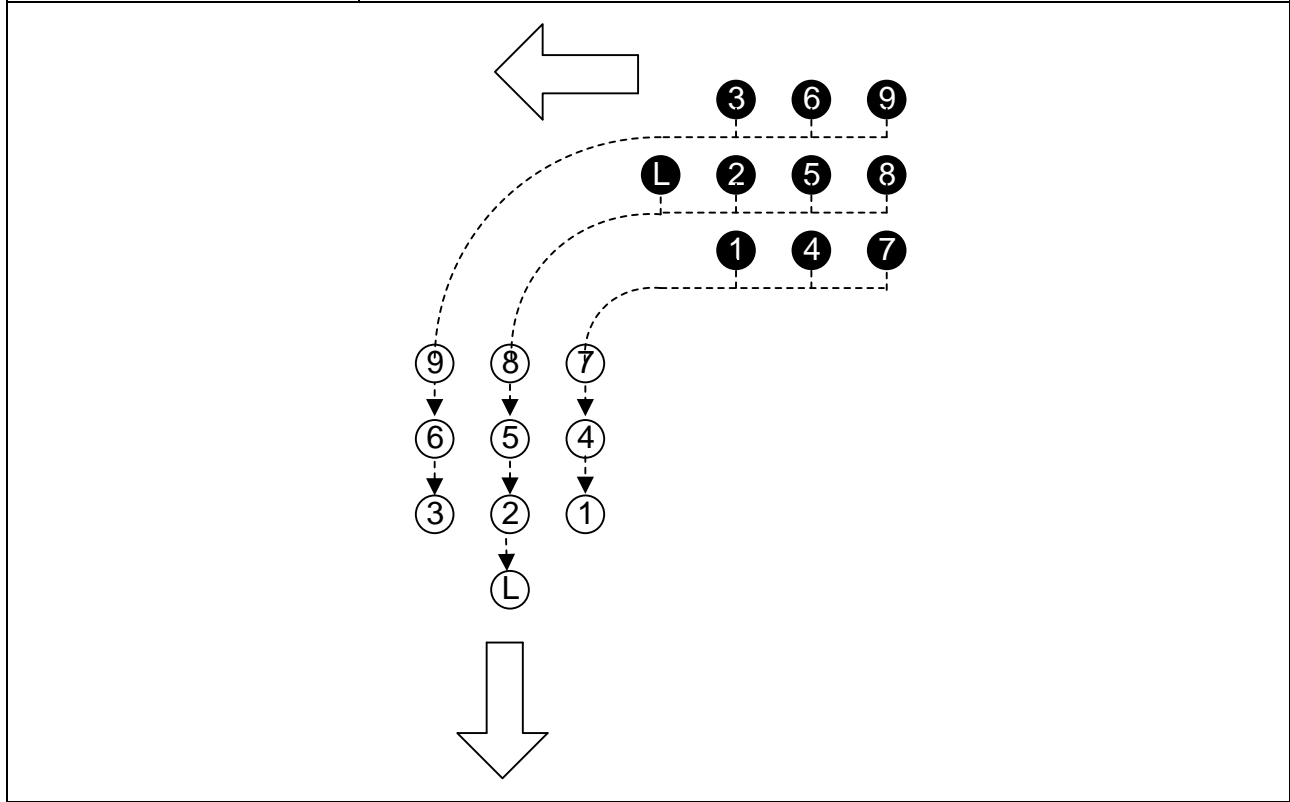
Nos. 1/2/3	March two paces, moving forward mark time eight beats (arms at sides) to wheel 180 degrees to the left (radius half pace), march five paces, mark time three beats and step out.
Nos. 4/5/6	March four paces, moving forward mark time eight beats (arms at sides) to wheel 180 degrees to the left (radius half pace), march three paces, mark time three beats and step out.
Nos. 7/8/9	March six paces, moving forward mark time eight beats (arms at sides) to wheel 180 degrees to the left (radius half pace), march one pace, mark time three beats and step out.
All Members	Including the step out pace with the LEFT foot, ELEVEN paces will be taken to bring the Leader's LEFT foot onto Disc 4.



DISC 4 – LEFT WHEEL:

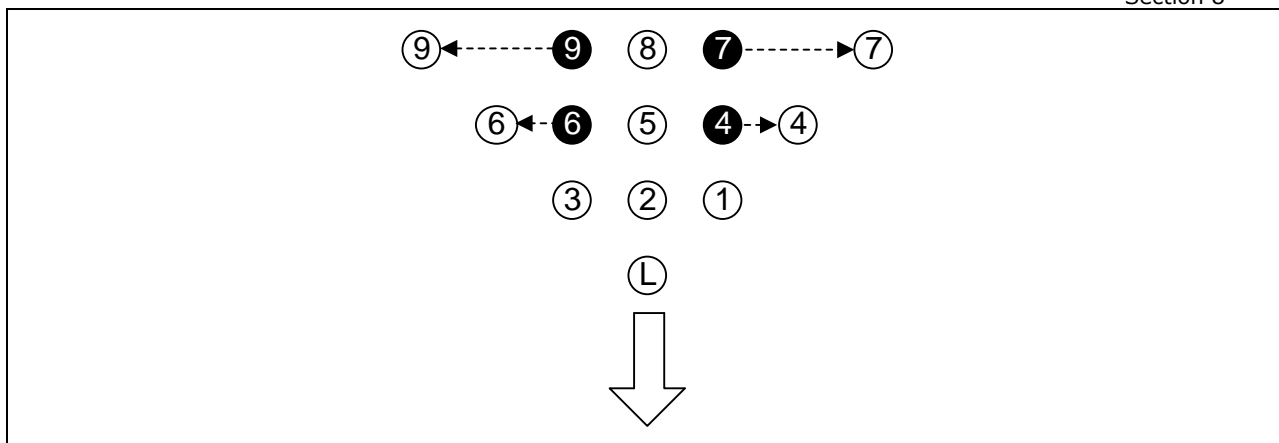
All Members	Halt, take one side pace to the left
Leader	Moving forward mark time ten beats (arms at sides) to wheel 90 degrees to the left (radius four paces) and step out. (Head turns optional)
No. 1/2/3	March two paces, moving forward mark time ten beats (arms at sides) to wheel 90 degrees to the left (No. 1 - radius two paces, No. 2 - radius four paces, No. 3 - radius six paces) and step out. (Head turns optional)
No. 4/5/6	March four paces, moving forward mark time ten beats (arms at sides) to wheel 90 degrees to the left (No. 4 - radius two paces, No. 5 - radius four paces, No. 6 - radius six paces) and step out. (Head turns optional)
No. 7/8/9	March six paces, moving forward mark time ten beats (arms at sides) to wheel 90 degrees to the left (No. 7 - radius two paces, No. 8 - radius four paces, No. 9 - radius six paces) and step out. (Head turns optional)

All Members	Including the step out pace with the LEFT foot, FIFTEEN paces will be taken to bring the Leader's LEFT foot onto Disc 5.
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DISC 5 – FORM V / SALUTE:

All Members	Halt
Leader and Nos. 1/2/3/5/8	Mark time twelve beats
No. 6	Take two side paces to the right, moving the right foot on the left beat, pause six beats, mark time two beats
No. 9	Take four side paces to the right, moving the right foot on the left beat, pause two beats, mark time two beats
No. 4	Take two side paces to the left, pause six beats, mark time two beats
No. 7	Take four side paces to the left, pause two beats, mark time two beats
All Members	Pause for eight beats saluting in unison on the third paused beat and dropping the salute in unison on the sixth paused beat, left turn and step out.



NOTES:

1. The left turn executed to march off the competition area is optional, but must not exceed four beats.
2. The team must march directly off the competition area and must not halt or disband until well clear of the side boundary.