

OPEN FREE CHOICE GRADE
SAMPLE MOVEMENTS PLAN (Technical Drill)
- Senior Paces -

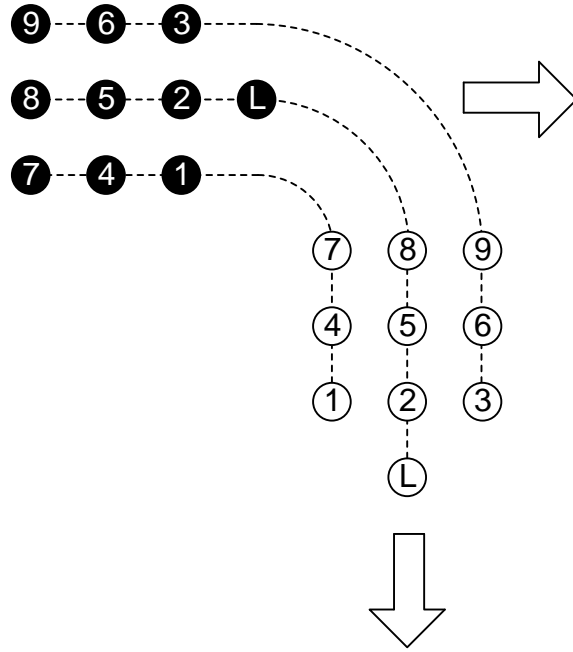
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|-------|--|
| Start | Halt / Mark Time Compliments |
| 1 | Halt / Right Wheel |
| 2 | Halt / Mark Time Turning To The Right |
| 3 | Halt / 90 Degree Pivot Turn To The Right |
| 4 | Halt / 90 Degree Pivot Turn To The Left |
| 5 | Halt / Mark Time Turning 90 Degrees Left |
| 6 | Halt / Form "T" |

Start: On Senior Start Discs

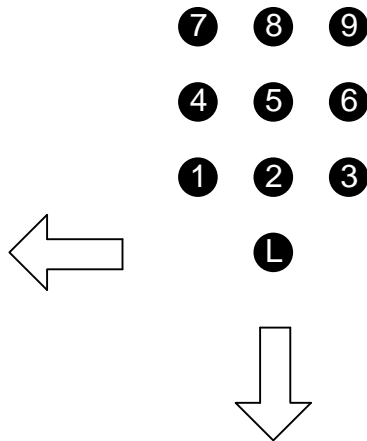
Start: By the Centre Quick March

Time: 1 minute 6 seconds (approx.)

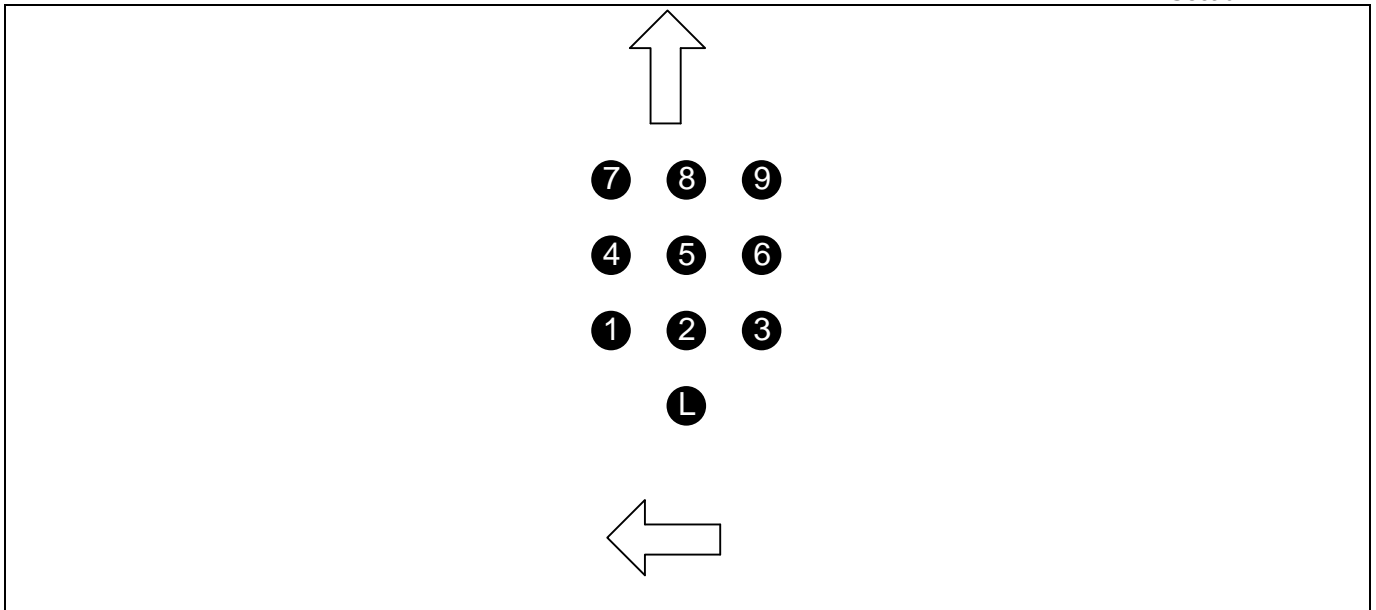
| HALT/MARK TIME COMPLIMENTS | |
|-----------------------------------|--|
| Leader | March nine paces (from the start), halt, mark time six beats saluting and turning head to the right on the fifth (left) beat, march nine paces (left arm at side), halt, pause two beats dropping the salute and turning head to the front on the first (left) of these beats and step out. |
| No. 1 | March nine paces(from the start), halt, mark time six beats, march nine 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 (from the start), halt, mark time six beats turning heads to the right on the fifth (left) of these beats, march nine 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 with the LEFT foot, NINE paces will be taken to bring the Leader’s LEFT foot onto Movement 1 |
| | |
| MOVEMENT 1 | HALT/ RIGHT WHEEL |
| All Members | Halt |
| Leader | March ten regulated paces to wheel 90 degrees to the right (radius four paces), turning head to the right on the commencement of the first regulated pace, and turning head to the new front on completion of the tenth regulated pace and step out |
| Nos. 1/2/3 | March two paces, march ten regulated paces to wheel 90 degrees to the right turning heads on the commencement of the first regulated pace (Nos.2/3 to the right, No.1 to the left)(radius - No.1 two paces, No.2 four paces, No.3 six paces) and turning heads to the new front on the completion of the tenth regulated pace and step out |
| Nos. 4/5/6 | March four paces, march ten regulated paces to wheel 90 degrees to the right, turning heads on the commencement of the first regulated pace (Nos. 5/6 to the right, No.4 to the left) (radius - No.4 two paces, No.5 four paces, No.6 six paces) and turning heads to the new front on the completion of the tenth regulated pace and step out |
| Nos. 7/8/9 | March six paces, march ten regulated paces to wheel 90 degrees to the right, turning heads on the commencement of the first regulated pace (Nos. 8/9 to the right, No.7 to the left) (radius - No. 7 two paces, No. 8 four paces, No. 9 six paces) and turning heads to the new front on the completion of the tenth regulated pace 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 2 |



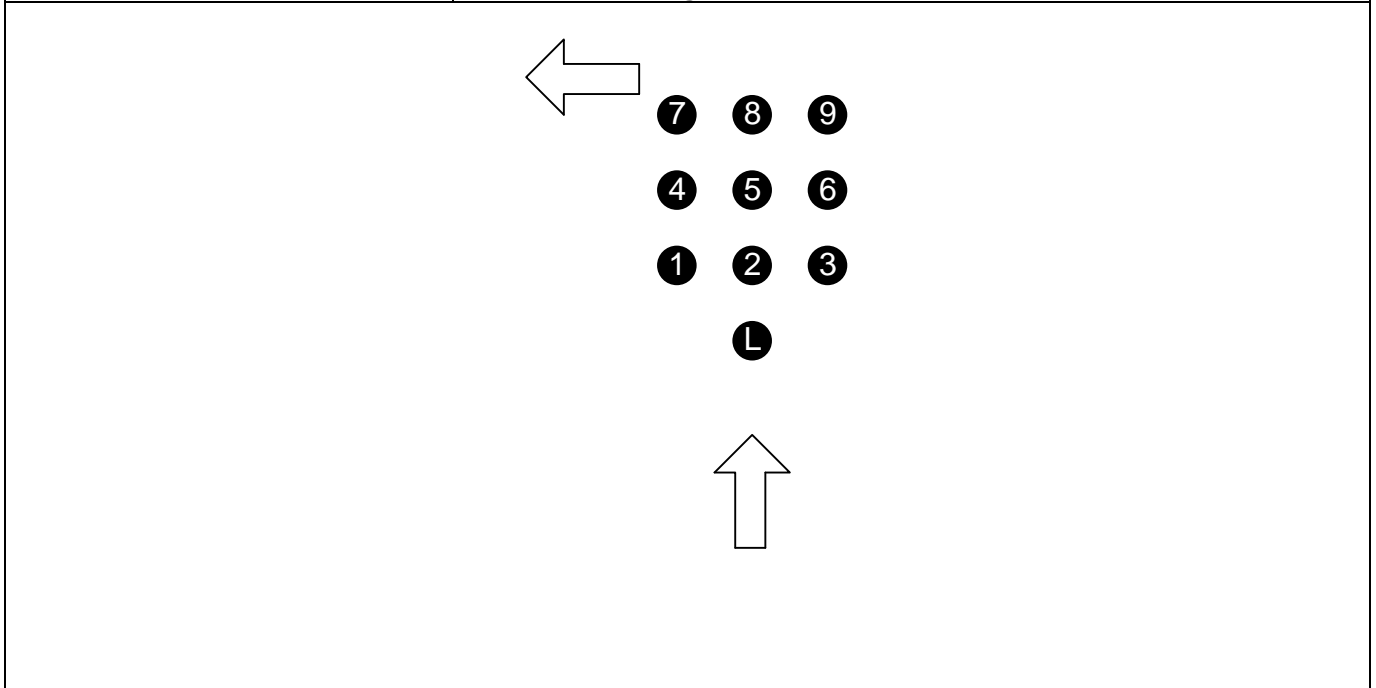
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| MOVEMENT 2 | HALT/MARK TIME TURNING TO THE RIGHT |
| All Members | Halt, mark time six beats turning evenly 90 degrees to the right and step out. |
| All Members | Including the step out pace with the LEFT foot NINE paces will be taken to bring the Leader's LEFT foot onto Movement 3 |



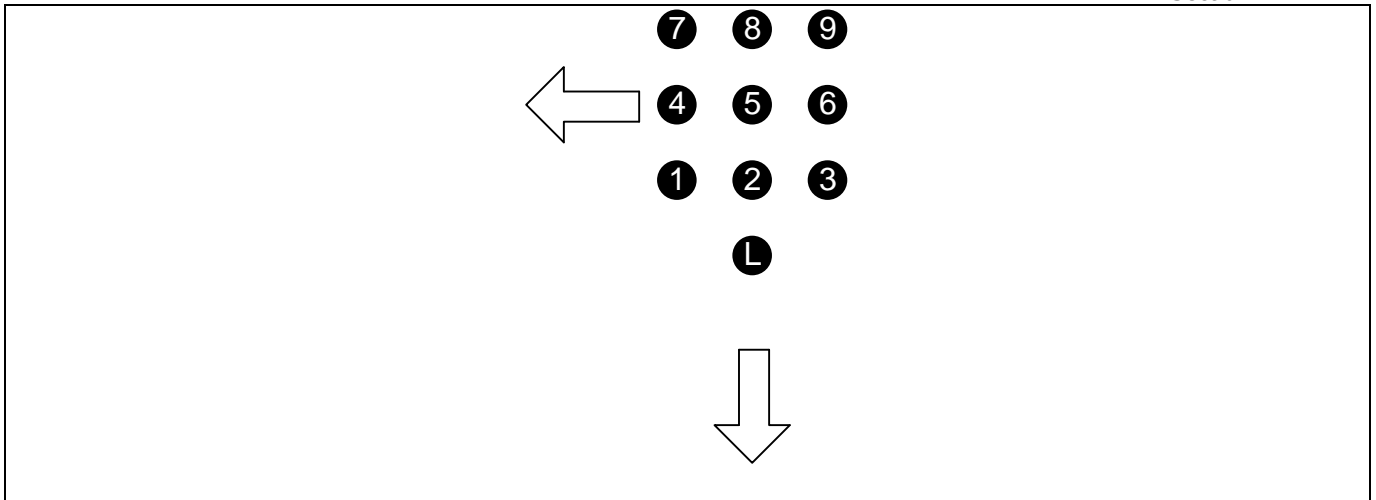
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| MOVEMENT 3 | HALT / 90 DEGREE PIVOT TURN TO THE RIGHT |
| All Members | Halt, pivot 90 degrees to the right on the ball of the left foot, pause one beat and step out. |
| All Members | Including the step out pace with the LEFT foot ELEVEN paces will be taken to bring the Leader's LEFT foot onto Movement 4 |



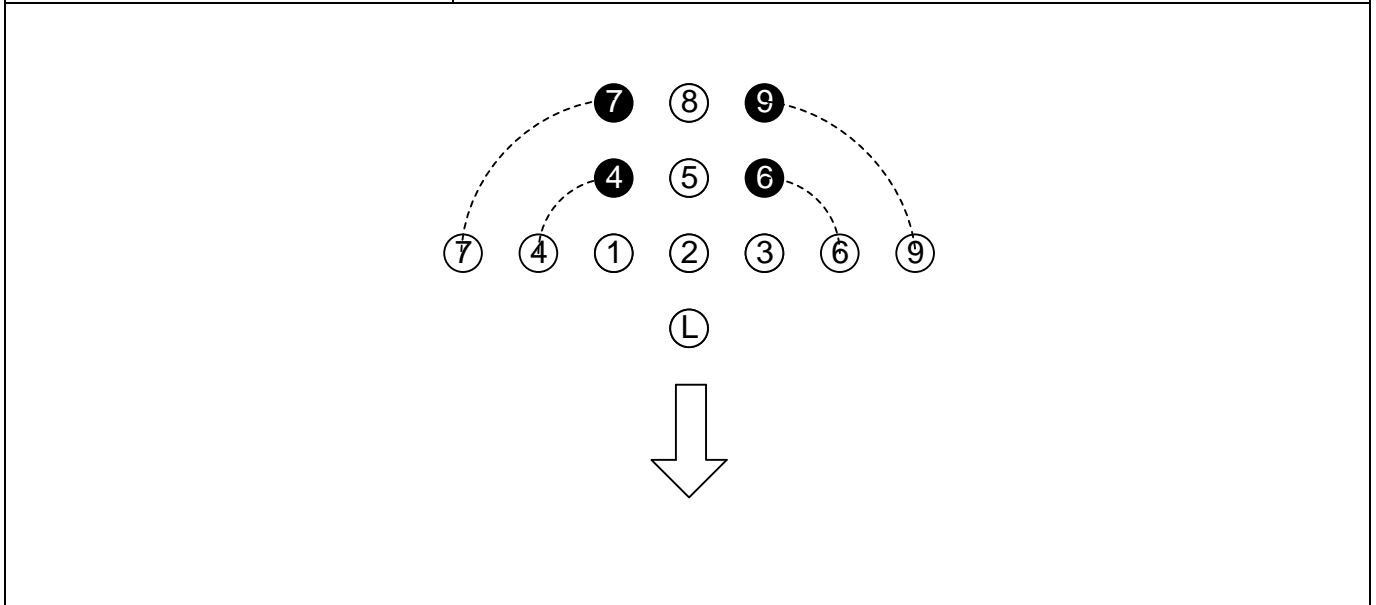
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| MOVEMENT 4 | HALT / 90 DEGREE PIVOT TURN TO THE LEFT |
| All Members | Halt, pivot 90 degrees to the left on the ball of the right foot, pause one beat and step out. |
| All Members | Including the step out pace with the LEFT foot, SEVEN paces will be taken to bring the Leader's LEFT foot onto Movement 5 |



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| MOVEMENT 5 | HALT / MARK TIME TURNING 90 DEGREES LEFT |
| All Members | Halt, mark time six beats, turning evenly 90 degrees to the left 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 6 |



| MOVEMENT 6 | HALT / FORM 'T' |
|-------------------|---|
| All Members | Halt |
| Leader/1/2/3/5/8 | Mark time eight beats and step out |
| Nos. 4/7 | March eight regulated paces (arms at sides) pivoting to align their shoulders on the No. 1 at the commencement of these paces (radius No.4 two paces, No. 7 four paces) and step out |
| Nos. 6/9 | March eight regulated paces (arms at sides) pivoting to align their shoulders on the No. 3 at the commencement of these paces (radius No. 6 two paces, No. 9 four paces) and step out |
| All Members | Including the step out pace with the LEFT foot, TEN paces will be taken to halt in the circle. |



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.