

TECHNICAL B Pg.2 U16, SNR, MASTERS GRADES

COMMENTS: (Judge to tick appropriate boxes)

POSTURE:

Body not erect

Posture unsteady

Shoulders not level and square to front

Hesitation not completed

HANDS:

Incorrect grip (fingers/thumbs)

Incorrect alignment (up/down/hooksing/twisting)

Incorrect position at side

Not steady

SALUTE:

Incorrect action

Incorrect timing

Incorrect position (when raised)

HEAD TURN:

Incorrect action

Incorrect timing

Incorrect position (when turned)

ARMSWING:

Incorrect action/timing

Incorrect direction

Height not uniform, as per drill details

Timing not uniform

Arms not naturally straight

ARMDROP:

Incorrect action/timing

Incorrect direction

Incorrect height

ARMSWING OUT:

Incorrect action/timing

Incorrect direction

Incorrect height

PAUSES:

Incorrect timing

Any part of the body moving

POSTURE

E = Erect
Sh = Shoulders
St = Steady
Hes = Hesitations

HANDS

G = Grip
Al = Alignment
Pos = Position
St = Steady

SALUTE

A = Action
T = Timing
Pos = Position

HEAD TURN

A = Action
T = Timing
Pos = Position

ARMSWING

A = Action
T = Timing
D = Direction
H = Height

ARMDROP

A = Action
T = Timing
D = Direction
H = Height

ARMSWING OUT

A = Action
T = Timing
D = Direction
H = Height