

CHAPTER 4

Drill Positions and Movements

The next few pages are devoted to a series of positions and movements with which you must be thoroughly familiar. We have studied the positions and responsibilities of the flight commander, flight sergeant, flight guide, element leader, assistant element leader, and the forming of the flight. The purpose of this lesson is to introduce cadets to the basic movements and build their understanding of drill. Cadets will be given an opportunity to perform each movement to ensure they see and have an opportunity to demonstrate that they have learned the required skills. Cadets should learn these positions and how to execute each movement in every detail before any attempt is made to perform with the group. This chapter explains, by word and picture, certain basic positions and movements.

Position of Attention

The first of these positions is that of **ATTENTION**. Attention is a standing position assumed by military personnel upon command. The commander brings the men and women to attention from any of the rest positions except fall out by issuing the command **(Flight, (Sqdn, Group) ATTENTION)**. Like all other commands, the command to call the unit to attention should be given with a rhythmic flow of language and with a command voice that reflects enthusiasm and authority.

At the preparatory command, cadets will assume the position of parade rest. At the command of execution, **ATTENTION**, they assume the position of attention. To

come to attention, bring the heels together smartly and on line. Place the heels as near each other as the conformation of the body permits, and ensure the feet are turned out equally, forming a 45-degree angle. Keep the legs straight without stiffening or locking the knees. The body is erect with hips level, chest lifted, back arched, and shoulders square and even. Arms hang straight down along side the body without stiffness, and the wrists are straight with the forearms. Place thumbs, which are resting along the first joint of the forefinger, along the seams of the trousers or sides of the skirt. Hands are cupped (but not clenched as a fist) with palms facing the leg (see figure 4-1). The head is kept erect and held straight to the front with the chin drawn in slightly so the axis of the head and neck is vertical; eyes are to the front, with the line of sight parallel to the ground. The weight of the body rests equally on the heels and balls of both feet, and silence and immobility are required.

Rest Positions

The next group of positions to be considered are those of rests. They are Parade Rest, At Ease, Rest, and Fall Out. All are executed from the halt and only from the position of attention.

Parade Rest. The command for this position is **Parade, REST**. On the preparatory command of **Parade**, cadets should mentally prepare to do the movement. On the command of execution, **REST**, the cadet should raise the left foot from the hip just enough to clear the ground

and move it smartly to the left so the heels are 12 inches apart as measured from the inside of the heels. Keep the legs straight, but not stiff, and the heels on line. As the left foot moves, bring the arms, fully extended, to the back of the body, uncupping the hands in the process; and extend and join the fingers, pointing them towards the ground. The palms will face outwards. Place the right hand in the palm of the left, right thumb over the left to form an “X” (see figure 4-2). Keep head and eyes straight ahead. Silence and immobility are required while standing at parade rest.

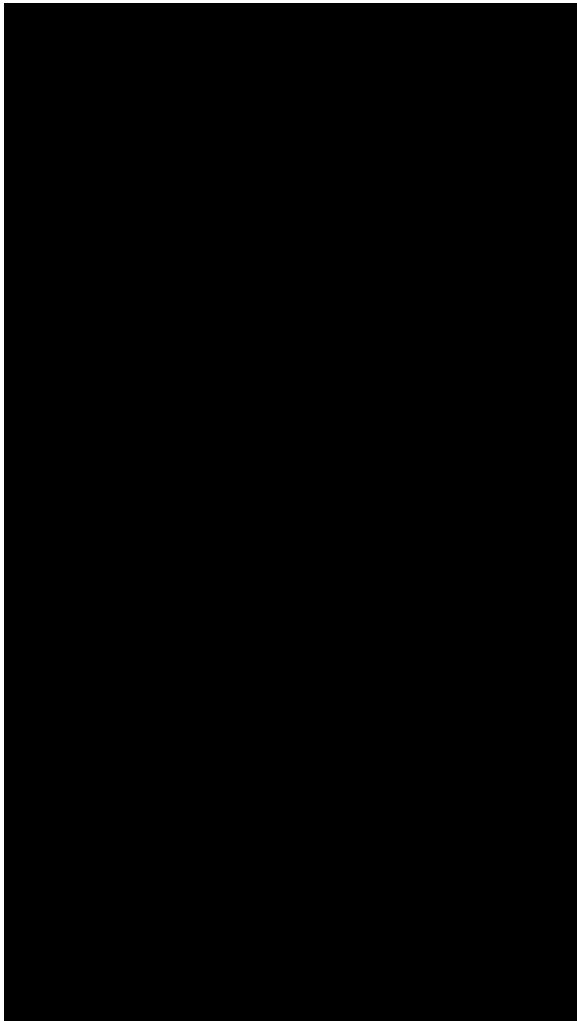
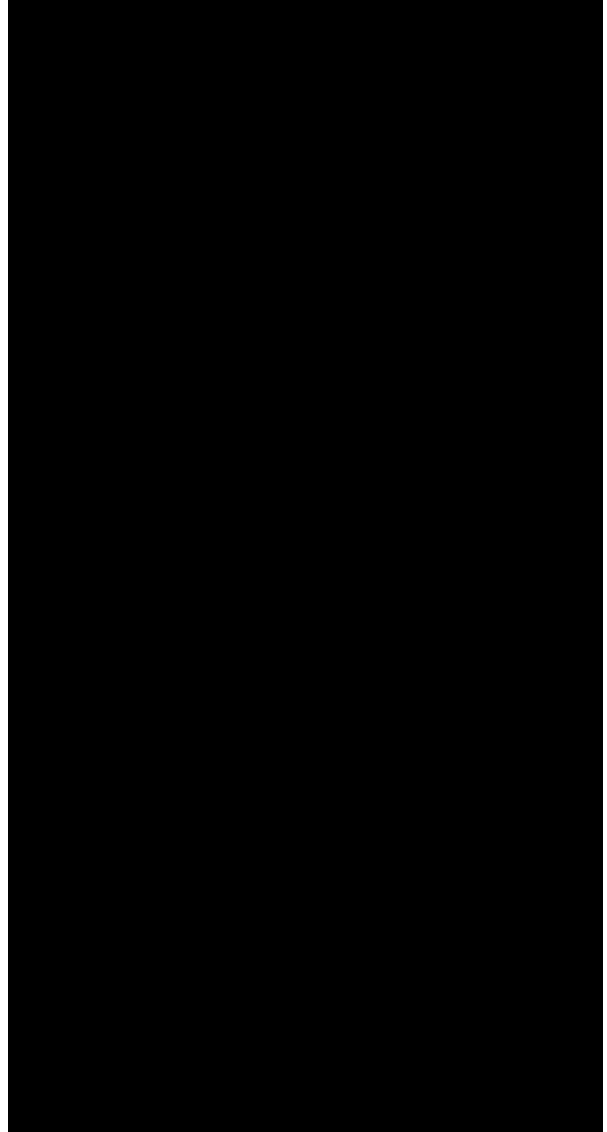


Figure 4-1. Position of Attention.

Figure 4-2. Parade Rest.



At Ease/Rest

At Ease. Cadets will assume this position when the combined command **AT EASE** is given. On the command of **AT EASE**, cadets may relax in a standing position. Their position in the flight will not change. Their right foot must remain in place and silence must be maintained.

Rest. When the command **REST** is given, cadets will assume the rest position. The only requirement with which they must comply is to keep their right foot on the ground and in place. Silence and

immobility are not required. The only difference between at ease and rest is that talking in a low conversational tone is permitted while at rest.

Fall Out

The command is **FALL OUT**. Upon hearing the command **FALL OUT**, cadets may relax in a standing position or break ranks. They must remain in the immediate area, and no specific method of dispersal is required. Moderate speech is permitted.

To resume the position of attention from any of the rests (except fall out), the command is **Flight, ATTENTION**. On the command **Flight**, the cadets assume the position of parade rest; and at the command **ATTENTION**, they assume the position of attention.

Facing Movements

The facing movements you will study at this time are Right Face, Left Face, About Face, Half Right Face, and Half Left Face. All of these facing movements are executed from the halt while standing at attention, and all of them are two-count movements executed in quick time.

Right (Left) Face. On the preparatory command of **Right** or **Left**, cadets should mentally prepare themselves to do the movement. On the command of execution **FACE**, the cadet raises the left (right) heel and right (left) toe slightly and pivots 90 degrees to the right (left) on the ball of the left (right) foot and the heel of the right (left) foot, assisted by a slight pressure on the ball of the left (right) foot. Legs should be kept straight, but not stiff. The upper portion of the body remains at attention. This completes count one of the movement. Next, bring the left (right) foot smartly forward, ensuring heels are together and on

line. Feet should now be forming a 45-degree angle, which means the position of attention has been resumed (see figure 4-3). This completes count two of the movement.

About Face. In facing to the rear, the command is **About, FACE**. This is a two-count movement. At the command **FACE**, the cadet lifts the right foot from the hip just enough to clear the ground. Without bending the knees, the cadet should place the ball of the right foot approximately half a shoe length behind and slightly to the left of the heel. The weight of the body should be distributed on the ball of the right foot and the heel of the left foot. Keep both legs straight, but not stiff. The position of the foot has not changed. This completes count one of the movement. Keeping the upper portion of the body at the position of attention, pivot 180 degrees to the right on the ball of the right foot and heel of the left foot, with a twisting motion from the hips. Suspend armswing during the movement, and remain as though at attention. On completion of the pivot, heels should be together and on line and feet should form a 45-degree angle. The entire body is now at the position of attention (see figure 4-4). This completes count two of the movement.

Half Right (Left) FACE. When instructions are given for 45-degree movements, the command **Half Right (Left), FACE** may be used. The commands and movements used to execute half right and half left face are the same as those used to execute right face and left face with the following exceptions: (1) for the preparatory command, the word half precedes the word right (left) thus making the total command **Half Right (Left), FACE**, and (2) the pivot will be to the right (left) only 45 degrees at the count of ONE instead of the 90 degree pivot made when executing right (left) face.

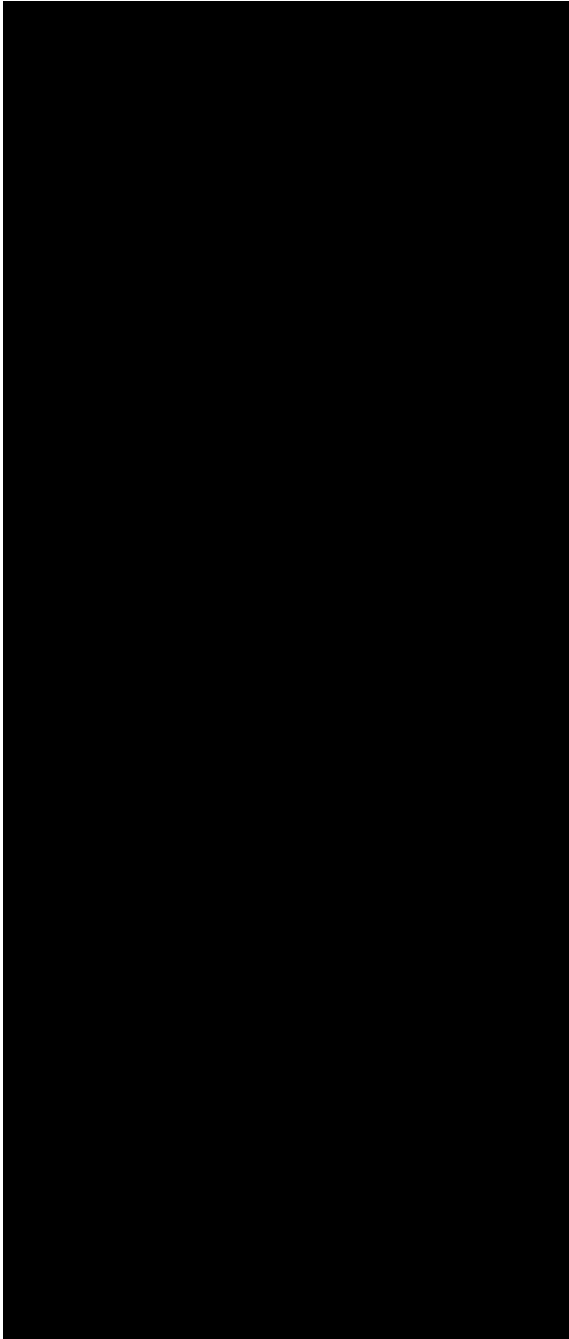


Figure 4-3. Right Face.

Eyes Right (Left) and Ready Front

The commands are **Eyes, RIGHT (LEFT)** and **Ready, FRONT**. These commands may be given at a halt or while marching. The preparatory command and

command of execution are given on the right (left) foot while marching. On the command **RIGHT (LEFT)**, all persons, except those on the right (left) flank, turn their heads and eyes smartly 45 degrees to the right (left) (figure 4-5). To return their heads and eyes to the front, the command **Ready, FRONT** is given as the left (right) foot strikes the ground. On the command **FRONT**, heads and eyes are turned smartly to the front (figure 4-6).

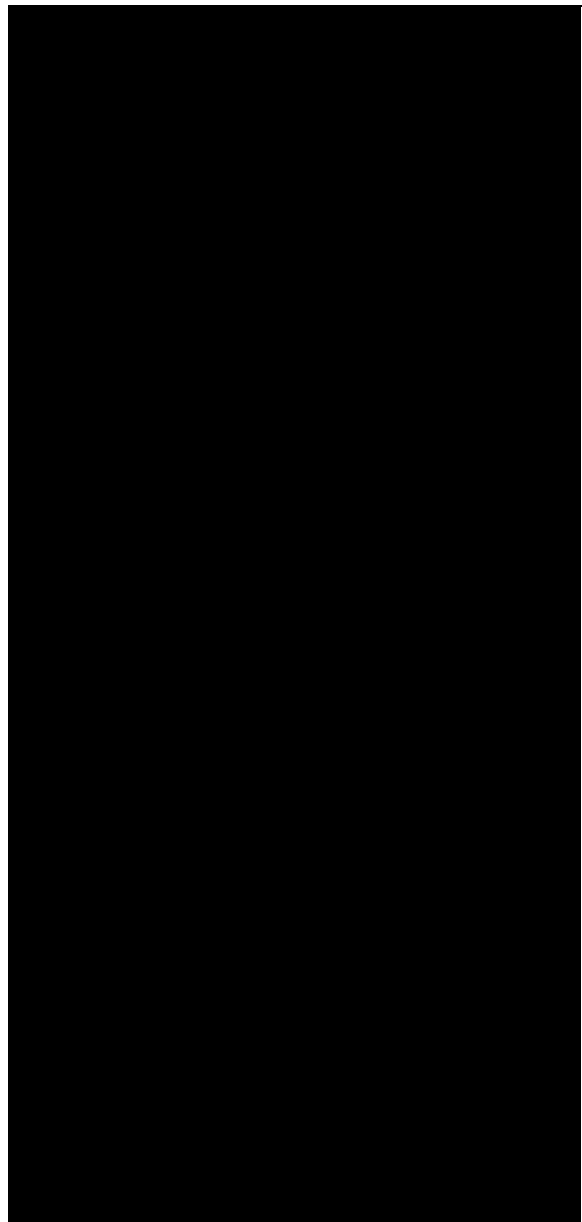


Figure 4-4. About Face.

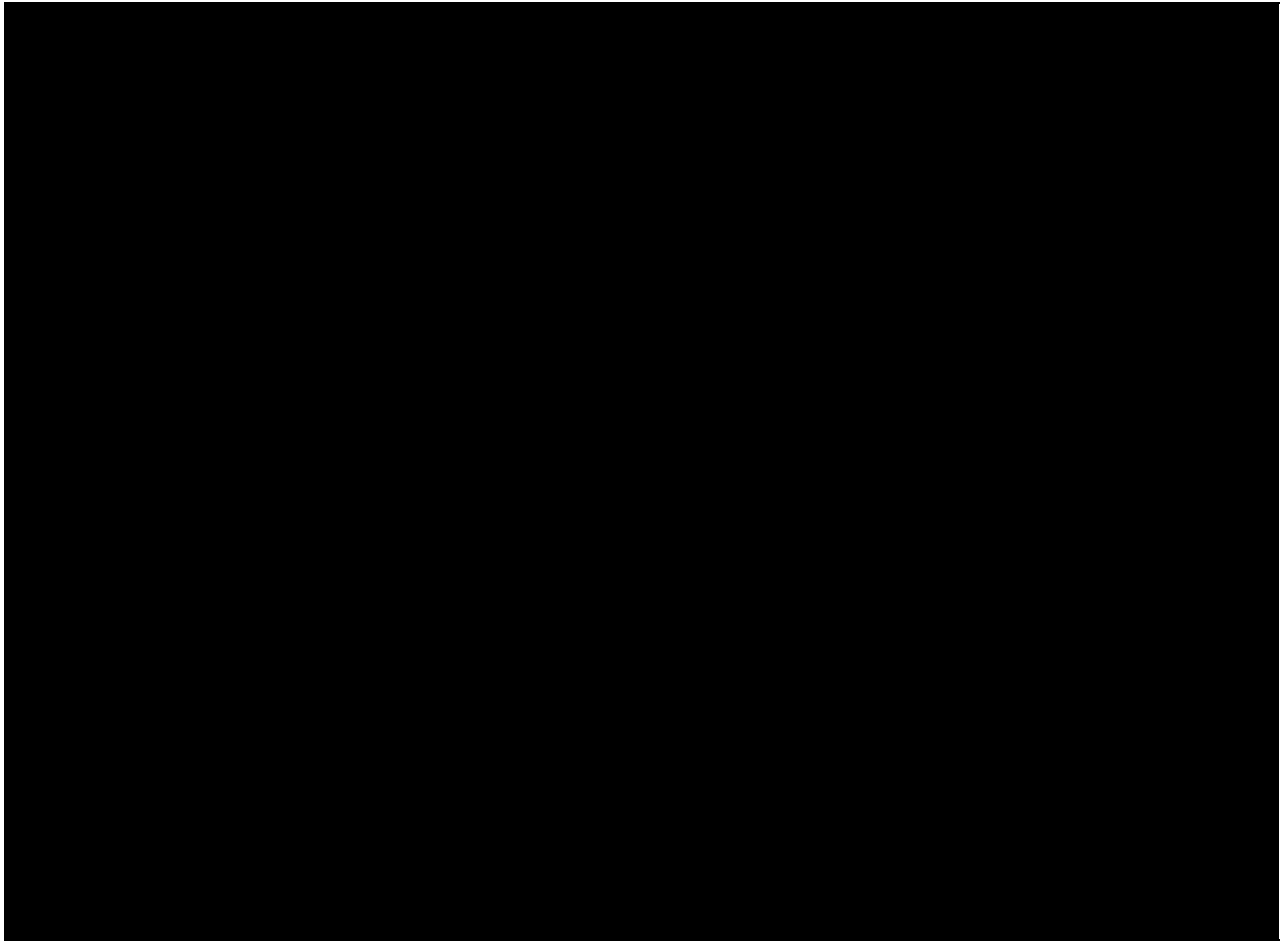


Figure 4-5. Eyes Right.

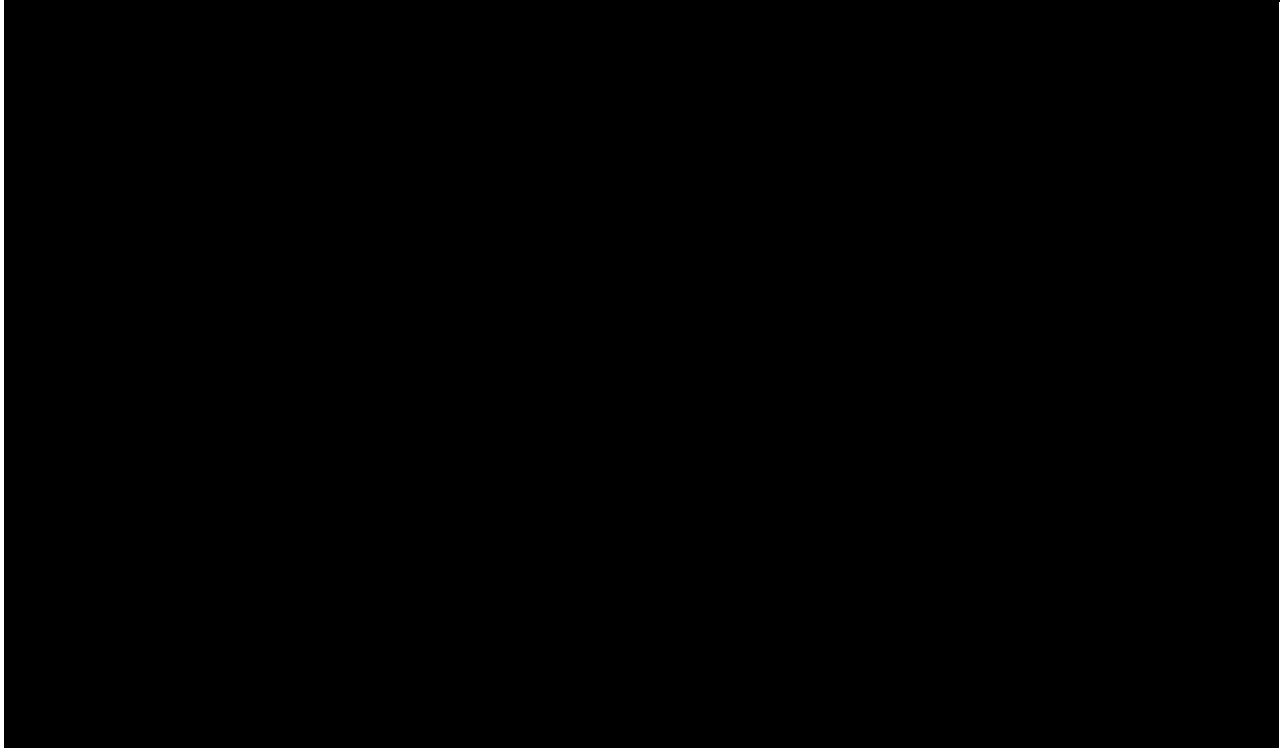


Figure 4-6. Ready Front.

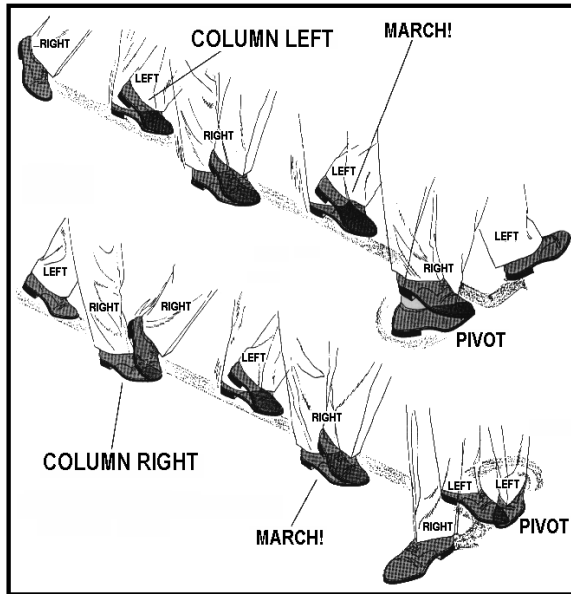


Figure 4-7. Command for Column Left and Column Right Movements.

Steps and Marching

When executed from a halt, all steps and marchings begin with the left foot, except right step and close march. Both the preparatory command and the command of execution are given as the foot in the direction of the turn strikes the ground. For units no larger than a flight, the preparatory command is normally given as the heel of the left (right) foot strikes the ground (figure 4-7) and the command of execution is given when the heel of the left (right) foot next strikes the ground.

For units larger than a flight, time is allowed for the subordinate commanders to give appropriate supplementary commands. The pause between commands is three paces.

Forward March and Halt

To march forward in quick time from a halt, the command is **Forward, MARCH**. On the command **MARCH**, the cadet smartly steps off straight ahead with the left foot, taking a 24-inch step (measured from

heel to heel), and places the heel on the ground first. When stepping off and while marching, the cadet will use coordinated armswing; that is, right arm forward with the left leg and left arm forward with the right leg. The hands are cupped with the thumbs pointed down, and the arms hang straight, but not stiff, and swing naturally. The swing of the arms will measure 6 inches to the front (measured from the rear of the hand to the front of the thigh) and 3 inches to the rear and measured from the front of the hand to the back of the thigh (see figure 4-8). If applicable, proper dress, cover, interval, and distance will be maintained; and cadence will be adhered to. Count cadence as follows: counts one and three are given as the heel of the left foot strikes the ground, and counts two and four are given as the heel of the right foot strikes the ground.

To Halt from Quick Time March. To halt from quick time march, the command is **Flight, HALT**, given in rhythm as either foot strikes the ground. On the command **HALT**, the cadet will take one more 24-inch step. Next, the trailing foot will be brought smartly alongside the front foot. The heels will be together, on line, and form a 45-degree angle. Coordinated armswing will cease as the weight of the body shifts to the leading foot when halting.

Double Time

Whenever given from the halt or given when marching in quick time, the command to march double time is **Double Time, MARCH**. When halted and on the command of **MARCH**, the cadet begins with the left foot, raises the forearms to a horizontal position along the waistline, cups the hands with the knuckles turned outward, and begins an easy run of 180 steps per minute with 30-inch steps, measured from

heel to heel. Coordinated motion of the arms are maintained throughout (see figure 4-9). The entire flight stays in step; it is up to the flight commander to call cadence when he or she sees the flight getting out of step. Talking is not permitted at double time.

When marching in quick time the command of execution **MARCH** can come as either foot strikes the ground. The cadet simply takes one more step in quick time and then steps off in double time.

To resume quick time from double time, the command is **Quick Time, MARCH,**

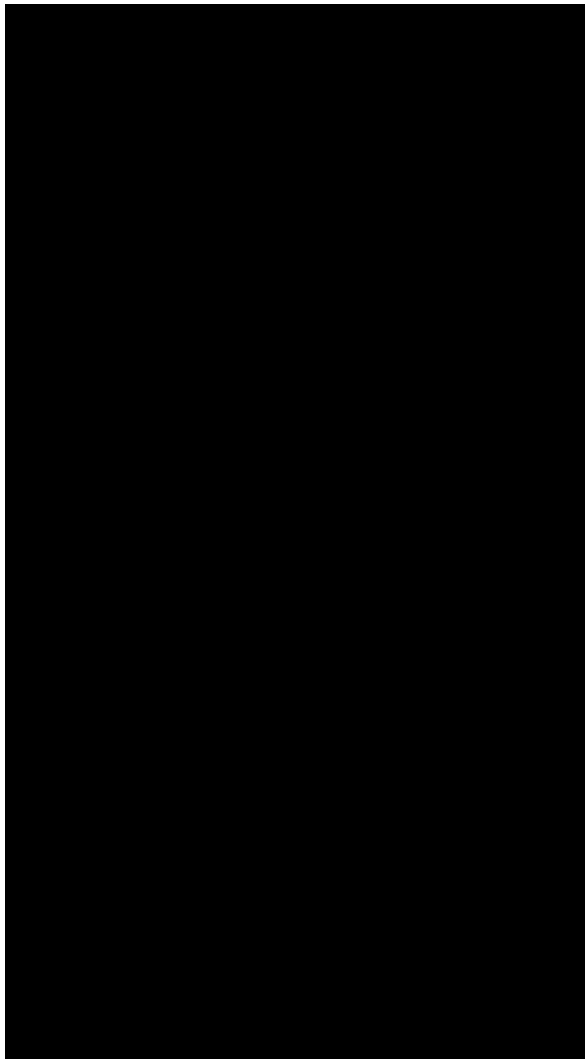


Figure 4-8. Quick Time.

with four steps between commands. On the command of execution **MARCH**, given as either foot strikes the ground, the cadet advances two more steps in double time, resumes quick time, lower the arms to the sides, and resume coordinated armswing.

To halt from double time, the command **Flight, HALT** is given as either foot strikes the ground, with four steps between commands. The cadet takes two more steps in double time and halts in two counts at quick time, lowering the arms to the sides. The only commands that can be given when marching at double time are **Incline to the (Right) Left; Quick Time, MARCH;** and **Flight, HALT.**

Mark Time

Mark time simply means to go through the movements of marching without moving from your post. The movement is often used when it becomes necessary for the members of an element or a flight to await their turn to fall into a certain designated place in a larger formation that is on the march. It is also used when certain changes in the formation of an element or flight are called for. However, the main objective at this point is to learn how to execute the movement.

Mark Time March (While Marching)

The command is **Mark Time, MARCH.** When marching, the command **MARCH** is given as either foot strikes the ground. The cadet takes one more 24-inch step with the right or left foot. He or she then brings the trailing foot to a position so that both heels are on line. The cadence is continued by alternately raising and lowering each foot. The balls of the feet are raised 4 inches above the ground. Normal

armswing is maintained. Dress and cover are maintained.

At a halt, on the command **MARCH**, the cadet raises and lowers first the left foot and then the right. Mark time is executed in quick time only. The halt executed from mark time is similar to a halt from quick time.

quick time, and maintain proper dress and cover.

Half Step

The command **Half Step, MARCH** is given as either foot strikes the ground. On the command **MARCH**, the cadet takes one more 24-inch step followed by a 12-inch

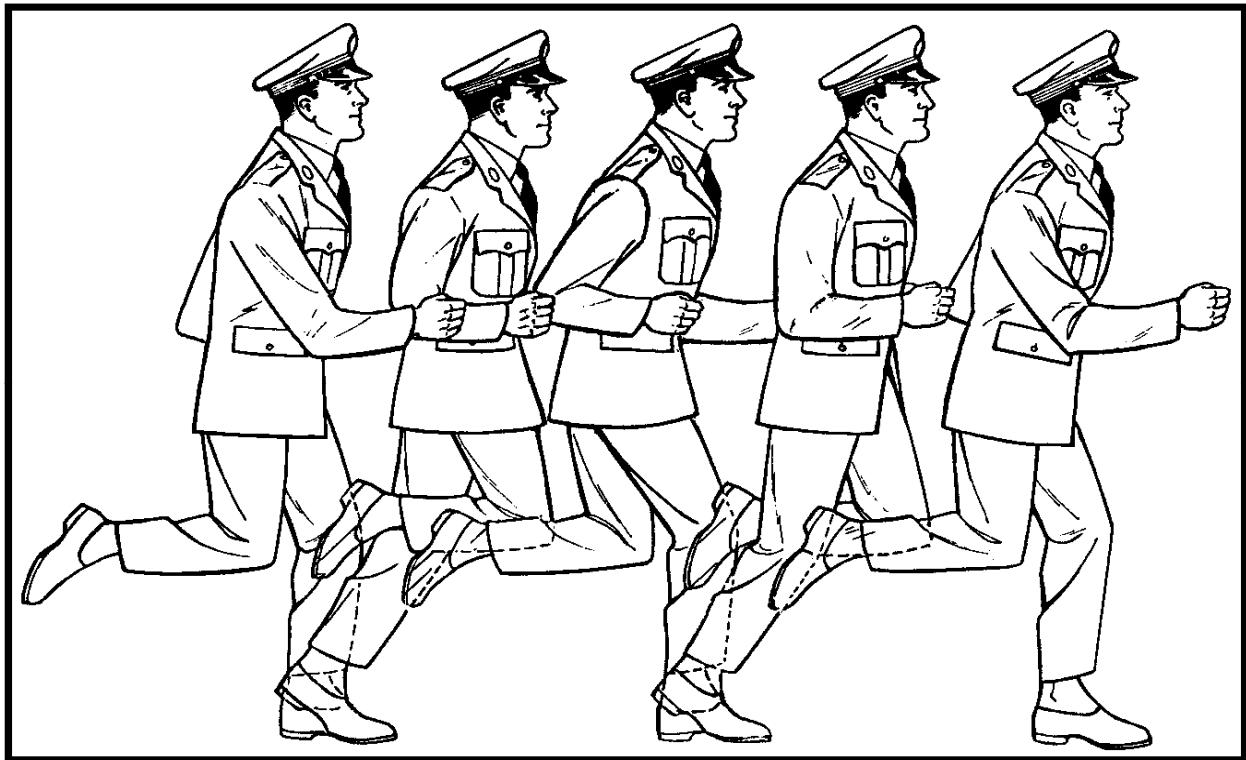


Figure 4-9. Double Time.

The command **Forward, MARCH** is given to resume marching with the 24-inch step. The cadet takes one more step in place and then steps off in a full 24-inch step. This command is given as the left foot strikes the ground.

The actions required to execute the mark time movement are to raise and lower the feet in place approximately 4 inches above the ground in quick time cadence, swing the arms normally as if marching at

step as measured from heel to heel, in quick time, setting the heel down first without scraping the ground. The cadet maintains coordinated armswing and continues the half step until marched forward or halted.

To resume the full 24-inch step, the command **Forward, MARCH**, is given as the heel of the left foot strikes the ground. On the command **MARCH**, the cadet takes one more 12-inch step with the right foot

and then steps out with a full 24-inch step with the left foot.

The halt executed from half step is similar to the halt from the 24-inch step. The half step is not executed from the halt nor are changes of direction made from the half step. The half step is executed only in quick time and normal armswing is maintained.

Right (Left) Step

This is a side step movement either to the right or to the left, depending on the command. The details of the movement are described here. The command is **Right (Left) Step, MARCH**, given only from a halt and for moving short distances. On the command **MARCH**, the cadet raises the right (left) leg from the hip just high enough to clear the ground. The leg will be kept straight, but not stiff, throughout the movement. The cadet places the right (left) foot 12 inches, as measured from the inside of the heels, to the right (left) of the left (right) foot. Transfer the weight of the body to the right (left) foot, then bring the left (right) foot (without scraping the ground) smartly to a position alongside the right (left) foot as in the position of attention. This movement is continued in quick time; the upper portion of the body remains at attention and arms remain at the sides throughout.

Cadence may be counted during this movement. Counts one and three are given as the right (left) foot strikes the ground. Counts two and four are given as the heels come together.

To halt from the right (left) step, the preparatory command and command of execution are given as the heels come together. The halt from the right (left) step is executed in two counts. On the command **HALT**, one more step is taken with the right

(left) foot and the left (right) foot is placed smartly alongside the right (left) foot as in the position of attention.

Change Step

This movement is used when any member of a group such as an element, flight, or squadron is out of step with other members of the unit or when all members of an element are out of step with other elements that compose a larger organization.

You are normally out of step if your right foot is striking the ground on the counts of one and three. When a cadet is out of step, he or she will have to perform the change step movement on their own. When all members of one element of the total unit are out of step with the other elements of the same unit, the change step movement will be executed by command.

The command **Change Step, MARCH**, is given as the right foot strikes the ground. At the command of execution **MARCH**, given as the right foot strikes the ground, the cadet takes one more 24-inch step with the left foot. Then, in one count, places the ball of the right foot alongside the heel of the left foot, suspends armswing, shifts the weight of the body to the right foot, then steps off with the left foot in a 24-inch step, resuming coordinated armswing. The upper portion of the body remains at the position of attention throughout.

To the Rear March

This is another marching movement that is executed only while marching in quick time. The command **To the Rear, MARCH**, is given as the heel of the right foot strikes the ground. At the command of execution **MARCH**, the cadet will take a 12-inch step

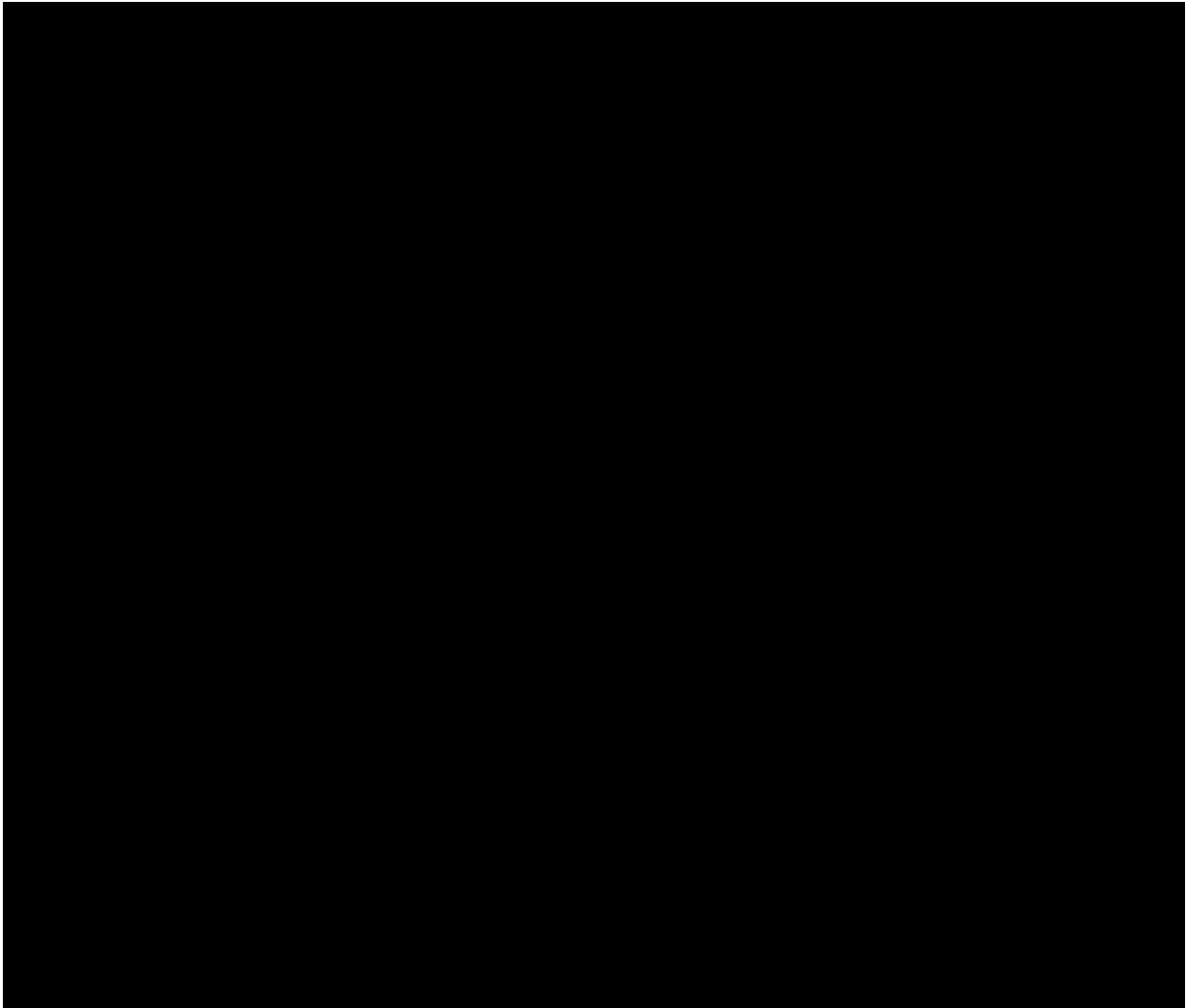


Figure 4-10. To The Rear March.

with the left foot placing it in front of and in line with the right foot and distribute the weight of the body on the balls of both feet. The cadet will then pivot 180 degrees to the right on the balls of both feet, and take a 12-inch step with the left foot in the new direction with coordinated armswing, before taking a full 24-inch step with the right foot. While pivoting, do not force the body up or lean forward. The pivot takes a full count (see figure 4-10) and the armswing is suspended to the sides as the weight of the body comes forward while executing the pivot, as if at the position of attention.

Flanking Movement

Right and left flanking movements may be used when it becomes necessary to move troops to the right or to the left for short distances. These movements are executed by command. The command is **Right (Left) Flank, MARCH**, given as the heel of the right (left) foot strikes the ground. On the command **MARCH**, the cadet takes one more 24-inch step, pivots 90 degrees to the right (left) on the ball of the left (right) foot,

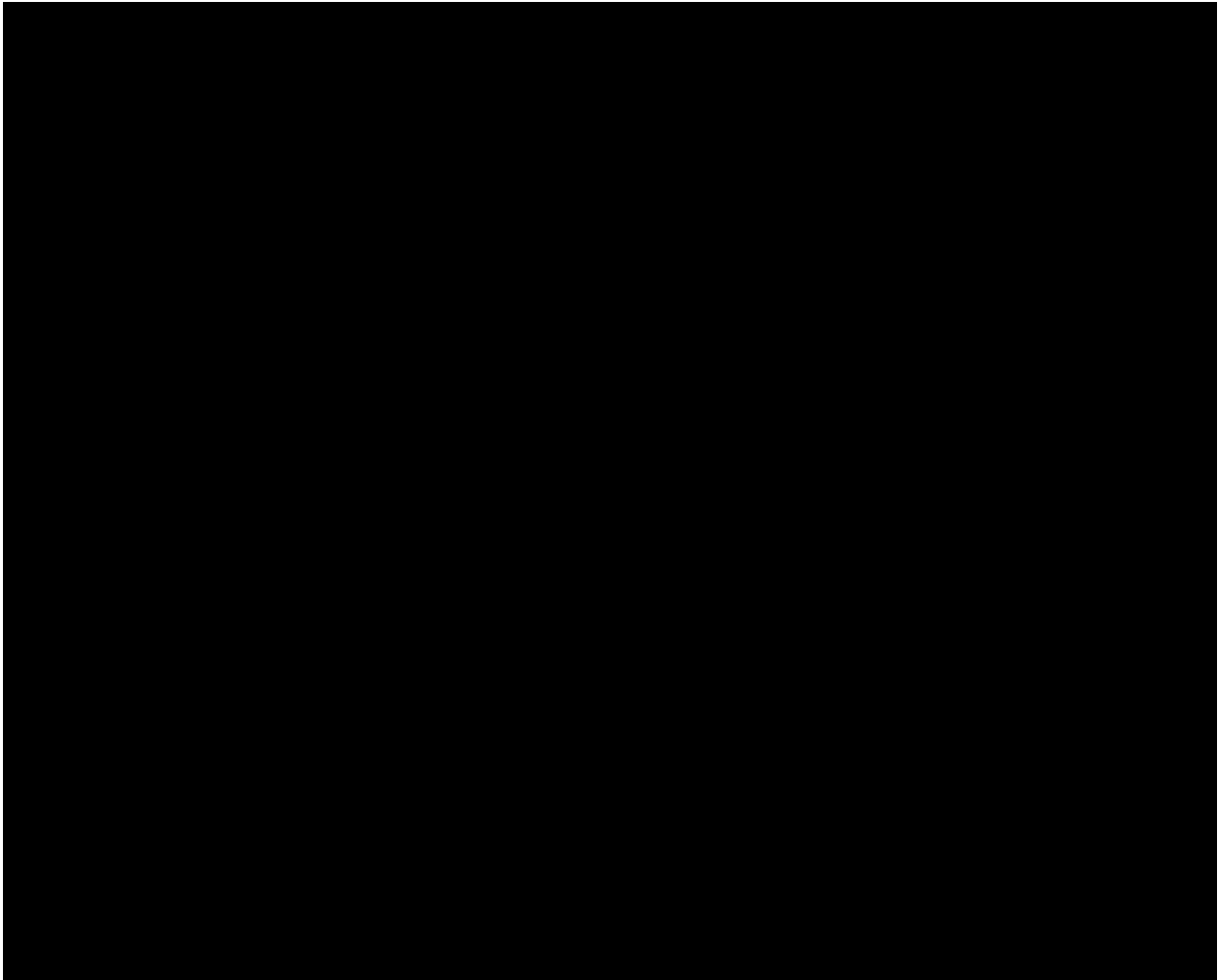


Figure 4-11. Right Flank March.

keeping the upper portion of the body at the position of attention. The cadet then steps off with the right (left) foot in the new direction of march with a full 24-inch step and coordinated armswing (see figure 4-11). Armswing is suspended to the sides as the weight of the body comes forward on the pivot foot. The pivot and step off are executed in one count. This movement is used for a quick movement to the right or left for short distances only. Throughout the movement, maintain proper dress, cover, interval, and distance.

Face in Marching

The facings in marching are important parts of such movements as taking a new post, aligning or inspecting troops, and executing column and flanking movements from a halt. To face to the right or left in marching from a halt, the command is **Right (Left) Flank, MARCH**. On the command **MARCH**, the cadet executes a 90-degree pivot on the ball of the right (left) foot and, at the same time, steps off with the left (right) foot in the new direction with coordinated armswing. The pivot and step are executed in one count; and proper dress, cover, interval, and distance are maintained.

Marching Other Than at Attention

Marching other than at attention may be done in either of two ways and by these commands: **Route Step, MARCH**, and **At Ease, MARCH**. The paragraphs below describe how each is done. Read each paragraph and determine the difference between marching route step and marching at ease.

The following commands may be given as the heel of either foot strikes the ground as long as both the preparatory command and command of execution are given on the same foot and only from quick time. The only command that can be given when marching at other than attention is **Incline to the Right (Left)**. Otherwise, the flight must be called to attention before other commands may be given.

Route Step March

The command is **Route Step, MARCH**. On the command **MARCH**, the cadet takes one more 24-inch step and assumes route step. Neither silence nor cadence is required; and movement is permitted as long as dress, cover, interval, and distance are maintained.

At Ease March

The command is **At Ease, MARCH**. On the command **MARCH**, the cadet takes one more 24-inch step and assumes at ease. Cadence is not given; and movement is permitted as long as silence, dress, cover, interval, and distance are maintained.