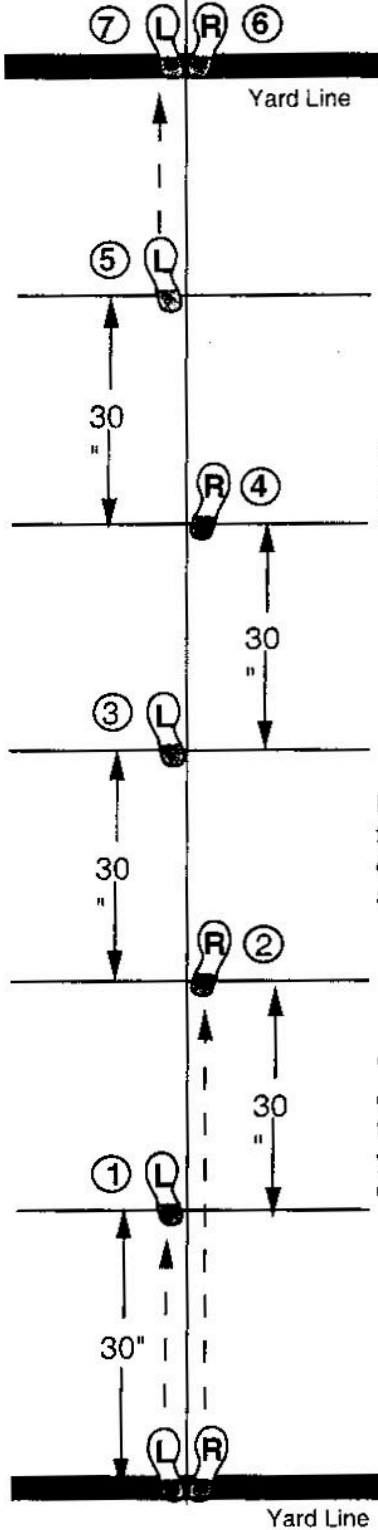


"How We March"

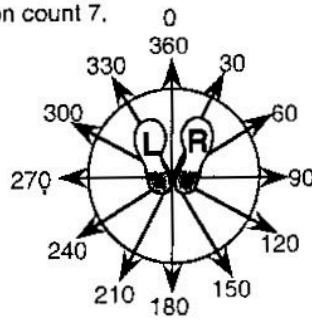
Military Marching Instruction Booklet

By: Waymon Bullock
revised 11/11/98

HALT= Stop forward motion when right foot reaches yard line on 6 (ankles in center of yard line), then bring left foot along-side and even with the right foot and **STOP** on count 7.



STARTING POSITION= Start with the heels together and ankles aligned in center of yard line. Move the left foot forward 30" while pushing forward with the right toe. Beat "1" is always on the LEFT foot. Beat "2" is always on the RIGHT foot.

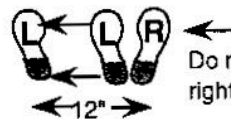


"ATTENTION" POSITION



Heels are together and toes are at a normal 30° off center angle. Weight is equally on both feet.

"PARADE REST"

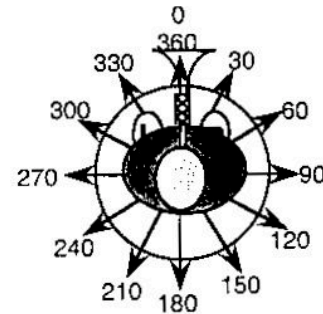


Do not move right foot

Keep Right foot in position and move left foot 12" to the left. Distribute weight equally on both feet. Heels end up 12" apart.

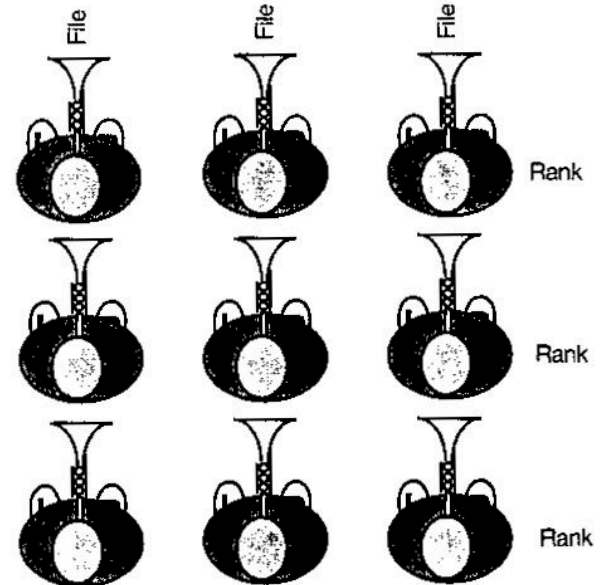
"RANK" AND "FILE"

"RANKS" are the people to either side of you. "FILES" are the people in front and behind you. When combined they are called a "BLOCK BAND"

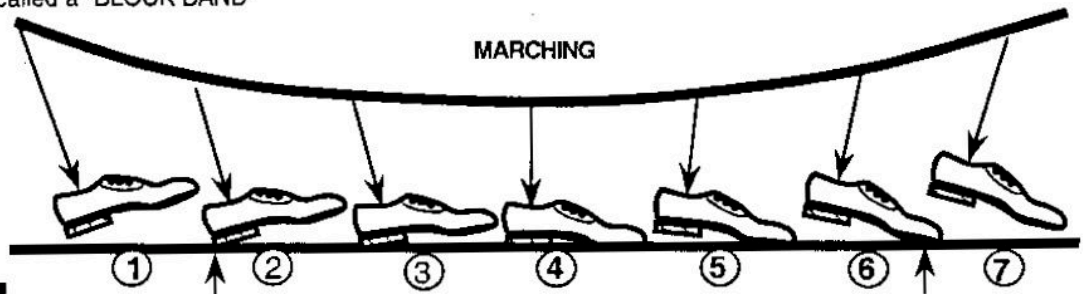


BODY POSITION

Body should be positioned over the compass as shown. 90° and 270° represent the position of the shoulders, hips, ankles and pants seam in relation to the position of the yard line. 0° and 360° are dead ahead forward and is the "centerline" of the body. 180° is behind you.



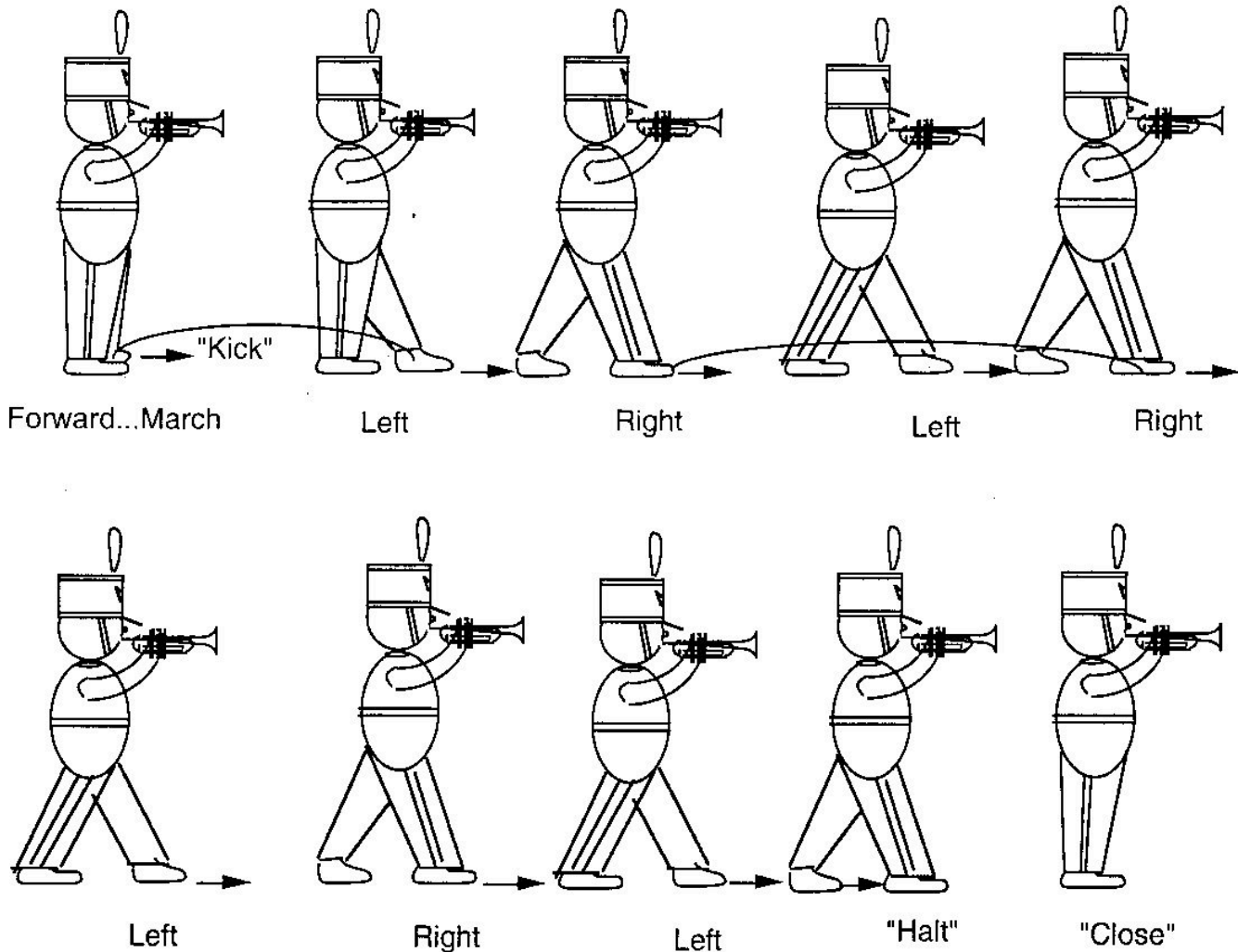
MARCHING



After stepping off and the foot starts down, the back of the heel will hit the ground first, then roll to the toe, like a rocker. Full weight of the body is on the foot, and the foot is in full contact with the ground, as in example "4". As the body passes over the foot and forward motion is maintained, the toe will be the last part of the foot to leave the ground before coming airborne to move to the next step.

FORWARD MARCH & HALT (with Stride)

Revised 11/11/98
W. Bullock



The purpose of this drill is to be able to start and stop...called "forward march" and "halt". Many variations and styles have been developed through the years so bands could develop their own personality. However, what happens in between the starting and stopping is possibly the most important fundamental of all. It's called STRIDE. Refer to the graph (page 1) on how the foot contacts the ground. Good stride never happens unless this first basic "foot contact" is perfected. After the foot contact is learned, concentrate on the knees. Knees should (at the high point of the step) become straight so the leg is fully extended. Marching with continuously bent knees causes "bobbing" or "phaseing". Hips should not sway back and forth, but should remain somewhat relaxed. From the waist up the body is totally rigid with stomach in, chest out, shoulders back and head level and squarely on top of the shoulders (not jutted forward). In playing position bring the instrument to the body, not the body to the instrument (causing poor posture). Make as many instruments as possible 90 degrees to the body.

NOTE: This is an eight count series, however, any number of counts can be utilized...four, six, eight etc.. Notice that in the starting position and the "close" halt position the ears, shoulders, hips, pants leg stripe and ankles form a vertical straight line. This is called the "side" centerline of the body and should be placed "in the center" or "on top" of the yardline and all points where at least one foot is in full contact with the ground and body is at full height (which happens on every step) for correct and exact alignment.