

CHAPTER 2

BASIC DRILL MOVEMENTS—AT THE HALT AND ON THE MARCH

Introduction

1. To the individual the basic drill movements are the same whether he is by himself or is a member of a formation. Thus it is necessary to first learn the basic movements and saluting (next chapter) before going on to learn the procedures of drilling in formations.
2. There are various levels of formation drill—*eg* squad drill, flight drill, squadron drill and ceremonial reviews—but it should be remembered that individuals in uniform also move about on military establishments in accordance with drill practices. Thus, when a cadet moves about, he marches from place to place—he does not walk or run, as he might do as a civilian; and he will learn that he should assume, for example, the position of attention on many occasions other than on formal parades (such as when reporting to an officer). Thus, a cadet needs to know the basic movements and be able (and know whom) to salute before he visits a Royal Air Force station, in order to avoid embarrassment to himself or to any regular member of the Royal Air Force.
3. The basic movements are therefore described in this chapter and the procedures required for formation or ceremonial drill will be described in later chapters.

The Position of Attention—At the Halt

4. The position of attention. Figs 1A and B, is very often required. It is a position of alertness, without being stiff or strained, in readiness for a word of command. The muscles of the body are therefore to be controlled but breathing is not to be restrained and no part of the body is to be held rigid; the position is little more than simply standing upright and still.
5. It is a position of balance with the weight of the body balanced on both feet, evenly distributed between the fore-part of the feet and the heels and carried evenly over the thighs.
6. The position can be assumed voluntarily (when required) and is to be assumed on command. The cautionary word of command is ATTEN - and the executive part is - TION which is pronounced SHUN. Thus, on the executive part of the word of command

ATTEN - TION

- a. Bending the left knee, bring the left foot smartly in to the right, without stamping, so that the heels are together and in line, the toes of the feet turned outwards at an angle of approximately 45 degrees.
- b. The body and the neck are to be brought erect, knees straight, head straight, chin drawn in and the eyes looking straight to the front.

the right knee and the right foot is then to be stopped smartly in line with the left foot and all movement finishes at the position of attention.

b. SQUAD - HALT (QUICK TIME)

which is given when the left heel strikes the ground, a pace is to be completed with the right foot; the next pace of only 38 cms (15 ins) by the left foot is to be used to check the forward motion, after which bend the right knee and place the right foot smartly down in line with the left; at the same time, the arms are to be brought to the sides. All movement ceases at the position of attention.

c. SQUAD - HALT (DOUBLE TIME)

which is given when the left foot strikes the ground, the forward movement of the body is to be checked in three paces, during which the right foot is to be brought up finally in line with the left foot (all in double time). At the same time the arms are brought to the sides. All movement ceases at the position of attention.

9. The aim is to achieve the position of attention without shuffling or adjusting one's position—simply to halt in the position of attention and stand still.

The Position of Standing at Ease

10. This is also a very common position. It is often taken up voluntarily; for example when falling in on parade individuals are to stand at ease after taking up their dressing. But more often than not it will be assumed on command, the command being given from the position of attention. The cautionary word of command is STAND AT - and the executive word of command is EASE. Although this position is more relaxed than that of attention it is still a drill movement and individuals are to stand still having taken up the position.

11. On the executive word of command

STAND AT - EASE

- a. Bend the left knee and place the foot smartly on the ground 30 cms (12 ins) to the left of the right foot.
- b. At the same time the hands are to be placed behind the back, the back of the right hand in the palm of the left hand with the thumbs crossed right over left.
- c. The arms are to hang easily to their full extent. (Fig 2)

The Position of Standing Easy

12. This is the position in which the limbs, head and body may be moved, but not the feet; if the feet are moved when in formation the dressing may be lost. It is a position in which cadets may relax but slouching, talking and unnecessary movement are not allowed. The order is given when cadets are already standing at ease, the cautionary word of command being STAND - and the executive word of command EASY.

13. Thus on the executive part of the command.

STAND - EASY

cadets relax and may move limbs, head and body, but not the feet. They may adjust items of clothing, but may not talk.

BASIC MOVEMENTS

<i>Basic Movement</i>	<i>Length of Step</i>	<i>Speed</i>	<i>Position of Arms</i>
a. Slow March	75 cms (30 ins)	1 pace per second	At position of attention
Step Out	83 cms (33 ins)	1 pace per second	
Step Short	53 cms (21 ins)	1 pace per second	
b. Quick March	75 cms (30 ins)	2 paces per second	Opposite arms swing forward and backward to level of waist
Step Out	83 cms (33 ins)	2 paces per second	
Step Short	53 cms (21 ins)	2 paces per second	
c. Double March	100 cms (40 ins)	3 paces per second	Arms are bent at the elbow the forearm forming an angle of about 90 degrees with the upper arm.
d. Moving forward or backward a given number of paces (from the Halt) Maximum of 5 paces	73 cms (30 ins)	2 paces per second	At position of attention
e. Moving sideways a given number of paces (never more than a maximum of 5 paces) and always from the Halt	30 cms (12 ins)	2 paces per second	At position of attention

16. **Slow March.** On the command

SLOW - MARCH

a. The left foot is to be advanced evenly but slowly to complete a pace of 75 cms (30 ins) in one second. The foot is to be turned outward at the same angle as when halted, with the foot stretched and the toes pointed towards the ground. (Fig 3)

b. The arms and hands are to be kept steady at the sides. Without pause a similar pace is to be taken with the right foot and the forward movement continued in slow time. The body is to be well balanced over the thighs. Each leg, as it swings forward, is to be bent sufficiently at the knee to enable the foot to clear the ground. The whole process is to be a smooth continuous succession of movements.

(AL6, Jun 83)



Fig 4 Quick March

18. **Double March.** On the command

DOUBLE - MARCH

- a. Step off with the left foot on a pace of 100 cms (40 ins) in 1/3rd of a second. The foot is to meet the ground on the toes.
- b. With the body inclined slightly forward, but maintaining the correct carriage as at attention. The arms are to be bent at the elbow, the forearm forming an angle of about 90 degrees with the upper arm.

The double march is a march on the toes with easy swinging strides. The feet are raised a few inches from the ground during each pace, and the thigh, knee and ankle joints are to work freely without stiffness. The whole body is to be carried forward without unnecessary effort, by a push from the rear foot. The shoulders are to be kept steady and square to the front. The head is to be erect.

19. Most types of march begin from and end with the Halt but there are variations in which slow march can be changed into quick march and quick march into double

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BASIC MOVEMENTS

A squad marching forward in column can move to the right (or left) in line in which case each member of the formation **URNS** to his right or left on the order.

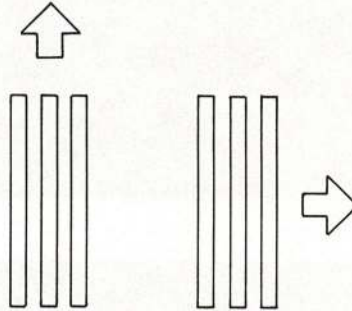


Fig 5A Squad Turning from Column to Line Formation

A squad marching forward in column "wheels" to the right (or left) to change direction in which case each member of the formation wheels when he reaches the appropriate position.

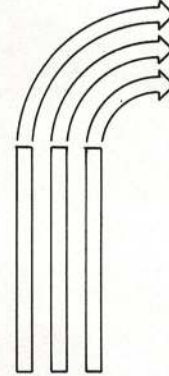


Fig 5B Squad Wheeling to Change Direction Right while Remaining in Column

24. **Left Turn at the Halt** (Fig 6). On the command

LEFT - TURN
or LEFT IN - CLINE

- a. A turn is to be made to the left through 90 degrees (or 45 degrees if left incline) on the left heel and the right toe, by raising the right heel and the left toe; both knees are to be kept straight and the body erect. On completion of this preliminary movement the left foot is to be flat on the ground and the right heel raised, knees are to be straight and the weight of the body is to be on the left foot.
- b. After a pause, bend the right knee and resume the position of Attention in the new direction.

25. **Right Turn on the March** (Fig 7). On the command

RIGHT - TURN
or RIGHT IN - CLINE

which is to be given when the left heel strikes the ground:

- a. A full forward pace is to be completed with the right foot.
- b. Then the turn to the right is to be made by turning the left foot diagonally to the right and placing it on the ground about 8 cms (3 ins) in front of the right toe. The weight of the body is to be transferred to the left foot, the body turned to the right, (in the right incline only a half turn is to be made) and the right foot advanced a full forward pace in the new direction.

The turn or incline is to be made in the time of the march *ie* slow time or quick time; marching is then to be continued in the same time. In quick time the hands are to be kept close to the sides as for the position of attention during the turn.

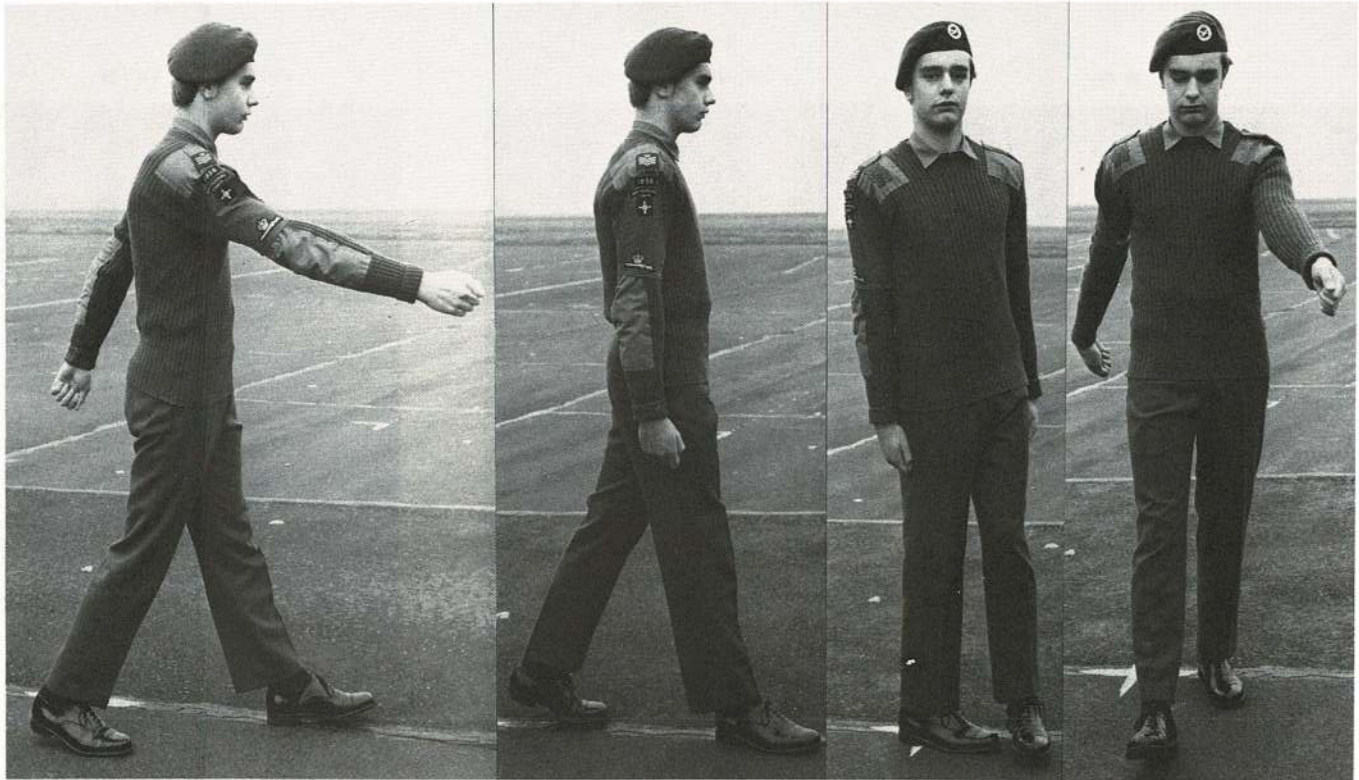


Fig 7A Order given when Left Heel Strikes Ground

Fig 7B Check Pace with Right Foot (arms to sides)

Fig 7C Turn (arms to sides)

Fig 7D Stepping off on Right Foot (arms swing)

Fig 7 Right Turn on the March

26. Turning About at the Halt (Fig 8). On the command

ABOUT - TURN

a. A turn about is to be made to the right through 180 degrees, on the right heel and the left toe, by raising the right toe and the left heel; both knees are to be kept straight and the body is to be erect. When this preliminary movement is completed, the right foot is to be flat on the ground and the left heel raised, both knees are to be straight and the weight of the body is to be on the right foot.

b. After a pause, bend the left knee and resume the position of Attention in the new direction.

27. Turning About on the March. On the command

ABOUT - TURN

which is to be given when the left heel strikes the ground.

a. Complete a full forward pace with the right foot and then mark time, turning the body progressively to the right with each beat.

b. Turn the body completely about in three beats (or three mark time steps) *ie* turn 60 degrees to the right on each beat.

c. Step off on the right foot.

The turn is to be made in the time of the march *ie* slow time or quick time, the hands being kept at the sides in the position of attention during the mark time pace of the turn if in quick time. On completion of the turn, marching is to be resumed in the same time.

100

100

100

100

100

100

100

100

100

100

100



Fig 8A At Attention



Fig 8B About Turn



Fig 8C Finish

Fig 8 About Turn at the Halt

(AL6, Jun 83)



Fig 6A Front View



Fig 6B Side View



Fig 6C Rear View



Fig 6D Finish

Fig 6 Turning when Halted

(AL6, Jun 83)

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march and vice versa on the commands as follows, all orders being timed as indicated at Annex A to Chap 1:

- Slow March to Quick March: INTO QUICK TIME, QUICK - MARCH. The next right foot pace is in quick time with arms swinging.
- Quick March to Slow March: INTO SLOW TIME, SLOW - MARCH. The next left foot pace is in slow time with arms at sides.
- Quick March to Double March: INTO DOUBLE TIME, DOUBLE - MARCH. The next left foot pace is in double time.
- Double March to Quick March: INTO QUICK TIME, QUICK - MARCH. Checked in two paces the first pace in quick time being on the left foot.

20. **Marking Time.** On the command.

MARK - TIME

which is to be given when the left heel strikes the ground, a full forward pace is to be completed with the right foot, after which marking time is to start with the left foot. Each foot is to be raised alternately 15 cms (6 ins) from the ground without moving forward or backward. The foot, as it is raised, is to be pointed downwards and the left leg (below the knee) is to be perpendicular. In quick time the arms are to be brought to the sides and kept steady as for the position of attention.

21. **Changing Step on the March.** On the command

CHANGE - STEP

which is to be given when the right heel strikes the ground a further pace is to be completed with the left foot, and the hollow of the instep of the right foot is to be brought up in line with the heel of the left foot. The left foot is then to be moved forward, and though the step is changed the timing is not lost.

22. **Changing Step when Marking Time.** On the command

CHANGE - STEP

which is to be given when the left foot strikes the ground, two successive movements are to be completed with the right foot, and marking time is to be restarted with the left foot.

Turning on the March

23. Note the difference between "changing direction" and "turning" as shown in Figs 5A and B. These manoeuvres are dealt with more fully in the chapters on Formation Drill. Note also:

- a. That during all turning movements, the arms are to be kept close to the sides as for the position of attention.
- b. The details for turning to the right and inclining to the right are the same as for movements to the left, except that the word right is to be substituted for the word left.



Fig 3 Slow March

17. **Quick March.** On the command

QUICK - MARCH

- a. The left foot is to be advanced evenly to complete a pace of 75 cms (30 ins) in half a second. The foot is to meet the ground with the heel. (Fig 4)
- b. And at the same time the straight (as at attention) right arm is to swing forward and the straight (as at attention) left arm is to swing to the rear, level with the waist.

Without pause, a similar pace is to be taken with the right foot, the arms swinging in unison, and the forward movement continued in quick time (two paces per second). During this movement the upper part of the body (head and shoulders) is to be held as at attention, the rear knee is to be braced and the legs are to swing forward freely and naturally from the hip. Each leg as it swings forward is to be bent sufficiently at the knee to enable the foot to clear the ground. The arms are to be swung in their state as at attention *ie* stretched straight with straight wrists, the fingers lightly clenched with the thumb on top and touching the forefinger.

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Fig 2A Front View



Fig 2B Rear View

Fig 2 Stand at Ease

14. When cadets are standing easy they listen for the next cautionary word of command and when this is given they revert *immediately* to the position of standing at ease—the unusual instance of taking action on the cautionary word without waiting for the executive word. For example, the cautionary word could be

SQUAD ATTEN - (cadets at once take up the position of stand at ease)

and the executive word

- SHUN (cadets take up the position of attention)

Marching

15. Marching can be carried out in many variations of speed, length of step and direction as follows:

(AL6, Jun 83)

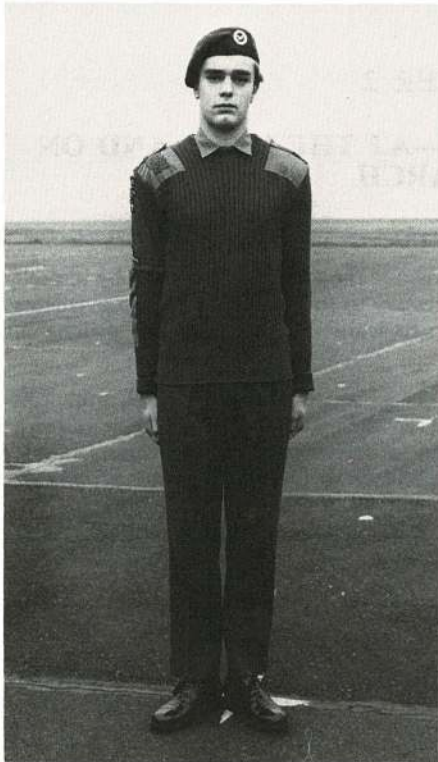


Fig 1A Front View



Fig 1B Side View

Fig 1 Attention

c. The shoulders (which are to be level and square to the front) are to be drawn downwards and backwards without strain and stiffness so as to bring the chest to its natural position.

d. The arms are to be straightened with straight wrists and brought to the sides with the palm of the hands turned towards the sides with fingers lightly clenched, the thumbs in front touching the forefingers so that the thumbs and tips of the fingers rest lightly on the thighs with the thumb on the side seam of the trousers.

7. This sounds lengthy and complex, but when practised it is easily assumed and becomes a matter of habit.

The Position of Attention—On the March

8. The position of attention is assumed on the executive word of command HALT. The cautionary word of command is usually the name of the unit *eg*, Squad, No . . . Flight, No . . . Squadron and so on. Thus, on the command:

a. SQUAD - HALT (SLOW TIME)

which is given when the right foot strikes the ground, a forward pace of 38 cms (15 ins) is taken with the left foot and used to check the forward motion. Bend

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