

**PHYSICAL  
FITNESS  
TRAINING**

# PHYSICAL FITNESS TRAINING

## I. EXERCISE FORMATION

A) **EXTENDED RECTANGULAR FORMATION** - The traditional formation utilized to conduct platoon physical training activities.

INSTRUCTOR	GROUP
— "Base man" - 'Post' "	<b>Base man:</b> Double time to position <b>Group:</b> Motivational yell
On the command of fall out, fall out and fall in on the Baseman — "Fall Out"	<b>Group:</b> Double time to positions & Motivational yell
— "Extend to the left" - 'March'	<b>Group:</b> Extend both arms, elbows locked, fingers & thumbs extended and joined. Motivational yell <b>Right Flank:</b> Stand fast <b>Others:</b> Shuffle to left until distance between fingertips is 3 inches.
— "Arms downward" - 'Move'	<b>Group:</b> Sharply lower arms to side resume position of attention. Sound off "Whoosh"
— "Left" - 'Face'	<b>Group:</b> Face to the left flank
— "Extend to the left" - 'March'	<b>Group:</b> Same as above
— "Arms downward" - 'Move'	<b>Group:</b> Same as above
— "Right" - 'Face'	<b>Group:</b> Face to the right flank
— "From front to rear, Count", 'Off'	<b>First Rank:</b> Turn head & eyes to the right and count in unison over right shoulder 'one'. Immediately return head and eyes to the front. <b>Other Ranks:</b> Each rank in turn will execute in the exact same manner counting the next higher number in sequence. 'two', 'three', etc ....
— "Even numbers to the left" - 'Uncover'	<b>EVEN Number Ranks:</b> Hop to the left squarely landing in the center of the interval
Begin Training	

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### II. 'WARM-UP'

- A) Increases both internal temperature and heart rate, permitting the body to prepare for upcoming physical stress.
- B) Warm up is required prior to physical fitness training, using the Jog in Place for 5 to 7 minutes.

INSTRUCTOR	GROUP
— "The jog in place"	"The jog in place"
— "Exercise"	Perform movement
— "One, two, three, four.. One, two, three, four" Count begins on left foot and repeated twice.	Movement continues as instructed.
Inflection during last four beats of count to indicate end of exercise "One, two, three, four.." <b>"One, Two, Three, Four"</b>	Stop movement per command

### III. STRETCHES

INSTRUCTOR	GROUP
— "The **** Stretch"	Repeat the command "The **** Stretch"
— "Assume the start position"	Assume the start position
— "Stretch"	Perform stretch
Initiate Count — "One Thousand, One Thousand .."	Hold stretch & Count seconds 'One' .... 'Two' ... 'Three' ....
— "Relax"	Relax body, Return to start position
Conduct stretch for approximately 3 sequences: — <b>Stretch, Relax, Stretch, Relax..</b>	
— "Assume the Position of Attention"	Assume the position of Attention

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### A) NECK AND SHOULDER STRETCH

INSTRUCTOR	GROUP
— <b>"The Neck and Shoulder Stretch"</b>	"The Neck and Shoulder Stretch"
— <b>"Assume the Start Position"</b> A) Stand with feet shoulder width apart, arms behinds body B) Fingers and thumbs extended and joined C) Back of hands resting on buttocks, palms facing outward	Assume Start position
— <b>"Stretch"</b> A) Grasp left wrist with the right hand B) Pull the left arm down and to the right C) Tilt the head to the right and hold position for stretch count	Perform stretch
Count— <b>"One Thousand..."</b> for a count of 10	Hold stretch & Count seconds 'One' .... 'Two' ... 'Three' ....
— <b>"Relax"</b>	Relax body, Return to start position
— <b>'CHANGE' "Stretch"</b> A) Grasp right wrist with the left hand B) Pull the right arm down and to the left C) Tilt the head to the left and hold position for stretch count	Perform stretch - Other side
Conduct stretch for 3 sequences "Stretch, Relax, Stretch, Relax.	
— <b>"Assume the Position of Attention"</b>	Assume the position of Attention

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### B) CHEST STRETCH

INSTRUCTOR	GROUP
— <b>"The Chest Stretch"</b>	"The <b>Chest Stretch</b> "
<b>"Assume the Start Position"</b> A) Stand with feet shoulder width apart, arms behinds body B) Fingers interlaced and the palms facing upward	Assume Start position
— <b>"Stretch"</b> A) Lift the arms behind the back in an outward motion away from the body B) Lean forward at the waist	Perform stretch
Count— <b>"One Thousand, One Thousand,"</b> for a count of 10	Hold stretch & Count seconds 'One' .... 'Two' ... 'Three' ....
— <b>"Relax"</b> *** <b>Bend the knees</b> before returning to the Start position	Relax body, Return to start position
Conduct stretch for 3 sequences "Stretch, Relax, Stretch, Relax.	
— <b>"Assume the Position of Attention"</b>	Assume the position of Attention

### C) UPPER-BACK STRETCH

INSTRUCTOR	GROUP
— <b>"The Upper Back Stretch"</b>	"The <b>Upper Back Stretch</b> "
<b>"Assume the Start Position"</b> A) Stand with feet shoulder width apart, arms extended to the front at shoulder level B) Fingers interlaced and the palms facing outward and elbows bent	Assume Start position
— <b>"Stretch"</b> Extend the arms and shoulders forward	Perform stretch
Count — <b>"One Thousand, One Thousand,"</b> for a count of 10	Hold stretch & Count seconds 'One' .... 'Two' ... 'Three' ....
— <b>"Relax"</b> Return to the Start position	Relax body, Return to start position
Conduct stretch for 3 sequences "Stretch, Relax, Stretch, Relax.	
— <b>"Assume the Position of Attention"</b>	Assume the position of Attention

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### D) THIGH STRETCH

INSTRUCTOR	GROUP
— “ <u>The THIGH Stretch</u> ”	“The <u>THIGH</u> Stretch”
— “ <b>Assume the Start Position</b> ” A) Stand with feet shoulder width apart B) Arms down to the side of the body	Assume Start position
— “ <b>Stretch</b> ” A) Bend the left leg up towards the buttocks B) Grasp the toes of the left foot with the right hand C) Pull the heel of the foot up towards the buttocks. D) Extend the left arm to the side with the elbow locked, fingers and thumbs extended and joined with the palm facing downward for balance	Perform stretch
Count— “ <b>One Thousand..</b> ” for a count of 10	Hold stretch & Count seconds 'One'....'Two'...'Three'....
— “ <b>Relax</b> ” Return to the Start position	Relax body, Return to start position
— “ <b>Stretch</b> ” ( <b>CHANGE</b> ) A) Bend the right leg up towards the buttocks B) Grasp the toes of the right foot with the right hand C) Pull the heel of the foot up towards the buttocks. D) Extend the right arm to the side with the elbow locked, fingers and thumbs extended and joined with the palm facing downward for balance.	
Conduct stretch for 3 sequences “Stretch, Relax, Stretch, Relax.”	
— “ <b>Assume the Position of Attention</b> ”	Assume the position of Attention

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### E) GROIN STRETCH STANDING

INSTRUCTOR	GROUP
— <b>"The Groin Stretch Standing "</b>	"The <b>Groin</b> Stretch <b>Standing</b> "
— <b>"Assume the Start Position"</b> A) From the position of attention, step to the right with the right foot, so feet are more than shoulder width apart B) Arms hang straight to the side of the body	Assume the Start position
— <b>"Stretch"</b> A) Bend at the right knee and lunge sideways to the right B) Keep left leg straight and the left foot facing to the front. C) Lean over the right leg while stretching the left groin muscle. D) Place the right hand above the right knee with the left hand over the top of the right hand.	Perform stretch
Count <b>"One Thousand..."</b> for a count of 10	Hold stretch & Count seconds 'One'....'Two'...'Three'....
— <b>"Relax"</b> Return to the Position of Attention From the position of Attention step to the left with the left foot, etc. <b>(You must assume the position of Attention before starting and after completing this stretch)</b>	Relax body, Return to start position
— <b>"Change " "Stretch"</b> A) Bend at the left knee and lunge sideways to the right. B) Keep the right leg straight and the right foot facing the front C)Lean over the left leg while stretching the right groin muscle. D)Place the left hand above the left knee with the right hand over the top of the left hand.	Perform movement
Conduct stretch for 3 sequences "Stretch, Relax, Stretch, Relax.	
— <b>"Assume the Position of Attention"</b>	Assume the position of Attention

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## IV. EXERCISES

INSTRUCTOR	GROUP
— "Position of Attention" - 'Move'	
— "The **** (Name of Exercise)"	Repeat Command (The ****)
— "Start position" - 'Move'	
— "Exercise"	
Count cadence "1,2,3-1"	Count Repetitions "1,2,3-1"
— "Position of Attention" - 'Move'	

### A) SIDE STRADDLE HOP

INSTRUCTOR	GROUP
— "The <u>Side Straddle Hop</u> "	"The <u>Side Straddle Hop</u> "
<b>Start Position:</b> Position of Attention	Position of Attention
— "In Cadence, Exercise" <b>1</b> - Jump slightly into the air, moving the legs more than shoulder width apart. Simultaneously, swing the arms, side ward and upward to an overhead position, clapping the hands. <b>2</b> - Jump slightly into the air, moving the legs back together. Simultaneously swinging the arms side ward and downward, returning to the start position. <b>3</b> - Repeat actions of count one <b>4</b> - Repeat actions of count two	Perform Exercise
Count "1,2,3,-1, 1,2,3,-2, moderate cadence	Count repetitions "1,2,3-1 1,2,3-2"
End Exercise Raise inflection of each number for last repetition "1,2,3,- <b>HALT</b> "	"1,2,3,- <b>HALT</b> "
— "Position of Attention, Move"	Assume the position of Attention



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### B) SKI JUMP

INSTRUCTOR	GROUP
—“ <b>The Ski Jump</b> ”	“ <b>The Ski Jump</b> ”
—“ <b>Start Position Move</b> ” A) Stand with the feet together B) Hands placed behind the head with the fingers interlaced	Assume start position
—“ <b>In Cadence, Exercise</b> ” 1 -Keeping the feet together and hands behind the head, jump sideways to the left. 2- Keeping feet together and hands behind head; jump sideways to the right. 3 - Repeat actions of count one 4 - Repeat actions of count two <b>On final count of last repetition, halt with feet in the same location you began.</b>	Perform Exercise
Count “1,2,3,-1, 1,2,3,-2, moderate cadence	Count repetitions “1,2,3-1 1,2,3-2”
End Exercise Raise inflection of each number for last repetition “1,2,3,-HALT”	“1,2,3,- <b>HALT</b> ”
—“ <b>Position of Attention, Move</b> ”	Assume the position of Attention

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### C) KNEE BENDER

INSTRUCTOR	GROUP
—“ <u>The Knee Bender</u> ”	“ <u>The Knee Bender</u> ”
—“ <u>Start Position Move</u> ” A) Stand with the feet shoulder width apart B) Hands on hips, thumbs in the small of the back and the elbows back.	Assume start position
—“ <u>In Cadence, Exercise</u> ” 1 -Bend at the knees and lower body to a half squat position. Leaning slightly forward at the waist with the head up, slide the hands along the outside of the legs until the extended fingers reach the tip of the boots or the middle of the lower leg. (At not time should the angle between the calf and the upper leg be less than 90%) 2 - Recover to the start position 3 - Repeat actions of count one 4 - Repeat actions of count two	Perform Exercise
Count “ <b>1,2,3,-1, 1,2,3,-2</b> , moderate cadence	Count repetitions “1,2,3-1 1,2,3-2”
End Exercise Raise inflection of each number for last repetition “ <b>1,2,3,-HALT</b> ”	“ <b>1,2,3,-HALT</b> ”
—“ <u>Position of Attention, Move</u> ”	Assume the position of Attention

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### D) SUPINE BICYCLE

INSTRUCTOR	GROUP
— <b>"The Supine Bicycle"</b>	<b>"The Supine Bicycle"</b>
— <b>"Start Position Move"</b> A) Assume a supine position with the hips and knees flexed. B) Both knees, the heels and toes of both feet are together. C) Place the palms directly on top of the head with the fingers interlaced.	Assume start position
— <b>"In Cadence, Exercise"</b> <b>1-</b> Bring the left knee upward while curling the trunk of the body upward, touching the right elbow to the left knee. Thrust the right leg outward and straight to assist with balance. <b>2</b> -Bring the right knee upward while curling the trunk of the body upward, touching the left elbow to the right knee. Thrust the left leg outward and straight to assist with balance. <b>3</b> - Repeat actions of count one <b>4</b> - Repeat actions of count two	Perform Exercise
Count <b>"1,2,3,-1, 1,2,3,-2</b> , moderate cadence	Count repetitions <b>"1,2,3-1 1,2,3-2"</b>
End Exercise Raise inflection of each number for last repetition. On last repetition return to the start position <b>"1,2,3,-HALT"</b>	<b>"1,2,3,-HALT"</b>
— <b>"Position of Attention, Move"</b>	Assume the position of Attention

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### E) PUSH UP

INSTRUCTOR	GROUP
— <b>"The Push Up"</b>	"The Push Up"
— <b>"Start Position Move"</b> Assume the front leaning rest position by: A) Assuming a full squat position, placing weight on balls of the feet; simultaneously placing the palms of both hands flat on the ground approximately 2 to 3 feet in front of the body with the elbows locked and the hands shoulder width apart. B) Shift the weight, of the body, to the hands, with a slight hop vigorously thrust the feet and legs backward; so the body forms a generally straight line from the shoulders to the ankle.	Assume start position
— <b>"In Cadence, Exercise"</b> <b>1-</b> Keeping the body in a generally straight line, bend at the elbows and lower the body until the upper arms are at least parallel to the ground. Keep head up and face to the front <b>2 -</b> Recover to the start position, by pushing up straightening the arms completely . <b>3 -</b> Repeat actions of count one <b>4 -</b> Repeat actions of count two	Perform Exercise
Count "1,2,3,-1, 1,2,3,-2, moderate cadence	Count repetitions "1,2,3-1 1,2,3-2"
End Exercise Raise inflection of each number for last repetition. "1,2,3,- <b>HALT</b> "	"1,2,3,- <b>HALT</b> "
— <b>"Position of Attention, Move"</b> A) Shift the weight of the body to the hands and shoulders, simultaneously hop off the feet, thrusting the buttocks upward, bending the knees and bringing the feet into the body; assuming a full squat position. B) Stand up and resume the position of attention	Assume the position of Attention

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### V. COOL DOWN

- A) Decreases internal temperature and heart rate.
- B) Cool Down is required after physical fitness training, using the Abdominal Stretch for at least 4 minutes.

INSTRUCTOR	GROUP
—“The Abdominal Stretch”	“The Abdominal Stretch”
—“Assume the start position” A) Stand with feet shoulder width apart Arms extended upward and over the head B) Fingers interlaced with the palms facing upward. C) Elbows bent and hands are just slightly above the head	Start Position
—“Stretch”	Perform stretch
Initiate Count —“One Thousand, One Thousand,” to 10	Count seconds 'One' .... 'Two' ... 'Three' ....
—“Relax” Repeat for 5 sequences	Relax
—“Assume the Position of Attention”	Assume the position of Attention

### VI. CLOSE PT FORMATION

INSTRUCTOR	GROUP
—“Assemble to the Right” - ‘March’	<b>Base man:</b> Stands fast <b>Group:</b> Double time to positions in line formation, at normal interval with Motivational yell
On the command of fall out, fall out and fall in on your canteens —“Fall out — Drink” —Count Down “10, 9, 8, 7...”	<b>Group:</b> Double time to canteens and consume water

### VII. WATER CONSUMPTION

- A) The consumption of water is required immediately after the conclusion of physical training activities to prevent dehydration and other heat related illnesses.

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## **VIII. FACTORS THAT LIMIT PHYSICAL TRAINING ACTIVITIES**

- A) Medical restrictions
- B) Observed injuries
- C) Inclement weather
- D) Heat index guidelines
- E) Unsafe environment
- F) Unsecured environment

# MOVEMENTS

## POSITION OF ATTENTION

\*This movement may be called alone or as a two part command.

### Preparatory Command

Drill Instructor:     **"Platoon/Squad/Detail"**  
Response:             **"No response"**

### Command Of Execution

Drill Instructor:     **"Attention"**  
Response:             **"Snap"**

### Purpose

To bring an element or elements to a uniformed position while at the halt.

### Execution/Movement

On the command of execution, **"Attention"** bring both heels together sharply on line, with the toes pointing out equally, forming an angle of 45 degrees. Rest the weight of the body evenly on the heels and balls of both feet. Keep the legs straight without locking the knees. Hold the body erect with hips level, chest lifted and arched, and the shoulders square. Keep the head erect and face straight to the front with the chin drawn in so that alignment of the head and neck is vertical. Let the arms hang straight without stiffness. Curl the fingers so that the tips of the thumbs are alongside and touching the first joint of the forefingers. Keep the thumbs straight along the seams of the trouser leg with the first joint of the fingers touching the trousers. Remain silent and do not move unless otherwise instructed.

## **FACING AT THE HALT**

**\*This movement is a two part command.**

### Preparatory Command

Drill Instructor: **"Left/Right"**  
Response: **"Straight Leg"**

### Command Of Execution

Drill Instructor: **"Face"**  
Response: **"Cock and Drive"**

### Purpose

To face an element or elements to the right/left at a ninety (90) degree angle.

### Execution/Movement

On the command of execution **FACE**, on count **one (1)**, slightly raise the right/left heel and left/right toe, and turn ninety (90) degrees to the left/right on the left/right heel, assisted by a slight pressure on the ball of the right foot keeping both legs straight without stiffness of the knees. On count **two (2)**, place the right/left foot beside the left/right foot, resuming the position of attention.

**Note: Arms remain at the sides as in the position of attention throughout this movement. Remain at this position until given another command.**



## **PARADE, REST**

**\*This movement is a two part command.**

### Preparatory Command

Drill Instructor: **"Parade"**  
Response: **"No response"**

### Command Of Execution

Drill Instructor: **"Rest"**  
Response: **"Snap"**

### Purpose

To rest an element or elements for a short period of time in a uniform manner, while at the halt.

### Execution/Movement

On the command of execution **REST**, move the left foot about ten (10) inches to the left of the right foot. Keep the legs straight without locking the knees, resting the weight of the body equally on the heels and balls of the feet. Simultaneously, place the hands at the small of the back and centered on the belt. Keep the fingers of both hands extended and joined, interlocking the thumbs so that the palm of the right hand is outward. Keep the head and eyes as in the position of attention. Remain silent and do not move unless otherwise instructed.

**Note: The only command that may be given while at Parade Rest is Attention. When commanded to get at the position of attention in either of the approved and prescribed methods, you will do so sharply.**

## **ABOUT, FACE**

**\*This movement is a two part command.**

### Preparatory Command

Drill Instructor: **"About"**  
Response: **"Straight Leg"**

### Command Of Execution

Drill Instructor: **"Face"**  
Response: **"C-Lock and Ease About"**

### Purpose

To face and element or elements to the rear at an angle of one hundred and eighty (180) degrees.

### Execution/Movement

On the command of execution **FACE**, move the toe of the right foot to a point touching the marching surface about half the length of the foot to the rear and slightly to the left of the left heel. Rest most of the weight of the body on the heel of the left foot and allow the right knee to bend naturally. On the second count, turn to the right one hundred and eighty (180) degrees on the left heel and ball of the right foot, resuming the position of attention.

**Note: Arms remain at the sides, as in the position of attention, throughout this movement.**

# **COVER/RECOVER**

## Column Formation

**\*This movement is a combined command.**

### Command

Drill Instructor:    **"Cover/Recover"**  
Response:            **"Snap"**

### Purpose

To align an element or elements while in column formation.

### Execution/Movement

On the command "**COVER**", the fourth squad leader stands fast and serves as base. The squad leaders with the exception of the left flank squad leader, raise their arms laterally and turn their heads and eyes to the right. The members of the fourth squad raise their right arms horizontally to the front and cover down on the person to their front at correct distance (one arm length plus four fingers). Squad members of the third, second and first squads raise their right arm horizontally to the front (for uniformity only), cover down on the person to their front and at the same time, glance out the corner of their right eyes aligning to the person on their right. To assume the position of attention, the command is "**RECOVER.**" On this command, each person, simultaneously and sharply returns to the position of attention.

# ALIGNING THE SQUAD

## Line Formation

**\*This movement is a two part command.**

### Preparatory Command

Drill Instructor:     **"Dress Right"**  
Response:             **"No Response"**

### Command of Execution

Drill Instructor:     **"Dress"**  
Response:             **"Snap"**

### Purpose

Used to align an element or elements within the squad in exact alignment, while in a line formation.

### Execution/Movement

The right flank person stands fast. Each member, except the right flank person turns his/her head to the right and aligns him/herself with the person on the right. Each member except the left flank man, extends his/her left arm laterally at shoulder level, elbows locked, fingers and thumb extended and joined. The palm is facing downward towards the deck. He/she ensures their left arm is on line with the body and positions him or herself by taking short choppy steps to the right or left until his/her right shoulder touches the extended finger tips of the person on the right.

On the command of execution, **FRONT** of **Ready, FRONT**, each member will snap the head and eyes to the front and simultaneously bring the left arm alongside the body and resume the position of attention.

**Note: The following combined command is used in a line formation to have the second, third, and fourth squads cover directly behind the first squad.**

Drill Instructor:     **"Cover"**  
Response:             **"Short Choppy Steps, Sir/Ma'am"**

Execution/Movement

The first squad will stand fast, The second, third and fourth squads will take short choppy steps to the left or the right to cover down on the first squad.

**Note: This movement may only be executed from the line formation only.**

# **FORWARD MARCH**

**\*This movement is a two part command.**

## Preparatory Command

Drill Instructor: **"Forward"**  
Response: **"Lean back and take a thirty inch step with your left foot."**

## Command Of Execution

Drill Instructor: **"March"**  
Response: **"No response"**

## Purpose

To march an element or elements from point "A" to point "B" in a uniformed manner and then to halt them.

To march with a thirty (30) inch step from the halt, the command is **Forward, MARCH.**

## Execution/Movement

On the preparatory command **Forward**, shift the weight of the body to the right foot without noticeable movement. On the command of execution **MARCH**, step forward thirty (30) inches (from the rear of the left heel to the rear of the right heel) with the left foot and continue marching with thirty (30) inch steps. Keeping the head and eyes fixed to the front. The arms swing in a natural motion, without exaggeration and without bending at the elbows. Arms swing approximately six (6) inches straight to the front and three (3) inches straight to the rear of the trouser seams. Keep the fingers curled as in the position of attention so that the fingers just clear the trousers.

**Note: Maintain a cadence of one hundred and twenty (120)- thirty (30) inch steps per minute.**

# **HALT**

**This movement is a two part command.**

## Preparatory Command

Drill Instructor: **"Platoon/Squad/Detail"**  
Response: **"No response"**

## Command Of Execution

Drill Instructor: **"Halt"**  
Response: **"Step, freeze"**

## Purpose

To halt an element or elements in a uniformed manner.

## Execution/Movement

To halt while marching the command **Platoon/Squad/Detail, HALT** is given. The preparatory command **Platoon/Squad/Detail** is given as either foot strikes the marching surface as long as the command of execution **HALT** is given the next time that foot strikes the marching surface. The HALT is executed in two counts. After **HALT** is commanded, execute an additional step after the command of execution and then bring the trail foot alongside the lead foot resuming the position of attention, thus terminating the movement.

# **MARK TIME, MARCH**

This movement is a two part command.

## Preparatory Command

Drill Instructor: **"Mark Time"**  
Response: **"No response"**

## Command Of Execution

Drill Instructor: **"March"**  
Response: **"Step, together and up"**

## Purpose

To march an element or elements in place for a short period of time and to ensure proper alignment and cover within the formation.

## Execution/Movement

To march in place, the command **Mark Time, MARCH** is given as the left foot strikes the marching surface and only while marching with a fifteen (15) or thirty (30) inch step forward. On the command of execution **MARCH** of **Mark Time, MARCH**, take one more step bringing the trail foot alongside the lead foot and begin to march in place. Raise each foot (alternately) two (2) inches off the marching surface; the arms swing naturally as in forward march.

Note: While marking time, the <sup>Student</sup> must adjust to ensure proper alignment and cover.



# **HAND SALUTE**

This movement is a two part command.

## Preparatory Command

Drill Instructor: "Present"  
Response: "No response"

## Command Of Execution

Drill Instructor: "Arms"  
Response: "Snap"

## Purpose

To show respect, to acknowledge and to render honor.  
This is a one (1) count movement.

## Execution/Movement

On the command of execution **ARMS** of **Present, ARMS**, raise the right hand sharply, fingers and thumb extended and joined, palm facing down. Place the tip of the right forefinger on the rim of the visor slightly to the right of the right eye. The outer edge of the hand is barely slanted downward so that neither the back of the hand nor the palm is clearly visible from the front. The hand and wrist are straight, the elbow inclined slightly forward and the upper arm horizontal.

Order arms from the hand salute is a one-count movement. The command is **Order, ARMS**. On the command of execution **ARMS**, return the hand sharply to the side, resuming the position of attention.

# **CHANGE STEP, MARCH**

This movement is a two part command.

## Preparatory Command

Drill Instructor: **"Change Step"**  
Response: **"No response"**

## Command Of Execution

Drill Instructor: **"March"**  
Response: **"Step, place, step"**

## Purpose

This command may be given to a platoon, squad, or detail to execute a change step in a uniformed manner or may be used whenever an element or elements is out of step with the formation/platoon.

## Execution/Movement

On the command of execution **MARCH**, of **Change Step, MARCH** take an additional thirty (30) inch step to the front with your left foot. Place the toe of your right foot near the heel of the left foot and immediately step off with a thirty (30) inch step to the front with your left foot. Continue marching forward with a thirty (30) inch step until commanded or instructed otherwise.

**Note: Thumbs remain along the seams of the trousers during this movement. Also, the preparatory command is given on the left foot and the command of execution is given on the right foot.**

## **Change Step, MARCH:**

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Preparatory command given on the left foot.  
Command of execution given on the right foot.

## **TO THE REAR, MARCH**

This movement is a two part command.

### Preparatory Command

Drill Instructor: **"To the rear"**  
Response: **"No response"**

### Command Of Execution

Drill Instructor: **"March"**  
Response: **"Step, turn, step"**

### Purpose

Used to face an element or elements one hundred and eighty (180) degrees to the right flank, in a uniformed manner.

### Execution/Movement

On the command of execution **MARCH** of **To The Rear, MARCH** place the left foot approximately thirty (30) inches in front of the right foot. Face one hundred and eighty (180) degrees to the rear by turning to the right and simultaneously pivot on the balls of both feet. Legs remain straight and without stiffness. The arms are to remain to the sides of the body during the turn. Without losing cadence, continue marching forward with thirty (30) inch steps until otherwise commanded or instructed.

**Note: During the one hundred and eighty (180) degree turn, the head remains in alignment with the body so as to turn with the body. The preparatory command is given on the left foot and the command of execution is given on the right foot.**

### **To the Rear, MARCH:**

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Preparatory command given on the left foot.  
Command of execution given on the right foot.

## DRILL TERMINOLOGY/GLOSSARY

✓ **Alignment-** The arrangement of several elements on a straight line.

✓ **Base-** The element on which a movement is regulated.

✓ **Cadence-** A rhythmic rate of march at a uniform step.

**Ceremonies-** Formations and movements in which a movement is executed, or the number of steps or counts per minute at which a movement is executed. Drill movements are normally executed at the cadence of quick time or double time. Quick time is the cadence of one hundred and twenty (120) counts or steps per minute; double time is the cadence of one hundred eighty (180) counts or steps per minute.

✓ **Column-** A formation in which elements are placed one behind the other, except that a section or platoon is in column when the squads are in column and abreast of each other.

✓ **Cover-** Aligning oneself directly behind the man to one's immediate front while maintaining correct distance.

**Depth-** The space from head to rear of an element or a formation. The depth of an individual is considered to be twelve (12) inches.

✓ **Distance-** Space between elements in the direction of depth. Between individuals, the space between the chest and back of the person in front or behind. While in formation, the space from the front of the rear unit to the rear of the front unit. Platoon commanders, guides and others whose position in formation is forty (40) inches from a rank are, themselves, considered a rank. Otherwise, commanders and guides are not considered in measuring distance between units. The color guard is not considered in measuring distance between subdivisions of the unit with which it is posted. In formation, the distance between ranks is forty (40) inches.

✓ **Drill-** Certain movements by which a unit (or individuals) is moved in a uniform manner from one formation to another, or from one place to another. Movements are executed in unison and with precision.

✓ **Element-** An individual, squad, section, platoon, company, or other unit which is part of a larger unit.

**Ferrule-** Guidon pole.

**File-** A single column of individuals one behind another. A column that has a front of one element.

**Flank-** The right or left extremity of a unit either on line or in column. The element on the extreme right or left of the line. A direction at a right angle to the direction an element of a formation is facing.

**Front-** The space from side to side of a formation, including the right and the left elements.

**Formation-** An arrangement of elements on line, in column, or in any other prescribed manner.

**Guide-** The individual (base) upon whom a formation, or other elements thereof, regulates its march. "To guide" means to regulate the interval, direction, alignment and cadence on a base file (right, left, or center).

**Guidon-** Company/Platoon identification flag.

**Guidon Bearer-** The individual assigned to carry the Guidon.

**Inflection-** The rise and fall in pitch of the voice. The tone also changes in the voice.

**Intervals-** The lateral space between elements on the same line. Interval is measured between individuals from shoulder to shoulder. It is measured between elements rather than individuals and between formations from flank to flank. Unit commanders and those with them are not considered in measuring interval between elements of the unit with which it is posted.

- Normal Interval- One arms length between two individuals.
- Double Interval- The lateral space between elements measured from right to left by the element on the right placing the heel of his hand on his/her hip, even with the top of the belt line, fingers and thumb joined and extended downward, with his/her elbow in line with the body and touching the arm of the element to the left.
- Close Interval- The horizontal distance between the shoulder and elbow when the left hand is placed on the left hip.

**Line-** A formation in which the elements are abreast, except that a section of platoon is in line when it's squads are in line and one behind the other.

**Rank-** A line that is one element in depth.

**Re-form-** A command to restore the previous element or formation (used only during drill instructions).

**Reveille-** Signifies the start of the duty day. A musical interlude accompanies the occurrence.

**Step-** The distance from heel to heel between the feet of a marching person. The half step and back step are fifteen (15) inches. The right and left steps are twelve (12) inches. The steps in quick and double time are thirty (30) and thirty six (36) inches respectively.

**Taps-** Signifies the end of the duty day. A musical interlude accompanies the occurrence.

**Tone-** A sound of distinct pitch and quality.

**Truck-** The ball located at the top of the ferrule/pole.

## **LEFT (RIGHT) FLANK, MARCH**

**\*This movement is a two part command.**

### Preparatory Command

Drill Instructor: **"By the Left (Right) Flank"**  
Response: **"No response"**

### Command Of Execution

Drill Instructor: **"March"**  
Response: **"No response"**

### Purpose

Used to return face an element or elements ninety (90) degrees to the left (right) flank in a uniformed manner.

### Execution/Movement

On the command of execution **MARCH of By the right flank, MARCH** the entire rank will take one more step to the front, pivot ninety (90) degrees in the commanded direction on the ball of the lead foot and step off in the new direction with the trailing foot. Continue marching in the new direction until commanded otherwise.

**Note: Left (Right) Flank may only be executed from a column formation. When marching in flanks, the squad members must align to the squad leaders and cover down on the leading squad.**

#### Left Flank:

Preparatory command given on the left foot.

Command of execution given on the left foot.

#### Right Flank:

Preparatory command given on the right foot.

Command of execution given on the right foot.

# **CLOSE RANKS, MARCH**

**\*This movement is a two part command.**

## Preparatory Command

Drill Instructor:     **"Close Ranks"**  
Response:             **"No response"**

## Command Of Execution

Drill Instructor:     **"March"**  
Response:             **"No response"**

## Purpose

Used to return a platoon from inspection ready formation to the original line formation.

## Execution/Movement

On the command of execution **MARCH of Close Ranks, MARCH** the first squad takes four (4) fifteen (15) inch steps backwards. The second squad takes two (2) fifteen (15) inch steps backwards. The third squad stands fast. The fourth squad takes one (1) thirty (30) inch step forward.



# **OPEN RANKS, MARCH**

**\*This movement is a two part command.**

## Preparatory Command

Drill Instructor:     **"Open Ranks"**  
Response:             **"No response"**

## Command Of Execution

Drill Instructor:     **"March"**  
Response:             **"No response"**

## Purpose

Normally used to prepare a platoon for inspection. This movement may only be used from the halt in a line formation.

## Execution/Movement

On the command of execution **MARCH of Open Ranks, MARCH** the first squad takes two (2) thirty (30) inch steps forward. The second squad takes one (1) thirty (30) inch step forward. The third squad stands fast. The fourth squad takes two (2) fifteen (15) inch steps backwards. **Dress Right, DRESS** should be given at this point.

**NOTE:** Prior to giving this command, the Drill Instructor should be centered and approximately four (4) thirty (30) inch steps in front of the platoon. Upon giving the command of execution **MARCH of Open Ranks, MARCH**, the Drill Instructor will march in the most direct route to the extreme right of the first squad leader. The Drill Instructor will then verify the alignment of each squad and give the commands **Ready, FRONT...COVER.**