PART 1 - CHAPTER 1

PRINCIPLES

OBJECT OF THE MANUAL

1. The purpose of the manual is to set out the correct procedures for RAF drill and ceremonial. The only drill movements which are to be taught in the Service are those laid down in this manual. Exceptions to this ruling can be made when operating on a Dual or Tri-Service parade when the traditions of the senior Service take precedence. Additionally it may be necessary to modify some of the procedures for ceremonial contained in this publication having regard to the size of the parade area, the number of personnel available and the time allowed for rehearsals. Limited variations to drill movements may be authorised exclusively for use by The Queen's Colour Squadron.

THE INSTRUCTOR

2. **Qualities of the Instructor**. Drill is exacting and to teach it successfully the instructor must have the following qualities:

a. *Patience* – never loose your temper.
b. *Enthusiasm* – you must inspire your squad with a will to learn.
c. *Consistent Attitude* – set the standard and do not deviate from it.
d. *Humanity* – understand the squad's problems. Praise readily but do not become familiar, and never humiliate individual members of the squad.
e. *Strength of Personality* – as a drill instructor you must impress the squad with your personality and always control them fully.

3. **Example**. Recruits imitate their instructors and it is by example that they will learn most. Therefore:

a. When drilling a squad, stand at Attention.
b. When moving, march as you would wish your squad to march.
c. When demonstrating, do so accurately and if the movement is with a rifle, use a rifle and nothing else.
d. Do not use foul or abusive language.
e. Be impeccably turned out.
f. Never exaggerate a movement of drill.

SEQUENCE OF INSTRUCTION

4. The following sequence is to be used:

   a. Form the Squad.
   b. Explanation.
   c. Demonstration.
   d. Questions.
   e. Practice, which should be collective, then individual and collective again.

5. **Formation of a Squad**. Bear 2 factors in mind:

   a. Consider the comfort of the squad. Make sure that they are not looking into the sun or are unnecessarily exposed to the elements.

   b. Consider the formation in which they will learn most quickly. The following is a guide:

Use	Formation
Foot Drill	Straight Line/Hollow Square
Rifle Exercise	Half Circle
Saluting at the Halt	Three Ranks, Open Order, Inclined to the Right.

6. **Explanation**. Explain what you are about to teach and why it is necessary.

7. **Demonstration**. Broken down as follows:

   a. Complete demonstration, calling out the words of command.
   b. Demonstration by numbers, pointing out important details.
   c. Another complete demonstration.

8. **Questions**. After giving the first demonstration by numbers, ask the squad if they have any questions and do so after each subsequent demonstration by numbers.

9. **Practice**. After each demonstration by numbers, practise the squad in that movement, checking for faults. Finally, after demonstrating the whole movement, practise the squad judging the time.

INSTRUCTIONAL TECHNIQUE

10. To achieve common standards of drill instruction in the Royal Air Force the following instructional techniques are to be used:

   a. **Regulation Pause**. The regulation pause is equal to 2 beats in Quick Time. When spoken in the course of instruction this pause is represented by the words **"LEFT RIGHT"**.

   b. **Movements**. Parts of a drill movement are to be represented by the word

"ONE" except in the few exceptions detailed in Part 1.

SAFETY

11. Before each lesson or drill practice normal safety precautions (NSPs) are to be carried out on rifles. Due regard is to be given to the safe handling of bayonets.

THE WORD OF COMMAND

12. **Words of Command**. All words of command must be clear and powerful since the way in which they are given affects the reaction that they inspire. The word of command is divided into three parts:

a. *Introductory*. This tells the squad what movements they are about to carry out ie "**Into Line**".
b. *Cautionary*. The drawn out and loud reminder to the squad ie "**Right**".
c. *Executive*. The high-pitched, sharp command ie "**Turn**".

Sometimes there is no need for an introductory word of command ie "**For-ward".** The following are examples of the delivery of a word of command:

Introductory	Cautionary	Executive
Voice	*Voice*	*Voice*
Informative, clear and level.	Drawn out, loud and falling.	Sudden, sharp and loud.
Example 1 - "Into Line"	**"Right"**	**"Turn".**
Example 2 - No introductory command	**"Squadron"**	**"Halt".**

13. **Timings of Words of Command**. The table at Annex A shows on which foot the executive word of command is given. The cautionary word of command should be consistently drawn out over about the equivalent of 4 paces in Quick Time. There should be a pause between it and the executive word of command as follows:

a. At the halt – the regulation pause.
b. In Quick Time – about four paces.
c. In Slow Time – about three paces.

TIMINGS

14. Drill instructors should know the following rates of marching, and lengths of pace:

a. **Rates of Marching**. The rates of marching are:

(1) Quick Time - 116 paces to the minute
(2) Slow Time - 65 paces to the minute.

b. **Lengths of Pace**. The lengths of pace in marching are:

(1) Quick and Slow Time - 30 in (750 mm)
(2) Stepping out - 33 in (830 mm)
(3) Stepping short - 21 in (530 mm)
(4) Side Pace - 12 in (300 mm).

THE PARADE/CONDUCTING WARRANT OFFICER

15. The Parade/Conducting Warrant Officer is responsible for the organisation, planning and detailed rehearsals of a parade. All personnel junior in rank to the Warrant Officer are to stand at the position of attention whilst addressing or being addressed by him. The Warrant Officer is responsible for attending to any unplanned incidents that may occur. The Warrant Officer is privileged to be free-lance at any stage of a parade subject to his appreciation of the circumstances of the moment. For example the Warrant Officer would not initiate the retrieval of a hat or dropped bayonet at the instant of a General Salute. Indeed there may be circumstances in which the Warrant Officer decides to do nothing at all. Great responsibility rests with the Warrant Officer to foster the smooth completion of a parade by discreet and appropriate handling of unplanned incidents.

Annexes:

A. Table for Timings and Words of Command.
B. Aids to Drill Instruction.
C. Notes for Inspecting Officers.

TABLE FOR TIMINGS AND WORDS OF COMMAND

COMMAND (In alphabetical order) (a)	EXECUTIVE COMMAND IS GIVEN (b)
About – TURN(quick time)	When the left heel strikes the ground
About – TURN(slow time)	When the left foot is on the ground
Break into double time **Double –** MARCH (from quick time)	When the right heel strikes the ground
Break into mark time **Mark –** TIME(quick time)	When the left heel strikes the ground
Break into mark time **Mark –** TIME(slow time)	When the left foot is on the ground
Break into quick time **Quick –** MARCH (from double time)	When the right foot strikes the ground
Break into quick time **Quick –** MARCH (from slow time)	When the right foot is on the ground
Break into slow time **Slow –** MARCH (from quick time)	When the left heel strikes the ground
Change – STEP(quick time)	When the right heel strikes the ground
Change – STEP(slow time) (when marching)	When the right foot is on the ground
Change – STEP(quick time)	When the right foot strikes the ground
Change – STEP(slow time) (when marking time)	When the right foot is on the ground
Eyes – LEFT/RIGHT/FRONT(quick time)	When the left heel strikes the ground
Eyes – LEFT/RIGHT/FRONT(slow time)	When the right foot is on the ground
For – WARD(mark time)	When the left foot strikes the ground

Squad/Flight – HALT(double time)	When the left foot strikes the ground
Squad/Flight – HALT(quick time)	When the left heel strikes the ground
Squad/Flight – HALT(slow time)	When the right foot is on the ground
Squad/Flight – HALT(mark time)	When the left foot strikes the ground
Left – TURN(quick time)	When the right heel strikes the ground
Left – TURN(slow time)	When the right foot is on the ground
Left – FORM(quick time)	When the left heel strikes the ground
Left – FORM(slow time)	When the left foot is on the ground
Quick – MARCH	See Note 1
Right – FORM(quick time)	When the right heel strikes the ground
Right – FORM(slow time)	When the right foot is on the ground
Right – TURN(quick time)	When the left heel strikes the ground
Right – TURN(slow time)	When the left foot is on the ground
To the **Left/Right/Front –** SALUTE(quick time)	When the left heel strikes the ground
To the **Left/Right/Front –** SALUTE(slow time)	See Note 2
Slow – MARCH	See Note 1
Variations in pace	
Step – OUT/SHORT(quick time)	When the left heel strikes the ground
Step – OUT/SHORT(slow time)	When the left foot is on the ground
Quick – MARCH (from step out/short)	When the left heel strikes the ground
Slow – MARCH (from step out/short)	When the left foot is on the ground

Note 1 To move off with a preceding unit the Squadron or Flight Commander must step off in the correct cadence. To achieve this he must give the word of command "Quick" as the left heel of the unit in front strikes the ground and "March" as the right heel strikes the ground. Thus when the unit behind the preceding unit steps off it will be in step.

Note 2 Officers Saluting with the sword in Slow Time (The Flourish).

AIDS TO DRILL INSTRUCTION

1. **Calling out the Time**. Personnel in the early stages of training should call out the time until considered proficient. They must learn to be still when calling out **"LEFT RIGHT"** for the regulation pause. Calling out the time will enable:

   a. Every member of a squad to implement the regulation pause.

   b. The squad to learn to act together.

2. **Time and Pace**. Para 14 of this chapter contains the lengths of pace, rates of marching and timings of movements.

3. **Mechanical Aids**. There are three aids the instructor may use to help obtain accurate and smart drill. They are as follows:

   a. *The Pace Stick*. The Pace Stick is used to gauge the correct length of pace and to measure the distance between ranks. It is a difficult instrument to wield and perfection in the art of turning it, requires constant practice. The instructor should march beside the leading person of the squad, with the stick open and turning to control the length of pace. The instructor should periodically check the length of pace by marching behind the squad with the Pace Stick open and turning (see separate chapters).

   b. *The Metronome*. This gives an accurate check on the rate of marching and on the timing of rifle exercises. It can be set to any number of beats per-minute and should be used frequently to maintain uniformity of instruction with regard to timings. The electronic metronome with an LCD readout is replacing the swinging arm version.

c. *The Drum*. When foot drill and rifle exercises are being taught by numbers at the halt, a drummer may be used by the instructor to provide the cue for a movement. Three scenarios are as follows:

(1) The drummer is stationed behind the squad and will judge the regulation pause between the cautionary word of command and the drum-tap. A specimen word of command would sound like this:

"RIFLE EXERCISES, BY NUMBERS, WORKING WITH THE DRUM, SHOULDER ARMS – TAP!" "SQUAD – TAP!" "SQUAD – TAP!".

The squad will react more sharply to the tap of the drum than they would to the instructor's word of command.

(2) When foot and rifle exercises are being done at the halt whilst judging the time, station a drummer to the rear of the squad. The drummer should have a metronome (set at 40) and should be far enough behind the squad for them not to hear the tick of the metronome. A specimen word of command would sound like this:

"RIFLE EXERCISES, WORKING WITH THE DRUM, SLOPE – TAP!" "TAP!" "TAP!"

The drummer will judge the regulation pause between the cautionary word of command and his first tap, if this is possible. Thereafter he will tap the drum on every beat of the metronome for the same number of times as there are movements.

(3) To beat the rate of marching, set the metronome to the rate required. The drummer now beats in time with the metronome and the squad stands still and listens. When the instructor is ready to practise his squad he must have the drummer beating the time to the metronome and then give:

"QUICK MARCH".

NOTES FOR INSPECTING OFFICERS

INTRODUCTION

1. Before drill personnel should be inspected to ensure that:

    a. They are dressed correctly.
    b. Their clothing and equipment is serviceable and clean.
    c. Their weapons are clean and cared for.
    d. They are alert and healthy.

2. Personnel should be at Attention when inspected, rifles in the shoulder and with bayonets fixed.

3. The Inspecting Officer, Warrant Officer or NCO should be accompanied by the next most senior NCO who should note down any observations made by the Inspecting Officer. An NCO should be posted in front of the squad to see that they stand still and look to their front.

GENERAL IMPRESSION

4. First of all look at the Squad:

    a. Are they standing correctly to Attention?
    b. Are they dressing and covering off correctly?

5. Take a quick look at each individual:

    a. Are personnel clean and shaved?
    b. Are they standing well?
    c. Are uniforms clean and pressed? Do they fit?

DETAIL

6. **Head**.

    a. *No 1 HD Hat.* The No 1 HD Hat is to be clean and is to be worn square on the head with the front of the peak at a level just above the eyes. The cap badge and peak are to be clean. The black mohair band is to be clean and worn with the stitching in the front centre of the cap, in line with the badge.

b. *Beret.* The beret is to be clean and worn so that the band is horizontal around the head and 1 in (2.5 cm) above the eyebrows. Loose cap material is to be drawn down to the right so that the badge is clearly displayed in a position vertically above the left eye. Loose ends of the draw cord are to be secured inside the head band.

c. *Hair.* The hair of the head is to be kept well cut and trimmed. Women's hair is not to fall below the bottom edge of the back of the jacket collar or show below the peak or front of the cap. Beard or whiskers are not to be worn except by personnel with specific permission in writing on medical grounds; personnel so authorised are not normally to appear on ceremonial parades. If a moustache is worn, the upper lip is to be entirely unshaven and the moustache trimmed neatly for length; exaggerated or "handlebar" whiskers are not permitted.

d. *Glasses.* Glasses may be worn on parade with the exception of state ceremonial parades.

7. **Body**.

a. *Neckwear.* The collar is to be clean and pressed.

b. *Tie.* The tie is to be tied as a full Windsor knot. It is not to be tucked in to the shirt-front nor display any pin, brooch or fastener which can be seen.

c. *Buttons.* All buttons are to be sewn on securely so that the crown is uppermost and the eagle horizontal.

d. B*adges.* Rank and other authorised badges are to be worn in accordance with current dress regulations.

e. *Medals/Medal Ribbons.* When orders, decorations, medals or medal ribbons are worn they are to be appropriately worn and correctly positioned in accordance with current dress regulations. Ribbons are to be clean and in good repair. Personnel should be discouraged from burnishing medals as this destroys the minting; it is sufficient that the metal parts be carefully cleaned with mild soapy water.

f. *Pockets.* All pockets are to be worn flat and emptied of bulky objects. Press studs on tunic breast pockets are to be securely fastened.

g. *Trinkets.* No trinkets, ear-rings or unauthorised badges are to be worn on parade. Plain wedding rings may be worn.

h. *White Ceremonial Belt.* The belt is to be fitted so that it will not be pulled down by a bayonet or allow the jacket to ride up underneath it during a parade. The buckle is to be in line with the centre of the body, correctly fastened and polished, when made of brass. The belt may have to have a looser fit on female personnel to avoid distorting the uniform jacket.

i. *Bayonet.* When carried, the bayonet is to be clean, with the scabbard scrubbed white and worn on the left side of the body over the left buttock. Brass components are to be polished.

j. *Trousers.* The trousers are to be pressed correctly and braced so that they break on the second lace hole from the front of the shoe or boot.

k. *Footwear.* Boots and shoes are to be clean and in good repair, laced straight across and laces neatly tied.

8. **Rifles**. When rifles are to be inspected, the Inspecting Officer is to ensure that:

a. The exterior of the rifle is clean and free from rust.

b. The magazine and action are clear and in good order.

c. The SUSAT is covered when fitted.

d. No parts of the rifle are loose or damaged.

e. The barrel is to be cleaned and oiled and free from obstruction.

9. **Mourning Bands**. When mourning bands are worn they are to be of black crepe, 3¼ in (8.3 cm) wide, and are to be secured midway between the point of the elbow of the left arm and the shoulder. See QR J196.

SOME DO'S AND DON'TS FOR INSPECTING OFFICERS

10. Do:

a. Be consistent and impersonal.

b. Be decisive and tell the Warrant Officer or NCO who is accompanying you the action that you require.

c. Give praise readily.

11. Do not:

a. Make it a battle between you and them.

b. Allow the Warrant Officer or NCO to touch personnel on parade without first stating: "I am going to touch you because……."

c. Ridicule or humiliate individual members of the squad.

d. Spend a long time in front of each person.

e. Allow those accompanying you to inspect for you.

f. Point vaguely at things and expect them to vanish or change colour.

PART 1 - CHAPTER 2

FOOT DRILL
AT THE HALT

CONTENTS

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LESSON 1 – THE STAND EASY

INSTRUCTOR'S NOTES

Aim	To Teach the Position of the Stand Easy.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood in a straight line.
Revision	Nil.
Spoken Introduction	**To introduce you to foot drill the first position we will cover will be the Stand Easy. The reason this movement is taught is to enable an individual or a body of personnel to learn the basic position from which all other drill movements originate.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR** **STAND EASY.**		1. There is one part to this movement. 2. There is no timing for this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS (Fig 2-1).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR** **STAND EASY.**	**1.** The limbs, head and body may be moved, but not the feet. If the feet are moved the dressing may be lost. Slouching, talking and unnecessary movements are not to be allowed. **2.** The back of the left hand is to be against the top of the buttocks, fingers and thumb extended. The back of the right hand is to be in the palm of the left hand with the thumb of the right hand crossed over and on the outside of the left thumb. **3.** Heels apart 12 in (30 cm), toes pointing outwards 45 degrees.	**1.** Ensure no unnecessary movement. **2.** Heels 12 in apart. **3.** Toes pointing out at 45 degrees. **4.** Ensure the hands are in the correct position. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 2-1).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR** **STAND EASY.**		
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **SQUAD STAND EASY.**	Students to execute the movement.	**1.** Make any corrections where necessary.

Front View

Fig 2-1

Rear View

Fig 2-1

THE STAND EASY

LESSON 2 – THE STAND AT EASE

INSTRUCTOR'S NOTES

Aim	To Teach the Stand At Ease.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly at Stand Easy in a straight line.
Revision	Stand Easy.
Spoken Introduction	**The next stage in foot drill is the Stand At Ease. The reason this movement is taught is to enable an individual or a body of personnel to learn the basic position from which all other drill movements originate.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL JUDGING THE TIME SQUAD.**	On the execution of the movement the instructor is to call out: **ONE.**	**1.** There is one part to this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS (Fig 2-2).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The body is braced with the weight equally over both legs, which are braced. **2.** The arms are straight and forced to their fullest extent down behind the back. **3.** The back of the right hand is in the palm of the left hand, with the fingers straight and extended. **4.** The thumb of the right hand is crossed over the left.	**1.** Arms to the rear at their fullest extent. **2.** Both knees are braced. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 2-2).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL JUDGING THE TIME SQUAD.**	On the execution of the movement the instructor is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL JUDGING THE TIME SQUAD.**	Students to execute the movement and call out the timing: **ONE.**	**1**. Make any corrections where necessary.

Front View

Fig 2-2

Rear View

Fig 2-2

STAND AT EASE

LESSON 3 – ATTENTION

INSTRUCTOR'S NOTES

Aim	To Teach the Position of Attention.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood At Ease in a straight line.
Revision	Stand At Ease.
Spoken Introduction	**The next stage in foot drill is the Attention from the position of Stand At Ease. The reason this movement is taught is to enable an individual or a body of personnel to learn the basic position from which all drill movements originate.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **SHUN.**	On the execution of the movement the instructor is to call out: **ONE.**	**1**. There is one part to this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS (Fig 2-3).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Whilst keeping the right foot still and the leg braced, bend the left knee raising the thigh parallel to the ground. Bring the left foot smartly into a position alongside the right foot. **2.** At the same time pull the arms to the side of the body by the shortest route. **3.** The heels are to be together in line. The feet are turned outwards at an angle of approximately 45 degrees. The knees are straight and the weight of the body is balanced on both feet. **4.** The body is erect and is evenly carried over the thighs. The shoulders are level and square to the front, drawn downwards and backwards without strain or stiffness so as bring the chest to its natural position. **5.** The arms are to be braced from the shoulders. The wrists are to be straight and the palms of the hands are to be turned towards the thighs. The fingers are to be lightly clenched and the thumbs are to be to the front, touching the forefingers. The thumbs and tips of the fingers are to rest lightly on the thighs with the thumb on the side seam of the trousers or skirt. **6.** The neck is to be erect, the neck and eyes are to be square to the front. The eyes are to look straight to the front (except when an individual is being personally addressed when he/she is to look at the person addressing him/her, without turning the head). Breathing is not to be restricted and no part of the body is to be stiff, tense or strained. The mouth is to be closed. **7.** The position of Attention is one of alertness in readiness for a word of command. **8.** Unless stated, all drill movements follow from the position of Attention. **9.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The left foot comes through the bent knee position, the thigh is brought to a position parallel to the ground. **2.** The body is braced and the shoulders pulled back and down. **3.** Keep head and eyes steady **4.** The wrists are locked and the hands clenched, with the thumbs on the seam of the trousers or skirt, the backs of the fingers touching the thigh. **5.** Feet and body are square to the front, heels together, toes pointing out at 45 degrees.

		6. The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Figs 2-3).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to give a final and complete demonstration: **INSTRUCTOR – SHUN.**	On the execution of the movement the instructor is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **SQUAD SHUN.**	Students to execute the movement and call out the timing: **ONE.**	**1**. Make any corrections where necessary.

Final Position

Fig 2-3

ATTENTION

LESSON 4 - LEFT TURN AT THE HALT

INSTRUCTOR'S NOTES

Aim	To teach the left turn at the Halt.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	The Attention.
Spoken Introduction	**The next stage in foot drill is the Left Turn at the Halt. The reason this movement is taught is to enable an individual or a body of personnel to turn through an angle of 90 degrees to the left, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL JUDGING THE TIME LEFT TURN.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE.**	**1.** There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) LEFT TURN – ONE (Fig 2-4).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Immediately on the command, the head, shoulders, body and both feet are forced through an angle of 90 degrees to the left by means of pivoting on the heel of the left foot and toes of the right foot. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The left foot is flat firm on the ground. **2.** The right toes on the ground with the heel raised. **3.** The arms remain in the correct position of the Attention. **4.** Both knees are braced. **5.** The body is erect and square to the new direction.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) LEFT TURN – TWO (Fig 2-5).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Immediately on the command, the right leg is bent in front of the body so that the thigh is parallel to the ground with the right foot hanging naturally below the knee. The foot is then placed down beside the left foot at the correct position of Attention. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The body is now in the correct position of Attention facing its new direction. **2.** The arms are at the correct position of the Attention. **3.** The feet are at 45 degrees with the heels together. **4.** The body is erect and square to the new direction.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 2-5).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **LEFT TURN.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **MOVE TO THE LEFT** **LEFT TURN.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ONE.**	**1.** Make any corrections where necessary.

First Movement

Fig 2-4

Final Position

Fig 2-5

LEFT TURN

LESSON 5 - RIGHT TURN AT THE HALT

INSTRUCTOR'S NOTES

Aim	To teach the Right Turn at the Halt.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Left Turn at the Halt.
Spoken Introduction	**The next stage in foot drill is the Right Turn at the Halt. The reason this movement is taught is to enable an individual or a body of personnel to turn through an angle of 90 degrees to the right, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **RIGHT TURN.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE.**	**1.** There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) RIGHT TURN – ONE (Fig 2-6).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Immediately on the command, the head, shoulders, body and right foot are forced through an angle of 90 degrees to the right by means of pivoting on the heel of the right foot and the toes of the left. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right foot is flat firm on the ground. **2.** The left toes on the ground with the heel raised. **3.** The arms are in the correct position of the Attention. **4.** Both knees are braced. **5.** The body is erect and square to the new direction.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) RIGHT TURN – TWO (Fig 2-7).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Immediately on the command, the left leg is bent in front of the body so that the thigh is parallel to the ground with the left foot hanging naturally below the knee. **2.** The foot is then placed down beside the right foot at the correct position of Attention. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The body is now in the correct position of Attention facing its new direction. **2.** The arms are at the correct position of Attention, the thigh being brought to a position parallel to the ground. **3.** The body is erect and square to the new direction.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 2-7).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **RIGHT TURN.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **MOVE TO THE RIGHT** **RIGHT TURN.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ONE.**	**1**. Make any corrections where necessary.

First Movement

Fig 2-6

Final Position

Fig 2-7

RIGHT TURN

LESSON 6 - THE ABOUT TURN AT THE HALT

INSTRUCTOR'S NOTES

Aim	To teach the About Turn at the Halt.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON.

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Attention from Stand Easy and Stand At Ease.
Spoken Introduction	**The next stage in foot drill is the About Turn at the Halt. The reason this movement is taught is to enable an individual or a body of personnel to turn through an angle of 180 degrees to the right, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **ABOUT TURN.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE.**	**1.** There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) ABOUT TURN – ONE (Fig 2-8).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Immediately on the command, the head, shoulders, body and right foot is forced through an angle of 180 degrees to the right by means of pivoting on the heel of the right foot and the toes of the left. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right foot is flat firm on the ground. **2.** The toes of the left foot are on the ground with the heel raised. **3.** Both knees are braced and the body is erect and square to the new direction.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively	

2) ABOUT TURN – TWO (Fig 2-9).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Immediately on the command, the left leg is bent in front of the body so that the thigh is parallel to the ground with the left foot hanging naturally below the knee. The foot is then forced down beside the right foot, into the correct position of Attention. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The body is now in the correct position of Attention facing its new direction. **2.** The left leg came through the bend the knee position. **3.** The body is erect and square to the new direction.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 2-9).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **ABOUT TURN.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **ABOUT TURN.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ONE.**	**1**. Make any corrections where necessary.

First Movement

Fig 2-8

Final Position

Fig 2-9

ABOUT TURN

LESSON 7 - LEFT INCLINE AT THE HALT

INSTRUCTOR'S NOTES

Aim	To teach the Left Incline at the Halt.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON.

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	The About Turn at the Halt.
Spoken Introduction	**The next stage in foot drill is the Left Incline at the Halt. The reason this movement is taught is to enable an individual or a body of personnel to turn through an angle of 45 degrees to the left, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **LEFT INCLINE.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE.**	**1.** There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) LEFT INCLINE – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Immediately on the command, the head, shoulders, body and both feet are forced through an angle of 45 degrees to the left by means of pivoting on the heel of the left foot and the toes of the right. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The left foot is flat firm on the ground the right toes on the ground with the heel raised. **2.** The arms are at the correct position of Attention. **3.** Both knees are braced. **4.** The body is erect and square to the new direction.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) LEFT INCLINE – TWO (Fig 2-10).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Immediately on the command, the right leg is bent in front of the body so that the thigh is parallel to the ground with the right foot hanging naturally below the knee. **2.** The foot is then placed down beside the left foot at the correct position of Attention. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The body is now in the correct position of Attention facing its new direction. **2.** The arms are in the correct position of Attention. **3.** The body is erect and square to the new direction.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 2-10).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **LEFT INCLINE.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **MOVE TO THE LEFT** **LEFT INCLINE.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ONE.**	**1**. Make any corrections where necessary.

Final Position

Fig 2-10

LEFT INCLINE

LESSON 8 - RIGHT INCLINE AT THE HALT

INSTRUCTOR'S NOTES

Aim	To teach the Right Incline at the Halt.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Left Incline at the Halt.
Spoken Introduction	**The next stage in foot drill is the Right Incline at the Halt. The reason this movement is taught is to enable an individual or a body of personnel to turn through an angle of 45 degrees to the right, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **RIGHT INCLINE.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE.**	**1.** There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO PARTS.		

C. MOVEMENTS

1) RIGHT INCLINE – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Immediately on the command, the head, shoulders, body and right foot are forced through an angle of 45 degrees to the right by means of pivoting on the heel of the right foot and the toes of the left. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right foot is flat firm on the ground. **2.** The left toes on the ground with the heel raised. **3.** The arms are at the correct position of Attention. **4.** Both knees are braced and the body is erect and square to the new direction.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) RIGHT INCLINE – TWO (Fig 2-11).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Immediately on the command, the left leg is bent in front of the body so that the thigh is parallel to the ground with the left foot hanging naturally below the knee. The foot is then placed down beside the right foot at the correct position of Attention. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The body is now in the correct position of Attention facing its new direction. **2.** The arms are at the correct position of Attention. **3.** The body is erect and square to the new direction.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 2-11).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **RIGHT INCLINE.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **MOVE TO THE RIGHT** **RIGHT INCLINE.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ONE.**	**1.** Make any corrections where necessary.

Final Position

Fig 2-11

RIGHT INCLINE

LESSON 9 - TO THE FRONT SALUTE AT THE HALT

INSTRUCTOR'S NOTES

Aim	To teach Saluting to the Front when Halted.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line at the Right Incline.
Revision	Right Incline.
Spoken Introduction	**The next stage in foot drill is Saluting to the Front when halted. The reason this movement is taught is to enable an individual or body of personnel to pay the correct compliment to a commissioned officer or an uncased colour or standard in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **SALUTING TO THE FRONT** **TO THE FRONT SALUTE.**	On the execution of the movement the instructor is to call out: **UP TWO – THREE/DOWN.**	**1.** There are two movements to this lesson. **2.** Saluting at the halt is to be carried out at the Right Incline position to avoid injury when the right arm is raised.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) TO THE FRONT SALUTE – ONE (Fig 2-12).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand is to be brought smartly, with a circular motion, to the side of the head. The palm of the hand is to be to the front with the thumb and fingers held closely together. **2.** The fore-finger is to be placed 1in (20 mm) behind and to the right of the right eye. The wrist is to be straight and the elbow in line and square with the right shoulder. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The body and head remain erect. **2.** The forearm is to be forced to the rear. **3.** The right hand has straight fingers and flat palm to the front. **4.** The left arm remains at the correct position of the attention. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) TO THE FRONT SALUTE – TWO (Fig 2-13).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** After a pause equal to two paces in quick time, the right arm is to be brought smartly down to the side of the body by the shortest route, resuming the position of Attention, without striking the thigh. **2.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The hand forms a clenched fist as it returns to the side of the body. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **TO THE FRONT SALUTE.**	On the execution of the movement the instructor is to call out: **UP TWO – THREE/DOWN.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **TO THE FRONT SALUTE.**	Students to execute the movement and call out the timing: **UP TWO – THREE/DOWN.**	**1**. Make any corrections where necessary.

First Movement

Fig 2-12

Final Position

Fig 2-13

TO THE FRONT SALUTE

LESSON 10 - TO THE LEFT/RIGHT SALUTE AT THE HALT

INSTRUCTOR'S NOTES

Aim	To teach Saluting to a Flank when Halted Left or Right.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention at the Right Incline.
Revision	Saluting to the Front at the Halt.
Spoken Introduction	**The next stage in foot drill is Saluting to the Flank when Halted. The reason this movement is taught is to enable an individual or body of personnel to pay the correct compliment to a commissioned officer or an uncased colour or standard in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **SALUTING TO THE FLANKS** **TO THE LEFT/RIGHT SALUTE.**	On the execution of the movement the instructor is to call out: **UP TWO – THREE – FOUR - FIVE/DOWN.**	**1.** There are two movements to this lesson. **2.** Saluting at the halt is to be carried out at the Right Incline position to avoid injury when the right arm is raised.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) TO THE LEFT/RIGHT SALUTE – ONE (Fig 2-14).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** A movement is made similar to that of the first movement for Saluting to the Front except that at the same time the head and eyes are to be forced through an angle of 90 degrees square over the shoulder in the direction ordered. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The body remains square to the front. **2.** The head and eyes are forced across the shoulder to look in the direction ordered. **3.** When saluting to the right/left the index finger is to be 1 in (20 mm) behind and to the right of the right eye. **4.** The elbow is to be forced well back. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) TO THE LEFT/RIGHT SALUTE – ONE (Fig 2-14).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** A movement is made similar to that of the second movement for Saluting to the Front except that at the same time the head and eyes are to be forced through an angle of 90 degrees back to the front. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The body remains square to the front. **2.** The head and eyes are forced back to the front. **3.** The arm is forced back to the correct position of Attention, by the shortest possible route. **4.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL JUDGING THE TIME TO THE LEFT/RIGHT SALUTE.**	On the execution of the movement the instructor is to call out: **UP TWO – THREE - FOUR – FIVE/DOWN.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **TO THE LEFT/RIGHT SALUTE.**	Students to execute the movement and call out the timing: **UP TWO – THREE - FOUR – FIVE/DOWN.**	**1**. Make any corrections where necessary.

Salute to the Left

Fig 2-14

Salute to the Right.

Fig 2-14

TO THE FLANK SALUTE

LESSON 11 - THE FALL OUT / DISMISS AT THE HALT

INSTRUCTOR'S NOTES

Aim	To teach the Fall Out / Dismiss at the Halt.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	To The Left/Right Salute at the Halt.
Spoken Introduction	**The next stage in foot drill is the Fall out/Dismiss. The reason this movement is taught is to allow an individual or body of personnel to Fall Out/Dismiss in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **FALL OUT.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/LEFT RIGHT LEFT RIGHT.**	**1.** There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) FALL OUT/DISMISS – ONE (Fig 2-15).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Execute a Right Incline. **2.** On the execution of this movement the squad is to call out: **ONE LEFT - RIGHT/ONE.**	**1.** The Right Incline, as previously taught, is carried out. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) FALL OUT/DISMISS – TWO (Fig 2-16).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** After a pause equal to two beats in quick time, the left foot is advanced forward and the quick march is continued for four paces. **2.** On the execution of the movement the squad is to call out: **LEFT RIGHT LEFT RIGHT.**	**1.** Ensure that full 30 inch marching paces are carried out. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **FALL OUT/DISMISS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/LEFT RIGHT LEFT RIGHT.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **SQUAD/FLIGHT/PARADE** **FALL – OUT/DISMISS.**	Students to execute the movement and call out the timing: **ONE - LEFT - RIGHT/ONE - LEFT - RIGHT/LEFT RIGHT LEFT RIGHT.**	**1.** Make any corrections where necessary.

Fig 2-15

First Movement

Fig 2-16

Final Part

FALL OUT / DISMISS

LESSON 12 - AN OFFICER ON PARADE - DISMISS

INSTRUCTOR'S NOTES

Aim	To teach An Officer on Parade - Dismiss.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	The Fall Out/Dismiss at the Halt.
Spoken Introduction	**The next stage in foot drill is An Officer on Parade - Dismiss. The reason this movement is taught is to allow an individual or body of personnel to be dismissed whilst an officer is on parade, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL JUDGING THE TIME AN OFFICER ON PARADE FALL OUT / DISMISS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/UP TWO - THREE/DOWN LEFT - RIGHT/LEFT RIGHT LEFT RIGHT.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) AN OFFICER ON PARADE FALL OUT/DISMISS – ONE (Fig 2-17).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Execute a Right Incline. **2.** On the execution of this movement the squad is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) AN OFFICER ON PARADE FALL OUT/DISMISS – TWO (Fig 2-18).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** After a pause equal to two beats in quick time, a salute to the front is executed. **2.** On the execution of this movement the squad is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) AN OFFICER ON PARADE FALL OUT/DISMISS – THREE (Fig 2-19).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** After a further pause equal to two beats in quick time, advance the left foot forward and continue to march four paces in quick time. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Ensure a full 30 inch marching pace is carried out. **2.** Arm swing up to own shoulder height. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL JUDGING THE TIME AN OFFICER ON PARADE FALL OUT/DISMISS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/UP TWO - THREE/DOWN LEFT - RIGHT/LEFT RIGHT LEFT RIGHT.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **SQUAD/FLIGHT/PARADE** **AN OFFICER ON PARADE** **FALL OUT/DISMISS.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/UP TWO - THREE/DOWN LEFT - RIGHT/LEFT RIGHT LEFT RIGHT.**	**1**. Make any corrections where necessary.

First Part

Fig 2-17

Second Part

Fig 2-18

Final Part

Fig 2-19

AN OFFICER ON PARADE DISMISS

LESSON 13 - RIGHT DRESS/LEFT DRESS AND EYES FRONT

INSTRUCTOR'S NOTES

Aim	To teach the Right Dress/Left Dress and the Eyes Front.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Dismiss and An Officer On Parade Dismiss.
Spoken Introduction	**The next stage in foot drill is the Right Dress/Left Dress and the Eyes Front. The reason this movement is taught is to enable an individual or body of personnel to take up alignment correctly in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **RIGHT DRESS.** **EYES FRONT.**	On the execution of the movements the instructor is to call out: **UP - LEFT - RIGHT – DRESSING.** **ONE.**	**1.** There are two parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) RIGHT DRESS/LEFT DRESS – ONE (Fig 2-20).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** All personnel except the right markers of each rank are to turn their head and eyes smartly to the right. **2.** Personnel in the front rank are to raise their right arm sharply to the right to a horizontal position, hands clenched with backs of the hands upwards, each with the knuckles just touching the person immediately to their right. (The elbow is bent briefly when bringing up the arm). **3.** The clenched hand is driven to the right taking care not to strike the next person; the movement must initially be directed behind the person on the right. **4.** After a pause equal to two beats in quick time, each person is to take a dressing in line as quickly as possible, moving with short quick paces until they are able to see the lower part of the face of the second person beyond. **5.** The shoulders are to be kept square to the front without bending the body or head forward or backward. **6.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The arm and head are moved smartly. **2.** The arm is locked at the elbow. **3.** Keep the shoulders square to the front. **4.** Personnel in the centre and rear ranks are to cover, at one pace distance, those in the front rank. The distance of one pace between ranks is measured by the right-hand Markers in the centre and rear ranks who, at the same time as the front rank, are also to raise their arms, hands clenched, to just touch the shoulder of the person in front. **5.** The body is erect and square to the front.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
INSTRUCTOR FOOT DRILL **JUDGING THE TIME** **LEFT DRESS.**	**1.** On the execution of the movement the instructor is to call out: **ONE.**	**1.** Exactly the same procedure is to be followed, except that the left arms are to be raised and heads turned to the left.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) EYES FRONT – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Each person, except the right (or left) hand person of each rank, is to turn the head smartly to the front. **2.** At the same time all those with raised arms are to force their arms smartly to their sides, without bending the elbow or striking their thighs, thereby resuming the correct position of Attention. **3.** On the execution of this movement the squad is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (See Fig 2-20).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **RIGHT DRESS** **LEFT DRESS.**	On the execution of the movement the instructor is to call out: **UP LEFT - RIGHT/DRESSING.**	
INSTRUCTOR - EYES FRONT.	**ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL JUDGING THE TIME** **SQUAD/FLIGHT/PARADE** **RIGHT DRESS** **LEFT DRESS.**	Students to execute the movement and call out the timing: **UP LEFT - RIGHT/DRESSING.**	**1.** Make any corrections where necessary.
EYES FRONT.	**ONE.**	

Right Dress

Fig 2-20

Left Dress

Fig 2-20

DRESSING

LESSON 14 – DRESSING WITHOUT INTERVALS

INSTRUCTOR'S NOTES

Aim	To teach Without Intervals Right/Left Dress and the Eyes Front.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Right Dress/Left Dress and Eyes Front.
Spoken Introduction	**The next stage in foot drill is the Without Intervals Right/Left Dress and the Eyes Front. The reason this movement is taught is to enable an individual or body of personnel to take up alignment correctly without intervals in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR FOOT DRILL JUDGING THE TIME WITHOUT INTERVALS RIGHT DRESS.**	On the execution of the movement the instructor is to call out: **UP LEFT – RIGHT/DRESSING.**	**1.** There are two parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) WITHOUT INTERVALS RIGHT DRESS/LEFT DRESS – ONE (Fig 2-21).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** All personnel except the right markers of each rank are to turn their heads and eyes smartly to the right. **2.** Personnel in the front rank are to raise their right arm sharply to the right, bending the arm at the elbow, hands clenched and on own hip at waist belt level, with the back of the hand to the front. **3.** The right elbow just touching the person immediately to their right. **4.** After a pause equal to two beats in quick time, each person is to take a dressing in line as quickly as possible, moving with short quick paces until they are able to see the lower part of the face of the second person beyond. **5.** The shoulders are to be kept square to the front without bending the body or head forward or backward. **6.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The arm and head are moved smartly. **2.** The arm is bent at the elbow, with the clenched hand on own hip at waist belt level. **3.** Keep the shoulders square to the front. **4.** Personnel in the centre and rear ranks are to cover, at one pace distance, those in the front rank. **5.** The distance of one pace between ranks is measured by the first file of three (centre and rear ranks only). **6.** Markers who, are to raise their arms, hands clenched, to just touch the shoulder of the person in front. **7.** The body is erect and square to the front.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
WITHOUT INTERVALS **LEFT DRESS** **INSTRUCTOR ONE.**	**1.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Exactly the same procedure is to be followed, except that the left arms are to be used and heads turned to the left.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) EYES FRONT – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Each person, except the right (or left) hand person of each rank, is to turn the head smartly to the front. At the same time all those with raised arms are to force their arms smartly to the correct position of Attention. **2.** On the execution of this movement the squad is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 2-21).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **WITHOUT INTERVALS** **RIGHT DRESS/LEFT DRESS.** **INSTRUCTOR** **EYES FRONT.**	On the execution of the movement the instructor is to call out: **UP LEFT – RIGHT/DRESSING.** **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively- Individually- Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **SQUAD/FLIGHT/PARADE** **WITHOUT INTERVALS** **RIGHT DRESS/LEFT DRESS.**	Students to execute the movement and call out the timing: **UP LEFT – RIGHT/DRESSING.**	**1.** Make any corrections where necessary.
EYES FRONT.	**ONE.**	

Right Dress

Fig 2-21

DRESSING WITHOUT INTERVALS

LESSON 15 - OPEN/CLOSE ORDER MARCH

INSTRUCTOR'S NOTES

Aim	To teach the Open and Close Order March.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in three ranks.
Revision	The Right Dress/Left Dress/Dressing without Intervals and the Eyes Front.
Spoken Introduction	**The next stage in foot drill is the Open and Close Order March. The reason this movement is taught is to enable a body of personnel to dress in Open Order prior to being inspected or when fixing or unfixing bayonets and when being drilled in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR FOOT DRILL JUDGING THE TIME OPEN/CLOSE ORDER MARCH.**	On the execution of the movement the instructor is to call out: **ONE ONE TWO.**	**1**. There are two parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) OPEN ORDER MARCH – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR OPEN ORDER MARCH.**	**1.** On receipt of the command the front rank is to take two paces forward and the rear rank two paces backward. **2.** On the execution of this movement the squad is to call out: **ONE ONE TWO.**	**1.** When in two ranks, the rear rank is to move and the front rank remains still. **2.** During these movements the arms do not move. **3.** Ensure that the ranks step off on the left foot for a full marching pace. **4.** The rank taking paces rearwards need to ensure that they take a full marching pace of 30 ins.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) CLOSE ORDER MARCH – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR CLOSE ORDER MARCH.**	**1.** The front rank is to take two paces backward and the rear rank two paces forward**.** **2.** On the execution of this movement the squad is to call out: **ONE ONE TWO.**	**1.** When in two ranks, the rear rank is to move and the front rank remains still. **2.** During these movements the arms do not move. **3.** Ensure that the ranks step off on the left foot for a full marching pace.

		4. The rank taking paces rearwards need to ensure that they take a full marching pace of 30 ins.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **OPEN ORDER MARCH.**	On the execution of the movement the instructor is to call out: **ONE ONE TWO.**	**1.** Step off with the left foot. **2.** The arms remain still.
INSTRUCTOR CLOSE ORDER MARCH.	**ONE ONE TWO.**	**1.** Step off with the left foot. **2.** The arms remain still.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **SQUAD OPEN/CLOSE ORDER MARCH.**	Students to execute the movement and call out the timing: **ONE ONE TWO.**	**1**. Make any corrections where necessary.

LESSON 16 – PACES FORWARD OR REARWARD MARCH

INSTRUCTOR'S NOTES

Aim	To teach moving forward or backward a given number of paces.
Timings	One 15 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Open/Close Order March.
Spoken Introduction	**The next stage in foot drill is moving forward or backward a given number of paces. The reason this movement is taught is to enable an individual or body of personnel to move forward or backward a maximum number of five paces in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **PACES** **FORWARD MARCH.**		**1.** During this movement and depending on the number of paces ordered, the final move will be with either the right (on odd numbers) or left (on even numbers) foot. **2.** The foot coming through the bent knee position to Attention.

C. MOVEMENTS.

1) PACES FORWARD/REARWARD MARCH – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR PACES FORWARD/REARWARD MARCH.**	**1.** The squad are to move forward or backward the given number of paces ordered, starting with the left foot. **2.** Arms are to be kept steady at the sides throughout the movements and the whole movement is carried out in Quick Time.	**1.** Always stepping off with the left foot in either direction. **2.** Keep arms steady at the sides. **3.** Take a full length 30 in pace.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **PACES FORWARD/REARWARD** **MARCH.**		**1.** Always stepping off with the left foot in either direction. **2.** Keep arms steady at the sides. **3.** Take a full 30 in pace.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **SQUAD FOOT DRILL** **JUDGING THE TIME** **PACES FORWARD/REARWARD** **MARCH.**	Students to execute the movement.	**1**. Make any corrections where necessary.

LESSON 17 - PACES SIDEWAYS MARCH

INSTRUCTOR'S NOTES

Aim	To teach moving sideways a given number of paces.
Timings	One 15 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Moving forward or backward a given number of paces.
Spoken Introduction	**The next stage in foot drill is moving sideways a given number of paces. The reason this movement is taught is to enable an individual or body of personnel to move sideways a maximum number of five paces in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **PACES RIGHT/LEFT CLOSE MARCH.**		

C. MOVEMENTS.

1) LEFT/RIGHT CLOSE MARCH – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ….. PACES RIGHT CLOSE MARCH.**	**1.** The right foot is to be placed 12 in (30 cm) to the right and the other foot brought up to it in Quick Time. **2.** The necessary number of paces is to be completed in this manner without a pause. **3.** Shoulders are to be kept square to the front and each knee is to bend sufficiently to enable the foot to clear the ground 6 in (15 cm) during the movement. **4.** The whole movement should be carried out in Quick Time.	**1.** A 12 in (30 cm) pace is taken. **2.** Keep the shoulders square to the front. **3.** Each knee is bent sufficiently to avoid dragging the foot along the ground.
INSTRUCTOR ..... PACES LEFT CLOSE MARCH.	**1.** The left foot is to be placed 12 in (30 cm) to the left and the other foot brought up to it in Quick Time. **2.** The same action is to be taken as for moving to the right.	**1.** A 12 in (30 cm) pace is taken. **2.** Keep the shoulders square to the front. **3.** Each knee is bent sufficiently to avoid dragging the foot along the ground.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL JUDGING THE TIME PACES LEFT/RIGHT CLOSE MARCH.**		**1.** A 12 in (30 cm) pace is taken. **2.** Keep the shoulders square to the front. **3.** Each knee is bent sufficiently to avoid dragging the foot along the ground.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **SQUAD/FLIGHT/PARADE PACES LEFT/RIGHT CLOSE MARCH.**	Students are to execute the movement.	**1**. Make any corrections where necessary.

LESSON 18 - THE FORMATION OF A SQUAD/FLIGHT

INSTRUCTOR'S NOTES

Aim	To teach The Formation of a Squad/Flight.
Timings	One 15 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in three ranks.
Revision	Moving sideways a given number of paces.
Spoken Introduction	**The next stage in foot drill is Formation of a Squad/Flight. The reason this movement is taught is to enable a body of personnel to form a squad/flight in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete explanation of the movement.		**1**. The instructor may use the squad to assist in the explanation of the movement.

C. MOVEMENTS

1) RIGHT MARKER.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give the words of command: **RIGHT MARKER.**	**1**. On the RIGHT of RIGHT MARKER, the squad braces up into the At Ease position. **2**. The marker marches forward 15 paces, halting on the 15^{th} pace. **3**. The marker stands At Ease.	**1**. The marker is to advance 14 paces 1-2.

2) ON PARADE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give the words of command: **GET ON PARADE.**	**1.** The marker (in position) and the squad (off-parade position) come to Attention. **2.** The squad is to observe a pause, then march forward and form up in three ranks with two persons covering the marker to form the first file; the remainder to form up on the left of the first file. **3.** After observing a further pause each file with the exception of the right file, are to turn their heads and eyes to the right. The front rank are to raise their right arms (Right Dress). **4.** Each file is then to observe a further pause and take up their dressing in line by moving with short quick paces until they are just able to see the lower part of the face of the second person beyond. **5.** The shoulders are to be kept square to the front without bending the body or the head either backwards or forwards. **6.** Personnel in the centre and rear are to cover the rank of the first person in their file at a distance of one pace behind each other. (At this distance personnel are in Close Order.) **7.** When the right hand person of the leading file is satisfied that the squad is steady, he is to turn the head and eyes to the front and smartly lower the arm to the side. **8.** On this movement all personnel, in succession by files, from left to right are to turn their head and eyes to the front. **9.** At the same time personnel of the front rank are to lower their arms to their sides. **10.** Again, after a pause, and in succession, each file from the left to the right is to Stand At Ease.	**1.** If there are only two people in any file, the centre rank is to be left blank. **2.** If there is only one person, the centre and rear ranks are to be left blank. **3.** Such incomplete files, known as Blank Files, are always to be positioned as the second file from the left flank. **4.** If there is less than nine persons to form a squad, they are to be formed up in two ranks with the same intervals between individuals as described. **5.** The distance forward may be shortened if there is not enough space.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively.	

D. FINAL DEMONSTRATION

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final explanation of the movement.		
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively.	

E END OF LESSON DRILLS

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Confirm by collective practise: **RIGHT MARKER.** **GET ON PARADE.**	Students to execute the movement.	**1.** Make any corrections where necessary.

LESSON 19 - SIZING OF A SQUAD/FLIGHT

INSTRUCTOR'S NOTES

Aim	To teach Sizing of a Squad/Flight.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Formation of a Squad.
Spoken Introduction	**The next stage in foot drill is Sizing of a Squad/Flight. The reason this movement is taught is that a correctly sized squad drills betters together and gives a better impression to the spectator. A recruit squad will be sized early in its training. Level ground should be used for sizing. It is done by forming everyone into a single rank and grading them using the top of the head-dress as a guide.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
When sizing a squad the instructor is to use the tallest person of the squad to act as right marker.		

C. MOVEMENTS.

1) SIZING A SQUAD/FLIGHT – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **FOOT DRILL** **JUDGING THE TIMING** **TALLEST ON THE RIGHT** **SHORTEST ON THE LEFT** **IN SINGLE RANK SIZE.**	**1.** Personnel, with the exception of the marker, are to right incline, break ranks and fall in on the left of the marker in a single rank, according to size, and dress off without intervals.	**1.** A correct Left Turn is carried out. **2.** Individuals can most easily assess their height by comparing shoulder height with the person next to them.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) SIZING A SQUAD/FLIGHT – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **SQUAD – NUMBER.**	**1** All personnel except the marker are to turn head and eyes smartly to the right. At the same time, the right marker is to start the numbering by calling out: **ONE.** **2.** This is to be followed immediately by the next person on the marker's left turning the head to the front and at the same time calling out: **TWO.** and so on, until all the personnel are numbered.	**1.** Numbering is sometimes necessary while personnel are in three ranks. **2.** In this case the procedure is the same, the personnel in each rank taking on the number of the person calling out in the front rank for the file as a whole. **3.** Only the front rank are to turn their heads and call out the numbers; the rest pay attention to hear their numbers called.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) SIZING A SQUAD/FLIGHT – THREE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement, giving the word of command: **ODD NUMBERS TWO PACES FORWARD MARCH.**	**1.** Odd numbered personnel take two paces forward, while even numbers stand fast.	
On the command: **NUMBER 1 STAND FAST RANKS RIGHT AND LEFT TURN.**	**1.** Personnel of the front rank (odd numbers), except No 1, are to turn to the right and those of the rear rank (even numbers) are to turn to the left.	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

4) SIZING A SQUAD/FLIGHT – FOUR.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
On the command: **FORM SQUAD QUICK MARCH.**	**1.** Personnel, except No 1, who stands fast, are to step off in the direction they are facing. The rear rank is to wheel to the right and follow the last person of the front rank. **2.** No 3 is to halt one pace to the rear of No 1. No 5 is to halt one pace to the rear of No 3 (to form the first file of threes). No 7 halts to the left of No 1. Those following continue to form files of three until all are assembled. **3.** On coming to a halt in their positions, individuals in a file are to wait until the individual forming the rear rank has halted. After a pause, the file is to turn to face the front at the same time, and take up the dressing by the right.	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **FOOT DRILL** **JUDGING THE TIME.** **TALLEST ON THE RIGHT** **SHORTEST ON THE LEFT** **IN SINGLE RANK SIZE.** **SQUAD NUMBER.** **ODD NUMBERS TWO PACES FORWARD MARCH.** **NUMBER ONE STAND FAST** **RANKS RIGHT AND LEFT TURN.** **FORM SQUAD QUICK MARCH.**	Students to execute the movements.	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME.** **TALLEST ON THE RIGHT** **SHORTEST ON THE LEFT** **IN SINGLE RANK SIZE.** **SQUAD NUMBER** **ODD NUMBERS TWO PACES FORWARD MARCH.** **NUMBER ONE STAND FAST** **RANKS RIGHT AND LEFT TURN.** **FORM SQUAD QUICK MARCH.**	Students to execute the movements.	**1**. Make any corrections where necessary.

PART 1 - CHAPTER 3

FOOT DRILL
IN QUICK TIME

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LESSON 1 – THE QUICK MARCH

INSTRUCTOR'S NOTES

Aim	To teach marching at the regulation rate of 116 paces per minute.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Open/Close Order March.
Spoken Introduction	**The next stage in foot drill is the Quick March. The reason this movement is taught is to enable an individual or body of personnel to march at the regulation rate of 116 paces per minute in a smart uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **QUICK MARCH.**	On the execution of the movement the instructor is to call out: **LEFT RIGHT LEFT RIGHT LEFT.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO PARTS.		

C. MOVEMENTS.

1) QUICK MARCH - ONE (Fig 3-1).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left foot is to advance forward a pace of 30 in (750 mm). The foot making contact with the ground heel first. **2.** At the same time, the right arm is forced forward and the left arm to the rear. Fingers are to be clenched with the thumb to the front, on top and touching the forefinger. The arm is locked at the elbow. **3.** The right arm is to swing forward to the individuals own shoulder height. **4.** On the execution of this movement the squad is to call out: **LEFT.**	**1.** Ensure a 30 in (750 mm) pace is taken. **2.** Ensure the right arm is forced forward to the individuals own shoulder height. **3.** The left arm is forced to the rear. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) QUICK MARCH – TWO (Fig 3-2).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right foot is to advance forward a pace of 30 in (750 mm). The foot making contact with the ground heel first. **2.** At the same time, the left arm is forced forward and the right arm to the rear. Fingers are to be clenched with the thumb to the front, on top and touching the forefinger. The arm is locked at the elbow. **3.** The left arm is to swing forward to the individuals own shoulder height. **4.** On the execution of this movement the squad is to call out: **RIGHT.**	**1.** Ensure a 30 in (750 mm) pace is taken. **2.** Ensure the left arm is forced forward to the individuals own shoulder height. **3.** The right arm is forced to the rear. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) QUICK MARCH – THREE (Fig 3-1).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The movement is the same as squad RIGHT, except the left foot is brought forward a full 30 in (750 mm) marching pace. **2.** On the execution of this movement the squad is to call out: **LEFT.**	**1.** Ensure a 30 in (750 mm) pace is taken. **2.** Ensure the right arm is forced forward to the individuals own shoulder height. **3.** The left arm is forced to the rear. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Figs 3-1 & 3-2).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **BY THE LEFT QUICK MARCH.**	On the execution of the movement the instructor is to call out: **LEFT RIGHT LEFT RIGHT LEFT.**	**1.** The instructor is to continue marching in Quick Time for 11 paces. **2.** The instructor is to march to 116 paces to the minute.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **SQUAD FOOT DRILL** **JUDGING THE TIME** **BY THE LEFT** **QUICK MARCH.**	Students to execute the movement and call out the timing: **LEFT RIGHT LEFT RIGHT LEFT.**	**1.** Make any corrections where necessary. **2.** Ensure the squad march to the regulation pace of 116 paces to the minute.

First Movement

Fig 3-1

Second Movement

Fig 3-2

THE QUICK MARCH

LESSON 2 - HALT FROM THE QUICK MARCH

INSTRUCTOR'S NOTES

Aim	To teach Halt from the Quick March.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	The Quick March.
Spoken Introduction	**The next stage in foot drill is Halt from the Quick March. The reason this movement is taught is to enable an individual or body of personnel to Halt from the Quick March in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **HALT.**	On the execution of the movement the instructor is to call out: **ONE ONE TWO.**	**1** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) HALT – ONE (Fig 3-3).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the left foot strikes the ground a check pace is to be completed with the right foot. **2.** The arm swing is continued in the correct Quick March. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** A full 30 in pace is completed with the right foot. **2.** The arm swing is continued up to shoulder level.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) HALT – TWO (Fig 3-4).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** A further check pace of only 15 in (380 mm) is completed by the left foot. **2.** The arm swing is continued in the correct Quick March. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** A 15 in check pace is completed with the left foot. **2.** The arm swing is continued up to shoulder level. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) HALT – THREE (Fig 3-5).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right knee comes through the bent knee position and the right foot is placed smartly down in line with the left at the correct position of Attention. **2.** At the same time, the arms are smartly cut to the sides of the body. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The right knee comes through the bent knee position, with the thigh parallel to the ground. **2.** The arm swing is cut smartly to the sides of the body. **3.** The body is erect and square to the front. **4.** All movement ceases at the position of Attention.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **HALT.**	On the execution of the movement the instructor is to call out: **ONE ONE TWO.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS

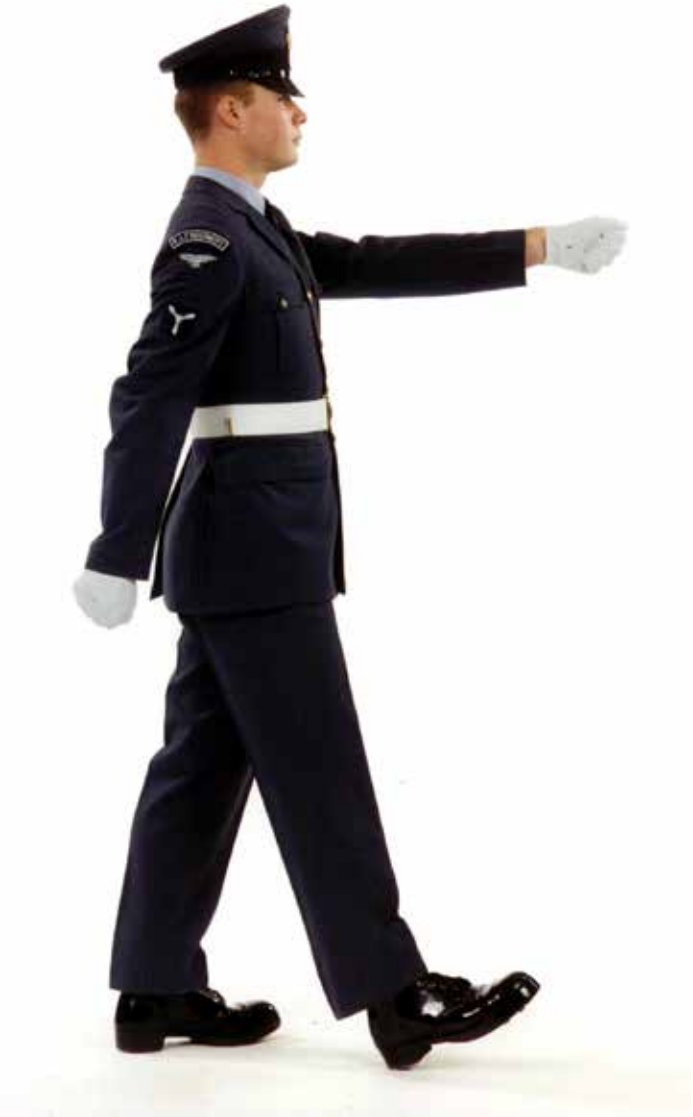
INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **SQUAD/FLIGHT/PARADE FOOT DRILL** **JUDGING THE TIME** **HALT.**	Students to execute the movement and call out the timing: **ONE ONE TWO.**	**1.** Make any corrections where necessary.

First Movement

Fig 3-3

Second Movement

Fig 3-4

Final Position

Fig 3-5

HALT FROM THE QUICK MARCH

LESSON 3 - THE RIGHT TURN ON THE MARCH

INSTRUCTOR'S NOTES

Aim	To teach the Right Turn On The March.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Halt from the Quick March.
Spoken Introduction	**The next stage in foot drill is the Right Turn on the March. The reason this movement is taught is to enable an individual or body of personnel to turn through an angle of 90 degrees without being halted in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **RIGHT TURN.**	On the execution of the movement the instructor is to call out: **CHECK TURN FORWARD.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) RIGHT TURN – ONE (Fig 3-6).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the left foot strikes the ground, a full 30 in (750 mm) pace is to be completed with the right foot. **2.** At the same time swinging the left arm forward and the right arm to the rear, in the correct Quick March. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The right leg takes a full marching pace forward. **2.** The arm swing is continued. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) RIGHT TURN - TWO (Fig 3-7).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left leg comes through the bent knee position and is placed on the ground approximately 3 in (80 mm), diagonally to the right and in front of the right toecap. **2.** The arms are forced, in a scissor-like movement, to the sides of the body. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The forward movement is halted as the left foot hits the ground. **2.** The arms are forced smartly to the sides of the body into the correct position of Attention. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) RIGHT TURN - THREE (Fig 3-8).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right foot is forced forward, a full 30 in (750 mm) pace in the new direction ordered. **2.** As the right foot is forced forward the left arm is swung forward to shoulder level and the right arm forced fully to the rear in the correct Quick March. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** A full 30 in (750 mm) pace is completed by the right foot. **2.** The correct Quick March arm swing is continued. **3.** The body is erect and square to the front. **4.** Quick March is now continued in the new direction ordered.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **RIGHT TURN.**	On the execution of the movement the instructor is to call out: **CHECK TURN FORWARD.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **MOVE TO THE RIGHT** **RIGHT TURN.**	Students to execute the movement and call out the timing: **CHECK TURN FORWARD.**	**1.** Make any corrections where necessary.

First Movement

Fig 3-6

Second Movement

Fig 3-7

Final Position

Fig 3-8

RIGHT TURN ON THE MARCH IN QUICK TIME

LESSON 4 - THE LEFT TURN ON THE MARCH

INSTRUCTOR'S NOTES

Aim	To teach the Left Turn On The March.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Right Turn on the Quick March.
Spoken Introduction	**The next stage in foot drill is the Left Turn on the March. The reason this movement is taught is to enable an individual or body of personnel to turn through an angle of 90 degrees without first being halted in a smart, uniform manner**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL JUDGING THE TIME LEFT TURN.**	On the execution of the movement the instructor is to call out: **CHECK TURN FORWARD.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS		

C. MOVEMENTS.

1) LEFT TURN - ONE (Fig 3-9).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the right foot strikes the ground, a full 30 in (750 mm) pace is to be completed with the left foot. **2.** At the same time swinging the right arm forward and the left arm to the rear, in the correct Quick March. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The left leg takes a full marching pace forward. **2.** The arm swing is continued. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) LEFT TURN - TWO (Fig 3-10).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right leg comes through the bent knee position and is placed on the ground approximately 3 in (80 mm), diagonally to the left, in front of the left toecap. **2.** The arms are forced in a scissor-like movement to the sides of the body. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The forward movement is halted as the right foot hits the ground. **2.** The arms are forced smartly to the sides of the body into the correct position of Attention. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) LEFT TURN – THREE (Fig 3-11).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left foot is forced forward, a full 30 in (750 mm) pace in the new direction ordered. **2.** As the Left foot is forced forward the right arm is swung forward to shoulder level and the left arm forced fully to the rear in the correct Quick March. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** A full 30 in (750 mm) pace is completed by the left foot. **2.** The correct Quick March arm swing is continued. **3.** The body is erect and square to the front. **4.** Quick March is now continued in the new direction ordered.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **MOVE TO THE LEFT** **LEFT TURN.**	On the execution of the movement the instructor is to call out: **CHECK TURN FORWARD.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **MOVE TO THE LEFT** **LEFT TURN.**	Students to execute the movement and call out the timing: **CHECK TURN FORWARD.**	**1.** Make any corrections where necessary.

First Movement

Fig 3-9

Second Movement

Fig 3-10

Final Position

Fig 3-11

LEFT TURN ON THE MARCH IN QUICK TIME

LESSON 5 - THE ABOUT TURN ON THE MARCH

INSTRUCTOR'S NOTES

Aim	To teach the About Turn On The March.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Left / Right Turn On The March.
Spoken Introduction	**The next stage in foot drill is the About Turn on the March. The reason this movement is taught is to enable an individual or body of personnel to turn through an angle of 180 degrees without first being halted in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL JUDGING THE TIME ABOUT TURN.**	On the execution of the movement the instructor is to call out: **CHECK LEFT RIGHT LEFT FORWARD.**	**1.** There are four parts to this movement.
FOR THE PURPOSE OF INSTRUCTION,THIS MOVEMENT IS BROKEN DOWN INTO FOUR PARTS.		

C. MOVEMENTS.

1) ABOUT TURN – ONE (Fig 3-12).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the left foot strikes the ground, a full 30 in (750 mm) pace is to be completed with the right foot. At the same time checking the arms into the side of the body. **2.** On the execution of the movement the squad is to call out: **ONE.**	**1.** Arms checked into the side of the body. **2.** A full 30 in (750 mm) pace with the right foot. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) ABOUT TURN - TWO (Fig 3-13).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On receipt of the command the body is forced through an angle of 90 degrees to the right by means of pivoting on the ball of the right foot. **2.** At the same time, the left leg is bent through the bent knee position and the foot placed flat on the ground next to the right foot. **3.** On the execution of the movement the squad is to call out: **ONE**	**1.** Arms checked into the side of the body. **2.** The left leg bends through the bent knee position. **3.** The left foot placed flat on the ground next to the right foot.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) ABOUT TURN – THREE (Fig 3-14).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right leg moves through the bent knee position and the foot placed flat on the ground at an angle of approximately 90 degrees to the left foot. **2.** On the execution of the movement the squad is to call out: **ONE.**	**1.** Arms checked into the side of the body. **2.** The right leg bends through the bent knee position. **3.** The right foot placed flat on the ground 90 degrees to the left foot. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

4) ABOUT TURN - FOUR (Fig 3-15).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left leg moves through the bent knee position and placed down flat on the ground. Heels together and feet angled at 45 degrees. The arms remain at the side of the body. **2.** On the execution of the movement the squad is to call out: **ONE.**	**1.** Arms checked into the side of the body. **2.** The left leg moves through the bent knee position. **3.** The left foot placed flat on the ground heels together and feet angled at 45 degrees. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL JUDGING THE TIME ABOUT TURN.**	On the execution of the movement the instructor is to call out: **CHECK LEFT RIGHT LEFT FORWARD.**	**1.** The About Turn is completed in three beats equal to three paces in Quick Time. **2.** When the squad call out **FORWARD** the right foot is advanced and the Quick March continued at 116 paces to the minute (Fig 3-16).
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **ABOUT TURN.**	Students to execute the movement and call out the timing: **CHECK LEFT RIGHT LEFT FORWARD.**	**1.** Make any corrections where necessary.

First Movement

Fig 3-12

Second Movement

Fig 3-13

Third Movement

Fig 3-14

THE ABOUT TURN ON THE MARCH IN QUICK TIME

Final Position

Fig 3-15

Forward

Fig 3-16

THE ABOUT TURN ON THE MARCH IN QUICK TIME

LESSON 6 - AN OFFICER PASSING YOUR FRONT SALUTE

INSTRUCTOR'S NOTES

Aim	To teach An Officer Passing Your Front To The Front Salute.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Halt from the Quick March.
Spoken Introduction	**The next stage in foot drill is An Officer Passing Your Front Salute. The reason this movement is taught is to enable an individual to pay compliments to a commissioned officer or an uncased colour or standard in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL JUDGING THE TIME** **AN OFFICER PASSING YOUR FRONT** **TO THE FRONT SALUTE.**	On the execution of the movement the instructor is to call out: **CHECK/UP - TWO - THREE - FOUR - FIVE/DOWN SWING.**	**1**. There are four parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO FOUR PARTS.		

C. MOVEMENTS.

1) AN OFFICER PASSING YOUR FRONT SALUTE – ONE (Fig 3-17).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the left foot strikes the ground. A full 30 in (75 cm) pace is completed with the right foot and the arms are checked into the sides of the body. **2.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The arms are at the sides of the body as in the correct position of Attention. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) AN OFFICER PASSING YOUR FRONT SALUTE – TWO (Fig 3-18).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR** **UP TWO THREE FOUR FIVE.**	**1.** The salute is executed as the left heel strikes the ground. **2.** A further four paces are taken holding the salute. **3.** The left arm is to be kept steady at the side of the body during the salute. **4.** On the execution of the movement the squad is to call out: **UP – TWO – THREE – FOUR – FIVE.**	**1.** The left foot and the right arm move at exactly the same time. **2.** The body, head and shoulders are kept to the front. **3.** Look directly at the person/item being saluted.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) AN OFFICER PASSING YOUR FRONT SALUTE – THREE (Fig 3-19).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** As the right foot completes the next pace, the right arm is to be brought to the side of the body. **2.** The left arm is to be kept steady at the side of the body. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The left foot and the right arm move at exactly the same time. **2.** The body, head and shoulders are kept to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

4) AN OFFICER PASSING YOUR FRONT SALUTE – FOUR (Fig 3-20).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth movement giving the words of command: **INSTRUCTOR ONE.**	**1.** As the left foot completes the next pace, the right arm is swung forward of the body, back into the Quick March. **2.** The left arm is swung to the rear of the body. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The left foot and the right arm move at exactly the same time. **2.** The body, head and shoulders are kept to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **AN OFFICER PASSING YOUR FRONT TO THE FRONT SALUTE.**	On the execution of the movement the instructor is to call out: **CHECK/UP - TWO - THREE - FOUR - FIVE/DOWN SWING.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **AN OFFICER PASSING YOUR FRONT TO THE FRONT SALUTE.**	Students to execute the movement and call out the timing: **CHECK/UP - TWO - THREE - FOUR - FIVE/DOWN SWING.**	**1.** Make any corrections where necessary.

First Movement

Fig 3-17

Second Movement

Fig 3-18

AN OFFICER PASSING YOUR FRONT - TO THE FRONT – SALUTE

Third Movement

Fig 3-19

Final Movement

Fig 3-20

AN OFFICER PASSING YOUR FRONT – TO THE FRONT - SALUTE

LESSON 7 - AN OFFICER TO YOUR LEFT/RIGHT SALUTE

INSTRUCTOR'S NOTES

Aim	To teach An Officer To Your Left/Right To The Left/Right Salute.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	An Officer Passing Your Front To The Front Salute.
Spoken Introduction	**The next stage in foot drill is An Officer To Your Left/Right Salute. The reason this movement is taught is to enable an individual to pay compliments to a commissioned officer or an uncased colour or standard in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL JUDGING THE TIME AN OFFICER TO YOUR LEFT/RIGHT TO THE LEFT/RIGHT SALUTE.**	On the execution of the movement the instructor is to call out: **CHECK/UP - TWO - THREE - FOUR - FIVE/DOWN SWING.**	**1.** There are four parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO FOUR PARTS.		

C. MOVEMENTS.

1) AN OFFICER TO YOUR LEFT/RIGHT SALUTE – ONE (Fig 3-21).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the left foot strikes the ground. A full 30 in (75 cm) pace is completed with the right foot and the arms are checked into the sides of the body. **2.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The arms are at the sides of the body as in the correct position of Attention. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) AN OFFICER PASSING YOUR LEFT/RIGHT SALUTE – TWO (Figs 3-22 & 3-24).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR** **ONE – TWO – THREE – FOUR – FIVE.**	**1.** When the left foot comes forward and strikes the ground, the salute is to be given. **2.** At the same time the head and eyes are forced over to the direction ordered. **3.** Then four 30 in (75 cm) paces are taken forward starting with the right foot, holding the salute. **4.** The left arm is to be kept steady at the side of the body during the salute. **5.** On the execution of the movement the squad is to call out: **ONE – TWO – THREE – FOUR – FIVE.**	**1.** The left foot and the right arm move at exactly the same time. **2.** The body and shoulders are kept to the front. **3.** Look directly at the person/item being saluted.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) AN OFFICER TO YOUR LEFT/RIGHT SALUTE – THREE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** As the right foot completes the next pace, the right arm is to be brought to the side of the body. **2.** At the same time the head and eyes are forced back to the front **3.** The left arm is to be kept steady at the side of the body. **4.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The left foot and the right arm move at exactly the same time. **2.** The body, head and shoulders are kept to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

4) AN OFFICER TO YOUR LEFT/RIGHT SALUTE – FOUR (Fig 3-23).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth movement giving the words of command: **INSTRUCTOR ONE.**	**1.** As the left foot completes the next pace, the right arm is swung forward of the body, back into the Quick March. **2.** The left arm is swung to the rear of the body. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The left foot and the right arm move at exactly the same time. **2.** The body, head and shoulders are kept to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **AN OFFICER TO YOUR LEFT/RIGHT** **TO THE LEFT/RIGHT SALUTE.**	On the execution of the movement the instructor is to call out: **CHECK/UP - TWO - THREE - FOUR - FIVE/DOWN SWING.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively- Individually- Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **AN OFFICER TO YOUR LEFT/RIGHT** **TO THE LEFT/RIGHT SALUTE.**	Students to execute the movement and call out the timing: **CHECK/UP - TWO - THREE - FOUR - FIVE/DOWN SWING.**	**1.** Make any corrections where necessary.

First Movement

Fig 3-21

Second Movement

Fig 3-22

AN OFFICER TO YOUR LEFT - TO THE LEFT – SALUTE

Final Movement

Fig 3-23

AN OFFICER TO YOUR LEFT – SALUTE

Right

Fig 3-24

AN OFFICER TO YOUR RIGHT - SALUTE

LESSON 8 - TO THE FRONT SALUTE (INDIVIDUAL)

INSTRUCTOR'S NOTES

Aim	To Teach To The Front Salute.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in a straight line.
Revision	To The Left/Right Salute On The March.
Spoken Introduction	**The next stage in foot drill is To The Front Salute. The reason this movement is taught is to teach an individual the actions to be carried out when approaching to speak to an officer.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL JUDGING THE TIME TO THE FRONT SALUTE.**	On the execution of the movement the instructor is to call out: **ONE ONE TWO LEFT RIGHT/UP - TWO - THREE/DOWN TWO - THREE - FOUR - FIVE/UP - TWO - THREE/DOWN LEFT RIGHT/ONE LEFT RIGHT ONE LEFT RIGHT LEFT RIGHT LEFT.**	
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

(1) TO THE FRONT SALUTE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **TO THE FRONT SALUTE.**	**1.** Immediately on the command, given as the left heel strikes the ground, personnel are to halt, observe a pause equal to two paces in Quick Time and then salute to the front. **2.** After completing the salute as previously taught, personnel are to observe a pause equal to four paces in Quick Time and then salute to the front for a second time. **3.** After the second salute personnel are to observe a pause equal to two paces in Quick Time, turn about as previously taught observe another pause equal to two paces in Quick Time and then Quick March (leading with the left foot) back in the direction from which they had approached. **4.** On the execution of this movement the squad is to call out: **ONE ONE TWO LEFT RIGHT/UP - TWO - THREE/DOWN TWO - THREE - FOUR - FIVE /UP - TWO - THREE/DOWN LEFT RIGHT/ ONE LEFT RIGHT/ONE LEFT RIGHT LEFT RIGHT LEFT.**	**1.** The pause between salutes represents the delivery or receipt of a message.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **TO THE FRONT SALUTE.**	On the execution of the movement the instructor is to call out: **ONE ONE TWO LEFT RIGHT/UP - TWO - THREE/ DOWN TWO - THREE - FOUR - FIVE/UP - TWO - THREE/DOWN LEFT RIGHT/ONE LEFT RIGHT/ ONE LEFT RIGHT LEFT RIGHT LEFT.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **TO THE FRONT SALUTE.**	Students to execute the movement and call out the timing: **ONE ONE TWO LEFT RIGHT/UP - TWO - THREE / DOWN TWO - THREE - FOUR - FIVE/UP - TWO - THREE/DOWN LEFT RIGHT/ONE LEFT RIGHT/ ONE LEFT RIGHT LEFT RIGHT LEFT.**	**1**. Make any corrections where necessary.

LESSON 9 – COMPLIMENTS ON THE MARCH (EYES LEFT/RIGHT)

INSTRUCTOR'S NOTES

Aim	To teach Eyes Left/Right and Eyes Front.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	To The Front Salute.
Spoken Introduction	**The next stage in foot drill is Eyes Left/Right. The reason this movement is taught is to enable a body of personnel to pay compliments to a commissioned officer or an uncased colour or standard in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **EYES LEFT/RIGHT.** **EYES FRONT.**	On the execution of the movement the instructor is to call out: **CHECK TURN.** **CHECK TURN.**	**1.** There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION, THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) COMPLIMENTS ON THE MARCH – EYES LEFT/RIGHT (Figs 3-25 & 3-26).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **EYES LEFT/RIGHT.**	**1.** Given when the left foot strikes the ground, a full forward pace is to be completed with the right foot. **2.** When the left foot again strikes the ground the head and eyes are to be turned smartly in the direction ordered **3.** The arms are to continue to swing in the normal manner. **4.** On the execution of the movement the squad is to call out: **CHECK TURN.**	**1.** The arms are swung in the correct manner of the Quick March. **2.** The head is turned smartly in the direction ordered. **3.** Observe the check pace before turning the head in the direction ordered. **4.** Keep the chin up to avoid it dropping on the shoulder.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) COMPLIMENTS ON THE MARCH – EYES FRONT.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **EYES FRONT.**	**1.** Given when the left foot strikes the ground a full pace is to be completed with the right foot **2.** The head and eyes are to be returned smartly to the front as the left foot next strikes the ground. **3.** On the execution of the movement the squad is to call out: **CHECK TURN.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **EYES LEFT/RIGHT.** **EYES FRONT.**	On the execution of the movement the instructor is to call out: **CHECK TURN.** **CHECK TURN.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **COMPLIMENTS ON THE MARCH** **EYES LEFT/RIGHT.** **EYES FRONT.**	Students to execute the movement and call out the timing: **CHECK – TURN.** **CHECK – TURN.**	**1**. Make any corrections where necessary.

Eyes Left

Fig 3-25

Eyes Right

Fig 3-26

COMPLIMENTS ON THE MARCH

LESSON 10 – VARIATIONS IN PACE

INSTRUCTOR'S NOTES

Aim	To teach Step Out and Step Short and Quick March from the Step Out and Step Short.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Eyes Left/Right and Eyes Front.
Spoken Introduction	**The next stage in foot drill is Variations in Pace and Quick March from Variations in Pace. The reason these movements are taught is to enable an individual or body of personnel to regulate the length of pace in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **VARIATIONS IN PACE** **STEP OUT** **QUICK MARCH.**	On the execution of the movements the instructor is to call out: **STEP OUT** **QUICK MARCH.**	
INSTRUCTOR FOOT DRILL **JUDGING THE TIME** **VARIATIONS IN PACE** **STEP SHORT** **QUICK MARCH.**	 **STEP SHORT** **QUICK MARCH.**	

C. MOVEMENTS.

1) STEP OUT – ONE (Fig 3-27).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **STEP OUT.**	**1.** Given when the left foot strikes the ground, a further pace of 30 in (75 cm) is to be completed with the right foot. **2.** After which the pace is to be lengthened to 33 in (85 cm) starting with the left foot, without altering the marching time. **3.** On the execution of this movement the squad is to call out: **STEP OUT.**	**1.** The length of the pace is extended to 33 in (85 cm). **2.** The arm swing remains constant as in the Quick March. **3.** The body is erect and to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) STEP OUT TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **QUICK MARCH.**	**1.** Given when the left foot strikes the ground, a further pace of 33 in (85 cm) is to be completed with the right foot after which the pace is to be shortened to the normal 30 in (75 cm), starting with the left foot. **2.** On the execution of this movement the squad is to call out: **QUICK MARCH.**	**1.** The pace is shortened to 30 in (75 cm). **2.** The arm swing remains constant as in the Quick March. **3.** The body is erect and to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) STEP SHORT – ONE (Fig 3-28).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **VARIATIONS IN PACE** **STEP SHORT.**	**1.** Given when the left foot strikes the ground, a further pace of 30 in (75 cm) is to be completed with the right foot. **2.** After which the pace is to be shortened to 21 in (53 cm) starting with the left foot, without altering the marching time. **3.** On the execution of this movement the squad is to call out: **STEP SHORT.**	**1.** The length of the pace is shortened to 21 in (53 cm). **2.** The arm swing is maintained as in the Quick March. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The Squad is to practise Collectively-Individually-Collectively.	

4) STEP SHORT - TWO

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth movement giving the words of command: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **QUICK MARCH.**	**1.** Given when the left foot strikes the ground, a further pace of 21 in (53 cm) is to be completed with the right foot. **2.** After which the pace is to be lengthened to the normal 30 in (75 cm), starting with the left foot. **3.** On the execution of this movement the squad is to call out: **QUICK MARCH.**	**1.** The pace is lengthened to 30 in (75 cm) starting on the next left foot. **2.** The arm swing is continued in the Quick March. **3.** The body is erect and to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **STEP OUT** **QUICK MARCH** **STEP SHORT** **QUICK MARCH.**	On the execution of the movement the instructor is to call out: **STEP OUT** **QUICK MARCH** **STEP SHORT** **QUICK MARCH.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **STEP OUT** **QUICK MARCH** **STEP SHORT** **QUICK MARCH.**	Students to execute the movement and call out the timing: **STEP OUT** **QUICK MARCH** **STEP SHORT** **QUICK MARCH.**	**1.** Make any corrections where necessary.

Step Out

Fig 3-27

Step Short

Fig 3-28

VARIATIONS IN PACE

LESSON 11 - MARK TIME

INSTRUCTOR'S NOTES

Aim	To teach Mark Time.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Variations In Pace.
Spoken Introduction	**The next stage in foot drill is Mark Time. The reason this movement is taught is to enable an individual or body of personnel to Mark Time in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **MARK TIME.**	On the execution of the movement the instructor is to call out: **CHECK LEFT RIGHT LEFT.**	**1.** There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS

1) MARK TIME – ONE (Fig 3-29).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the left foot strikes the ground a pace of 15 in (38 cm) is to be taken with the right foot. **2.** At the same time the arms are to be checked into the side of the body. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The arms remain still at the side of the body as in the position of Attention. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) MARK TIME – TWO (Figs 3-30 & 3-31).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The Mark Time commences on the left foot. **2.** Each person is to Mark Time at 116 paces per minute. **3.** When marking time each leg is to be raised alternately through the bent knee position without moving forward or backward. **4.** Each foot, as it is raised, is to hang naturally from the ankle. The lower leg is to be perpendicular to the ground. **5.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Marking time on the same ground. **2.** The rate of marching is maintained at 116 paces per minute. **3.** The feet DO NOT stamp on the ground. **4.** The arms remain still at the side of the body as in the position of Attention. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **MARK TIME.**	On the execution of the movements the instructor is to call out: **CHECK LEFT RIGHT LEFT.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **MARK TIME.**	Students to execute the movements and call out the timing: **CHECK LEFT RIGHT LEFT.**	**1**. Make any corrections where necessary.

First Movement

Fig 3-29

Second Movement

Fig 3-30

Next Movement

Fig 3-31

MARK TIME

LESSON 12 – HALT IN MARK TIME

INSTRUCTOR'S NOTES

Aim	To teach Halt In Mark Time.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Mark Time.
Spoken Introduction	**The next stage in foot drill is Halt In Mark Time. The reason this movement is taught is to enable an individual or body of personnel to Halt In Mark Time in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **HALT.**	On the execution of the movement the instructor is to call out: **ONE.**	**1.** There is one part to this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

1) HALT FROM MARK TIME – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the left foot strikes the ground. The right leg comes through the bent knee position and the foot is placed on the ground next to the left foot, into the position of Attention. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right leg goes through the bent knee position. **2.** The feet are at the position of Attention. **3.** The body is erect and square to the front with no further movement. **4.** The arms remain still at the side of the body at the position of Attention.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **HALT.**	On the execution of the movements the instructor is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **HALT.**	Students to execute the movements and call out the timing: **ONE.**	**1.** Make any corrections where necessary.

LESSON 13 – CHANGE STEP IN MARK TIME

INSTRUCTOR'S NOTES

Aim	To teach Change Step in Mark Time.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Halt From Mark Time.
Spoken Introduction	**The next stage in foot drill is Change Step in Mark Time. The reason this movement is taught is to enable an individual or body of personnel to Change Step in Mark Time in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **CHANGE STEP.**	On the execution of the movement the instructor is to call out: **LEFT LEFT RIGHT.**	**1.** There is one part to this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

1) CHANGE STEP – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement, giving the word of command **INSTRUCTOR FOOT DRILL JUDGING THE TIME CHANGE STEP.**	**1.** The word of command is given when the right foot strikes the ground. **2.** The left leg moves through the bent knee position for two beats. **3.** Marking time is then to be restarted alternating between the right and left feet. **4.** On the execution of this movement the squad is to call out: **LEFT LEFT RIGHT.**	**1.** The arms remain at the sides of the body in the position of Attention. **2.** There is no forward, rearward or lateral movement. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to be practised Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL JUDGING THE TIME CHANGE STEP.**	On the execution of the movement the instructor is to call out: **LEFT LEFT RIGHT.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **CHANGE STEP.**	Students to execute the movements and call out the timing: **LEFT LEFT RIGHT.**	**1.** Make any corrections where necessary.

LESSON 14 – FORWARD FROM MARK TIME

INSTRUCTOR'S NOTES

Aim	To teach Forward from Mark Time.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Change Step in Mark Time.
Spoken Introduction	**The next stage in foot drill is Forward From Mark Time. The reason this movement is taught is to enable an individual or body of personnel to return to the Quick March from Mark Time in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the drill movement: **INSTRUCTOR FOOT DRILL JUDGING THE TIME FORWARD.**	On the execution of the movement the instructor is to call out: **CHECK FORWARD.**	**1.** There is one part to this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

1) FORWARD FROM MARK TIME – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR FOOT DRILL JUDGING THE TIME FORWARD.**	**1.** Given when the left foot strikes the ground, the movement of the right foot is to be completed and the Quick March resumed, starting with the left foot. **2.** On the execution of this movement the squad is to call out: **CHECK FORWARD.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL JUDGING THE TIME FORWARD.**	On the execution of the movements the instructor is to call out: **CHECK FORWARD.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **FORWARD.**	Students to execute the movements and call out the timing: **CHECK FORWARD.**	**1**. Make any corrections where necessary.

LESSON 15 – CHANGE STEP IN QUICK TIME

INSTRUCTOR'S NOTES

Aim	To teach Change Step in Quick Time.
Timings	One 10 minute period
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Forward from Mark Time.
Spoken Introduction	**The next stage in foot drill is the Change Step in Quick Time. The reason this movement is taught is to enable an individual or body of personnel to correct the step on the march in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **CHANGE STEP.**	On the execution of the movement the instructor is to call out: **LEFT RIGHT LEFT.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN INTO THREE PARTS.		

C. MOVEMENTS

1) CHANGE STEP – ONE (Fig 3-32).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the right heel is on the ground. A full 30 in (75cm) pace is taken with the left foot. **2.** The arm swing is continued as in the Quick March. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** A full marching pace of 30 in (75 cm) is carried out. With the left foot firm and flat on the floor. **2.** The arm swing is continued. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) CHANGE STEP – TWO (Fig 3-33).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right foot is then brought forward so that the hollow of the right foot is against the heel of the left foot, causing a momentary pause in forward movement. **2.** At the same time the arms are checked into the sides of the body in a scissor-like movement. **3.** On the execution of this movement the squad is to call out: **ONE**.	**1.** The arms are moved in a scissor-like movement to the sides of the body. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) CHANGE STEP – THREE (Fig 3-34).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement, giving the word of command: **INSTRUCTOR ONE.**	**1.** The left foot is then forced forward a full 30 in (75 cm) marching pace. **2.** The right arm is swung forward and the left arm rearwards in the Quick March. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** A full marching pace is carried out with the left foot. **2.** Although the step is changed the timing of the Quick March is not altered. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to be practised Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **CHANGE STEP.**	On the execution of the movement the instructor is to call out: **LEFT RIGHT LEFT.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **CHANGE STEP.**	Students to execute the movement and call out the timing: **LEFT RIGHT LEFT.**	**1.** Make any corrections where necessary.

First Movement

Fig 3-32

Second Movement

Fig 3-33

Third Movement

Fig 3-34

CHANGE STEP ON THE MARCH IN QUICK TIME

PART 1 - CHAPTER 4

FOOT DRILL
SLOW MARCH

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SLOW MARCH LESSON PLANS

1. The majority of Slow March lesson plans do not contain photographs, as the movements executed are the same as in Quick Time with the exception of the position of the arms (which remain as in the position of Attention).

2. Lessons 1 and 2 are illustrated.

LESSON 1 –THE SLOW MARCH

INSTRUCTOR'S NOTES

Aim	To teach marching at the regulation rate of 65 paces per minute.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Nil.
Spoken Introduction	**The next stage in foot drill is the Slow March. The reason this movement is taught is to enable an individual or body of personnel to march at the regulation rate of 65 paces per minute in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **SLOW MARCH.**	On the execution of the movement the instructor is to call out: **LEFT RIGHT LEFT RIGHT LEFT.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) SLOW MARCH - ONE (Fig 4-1).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left foot is to advance forward a pace of 30 in (75 cm). The foot is to be turned outward at the same angle as when halted. **2.** The foot is to be stretched with the toes pointing towards the ground. **3.** The arms remain still at the sides of the body, in the position of Attention. **4.** The foot touches the ground toes first. **5.** On the execution of this movement the squad is to call out: **LEFT.**	**1.** Ensure a 30 in (75 cm) pace is taken. **2.** Ensure the arms are forced into the sides of the body. **3.** The knee is bent sufficiently to enable the foot to just clear the ground as the leg swings forward. **4.** As the leg extends to take the pace the knee is straightened and braced. **5.** The body is to be balanced over the thighs to avoid any tendency to rock. **6.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) SLOW MARCH – TWO (Fig 4-2).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right foot is to advance forward a pace of 30 in (75 cm). The foot is to be turned outward at the same angle as when halted. **2.** The foot is to be stretched with the toes pointing towards the ground. **3.** The arms remain still at the sides of the body, in the position of Attention. **4.** The foot touches the ground toes first. **5.** On the execution of this movement the squad is to call out: **RIGHT.**	**1.** Ensure a 30 in (75 cm) pace is taken. **2.** Ensure the arms are forced into the sides of the body. **3.** The knee is bent sufficiently to enable the foot to just clear the ground as the leg swings forward. **4.** As the leg extends to take the pace the knee is straightened and braced. **5.** The body is to be balanced over the thighs to avoid any tendency to rock. **6.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) SLOW MARCH – THREE (Fig 4-1).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The movement is the same as squad RIGHT, except the left foot is brought forward a full 30 in (75 cm) marching pace. **2.** On the execution of this movement the squad is to call out: **LEFT.**	**1.** Ensure a 30 in (75 cm) pace is taken. **2.** Ensure the arms are forced into the sides of the body. **3.** The knee is bent sufficiently to enable the foot to just clear the ground as the leg swings forward. **4.** As the leg extends to take the pace the knee is straightened and braced. **5.** The body is to be balanced over the thighs to avoid any tendency to rock. **6.** The body is erect and square to the front. **7.** The Slow March is to be smooth and continuous to avoid any tendency to jerk between paces.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Figs 4-1 & 4-2).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **SLOW MARCH.**	On the execution of the movement the instructor is to call out: **LEFT RIGHT LEFT RIGHT LEFT.**	**1.** The instructor is to continue marching in Slow Time for 11 paces. **2.** The instructor is to march to 65 paces to the minute.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **SQUAD** **FOOT DRILL** **JUDGING THE TIME** **BY THE LEFT SLOW MARCH.**	Students to execute the movement and call out the timing: **LEFT RIGHT LEFT RIGHT LEFT.**	**1.** Make any corrections where necessary. **2.** Ensure the squad march to the regulation pace of 65 paces to the minute.

First Movement

Fig 4-1

Second Movement

Fig 4-2

THE SLOW MARCH

LESSON 2 - HALT FROM THE SLOW MARCH

INSTRUCTOR'S NOTES

Aim	To teach Halt from Slow March.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	The Slow March.
Spoken Introduction	**The next stage in foot drill is Halt from Slow March. The reason this movement is taught is to enable an individual or body of personnel to Halt from Slow March in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **HALT.**	On the execution of the movement the instructor is to call out: **ONE TWO.**	**1.** There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) HALT – ONE (Fig 4-3).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the right foot is on the ground a check pace of 15 in (38 cm) is to be completed with the left foot, maintaining the pace of the Slow March. **2.** The arms are still at the sides of the body. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** A 15 in (38 cm) pace is completed with the left foot. **2.** The arms are at the position of Attention.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) HALT – TWO (Fig 4-4).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right leg comes through the bent knee position, and is forced down so that the feet are in the position of Attention. **2.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The right leg moves at the pace of the Quick March. **2.** The arms remain at the sides of the body. **3.** The body is erect and to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **HALT.**	On the execution of the movement the instructor is to call out: **ONE TWO.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **SQUAD FOOT DRILL** **JUDGING THE TIME** **HALT.**	Students to execute the movement and call out the timing: **ONE TWO.**	**1.** Make any corrections where necessary.

First Movement

Fig 4-3

Final Position

Fig 4-4

HALT FROM THE SLOW MARCH

LESSON 3 - THE RIGHT TURN ON THE SLOW MARCH

INSTRUCTOR'S NOTES

Aim	To teach the Right Turn on the Slow March.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Halt from the Quick March.
Spoken Introduction	**The next stage in foot drill is the Right Turn on the Slow March. The reason this movement is taught is to enable an individual or body of personnel to turn through an angle of 90 degrees to the right without first being halted in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **RIGHT TURN.**	On the execution of the movement the instructor is to call out: **CHECK TURN FORWARD.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) RIGHT TURN – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the left foot is on the ground, a full 30 in (75 cm) pace is to be completed with the right foot. **2.** The arms remain as in the position of Attention. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The right leg takes a full marching pace forward. **2.** The movement is carried out at the pace of the Slow March. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) RIGHT TURN – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left leg comes through the bent knee position and is placed on the ground approximately 3 in (80 mm), diagonally to the right, in front of the right toe-cap. **2.** The arms remain as in the position of Attention. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The movement is carried out at the pace of the Slow March. **2.** The forward movement is halted as the left foot hits the ground. **3.** The arms remain in the correct position of Attention. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively	

3) RIGHT TURN – THREE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right foot is forced forward, a full 30 in (750 mm) pace in the new direction ordered, and the Slow March is continued. **2.** On the execution of the movement the squad is to call out: **ONE.**	**1.** A full 30 in (750 mm) pace is completed by the right foot. **2.** The Slow March is then continued. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **RIGHT TURN.**	On the execution of the movement the instructor is to call out: **CHECK TURN FORWARD.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **MOVE TO THE RIGHT** **RIGHT TURN.**	Students to execute the movement and call out the timing: **CHECK TURN FORWARD.**	**1**. Make any corrections where necessary.

LESSON 4 - THE LEFT TURN ON THE SLOW MARCH

INSTRUCTOR'S NOTES

Aim	To teach the Left Turn on the Slow March.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Right Turn on the Slow March.
Spoken Introduction	**The next stage in foot drill is the Left Turn on the Slow March. The reason this movement is taught is to enable an individual or body of personnel to turn through an angle of 90 degrees to the left without first being halted in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **LEFT TURN.**	On the execution of the movement the instructor is to call out: **CHECK TURN FORWARD.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) LEFT TURN – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the right foot is on the ground, a full 30 in (750 mm) pace is to be completed with the left foot. **2.** The arms remain as in the position of Attention. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The left leg takes a full marching pace forward. **2.** The movement is carried out at the pace of the Slow March. **3.** The arms remain at the position of Attention. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) LEFT TURN – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right leg comes through the bent knee position and is placed on the ground approximately 3 in (80 mm), diagonally to the left, in front of the left toecap. **2.** The arms remain at the position of Attention. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The forward movement is halted as the right foot hits the ground. **2.** The movement is carried out at the pace of the Slow March. **3.** The arms remain at the correct position of Attention. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) LEFT TURN – THREE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left foot is forced forward, a full 30 in (750 mm) pace in the new direction ordered. **2.** The arms remain at the position of Attention. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** A full 30 in pace is completed by the left foot. **2.** The correct Slow March is then continued. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **MOVE TO THE LEFT** **LEFT TURN.**	On the execution of the movement the instructor is to call out: **CHECK TURN FORWARD.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **MOVE TO THE LEFT** **LEFT TURN.**	Students to execute the movement and call out the timing: **CHECK TURN FORWARD.**	**1.** Make any corrections where necessary.

LESSON 5 - THE ABOUT TURN ON THE SLOW MARCH

INSTRUCTOR'S NOTES

Aim	To teach the About Turn on the Slow March.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Left / Right Turn On The Slow March.
Spoken Introduction	**The next stage in foot drill is the About Turn on the Slow March. The reason this movement is taught is to enable an individual or body of personnel to turn through an angle of 180 degrees without first being halted in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration demonstration of the movement: **INSTRUCTOR FOOT DRILL JUDGING THE TIME ABOUT TURN.**	On the execution of the movement the instructor is to call out: **CHECK LEFT RIGHT LEFT FORWARD.**	**1.** There are four parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO FOUR PARTS.		

C. MOVEMENTS.

1) ABOUT TURN – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the left foot strikes the ground, a full 30 in (75 cm) pace is to be completed with the right foot. **2.** The arms remain as in the position of Attention. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** Arms remain checked into the side of the body. **2.** The movement is carried out at the pace of the Slow March. **3.** A full 30 in (750 mm) pace with the right foot. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) ABOUT TURN – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On receipt of the command the body is forced through an angle of 90 degrees to the right by means of pivoting on the ball of the right foot. **2.** At the same time, the left leg moves through the bent knee position and the foot is placed flat on the ground next to the right foot. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** Arms remain checked into the side of the body. **2.** The movement is carried out at the pace of the Slow March. **3.** The left leg bends through the bend the knee position. **4.** The left foot is placed flat on the ground next to the right foot.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) ABOUT TURN – THREE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On receipt of the command the right leg moves through the bent knee position and the foot placed flat on the ground at an angle of approximately 90 degrees to the left foot. **2.** On the execution of the movement the squad is to call out: **ONE.**	**1.** Arms remain checked into the side of the body. **2.** The movement is carried out at the pace of the Slow March. **3.** The right leg moves through the bent knee position. **4.** The right foot placed flat on the ground 90 degrees to the left foot.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

4) **ABOUT TURN – FOUR.**

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left leg moves through the bent knee position and placed down flat on the ground. Heels together and feet angled at 45 degrees. **2.** The arms remain at the side of the body. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** Arms remain checked into the side of the body. **2.** The movement is carried out at the pace of the Slow March. **3.** The left leg moves through the bent knee position. **4.** The left foot placed flat on the ground heels together and feet angled at 45 degrees. **5.** The body is erect and square to the new direction.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **ABOUT TURN.**	On the execution of the movement the instructor is to call out: **CHECK LEFT RIGHT LEFT FORWARD.**	**1.** The About Turn is completed in three beats equal to three paces in Slow Time. **2.** On completion of the movement and calling out **FORWARD** the right foot is advanced, and the Slow March continued at 65 paces per minute.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **ABOUT TURN.**	Students to execute the movement and call out the timing: **CHECK LEFT RIGHT LEFT FORWARD.**	**1.** Make any corrections where necessary.

LESSON 6 - COMPLIMENTS ON THE SLOW MARCH - EYES LEFT/RIGHT AND EYES FRONT

INSTRUCTOR'S NOTES

Aim	To teach Eyes Left/Right and Eyes Front on the Slow March.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	About turn on the Slow March.
Spoken Introduction	**The next stage in foot drill is Eyes Left/Right on the Slow March. The reason this movement is taught is to enable an individual or body of personnel to pay the correct compliments to a commissioned officer or an uncased colour or standard in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **EYES LEFT/RIGHT** **EYES FRONT.**	On the execution of the movement the instructor is to call out: **TURN** **TURN.**	**1.** There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION, THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) COMPLIMENTS ON THE MARCH – EYES LEFT/RIGHT.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **EYES LEFT/RIGHT.**	**1.** Given when the right foot strikes the ground, as the left foot touches the ground the head and eyes are to be turned smartly in the direction ordered. **2.** The arms are to remain at the Attention position in the normal manner of the Slow March. **3.** On the execution of the movement the squad is to call out: **TURN.**	**1.** The arms are at the Attention position as in the Slow March. **2.** The head is turned smartly in the direction ordered as the left foot touches the ground. **3.** Keep the chin up to avoid it dropping on the shoulder.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) COMPLIMENTS ON THE MARCH – EYES FRONT.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **EYES FRONT.**	**1.** Given when the right foot touches the ground. **2.** As the left foot touches the ground the head and eyes are to be returned smartly to the front. **3.** On the execution of the movement the squad is to call out: **TURN.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL JUDGING THE TIME** **EYES LEFT/RIGHT** **EYES FRONT.**	On the execution of the movement the instructor is to call out: **TURN** **TURN.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL JUDGING THE TIME COMPLIMENTS ON THE MARCH** **EYES LEFT/RIGHT** **EYES FRONT.**	Students to execute the movement and call out the timing: **TURN** **TURN.**	**1.** Make any corrections where necessary. **2.** On the ceremonial parade ground this movement would be conducted between points A and B (a distance of 20 paces).

LESSON 7 – SLOW MARK TIME

INSTRUCTOR'S NOTES

Aim	To teach Slow Mark Time.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Compliments on the Slow March.
Spoken Introduction	**The next stage in foot drill is Slow Mark Time. The reason this movement is taught is to enable an individual or body of personnel to Slow Mark Time in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **MARK TIME.**	On the execution of the movement the instructor is to call out: **CHECK LEFT RIGHT LEFT.**	**1.** There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION, THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) SLOW MARK TIME – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the left foot strikes the ground. A pace of 15 in (38 cm) is to be taken with the right foot. **2.** The arms are to remain checked into the side of the body. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The arms remain still at the side of the body as in the position of Attention. **2.** The body is erect and square to the front. **3.** The movement is carried out at the pace of the Slow March.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) SLOW MARK TIME – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The Mark Time commences on the left foot. **2.** Each person is to Mark Time at 65 paces per minute. **3.** When marking time each foot is to be raised alternately and is to move through the bent knee position with the thigh parallel to the ground. No ground is to be gained or lost. **4.** Each foot, as it is raised, is to be pointed downwards and the leg (below the knee) is to be perpendicular to the ground. **5.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Marking time on the same ground. **2.** The rate of marching is maintained at 65 paces per minute. **3.** The feet DO NOT stamp on the ground. **4.** The arms remain still at the side of the body as in the position of Attention. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **MARK TIME.**	On the execution of the movements the instructor is to call out: **CHECK LEFT RIGHT LEFT.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **MARK TIME.**	Students to execute the movements and call out the timing: **CHECK LEFT RIGHT LEFT.**	**1.** Make any corrections where necessary.

LESSON 8 – HALT FROM SLOW MARK TIME

INSTRUCTOR'S NOTES

Aim	To teach Halt from Slow Mark Time.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Slow Mark Time.
Spoken Introduction	**The next stage in foot drill is Halt from Slow Mark Time. The reason this movement is taught is to enable an individual or body of personnel to Halt from Slow Mark Time in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **HALT.**	On the execution of the movement the instructor is to call out: **ONE.**	**1.** There is one part to this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

1) HALT FROM SLOW MARK TIME – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the left foot strikes the ground. The right leg comes through the bend the knee position and the foot is placed firmly on the ground next to the left foot, into the position of Attention. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right leg goes through the bent knee position. **2.** The feet are at the position of Attention. **3.** The body is erect and square to the front with no further movement. **4.** The arms remain still at the side of the body at the position of Attention.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **HALT.**	On the execution of the movements the instructor is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **HALT.**	Students to execute the movements and call out the timing: **ONE.**	**1.** Make any corrections where necessary.

LESSON 9 – CHANGE STEP ON SLOW MARK TIME

INSTRUCTOR'S NOTES

Aim	To teach Change Step on Slow Mark Time.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Halt From Slow Mark Time.
Spoken Introduction	**The next stage in foot drill is Change Step on Slow Mark Time. The reason this movement is taught is to enable an individual or body of personnel to Change Step on Slow Mark Time in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **CHANGE STEP.**	On the execution of the movement the instructor is to call out: **LEFT LEFT RIGHT.**	**1.** There is one part to this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

1) CHANGE STEP – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **CHANGE STEP.**	**1.** Given when the right foot strikes the ground, two successive movements are to be completed with the left foot; marking time is then to be restarted with the right foot. **2.** On the execution of this movement the squad is to call out: **LEFT LEFT RIGHT.**	**1.** The arms remain at the sides of the body in the position of Attention. **2.** There is no forward, rearward or lateral movement. **3.** The movement is carried out at the pace of the Slow March. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to be practised Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **CHANGE STEP.**	On the execution of the movement the instructor is to call out: **LEFT LEFT RIGHT.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **CHANGE – STEP.**	Students to execute the movements and call out the timing: **LEFT LEFT RIGHT.**	**1.** Make any corrections where necessary.

LESSON 10 – FORWARD FROM SLOW MARK TIME

INSTRUCTOR'S NOTES

Aim	To teach Forward from Slow Mark Time.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Change Step from Slow Mark Time.
Spoken Introduction	**The next stage in foot drill is Forward from Slow Mark Time. The reason this movement is taught is to enable an individual or body of personnel to return to the Slow March from Slow Mark Time in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL JUDGING THE TIME FORWARD.**	On the execution of the movement the instructor is to call out: **CHECK FORWARD.**	**1.** There is one part to this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

1) FORWARD FROM SLOW MARK TIME – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **FORWARD.**	**1.** Given when the left foot touches the ground, the movement of the right foot is to be completed and the Slow March resumed, starting with the left foot. **2.** The arms remain at the sides of the body as in the Attention position. **3.** On the execution of this movement the squad is to call out: **CHECK FORWARD.**	**1.** The right leg goes through the bent knee position at the pace of the Slow March. **2.** The left foot is forced forward and resumes the Slow March regulation pace of 65 paces a minute. **3.** The arms remain at the position of Attention.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **FORWARD.**	On the execution of the movement the instructor is to call out: **CHECK FORWARD.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **FORWARD.**	Students to execute the movements and call out the timing: **CHECK FORWARD.**	**1.** Make any corrections where necessary.

LESSON 11 – CHANGE STEP ON THE SLOW MARCH

INSTRUCTOR'S NOTES

Aim	To teach Change Step on the Slow March
Timings	One 10 minute period
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Forward from Slow Mark Time.
Spoken Introduction	**The next stage in foot drill is the Change Step on the Slow March. The reason this movement is taught is to enable an individual or body of personnel to Change Step on the Slow March in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **CHANGE STEP.**	On the execution of the movement the instructor is to call out: **LEFT RIGHT LEFT.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION, THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) CHANGE STEP – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the right foot is on the ground. A full 30 in (75 cm) pace is taken with the left foot. **2.** The arms remain at the Attention position. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** A full marching pace of 30 in (75 cm) is carried out. With the left foot firm and flat on the floor. **2.** The arms are steady at the sides of the body. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) CHANGE STEP – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right foot is then brought forward so that the hollow of the right foot is against the heel of the left foot, causing a momentary pause in forward movement. **2.** The arms remain at the position of Attention. **3.** On the execution of this movement the squad is to call out: **ONE**.	**1.** The arms are kept at the sides of the body. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-collectively.	

3) CHANGE STEP – THREE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement, giving the word of command: **INSTRUCTOR ONE.**	**1.** The left foot is then forced forward a full 75 cm (30 in) marching pace. **2.** The arms remain at the position of Attention. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** A full marching pace is carried out with the left foot at the Slow March. **2.** Although the step is changed the timing of the Slow March is not altered. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **CHANGE STEP.**	On the execution of the movement the instructor is to call out: **LEFT RIGHT LEFT.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **CHANGE STEP.**	Students to execute the movement and call out the timing: **LEFT RIGHT LEFT.**	**1**. Make any corrections where necessary.

LESSON 12 –BREAKING INTO SLOW TIME FROM QUICK TIME

INSTRUCTOR'S NOTES

Aim	To teach Breaking into Slow Time from Quick Time.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Change Step on Slow March.
Spoken Introduction	**The next stage in foot drill is Breaking into Slow Time from Quick Time. The reason this movement is taught is to enable an individual or body of personnel to Break into Slow Time from Quick Time in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR FOOT DRILL JUDGING THE TIME BREAKING INTO SLOW TIME SLOW MARCH.**	On the execution of the movement the instructor is to call out: **CHECK LEFT RIGHT LEFT.**	1. There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION, THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) BREAKING INTO SLOW TIME – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The command is given as the left foot is forward and on the ground. **2.** A full 30 in (75 cm) pace is completed, in Quick Time with the right foot. **3.** At the same time the arms are checked into the sides of the body to the position of Attention. **4.** On the execution of the movement the squad is to call out: **ONE.**	**1.** A full Quick March marching pace is carried out with the right leg. **2.** The arms are forced into the sides of the body in a scissor-like movement. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) BREAKING INTO SLOW TIME – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left foot is advanced in Slow Time a full 30 in (75 cm). **2.** The arms are kept into the sides of the body as in the position of Attention. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The pace of the Slow March is continued at 65 paces a minute. **2.** The arms are kept at the sides of the body. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **BREAKING INTO SLOW TIME** **SLOW MARCH.**	On the execution of the movements the instructor is to call out: **CHECK LEFT RIGHT LEFT.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **BREAKING INTO SLOW TIME** **SLOW MARCH.**	Students to execute the movement and call out the timing: **CHECK LEFT RIGHT LEFT.**	**1.** Make any corrections where necessary.

LESSON 13 – BREAKING INTO QUICK TIME FROM SLOW TIME

INSTRUCTOR'S NOTES

Aim	To teach Breaking into Quick Time from Slow Time.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Breaking into Slow Time from Quick Time.
Spoken Introduction	**The next stage in foot drill is Breaking into Quick Time from Slow Time. The reason this movement is taught is to enable an individual or body of personnel to Break into Quick Time from Slow Time in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **BREAK INTO QUICK TIME** **QUICK MARCH.**	On the execution of the movement the instructor is to call out: **LEFT RIGHT LEFT.**	**1.** The preliminary words of command are given on consecutive feet, starting on the left, followed by a pause of 4 paces. **2.** **QUICK** is then given on the left and **MARCH** on the right foot.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

1) BREAKING INTO QUICK TIME – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The command is given when the right foot is on the ground. **2.** The left foot is advanced, in Quick Time, a full 30 in (75 cm) pace. **3.** At the same time the Quick March arm swing is adopted. **4.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The left foot is advanced in the Quick March. **2.** The arms are swung in the Quick March. **3.** The body is erect and square to the front. **4.** The Quick March is continued.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR FOOT DRILL** **JUDGING THE TIME** **BREAKING INTO QUICK TIME** **QUICK MARCH.**	On the execution of the movements the instructor is to call out: **LEFT RIGHT LEFT RIGHT LEFT.**	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **FOOT DRILL** **JUDGING THE TIME** **BREAKING INTO QUICK TIME** **QUICK MARCH.**	Students to execute the movements and call out the timing: **LEFT RIGHT LEFT.**	**1**. Make any corrections where necessary.

PART 1 - CHAPTER 5

ARMS DRILL

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LESSON 1 – ATTENTION

INSTRUCTOR'S NOTES

Aim	To teach the position of Attention.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in a straight line.
Revision	Nil.
Spoken Introduction	**The next stage in arms drill is the position of Attention. The reason this lesson is taught is to enable an individual or body of personnel to stand in a position from which all rifle exercises can originate, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME SHUN.**	**1.** On the execution of this movement the instructor is to call out: **ONE.**	**1.** There is one part to the movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

1) ATTENTION – ONE (Fig 5-1).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The position of Attention is taken as for foot drill. **2.** The rifle is to be held in the right shoulder, with the fingers curled under the butt plate and thumb curled around the toe of the butt and in line with the seam of the trousers. **3.** The rifle is to be held at the fullest extent of the right arm with the foresight in the right shoulder and the magazine square to the front. **4.** On the execution of the movement the squad is to call out: **ONE.**	**1.** Butt pulled back fully and the thumb in line with the seam of the trousers. **2.** Foresight forced in to the shoulder. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **SHUN.**	On the execution of the movement the instructor is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **SQUAD SHUN.**	Students to execute the movement and call out the timing **ONE.**	**1.** Make any corrections where necessary.

Fig 5-1

POSITION OF ATTENTION

LESSON 2 - STAND AT EASE

INSTRUCTOR'S NOTES

Aim	To teach the position of Stand At Ease.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Attention.
Spoken Introduction	**The next stage in arms drill is the position of Stand At Ease. The reason this lesson is taught is to enable an individual or body of personnel to adopt a relaxed position without any unnecessary movement or talking in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME STAND AT EASE.**	**1.** On the execution of the movement the instructor is to call out: **ONE.**	**1.** There is one part to the movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

1) STAND AT EASE – ONE (Fig 5-2).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The same movement is carried out as in foot drill except that the left arm remains still at the side. **2.** The rifle does NOT move throughout the execution of this movement and remains as for the position of Attention. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Butt pulled back fully and the thumb in line with the seam of the trousers. **2.** Foresight kept in to the shoulder. **3.** The body erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 5-2).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR** **ARMS DRILL** **JUDGING THE TIME** **STAND AT EASE.**	On the execution of the movement the instructor is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively- Individually- Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **STAND AT EASE.**	Students to execute the movement and call out the timing: **ONE.**	**1**. Make any corrections where necessary.

Fig 5-2

POSITION OF AT EASE

LESSON 3 – THE STAND EASY

INSTRUCTOR'S NOTES

Aim	To teach the position of Stand Easy.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Stand At Ease.
Spoken Introduction	**The next stage in arms drill is the position of Stand Easy. The reason this lesson is taught is to enable an individual or body of personnel to adopt a relaxed position in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **STAND EASY.**	**1.** The instructor is to execute the movement.	**1.** There is one part to this movement. **2.** There is no timing for this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

1) THE STAND EASY – ONE (Fig 5-3).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR** **STAND EASY.**	**1.** The rifle is to be brought across the front of the body to a position front and centre. **2.** At the same time the left hand is brought sharply from the left side of the body to encompass the right hand in a full grip. **3.** Both arms are to hang straight towards the ground with the elbows straight, but relaxed. **4.** On the execution of the movement the instructor is not required to call out the timing.	**1.** The magazine is pointing off to the left. **2.** The butt is held approximately ½ in (12 mm) out from the waist belt under control of the right hand. **3.** The foresight of the rifle is kept into the shoulder. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **STAND EASY.**	On the execution of the movement the instructor is not required to call out the time.	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **STAND EASY.**	Students to execute the movement and there is no requirement to call out the time.	**1.** Make any corrections where necessary. **2.** When the word of command: "Squad", "Flight", "Squadron" or "Parade" is received the rifle is pulled back into the At Ease position.

Fig 5-3

STAND EASY

LESSON 4 - ATTENTION FROM STAND AT EASE

INSTRUCTOR'S NOTES

Aim	To teach the Attention from the Stand At Ease position.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Stand At Ease from Attention.
Spoken Introduction	**The next stage in arms drill is the position of Attention from the position of Stand At Ease. The reason this movement is taught is to enable an individual or a body of personnel to come to the correct position of Attention from the position of Stand At Ease in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME INSTRUCTOR SHUN.**	**1.** On the execution of this movement the squad is to call out: **ONE.**	**1.** There is one part to the movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

1) SHUN – ONE (Fig 5-4).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The same movement is carried out as in foot drill except that the arms do not move. **2.** The rifle does NOT move throughout the execution of this movement. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Butt pulled back fully and the thumb in line with the seam of the trousers. **2.** Rifle does not move and the foresight is kept in to the shoulder. **3.** The left leg must go through the bent knee position. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **SHUN.**	**1.** On the execution of this movement the instructor is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **SQUAD SHUN.**	Students to execute the movement and call out the timing: **ONE.**	**1.** Make any corrections where necessary.

Fig 5-4

ATTENTION

LESSON 5 - CHANGE ARMS AT THE SHOULDER

INSTRUCTOR'S NOTES

Aim	To teach the Change Arms at the Shoulder.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below. After teaching the Change Arms from the right shoulder to the left shoulder the instructor is to teach the Change Arms from the left to the right.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	The Shoulder Arms.
Spoken Introduction	**The next stage in arms drill is Change Arms at the Shoulder. The reason this lesson is taught is to enable an individual or body of personnel to rest a limb in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME CHANGE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE.**	**1.** There are four parts to the movement. **2.** To Change Arms to the right side reverse the process.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO FOUR PARTS.		

C. MOVEMENTS.

1) CHANGE ARMS – ONE (Fig 5-5).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is to be forced into a vertical position 4 to 6 in (100 to 150 mm) in front of the centre of the body with the right arm at its fullest extent. **2.** At the same time the left hand comes across the body, by the shortest possible route and strikes and seizes the hand guard just above the trigger guard, in a full grip. **3.** On the execution of this movement the squad is to callout: **ONE.**	**1.** The left hand is to strike, seize and grasp the hand guard with a full grip, just above the trigger guard. **2.** The rifle remains vertical. **3.** The rifle is 4 to 6 in (100 to 150 mm) in front of the centre of the body. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) CHANGE ARMS – TWO (Fig 5-6).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand releases its grip and strikes and seizes the hand guard immediately above the left hand. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Strike, seize and grasp the hand guard with a full grip just above the left hand. **2.** The rifle remains vertical. **3.** The rifle is 4 to 6 in (100 to 150 mm) in front of the centre of the body. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) CHANGE ARMS - THREE (Fig 5-7).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement, giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand forces the rifle into a vertical position at the left side of the body, ensuring the rifle is touching the shoulder. **2.** At the same time the left hand releases its grip on the hand guard and strikes and seizes the base of the butt plate, fingers curled under the butt and the thumb curled around the toe of the butt. **3.** On the execution of this movement the squad will call out: **ONE.**	**1.** Ensure the rifle is vertical in the left shoulder. **2.** Ensure a cup-like grip with the left hand. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to be practised Collectively-Individually-Collectively.	

4) CHANGE ARMS - FOUR (Fig 5-8).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth movement, giving the word of command: **INSTRUCTOR ONE.**	**1.** The right arm is cut away by the shortest possible route to the right side of the body, the left hand pulling the butt of the rifle back to resume the correct position of Attention. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Ensure the rifle butt is forced back. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to be practised Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **CHANGE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE LEFT RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **CHANGE ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE LEFT- RIGHT/ONE.**	**1.** Make any corrections where necessary.

First Movement

Fig 5-5

Second Movement

Fig 5-6

CHANGE ARMS AT THE SHOULDER

Third Movement

Fig 5-7

Final Position

Fig 5-8

CHANGE ARMS AT THE SHOULDER

LESSON 6 - SLOPE ARMS FROM THE SHOULDER

INSTRUCTOR'S NOTES

Aim	To teach Slope Arms From the Shoulder.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Change Arms at the Shoulder.
Spoken Introduction	**The next stage in arms drill is Slope Arms from the shoulder. The reason this lesson is taught is to enable an individual or body of personnel to adopt the Slope Arms position from the Shoulder Arms in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** There are three parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) SLOPE ARMS - ONE (Fig 5-9).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand forces the butt forward so the rifle is vertical. **2.** At the same time, the left hand comes smartly across the body and strikes and seizes the hand guard just above the trigger guard keeping the forearm horizontal to the ground. **3.** At the same time, the right hand changes position to a 'Y'-like grip on the small of the butt. The right elbow is to be kept in to the side of the body. **4.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle is in the vertical position in the right shoulder. **2.** The right hand has a 'Y'-like grip on the small of the butt. **3.** The left forearm is parallel to the ground. **4.** The body erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) SLOPE ARMS – TWO (Fig 5-10).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand forces the rifle up and across the body, by the shortest possible route, placing the rifle on the left shoulder with the magazine facing the left and ensuring the right hand changes to a full grip. **2.** At the same time the left hand releases the grip and strikes and seizes the butt plate with a cup-like grip. **3.** On completion of this part of the movement, the left forearm is to be parallel to the ground. **4.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Rifle moved across body by the shortest possible route. **2.** Head remains still throughout the movement. **3.** The left hand has a full grip on the butt. Left forearm parallel to the ground. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) SLOPE ARMS – THREE (Fig 5-11).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand is to be cut sharply away to the right side of the body to the position of Attention. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right hand is cut away sharply to the side of body. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to be practised Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE.**	**1.** Make any corrections where necessary.

First Movement

Fig 5-9

Second Movement

Fig 5-10

SLOPE ARMS FROM THE SHOULDER

Final Position

Fig 5-11

SLOPE ARMS FROM THE SHOULDER

LESSON 7 - SHOULDER ARMS FROM THE SLOPE

INSTRUCTOR'S NOTES

Aim	To teach Shoulder Arms from the Slope.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Slope arms from the Shoulder.
Spoken Introduction	**The next stage in arms drill is Shoulder Arms from the Slope. The reason this lesson is taught is to enable an individual or body of personnel to adopt the Shoulder Arms position from the Slope Arms in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **ARMS DRILL** **JUDGING THE TIME** **INSTRUCTOR SHOULDER ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT – RIGHT/ONE LEFT - RIGHT/ONE.**	**1.** There are four parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO FOUR PARTS.		

C. MOVEMENTS.

1) SHOULDER ARMS – ONE (Fig 5-12).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand is forced across the body, by the shortest possible route, to strike and seize the small of the butt with a full grip, fingers curled around. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Ensure a full grip with the right hand around the small of butt. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) SHOULDER ARMS – TWO (Fig 5-13).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced down to a vertical position on the right side of the body under control of the right hand. At the same time the right hand reverts to a 'Y'-like grip. **2.** The left hand quits the rifle and strikes and seizes the hand guard in a full grip directly above the trigger guard. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle is forced back fully into the right shoulder in a vertical position. **2.** Right hand changes to a 'Y'-like grip on small of butt. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) SHOULDER ARMS - THREE (Fig 5-14).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand changes its grip and strikes and seizes the butt plate in a cup-like grip. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Right hand assumes a cup-like grip on the butt. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to be practised Collectively-Individually-Collectively.	

4) SHOULDER ARMS - FOUR (Fig 5-15).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left arm is to cut away by the shortest possible route to the left side of the body, the right hand pulling the rifle back to resume the position of Attention. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Rifle butt pulled back fully. **2.** Left hand cut away to the left side of body. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME SHOULDER ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT / ONE LEFT - RIGHT / ONE LEFT - RIGHT / ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **SHOULDER ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE.**	**1.** Make any corrections where necessary.

First Movement

Fig 5-12

Second Movement

Fig 5-13

SHOULDER ARMS FROM THE SLOPE

Third Movement

Fig 5-14

Final Position

Fig 5-15

SHOULDER ARMS FROM THE SLOPE

LESSON 8 - CHANGE ARMS AT THE SLOPE/CHANGE ARMS ON THE MARCH

INSTRUCTOR'S NOTES

Aim	To teach the Change Arms at the Slope/and on the March.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below. After teaching the Change Arms from the left to right the Change Arms from right to left is to be taught.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	The Shoulder Arms.
Spoken Introduction	**The next stage in arms drill is Change Arms at the Slope. The reason this lesson is taught is to enable an individual or body of personnel to rest a limb in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME CHANGE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE.**	**1.** There are four parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO FOUR PARTS.		

C. MOVEMENTS.

1) CHANGE ARMS – ONE (Fig 5-16).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right arm is forced across the body by the shortest possible route to strike and seize the small of the butt with a full grip. **2.** The left forearm is kept parallel to the ground. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Right hand takes a full grip on the small of the butt. **2.** Left forearm is kept parallel to the ground. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) CHANGE ARMS – TWO (Fig 5-17).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced across to the front centre of the body so it is vertical, about 4 to 6 in (100 to 150 mm) away from the body, with the foresight level with the mouth. **2.** At the same time the left hand quits its grip on the butt plate and strikes and seizes the hand guard, directly above the trigger guard, with a full grip (back of the hand to the left) forcing the left forearm and elbow into the rifle. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Rifle moved to centre of body. **2.** Rifle 4 to 6 in away from body. **3.** Foresight level with mouth. **4.** The left hand takes a full grip around the hand guard. **5.** Left forearm and elbow forced into the rifle. **6.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) CHANGE ARMS –THREE (Fig 5-18).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement, giving the word of command: **INSTRUCTOR ONE.**	**1.** The left hand forces the rifle across the body onto the right shoulder turning the rifle so the magazine is facing right. **2.** At the same time the right hand changes its grip to strike and seize the butt plate in a cup-like grip keeping the right forearm parallel to the ground. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Rifle turned to right. **2.** Head remains steady throughout. **3.** Right hand assumes cup-like grip on the butt. **4.** Right elbow pulled back fully, right forearm parallel to ground. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to be practised Collectively-Individually-Collectively.	

4) CHANGE ARMS FOUR (Fig 5-19).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left arm is cut away by the shortest possible route to resume the correct position of Attention. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Left arm is cut away by shortest possible route to left side of body. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to be practised Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **CHANGE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE - LEFT - RIGHT/ONE.**	**1.** The Change Arms from right to left should now be taught.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **CHANGE ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE.**	**1.** The instructor is now to teach the Change Arms on the March. **2.** The order is given as the left heel strikes the ground. **3.** Movements are executed each time the left heel strikes the ground.

First Movement

Fig 5-16

Second Movement

Fig 5-17

CHANGE ARMS

Third Movement

Fig 5-18

Final Position

Fig 5-19

CHANGE ARMS

LESSON 9 - PRESENT ARMS FROM THE SLOPE

INSTRUCTOR'S NOTES

Aim	To teach Present Arms from the Slope.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Change Arms at the Slope.
Spoken Introduction	**The next stage in arms drill is Present Arms. The reason this lesson is taught is to enable an individual or body of personnel to pay compliments with a rifle in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME PRESENT ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE.**	**1.** There are three parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) PRESENT ARMS - ONE (Fig 5-20).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right arm is forced across the body to strike and seize the small of the butt with a full grip. **2.** The right arm is to be kept parallel to the ground. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right hand has a full grip on the small of butt. **2.** The right forearm is kept parallel to the ground. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) PRESENT ARMS – TWO (Fig 5-21).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Under control of the right hand the rifle is to be forced to the front and centre of the body so that it is vertical. **2.** The magazine is to be to the front and the base of the hand guard on line with the mouth. **3.** At the same time the left hand is to quit its grip from the butt and move approximately 6 in (150 mm) from the rifle. **4.** The wrist, forearm and elbow running parallel to the rifle strike the left side of the rifle with fingers extended. **5.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle is kept close to the body and vertical. **2.** Ensure the fingers of the left hand are extended. **3.** The left forearm is forced well in and parallel to the rifle. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) PRESENT ARMS - THREE (Fig 5-22).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is pulled straight down in front of the body to the fullest extent of the right arm, the rifle being kept vertical 4 to 6 in (100 to 150 mm) in front of the body. **2.** The right hand changes its grip to a 'Y'-like grip on the small of the butt. **3.** At the same time the left hand is forced approximately 6 in (150 mm) from the rifle, to strike and seize the hand guard just above the trigger guard in a full grip, the exception being the thumb which is extended vertically to the left. **4.** At the same time the right knee is bent and the hollow of the right foot is placed smartly behind and against the left heel. **5.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Ensure the rifle is vertical. **2.** The right hand has a 'Y'-like grip. **3.** The left hand has a full grip on the hand guard, except for the thumb. The left wrist, forearm and elbow are forced well in. **4.** The instep of the right foot is touching the heel of the left at an angle of 30 degrees. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **PRESENT ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **PRESENT ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE.**	**1.** Make any corrections where necessary.

First Movement

Fig 5-20

Second Movement

Fig 5-21

PRESENT ARMS

Front

Final Position

Fig 5-22

PRESENT ARMS

Side

LESSON 10 - SLOPE ARMS FROM THE PRESENT

INSTRUCTOR'S NOTES

Aim	To teach Slope Arms from the Present Arms.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Present Arms.
Spoken Introduction	**The next stage in arms drill is Slope Arms from the Present. The reason this lesson is taught is to enable an individual or body of personnel to return the rifle to the Slope in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE.**	**1.** There are two parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) SLOPE ARMS – ONE (Fig 5-23).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Under control of the right hand, taking a full grip around the small of the butt, the rifle is forced across the body by the shortest possible route so that the hand guard comes to rest on the left shoulder. **2.** The magazine faces to the left, as in the Slope. **3.** The right forearm is parallel to the ground with the elbow pointing out to the right. **4.** At the same time the left hand releases its grip on the hand guard and strikes, seizes and grasps the butt plate in a cup-like grip, with the thumb around the toe of the butt. **5.** On the execution of this movement the squad is to call Out: **ONE.**	**1.** Left hand releases its grip and strikes the butt plate. **2.** The right forearm is parallel to the ground. **3.** The head remains steady throughout. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) SLOPE ARMS –TWO (Fig 5-24).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand quits its grip on the small of the butt and cuts across the front of the body by the shortest possible route back to the position of Attention. **2.** At the same time the right leg comes through the bent knee position back into the position of Attention. **3.** Any minor adjustment required to ensure the left arm is in the position of the Slope is carried out as the right arm is cut away. **4.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right hand in the correct position of Attention. **2.** The rifle is in the correct position of the Slope Arms. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ONE.**	**1.** Make any corrections where necessary.

First Movement

Fig 5-23

Final Position

Fig 5-24

SLOPE ARMS

LESSON 11 - GROUND ARMS FROM THE SHOULDER

INSTRUCTOR'S NOTES

Aim	To teach the Ground Arms.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Slope Arms from the Present.
Spoken Introduction	**The next stage in arms drill is the Ground Arms. The reason this lesson is taught is to enable an individual or body of personnel to Ground Arms in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME GROUND ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE.**	**1.** There are five parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO FIVE PARTS.		

C. MOVEMENTS.

1) GROUND ARMS – ONE (Fig 5-25).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Under the control of the right hand the rifle is brought to the vertical position. **2.** At the same time the left hand is forced across the body by the shortest possible route to strike, seize and grasp the hand guard just above the trigger guard. **3.** On the execution of this movement the squad is to callout **ONE.**	**1.** The rifle is vertical in the right shoulder. **2.** The left forearm is parallel to the ground. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) GROUND ARMS – TWO (Fig 5-26).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand releases its grip and is forced 4 to 6 in (100 to 150 mm) away from the rifle by bending the elbow, to strike, seize and grasp the rifle between the magazine housing and the pistol grip. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle and left arm do not move throughout this movement. **2.** The right hand has a cup-like grip between the magazine housing and the pistol grip, with exception of the thumb. **3.** The right wrist, elbow and forearm forced well in. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) GROUND ARMS –THREE (Fig 5-27).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The grip of the left hand is released and it is forced across the body by the shortest possible route to the position of Attention. **2.** At the same time the rifle is forced down to the right side of the body and under the control of the right hand allow the rifle to rotate forward so that it is parallel to the ground. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right arm is at its fullest extent with the rifle barrel square to the front and parallel to the ground. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

4) GROUND ARMS – FOUR (Fig 5-28).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth movement giving the words of command: **INSTRUCTOR ONE.**	**1.** A 15 in (375 mm) pace is taken with the left foot and the flat of the foot is placed on the ground. **2.** Both knees are bent and the rifle lowered to the ground, with the wrist of the right hand twisted to force the magazine to the right. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle is square to the front with the magazine pointing to the right. **2.** The heel of the butt plate is in line with the toecap. **3.** The left arm remains in the position of Attention. The head and eyes remain upright. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

5) GROUND ARMS – FIVE (Fig 5-29).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fifth movement, giving the word of command: **INSTRUCTOR ONE.**	**1.** The grip on the rifle with the right hand is released. **2.** Stand up taking a pace of 375 mm (15 in) to the rear with the left foot and adopt the position of Attention. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Ensure the butt plate is in line with the toecap. **2.** The rifle is square to the front. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME GROUND ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **GROUND ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE.**	**1.** Make any corrections where necessary.

First Movement

Fig 5-25

Second Movement

Fig 5-26

GROUND ARMS

Third Movement

Fig 5-27

Fourth Movement

Fig 5-28

GROUND ARMS

Final Position

Fig 5-29

GROUND ARMS

LESSON 12 - TO THE SHOULDER TAKE UP ARMS

INSTRUCTOR'S NOTES

Aim	To teach To The Shoulder Take up Arms.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Ground Arms from the Shoulder.
Spoken Introduction	**The next stage in arms drill is To The Shoulder Take Up Arms. The reason this lesson is taught is to enable an individual or a body of personnel to Take Up Arms to the Shoulder from the ground in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME TO THE SHOULDER TAKE UP ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT – RIGHT/ONE LEFT - RIGHT/ONE LEFT - RIGHT/ONE.**	**1**. There are five parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO FIVE PARTS.		

C. MOVEMENTS.

1) TAKE UP ARMS - ONE (Fig 5-30).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** A short 15 in (375 mm) pace is taken with the left foot, and the flat of the foot is placed on the ground. **2.** Both knees are bent and the rifle is grasped with a cup like grip with the right hand between the magazine housing and the pistol grip. The left arm is to remain straight. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The left foot is flat and firm on the ground, the toes of the right foot are on the ground with the heel raised. **2.** The rifle remains on the ground under the control of the right hand. **3.** The left hand is not to be placed on the left thigh. **4.** The head and eyes remain upright. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) TAKE UP ARMS – TWO (Fig 5-31).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Straightening the legs and returning the feet to the position of Attention raises the body. **2.** At the same time, the rifle is rotated downwards by the right wrist and kept horizontal to the ground, with the right wrist, forearm and elbow forced into the side of the body. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Both feet are flat and firm on the ground at an angle of 45 degrees front and centre of the body and both knees are braced, heels together. **2.** The rifle is horizontal with the magazine pointing downwards. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) TAKE UP ARMS –THREE (Fig 5-32).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced to a vertical position on the right side of the body under control of the right hand. **2.** At the same time the left hand is forced across the body by the shortest route to strike, seize and grasp the hand guard just above the trigger guard. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle is vertical on the right side of the body, the right hand retains its cup-like grip on the rifle with the right wrist, forearm and elbow forced well in. **2.** The left hand has a full grip on the hand guard of the rifle with the left wrist, forearm and elbow forced well in. **3.** The left forearm is parallel to the ground. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to be practised Collectively-Individually-Collectively.	

4) TAKE UP ARMS –FOUR (Fig 5-33).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth movement, giving the word of command: **INSTRUCTOR ONE.**	**1.** The grip of the right hand is released and the hand is forced 4 to 6 in (100 to 150 mm) from the rifle to strike, seize and grasp the butt plate with a cup-like grip. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle, left hand, wrist, forearm and elbow do not move throughout the execution of this movement. **2.** The right arm is fully extended with a cup-like grip on the butt plate. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

5) TAKE UP ARMS –FIVE (Fig 5-34).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fifth movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The grip of the left hand is released and it is forced across the body by the shortest route to assume the position of Attention. **2.** At the same time the rifle is forced back to the position of Shoulder Arms. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle is now in the position of Shoulder Arms. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **TO THE SHOULDER** **TAKE UP ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT- RIGHT/ONE LEFT- RIGHT/ONE LEFT- RIGHT/ONE LEFT- RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **TO THE SHOULDER TAKE UP - ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT- RIGHT /ONE LEFT- RIGHT/ONE LEFT- RIGHT/ONE LEFT - RIGHT/ONE.**	**1.** Make any corrections where necessary.

First Movement

Fig 5-30

Second Movement

Fig 5-31

TAKE UP ARMS

Third Movement

Fig 5-32

Fourth Movement

Fig 5-33

TAKE UP ARMS

Final Position

Fig 5-34

TAKE UP ARMS

1-5-86

LESSON 13 - ON GUARD FROM THE SLOPE

INSTRUCTOR'S NOTES

Aim	To teach On Guard from the Slope.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	To The Shoulder Take Up Arms.
Spoken Introduction	**The next stage in arms drill is On Guard from the Slope. The reason this lesson is taught is to enable an individual or body of personnel to challenge whilst on sentry duty in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME ON GUARD.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** There are three parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) ON GUARD - ONE (Fig 5-35).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** With the rifle in the position of the Slope the right arm is forced across the body to strike, seize and grasp the rifle in the area of the small of the butt, with a full grip. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Ensure the right hand has a full grip of the small of the butt. **2.** The right wrist, forearm and elbow are parallel to the ground. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) ON GUARD - TWO (Fig 5-36).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Force the rifle under control of the right hand across the body to the right shoulder. **2.** At the same time the left hand releases its grip on the butt plate to strike, seize and grasp the hand guard with a full grip, while the right hand changes to a 'Y'-like grip. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Ensure the right hand has a 'Y'-like grip. **2.** Ensure the left hand has a full grip on the hand guard. **3.** Ensure the rifle is vertical in the right shoulder. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) ON GUARD - THREE (Fig 5-37).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** A pace forward of 30 in (750 mm) is to be taken with the left foot. **2.** At the same time the rifle is to be forced forward, in front of the right shoulder, in an aggressive stance so that it is at an angle of 45 degrees. **3.** The right hand changes position to strike, seize and grasp the pistol grip, with the index finger running along the trigger guard; the butt is to be forced into the hip by the right arm and the muzzle is to be level with the shoulder. **4.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Ensure a 30 in (750 mm) pace forward with the left foot. **2.** Allow the left knee to bend. **3.** Keep the rifle in line with right shoulder. **4.** Keep the butt in contact with right hip at an angle of 45 degrees. **5.** Ensure finger is outside the trigger guard. **6.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **ON GUARD.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **ON GUARD.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** Make any corrections where necessary.

First Movement

Fig 5-35

Second Movement

Fig 5-36

ON GUARD

Final position
Fig 5-37

ON GUARD

LESSON 14 - SLOPE ARMS FROM THE ON GUARD

INSTRUCTOR'S NOTES

Aim	To teach Slope Arms from the On Guard.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	On Guard from the Slope Arms.
Spoken Introduction	**The next stage in arms drill is the Slope Arms from On Guard. The reason this lesson is taught is to enable an individual or body of personnel, whilst on sentry duty, to return to the Slope after the challenge, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** There are three parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) SLOPE ARMS - ONE (Fig 5-38).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left hand forces the rifle back into the vertical position at the right shoulder, the right hand quitting the pistol grip then striking and seizing the small of the butt in a 'Y'-like grip. **2.** At the same time the left leg is moved through the bent knee position to resume the position of Attention. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Force the rifle back in to the correct vertical position in right shoulder. **2.** Strike and seize the small of the butt with a 'Y'-like grip. **3.** Resume position of Attention with left foot. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) SLOPE ARMS –TWO (Fig 5-39).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced across the front of the body, by the shortest possible route, under control of the right hand which changes its grip from 'Y'-like to a full grip around the area of the small of the butt, to resume the Slope Arms position. **2.** At the same time the left hand quits its grip on the hand guard to strike, seize and grasp the butt plate in a cup-like grip with the thumb curled around the toe of the butt. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** Rifle moves by the shortest possible route. **2.** Throughout this movement the head does not move. **3.** The left hand has a cup-like grip. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) SLOPE ARMS – THREE (Fig 5-40).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand quits its grip on the small of the butt and returns to the right side of the body, by the shortest possible route, into the position of Attention. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The left arm moves by the shortest possible route. **2.** Throughout this movement the head does not move. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** Make any corrections where necessary.

First Movement

Fig 5-38

Second Movement

Fig 5-39

SLOPE ARMS FROM THE ON GUARD

Final Position

Fig 5-40

SLOPE ARMS FROM THE ON GUARD

LESSON 15 - PORT ARMS FROM THE SLOPE

INSTRUCTOR'S NOTES

Aim	To teach Port Arms from the Slope Arms.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Slope Arms from the On Guard.
Spoken Introduction	**The next stage in arms drill is Port Arms. The reason this movement is taught is to enable an individual or a body of personnel to Port Arms, when safe carriage of a rifle with bayonet fixed is required in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **PORT ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE.**	**1.** There are two parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) PORT ARMS -ONE (Fig 5-41).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right arm comes across the body by the shortest possible route to strike, seize and grasp the pistol grip. **2.** On the execution of this drill movement the squad is to call out: **ONE.**	**1.** The right hand has a full hold of the pistol grip. **2.** The index finger curled round the pistol grip. **3.** The wrist, forearm and elbow are forced well in. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) PORT ARMS TWO (Fig 5-42).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left hand quits its grip to strike, seize and grasp the hand guard with a full grip. **2.** At the same time the rifle is forced across the front centre of the body until it is at an angle of approximately 45 degrees in front of the chest. **3.** At the same time the index finger is extended along the outside of the trigger guard. **4.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle is held at 4 to 6 in (100 to 150 mm) in front of and at an angle of 45 degrees across the chest. **2.** The right hand has a full grip of the pistol grip with the exception of the index finger, which runs up and along the trigger guard. **3.** The right wrist, elbow and forearm are well forced in. **4.** The left hand has a full grip of the hand guard with the wrist, elbow and forearm forced well in. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **PORT ARMS.**	On the execution of this movement the instructor is to call out: **ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **PORT ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT – RIGHT/ONE.**	**1.** Make any corrections where necessary.

First Movement

Fig 5-41

Final Position

Fig 5-42

PORT ARMS

LESSON 16 - SLOPE ARMS FROM THE PORT ARMS

INSTRUCTOR'S NOTES

Aim	To teach the Slope Arms from the Port Arms.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Port Arms from the Slope Arms.
Spoken Introduction	**The next stage in arms drill is Slope Arms from the Port Arms. The reason this movement is taught is to enable an individual or a body of personnel to Slope Arms from the Port Arms in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE.**	**1.** There are two parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) SLOPE ARMS – ONE (Fig 5-43).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Under control of the right hand the rifle is forced to the left shoulder. **2.** At the same time, change the right hand to a full grip whilst forcing the left hand away from the rifle, to strike and grasp the butt plate in a cup-like grip. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle is in the left shoulder at an angle of 45 degrees, the magazine square to the left. **2.** The right hand has a full grip on the pistol grip. **3.** The right wrist, forearm and elbow are forced well in and the left hand has a cup-like grip on the butt plate with the wrist and forearm parallel to the ground and the elbow forced well in. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) SLOPE ARMS –TWO (Fig 5-44).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand quits its grip of the pistol grip and by the shortest possible route returns to the position of Attention at the right side of the body. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle is in the position of Slope Arms. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	On the execution of this movement the instructor is to call out: **ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT – RIGHT/ONE.**	**1.** Make any corrections where necessary.

First Movement

Fig 5-43

Final Position

Fig 5-44

SLOPE ARMS FROM THE PORT ARMS

LESSON 17 - RECOVER ARMS FROM THE SLOPE ARMS

INSTRUCTOR'S NOTES

Aim	To teach Recover Arms from the Slope Arms.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Slope Arms from the High Port.
Spoken Introduction	**The next stage in arms drill is the Recover Arms from the Slope Arms. The reason this movement is taught is to enable an individual to Recover Arms when acting as a marker on a parade in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME RECOVER ARMS.**	On the execution of this movement the instructor is to call out: **ONE LEFT – RIGHT/ONE.**	**1.** There are two parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) RECOVER ARMS – ONE (Fig 5-45).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand is forced across the body, by the shortest route to strike, seize and grasp the small of the butt with a full grip. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle and left arm do not move throughout this movement. **2.** The right hand has a full grip on the small of the butt, just below the magazine housing with the right arm, wrist and elbow parallel to the ground. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) RECOVER ARMS - TWO (Fig 5-46).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced to the front centre of the body under the control of the right hand. At the same time, rotate the grip of both hands to ensure total control of the rifle. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle is vertical with the magazine square to the front. Cocking handle in line with the mouth. **2.** The left hand has a cup-like grip of the butt plate with the thumb along the left side of the butt plate with the left wrist, forearm and elbow well in. **3.** The right hand has a full grip on the small of the butt with the wrist, forearm and elbow forced well in. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **RECOVER ARMS.**	On the execution of this movement the instructor is to call out: **ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **RECOVER ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT – RIGHT/ONE.**	**1**. Make any corrections where necessary.

First Movement

Fig 5-45

Final Position

Fig 5-46

RECOVER ARMS

LESSON 18 - SLOPE ARMS FROM THE RECOVER ARMS

INSTRUCTOR'S NOTES

Aim	To teach the Slope Arms from the Recover Arms.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	The Recover Arms.
Spoken Introduction	**The next stage in arms drill is the Slope Arms from the Recover Arms. The reason this movement is taught is to enable an individual to Slope Arms from the Recover position in a smart, uniform manner, having achieved the correct alignment on parade as a right marker.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE.**	**1.** There are two parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) SLOPE ARMS – ONE (Fig 5-47).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Under control of the right hand the rifle is forced back to the left shoulder to the position of the Slope Arms. **2.** At the same time, rotate the grip of both hands to resume the 'Recover Arms – ONE' position. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle is held at the Slope with the magazine square to the left. **2.** The left hand has a cup-like grip on the butt with the thumb around the toe of the butt. The left wrist, forearm and elbow are parallel to the ground. **3.** The right hand has a full grip on the small of the butt just below the magazine housing, with the right wrist, forearm and elbow parallel to the ground. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) SLOPE ARMS – TWO (Fig 5-48).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand quits its grip of the rifle, and is forced by the shortest possible route into the position of Attention. **2.** On the execution of this movement the squad is call out: **ONE.**	**1.** The rifle is in the position of Slope Arms. **2.** The left hand has a cup-like grip on the butt with the thumb around the toe of the butt. The left wrist, forearm and elbow are parallel to the ground. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	On the execution of this movement the instructor is to call out: **ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT – RIGHT/ONE.**	**1.** Make any corrections where necessary.

First Movement

Fig 5-47

Final Position

Fig 5-48

SLOPE ARMS FROM THE RECOVER ARMS

LESSON 19 - SALUTING TO THE FRONT AT THE HALT

INSTRUCTOR'S NOTES

Aim	To teach saluting to the front at the Halt.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Recover Arms.
Spoken Introduction	**The next stage in arms drill is saluting to the front at the Halt. The reason this movement is taught is to enable an individual to pay the correct compliment to an officer or an uncased colour or standard in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME TO THE FRONT SALUTE.**	On the execution of the movement the instructor is to call out: **UP TWO THREE DOWN.**	**1.** There are two parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) TO THE FRONT SALUTE - ONE (Fig 5-49).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Force the right arm from the Attention position across the body to strike the rifle in the area of the small of the Butt. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle remains in the position of Slope Arms. **2.** The right hand with fingers extended and together is against the small of the butt with the thumb touching the index finger. **3.** The wrist, forearm and elbow are straight and parallel to the ground. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) TO THE FRONT SALUTE - TWO (Fig 5-50).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand is forced across the body by the shortest possible route, at the same time clenching the fingers to form a fist to resume the correct position of Attention. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle is in the position of Slope Arms. **2.** The right hand is forced across the body by the shortest possible route. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME TO THE FRONT SALUTE.**	On the execution of this movement the instructor is to call out: **UP TWO THREE DOWN.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **TO THE FRONT** **SALUTE.**	Students to execute the movement and call out the timing: **UP TWO THREE DOWN.**	**1**. Make any corrections where necessary.

First Movement

Fig 5-49

Final Position

Fig 5-50

SALUTING TO THE FRONT AT THE HALT

LESSON 20 - SALUTING TO A FLANK AT THE HALT

INSTRUCTOR'S NOTES

Aim	To teach saluting to a flank at the Halt.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below. The instructor is to teach saluting to the left then saluting to the right
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Saluting to the front at the Halt.
Spoken Introduction	**The next stage in arms drill is saluting to a flank at the Halt. The reason this movement is taught is to enable an individual to pay the correct compliment to an officer or uncased colour or standard in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME TO THE RIGHT SALUTE.**	On the execution of the movement the instructor is to call out: **UP TWO THREE FOUR FIVE DOWN.**	**1.** There are two parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) TO THE RIGHT SALUTE - ONE (Fig 5-51).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Force the right arm across the front of the body, by the shortest possible route into the correct position of the Salute. **2.** At the same time force the head and eyes to face square across the right shoulder. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle remains in the position of Slope Arms. **2.** The fingers of the right hand are extended and together against the small of the butt. **3.** The head and eyes are in the correct position of the Salute. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) TO THE RIGHT SALUTE - TWO (Fig 5-52).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Force the right arm across the front of the body, by the shortest possible route into the position of Attention, at the same time clenching the hand to form a fist. **2.** Force the head and eyes square to the front. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle remains in the position of Slope Arms. **2.** The right hand is forced across the body, by the shortest possible route, to the position of Attention. **3.** The head and eyes are forced to the front. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME TO THE RIGHT SALUTE.**	On the execution of this movement the instructor is to call out: **UP TWO THREE FOUR FIVE DOWN.**	**1.** The instructor is to teach saluting to the left at the Halt in the same way, ensuring that the head and eyes look over the right shoulder. **2.** See (Fig 5-53).
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **TO THE LEFT / RIGHT SALUTE.**	Students to execute the movement and call out the timing: **UP TWO THREE FOUR FIVE DOWN.**	**1.** Make any corrections where necessary. **2.** Practise both saluting to the right and left flank.

First Position

Fig 5-51

Final Position

Fig 5-52

SALUTING TO THE RIGHT AT THE HALT

First Position

Fig 5-53

SALUTING TO THE LEFT AT THE HALT

LESSON 21 - SALUTING TO A FLANK ON THE MARCH

INSTRUCTOR'S NOTES

Aim	To teach Saluting to a flank on the March.
Timings	One 40 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below. The instructor is to teach saluting to the left then saluting to the right.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Saluting to the left and right at the Halt.
Spoken Introduction	**The next stage in Arms drill is saluting to a flank on the march. The reason this movement is taught is to enable an individual to pay the correct compliment to an officer, or uncased colour or standard, whilst approaching from a flank in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME TO THE RIGHT SALUTE.**	On the execution of the movement the instructor is to call out: **CHECK UP TWO THREE FOUR FIVE DOWN SWING.**	**1**. There are four parts to the movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO FOUR PARTS.		

C. MOVEMENTS.

1) SALUTING TO A FLANK – ONE (Fig 5-54).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Given when the left heel strikes the ground, a further pace of 30 in (750 mm) is to be completed with the right foot and at the same time the right arm is to be checked in to the side of the body. **2.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The rifle is in the correct position of the Slope Arms. **2.** The right hand, wrist, forearm, elbow and eyes are in the position of the salute to the right. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) SALUTING TO THE RIGHT – TWO (Fig 5-55).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE - UP - TWO THREE FOUR FIVE.**	**1.** As the left foot completes a further marching pace and the heel strikes the ground the right arm is forced across the body to the position of the salute, a further FOUR full marching paces are taken. **2.** At the same time, the head and eyes are forced to face square over the right shoulder. **3.** On the execution of the movement the squad is to call out: **UP - TWO THREE FOUR FIVE.**	**1.** The right heel strikes the ground first. The foot is flat and firm on the ground. **2.** The rifle, right hand, wrist, forearm, elbow, head and eyes are in the position of the salute throughout these four paces.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) SALUTING TO THE RIGHT THREE (Fig 5-56).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** A full marching pace is taken with the right foot. **2.** As the right heel strikes the ground the right arm is forced across the body to the position of Attention. **3.** At the same time the head and eyes are forced to face square to the front. **4.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The left foot is flat and firm on the ground. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

4) SALUTING TO THE RIGHT–FOUR (Fig 5-57).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth movement giving the words of command: **INSTRUCTOR ONE.**	**1.** A full marching pace is taken with the left foot. **2.** At the same time, force the right arm forward and continue to march in Quick Time. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The left heel strikes the ground and the right arm is forced forward. **2.** Continue to march at the regulation pace of 116 paces to the minute. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **TO THE RIGHT SALUTE.**	On the execution of the movement the instructor is to call out: **CHECK UP TWO THREE FOUR FIVE DOWN SWING.**	**1.** The instructor is to teach Saluting to the left on the March, in the same way, ensuring that the head and eyes are forced over the right shoulder. **2.** See (Fig 5-58).
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **TO THE RIGHT SALUTE.**	Students to execute the movement and call out the timing: **CHECK UP TWO THREE FOUR FIVE DOWN SWING.**	**1.** Make any corrections where necessary.

First Movement

Fig 5-54

Second Movement

Fig 5-55

SALUTING TO THE RIGHT ON THE MARCH

Third Movement

Fig 5-56

Final Position

Fig 5-57

Fig 5-58

SALUTING TO THE RIGHT ON THE MARCH

SALUTING TO THE LEFT ON THE MARCH

LESSON 22 - FIX BAYONETS

INSTRUCTOR'S NOTES

Aim	To teach Fix Bayonets.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress. Bayonet frogs and Bayonets.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Slope Arms from the Shoulder.
Spoken Introduction	**The next stage in arms drill is the Fix Bayonets. The reason this movement is taught is to enable an individual or a body of personnel to Fix Bayonets in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR WILL FIX BAYONETS** **FIX** **BAYONETS** **SHUN.**	On the execution of the movement there are no timings to call out.	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) FIX BAYONETS - FIX (Fig 5-59).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR WILL FIX BAYONETS** **FIX.**	**1.** The left hand is forced to the rear to grasp the bayonet handle with a full grip. **2.** It is rotated anti-clockwise and forced out of the scabbard by forcing the left hand towards the ground, at its fullest extent. **3.** The blade points to the right, parallel to the ground cutting edge uppermost.	**1.** Rifle must be vertical in the right shoulder with the arm forced well in. **2.** The left arm is at its fullest extent with a full grip on the bayonet handle. **3.** Blade pointing directly to the right cutting edge uppermost. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) FIX BAYONETS - BAYONETS (Fig 5-60).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR BAYONETS.**	**1.** The left hand is forced across the body by the shortest route to engage the bayonet onto the flash eliminator of the rifle. **2.** At the same time the head and eyes are forced across the right shoulder to look at the bayonet. **3.** The wrist is rotated so that the cutting edge is directly to the front and the bayonet is engaged. **4.** Once the bayonet is engaged the left hand changes its grip to a 'Y'-like grip by straightening the fingers to point directly to the rear.	**1.** The rifle is vertical in the right side of the body. **2.** The left hand has a 'Y'-like grip with the fingers closed and directly pointing to the rear. **3.** The left wrist, forearm and elbow are forced well in. **4.** The head and eyes look at the bayonet. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) FIX BAYNOTES - SHUN (Fig 5-61).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR SHUN.**	**1.** The left hand quits the bayonet and is forced across the body by the shortest route to the position of Attention. **2.** At the same time the head and eyes are forced directly to the front and the rifle is forced to the rear to resume the position of the Shoulder Arms.	**1.** The rifle is now in the correct position of the Shoulder Arms with bayonet fitted. **2.** The body is in the position of Attention.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **ARMS DRILL INSTRUCTOR WILL FIX BAYONETS** **FIX** **BAYONETS** **SHUN.**	The instructor is to execute the movements.	**1.** The instructor should demonstrate the movement showing both front and rear profiles.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **SQUAD WILL FIX BAYONETS** **FIX** **BAYONETS** **SHUN.**	Students to execute the movements.	**1.** Make any corrections where necessary.

Front

Rear

Fix

Fig 5-59

Bayonets

Fig 5-60

Shun

Fig 5-6

FIX BAYONETS

LESSON 23 - UNFIX BAYONETS

INSTRUCTOR'S NOTES

Aim	To teach Unfix Bayonets.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE as under column headings below.
Dress & Stores	Clean Working Dress. Bayonet frogs and bayonets.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Fix Bayonets (retain them on the rifle).
Spoken Introduction	**The next stage in arms drill is the Unfix Bayonets. The reason this movement is taught is to enable an individual or a body of personnel to unfix bayonets in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR WILL UNFIX BAYONETS** **UNFIX BAYONETS** **SHUN.**	On the execution of the movements the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.** (NO TIMING) **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** There are three parts to this movement – each movement being executed on a separate word of command.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS EACH INTRODUCED BY A SEPARATE WORD OF COMMAND.		

C. MOVEMENTS.

1) UNFIX BAYONETS – UNFIX (Figs 5-62/5-63/5-64).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ARMS DRILL JUDGING THE TIME** **UNFIX.**	**1.** Force the rifle to the vertical position on the right side of the body. **2.** At the same time force the left hand across the body to strike, seize and grasp the top of the hand guard in a full grip. **3.** After a pause, under control of the left hand, force the rifle down in front of the body bending the knees sufficiently to be able to grip the rifle between the pistol grip and magazine with the knees. **4.** At the same time the right hand comes across the body to strike, seize and grasp the bayonet handle in a full grip. **5.** After a further pause, the left hand quits the hand guard to strike, seize and grasp the barrel, just below the right hand, in a full grip depressing the bayonet release catch. **6.** The bayonet should be gently eased just clear of the flash eliminator. **7.** On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** Both feet are flat and firm on the ground with the heels together. **2.** The rifle is gripped between the knees with the barrel forced well into the body, magazine square to the front. **3.** The left hand has a full grip on the barrel and the right hand has a full grip of the bayonet handle. **4.** Wrists, forearms and elbows are forced well in. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) UNFIX BAYONETS - BAYONETS (Fig 5-65).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR BAYONETS.**	**1.** The left hand is forced to the rear to grasp the scabbard in a 'Y'-like grip, turning the head and eyes toward the scabbard. **2.** At the same time the right hand forces the bayonet across the body, rotating the blade to the left point down and strikes the scabbard. **3.** The right hand changes its grip from a full grip to a 'Y'-like grip then engages the bayonet into the scabbard, so that the cutting edge is uppermost. **4.** The left elbow is forced to the rear and the right elbow is forced well into the body, shoulders square to the front.	**1.** The rifle remains vertical between the knees. Both feet are flat and firm on the ground with the heels together. **2.** The left hand has a 'Y'-like grip of the bayonet scabbard with the right hand having a 'Y'-like grip on the bayonet handle. **3.** The head and eyes are forced square across the left shoulder and are looking down at the bayonet. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) UNFIX BAYONETS – SHUN (Figs 5-66/5-67/5-68).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR SHUN.**	**1.** The right hand quits the bayonet and is forced by the shortest possible route to the right side of the body. **2.** At the same time, the left hand releases its grip on the scabbard to strike, seize and grasp the rifle in a full grip on the barrel. The head and eyes are forced square to the front. **3.** After a pause, under control of the left hand, the rifle is forced into the vertical position on the right side of the body. The right hand is brought 4 to 6 inches (100 to 150 mm) away from the rifle, to strike, seize and grasp the butt plate in a cup-like grip. **4.** At the same time the legs are straightened at the knees. **5.** After a further pause, the left hand is cut away, by the shortest possible route, to the left side of the body, at the same time the right hand pulls the butt of the rifle back into the correct position of Attention. **6.** On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT / ONE LEFT – RIGHT / ONE.**	**1.** Both feet are flat and firm on the ground with the heels together. **2.** The rifle is in the correct position of the Shoulder Arms. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **ARMS DRILL** **JUDGING THE TIME** **INSTRUCTOR WILL UNFIX BAYONETS** **UNFIX** **BAYONETS** **SHUN.**	On the execution of this movement the instructor is to call out: (UNFIX) **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE** (BAYONETS) NO TIMING (SHUN) **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **SQUAD WILL UNFIX BAYONETS** **UNFIX** **BAYONETS** **SHUN.**	Students to execute the movement and call out the timing: (UNFIX) **ONE LEFT – RIGHT / ONE LEFT – RIGHT / ONE** (BAYONETS) NO TIMING (SHUN) **ONE LEFT – RIGHT / ONE LEFT – RIGHT / ONE.**	**1.** Make any corrections where necessary.

UNFIX - First Movement

Fig 5-62

UNFIX - Second Movement

Fig 5-63

UNFIX BAYONETS

UNFIX - Third Movement

Fig 5-64

BAYONETS

Fig 5-65

UNFIX BAYONETS

SHUN - First Movement

Fig 5-66

SHUN – Second Movement

Fig 5-67

SHUN - Final Position

Fig 5-68

UNFIX BAYONETS

PARTS OF THE SWORD

Fig 6-21
Sword

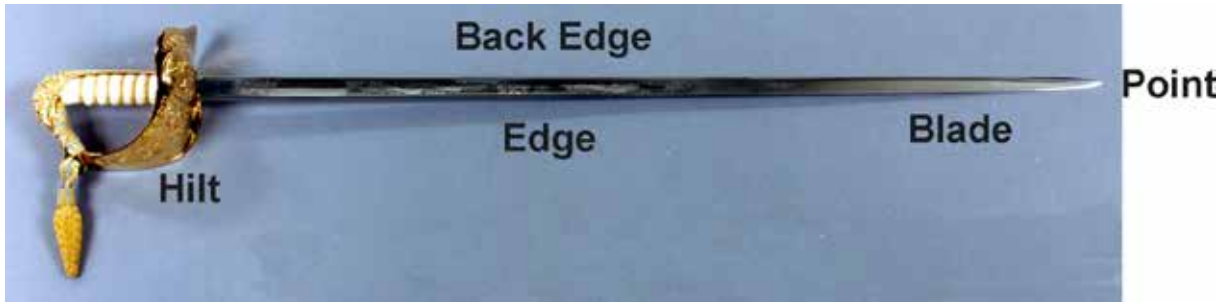


Fig 6-22
Scabbard
Air Officer

Fig 6-23
Scabbard
Below Air Officer

Note: Air Officer's scabbard has embellished mounts and chape.

PARTS OF THE SWORD

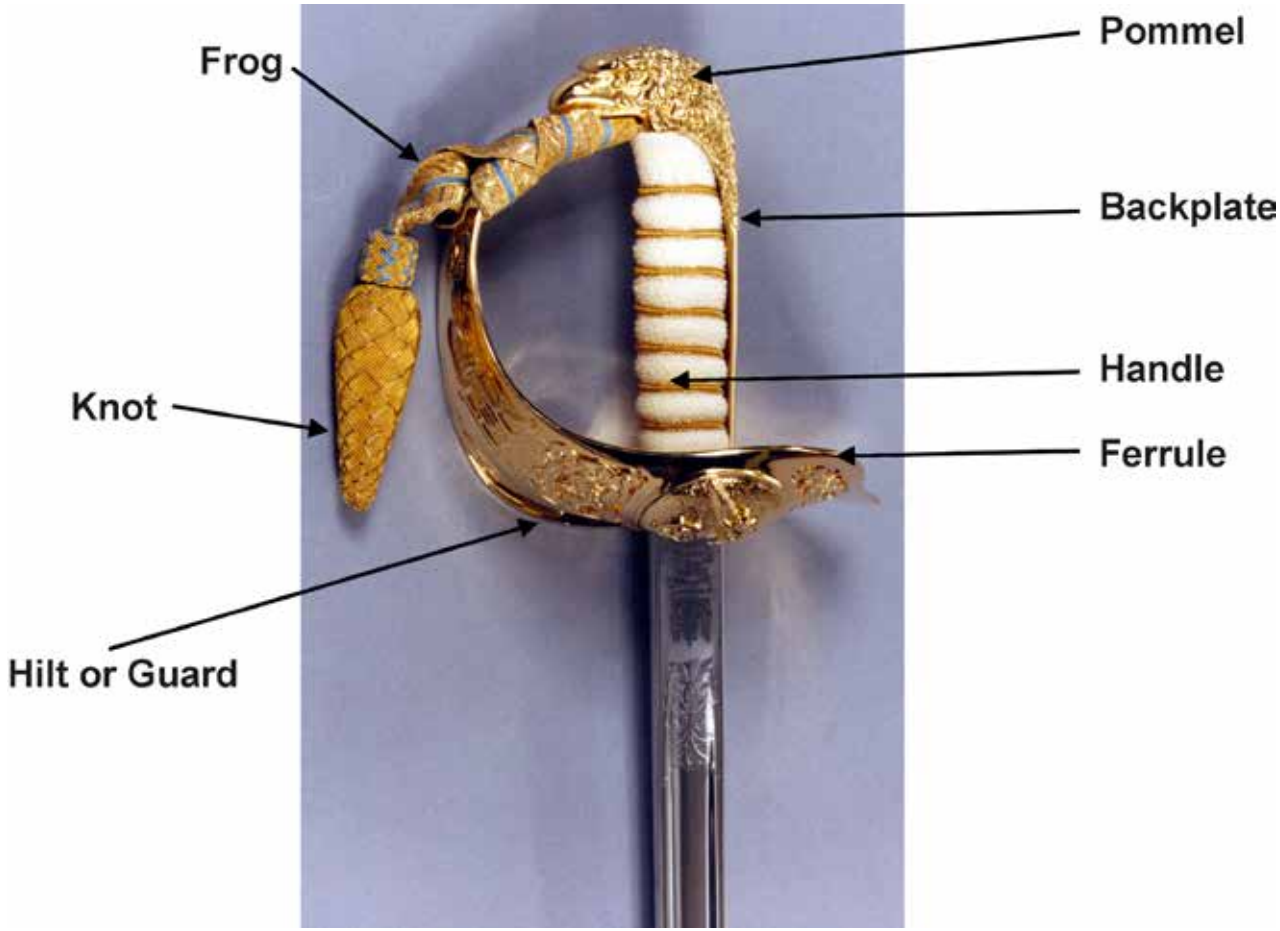
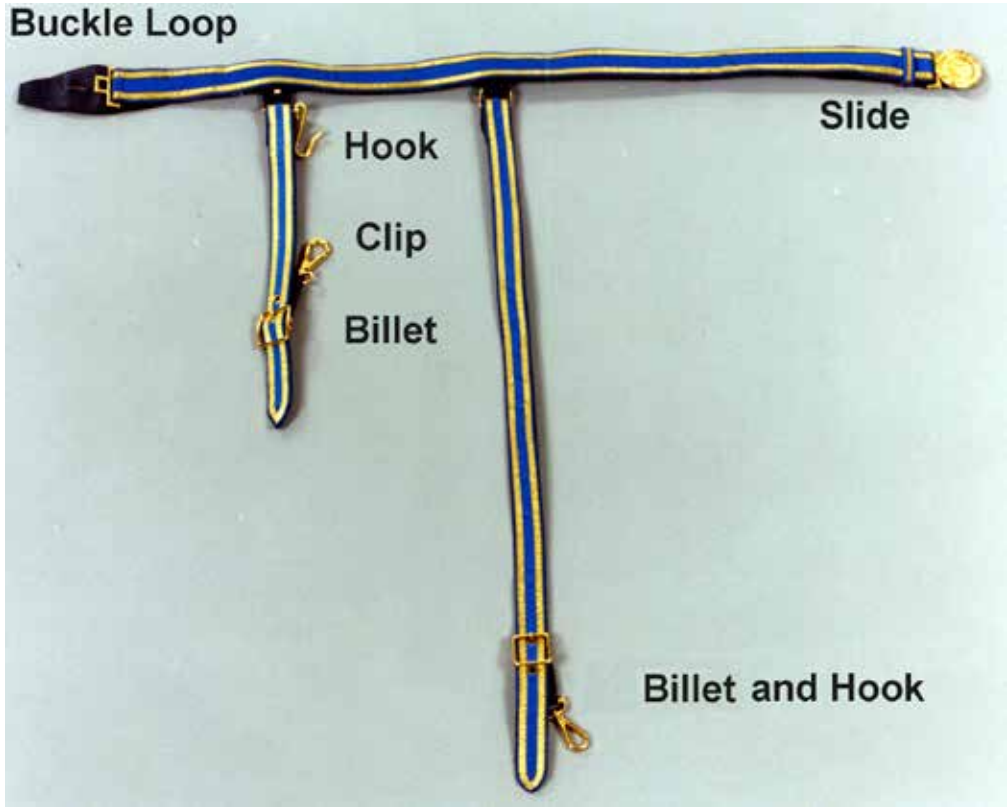


Fig 6-24

Details of the Hilt

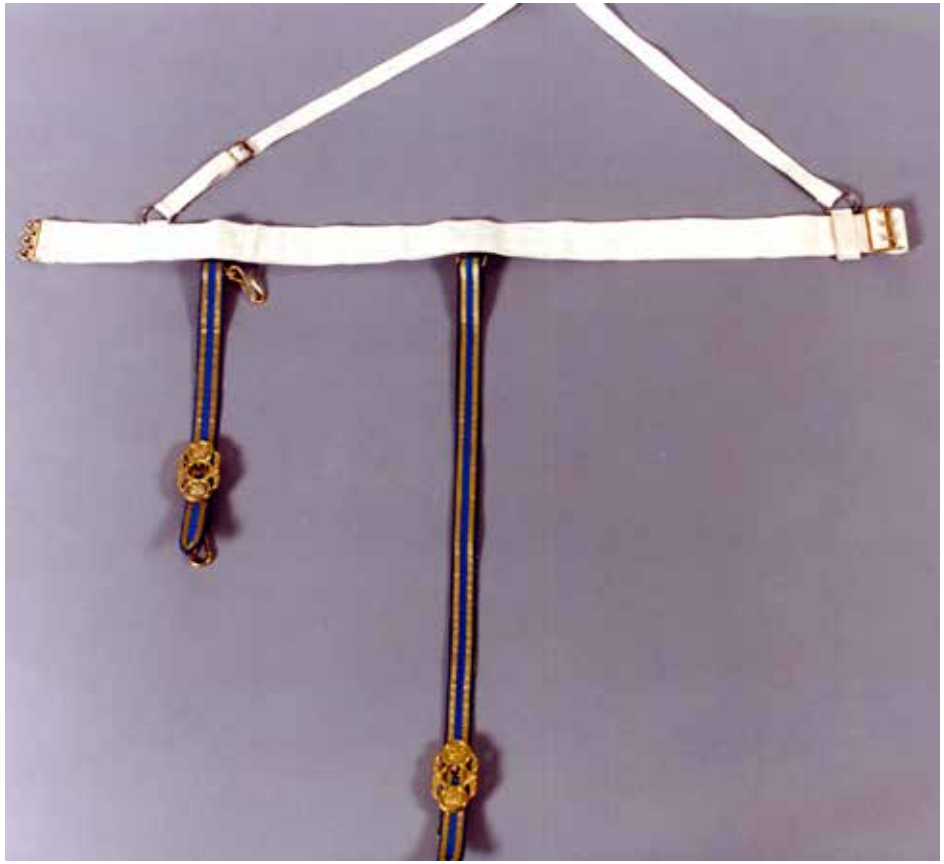
PARTS OF THE SWORD BELT



Ceremonial Sword Belt - Below Air Officer

Fig 6-25

PARTS OF THE SWORD BELT



Note: Air Officer Billets are embellished
Canvas Under-Belt - with Air Officer Slings

Fig 6-26

PART 1 - CHAPTER 6

SWORD DRILL

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Annex A	Parts of the Sword and Sword Belts	

PART 1 - CHAPTER 6

LESSON 1

INTRODUCTION TO SWORD DRILL

GENERAL

1. The sword is a traditional badge of rank and honour and also indicates a holder of Her Majesty's commission or warrant. Swords are to be worn on the occasions described in AP 1358 Dress Regulations. Colour Warrant Officers are not to carry a Pace Stick when wearing a Sword.

CARE AND HANDLING

2. **Handling**. White gloves are always to be worn when handling swords or ceremonial belts. The purpose of this is to prevent the deterioration of the giltwork which is caused by natural oils from the hands.

3. **Preservation**. After use in wet weather all parts are to be wiped dry with a chamois leather at the earliest opportunity before storing away, especially the steel blade. When not in use, the blade should in any case be lightly covered in grease to prevent corrosion.

4. **Cleaning**. No form of abrasive is permitted when cleaning swords. The gilt parts should be gently washed in mild soapy water and then lightly but thoroughly dried with a soft cloth. Leather parts may be enhanced with liquid boot polish. Under no circumstances are gilt parts to be cleaned with any metal or other polish.

5. **Training Use**. Whenever possible, dummy drill swords should be used in preference to ceremonial swords, for all practices and rehearsals.

INSTRUCTION

6. Officers are to be instructed in the names of the parts of the sword and sword belt before they begin sword drill exercises (see Annex A).

7. Exercises are to be practised first by numbers. When proficiency has been obtained, movements are to be carried out judging the time, observing pauses between each movement. Sword movements should always be made gracefully and with dignity rather than with the snap and staccato of other drill.

METHODS OF WEARING THE SWORD

8. **The Normal Fitting**. The usual method of wearing the sword is known as the Normal Fitting ie not slung on the belt hook. The scabbard containing the sword is clipped to 2 slings which in turn hang from a plain canvas belt worn under the uniform jacket so that the slings appear from under the skirt of the jacket (see Fig 6-1). This is the usual manner for RAF officers to wear the sword eg as reviewing and inspecting officers, those in staff

attendance, at a Service wedding when uniform is the stated order of dress, spectators at a ceremony and at any other occasion not referred to in para 9 below.

9. **The Hooked-Up Fitting**. A parade commander, an officer on a parade and any officer commanding personnel on parade are to wear the sword hooked-up on the sword belt ie slung on the belt hook (see Fig 6-2). Officers required to carry ceremonial paraphernalia eg Sword of State, Wand of Office, Colour or Standard, medal cushion and other such items, are also to wear the sword hooked-up on the sword belt, as are officers appointed as Pallbearers at a funeral. In such cases Air Officers do not wear their ceremonial sash, as the ceremonial sword belt replaces it.

10. **Greatcoats**. When the greatcoat is worn with the sword in the normal position, the sword-hilt protrudes through to the front of the coat with the left coat-tail folded back and pinned from inside (see Fig 6-4). If the greatcoat is worn when the sword is in the hooked-up position the sword should be removed from the scabbard before donning the coat. Once the coat is on, the mouth of the scabbard receives the sword from the outside, through the vent in the left side of the greatcoat. Care must be taken to ensure that the scabbard is hanging correctly with the rings to the rear and the hilt to the front, before inserting the sword.

HOOKING-UP THE SWORD AND CEREMONIAL SWORD BELT

11. The sword and belt are fitted as follows:

a. The scabbard containing the sword is fastened to the 2 slings; the shorter (front) sling to the upper ring on the scabbard and the longer (rear) sling to the lower ring (correctly called the middle ring).

b. The scabbard is then raised, hilt to the front, scabbard rings to the rear, the upper ring is passed over and onto the hook on the sword belt. The sword belt is worn outside the jacket in place of the canvas belt. The sword belt is slotted into the 2 plain brass hooks sewn into the waist of the jacket; this helps to support the weight of the slung sword.

c. The shorter front sling is to be looped forward between the body and the scabbard.

BASIC DRILL - NORMAL FITTING

12. **Position of Attention**. The usual position of Attention is to be adopted. The sword, in its scabbard, is to be held perpendicularly at the left side, with the hilt to the front and the shoe of the scabbard resting on the ground just in front of the heel of the foot. The left arm is to be as straight as possible without being strained, elbow close to the side, allowing the hand to steady the sword at the most convenient position. This will vary according to the officer's build; personnel of short stature will find it convenient to hold the sword at the handle or even at the top of the scabbard. The taller person will rest the hand on top of the pommel, back of the hand to the left, curling the fingers lightly under the top of the hilt, thumb on top of the hilt and pointing forward (see Fig 6-1).

13. **Standing at Ease**. The left foot is to be moved 12 in (30 cm) to the left, the scabbard being carried off with the left foot and rested again, as before, beside the foot. At the same time the hilt is carried forward to the full extent of the left arm (see Fig 6-3).

14. **Marching**. The sword is to be canted upwards and to the rear by the left hand without stooping or disturbing the posture of the body. The scabbard is held naturally at the point of balance, at an angle of 45 degrees, with the arm fully extended and kept close to the side. The rings of the scabbard are to be downward; the hilt is to rest against the underside of the forearm just above the wrist (see Fig 6-5).

15. **Halting**. On halting, the sword is to be gently lowered to the ground to resume the position of Attention.

BASIC DRILL - HOOKED-UP FITTING

16. **Position of Attention (Sword Sheathed)**. The usual position of Attention is to be adopted (see Fig 6-2). The sword in its scabbard, slung on the belt hook, hangs with the hilt to the front and scabbard rings to the rear. The scabbard is to be held in a perpendicular position between the thumb and forefinger of the left hand with the back of the hand outwards. The fingers are to be together and extended and inclined forward and downward, with the thumb to the inside in line with the seam of the trousers.

17. **Standing At Ease (Sword Sheathed)**. When standing At Ease, bend the left knee and place the foot smartly on the ground 12 in (30 cm) to the left of the right foot. The arms remain as for the position of Attention.

18. **Marching**. When marching with the sword hooked-up, the scabbard is to be steadied vertically with the left hand held as for the position of Attention. When the sword is sheathed the right arm is to swing in the usual fashion, except when turning or marching in Slow Time.

Note: When entering a confined space, it is advisable to carry the sword before the person, thus avoiding any liability to tangle!

GUARDS OF HONOUR AT WEDDINGS

19. On this occasion the sword is to be worn in the hooked-up position. The guard is to be formed up in 2 ranks either side of the doorway, with swords sheathed. When the car arrives the order: **"DRAW SWORDS"** is to be given. As the bride approaches, the order: **"ARCH SWORDS"** is to be given. Swords are to be raised in one smooth movement, the arm is to be straight, the tips of the swords just crossing at an angle of approximately 45 degrees. The wrist of the arm is to turn to the left allowing the hilt of the sword to face the right. At the conclusion of the service, the same procedure is to be carried out when the bride and groom appear at the doorway. Once the bride and groom are clear of the guard of honour, the order: **"CARRY SWORDS"** is to be given, followed by the order: **"RETURN SWORDS"**. Swords are then to be placed in safe custody.

DRAWING AND RETURNING SWORDS ON PARADE

20. On the command: **"FALL-IN THE OFFICERS"** officers are to come to Attention, salute, draw their swords, then march on, to fall-in at their parade positions.

21. On the command: **"FALL-OUT THE OFFICERS"** officers Left Turn, march in Quick Time and halt in a semi-circle facing the parade commander, at a distance of 5 paces, in order of seniority from the right. The officer on the right is to take one pace forward and then all salute together, return swords to their scabbards, turn right and form up in line to the rear of the parade commander. The parade commander then sheaths his sword before calling for the parade warrant officer.

SWORD DRILL FOR FUNERALS

22. Sword drill for funerals is contained in Part 1 Chapter 8.

SALUTING WITH SWORDS

23. When the sword is sheathed officers are to salute with the hand.

24. When the sword is unsheathed officers are to acknowledge salutes by coming to the Carry or when formally fallen-in on parade, by the full sword salute. They are to salute superiors with the sword. When approaching to address a superior, an officer is to halt four paces from the senior officer before saluting.

25. When a colour or standard is on parade officers who pass behind the colour or standard are to pay compliments. It would not be usual to pass directly in front, as the colour/standard bearer is 3 paces in front of the front rank. Prior to passing the colour or standard each officer is to bring the sword to the Recover as the left heel strikes the ground, at the same time turning the head and eyes. Once past the colour or standard party each officer is to Carry Swords as the left heel strikes the ground, at the same time the head and eyes are turned to the front.

METHODS OF WEARING THE SWORD

Normal Fitting
(At Attention)

Fig 6-1

Showing Position Of Slings

Hooked-up Fitting
(At Attention)

Fig 6-2

Normal Fitting
(At Ease)
Note that the sword hilt is carried forward to the full extent of the left arm.
Fig 6-3

Normal Fitting
(Great Coat)

Fig 6-4

Normal Fitting
(Marching)

Fig 6-5

METHODS OF WEARING THE SWORD

LESSON 2 - DRAW SWORDS

INSTRUCTOR'S NOTES

Aim	To teach how to Draw Swords.
Timings	One 25 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE.
Dress and Stores	Clean Working Dress.
Preparation	Select an area on parade square or any area of hard ground, or indoor equivalent. If indoors, ensure sufficient height clearance is available for the sword when it is brought to the recover.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Should include care, handling and method of wearing.
Spoken Introduction	**The next stage in sword drill is the Draw Swords. The reason this movement is taught is to enable an individual or body of officers to draw swords in a smart, uniform manner.**

B. THE DRAW SWORDS - COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **DRAW SWORDS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/1000 2000 3000 4000** **FIVE LEFT - RIGHT/ONE.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS		

C. MOVEMENTS.

1) DRAW SWORDS - ONE (Fig 6-6).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR** **DRAW SWORDS** **ONE.**	**1.** The right hand is carried smartly across the body to seize and grasp the handle of the sword. **2.** The left hand is moved up at the same time, to take control of the scabbard at its mouth. **3.** On execution of the movement the squad is to call out: **ONE.**	**1.** The back of the left hand is to the left and the thumb against the hip. **2.** The thumb of the right hand is pointing down with the back of the hand to the rear. **3.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) DRAW SWORDS - TWO - THE RECOVER (Fig 6-7).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The sword is drawn smoothly upwards from the scabbard to a count equal to five paces in Quick Time. **2.** On execution of the movement, the squad is to call out: **ONE**.	**1.** The blade is lifted to the vertical and turned to the left with the tip uppermost. **2.** The hilt is in front of the face level with the mouth. **3.** The fingers of the right hand are curled around the handle in a full grip with the thumb pointing upwards and the back of the hand to the front. **4.** The forearm and elbow are close to the chest. **5.** The left hand is forced smartly down to resume the position of Attention. **6.** The body is square to the front. **7.** This position is known as the Recover.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) DRAW SWORDS - THREE - THE CARRY (Figs 6-8 & 6-9).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE**.	**1.** After a pause equal to two paces in Quick Time the sword is brought smartly down in front of the right shoulder. **2.** On execution of the movement, the squad is to call out: **ONE**.	**1.** The right forearm is horizontal and the elbow close to the body. **2.** The fingers are curled around the handle and extended to touch the hilt. **3.** The hilt rests on the forefinger and thumb. **4.** The blade is vertical, the edge to the front. **5.** The body is erect and square to the front. **6.** This position is known as the Carry.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration of the movement: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **DRAW SWORDS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/1000 2000 3000 4000** **FIVE LEFT - RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
Reform squad in formation and confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **DRAW-SWORDS.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/1000 2000 3000 4000** **FIVE LEFT - RIGHT/ONE.**	**1**. Make any corrections where necessary.

First Movement

Fig 6-6

Second Movement (The Recover)

Fig 6-7

Front View

Fig 6-8

Third Movement (The Carry)

Side View

Fig 6-9

DRAW SWORDS

LESSON 3 - RETURN SWORDS

INSTRUCTOR'S NOTES

Aim	To teach how to Return Swords.
Timings	One 25 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasize the POINTS TO NOTE.
Dress and Stores	Clean Working Dress.
Preparation	Select an area on parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Draw Swords.
Spoken Introduction	**The next stage in sword drill is the Return Swords. The reason this movement is taught is to enable an individual or body of officers to return swords in a smart, uniform manner.**

B. THE RETURN SWORDS - COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR SWORD DRILL JUDGING THE TIME RETURN SWORDS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/1000 2000 3000 4000 FIVE LEFT - RIGHT/ONE.**	**1**. There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) RETURN SWORDS - ONE (Fig 6-10).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **RETURN SWORDS ONE.**	**1.** The sword is forced across the body to place the hilt in the hollow of the left shoulder. At the same time the mouth of the scabbard is gripped with the left hand and the mouth of the scabbard forced forward. **2.** On execution of the movement, the squad is to call out **ONE.**	**1.** The back of the left hand is facing to the left with the thumb against the thigh. **2.** The blade of the sword is perpendicular, edge to the left. **3.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) RETURN SWORDS - TWO (Fig 6-11).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The sword is raised with the point swung downwards and to the rear. At the same time the head and eyes are lowered to watch the scabbard whilst the sword is lowered smoothly and slowly into the scabbard to a count equal to five paces in Quick Time. **2.** On execution of the movement, the squad is to call out: **ONE**.	**1.** The edge of the sword is facing to the front, the point swung downwards and to the rear. **2.** Once the blade has been swung down, it is important to keep it vertical to enable the sword to be returned to the scabbard with ease. **3.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) RETURN SWORDS - THREE (Fig 6-12).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** After a pause equal to two paces in Quick Time, both hands are brought simultaneously to the sides and the position of Attention is resumed. **2.** On execution of the movement, the squad is to call out: **ONE.**	**1.** The arms are forced down the side of the body. **2.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration of the movements: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **RETURN SWORDS.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/1000 2000 3000 4000 FIVE LEFT - RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform squad in formation and confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **RETURN SWORDS.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/1000 2000 3000 4000 FIVE LEFT - RIGHT/ONE.**	**1.** Make any corrections where necessary.

First Movement

Fig 6-10

Second Movement

Fig 6-11

Third Movement

Fig 6-12

RETURN SWORDS

LESSON 4 - STAND AT EASE (SWORD DRAWN)

INSTRUCTOR'S NOTES

Aim	To teach how to Stand At Ease (Sword Drawn).
Timings	One 25 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasize the POINTS TO NOTE.
Dress and Stores	Clean Working Dress.
Preparation	Select an area on parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Carry Swords.
Spoken Introduction	**The next stage in sword drill is the Stand At Ease position (Sword Drawn). The reason this movement is taught is to enable an individual or body of officers to stand At Ease (Sword Drawn) in a smart, uniform manner.**

B. STAND AT EASE - COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **STAND AT EASE.**	On the execution of the movement the instructor is to call out: **ONE.**	**1**. There is one part to this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENT.

1) STAND AT EASE - ONE (Fig 6-13).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR** **STAND AT EASE** **ONE.**	**1.** The left leg is to move through the bent knee position and the left foot then placed on the ground 12 in (30 cm) to the left of the right foot. **2.** The grip of the last three fingers of the right hand is released to allow the sword to be laid backwards onto the right shoulder. This position is called the Slope. **3.** On execution of the movement, the squad is to call out: **ONE**.	**1.** The feet are flat and firm on the ground with both knees braced. **2.** The left arm remains as in the position of Attention. **3.** The sword is laid midway between the neck and the point of the right shoulder. **4.** The last three fingers of the right hand are extended on the right side of the handle. **5.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration of the movement: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **STAND AT EASE.**	On the execution of the movement the instructor is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
Reform squad in Formation and confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **STAND AT EASE.**	Students to execute the movement and call out the timing: **ONE.**	**1**. Make any corrections where necessary.

Left View

Right View

Fig 6-13 - STAND AT EASE (SWORD DRAWN)

LESSON 5 - ATTENTION FROM THE STAND AT EASE (SWORD DRAWN)

INSTRUCTOR'S NOTES

Aim	To teach the position of Attention from the Stand At Ease.
Timings	One 25 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasize the POINTS TO NOTE.
Dress and Stores	Clean Working Dress.
Preparation	Select an area on parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Stand At Ease (Sword Drawn).
Spoken Introduction	**The next stage in sword drill is the position of Attention from the Stand At Ease. The reason this movement is taught is to enable an individual or body of officers to adopt the position of Attention in a smart, uniform manner.**

B. THE ATTENTION - COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **SHUN.**	On the execution of the movement the instructor is to call out: **ONE.**	**1**. There is one part to this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENT.

1) ATTENTION FROM THE STAND AT EASE (SWORD DRAWN) – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR** **SHUN** **ONE.**	**1.** The blade is swung forward to the perpendicular position (the Carry). **2.** At the same time the left leg passes through the bent knee position and the left foot is brought into position beside the right. **3.** On execution of the movement, the squad is to call out: **ONE**.	**1.** The heels of the feet are in line, with the feet turned outwards at an angle of 45 degrees. **2.** Forearm horizontal/elbow close to body. **3.** Fingers curled and extended. **4.** Hilt resting on forefinger and thumb. **5.** Blade vertical and edge to front. **6.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration of the movement: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **SHUN.**	On the execution of the movement the instructor is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform squad in Formation and confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **SHUN.**	Students to execute the movement and call out the timing: **ONE.**	**1**. Make any corrections where necessary.

LESSON 6 - STAND EASY (SWORD DRAWN)

INSTRUCTOR'S NOTES

Aim	To teach the Stand Easy from the Stand At Ease (Sword Drawn).
Timings	One 25 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasize the POINTS TO NOTE.
Dress and Stores	Clean Working Dress.
Preparation	Select an area on parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	The position of Attention from the Stand At Ease (Sword Drawn).
Spoken Introduction	**The next stage in sword drill is the Stand Easy position (Sword Drawn). The reason this movement is taught is to enable an individual or body of officers to adopt the Stand Easy position in a smart, uniform manner.**

B. STAND EASY - COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration : **INSTRUCTOR SWORD DRILL JUDGING THE TIME STAND EASY.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/1000 2000 3000 4000 FIVE LEFT - RIGHT/ONE.**	**1.** There is one part to this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENT.

1) STAND EASY (SWORD DRAWN) - ONE (Fig 6-14).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR STAND EASY.**	**1.** The sword is swung forward and to the left, and lowered to a count equal to 5 paces in Quick Time. **2.** The point is placed centrally on the ground between the feet, in line with the toe caps. **3.** After a pause equal to 2 paces in Quick Time the left hand is placed on top of the right hand.	**1.** The feet are flat and firm on the ground with both knees braced. **2.** The hilt of the sword is to the right. **3.** Both hands are cupped on top of the pommel - left hand on top of the right hand. **4.** The body is relaxed and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration of the movement: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **STAND EASY.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/1000 2000 3000 4000** **FIVE LEFT - RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform squad in Formation and confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **STAND EASY.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/1000 2000 3000 4000** **FIVE LEFT - RIGHT/ONE.**	**1**. Make any corrections where necessary.

Front View

Fig 6-14 - STAND EASY (SWORD DRAWN)

LESSON 7 - THE STAND AT EASE FROM STAND EASY (SWORD DRAWN)

INSTRUCTOR'S NOTES

Aim	To teach the Stand At Ease from Stand Easy (Sword Drawn).
Timings	One 25 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasize the POINTS TO NOTE.
Dress and Stores	Clean Working Dress.
Preparation	Select an area on parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Stand Easy (Sword Drawn).
Spoken Introduction	**The next stage in Sword Drill is the Stand At Ease from the Stand Easy (Sword Drawn). The reason this movement is taught is to enable an individual or body of officers to adopt the Stand At Ease position in a smart, uniform manner.**

B. STAND AT EASE FROM THE STAND EASY - COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration : **INSTRUCTOR SWORD DRILL JUDGING THE TIME STAND AT EASE.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/1000 2000 3000 4000 FIVE.**	**1**. There is one part to this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENT.

1) STAND AT EASE FROM THE STAND EASY (SWORD DRAWN) - ONE (Figs 6-13 & 6-14).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR STAND AT EASE.**	**1.** The left hand is forced from its position to the side of the body. **2.** At the same time the sword is raised to a count equal to 5 paces in Quick Time and is laid backwards onto the right shoulder.	**1.** The left hand is to be placed alongside the left leg as for the position of Attention. **2.** The back of the sword is to be laid midway between the neck and point of the right shoulder. **3.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration of the movement: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **STAND AT EASE.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/1000 2000 3000 4000** **FIVE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform squad in Formation and confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **STAND AT EASE.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/1000 2000 3000 4000** **FIVE.**	**1.** Make any corrections where necessary.

LESSON 8 - SALUTE AT THE HALT (SWORD DRAWN)

INSTRUCTOR'S NOTES

Aim	To teach how to salute at the Halt (Sword Drawn).
Timings	One 25 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasize the POINTS TO NOTE.
Dress and Stores	Clean Working Dress.
Preparation	Select an area on parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	The Stand At Ease from the Stand Easy (Sword Drawn).
Spoken Introduction	**The next stage in sword drill is the Salute at the Halt. The reason this movement is taught is to enable an individual or body of officers to Salute at the Halt in a smart, uniform manner.**

B. SALUTE AT THE HALT - COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **SALUTE AT THE HALT** **SALUTE.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT / ONE LEFT - RIGHT/ ONE LEFT - RIGHT / ONE.**	**1.** There are four parts to this movement. **2.** Saluting with armed personnel. On the command **PRESENT ARMS** officers are to bring the sword to the Recover on the first movement of the rifle and are to lower the sword to the Salute on the third movement of the rifle.
FOR THE PURPOSE OF INSTRUCTION, THIS MOVEMENT IS BROKEN DOWN INTO FOUR PARTS.		

C. MOVEMENTS.

1) SALUTE AT THE HALT - ONE (Fig 6-15).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR** **SALUTE** **ONE.**	**1.** The sword is brought to the Recover. **2.** On execution of the movement, the squad is to call out: **ONE.**	**1.** The left hand remains in its position. **2.** Blade lifted to the vertical, turned to the left with the tip uppermost. **3.** Hilt in front of face level with mouth. **4.** Fingers of right hand curled around the handle in full grip with thumb pointing upwards and back of hand to the front. **5.** The forearm and elbow close to chest. **6.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) SALUTE AT THE HALT - TWO (Fig 6-16).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The sword is lowered smoothly to the front, directly in line with the right shoulder. **2.** On execution of the movement, the squad is to call out: **ONE.**	**1.** The fingers of the right hand grip the handle, the thumb flat on the side. **2.** The elbow is close to the body. **3.** The hilt resting behind the right thigh. The sword edge is to the left, the point approximately 12in (30cm) from the ground. **4.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) SALUTE AT THE HALT - THREE (Fig 6-15).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The sword is brought to the Recover. **2.** On execution of the movement the squad is to call out: **ONE.**	**1.** The left hand remains in its position. **2.** Blade lifted to the vertical, turned to the left with the tip uppermost. **3.** Hilt in front of face level with mouth. **4.** Fingers of right hand curled around the handle in full grip with thumb pointing upwards and back of hand to the front. **5.** The forearm and elbow close to chest. **6.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

4) SALUTE AT THE HALT - FOUR (Fig 6-8).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The sword is returned to the Carry. **2.** On execution of the movement, the squad is to call out: **ONE.**	**1.** Forearm horizontal/elbow close to body. **2.** Fingers curled and extended. **3.** Hilt resting on forefinger and thumb. **4.** Blade vertical and edge to front. **5.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration of the movement: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **SALUTING AT THE HALT** **SALUTE.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT - RIGHT/** **ONE LEFT - RIGHT/ONE.**	**1.** When the sword is sheathed, officers are to salute with the hand. **2.** When the sword is unsheathed, officers acknowledge salutes by coming to the Carry or when fallen-in on parade, by the full sword Salute. **3.** They are to salute superiors with the sword. When approaching to address a superior, the officer is to halt 4 paces from the senior officer before saluting.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
Reform squad in Formation and confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **SALUTING AT THE HALT** **SALUTE.**	Students to execute the movement and call out the timing: **ONE LEFT - RIGHT/ ONE LEFT - RIGHT/ ONE LEFT - RIGHT/ ONE.**	**1.** Make any corrections where necessary.

First and Third Movement

(The Recover)

Fig 6-15

Second Movement

(The Salute)

Fig 6-16

SALUTE AT THE HALT (SWORD DRAWN)

LESSON 9 – PAYING COMPLIMENTS WHEN MARCHING PAST IN QUICK TIME (SWORD DRAWN)

INSTRUCTOR'S NOTES

Aim	To teach how to Pay Compliments when Marching Past in Quick Time (Sword Drawn).
Timings	One 25 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE.
Dress and Stores	Clean Working Dress.
Preparation	Select an area on parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Salute at the Halt.
Spoken Introduction	**The next stage in Sword Drill is Paying Compliments when Marching Past in Quick Time. The reason this movement is taught is to enable an officer whilst commanding personnel to pay compliments when Marching Past in a smart, uniform manner.**

B. PAYING COMPLIMENTS WHEN MARCHING PAST - COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **EYES LEFT/RIGHT.**	On the execution of the movement the instructor is to call out: **CHECK RECOVER CHECK SALUTE** **TWO THREE FOUR FIVE.**	**1**. There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION, THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) PAYING COMPLIMENTS WHEN MARCHING PAST (SWORD DRAWN) – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The command is given on the left foot, when the left heel next strikes the ground, the sword is brought to the Recover. At the same time, the head and eyes are to turn smartly in the appropriate direction. **2.** On execution of the movement, the squad is to call out: **ONE.**	**1.** The left hand remains in its position. **2.** Blade lifted to the vertical, turned to the left with the tip uppermost. **3.** Hilt in front of face level with mouth. **4.** Fingers of right hand curled around the handle in full grip with thumb pointing upwards and back of hand to the front. **5.** The forearm and elbow close to chest. **6.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) PAYING COMPLIMENTS WHEN MARCHING PAST (SWORD DRAWN) – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR** **ONE.**	**1.** A further check pace is taken with the right foot. When the left foot next strikes the ground the sword is to be lowered to the Salute. **2.** On execution of the movement, the squad is to call out: **ONE.**	**1.** The fingers of the right hand grip the handle, the thumb flat on the side. **2.** The elbow is close to the body. **3.** The hilt resting behind the right thigh. **4.** The sword edge is to the left, the point approximately 12 in (30 cm) from the ground. **5.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration of the movement: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **EYES RIGHT/LEFT.**	On the execution of the movement the instructor is to call out: **CHECK RECOVER CHECK SALUTE TWO THREE FOUR FIVE**.	**1.** The salute is held until all personnel under command have passed the saluting base.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform squad in Formation and confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **EYES RIGHT/LEFT.**	Students to execute the movement and call out the timing: **CHECK RECOVER CHECK SALUTE** **TWO THREE FOUR FIVE**.	

LESSON 10 - EYES FRONT AFTER COMPLIMENTS IN QUICK TIME (SWORD DRAWN)

INSTRUCTOR'S NOTES

Aim	To teach the Eyes Front after Paying Compliments when Marching Past in Quick Time (Sword Drawn).
Timings	One 25 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE.
Dress and Stores	Clean Working Dress.
Preparation	Select an area on parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Saluting when Marching Past.
Spoken Introduction	**The next stage in sword drill is the Eyes Front after Paying Compliments when Marching Past. The reason this movement is taught is to enable an individual officer whilst commanding a squad to Carry Swords after paying compliments when Marching Past.**

B. THE EYES FRONT AFTER PAYING COMPLIMENTS WHEN MARCHING PAST - COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **EYES FRONT.**	On the execution of the movement the instructor is to call out: **CHECK RECOVER CHECK CARRY.**	**1**. There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) THE EYES FRONT AFTER PAYING COMPLIMENTS WHEN MARCHING PAST – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The command is given on the left foot. A further check pace is taken with the right foot. **2.** When the left heel next strikes the ground the sword is brought to the Recover. At the same time the head and eyes are turned to the front. **3.** On execution of the movement, the squad is to call out: **ONE.**	**1.** The left hand remains in its position. **2.** Blade lifted to the vertical, turned to the left with the tip uppermost. **3.** Hilt in front of face level with mouth. **4.** Fingers of right hand curled around the handle in full grip with thumb pointing upwards and back of hand to the front. **5.** The forearm and elbow close to chest. **6.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) THE EYES FRONT AFTER PAYING COMPLIMENTS WHEN MARCHING PAST – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** A further check pace is taken with the right foot. **2.** When the left heel next strikes the ground the sword is to be returned to the Carry. **3.** On execution of the movement, the squad is to call out: **ONE.**	**1.** Forearm horizontal/elbow close to body. **2.** Fingers curled and extended. **3.** Hilt resting on forefinger and thumb. **4.** Blade vertical and edge to front. **5.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration of the movement: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **EYES FRONT.**	On the execution of the movement the instructor is to call out: **CHECK RECOVER CHECK CARRY.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
Reform squad in Formation and confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **EYES FRONT.**	Students to execute the movement and call out the timing: **CHECK RECOVER CHECK CARRY.**	**1**. Make any corrections where necessary.

LESSON 11 – PAYING COMPLIMENTS WHEN MARCHING PAST IN SLOW TIME (SWORD DRAWN)

INSTRUCTOR'S NOTES

Aim	To teach Paying Compliments when Marching Past in Slow Time (Sword Drawn).
Timings	One 25 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE.
Dress and Stores	Clean Working Dress.
Preparation	Select an area on parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Eyes Front when Marching Past in Quick Time (Sword Drawn).
Spoken Introduction	**The next stage in Sword Drill is Paying Compliments when Marching Past in Slow Time (Sword Drawn). The reason this movement is taught is to enable an officer whilst commanding personnel to pay compliments when Marching Past in Slow Time.**

B. PAYING COMPLIMENTS WHEN MARCHING PAST IN SLOW TIME (SWORD DRAWN) - COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **EYES RIGHT/LEFT.**	On the execution of the movement the instructor is to call out: **OUT OVER ACROSS DOWN.**	**1.** There are four parts to this movement. **2.** The first two parts of this movement, are referred to as the Flourish.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO FOUR PARTS.		

C. MOVEMENTS.

1) PAYING COMPLIMENTS WHEN MARCHING PAST IN SLOW TIME (SWORD DRAWN) - ONE (Fig 6-17).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE OUT.**	**1.** The command is given as the right foot strikes the ground; when the left foot next strikes the ground, the right arm is forced out at shoulder height. At the same time, the head and eyes are turned to the right/left. **2.** On execution of the movement, the squad is to call out: **ONE OUT.**	**1.** The sword is square off to the right, the blade vertical, edge to the right. **2.** The pommel of the sword is in line with the top of the shoulder. **3.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) PAYING COMPLIMENTS WHEN MARCHING PAST IN SLOW TIME (SWORD DRAWN) - TWO (Fig 6-18).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE ACROSS.**	**1.** As the right foot next strikes the ground, the sword is swept in a circular motion across the body to the point of the left shoulder. **2.** On execution of the movement, the squad is to call out: **ONE ACROSS.**	**1.** The blade remains vertical, hand and elbow at the same height. **2.** The sword sweeps at arm's length in front of the body. **3.** The pommel of the hilt stops at the point of the left shoulder. **4.** The elbow is level with the shoulder. **5.** The thumb remains around the handle. **6.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) PAYING COMPLIMENTS WHEN MARCHING PAST IN SLOW TIME (SWORD DRAWN) - THREE (Fig 6-19).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE OVER.**	**1.** As the left foot strikes the ground the sword continues the sweep passing through the Recover position. **2.** On execution of the movement, the squad is to call out: **ONE OVER.**	**1.** The pommel is in front of the point of the right shoulder. **2.** The right elbow is at shoulder height, with upper arm horizontal and in line with the mouth. **3.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

4) PAYING COMPLIMENTS WHEN MARCHING PAST IN SLOW TIME (SWORD DRAWN) - FOUR (Fig 6-20).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth movement giving the words of command: **INSTRUCTOR ONE DOWN.**	**1.** As the right foot next strikes the ground the elbow and sword are lowered to the side to the position of the Salute. **2.** On execution of the movement, the squad is to call out: **ONE DOWN.**	**1.** The fingers of the right hand grip the handle, the thumb flat on the side. **2.** The elbow is close to the body. **3.** The hilt resting behind the right thigh. **4.** The sword edge is to the left, the point approximately 12 in (30 cm) from the ground. **5.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration of the movement: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **EYES RIGHT/LEFT.**	On the execution of the movement the instructor is to call out: **OUT ACROSS OVER DOWN.**	After the sword is forced out with the pommel in line with the top of the right shoulder, the sword should move smoothly during the subsequent three marching paces, not stopping at either shoulder on the way to the position of salute.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
Reform squad in Formation and confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **EYES RIGHT/LEFT.**	Students to execute the movement and call out the timing: **OUT ACROSS OVER DOWN.**	**1.** Make any corrections where necessary

First Movement

Fig 6-17

Second Movement

Fig 6-18

Third Movement

Fig 6-19

Fourth Movement

Fig 6-20

SLOW MARCH SALUTE

LESSON 12 – EYES FRONT AFTER COMPLIMENTS IN SLOW TIME (SWORD DRAWN)

INSTRUCTOR'S NOTES

Aim	To teach the Eyes Front after Paying Compliments when Marching Past in Slow Time (Sword Drawn).
Timings	One 25 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE.
Dress and Stores	Clean Working Dress.
Preparation	Select an area on parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line.
Revision	Eyes Right/Left in Slow Time (Sword Drawn).
Spoken Introduction	**The next stage in Sword Drill is the Eyes Front after Paying Compliments when Marching Past in Slow Time (Sword Drawn). The reason this movement is taught is to enable an officer whilst commanding personnel to Carry Swords when Marching Past in Slow Time.**

B. EYES FRONT AFTER PAYING COMPLIMENTS WHEN MARCHING PAST IN SLOW TIME - COMPLETE DEMONSTRATION.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to give a complete demonstration: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **EYES FRONT.**	On the execution of the movement the instructor is to call out: **RECOVER CHECK CARRY.**	1. There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) EYES FRONT AFTER PAYING COMPLIMENTS WHEN MARCHING PAST IN SLOW TIME – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE RECOVER.**	**1.** The word of command is given when the right foot strikes the ground, when the left foot next strikes the ground, the sword is brought to the Recover. At the same time, the head and eyes are to be turned to the front. **2.** On execution of the movement, the squad is to call out: **ONE RECOVER.**	**1.** The left hand remains in its position. **2.** Blade lifted to the vertical, turned to the left with the tip uppermost. **3.** Hilt in front of face level with mouth. **4.** Fingers of right hand curled around the handle in full grip with thumb pointing upwards and back of hand to the front. **5.** The forearm and elbow close to chest. **6.** The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) EYES FRONT AFTER PAYING COMPLIMENTS WHEN MARCHING PAST IN SLOW TIME – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE CHECK CARRY.**	**1.** A check pace is taken with the right foot. **2.** When the left foot next strikes the ground the sword is to be returned to the Carry. **3.** On execution of the movement, the squad is to call out: **ONE CHECK CARRY.**	Forearm horizontal/elbow close to body. Fingers curled and extended. Hilt resting on forefinger and thumb. Blade vertical and edge to front. The body is square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration of the movement: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **EYES FRONT.**	On the execution of the movement the instructor is to call out: **RECOVER CHECK CARRY.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
Reform squad in Formation and confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **EYES FRONT.**	Students to execute the movement and call out the timing: **RECOVER CHECK CARRY.**	**1**. Make any corrections where necessary.

PART 1 – CHAPTER 7

STICK DRILL – BASIC

CONTENTS

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1. Warrant Officer's cane. Drill for the Warrant Officer's cane is to be carried out as specified in lessons 1-7.

LESSON 1 – ATTENTION IN THE CARRY

INSTRUCTOR'S NOTES

Aim	To teach the Attention in the Carry.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in the Carry in a straight line.
Revision	Nil.
Spoken Introduction	**To introduce you to Pace Stick drill, this lesson will teach you the position of Attention with the stick in the Carry. The reason this movement is taught is to enable an individual to adopt the position of Attention when on parade with the Pace stick, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **SHUN.**	On the execution of the movement the instructor is to call out: **ONE.**	**1**. There is one part to this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

1) ATTENTION – ONE (Fig 7-1).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Immediately on the command, the left leg is bent in front of the body and placed flat on the ground in the position of Attention. **2.** The stick remains under the left armpit and is held by the left hand. **3.** The right arm is in the position of Attention. **4.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The stick is under the left armpit and is parallel to the ground. **2.** The fingers of the left hand are extended with the index finger in line with the end of the stick. **3.** The right arm is in the position of Attention. **4.** The heels are together and angled at 45 degrees. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 7-1).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR STICK DRILL JUDGING THE TIME SHUN.**	On the execution of the movement the instructor is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **STICK DRILL JUDGING THE TIME SHUN.**	Students to execute the movement and call out the timing: **ONE.**	**1.** Make any corrections where necessary.

Final Position

Fig 7-1

ATTENTION IN THE CARRY

LESSON 2 - STAND AT EASE IN THE CARRY

INSTRUCTOR'S NOTES

Aim	To teach the Stand At Ease in the Carry
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES

Squad Formation	The squad stood properly to Attention in the Carry in a straight line.
Revision	Nil.
Spoken Introduction	**The next stage in Pace Stick drill is the Stand At Ease position with the stick in the Carry. The reason this movement is taught is to enable an individual to adopt a relaxed position when on parade with the Pace Stick, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **STAND AT EASE.**	On the execution of the movement the instructor is to call out: **ONE.**	**1**. There is one part to this movement
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS

1) STAND AT EASE – ONE (Fig 7-2).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On the command, the left leg is bent in front of the body and placed flat on the ground in the position of Stand At Ease. **2.** The pace stick remains under the left armpit and is held by the left hand. **3.** The right arm remains at the side of the body. **4.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The stick is under the left armpit and is parallel to the ground. **2.** The index finger of the left hand is in line with the end of the stick. **3.** The right arm is in the position of Attention. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 7-2).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **STAND AT EASE.**	On the execution of the movement the instructor is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Open Order and confirm by collective practise: **STICK DRILL** **JUDGING THE TIME** **STAND AT EASE.**	Students to execute the movement and call out the timing: **ONE.**	**1.** Make any corrections where necessary.

Final Position

Fig 7-2

STAND AT EASE IN THE CARRY

LESSON 3 – SALUTE AT THE HALT IN THE CARRY

INSTRUCTOR'S NOTES

Aim	To teach the Salute at the Halt in the Carry
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below. This movement may be taught for saluting to the left and to the right.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES

Squad Formation	The squad stood properly to Attention in the Carry in a straight line.
Revision	Nil.
Spoken Introduction	**The next stage in Pace Stick drill is saluting at the Halt. The reason this movement is taught is to enable an individual to pay compliments to a commissioned officer or an uncased colour or standard with the Pace stick, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR STICK DRILL JUDGING THE TIME TO THE FRONT SALUTE.**	On the execution of the movement the instructor is to call out: **UP TWO THREE DOWN.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS

1) SALUTE – ONE. (Fig 7-3).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Immediately on receipt of the command the right hand adopts the Salute in the normal manner. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right hand is in the correct position of the Salute. **2.** The Pace Stick is gripped between the upper arm and the rib cage. **3.** The left hand continues to hold the Pace Stick in the normal way. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) SALUTE – TWO. (Fig 7-3).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The Salute is held for the regulation timings. **2.** The Pace Stick does not move throughout the drill movement **3.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The stick remains parallel to the ground. **2.** The left hand continues to hold the Pace Stick in the normal way. **3.** The right arm is in the Salute. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) SALUTE – THREE. (Fig 7-1).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand returns to the position of Attention. **2.** On the execution of this movement, the squad is to call out : **ONE.**	**1.** The index finger of the left hand is in line with the end of the stick. **2.** The stick is parallel to the ground. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 7-3).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **TO THE FRONT SALUTE.**	On the execution of the movement the instructor is to call out: **UP TWO THREE DOWN.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Open Order and confirm by collective practise: **STICK DRILL** **JUDGING THE TIME** **SALUTING TO THE FRONT** **SALUTE.**	Students to execute the movement and call out the timing: **UP TWO THREE DOWN.**	**1.** Make any corrections where necessary. **2.** The instructor is to teach Saluting to the left/right in the same manner.

FRONT

Fig 7-3

SALUTING AT THE HALT

LESSON 4 – QUICK MARCH FROM THE CARRY

INSTRUCTOR'S NOTES

Aim	To teach the Quick March from the Carry.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES

Squad Formation	The squad stood properly to Attention in the Carry in a straight line.
Revision	Nil.
Spoken Introduction	**The next stage in Pace Stick drill is the Quick March. The reason this movement is taught is to enable an individual to step off in Quick Time, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR STICK DRILL JUDGING THE TIME BY THE LEFT QUICK MARCH.**	On the execution of the movement the instructor is to call out: **LEFT RIGHT LEFT RIGHT LEFT.**	**1.** There are three parts to this movement
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS

1) QUICK MARCH – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On receipt of the command and as the left heel strikes the ground, the right hand is brought across the body to grasp the stick at the point of balance. **2.** At the same time the left hand quits its grip and is returned to the side of the body. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right hand grips the stick at the point of balance. **2.** The Pace Stick is parallel to the ground. **3.** The left arm is at the side of the body. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) QUICK MARCH – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** As the Right heel strikes the ground the stick is to be brought across to the right side of the body in the trail position. **2.** The left arm remains still at the side of left side of the body. **3.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The stick remains parallel to the ground at the right side of the body. This is known as the Trail position. **2.** The left arm remains at the left side of the body. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) QUICK MARCH – THREE.(Fig 7-4).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** As the left heel strikes the ground the arms are swung as normal. **2.** The stick is swung and must remain parallel to the ground. **3.** The stick is held between the thumb and fingertips of the right hand. **4.** The left arm is swung as normal. **5.** On the execution of this movement, the squad is to call out: **ONE.**	**1.** The stick remains parallel to the ground. **2.** The arms are swung as normal. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 7-4).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **BY THE LEFT** **QUICK MARCH.**	On the execution of the movement the instructor is to call out: **LEFT RIGHT LEFT RIGHT LEFT.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **STICK DRILL** **JUDGING THE TIME** **BY THE LEFT** **QUICK MARCH.**	Students to execute the movement and call out the timing: **LEFT RIGHT LEFT RIGHT LEFT.**	**1.** Make any corrections where necessary.

Final position

Fig 7-4

THE QUICK MARCH – TRAIL

LESSON 5 – THE HALT

INSTRUCTOR'S NOTES

Aim	To teach the Halt.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES

Squad Formation	The squad stood properly to Attention in the Carry in a straight line.
Revision	Nil.
Spoken Introduction	**The next stage in Pace Stick drill is the Halt from Quick March. The reason this movement is taught is to enable an individual to Halt, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR STICK DRILL JUDGING THE TIME BY THE LEFT QUICK MARCH HALT.**	On the execution of the movement the instructor is to call out: **ONE ONE TWO/LEFT RIGHT/ONE LEFT RIGHT/ONE.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS

1) HALT – ONE

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On receipt of the command as the left heel strikes the ground the Halt is executed as normal. **2.** The stick is brought to the right side of the body and is held parallel to the ground. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right hand grips the stick at the point of balance. **2.** The Pace stick is parallel to the ground at the right side of the body. **3.** The body is erect and square to the front
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) HALT – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** After a pause the stick under the control of the right hand is brought across the body and placed under the left armpit. **2.** The right hand grips the stick. **3.** The left arm remains at the side of the body and grips the stick between the upper arm and the rib cage. **4.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The stick remains parallel under the left armpit. **2.** The left arm is in the position of Attention. **3.** The right arm has a full grip on the stick. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) HALT – THREE.(Fig 7-5).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** After a pause the right hand quits its grip and is cut away to the right side of the body. **2.** At the same time the left hand is brought up to hold the stick in the position of the Carry. **3.** The stick remains parallel to the ground. **4.** On the execution of this movement, the squad is to call out: **ONE.**	**1.** The stick remains parallel to the ground under the left armpit. **2.** The right arm is returned to the position of Attention. **3.** The left hand holds the stick with fingers extended. **4.** The tip of the index finger is at the end of the stick. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 7-5).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **BY THE LEFT QUICK MARCH** **HALT.**	On the execution of the movement the instructor is to call out: **ONE ONE TWO/LEFT RIGHT/ONE LEFT RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **STICK DRILL** **JUDGING THE TIME** **BY THE LEFT QUICK MARCH** **SQUAD HALT.**	Students to execute the movement and call out the timing: **ONE ONE TWO/LEFT RIGHT/ONE LEFT RIGHT/ONE.**	**1**. Make any corrections where necessary.

Final position

Fig 7-5

THE HALT

LESSON 6 – TURNING ON THE MARCH

INSTRUCTOR'S NOTES

Aim	To teach Turning on the March.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below. This movement may be taught for turning to the left and to the right.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in the Carry in a straight line.
Revision	Nil
Spoken Introduction	**The next stage in Pace stick drill is Turning on the March. The reason this movement is taught is to enable an individual to turn to a given direction on the march, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **MOVE TO THE RIGHT** **RIGHT TURN.**	On the execution of the movement the instructor is to call out: **CHECK TURN FORWARD.**	**1.** There are three part to this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

1) RIGHT TURN – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On the command as the left heel strikes the ground the stick is brought up into the vertical position. **2.** The stick is held vertical in the right shoulder with the elbow bent slightly. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The stick is vertical in the right shoulder. **2.** The stick is slightly raised and the elbow pulled well in. **3.** The body is erect and square to the right.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) RIGHT TURN – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The Right Turn is executed as normal and the stick remains in the vertical position. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The stick is vertical in the right shoulder. **2.** The stick is slightly raised and the elbow pulled well in. **3.** The turn is executed as normal. **4.** The body is erect and square to the right.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) RIGHT TURN – THREE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On completion of the turn the stick returns to the Trail. **2.** The arms are swung with the stick in the Trail and continue to swing in the normal manner. **3.** On the execution of this movement the squad is to call out **ONE.**	**1.** The stick is returned to the Trail and the arms swung as normal. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **MOVE TO THE RIGHT** **RIGHT TURN.**	On the execution of the movement the instructor is to call out: **CHECK TURN FORWARD.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Open Order and confirm by collective practise: **STICK DRILL** **JUDGING THE TIME** **MOVE TO THE RIGHT** **RIGHT TURN.**	Students to execute the movement and call out the timing: **CHECK TURN FORWARD.**	**1.** Make any corrections where necessary. **2.** The instructor is to teach the Left Turn on the March in the same manner.

LESSON 7 - ORDERING COMPLIMENTS ON THE MARCH

INSTRUCTOR'S NOTES

Aim	To teach the Ordering Compliments on the March.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below. This movement may be taught for Eyes Left and Eyes Right.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in the Carry in a straight line.
Revision	Nil.
Spoken Introduction	**The next stage in Pace Stick drill is ordering compliments on the march. The reason this movement is taught is to enable an individual to pay compliments on the march, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **EYES RIGHT.**	On the execution of the movement the instructor is not required to call out timings.	**1.** There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) EYES RIGHT/LEFT – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On the cautionary word of command "EYES" the stick is placed under the left arm. **2.** At the same time, the Pace Stick is gripped by the left hand. **3.** The right hand is to quit its grip of the stick as the executive word "LEFT/RIGHT" is given. **4.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The stick is parallel to the ground under the left armpit. **2.** The right hand returns to the position of Attention. **3.** The left hand grips the Pace Stick in the normal manner. **4.** The body is erect and square to the right.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) EYES RIGHT/LEFT – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** As the next left heel strikes the ground the salute is executed and held for the appropriate timing. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The stick is parallel to the ground, under the left armpit. **2.** The left hand grips the Pace Stick in the normal manner. **3.** The Salute is executed to the direction given in the normal manner. **4.** The body is erect and square to the right.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **EYES** **RIGHT/LEFT.**	On the execution of the movement the instructor is not required to call out timings.	**1.** The instructor is to demonstrate the Eyes Left in the same manner.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Open Order and confirm by collective practise: **STICK DRILL** **JUDGING THE TIME** **EYES** **RIGHT/LEFT.**	Students to execute the movement without calling out the timings.	**1.** Make any corrections where necessary.

LESSON 8 – ATTENTION IN THE SHOULDER

INSTRUCTOR'S NOTES

Aim	To teach the Attention in the Shoulder.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below. This lesson also covers marching at the Shoulder.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in the Carry in a straight line.
Revision	Nil.
Spoken Introduction	**The next stage in Pace stick drill is Attention in the Shoulder. The reason this movement is taught is to enable a drill instructor to hold the stick in the Shoulder, in a smart, uniform manner. The stick is only to be held in the Shoulder when instructing drill, it is not to be used on parade. Note that when addressing a commissioned officer the stick is to be held at the Carry.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **SHUN.**	On the execution of the movement the instructor is to call out: **ONE.**	**1.** There is one part to this movement. **2.** Prior to this movement the instructor adopts the position of Stand At Ease with the stick in the Shoulder.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

1) ATTENTION – ONE. (Fig 7-6).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On the command, the left leg is bent in front of the body and placed flat on the ground in the normal position of the Attention. **2.** The stick is held vertically in the right shoulder with the brass ferrules uppermost. **3.** The stick is placed on the second joint of the forefinger with the remaining fingers gripping the side of the stick. **4.** The thumb is placed along the front of the stick so the appearance is the same as the left hand in the Attention position. **5.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The stick is vertical in the right shoulder. **2.** The stick is held on the second joint of the forefinger. **3.** The thumb of the right hand is in front of the stick. **4.** The heels are together and angled at 45 degrees. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 7-6 & Fig 7-7).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **SHUN.**	On the execution of the movement the instructor is to call out: **ONE.**	**1.** It is permissible to march in Quick Time with the stick in the Shoulder. (Fig 7-9).
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **STICK DRILL** **JUDGING THE TIME** **SHUN.**	Students to execute the movement and call out the timing: **ONE.**	**1.** Make any corrections where necessary.

Final Position

Fig 7-6

Quick March

Fig 7-7

ATTENTION IN THE SHOULDER

LESSON 9 - STAND AT EASE IN THE SHOULDER

INSTRUCTOR'S NOTES

Aim	To teach the Stand At Ease in the Shoulder.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in the Carry in a straight line.
Revision	Nil.
Spoken Introduction	**The next stage in Pace stick drill is the Stand At Ease position with the stick in the Shoulder. The reason this movement is taught is to enable an individual to adopt a relaxed position with the Pace stick in the Shoulder, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **STAND AT EASE.**	On the execution of the movement the instructor is to call out: **ONE.**	**1**. There is one part to this movement.
FOR THE PURPOSE OF INSTRUCTION YOU WILL LEARN THIS AS ONE MOVEMENT.		

C. MOVEMENTS.

1) STAND AT EASE – ONE. (Fig 7-8).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On the command, the left leg is raised so that the thigh is parallel to the ground and the foot is hanging naturally below the knee. The foot is placed flat on the ground in the position of Stand At Ease. **2.** At the same time the stick remains in the right shoulder and is passed along the forearm and under the armpit. **3.** Both hands are cupped in the normal manner. **4.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The stick is under the right armpit and is vertical. **2.** The stick protrudes out by the right shoulder. **3.** Both hands are cupped. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 7-8 and Fig 7-9).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **STAND AT EASE.**	On the execution of the movement the instructor is to call out: **ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Open Order and confirm by collective practise: **STICK DRILL** **JUDGING THE TIME** **STAND AT EASE.**	Students to execute the movement and call out the timing: **ONE.**	**1.** Make any corrections where necessary.

Front

Fig 7-8

Rear

Fig 7-9

STAND AT EASE IN THE SHOULDER

LESSON 10 – QUICK MARCH FROM THE SHOULDER

INSTRUCTOR'S NOTES

Aim	To teach the Quick March from the Shoulder.
Timings	One 10 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below. These movements may be reversed in order to adopt the Shoulder from the Trail whilst on the march.
Dress & Stores	Clean Working Dress.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in the Carry in a straight line.
Revision	Nil.
Spoken Introduction	**The next stage in pace stick drill is the Quick March from the Shoulder. The reason this movement is taught is to enable an individual to bring the stick from the Shoulder to the Trail position when stepping off in Quick Time, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete demonstration of the movement: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **BY THE LEFT** **QUICK MARCH.**	On the execution of the movement the instructor is to call out: **LEFT RIGHT LEFT RIGHT LEFT.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) THE TRAIL – ONE (Fig 7-10).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On the first pace move both hands and grip the centre of the stick. **2.** The left hand above the right with the stick perpendicular to the body and in the right side of the body. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The stick is in the right side of the body. **2.** The left hand has a full grip above the right hand. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) THE TRAIL – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** As the next left heel strikes the ground the stick is forced down to the fullest extent of the right arm, with the stick parallel to the ground. **2.** At the same time the left arm is cut away to the left side of the body. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The stick is parallel to the ground. **2.** The left arm is in the position of Attention. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) THE TRAIL – THREE (Fig 7-11).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On the next left heel continue to swing both arms. **2.** The stick is held at the centre of balance with foot ferrules forward. **3.** Continue to march as previously taught for the Trail. **4.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The stick is parallel to the ground. **2.** The arms continue to swing. **3.** The stick is held at the centre of balance. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION (Fig 7-10 and 7-11).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a final and complete demonstration: **INSTRUCTOR STICK DRILL** **JUDGING THE TIME** **BY THE LEFT** **QUICK MARCH.**	On the execution of the movement the instructor is to call out: **LEFT RIGHT LEFT RIGHT LEFT.**	**1.** It is permissible to march with the stick in the Shoulder (Fig 7-12). **2.** It is possible to reverse the movement to adopt the Shoulder from the Trail whilst on the march.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Open Order and confirm by collective practise: **STICK DRILL** **JUDGING THE TIME** **BY THE LEFT** **QUICK MARCH.**	Students to execute the movement and call out the timing: **LEFT RIGHT LEFT RIGHT LEFT.**	**1.** Make any corrections where necessary.

First Movement

Fig 7-10

Final Position

Fig 7-11

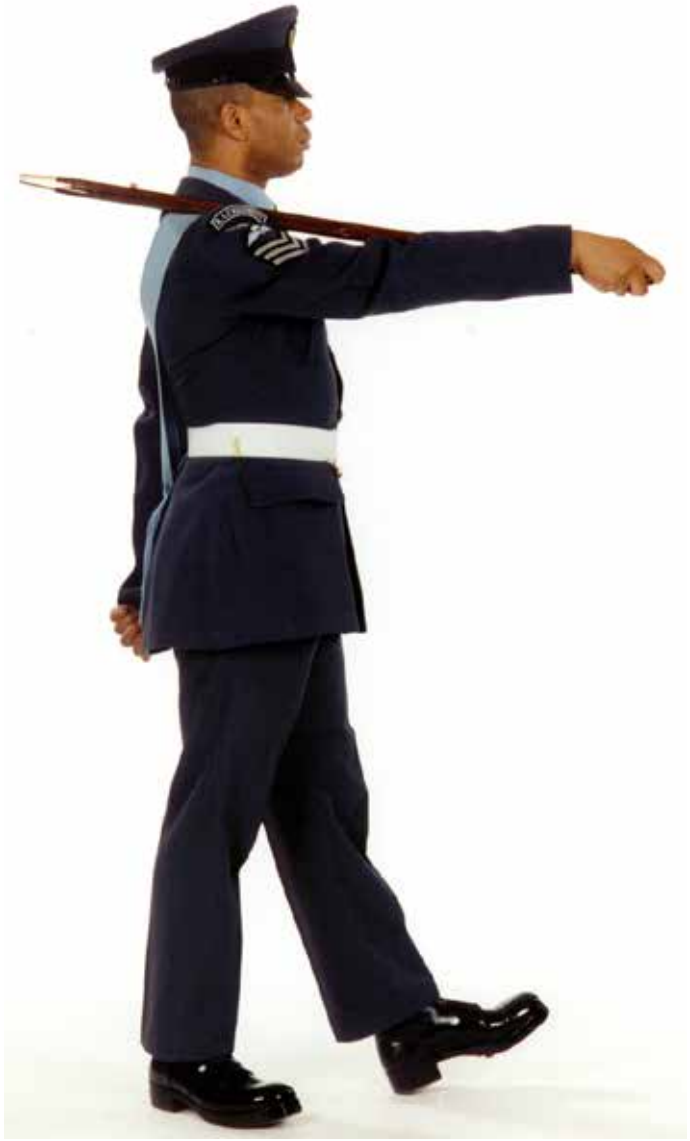
TRAIL FROM SHOULDER

Final Position

FIG 7-12

QUICK MARCH STICK IN THE SHOULDER

PART 1 - CHAPTER 8

FUNERAL DRILL

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LESSON 1 - THE REVERSE ARMS FROM THE SLOPE

INSTRUCTOR'S NOTES

Aim	To teach the Reverse Arms from the Slope.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below. The Reverse Arms position can be used when marching in Quick and Slow Time. This is to be practised at the end of the lesson.
Dress & Stores	Clean Working Dress with rifle (bayonet and scabbard not required).
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention.
Revision	Nil.
Spoken Introduction	**The next stage in rifle drill is to teach you the Reverse Arms from the Slope Arms position. The reason this movement is taught is so that you, as an individual, or body of personnel can pay the correct compliment to the deceased during a military funeral, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME REVERSE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT-RIGHT/ ONE.**	**1.** There are four parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO FOUR PARTS.		

C. MOVEMENTS.

1) REVERSE ARMS – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1**. The right arm is forced across the body the hand striking, seizing and grasping the small of the butt. **2**. On the execution of the movement, the squad is to call out: **ONE.**	**1.** The rifle, left hand, wrist and forearm do not move throughout the execution of the movement. **2.** The right hand has a full grip on the area of the small of the butt with the right wrist, forearm and elbow parallel to the ground. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) REVERSE ARMS – TWO (Fig 8-1).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE**	**1.** The rifle is forced into the vertical position on the right side of the body, changing the grip of the right hand from a full grip to a 'Y'-like grip. **2.** At the same time the left hand releases its grip on the butt plate and is forced across the body to grasp the stock in a full inverted grip. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The rifle is vertical with the magazine square to the front, on the right side of the body. **2.** The right hand has a 'Y'-like grip on the small of the butt, with the right wrist, forearm and elbow forced well in. **3.** The left hand has a full grip of the stock just above the trigger guard with the back of the hand facing the chest and the left wrist, forearm and elbow forced well in.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) REVERSE ARMS – THREE (Fig 8-2).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement, giving the word of command: **INSTRUCTOR ONE.**	**1.** The rifle is rotated through 180 degrees in front of the right shoulder, changing the grip of the right hand to a full grip. **2.** At the same time the grip of the left hand is changed as the rifle rotates, to a full grip on the top of the stock so that the back of the hand is facing forwards. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The rifle is vertical on the right side of the body, the barrel pointing downwards with the magazine to the rear and the butt plate in line with the right shoulder. **2.** The right hand has a full grip on the small of the butt with the right wrist, forearm and elbow forced well in. **3.** The left hand has a full grip on the stock with the back of the hand facing forwards and the left wrist, forearm and elbow forced well in. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

4) REVERSE ARMS – FOUR (Fig 8-3).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced under the armpit under control of the right hand. **2.** At the same time the left hand releases its grip and is forced behind the body to grasp the barrel of the rifle in a full grip. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The rifle is under the armpit and canted at an angle of 45 degrees to the ground, with the magazine in front of the shoulder and the toe of the butt in line with the right shoulder. **2.** The right hand retains its full grip on the small of the butt and the right wrist, forearm and elbow are forced well in. **3.** The left hand has a full grip on the barrel. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration of the movement: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **REVERSE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT - RIGHT/ ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Open Order and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **REVERSE ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT - RIGHT/ONE.**	**1.** Make any corrections where necessary. **2.** When marching in Slow Time the final position is maintained. **3.** When marching in Quick Time the left hand quits its grip on the barrel of the rifle, and is to continue to swing in Quick Time.

Second Movement

Fig 8-1

Third Movement

Fig 8-2

Final Position

Fig 8-3

REVERSE ARMS FROM THE SLOPE

LESSON 2 - THE SLOPE ARMS FROM THE REVERSE

INSTRUCTOR'S NOTES

Aim	To teach the Slope Arms from the Reverse.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress with rifle (bayonet and scabbard not required).
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention.
Revision	Reverse Arms from the Slope.
Spoken Introduction	**The next stage in rifle drill is to teach you the Slope Arms from the Reverse position. The reason this movement is taught is so that you, as an individual, or body of personnel can return the rifle to the Slope on completion of a compliment, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME SLOPE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE.**	**1.** There are four parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO FOUR PARTS.		

C MOVEMENTS.

1) SLOPE ARMS – ONE (Fig 8-4).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced into the vertical position in the right side of the body under control of the right hand. **2.** At the same time the grip of the left hand is released and it is forced around the front of the body to strike, seize and grasp the stock in a full inverted grip. **3.** On completion of the movement, the squad is to call out: **ONE.**	**1.** The rifle is vertical with the butt plate in line with the shoulder, the right hand retains the grip on the rifle with the wrist, forearm and elbow forced well in. **2.** The left hand has a full grip on the stock with the back of the hand towards the body and the wrist, forearm and elbow forced well in. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) SLOPE ARMS – TWO (Fig 8-5).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is rotated through 180 degrees so that the butt passes close to the body under control of the left hand. **2.** At the same time the grip of the right hand is changed to a 'Y'-like grip in the area of the small of the butt. **3.** On execution of the movement the squad is to call out: **ONE.**	**1.** The rifle is vertical with the magazine square to the front. **2.** The right hand has a 'Y'-like grip with the wrist, forearm and elbow forced well in. **3.** The left hand has a full grip on the stock just above the trigger guard with the wrist, forearm and elbow forced well in. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) SLOPE ARMS – THREE (Fig 8-6).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement, giving the word of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced across the body on to the left shoulder under control of the right hand, changing the grip to a full grip. **2.** At the same time the left hand releases its grip on the stock and is forced across the body to strike, seize and grasp the butt plate. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The rifle is on the left shoulder at an angle of approximately 45 degrees with the magazine square to the left. **2.** The right hand has a full grip on the butt with the right wrist, forearm and elbow parallel to the ground. **3.** The left hand has a 'cup'- like grip on the butt plate with the left elbow forced well in. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

4) SLOPE ARMS – FOUR.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right arm is forced across the body by the shortest route. **2.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The rifle, left hand, wrist and forearm and elbow do not move throughout the movement. **2.** The right arm is in the position of Attention. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration of the movement: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Open Order and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT-RIGHT/ONE LEFT -RIGHT/ONE LEFT-RIGHT/ONE.**	**1**. Make any corrections where necessary.

First Movement

Fig 8-4

Second Movement

Fig 8-5

Third Movement

Fig 8-6

SLOPE ARMS FROM THE REVERSE

LESSON 3 – THE CHANGE ARMS AT THE REVERSE

INSTRUCTOR'S NOTES

Aim	To teach the Change Arms at the Reverse.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below. This movement when done on the march can be done in either Slow or Quick Time.
Dress & Stores	Clean Working Dress with rifle (bayonet and scabbard not required).
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention with their rifles in a half circle.
Revision	Slope Arms from the Reverse.
Spoken Introduction	**The next stage in rifle drill is to teach you the Change Arms in the Reverse position. The reason this movement is taught is to enable you, as an individual, or as part of a squad, to rest a limb in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME.**	On the execution of the movement the instructor is to call out: **ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) CHANGE ARMS – ONE (Fig 8-7).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced into the vertical position in front of the right shoulder under control of the right hand. **2.** At the same time, the grip of the left hand is released and the arm is forced by the shortest route to the position of Attention at the left side. **3.** On the execution of the movement, the squad is to call out: **ONE**.	**1.** The rifle is vertical with the butt in line with the right shoulder. **2.** The right hand has a full grip in the area of the small of the butt, the wrist, forearm and elbow forced well in. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) CHANGE ARMS – TWO (Fig 8-8).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced across the body under control of the right hand. **2.** At the same time the left hand is forced up to strike, seize and grasp the small of the butt immediately below the right hand. **3.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The rifle is vertical with the butt plate in line with the left shoulder. **2.** The left hand has a full grip in the area of the small of the butt and the elbow is forced well in. **3.** The right hand has a full grip of the small of the butt just above the left hand with the wrist, forearm and elbow forced well in. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) CHANGE ARMS – THREE (Fig 8-9).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced under the left armpit under control of the left hand. **2.** At the same time the right hand releases its grip and is forced behind the body to grasp the barrel of the rifle in a full grip. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The rifle is under the armpit and canted at an angle of 45 degrees to the ground with the magazine in front of the shoulder and the toe of the butt in line with the left shoulder. **2.** The left hand has a full grip on the small of the butt and the wrist, forearm and elbow are forced well in. **3.** The right hand has a full grip on the barrel with the wrist, forearm and elbow forced well in. **4.** The body remains erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **CHANGE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE.**	**1.** This movement when done on the march can be done in either Slow or Quick Time.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **CHANGE ARMS.**	Students to execute the movement and call out the timing: **ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE.**	**1**. Make any corrections where necessary.

First Movement

Fig 8-7

Second Movement

Fig 8-8

Final Position

Fig 8-9

CHANGE ARMS AT THE REVERSE

LESSON 4 - LOWER ON YOUR ARMS REVERSED FROM THE PRESENT

INSTRUCTOR'S NOTES

Aim	To teach Lower on your Arms Reversed from the Present.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress with rifle (bayonet and scabbard not required).
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention with their rifles, in a half circle.
Revision	Change Arms at the Reverse.
Spoken Introduction	**The next stage in rifle drill is to teach you the Lower on your Arms Reversed. The reason this movement is taught is to enable you, as an individual, or squad, to pay respects to the deceased in a smart, uniform manner, at a military funeral.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR ARMS DRILL JUDGING THE TIME LOWER ON YOUR ARMS REVERSED.**	On the execution of the movement the instructor is to call out: **ONE LEFT-RIGHT/ONE 1000 2000 3000 4000 5000 SIX LEFT-RIGHT/1000 2000 3000 FOUR.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) LOWER ON YOUR ARMS REVERSED – ONE (Fig 8-10).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced upwards in front of the body under control of the left hand. **2.** At the same time, the right hand releases its grip and is forced up to strike, seize and grasp the pistol grip. **3.** At the same time the right knee is bent to the front of the body until the thigh is parallel to the ground and the foot is hanging naturally below the knee. **4.** The foot is then forced down next to the left foot in the Attention position **5.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The rifle is in the centre of the body with the magazine square to the front and the foresight in line with the eyes. **2.** The right hand has a full grip on the pistol grip, the wrist, forearm and elbow forced well in. **3.** Both feet are flat and firm on the ground at an angle of 45 degrees. **4.** Both knees are braced and the body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) LOWER ON YOUR ARMS REVERSED – TWO (Fig 8-11 & Fig 8-12).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the Second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Force the rifle in front of the body until it is level and in line with the right shoulder, under the control of the right hand, extending the right arm to the fullest extent. **2.** At the same time, the left hand releases the grip on the handguard and the fingers are extended. **3.** After a pause, the rifle is lowered down to the right side of the body at the same time moving the left hand down the left side of the rifle to assume a cup-like grip on the butt plate. **4.** On execution of the movement, the squad is to call out the timing: **ONE 1000 / 2000 / 3000 / 4000 / 5000 / SIX.**	**1.** At the end of the movement, the rifle is parallel to the ground, in the right side of the body, with the barrel pointing directly to the front. **2.** The right hand has a full grip of the pistol grip, with the right arm at its fullest extent, the wrist, forearm and elbow forced well in. **3.** The left hand has a cup-like grip on the butt plate with the wrist, forearm and elbow forced well in. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) LOWER ON YOUR ARMS REVERSED – THREE (Fig 8-13).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement, giving the word of command: **INSTRUCTOR ONE.**	**1.** After a pause of LEFT-RIGHT the head is lowered until the chin is resting on the chest. **2.** On the execution of the movement, the squad is to call out the timing: **1000/2000/3000/FOUR.**	**1.** The rifle, both hands, wrists, forearms and elbows do not move throughout the movement. **2.** The body is erect and square to the front, and the head is lowered.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **LOWER ON YOUR ARMS REVERSED.**	On the execution of the movement the instructor is to call out: **ONE LEFT-RIGHT/ONE 1000 2000 3000 4000 5000** **SIX LEFT-RIGHT/1000 2000 3000 FOUR.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Open Order and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **LOWER ON YOUR ARMS** **REVERSED.**	Students to execute the movement and call out the timing: **ONE LEFT-RIGHT/ONE 1000 2000 3000 4000 5000** **SIX LEFT-RIGHT/1000 2000 3000 FOUR.**	**1.** Make any corrections where necessary.

Side View

Front View

First Movement
Fig 8-10
LOWER ON YOUR ARMS REVERSED

Second Movement (first stage)
Fig 8-11

Second Movement (second stage)
Fig 8-12

Final Position
Fig 8-13

LOWER ON YOUR ARMS REVERSED

LESSON 5 - THE PRESENT ARMS FROM THE LOWER ON YOUR ARMS REVERSED

INSTRUCTOR'S NOTES

Aim	To teach the Present Arms from the Lower on your Arms Reversed.
Timings	One 30 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress with rifle (bayonet and scabbard not required).
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention.
Revision	Lower on your Arms Reversed movement.
Spoken Introduction	**The next stage in rifle drill is to teach you the Present Arms position from the position of Lower on your Arms Reversed. The reason this movement is taught is to enable you, as an individual, or as part of a squad, to pay the full compliment at a military funeral.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **PARTY** **PRESENT ARMS.**	On the execution of the movement the instructor is to call out: **ONE** **ONE LEFT – RIGHT/ONE.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) PRESENT ARMS – ONE (Fig 8-14).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Raise the head to the position of Attention. **2.** On execution of the movement the squad is to call out: **ONE.**	**1.** The rifle, right and left arm do not move throughout the movement. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) PRESENT ARMS – TWO (Fig 8-15).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Rotate the rifle to the front centre of the body under the control of the right hand. **2.** At the same time, release the grip with the left hand and force it back across the body to strike, seize and grasp the stock. **3.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The rifle is in the centre of the body with the magazine square to the front. The right hand retains its full grip of the pistol grip with the right wrist, forearm and elbow well in. **2.** The left hand has a full grip on the stock, with the exception of the thumb, just above the trigger guard, with the left wrist, forearm and elbow forced well in. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) PRESENT ARMS – THREE (Fig 8-16).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** Force the rifle down the front centre of the body under the control of the left hand. At the same time changing the grip of the right hand to a 'Y'-like grip in the area of the small of the butt. **2.** At the same time bend the right knee through the bent knee position and place the right foot down so the instep is behind the left foot. **3.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The rifle is in the centre of the body with the magazine square to the front. **2.** The right hand has a 'Y'-like grip in the area of the small of the butt. **3.** The left hand has a full grip with the exception of the thumb. **4.** The right instep is behind the left foot. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **PARTY** **PRESENT ARMS.**	On the execution of the movement the instructor is to call out: **ONE** **ONE LEFT-RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Open Order and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **PARTY** **PRESENT ARMS.**	Students to execute the movement and call out the timing: **ONE** **ONE LEFT-RIGHT/ONE.**	**1**. Make any corrections where necessary.

First Movement

Fig 8-14

Second Movement

Fig 8-15

Final Position

Fig 8-16

PRESENT FROM LOWER ON YOUR ARMS REVERSED

LESSON 6 - VOLLEYS WITH BLANK CARTRIDGES

INSTRUCTOR'S NOTES

Aim	To teach how to fire a volley of blank cartridges from the position of the Slope and to return to the Slope.
Timings	One 40 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress with rifle (bayonet and scabbard not required).
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent. Ear defence will be required by the instructor and squad if blank ammunition is to be used.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention.
Revision	Present Arms from the Lower on your Arms Reversed.
Spoken Introduction	**The next stage in rifle drill is to teach you volleys with blank cartridges and the return to the Slope Arms. The reason this movement is taught is to enable a Firing Party at a military funeral to pay compliments to the deceased.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **ARMS DRILL** **JUDGING THE TIME** **VOLLEYS WITH BLANK CARTRIDGE.**	On the execution of the movement the instructor is to call out: **LOAD PRESENT VOLLEYS FIRE VOLLEYS FIRE VOLLEYS FIRE UNLOAD.**	**1.** There are four stages to this movement each stage being executed on a separate word of command.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO FOUR STAGES EACH INTRODUCED BY A SEPARATE WORD OF COMMAND.		

C. MOVEMENTS.

1) STAGE ONE – LOAD - ONE

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first part giving the words of command: **INSTRUCTOR ONE.**	**1.** The right arm is forced across the body by the shortest route to strike, seize and grasp the area of the small of the butt. **2.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** There are six parts to this stage. **2.** The left hand and the rifle do not move throughout the movement. **3.** The right hand has a full grip on the small of the butt with the wrist, forearm and elbow straight and parallel to the ground. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) STAGE ONE – LOAD - TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second part giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced across the body to the right shoulder under control of the right hand. **2.** At the same time, the left hand releases its grip on the butt plate to strike, seize and grasp the stock in a full grip, whilst the right hand changes to a 'Y'-like grip. **3.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The rifle is vertical in the right shoulder with the magazine square to the front. **2.** The right hand has a 'Y'-like grip on the small of the butt. **3.** The left hand has a full grip of the stock with the wrist, forearm and elbow forced well in. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) STAGE ONE – LOAD - THREE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third part giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced in front of the right shoulder under control of the left hand. **2.** At the same time, the right hand releases its grip to strike, seize and grasp the pistol grip. **3.** At the same time the left leg is bent to take a 30 inch pace to the front. **4.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** Both feet are flat and firm on the ground with both knees braced and the body weight forward over the left leg. **2.** The rifle is at an angle of approximately 45 degrees with the butt placed on the right hip. **3.** The right hand has a full grip of the pistol grip with the exception of the index finger, which is placed on the trigger guard. **4.** The left hand retains its full grip on the stock with the wrist, forearm and elbow forced well in. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

4) STAGE ONE – LOAD - FOUR.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth part giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand is forced by the shortest route to strike the area of the cocking handle with the palm of the hand. **2.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The rifle, left hand, wrist and forearm do not move throughout the movement. **2.** The fingers of the right hand are extended along the rifle with the thumb curled around the cocking lever. The wrist, forearm and elbow are forced well in. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

5) STAGE ONE – LOAD - FIVE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fifth part giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand cocks the rifle, ensuring that the working parts are forced fully to the rear, and allowed to come forward. Once the cocking handle has been released, the hand with fingers still extended is to forward assist. It then resumes its position over the cocking handle. **2.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The rifle, left hand, forearm and elbow do not move throughout the movement. **2.** The fingers of the right hand are extended along the rifle. The wrist, forearm and elbow are forced well in. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

6) STAGE ONE – LOAD - SIX (Fig 8-17).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the sixth part giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand is forced by the shortest route to strike, seize and grasp the pistol grip in a full grip. **2.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The rifle, left hand, wrist and elbow do not move throughout the movement. **2.** The right hand has a full grip on the pistol grip with the exception of the index finger, which is placed on the trigger guard. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

7) STAGE TWO – PRESENT - ONE (Fig 8-18).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate this stage giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced up until the butt plate is on the right shoulder. **2.** At the same time the right index finger moves the safety catch into the 'Fire' position and is then placed into the trigger guard ready to squeeze the trigger. **3.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** There is one part to this stage. **2.** The rifle is at an angle of approximately 45 degrees, with the butt plate resting on top of the right shoulder. **3.** The right hand has a full grip of the pistol grip with the exception of the index finger, which is curled around the trigger. The wrist, forearm and elbow are forced well in. **4.** The left hand, where physically possible, maintains a full grip of the stock. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

8) STAGE THREE – VOLLEYS FIRE - ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate this stage giving the words of command: **INSTRUCTOR ONE.**	**1.** The trigger is squeezed. The index finger is then placed along the trigger guard. **2.** On the execution of the movement, the squad will call out: **ONE.**	**1.** There is one part to this stage. **2.** The rifle, right hand, left hand, wrist forearm and elbow maintain their position throughout the movement. **3.** The trigger should be snatched. **4.** This same action will be carried out until a total of **THREE** volleys are fired. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

9) STAGE FOUR – UNLOAD - ONE (Fig 8-17).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first part giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced down to the right hip. **2.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** There are six parts to this stage. **2.** The rifle is at an angle of approximately 45 degrees with the butt placed on the right hip. **3.** The right hand has a full grip of the pistol grip with the exception of the index finger which is placed on the trigger guard. **4.** The left hand has a full grip of the stock with the wrist, forearm and elbow forced well in. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

10) STAGE FOUR – UNLOAD - TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second part giving the words of command: **INSTRUCTOR ONE.**	**1.** The head and eyes are lowered sufficiently to look at the rifle. **2.** At the same time, with the right hand, rotate the rifle sufficiently so that the safety catch is visible. **3.** The left hand is forced by the shortest route to the safety catch and with the thumb and the safety catch is forced to the 'Safe' position. **4.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The rifle is at an angle of approximately 45 degrees with the butt in the right hip. **2.** The right hand has a full grip of the pistol grip with the exception of the index finger which is placed on the trigger guard. **3.** The left hand is in the area of the safety catch with the wrist, forearm and elbow forced well in. **4.** With the exception of the head and eyes, the body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

11) STAGE FOUR – UNLOAD - THREE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third part giving the words of command: **INSTRUCTOR ONE.**	**1.** The left hand is forced by the shortest route to strike, seize and grasp the stock in a full grip. **2.** At the same time, the head and eyes are raised. **3.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The rifle is at an angle of approximately 45 degrees with the butt in the right hip. **2.** The right hand has a full grip of the pistol grip with the exception of the index finger which is placed on the trigger guard. **3.** The left hand has a full grip of the stock with the wrist, forearm and elbow forced well in. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

12) STAGE FOUR – UNLOAD - FOUR.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fourth part giving the words of command: **INSTRUCTOR ONE.**	**1.** Under control of the left hand, the rifle is forced to a vertical position on the right side of the body. **2.** At the same time, the right hand releases its grip of the pistol grip and is forced by the shortest route to strike, seize and grasp the small of the butt in a 'Y'-like grip. **3.** At the same time the left knee is bent sufficiently to allow the left foot to resume the position of Attention. **4.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The rifle is vertical in front of the right shoulder with the magazine square to the front. **2.** The right hand has a 'Y'-like grip on the small of the butt with the wrist, forearm and elbow forced well in. **3.** The left hand has a full grip on the stock just above the trigger guard, the wrist, forearm and elbow forced well in. **4.** Both feet are flat and firm on the ground at an angle of 45 degrees from the front centre of the body. Both knees are braced. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

13) STAGE FOUR – UNLOAD - FIVE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the fifth part giving the words of command: **INSTRUCTOR ONE.**	**1.** The rifle is forced up and across the body by the shortest route and placed on the left shoulder under control of the right hand. **2.** At the same time, the grip of the right hand is changed to a full grip, whilst the left hand releases its grip and is forced down on the rifle by the shortest route to strike, seize and grasp the butt plate with a cup-like grip. **3.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The stock of the rifle is in the left shoulder with the magazine to the left. The left hand has a cup-like grip on the butt plate with the wrist, forearm and elbow parallel to the ground, the elbow forced well into the body. **2.** The right hand has a full grip on the small of the butt, with the wrist, forearm and elbow parallel to the ground. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

14) STAGE FOUR – UNLOAD - SIX.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the sixth part giving the words of command: **INSTRUCTOR ONE.**	**1.** The right arm is forced down, by the shortest route, to resume the correct position of Attention. **2.** On the execution of the movement, the squad is to call out: **ONE.**	**1.** The rifle, left wrist, forearm and elbow do not move during the movement. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration of the movements: **INSTRUCTOR ARMS DRILL** **JUDGING THE TIME** **VOLLEYS WITH BLANK CARTRIDGE** **LOAD** **PRESENT** **VOLLEYS FIRE (x3)** **UNLOAD.**	In the execution of the movement the instructor is to call out: **ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE** **ONE** **ONE** **ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT-RIGHT/ ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Close Formation of Threes and confirm by collective practise: **ARMS DRILL** **JUDGING THE TIME** **VOLLEYS WITH BLANK CARTRIDGES** **LOAD** **PRESENT** **VOLLEYS FIRE (x3)** **UNLOAD.**	Students are to execute the movement and call out the timing: **ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT-RIGHT/ ONE** **ONE** **ONE** **ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE.**	**1.** Make any corrections where necessary.

Load / Unload

Fig 8-17

Front View

Present

Side View

Fig 8-18

VOLLEYS WITH BLANK CARTRIDGES

LESSON 7 - THE REVERSE SWORDS FROM THE CARRY

INSTRUCTOR'S NOTES

Aim	To teach the Reverse Swords from the Carry.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below. The Reverse Arms position can be used when marching in Quick and Slow Time. This is to be practised at the end of the lesson.
Dress & Stores	Clean Working Dress, swords and sword belts.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent. If indoor there must be sufficient ceiling height and space for the squad to handle their swords safely.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention with swords in their scabbards.
Revision	Revise saluting at the Halt then return swords to their scabbards.
Spoken Introduction	**The next stage in sword drill is to teach you the Reverse Swords from the Carry. The reason this movement is taught is to enable an individual to Reverse Swords when in attendance at a military funeral, when paying respects to the deceased in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR SWORD DRILL JUDGING THE TIME REVERSE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT-RIGHT/ONE.**	**1.** There are two parts to this movement. **2.** Sword drill is executed on the third and fourth movements of the rifle drill.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) REVERSE ARMS – ONE (Fig 8-19).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right wrist is twisted, dropping the point of the sword to the left front until the sword is hanging vertically with the point downwards. **2.** On the execution of the movement, the squad will call out: **ONE.**	**1.** The pommel of the sword is uppermost, the hilt to the front and in front of the right shoulder. **2.** The fingers of the right hand are curled around the handle, thumb to the right. **3.** The back of the hand is to the left and the right elbow against the side, with the arm at an angle of 45 degrees. **4.** The body is held erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) REVERSE ARMS – TWO (Fig 8-20).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The blade of the sword is forced under the right armpit. To do this the sword is rotated to the left so that the hilt faces uppermost. The right elbow is forced to the side and the right hand relaxes its grip on the handle. At the same time the blade is seized from behind the body with the left hand. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The left hand comes from behind the back, in line with the waist belt, the back of the hand underneath the blade. **2.** The hilt faces upwards. **3.** The blade is at an angle of 45 degrees to the horizontal. **4.** The body is held erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration: **INSTRUCTOR SWORD DRILL JUDGING THE TIME REVERSE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT-RIGHT/ONE.**	**1.** Remind the squad that the sword exercise must be accurate and graceful and is carried out on the third and fourth movements of the Reverse Arms with the rifle.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **REVERSE ARMS.**	Students to execute the movement without calling out the timing: **ONE LEFT – RIGHT/ONE.**	**1.** Make any corrections where necessary. **2.** When marching in Slow Time the final position is maintained. **3.** When marching in Quick Time the left hand quits its grip on the sword and returns to its position on the scabbard.

.

First Movement

Fig 8-19

Final Position

Fig 8-20

REVERSE SWORDS FROM THE CARRY

LESSON 8 - THE CARRY SWORDS FROM THE REVERSE

INSTRUCTOR'S NOTES

Aim	To teach the Carry Swords from the Reverse.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress, swords and sword belts.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent. If indoor there must be sufficient ceiling height and space for the squad to handle their swords safely.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line or half circle, swords in their scabbards.
Revision	Reverse Swords then return swords to their scabbards.
Spoken Introduction	**The next stage in sword drill is to teach you the Carry Swords from the Reverse. The reason this movement is taught is to enable an individual to return to the Carry having paid respects to the deceased at a military funeral in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration : **INSTRUCTOR SWORD DRILL JUDGING THE TIME CARRY SWORDS.**	On the execution of the movement the instructor is to call out: **ONE LEFT-RIGHT/ONE.**	**1.** There are two parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO TWO PARTS.		

C. MOVEMENTS.

1) CARRY SWORDS – ONE (Fig 8-21).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left hand releases its grip and returns to the side of the body. At the same time the sword is allowed to come forward and hang vertically. The right arm is extended with the back of the hand to the left. **2.** On the execution of this movement, the squad is to call out: **ONE.**	**1.** The left hand returns to the left side and resumes the correct position of Attention. **2.** The body is held erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) CARRY SWORDS – TWO (Fig 8-22).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The sword is swung up and to the left to resume the position of the Carry. **2.** On the execution of this movement, the squad is to call out: **ONE.**	**1.** The sword is swung up with a circular motion as the right arm is pulled back to the position of the Carry. **2.** The body is held erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **CARRY SWORDS.**	On the execution of the movement the instructor is to call out: **ONE LEFT-RIGHT/ONE.**	
ARE THERE ANY QUESTIONS*?*	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **CARRY SWORDS.**	Students to execute the movement without calling out the timing: **ONE LEFT-RIGHT/ONE.**	**1.** Make any corrections where necessary.

First Movement

Fig 8-21

Final Position

Fig 8-22

CARRY SWORDS FROM THE REVERSE

LESSON 9 - THE CHANGE SWORDS AT THE REVERSE

INSTRUCTOR'S NOTES

Aim	To teach the Change Swords at the Reverse.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below. This movement when done on the march can be done in either Slow or Quick Time.
Dress & Stores	Clean Working Dress, swords and sword belts.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent. If indoor there must be sufficient ceiling height and space for the squad to handle their swords safely.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line or half circle, swords in their scabbards.
Revision	Reverse and Carry Swords, then return swords to their scabbards.
Spoken Introduction	**The next stage in sword drill is to learn the Change Swords at the Reverse. The reason this movement is taught is to enable an individual to change swords in order to rest a limb, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR SWORD DRILL JUDGING THE TIME CHANGE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) CHANGE ARMS – ONE (Fig 8-23).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On the cautionary command CHANGE, the grip of the right hand is changed to an underhand grip. **2.** Then on the executive command ARMS, the sword is allowed to come forward and is rotated outwards so the hilt faces the front. **3.** At the same time the left hand is forced to the left side of the body. **4.** On the execution of this movement, the squad is to call out: **ONE.**	**1.** The left hand is now in the correct position of Attention on the left side of the body. **2.** The thumb of the right hand is to the left and the basket of the sword is to the front. **3.** The pommel of the handle is in line with the shoulder. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) CHANGE ARMS – TWO (Fig 8-24).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The sword is passed across the body with the hilt at shoulder height into the grip of the left hand. **2.** On the execution of this movement, the squad is to call out: **ONE.**	**1.** The right hand relaxes its position on the handle of the sword. **2.** The back of the left hand is to the left, the fingers are curled around the handle, and the basket of the sword is facing the front. **3.** The sword hangs vertically from the left hand. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) CHANGE ARMS – THREE (Fig 8-25).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The sword is rotated inwards and forced under the left armpit. **2.** The right hand is forced to the rear to grasp the blade and after a pause, the position of the left hand is changed by placing it underneath the sword handle. **3.** On the execution of this movement, the squad is to call out: **ONE.**	**1.** The back of the right hand is underneath the blade and the sword is at an angle of 45 degrees. **2.** The sword handle rests in the crook of the thumb and the back of the left hand is facing to the left. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **CHANGE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE.**	**1.** The movement should be carried out during the same movement with the rifle. **2.** This movement when done on the march can be done in either Slow or Quick Time.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **CHANGE ARMS.**	Students to execute the movement without calling out the timing: **ONE LEFT-RIGHT/ONE LEFT-RIGHT/ONE.**	**1**. Make any corrections where necessary.

First Movement

Fig 8-23

Second Movement

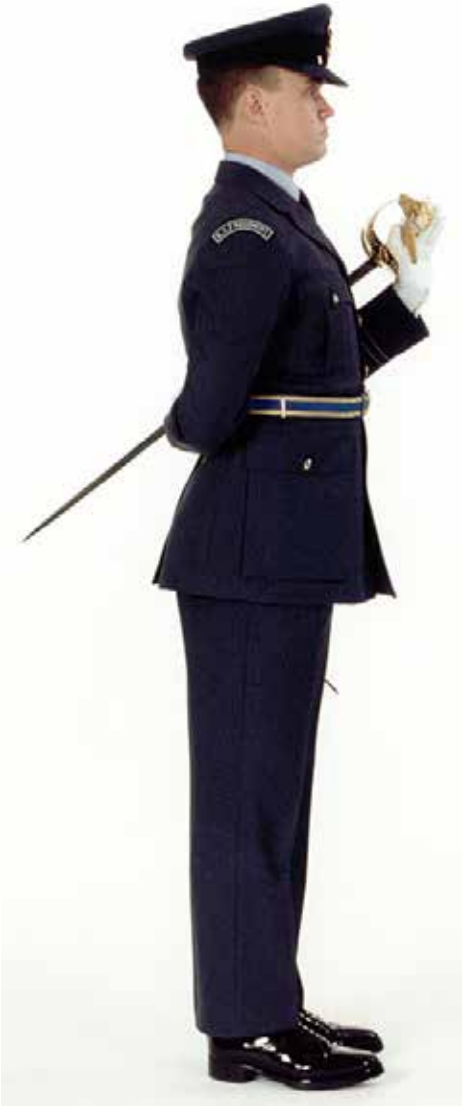
Fig 8-24

Final Position

Fig 8-25

CHANGE SWORDS AT THE REVERSE

LESSON 10 - THE LOWER ON YOUR SWORDS REVERSED FROM THE PRESENT

INSTRUCTOR'S NOTES

Aim	To teach the Lower On Your Swords Reversed from the Present
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress, swords and sword belts.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent. If indoor there must be sufficient ceiling height and space for the squad to handle their swords safely.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line or half circle, swords in their scabbards.
Revision	Reverse and Change Swords then return swords to their scabbards.
Spoken Introduction	**The next stage in sword drill is to teach you the Lower on Your Swords Reversed from the Present. The reason this movement is taught is to enable an individual to pay a compliment to the deceased, at a military funeral, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR SWORD DRILL JUDGING THE TIME LOWER ON YOUR SWORDS REVERSED.**	On the execution of this movement, the instructor is to call out the timing: **ONE LEFT – RIGHT/ONE 1000 2000 3000 4000 5000 SIX LEFT – RIGHT 1000 2000 3000 FOUR.**	**1.** There are three parts to this movement. **2.** Explain that the movement is carried out from the Present in time with the rifle movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) LOWER ON YOUR SWORDS REVERSED – ONE (Fig 8-26).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The sword is brought to the position of the Recover. **2.** On the execution of this movement, the squad is to call out: **ONE.**	**1.** The tip of the sword is uppermost, edge to the left, the hilt in line with the mouth, fingers around the handle. **2.** The thumb is pointing upwards and the back of the hand is to the front. **3.** The body is held erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) LOWER ON YOUR SWORDS REVERSED – TWO (Fig 8-27).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** To the timing:**1000 2000 3000 4000 5000 SIX.** The point of the sword is allowed to fall forward, to be placed between the feet, in line with the tip of the toes. **2.** The grip of the right hand is changed so that it rests on the pommel. **3.** The left hand is placed on top of the right. **4.** On the execution of this movement, the squad is to call out: **1000 2000 3000 4000 5000 SIX.**	**1.** As the point of the sword is falling forward, the hilt is rotated to the right so that the edge of the sword is to the right. **2.** The right arm remains straight as the sword falls. **3.** When the sword is resting on the ground the arms are pulled in to the body. **4.** The body is held erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) LOWER ON YOUR SWORDS REVERSED – THREE (Fig 8-28).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement, giving the word of command: **INSTRUCTOR ONE.**	**1.** The chin is lowered on to the chest. **2.** On the execution of this movement, the squad is to call out the timing: **1000 2000 3000 FOUR.**	**1.** The sword and elbows do not move. **2.** The chin is lowered on the count of **FOUR.** **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration: **INSTRUCTOR SWORD DRILL JUDGING THE TIME LOWER ON YOUR SWORDS REVERSED.**	On the execution of the movement the instructor is to call out the timing: **ONE LEFT – RIGHT/ONE 1000 2000 3000 4000 5000 SIX LEFT – RIGHT 1000 2000 3000 FOUR.**	**1.** Emphasise that all the movements are to be carried out with dignity, and the second and third movements must not be hurried.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **LOWER ON YOUR SWORDS** **REVERSED.**	Students to execute the movement calling out the timing: **ONE LEFT – RIGHT/ONE 1000 2000 3000 4000 5000** **SIX LEFT – RIGHT 1000 2000 3000 FOUR.**	**1**. Make any corrections where necessary.

First Movement

Fig 8-26

Second Movement

Fig 8-27

Final Position

Fig 8-28

LOWER ON YOUR SWORDS REVERSED

LESSON 11 - THE PRESENT FROM THE LOWER ON YOUR SWORDS REVERSED

INSTRUCTOR'S NOTES

Aim	To teach the Present from the Lower On Your Swords Reversed.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress, swords and sword belts.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent. If indoor there must be sufficient ceiling height and space for the squad to handle their swords safely.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly to Attention in a straight line or half circle, swords in their scabbards.
Revision	Lower on our swords Reversed from the Present.
Spoken Introduction	**The next stage in sword drill is to teach you the Present from the Lower on Your Swords Reversed. The reason this movement is taught is to enable an individual to return to the Present having paid a compliment to the deceased at a military funeral, in a smart, uniform manner.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **PARTY** **PRESENT ARMS.**	On the execution of the movement the instructor is to call out: **ONE** **ONE LEFT – RIGHT/ONE.**	**1.** There are three parts to this movement. **2.** Explain that the movement is co-ordinated with the rifle movements for the Present Arms.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) PRESENT ARMS – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The head is raised from the chest. **2.** On the execution of this movement, the squad is to call out: **ONE.**	**1.** The sword, right and left arms do not move throughout the movement. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) PRESENT ARMS – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** After a pause the sword is raised to the position of the Recover. **2.** At the same time, the left arm resumes its correct position of Attention at the left side of the body. **3.** On the execution of this movement, the squad is to call out: **ONE.**	**1.** The tip of the sword is uppermost, the edge to the left and the hilt in line with the mouth. **2.** The fingers are curled around the handle, the thumb pointing upwards. **3.** The body is held erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) PRESENT ARMS – THREE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The sword is brought from the position of the Recover to the correct position of the Salute. **2.** On the execution of this movement, the squad is to call out: **ONE.**	**1.** The sword is now in the correct position of the Salute. **2.** The edge of the sword is to the left, the point 12 in from the ground and in front of the right shoulder. **3.** The thumb is flat on the side of the handle. The hilt is behind and touching the right thigh. **4.** The body is held erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration: **INSTRUCTOR SWORD DRILL** **JUDGING THE TIME** **PARTY** **PRESENT ARMS.**	On the execution of the movement the Instructor is to call out the timing: **ONE** **ONE LEFT-RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in Open Order and Confirm by collective practise: **SWORD DRILL** **JUDGING THE TIME** **PARTY** **PRESENT ARMS.**	Students to execute the movement calling out the timing: **ONE** **ONE LEFT-RIGHT/ONE.**	**1**. Make any corrections where necessary.

PART ONE-CHAPTER 9

COLOUR/STANDARD DRILL

CONTENTS

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Colour / Standard Drill Lessons

1. All lesson plans apply equally to Colours and Standards.

2. The movements in these drills are to be performed in the same cadence as rifle exercises. When there are only 2 movements with the colour and 3 movements with the rifle, the colour is to be moved on the first and third movements of the rifle. When there are 4 movements for the rifle the colour it is to be moved on the first, second and fourth movements of the rifle.

3. The right hand only is to be used in these drills except when changing arms or as stated in the drill.

4. For drill, demonstration and parade rehearsal purposes, only practice colours/standards are to be used.

LESSON 1 - UNCASING THE COLOUR/STANDARD

INSTRUCTOR'S NOTES

Aim	To teach Uncasing the Colour or Standard.
Timings	One 25 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress. Practise Colour/Standard. Practise Colour/Standard Belt.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent with sufficient height clearance.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in a half circle.
Revision	Nil.
Spoken Introduction	**The first stage of colour/standard drill is Uncasing the Colour or Standard. The reason this movement is taught is enable the colour/standard to be used on parade.**

B. COMPLETE DEMONSTRATION (ONLY IF DEMONSTRATORS ARE AVAILABLE).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The demonstration team is to give a complete demonstration of the movement.	**1.** Explain your use of demonstrators. If no demonstrators are available the instructor is to conduct the lesson without ceremony and take the part of the Colour/Standard Bearer himself.	**1.** The Colour/Standard Party is to be formed up with the two SNCO escorts one and a half paces either side of the Colour/Standard and the WO two paces centrally to the rear, with the orderly to his left covering off the left-hand escort. **2.** The instructor is to give the words of command and is to emphasise that this is done by the Colour/Standard Bearer in the actual situation.

C. MOVEMENTS.

1) UNCASING THE COLOUR/STANDARD – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The Colour/Standard party is to execute the movement. The Bearer is to give the words of command: **ESCORTS SHUN.** **INWARDS TURN** **UNCASE THE QUEENS COLOUR / STANDARD** **PRESENT ARMS.**	**1.** On receipt of the word of command both escorts, the WO and the Orderly adopt the position of Attention. **2.** The escorts Slope Arms and carry out an incline inwards towards the Colour/Standard. **3.** The escorts Present Arms after which the WO and orderly execute a right turn, and left wheel marching a total of ten paces (8,1-2) and halt two paces short of and facing the Bearer and left escort respectively.	**1.** The Bearer is to be at the position of Attention with the Colour/Standard at the Order. **2.** As the WO and the orderly step off they are to start the count with the first left foot to strike the ground as 'one'. **3.** The WO and orderly take a total of ten paces (8, 1-2).
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively	

2) UNCASING THE COLOUR/STANDARD – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
	1. When the WO and orderly have halted the Bearer is to lower the Colour/Standard to a horizontal position with the pike firmly gripped under the right armpit and the top of the Colour/Standard case supported in the WO's right hand. **2.** The Bearer is to untie the tapes of the Colour/Standard case with the left hand. **3.** The WO and orderly now turn inwards to face each other on either side of the Colour/Standard. The WO removes the case with the Bearer supporting the silk and tassels. The case is then handed to the orderly who places it over the left forearm. The WO then removes the chamois cover from the Crown/Eagle and hands it to the orderly who holds it in the right hand. **4.** The WO is to free the tassels so that they hang from the head of the pike. The WO and orderly now turn outwards to face the Bearer and escort. **5.** The Bearer and WO release the silk allowing it to hang straight down the pike. The Bearer is to then return the Colour/Standard to the Order. **6.** The Bearer is to hold the Colour/Standard at the position of Attention with the right hand. The left forearm is to be across the sword belt with fingers extended and covering the Colour. **7.** The WO is to take two paces forward and dress the Colour/Standard by evenly distributing the folds on either side of the pike in order to cover it completely. The Royal Cipher is to be readily seen. **8.** The Bearer is then to resume the position of Attention. The WO is to take two paces to the rear. Both the WO and the orderly salute together, execute a Right Turn and step off together. The WO wheels around to his left a total of ten paces (8,1-2) to resume his original position, two paces to the rear of the Bearer. The orderly is to march off parade to the rear of the Colour/Standard Party. The orderly is responsible for the safe custody of the case until the Colour/Standard is cased.	**1.** There is no timing to be observed.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) UNCASING THE COLOUR/STANDARD – THREE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The Colour/Standard Bearer is to give the word of command: **ESCORTS SLOPE ARMS** **ESCORTS OUTWARDS TURN** **ESCORTS SHOULDER ARMS** **COLOUR/STANDARD PARTY STAND AT EASE.**	**1.** The escorts are to turn outwards so that they once again are facing to the front.	**1.** Colour/Standard Parties are not to Stand Easy. **2.** Troops are not to Stand Easy with Colours or Standards on parade.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL CONFIRMATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to exercise the Colour/Standard Party in the drills that have been taught.		
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Confirm by questions and practise.		**1**. Make any corrections where necessary.

LESSON 2 - CASING THE COLOUR/STANDARD

INSTRUCTOR'S NOTES

Aim	To teach Casing the Colour or Standard.
Timings	One 25 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress. Practise Colour/Standard. Practise Colour/Standard Belt.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent with sufficient height clearance.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in a half circle.
Revision	Nil.
Spoken Introduction	**The next stage in Colour/Standard drill is Casing the Colour or Standard. The reason this movement is taught is to enable the Colour/Standard to be stored correctly after a parade.**

B. COMPLETE DEMONSTRATION (ONLY IF DEMONSTRATORS ARE AVAILABLE).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The demonstration team is to give a complete demonstration of the movement.	**1.** Explain your use of demonstrators. If no demonstrators are available the instructor is to conduct the lesson without ceremony and take the part of the Colour/Standard Bearer himself.	**1.** The Colour/Standard Party is to be formed up with the two SNCO escorts one and a half paces either side of the Colour/Standard and the WO two paces centrally to the rear with the orderly to his left covering off the right hand escort. **2.** The instructor is to give the words of command and is to emphasise that this is done by the Colour/Standard Bearer in the actual situation.

C. MOVEMENTS.

1) CASING THE COLOUR/STANDARD – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The Colour/Standard party are to execute the movement. The Bearer is to give the words of command: **ESCORTS SHUN** **INWARDS TURN** **CASE THE QUEENS COLOUR (STANDARD)** **PRESENT ARMS.**	**1.** On the word of command both escorts, the WO and the Orderly adopt the position of Attention. **2.** The escorts Slope Arms and carry out an incline inwards towards the Colour/Standard and Present Arms. **3.** On completion of the Present Arms the WO and orderly execute a Right Turn, and left wheel marching a total of ten paces (8,1-2) and halt two paces short of and facing the Bearer and left escort respectively. Both the WO and the orderly are to salute.	**1.** The Bearer is to be at the position of Attention with the Colour/Standard at the Order. **2.** As the WO and the orderly step off they are to start the count with the first left foot to strike the ground as 'one'. **3.** The WO and orderly take a total of ten paces (8,1-2).
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) CASING THE COLOUR/STANDARD – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
	1. When the WO and orderly have completed the salute Bearer is to lower the Colour/Standard to a horizontal position the pike firmly gripped under the right arm pit the crown/eagle supported in the WO's right hand. **2.** The Bearer and the WO then fold the Colour/Standard as follows, the Colour is to be grasped at the corners of the fly, the edge of the fly is to be placed just over the pike, this is to be repeated twice more so that the Colour is finally folded in eight folds and is resting on top of the pike. **3.** The WO and the orderly turn inwards to face each other either side of the pike, the WO is to spiral the tassels around the Colour/Standard three times, taking great care to ensure that the silk is not creased in any way. **4.** The WO takes the chamois from the orderly, place it over the crown/eagle and tie the tassels in a single bow. **5.** The WO takes the case from the orderly and slide it over the Colour/Standard with the seam of the cover facing downward towards the ground. Care must be taken to ensure that the silk is not ruffled in any way. **6.** The Bearer then brings the cased Colour/Standard to the Order at the position of Attention with the right hand, the left hand is brought across the body covering the sword belt with the fingers extended to steady the Colour/Standard. **7.** The WO is then to step forward one pace and tie the tapes at the base of the cover in a single bow, he then steps back one pace to resume his position. **8.** The Bearer is then to cut the left arm away to resume the position of Attention, the WO and orderly are then to execute a Right Turn and wheel around to the left marching ten paces to halt with the WO behind the Bearer and the orderly behind the right escort, (both at a distance of two paces).	**1.** There is no timing to be observed
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) CASING THE COLOUR/STANDARD – THREE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The Colour/Standard Bearer is to give the word of command: **ESCORTS SLOPE ARMS** **ESCORTS OUTWARDS TURN.** The Colour/Standard Bearer is to give the word of command: **COLOUR PARTY DISMISS.**	**1.** The escorts are to turn outwards so that they once again are facing to the front. **2.** The Bearer is then to take two paces forward and about turn to face the Colour/Standard Party. **3.** The WO, escorts and orderly execute a Right Incline, salute and dismiss.	**1.** Colour/Standard parties are not to Stand Easy. **2.** Troops are not to Stand Easy with Colours or Standards on parade**.**
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL CONFIRMATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to exercise the Colour/Standard Party in the drills that have been taught.		
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Confirm by questions and practise		**1**. Make any corrections where necessary.

LESSON 3 - COLOUR/STANDARD DRESSED AT THE ORDER-POSITIONS OF AT EASE AND ATTENTION

INSTRUCTOR'S NOTES

Aim	To teach the position of the Order and Dressing the Colour/Standard, and the positions of At Ease and Attention.
Timings	One 40 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress. Practise Colour/Standard. Practise Colour/Standard Belt.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent with sufficient height clearance.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in a half circle.
Revision	Nil.
Spoken Introduction	**The next stage in Colour/Standard drill is to teach the position of the Colour/Standard at the Order, the correct procedure for dressing the Colour/Standard, and the positions of At Ease and Attention.**

B. COMPLETE DEMONSTRATION (Fig 9-1).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to give a complete demonstration of the position.		**1.** There is only one movement to the position of the Colour/Standard at the Order. **2.** There are three movements to dressing the Colour/Standard. **3.** The positions of At Ease and Attention are the same as in foot drill with the exception of the right hand supporting the Colour/Standard.

C. MOVEMENTS.

1) THE COLOUR/STANDARD AT THE POSITION OF THE ORDER – ONE (Fig 9-1).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the position of the Order and explain:	**1.** The pike and the silk are to be held with the right hand on the pike at the lowest corner of the silk. **2.** The pike is to be perpendicular with the base resting on the ground in line with and against the right toe. **3.** The elbow is to be close to the body. **4.** The silk is not to be stretched taut but is to be allowed to hang naturally down the pike.	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) DRESSING THE COLOUR/STANDARD AT THE ORDER – ONE/TWO/THREE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate and explain:	**1.** Firstly the Colour/Standard is to be dressed at the Order the Bearer is to bring the left hand smartly across the front of the body. **2.** Secondly the Bearer is to distribute the folds of the silk evenly on either side of the pike so that the pike is covered and the Royal Cipher/Sqn Badge is clearly displayed. In the case of a Standard, the eagle is to face forwards. **3.** Thirdly the Bearer is then to bring the left arm smartly back across the front of the body to resume the correct position of Attention.	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) THE POSITIONS OF AT EASE – ONE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the word of command. **COLOUR BEARER/STANDARD BEARER** **STAND AT EASE.**	**1.** The left knee is bent so that the thigh is parallel to the ground with the left foot hanging naturally below the knee, the left leg is then forced down to the ground 12 in (300 mm) from the right foot. **2.** The right hand continues to hold the silk against the pike to where the lowest corner of the silk reaches, with the right arm pulled into the side of the body. **3.** The left arm remains braced at the left hand side of the body with the fingers curled to make a fist and the thumb in line with the seam of the trousers, not moving throughout the execution of the movement.	**1.** The body is now in the correct position of the At Ease with the Colour/Standard. The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

4) THE POSITION OF ATTENTION – ONE (Fig 9-1).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the word of command. **COLOUR BEARER/STANDARD BEARER** **SHUN.**	**1.** The left knee is bent so that the thigh is parallel to the ground with the left foot hanging naturally below the knee, the left foot is then forced down beside the right to resume the correct position of Attention. **2.** The right hand continues to hold the silk against the pike to where the lowest corner of the silk reaches, with the right arm pulled in to the right hand side of the body. **3.** The left arm remains braced at the left hand side of the body with the fingers curled to make a fist and the thumb in line with the seam of the trousers, not moving throughout the execution of the movement.	**1.** The body is now in the correct position of Attention with the Colour/Standard. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL CONFIRMATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to exercise the Colour/Standard Party in the drills that have been taught.		
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Confirm by practise.		**1**. Make any corrections where necessary.

Final Position

Fig 9-1

COLOUR/ STANDARD DRESSED AT THE ORDER.

LESSON 4 - CARRY COLOUR/STANDARD FROM THE ORDER

INSTRUCTOR'S NOTES

Aim	To teach the Carry from the Order.
Timings	One 40 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress. Practise Colour/Standard. Practise Colour/Standard Belt.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent with sufficient height clearance.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in a half circle.
Revision	Colour/Standard dressed at the Order.
Spoken Introduction	**The next stage in Colour/Standard drill is the position of the Carry from the Order. The reason this movement is taught is to enable the Colour/Standard Bearer to move from the position of the Order to the Carry.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration calling out the time as the movement is executed. **COLOUR/STANDARD DRILL JUDGING THE TIME CARRY COLOUR/STANDARD.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) CARRY COLOUR/STANDARD – ONE (Fig 9-2).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The Colour/Standard is to be raised to a perpendicular position in front of the body, and guided with the left hand close to and slightly above the socket of the Colour/Standard belt. **2.** At the same time the right wrist, forearm and elbow are lowered to the side of the pike to give support. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The right wrist, forearm and elbow are against the pike. **2.** The left hand has a cup-like grip around the socket of the Colour/Standard belt, touching the base of the pike. **3.** The remainder of the body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) CARRY COLOUR/STANDARD – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the word of command: **INSTRUCTOR ONE.**	**1.** The pike is to be inserted into the socket under the control of the right hand and guided into position by the left hand. **2.** The right wrist, forearm and elbow remain against the pike throughout the execution of the movement. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The pike is fully inserted into the socket. **2.** The right wrist, forearm and elbow are against the pike. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) CARRY COLOUR/STANDARD – THREE.(Fig 9-3).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the word of command: **INSTRUCTOR ONE.**	**1.** The left hand is cut away from the socket to resume the position of Attention at the left hand side of the body. **2.** At the same time the right forearm is raised to a horizontal position to the right hand side with the right thumb in front of the mouth and the back of the hand facing to the front. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The right forearm is horizontal and parallel to the ground. **2.** The right thumb is in front of and in line with the mouth. **3.** The back of the hand is facing towards the front. **4.** The left arm is at the correct position of Attention. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration of the movement, giving the word of command: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **CARRY COLOUR/STANDARD.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?		

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Form the squad in a half circle or the individual to your front and confirm by practise: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **CARRY COLOUR/STANDARD.**	Students are to execute the movement calling out the time: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** The right wrist, forearm and elbow are pulled close into the pike on the first and second positions.

First Movement

Fig 9-2

Final Position

Fig 9-3

CARRY COLOUR/ STANDARD

LESSON 5 - ORDER COLOUR/STANDARD FROM THE CARRY

INSTRUCTOR'S NOTES

Aim	To teach the Order Colour/Standard from the Carry position.
Timings	One 25 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress. Practise Colour/Standard. Practise Colour/Standard belt.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent with sufficient height clearance.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in a half circle.
Revision	Carry from the Order.
Spoken Introduction	**The next stage in Colour/Standard Drill is the Order from the Carry. The reason this movement is taught is to enable the Bearer to move from the Carry to the Order.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration calling out the time as the movement is executed: **COLOUR/STANDARD DRILL JUDGING THE TIME ORDER COLOUR/STANDARD.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** There are three parts to this movement. **2.** There are four movements to the rifle exercise Shoulder Arms from the Slope Arms position. When working with the rifle the Colour/Standard is to be held on the third movement of the exercise. The Colour/Standard is only to move on the first, second and fourth movement of the rifle exercise.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) ORDER COLOUR/STANDARD – ONE (Fig 9-4).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The pike is to be raised just clear of the socket of the Colour/Standard belt under the control of the right hand. **2.** At the same time the right wrist, forearm and elbow are lowered against the pike for control and the left hand is brought across the body by the shortest possible route to grasp the socket in a full grip. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The base of the pike is raised just clear of the socket of the Colour/Standard belt. **2.** The right wrist, forearm and elbow are lowered against the pike. **3.** The left hand has a full grip on the socket of the Colour/Standard belt. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) ORDER COLOUR/STANDARD – TWO (Fig 9-5).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to execute the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The pike is lowered to the position of the Order under the control of the right hand. **2.** At the same time the left hand is brought across the front of the body by the shortest possible route to steady the Colour/Standard with the hand open and fingers together. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The pike is perpendicular with the base on the ground in line with and against the right toe. **2.** The pike and the silk are held with the right hand at the lowest point of the silk. **3.** The left wrist, forearm and elbow are parallel to the ground with the hand open and fingers together. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) ORDER COLOUR/STANDARD – THREE (Fig 9-6).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the following words of command: **INSTRUCTOR ONE.**	**1.** The left arm is cut away sharply to the left-hand side of the body to resume the correct position of Attention. **2.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The Colour/Standard is in the correct position of the Order. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration of the movement: **INSTRUCTOR** **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **ORDER COLOUR/STANDARD.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT - RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in a half circle or the individual in front of you and confirm by practise: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **ORDER COLOUR/STANDARD.**	Students are to execute the movement and call out the timing: **ONE LEFT – RIGHT/ ONE LEFT – RIGHT/ ONE.**	**1.** Ensure that the pike is at the correct position of the Order on the completion of the movement.

First Movement

Fig 9-4

Second Movement

Fig 9-5

Final Position

Fig 9-6

ORDER COLOUR/ STANDARD

LESSON 6 - SLOPE COLOUR/STANDARD FROM THE CARRY

INSTRUCTOR'S NOTES

Aim	To teach the Slope from the Carry.
Timings	One 25 minute period
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress. Practise Colour/Standard. Practise Colour/Standard Belt.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent with sufficient height clearance.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in a half circle.
Revision	Order from the Carry.
Spoken Introduction	**The next stage in Colour/Standard Drill is the position of the Slope from the Carry. The reason this movement is taught is to enable the Bearer to rest from the Carry position on parade when the ceremonial situation allows.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration calling out the time as the movement is executed. **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **SLOPE COLOUR/STANDARD.**		**1.** There are three parts to this movement. **2.** At the Halt, the Colour/Standard is never Sloped; it is held at the Carry or Order depending on whether the troops are at the Slope or the Shoulder but during an inspection, when the parade are at the Shoulder, Colours will be at the Carry. **3.** On the march Colours will always be carried at the Slope, except on the following occasions when they will be at the Carry: a. Marching onto and off the parade ground. b. On the Saluting base. c. Marching past. d. Advancing in Review Order. e. Marching in Slow Time down the ranks while trooping the Colour. f. When compliments are being paid to the uncased Colour by a body of personnel. g. Marching through cities/towns which have conferred their freedom on the RAF station.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) SLOPE COLOUR/STANDARD – ONE (Fig 9-7).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right wrist, forearm and elbow are lowered against the pike, at the same time the left arm is brought across the body by the shortest possible route to grasp the top of the socket in a cup-like grip. **2.** The pike is then raised just clear of the socket. **3.** On the execution of the command the squad is to call out: **ONE.**	**1.** The right wrist, forearm and elbow are lowered against the pike. **2.** The left hand has a cup-like grip around the top of the socket of the colour/standard belt. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) SLOPE COLOUR/STANDARD – TWO (Fig 9-8).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTUCTOR ONE.**	**1.** The Colour/Standard is brought sharply across to the right hand side of the body and lowered onto the right shoulder. **2.** At the same time the left hand is brought from the socket of the Colour/Standard belt to grasp the pike just above the right hand. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The angle of the pike in relation to the ground is approximately 45 degrees. **2.** The right elbow is pulled in close to the right hand side of the body with the right forearm parallel to the ground. The fingers are to be fully flexed and closed together over the silk. **3.** The silk is to hang over and cover the right shoulder and arm. **4.** The pike is not to show between the hand and the shoulder, but is to be covered by the silk. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) SLOPE COLOUR/STANDARD – THREE (Fig 9-9).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left arm is cut away sharply from the pike to resume the correct position of Attention. **2.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The Colour/Standard and the right wrist, forearm and elbow do not move throughout the execution of the movement. **2.** The Colour/Standard is approximately 45 degrees in relation to the ground. **3.** The Colour/Standard is the correct position of the Slope on the right shoulder. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration of the movement: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **SLOPE COLOUR/STANDARD.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in a half circle, or the Bearer in front of you, and confirm by practise: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **SLOPE COLOUR/STANDARD.**	Students are to execute the movement calling out the timing: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** The Colour/Standard is at an angle of 45 degrees in relation to the ground. **2.** The right wrist, forearm and elbow are parallel to the ground. **3.** When executing this movement in Quick Time each movement is carried out on consecutive left feet.

First Movement

Fig 9-7

Second Movement

Fig 9-8

Final Position

Fig 9-9

SLOPE COLOUR/STANDARD

LESSON 7 - CHANGE ARMS AT THE SLOPE (RIGHT TO LEFT SHOULDER)

INSTRUCTOR'S NOTES

Aim	To teach Change Arms at the Slope with the Colour/Standard from the right to the left shoulder.
Timings	One 40 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress. Practise Colour/Standard. Practise Colour/Standard Belt
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent with sufficient height clearance.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in a half circle.
Revision	Slope from the Carry.
Spoken Introduction	**The next stage in Colour/Standard Drill is the Change Arms with the Colour/Standard from the right to the left shoulder. The reason this movement is taught is to enable the Bearer to rest the arm.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration calling the time as the movement is executed: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **CHANGE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) CHANGE ARMS – ONE (Fig 9-10).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left hand is brought across the front of the body by the shortest possible route to grasp the silk and pike with the left hand just above the right hand. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The left hand has a full grip on the silk/pike just above but not touching the right hand. **2.** The right hand, wrist, forearm and elbow, and the Colour/Standard do not move throughout the execution of this movement. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) CHANGE ARMS – TWO.(Fig 9-11).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The pike is to carry smartly across the front of the body and placed on the left shoulder. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The Colour/Standard is now positioned on the left shoulder with the pike approximately 45 degrees to the ground. **2.** The right hand is positioned just above the left in a full grip. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) CHANGE ARMS – THREE (Fig 9-12).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right arm is cut away sharply to the right hand side of the body to resume the correct position of Attention. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The Colour/Standard is now in the correct position of the Slope on the left shoulder. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration of the movement: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **CHANGE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in a half circle, or the individual in front of you, and confirm by practise: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **CHANGE ARMS.**	Students are to execute the movement and call out the timing: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** Ensure that the Colour/ Standard is positioned at an angle of 45 degrees in relation to the ground.

First Movement

Fig 9-10

Second Movement

Fig 9-11

Final Position

Fig 9-12

CHANGE ARMS

LESSON 8 - CHANGE ARMS AT THE SLOPE (LEFT TO RIGHT SHOULDER)

INSTRUCTOR'S NOTES

Aim	To teach Change Arms at the Slope with the Colour/Standard from the left to the right shoulder.
Timings	One 40 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress. Practise Colour/Standard. Practise Colour/Standard Belt.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent with sufficient height clearance.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in a half circle.
Revision	Change Arms at the Slope left to right.
Spoken Introduction	**The next stage in Colour/Standard Drill is the Change Arms with the Colour/Standard from the left to the right shoulder. The reason this movement is taught is to enable the Bearer to rest the arm.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration calling the time as the movement is executed: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **CHANGE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) CHANGE ARMS – ONE (Fig 9-13).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right hand is brought across the front of the body by the shortest possible route to grasp the silk and pike with the right hand just above the left hand. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right hand has a full grip on the silk/pike just above but not touching the left hand. **2.** The left hand, wrist, forearm and elbow, and the Colour/Standard do not move throughout the execution of this movement. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) CHANGE ARMS – TWO.(Fig 9-14).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The pike is to carry smartly across the front of the body and is placed on the right shoulder. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The Colour/Standard is now positioned on the right shoulder with the pike approximately 45 degrees to the ground. **2.** The left hand is positioned just above the right in a full grip. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) CHANGE ARMS – THREE (Fig 9-15).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left arm is cut away sharply to the left hand side of the body to resume the correct position of Attention. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The Colour/Standard is now in the correct position of the Slope on the right shoulder. **2.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration of the movement: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **CHANGE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in a half circle, or the individual in front of you, and confirm by practise: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **CHANGE ARMS.**	Students are to execute the movement and call out the timing: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** Ensure that the Colour/Standard is positioned at an angle of 45 degrees to the ground on the right shoulder.

First Movement

Fig 9-13

Second Movement

Fig 9-14

Final Position

Fig 9-15

CHANGE ARMS

LESSON 9 - CARRY COLOUR/STANDARD FROM THE SLOPE

INSTRUCTOR'S NOTES

Aim	To teach The Carry from the Slope position.
Timings	One 25 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress. Practise Colour/Standard. Practise Colour/Standard Belt.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent with sufficient height clearance.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in a half circle.
Revision	Change arms at the Slope left to the right shoulder.
Spoken Introduction	**The next stage in Colour/Standard drill is the position of the Carry from the Slope. The reason this movement is taught is to enable the Bearer to move the Colour/Standard from the Slope to the Carry.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration calling out the time as the movement is executed: **COLOUR/STANDARD DRILL JUDGING THE TIME CARRY COLOUR/STANDARD.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) CARRY COLOUR/STANDARD – ONE (Fig 9-16).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The pike is to be raised sharply off of the right shoulder and positioned with the base just above the socket of the Colour/Standard belt. **2.** At the same time the right wrist, forearm elbow are lowered against the pike to give support. **3.** At the same time the left hand is brought sharply to the front of the body to encompass the socket and the base of the pike in a full grip. **4.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The Colour/Standard is in the centre of the body. **2.** The right wrist, forearm and elbow are lowered against the side of the pike. **3.** The left hand has a full grip around the socket of the Colour/Standard belt and the base of the pike. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) CARRY COLOUR/STANDARD – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The base of the pike is to be inserted in to the socket of the Colour belt with a sharp movement of the right hand, whilst being guided by the left hand. **2.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The base of the pike is fully inserted into the socket of the Colour/Standard belt. **2.** The right wrist, forearm and elbow are lowered against the pike. **3.** The left hand has a cup-like grip around the socket of the Colour/Standard belt. **4.** The body is erect and square to the front. **5.** Any loose material should be gathered by the right hand at this point.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) CARRY COLOUR/STANDARD – THREE (Fig 9-17).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right forearm is to be raised sharply to the horizontal position. **2.** At the same time the left arm is cut away sharply to resume the correct position of Attention. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right wrist, forearm and elbow are parallel to the ground. **2.** The right thumb is in front of and in line with the mouth. **3.** The back of the hand is facing to the front. **4.** The Colour/Standard is in a perpendicular position to the front of the body. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration of the movement. **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **CARRY COLOUR/STANDARD.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in a half circle, or the individual in front of you, and confirm by practise: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **CARRY COLOUR/STANDARD.**	Students are to execute the movement and call out the timing: **ONE LEFT – RIGHT/ ONE LEFT – RIGHT/ONE.**	**1.** The right wrist, forearm and elbow are lowered against the pike on the first and second movement.

First Movement

Fig 9-16

Final Position

Fig 9-17

CARRY COLOUR

LESSON 10 - PORT COLOUR/STANDARD FROM THE CARRY

INSTRUCTOR'S NOTES

Aim	To teach the Port from the Carry.
Timings	One 20 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below. Note that this movement may be carried out with the bearers in the kneeling position
Dress & Stores	Clean Working Dress. Practise Colour/Standard. Practise Colour/Standard Belt.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent with sufficient height clearance.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease, in a half circle.
Revision	Carry from the Slope.
Spoken Introduction	**The next stage in Colour/Standard drill is the Port position from the Carry. The reason this movement is taught is to enable the Bearer to hand the Colour/Standard over, for dedication or similar ceremonial.**

B. COMPLETE DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration calling out the time as the movement is executed: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **PORT COLOUR/STANDARD**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT-RIGHT/ONE.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) PORT COLOUR/STANDARD – ONE (Fig 9-18).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right wrist, forearm and elbow are lowered against the pike. **2.** At the same time the left hand is brought sharply across the front of the body by the shortest possible route to grasp the socket of the Colour/Standard belt in a full grip. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The right wrist, forearm and elbow are lowered against the pike to give support. **2.** The left hand has a full grip around the socket of the Colour/Standard belt encompassing the pike. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) PORT COLOUR/STANDARD – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The base of the pike is raised just clear of the socket of the Colour/Standard belt under the control of the right hand. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right wrist, forearm and elbow are held against the pike. **2.** The left hand has a full grip around the base of the pike and the socket of the Colour/Standard belt. **3.** The pike is perpendicular to the centre of the body. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) PORT COLOUR/STANDARD – THREE (Fig 9-19).

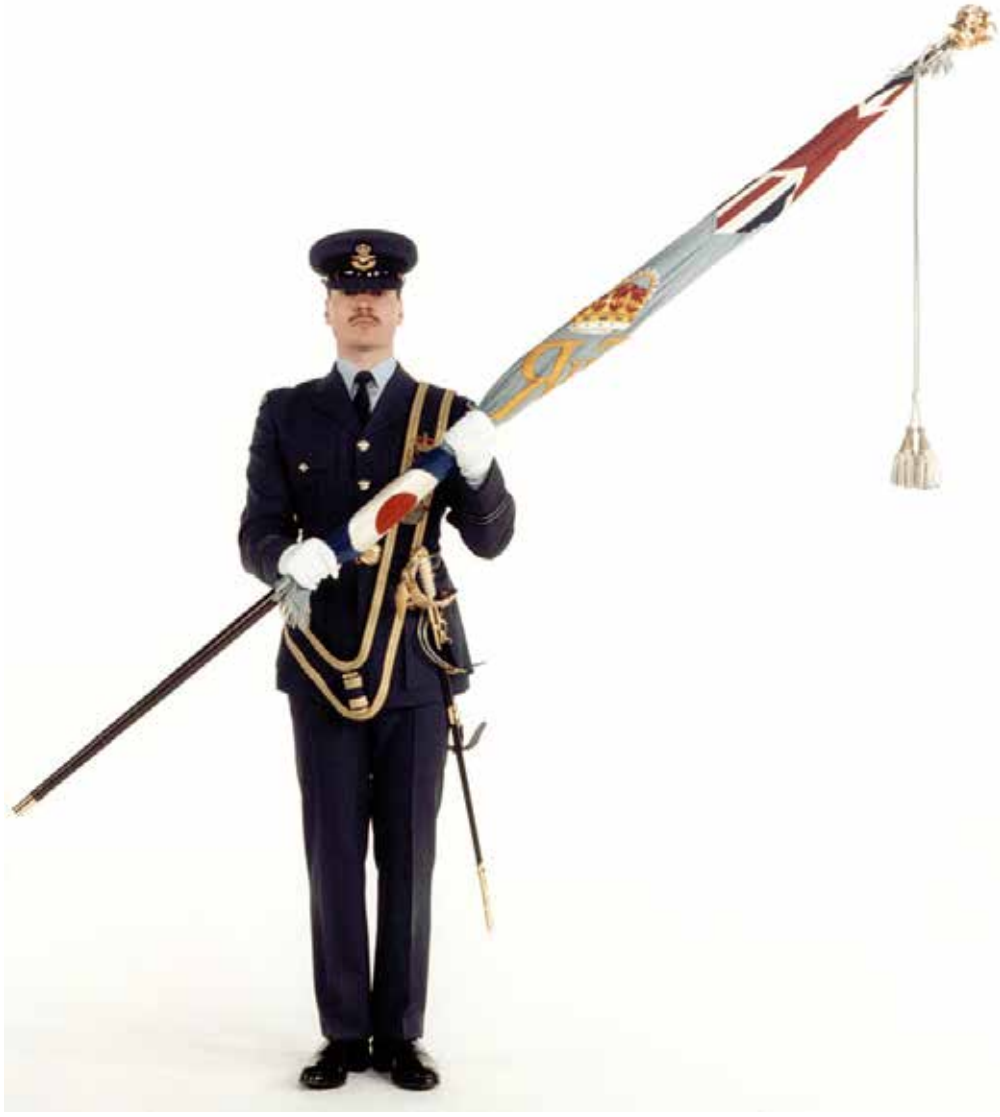
INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The pike is to be moved to a position across the front of the body, to an angle of 45 degrees under the control of the right hand. **2.** At the same time the left hand quits the grip from the socket of the Colour/Standard belt to grasp the silk and the pike in line with the left shoulder. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The silk and pike are at an angle of 45 degrees across the front of the body with the head of the pike to the left. **2.** The right hand is in line with the sword belt; the left hand is in line with the left shoulder. **3.** The base of the pike is to be one foot (300 mm) above the ground. **4.** Both elbows are to be pulled in and close to the body. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration of the movement: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **PORT COLOUR/STANDARD.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT- RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in a half circle, or the Bearer in front of you, and confirm by practise: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **PORT COLOUR/STANDARD.**	Students are to execute the movement calling out the timing: **ONE LEFT- RIGHT/ONE LEFT- RIGHT/ONE.**	**1.** This movement is often used in church when handing Colours or Standards to the Clergy and is carried out with the Bearer kneeling on the right knee. **2.** The student should practise this variation of the movement. **3.** The Colour/Standard is usually inserted into the socket of the Colour/Standard belt by the Clergy, on completion of the service. **4.** In this instance the Bearer is to gather the silk with the right hand and close the right forearm, wrist and elbow to the pike. **5.** At the same time the left hand is brought across the body by the shortest possible route to grasp the socket of the Colour/Standard belt and the pike in a full grip. **6.** Once the Bearer has full control of the Colour/Standard he is to adopt the Carry position and continue with the ceremonial.

First Movement
Fig 9-18

Final Position
Fig 9-19

PORT COLOUR/STANDARD

LESSON 11 - SALUTE AT THE HALT WITH THE COLOUR/STANDARD

INSTRUCTOR'S NOTES

Aim	To teach the Salute from the Carry, (Lowering the Colour/Standard) at the Halt.
Timings	One 45 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below. Note that this movement may be varied to account for wet weather or inclement conditions.
Dress & Stores	Clean Working Dress. Practise Colour/Standards. Practise Colour/Standard Belts.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent with sufficient height clearance.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in a half circle.
Revision	The Port from the Carry.
Spoken Introduction	**The next stage in Colour/Standard Drill is the position of the Salute from the Carry. The reason this movement is taught is to allow the correct compliment to be paid when a Royal Salute is ordered.**

B. COMPLETE DEMONSTATION.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to give a full demonstration calling out the time as the movement is executed: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **ROYAL SALUTE** **PRESENT ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) SALUTE FROM THE CARRY – ONE (Fig 9-20).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On the command 'Royal Salute', the silk is to be released by means of the right hand moving a short distance down and then back up the pike to its original position thus releasing the grip on the silk. **2.** Immediately after the third movement of the Present Arms with the rifle the pike is raised just clear of the Colour/Standard belt under the control of the right hand. **3.** At the same time the right wrist, forearm and elbow are lowered to the side of the pike to give support. **4.** At the same time the left hand is brought smartly across the front of the body to grasp the socket of the Colour/Standard belt in a full grip and guide the base of the pike. **5.** On the first part of this movement no timing is to be called. On the second part of the movement the squad is to call out: **ONE.**	**1.** On receipt of the word of command Royal Salute the silk is to be 'Let Fly' (this preliminary movement is not illustrated with a figure). **2.** After the third movement of the Present Arms, the pike is held just clear of the socket of the Colour/ Standard belt and guided with the left hand. **3.** The right wrist, forearm and elbow are lowered to the side of the pike. **4.** The pike is held perpendicular in front of the body. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) SALUTE FROM THE CARRY – TWO (Fig 9-21).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The pike is to be moved sharply across to the right hand side of the body so that the base is positioned in the hollow of the right shoulder under the control of the right hand. **2.** At the same time the left hand quits its grip on the socket of the Colour/Standard belt and moves sharply across the front of the body to steady the base of the pike. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The Colour/Standard is held perpendicular in front of the right shoulder with the base of the pike in the hollow of the shoulder. **2.** The right wrist, forearm and elbow are lowered against the side of the pike to give support. **3.** The left arm is bent at an angle of 90 degrees with the left wrist and forearm across the front of the body and parallel to the ground. **4.** The left hand is extended across the pike with the fingers fully extended to steady the base. **5.** The body is erect and square to front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) SALUTE FROM THE CARRY – THREE (Figs 9-22 and 9-23 and 9-24).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The left arm is to be to cut away to resume the correct position of Attention at the left hand side of the body. **2.** At the same time the pike is to be forced out well to the right and lowered in a sweeping motion to a position in front of and in line with the right toe, with the head of the pike held just above the ground and the silk spread on the ground to the right of the pike. **3.** If a strong wind is blowing from the right the Colour/Standard is to be carried well to the left and then brought to the central position in front of the body with the silk spread to the left of the pike. **4.** The pike is then to be pulled sharply rearwards and held under the right armpit with the back of the hand facing towards the ground and the right elbow pulled in to the right side of the body. **5.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The head of the pike is just clear of the ground in front of and in line with the right toe, with the silk spread to the right, (or left depending on the wind direction and strength). **2.** The Colour/Standard Bearer is to look to the front throughout the execution of this movement; the eyes are not to follow the Colour. **3.** If the Colour/Standard is lowered in wet or inclement conditions the pike is held horizontally with the silk hanging vertically whilst moving in the sweeping motion thus it remains clear of the ground to prevent it from becoming soiled. **4.** The Lowering of the Colour/ Standard is to last the duration of the particular National Anthem being played, being pulled sharply to the rear and locked in position on the last note of the music. **5.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration of the movement: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **ROYAL SALUTE** **PRESENT ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** The instructor is to tap on the ground three times with the pace stick to simulate the movements of the rifle exercise Present Arms. **2.** The length of time for the band to play the National Anthem for a Royal Salute is 30 seconds.
ARE THERE ANY QUESTIONS?	The Squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in a half circle, or the individual in front of you, and confirm by practise: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **ROYAL SALUTE** **PRESENT ARMS.**	Students are to execute the movement and call out the timing: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** Practise the Squad for both dry and inclement weather drills. **2.** When executing dry weather drills ensure that the pike is held just off of the ground on completion of the third movement.

First Movement

Fig 9-20

Second Movement

Fig 9-21

Third Movement(Forced out)

Fig 9-22

SALUTE AT THE HALT

Final Position

Fig 9-23

Strong Wind

Fig 9-24

SALUTE AT THE HALT

LESSON 12 - CARRY COLOUR/STANDARD FROM THE SALUTE AT THE HALT

INSTRUCTOR'S NOTES

Aim	To teach the Carry from the Salute at the Halt.
Timings	One 20 minute period.
Method	A basic outdoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress. Practise Colour/Standard. Practise Colour/Standard Belt.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent with sufficient height clearance.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in a half circle.
Revision	The Salute from the Carry at the Halt.
Spoken Introduction	**The next stage in Colour/Standard drill is the Carry from the Salute position. The reason this movement is taught is to enable the Bearer to adopt the Carry from the Salute.**

B. COMPLETE DEMONSTATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration calling out the time as the movement is executed: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) CARRY COLOUR/STANDARD – ONE (Fig 9-25).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the first movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The Colour/Standard is raised to a perpendicular position in front of the body under the control of the right hand so that the base of the pike is just above the socket of the Colour/Standard belt, the pressure of the pike being borne under the right armpit. **2.** At the same time the left hand is brought across the front of the body by the shortest possible route to grasp the socket of the Colour/Standard belt and steady the base of the pike in a full grip. **3.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The right wrist, forearm and elbow are lowered against the pike. **2.** The left hand has a full grip around the base of the socket of the Colour/Standard belt and the base of the pike. **3.** The pike is perpendicular in front of the body. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) CARRY COLOUR/STANDARD – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the second movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The pike is forced fully home into the socket of the Colour/Standard belt. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The base of the pike is fully inserted into the socket of the Colour/Standard belt. **2.** The pike is perpendicular to the centre of the body. **3.** The right wrist, forearm and elbow are held against the pike. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) CARRY COLOUR/STANDARD – THREE (Fig 9-26).

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the third movement giving the words of command: **INSTRUCTOR ONE.**	**1.** The right forearm and elbow are forced out to the right hand side of the body. **2.** At the same time the left hand is cut away sharply to the left hand side of the body to resume the correct position of Attention. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The Colour/Standard is now in the position of the Carry with the body erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration of the movement: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** Remember to catch the silk on completion of the drill.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in a half circle, or the bearer in front of you, and confirm by practise: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **SLOPE ARMS.**	Students are to execute the movement calling out the timing: **ONE LEFT – RIGHT/ONE LEFT - RIGHT/ONE.**	**1**. Impress upon the student(s) to catch the silk on completion of the movement but not to panic if it cannot be achieved.

First Movement

Fig 9-25

Final Position

Fig 9-26

CARRY FROM THE SALUTE

LESSON 13 - SALUTE WITH THE COLOUR/STANDARD WHEN MARCHING PAST

INSTRUCTOR'S NOTES

Aim	To teach the Salute with the Colour/Standard when marching past.
Timings	One 45 minute period.
Method	A basic outdoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress. Practise Colour/Standard. Practise Colour/Standard Belt.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent with sufficient height clearance.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in a half circle.
Revision	Carry from the Salute at the Halt.
Spoken Introduction	**The next stage in Colour/Standard Drill is the position of the Salute from the Carry when marching past. The reason this movement is taught is to enable the Colour/Standard Bearer to pay the correct compliment when a Royal Salute is ordered.**

B. COMPLETE DEMONSTRATION (QUICK AND SLOW TIME).

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to give a full demonstration calling out the time as the movement is executed: In Quick Time: **COLOUR/STANDARD DRILL JUDGING THE TIME EYES RIGHT/LEFT.**	**1.** In Quick Time: On receipt of the command: **EYES** the silk is released by moving the right hand sharply down the pike and returning it to the original position (termed 'Let Fly'). **2.** On the command: **RIGHT/LEFT** the Colour/Standard Bearer takes no further action.	**1.** The head remains to the front and does not turn to the direction ordered.
ANY QUESTIONS?	The squad is to practise at this stage.	
In Slow Time: **COLOUR/STANDARD DRILL JUDGING THE TIME EYES RIGHT/LEFT.**	On the execution of the movement the instructor is to callout: **ONE LEFT – RIGHT/ ONE LEFT – RIGHT/ ONE.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) THE SALUTE WHEN MARCHING PAST (IN SLOW TIME) – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** On the command: **EYES** the silk is 'Let Fly' by moving the right hand sharply down the pike and returning it to the original position. **2.** On the command: **RIGHT/LEFT,** which is received as the right foot strikes the ground a full marching pace of 30 in is taken with the left foot. **3.** As the left foot strikes the ground the base of the pike is raised just clear of the socket of the Colour/Standard belt under the control of the right hand. **4.** At the same time the right wrist, forearm and elbow are lowered to the side of the pike to give support. **5.** At the same time the left hand is brought across the front of the body by the shortest possible route to grasp the socket of the Colour/Standard belt in a full grip and guide the base of the pike. **6.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The right wrist, forearm and elbow are lowered to the pike. **2.** The left hand has a full grip on the socket of the Colour/Standard belt. **3.** The base of the pike is just clear of the socket of the Colour/Standard belt and positioned such so as to guide the pike.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) THE SALUTE WHEN MARCHING PAST (IN SLOW TIME) – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** When the right foot next strikes the ground the pike moves across to the right hand side of the body under the control of the right hand and is positioned so that the pike is in the hollow of the right shoulder. **2.** At the same time the left arm is brought across the front of the body by the shortest possible route to steady the base of the pike. **3.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The pike is vertical in front of the right shoulder with the base in the hollow of the right shoulder. **2.** The left elbow is bent to an angle of 90 degrees with the left wrist and forearm parallel to the ground. The fingers of the left hand are fully extended across the base of the pike. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) SALUTE WHEN MARCHING PAST (IN SLOW TIME) – THREE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** When the left foot next strikes the ground the Colour/Standard is lowered to the front. **2.** The pike is locked under the armpit allowing the silk to hang straight down from the pike. **3.** At the same time the left arm is cut away sharply to the left-hand side of the body. **4.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The pike is locked under the right armpit and is held so that it is horizontal to the ground. **2.** The silk is hanging straight down from the pike. **3.** The back of the right hand is facing towards the ground. **4.** The left arm is pulled well into the side of the body with the thumb in line with the seam of the trousers. **5.** Whilst marching in slow time the body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration of the movement: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **EYES RIGHT/LEFT.**	On the execution of the movement the instructor is to call out: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in a straight line and confirm by practise: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **EYES RIGHT/LEFT.**	Students are to execute the movement and call out the timing: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1**. Ensure the silk hangs straight down from the pike and that the pike is horizontal to the ground.

LESSON 14 – CARRY COLOUR/STANDARD FROM THE SALUTE WHEN MARCHING PAST IN SLOW TIME

INSTRUCTOR'S NOTES

Aim	To teach the Carry from the Salute when marching past.
Timings	One 45 minute period.
Method	A basic outdoor or indoor instructional lesson. Explain the EXECUTION of the movements and emphasise the POINTS TO NOTE, as under column headings below.
Dress & Stores	Clean Working Dress. Practise Colour/Standard. Practise Colour/Standard Belt.
Preparation	Select an area on the parade square or any area of hard ground, or indoor equivalent with sufficient height clearance.

CONDUCT OF LESSON

A. PRELIMINARIES.

Squad Formation	The squad stood properly At Ease in a half circle.
Revision	Salute with Colour or Standard when marching past.
Spoken Introduction	**The next stage in Colour/Standard drill is the Recover of the Colour/Standard to the position of the Carry from the Salute when marching past.**

B. COMPLETE DEMONSTATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a full demonstration calling the time as the movement is executed: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **EYES FRONT.**	On the execution of the movement the instructor is to call out: **ONE LEFT - RIGHT/ONE LEFT – RIGHT/ONE.**	**1.** There are three parts to this movement.
FOR THE PURPOSE OF INSTRUCTION THIS MOVEMENT IS BROKEN DOWN INTO THREE PARTS.		

C. MOVEMENTS.

1) CARRY COLOUR/STANDARD – ONE.

INSTRUCTOR	**EXECUTION**	**POINTS TO NOTE**
The instructor is to give a full demonstration calling out the time as the movement is executed: **INSTRUCTOR ONE.**	**1.** The command is given as the right foot strikes the ground. A further full marching pace of 30 inches is taken with the left foot. **2.** At the same time raising the Colour/Standard directly in front of the centre of the body and positioning the base of the pike just above the socket of the Colour/Standard belt. **3.** At the same time the right wrist, forearm and elbow are lowered against the side of the pike. **4.** At the same time the left hand is brought sharply from the left-hand side of the body to grasp the socket of the Colour/Standard belt in a full grip. **5.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The Colour/Standard is held perpendicular to the centre of the body. **2.** The left hand has a full grip around the socket of the Colour/Standard belt with the left wrist elbow and arm close to the body. **3.** The right wrist, forearm and elbow are lowered against the side of the pike. **4.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

2) CARRY COLOUR/STANDARD – TWO.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** A further full marching pace of 30 in is taken with the right foot and at the same time the base of the pike is forced into the socket of the Colour/Standard belt. **2.** On the execution of this movement the squad is to call out: **ONE.**	**1.** The base of the Colour/Standard is inserted into the socket of the Colour/Standard belt. **2.** The position of the Colour/Standard does not move throughout the execution of this movement. **3.** The body is erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

3) CARRY COLOUR/STANDARD – THREE.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to demonstrate the movement giving the words of command: **INSTRUCTOR ONE.**	**1.** A further full marching pace of 30 in is taken with the left foot at the same time the right wrist, forearm and elbow, are forced out to the right to the normal position of the Carry. **2.** At the same time the grip on the socket of the Colour/Standard belt is released by the left hand and it is forced across to the left hand side of the body as for the position of Attention. **3.** Continue marching in Slow Time with the Colour/ Standard in the position of the Carry. **4.** One quick attempt is to be made to regain the silk by closing the right wrist, forearm and elbow against the pike and reaching to secure it with the left hand. **5.** When completed the normal position of the Carry is to be adopted. **6.** On the execution of the movement the squad is to call out: **ONE.**	**1.** The Colour/Standard is in the position of the Carry. **2.** Whilst marching in Slow Time the body remains erect and square to the front.
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

D. FINAL DEMONSTRATION.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
The instructor is to give a complete and final demonstration of the movement: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **EYES FRONT.**	On the execution of the movement the instructor is to call out: **ONE LEFT- RIGHT/ONE LEFT – RIGHT/ONE.**	
ARE THERE ANY QUESTIONS?	The squad is to practise Collectively-Individually-Collectively.	

E. END OF LESSON DRILLS.

INSTRUCTOR	EXECUTION	POINTS TO NOTE
Reform the squad in a half circle, or the student in front of you, and confirm by practise: **COLOUR/STANDARD DRILL** **JUDGING THE TIME** **EYES FRONT.**	Students are to execute the movements and call out the timing: **ONE LEFT – RIGHT/ONE LEFT – RIGHT/ONE.**	**1**. Make one quick attempt to regain the silk.