



# California Cadet Corps Curriculum on Military Basics



“Individual Drill with sharpness,  
precision and snap”

M3/A: Individual Drill



# Individual Drill Agenda

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- [A2. Some Rules and Background](#)
- [A3. Attention and Rests](#)
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# INTRODUCTION TO DRILL & SOME RULES AND BACKGROUND

[A1. Introduction to Drill](#)

[A2. Some Rules and Background](#)



# Introduction to Drill

## Objectives

- *90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*
1. Name at least four of the reasons we use drill as a tool for developing leadership.
  2. Define the parts of a two-part command.
  3. Identify the steps per minute in Quick Time and the length of steps in normal marching, half step, side step, and backwards steps.
  4. Correctly perform simple commands using By-the-Numbers and In Cadence.

## Essential Question:

How is leadership learned in drill?



# Background of Drill

“The purpose of drill is to enable a commander or noncommissioned officer to move his unit from one place to another in an orderly manner; to aid in disciplinary training by instilling habits of precision and response to the leader’s orders; and to provide for the development of all Soldiers in the practice of commanding troops.”

- [TC 3-21.5 Drill & Ceremonies](#)
- On the drill field, the individual learns to participate as a member of a team, and to appreciate the need for discipline.
- Cadet learn to respond to authority and to follow orders promptly and precisely.
- In a drilling unit, individuals learn that their actions affect the success of the unit.
- Leadership begins by progressing to higher positions of responsibility.
- Cadets learn to lead by example, to look out for their peers and subordinates, while guiding them to what “right” looks like.



# Why Drill?

Cadets learn drill for many reasons:

- Ceremonial purposes
- Teamwork
- Discipline
  - Immediate Response to Orders
- Confidence
- Pride
- Attention to Detail
- Esprit de Corps
- Leadership



## Check on learning

1. Through drill, cadets learn to participate as a member of a \_\_\_\_\_?
2. T/F? Individuals learn that their actions affect the success of the drilling unit.
3. T/F? Cadets learn to ignore authority and to disregard orders promptly.
4. Leadership begins by progressing to \_\_\_\_\_ positions of responsibility.



# Some Rules and Background

## Objectives

- *90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*
1. Name at least four of the reasons we use drill as a tool for developing leadership.
  2. **Define the parts of a two-part command.**
  3. Identify the steps per minute in Quick Time and the length of steps in normal marching, half step, side step, and backwards steps.
  4. Correctly perform simple commands using By-the-Numbers and In Cadence.

## Essential Question:

**What are the two parts of a command?**





# 2-Part Commands

Fort Jackson Army Individual Drill Videos:

<https://vimeo.com/channels/524805>

**Two-part commands.** Most drill commands have two parts: the *Preparatory Command* and the *Command of Execution*. Neither part is a command by itself.

The **Preparatory Command** states the movement to be carried out and prepares the Cadet for its execution – it tells the Cadet what he/she is going to do. In **Right, FACE**, the Preparatory Command is **Right**.

The **Command of Execution** tells when the movement is to be done. In **Right, FACE**, the Command of Execution is **FACE**. When the command **FACE** is given, Cadets execute a *Right Face*.



# Combined Commands & Cadence

- **Combined Commands** - In some commands, the Preparatory Command and the Command of Execution are combined. For example, **FALL IN, AT EASE**, and **REST** are Combined Commands. The Cadet executes the command as soon as it is given.
- **Cadence.** Cadence is the timing of commands and marching. Different cadences have names and a designated number of steps per minute. Commonly, there are a couple of cadences that are used often:
  - **Quick Time** is the most common cadence. It is used for drill commands, and for executing most movements. Quick Time is 120 steps per minute, or two steps per second. The cadence of a command is Quick Time.
  - **Double Time** is used in running. It is 180 steps per minute.



# Some Rules and Background

## Objectives

- *90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*
1. Name at least four of the reasons we use drill as a tool for developing leadership.
  2. Define the parts of a two-part command.
  3. Identify the steps per minute in Quick Time and the length of steps in normal marching, half step, side step, and backwards steps.
  4. Correctly perform simple commands using By-the-Numbers and In Cadence.

## Essential Question:

What are the: steps per minute for Quick Time and Double Time, and length of steps for various movements.



# Cadence Step Count

Cadence is the timing of commands and marching.

## Quick Time

- used for drill commands
- used for executing most movements
- is 120 steps per minute, or two steps per second

## Double Time

- used in running.
- is 180 steps per minute



# Length of Steps

The Army marches at a 30-inch step. For most Cadets, this is not feasible due to body size and length of leg; therefore, the ***California Cadet Corps sets the standard step as 24-inches, and the half step, side step, and backward steps to 12-inches.***



- A step is the prescribed distance from one heel to the other heel of a marching Cadet
- All 12-inch steps are executed for a short distance only



# Check on learning

1. T/F? Cadence is the timing of commands and marching.
2. Standard steps are \_\_\_\_\_ inches in length.
3. T/F? Individuals learn that their actions affect the success of the drilling unit.
4. Double time is \_\_\_\_\_ steps per minute.
5. How far apart are backward steps?
6. T/F? All 12-inch steps are executed for a short distance only.



# Some Rules and Background

## Objectives

- *90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*
1. Name at least four of the reasons we use drill as a tool for developing leadership.
  2. Define the parts of a two-part command.
  3. Identify the steps per minute in Quick Time and the length of steps in normal marching, half step, side step, and backwards steps.
  4. Correctly perform simple commands using By-the-Numbers and In Cadence.

## Essential Question:

How do you end By-the-Numbers?



# Methods to Learn Drill

- **By-the-Numbers** is used when Cadets are first learning to drill:
  - particularly with stationary commands
  - can also be used very effectively for multiple-step commands with the manual of arms.
  - not usually done with marching commands
  - as a training tool that helps the instructor ensure that Cadets are performing the command correctly.

The command to start By-the-Numbers is ***By-the-Numbers***. The instructor then pauses, then gives the command he/she wants the Cadets to execute.
- **In Cadence** is another training tool instructors can use to help Cadets execute movements together at the correct cadence.
  - best used with stationary movements and rifle manual of arms

The command to start In Cadence is ***In Cadence*** (pause), followed by the drill command.

When the instructor wants to end doing the movements step-by-step, he/she gives the command ***Without-the-Numbers or Without-the-Cadence*** (pause), and the next command.





# By the Numbers



Left (pause),

*Seconds:*

One and



FACE

*(immediately do first count – ONE)*

Two

and



*(then second count – TWO)*

Three



# Check on learning

1. What are the two parts of a command?
2. T/F? The Preparatory command tells when the movement is to be done.
3. In ***Right, FACE***, the Command of Execution is \_\_\_\_\_.
4. In combined commands a Cadet executes the command as soon as \_\_\_\_\_.
5. What are the two training methods of learning drill?



# STATIONARY DRILL: ATTENTION, RESTS, FACING MOVEMENTS, AND SALUTING

A3. Attention and Rests

A4. Facing Movements

A5. Saluting



# Stationary Drill

## Objective

*90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*

1. Name the four positions of rest. Properly describe and perform the rest positions and the position of Attention.
2. Properly describe and perform facing movements.
3. Properly describe and perform Present Arms.

## Essential Question:

What stationary drill movements do not move the right foot?



# Attention And Rests

There are two commands used to put Cadets at the ***Position of Attention***:

1. **FALL IN** is used to assemble a formation (Cadet learn more about this in Squad Drill)
2. The two-part command for *Attention* is used to bring Cadets to Attention from a rest position. The preparatory command is the element that is drilling. For example, ***Squad, ATTENTION.***



# Position of Attention

## To assume the position of Attention:

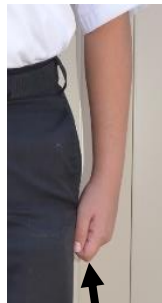
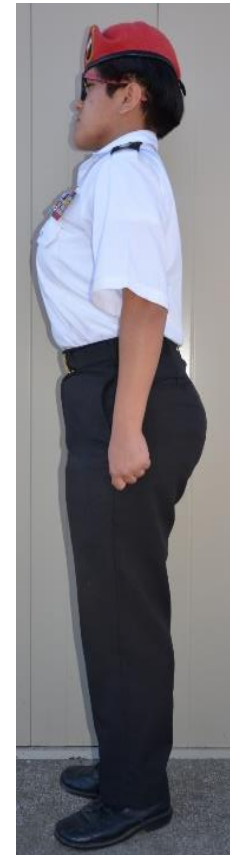
- bring the heels together sharply on line, with the toes pointing out equally, forming a 45-degree angle
- Rest the weight of the body evenly on the heels and balls of both feet
- Keep the legs straight without locking the knees
- Hold the body erect with the hips level, chest lifted, and arched, and the shoulders square
- Keep the head erect and face straight to the front with the chin drawn in so the alignment of the head and neck is vertical

**NOTE:** Be careful not to “lock” your knees. This means putting them in full extension so they are completely straight. This can impede proper blood flow from the legs and cause you to faint.

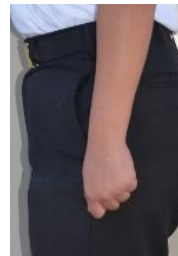


# Additional Information

- Let the arms hang straight without stiffness; curl the fingers so that the tips of the thumbs are alongside and touching the first (counted from the knuckle) joint of the index fingers
- Keep the thumbs straight along the seams of the trouser leg with the first joint (counted from the knuckle) of the fingers touching the trousers.
- Remain silent and do not move unless otherwise directed.



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# REST POSITIONS AT THE HALT

There are four rest positions at the halt:

- *Parade Rest*
- *Stand At Ease*
- *At Ease*
- *Rest*

**\*Note:** All the rest positions can be commanded from the *Position of Attention*. *Parade Rest* is only executed from the *Position of Attention*. *At Ease* or *Rest* may be executed from the *Position of Attention*, *Stand At Ease*, or from each other.

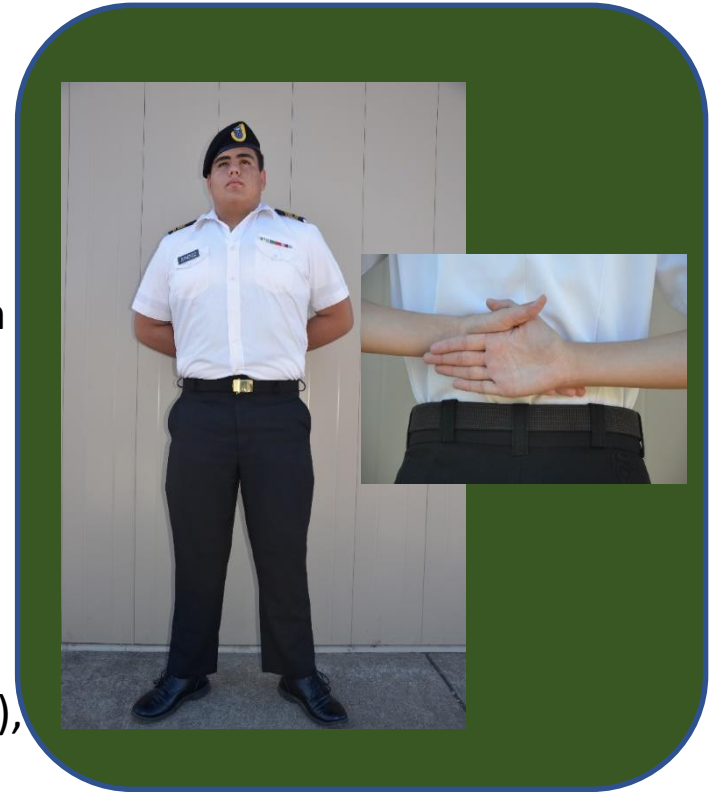




# Parade Rest

The command for this movement is ***Parade, REST.***

- On the command of execution **REST**, move the left foot about 10 inches to the left of the right foot. Keep the legs straight without locking the knees, resting the weight of the body equally on the heels and balls of the feet.
- Simultaneously, place the hands at the small of the back and centered on the belt. Keep the fingers of both hands extended (straight) and joined (all together with no gaps between them), interlocking the thumbs so that the palm of the right hand is outward.





# Stand at Ease

The command for this movement is ***Stand at, EASE.***

- On the command of execution EASE, execute *Parade Rest*, but turn the head and eyes directly toward the person in charge of the formation.
- Other than following the movements of the instructor/commander, no other movement is allowed



# At Ease

- The command for this movement is **AT EASE** (a combined command).
- On the command **AT EASE**, the Cadet may move; however he/she must remain standing and silent with his/her right foot in place.
- The Cadet usually assumes a relaxed form of *Parade Rest* (feet about 10 inches apart, hands clasped behind back, sometimes relaxed and lower than belt level) unless otherwise moving.



# Rest

The command for this movement is **REST** (a combined command).

- On the command REST, the Cadet may move, talk, or drink unless otherwise directed.
- He/she must remain standing with his/her right foot in place.
- If not otherwise engaged, Cadets usually assume a relaxed form of *Parade Rest* when at *Rest*.

**\*Note:** When at the positions of *Stand At Ease*, *At Ease*, or *Rest*, and given the preparatory command for *Attention*, Cadets immediately assume ***Parade Rest*** before coming to ***Attention***. If you're already at *Attention*, stay there.



# Stationary Drill

## Objective

*90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*

1. Name the four positions of rest. Properly describe and perform the rest positions and the position of Attention.
2. Properly describe and perform facing movements.
3. Properly describe and perform Present Arms.

## Essential Question:

Which way does one turn 180 degrees while performing an about face?



# Facing Movements

- Five facing movements can be executed from the *Position of Attention: Left (Right), FACE, Half Left (Half Right), FACE, and About, FACE.*

The FLANK is the left or right side of the formation.





# Left, Face or Right, Face

Facing to the Flank is a two-count movement. The command is ***Left, FACE*** or ***Right, FACE***.

For ***Left Face***:

- On the command of execution **FACE**, slightly raise the right heel and left toe, turning 90 degrees to the left on the left heel, assisted by a slight pressure on the ball of the right foot; keep the left leg straight without stiffness and allow the right leg to bend naturally
- On count two, place the right foot beside the left foot, resuming the *Position of Attention*; arms remain at the sides, as in the Position of Attention, throughout this Movement

For ***Right Face***:

- On the command of execution **FACE**, slightly raise the left heel and right toe, turning 90 degrees to the right on the right heel, assisted by a slight pressure on the ball of the left foot, keep the right leg straight without stiffness and allow the left leg to bend naturally



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# About Face

- Facing to the Rear is a two-count movement.
- The command is ***About, FACE.***
- On the command of execution **FACE**, move toe of the right foot to a point touching the ground about half the length of the foot to the rear and slightly to the left of the left heel; rest the weight of the body on the heel of the left foot and allow the right knee to bend naturally
- On count two, turn to the right 180 degrees on the left heel and ball of the right foot, resuming the Position of Attention; arms remain at the sides, as in the *Position of Attention*, throughout the movement.







# Stationary Drill

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*90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*

1. Name the four positions of rest. Properly describe and perform the rest positions and the position of Attention.
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3. Properly describe and perform Present Arms.

## Essential Question:

When wearing a cap with a visor where is the saluting hand placed?



# Saluting

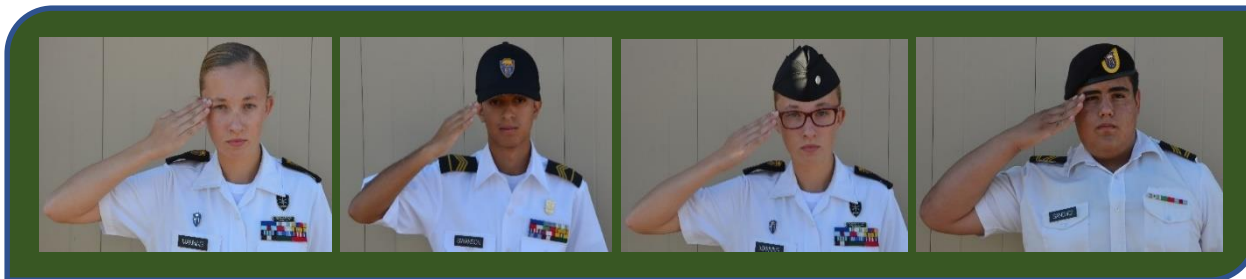
- The *Hand Salute* is a one-count movement.
- The command is ***Present, ARMS***
- The *Hand Salute* may be executed while marching; when marching, only the Cadet in charge of the formation salutes and acknowledges salutes
- When double-timing, an individual Cadet must come to *Quick Time* before saluting





# Proper Way to Salute

- To render a salute, the command is ***Present, ARMS***. Headgear with a visor, like a ball cap, utility cap, or service cap (with or without glasses), on the command of execution **ARMS**, raise the right hand sharply, fingers and thumb extended and joined, palm facing down, and place the tip of the right index finger on the rim of the visor slightly to the right of the right eye. The outer edge of the hand is barely canted downward; neither the back of the hand nor the palm is clearly visible from the front; the hand and wrist are straight; the elbow inclined slightly forward; and the upper arm horizontal.
- Headgear without a visor, or no hat, and not wearing glasses, execute the *Hand Salute* in the same manner as previously described, except touch the tip of the right index finger to the forehead near and slightly to the right of the right eyebrow.
- Headgear without a visor, or no hat, and wearing glasses, execute the *Hand Salute* in the same manner as previously described, except touch the tip of the right index finger to the right front edge on the glasses.





# Check on Learning

1. The four rest positions are:

a. \_\_\_\_\_ b. \_\_\_\_\_

c. \_\_\_\_\_ d. \_\_\_\_\_

2. The two commands for calling Attention are:

\_\_\_\_\_ and \_\_\_\_\_, \_\_\_\_\_.

3. The Flank is the \_\_\_\_\_ or \_\_\_\_\_ side of the formation.

4. T/F? For About, Face a cadet turns to the right 180 degrees?

5. T/F? Saluting is a one-count movement.



# MARCHING AND MOVEMENT



A6. Basic Marching

A7. The 24-Inch Step

A8. Change Step

A9. Marching to the Rear

A10. Rest Movement, 24-Inch Step



# Marching and Movement

## Objective

*90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*

1. Properly describe Cadence, Alignment, Dress, and Cover.
2. Properly describe marching forward.
3. Properly describe how to change one's step while marching.
4. Properly describe how to reverse the flights while marching.
5. Properly describe how to march while "At Ease"

## Essential Question:

What is Dress and Cover?



# Basic Marching

- Cadets must be at the *Position of Attention* to initiate all marching movements executed from the *Halt*.
- When executed from the *Halt*, all steps except *Right Step* begin with the left foot.
- All marching movements are executed in the cadence of *Quick Time* (120 steps per minute), except the 24-inch step, which may also be executed in the cadence of 180 steps per minute on the command ***Double Time, MARCH***
- A step is the prescribed distance from one heel to the other heel of a marching Cadet
- All 12-inch steps are executed for a short distance only.





# Alignment

- **Alignment** is the arrangement of elements in a straight line. In drill, it consists of *Dress and Cover*
- **Dress** is the alignment of elements side by side (usually to the right)
- **Cover** is the alignment of elements from front to rear







# Marching and Movement

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5. Properly describe how to march while "At Ease"

## Essential Question:

Which foot do you start with when given the command **Forward, MARCH?**



# The 24-Inch Step

- To march with a 24-inch step from the *Halt*, the command is ***Forward, MARCH.***
- On the preparatory command ***Forward,*** shift the weight of the body to the right foot without noticeable movement
- On the command of execution **MARCH,** step forward 24 inches with the left foot and continue marching with 24-inch steps
- Head and eyes are fixed to the front
- Arms swing in a natural motion, without exaggeration and without bending at the elbows, approximately 9 inches straight to the front and 6 inches straight to the rear of the trouser seams
- Fingers curled as in the *Position of Attention*





# Marching and Movement

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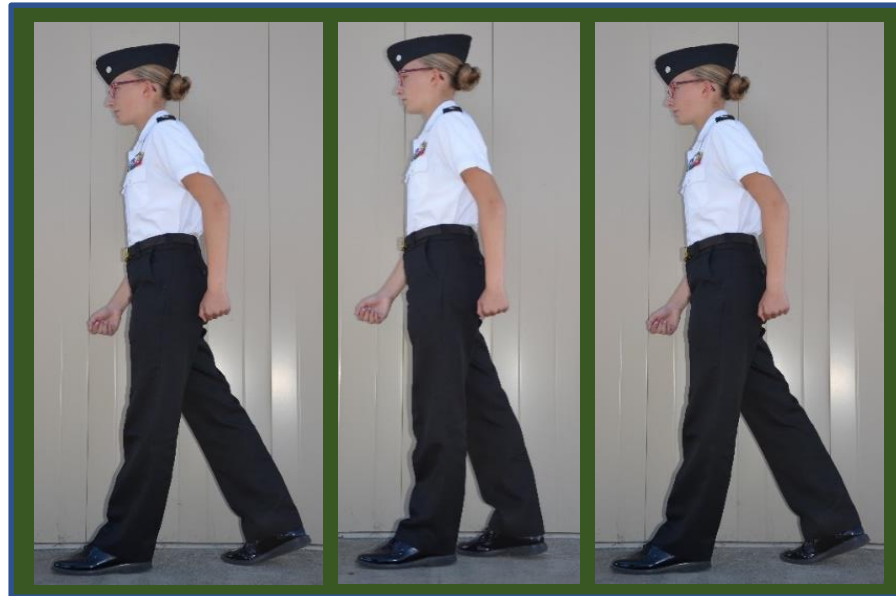
## Essential Question:

Which foot is the command Change Step, March given on?



# Change Step

- To change step, the command ***Change Step, MARCH*** is given as the right foot strikes the ground
- On the command of execution **MARCH**, take one more step with the left foot, then in one count place the right toe near the heel of the left foot and step off again with the left foot





# Marching and Movement

## Objective

*90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*

1. Properly describe Cadence, Alignment, Dress, and Cover.
2. Properly describe marching forward.
3. Properly describe how to change one's step while marching.
4. Properly describe how to reverse the flights while marching.
5. Properly describe how to march while "At Ease"

## Essential Question:

Which way do you pivot while performing a Rear March?



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# Marching to the Rear

- This movement is used to change the direction of a marching element 180 degrees
- It is only executed while marching forward with a 24-inch step
- To *March to the Rear*, the command **Rear, MARCH** is given as the right foot strikes the ground
- On the command of execution **MARCH**, take one more step with the left foot, pivot 180 degrees to the right on the balls of both feet, and step off in the new direction taking a 24-inch step with the trail foot
- Do not allow the arms to swing outward while turning.



# Marching and Movement

## Objective

*90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*

1. Properly describe Cadence, Alignment, Dress, and Cover.
2. Properly describe marching forward.
3. Properly describe how to change one's step while marching.
4. Properly describe how to reverse the flights while marching.
5. Properly describe how to march while "At Ease"

## Essential Question:

Can you talk while marching?



# Rest Movements, 24-Inch Step

Rest movements with the 24-inch step include *At Ease March* and *Route Step March*

- The command ***At Ease, MARCH*** is given as either foot strikes the ground
- On the command of execution **MARCH**, the Cadet is no longer required to retain cadence
- Silence and the approximate interval and distance are maintained
- ***Quick Time, MARCH*** and ***Route Step, MARCH*** are the only commands that can be given while marching at ease
- *Route Step March* is executed exactly the same as *At Ease March* except that the Cadet may drink from his canteen and talk





# Check on Learning

1. Cadets must be at the \_\_\_\_\_ to initiate all marching movements executed from the *Halt* .
2. T/F? When executed from the *Halt*, all steps begin with the right foot.
3. The Flank is the \_\_\_\_\_ or \_\_\_\_\_ side of the formation.
4. In Change, Step the right toe is placed near the heel of the left foot and the cadet does what with the left foot?
5. Marching to the rear is only executed while marching forward with a \_\_\_\_\_ step.



# MORE MARCHING MOVEMENTS



A11. The 12-Inch Step, Forward/Half Step

A12. Marching in Place

A13. The 12-Inch Step, Left/Right

A14. The 12-Inch Step, Backward

A15. The 24-Inch Step, Double Time

A16. Facing in Marching



# More Marching and Movement

## Objective

*90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*

1. Properly describe and perform half step.
2. Properly describe and perform mark time.
3. Properly describe and perform right and left step march.
4. Properly describe and perform backwards march.
5. Properly describe and perform double time march.
6. Properly describe and perform facing in marching movements.

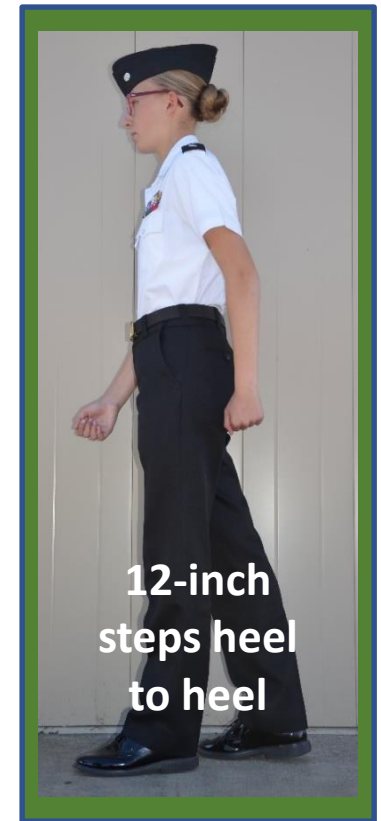
## Essential Question:

How can marching at half step teach team work?



# The 12-Inch Step, Forward/Half Step

- To march with a 12-inch step from the *Halt*, the command is ***Half step, MARCH.***
- To alter the march to a 12-inch step while marching with a 24-inch step, the command is ***Half Step, MARCH.***
- While marching at the *Half Step*, the only commands that may be given are: ***Mark Time, MARCH; Forward, MARCH; Normal Interval, MARCH; and HALT.***





# More Marching and Movement

## Objective

*90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*

1. Properly describe and perform half step.
2. Properly describe and perform mark time.
3. Properly describe and perform right and left step march.
4. Properly describe and perform backwards march.
5. Properly describe and perform double time march.
6. Properly describe and perform facing in marching movements.

## Essential Question:

What can be fixed by marking time?



# Marching in Place

- To march in place, the command *Mark Time, MARCH*
- Take care not to speed up the cadence while marching in place – it is still 120 steps per minute
- Raise each foot (alternately) 2 inches off the ground; the arms swing naturally





# More Marching and Movement

## Objective

*90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*

1. Properly describe and perform half step.
2. Properly describe and perform mark time.
3. Properly describe and perform right and left step march.
4. Properly describe and perform backwards march.
5. Properly describe and perform double time march.
6. Properly describe and perform facing in marching movements.

## Essential Question:

When is the command to halt or count cadence given?



# The 12-Inch Step, Left/Right

- To keep in line with adjusting the size of our steps to meet the shorter legs of Cadets, the side step was adjusted to 12-inches.
- To march with a *12-Inch Step Right (Left)*, the command is ***Right (Left) Step, MARCH***
- The command is given only while at the halt





# More Marching and Movement

## Objective

*90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*

1. Properly describe and perform half step.
2. Properly describe and perform mark time.
3. Properly describe and perform right and left step march.
4. Properly describe and perform backwards march.
5. Properly describe and perform double time march.
6. Properly describe and perform facing in marching movements.

## Essential Question:

What is the length of step for backwards march?



# The 12-Inch Step, Backward

- Adjusting the size of marching steps to match cadet shorter leg standards, the backward step was adjusted to 12-inches.
- To march with a *12-Inch Step Backward*, the command is ***Backward, MARCH***
- The command is given only while at the *Halt*



# More Marching and Movement

## Objective

*90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*

1. Properly describe and perform half step.
2. Properly describe and perform mark time.
3. Properly describe and perform right and left step march.
4. Properly describe and perform backwards march.
5. Properly describe and perform double time march.
6. Properly describe and perform facing in marching movements.

## Essential Question:

What is the command to resume regular marching?



# The 24-Inch Step, Double Time

- To keep in line with adjusting the step size to meet the shorter legs of Cadets, the DoubleTime step was adjusted to 24-inches.
- To march in the cadence of 180 steps per minute with a 24-inch step, the command is ***Double Time, MARCH***

**NOTE:** *Quick Time, Column Half Left (Right), and Column Left (Right)* are the only movements that can be executed while double-timing.



# More Marching and Movement

## Objective

*90% of Unit Cadets can properly execute the movements of Individual Drill with sharpness, precision, and snap when given proper commands.*

1. Properly describe and perform half step.
2. Properly describe and perform mark time.
3. Properly describe and perform right and left step march.
4. Properly describe and perform backwards march.
5. Properly describe and perform double time march.
6. Properly describe and perform facing in marching movements.

## Essential Question:

Which foot do you step off with to execute a face in marching to the right?



# Facing in Marching

*Facing in Marching* from the *Halt* is an important part of the following movements: alignments, column movements, inspecting Cadets in ranks, and changing from *Normal Interval* to *Double Interval* or *Double Interval* to *Normal Interval*



# *Facing to the Half-Right or Half-Left in Marching*

*Facing to the Half-Right or Half-Left in Marching from the Halt is executed in the same manner as Facing to the Right or Left in Marching from a Halt, except the facing movement is made at a 45-degree angle to the right or left.*

Left:

Right:





# Check on Learning

1. T/F? To march forward with a 12-inch step from the *Halt*, the command is ***Half Step, MARCH.***
2. Mark Time is how many steps per minute? \_\_\_\_\_
3. How far is a cadet suppose to raise each foot during mark time? \_\_\_\_\_
4. Why were step lengths changed for the CACC? \_\_\_\_\_