

CHAPTER 3 - FOOT DRILL

BASIC FOOT DRILL

1. During the initial stages of training in foot drill, instruction is to be given in open order.
2. Exercises are to be taught first by numbers and when proficient, judging the timing. A pause equal to one pace in quick time is to be observed between successive movements except where otherwise stated.
3. Bend the knee. One particular movement of foot drill, to be described as “Bend the Knee”, will frequently form part of a sequence. “Bend the Knee” should be demonstrated to trainees before all others. In this movement, while one leg is kept braced back with the foot flat on the ground, the other leg is bent in front of the body so that the thigh is parallel to the ground with the foot hanging naturally below the knee. The leg is then straightened and the foot placed on the ground so that on contact the ball of the foot reaches the ground first.

THE POSITION OF STANDING AT EASE

4. On the command:

stand at - EASE

The feet are to be approximately 30cms (12 ins) apart at the heels and turned outwards 45°. The knees are to be straight. The weight of the body is to be balanced on both feet and is to be evenly distributed between the heels and the fore part of the foot. The body is to be erect and the shoulders (which are to be level and square to the front), are to be drawn down and backwards without strain or stiffness, so as to bring the chest to its natural position. The arms are to hang easily to their fullest extent, at the same time holding the hands behind the back. The back of the right hand being positioned in the palm of the left hand, the thumbs are to be crossed right over left. Although standing at ease is a relaxed position, no movement is to be made.

Timing - One

5. When equipped in marching order without weapons, the arms are to be kept at the side (see position of attention).

STANDING EASY

6. On the command:

stand - EASY

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 allowed.

Timing - One

7. Personnel standing easy are to assume the position of Stand at Ease as soon as a **cautionary** word of command is given, so as to be ready to carry out the next command (for example Squad/ Flight).

ATTENTION

8. On the command:

Shun

While keeping the right foot still and the leg braced, bend the left knee and bring the left foot smartly into a position beside the right foot. At the same time pull the arms to the sides of the shortest possible route.

Timing - One

9. The heels are to be together in line. The feet are to be turned outwards at an angle of 45° approximately, to give a comfortable stance. The knees are to be straight. The weight of the body is to be balanced on both feet and is to be evenly distributed between the fore-part of the feet and the heels. The body is to be erect and is to be carried evenly over the thighs. The shoulders (which are to be level and square to the front), are to be drawn down and backwards without strain or stiffness so as to bring the chest to its natural position. The arms are to hang easily from the shoulders and are to be as straight as the natural bend of the arms (when the muscles are relaxed), will allow. 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. The neck is to be erect, the head is to be straight, and the chin is to be drawn in. The eyes are to look straight to the front (except when an individual is being personally addressed then he is to look at the person addressing him, without turning the head). Breathing is not to be restricted and no part of the body is to be stiff, tense or strained.

10. The position of attention is one of alertness in readiness for a word of command and the muscles are, therefore, to be controlled to await any orders which may be given. Unless stated all drill movements follow from the position of attention.

STANDING AT EASE FROM ATTENTION

11. On the command:

stand at - EASE

While keeping the right foot still and the leg braced, bend the left knee and place the left foot smartly on the ground 30cms (12 ins) to the left of the right foot. At the same time the hands are to be placed behind the back to assume the position of stand at ease with the weight of the body resumed evenly on both feet.

FORMATION OF A SQUAD

A right marker is to be detailed.

12. On the command:

right - MARKER

The marker is to come to attention, march out in quick time and Halt, facing the instructor at a distance of 3 paces, and stand at ease.

13. On the command:

on - PARADE

The marker (already in position), and the squad (at their off-parade position), are to come to attention. The squad is to observe a pause, and is then to march forward and form up in 3 ranks with 2 persons covering the marker to form the first file; the remainder are to form up on the left of the first file. Once still, and after observing a further pause each file, with the exception of the right file, are to turn their head and eyes to the right; at the same time personnel in the front rank are to raise their arms fully extended with hands clenched and the back of the hand upward, knuckles touching the shoulder of the person immediately to their right. 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. The shoulders are to be kept square to the front without bending the body or the head either backwards or forwards. Personnel in the centre and rear ranks are to cover the person in the front rank of their file at a distance of one pace behind each other. (At this distance personnel are in close order.)

14. When the right hand person of the second file is satisfied that the squad is steady, he/she is to turn their head and eyes to the front. At the same time personnel of the front rank are to lower their arms to their sides. Again, after a pause each file from the right to left is to stand at ease.

BLANK FILES

15. If there are only 2 people in any file, the centre rank is to be left blank. If there is only one person, the centre and rear ranks are to be left blank. Such incomplete files, known as 'Blank files', are always to be positioned as second file from the left flank.

SMALL SQUADS

16. If there are less than 9 persons to form a squad, they are to be formed up in 2 ranks with the same intervals between individuals as described above.

DRESSING

17. Each individual is responsible for their own correct dressing on parade. This principle applies during all parade movements.

18. On the command:

Parade/Flight/Squad - **right** - DRESS

- a. First Movement. Whereupon all personnel, except the right hand person of each rank, is to turn their head and eyes smartly to the right. Personnel in the front rank are to raise their right arms sharply to the right to a horizontal position, hands clenched, backs of hands upwards, each with knuckles just touching the person immediately to their right. (The elbow is bent briefly when bringing up the arm. The clenched hand is driven to the right and rear of the person next to them, taking care not to strike them on the shoulder.)
- b. Second Movement. After a pause (equal to one pace in quick time), each person is to take a dressing in line as quickly as possible by moving with short, quick paces until they are able to see the lower part of the face of the second person beyond. (The shoulders are to be kept square to the front without bending the body or head forward or backwards.) 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 person in the centre and rear ranks who, at the same time as the front rank, are to raise their arms, hands clenched, to just touch the shoulder of the person in front.

Timing - Up, Pause, Dressing

19. In some instances the command given will be:

Left - DRESS. Exactly the same procedure is followed, except that the left arms are to be raised and head and eyes turned to the left.

EYES FRONT FROM DRESSING

20. On the command:

eyes - FRONT

Each person, except the right (or left) hand person of each rank, is to turn their head smartly to the front. All those with raised arms are to drop their arms smartly to their sides without bending the elbow or striking their thighs, thereby resuming the correct position of attention.

Timing - One

DRESSING WITHOUT INTERVALS

21. On the command:

Without intervals - **right** - DRESS

The general procedure is the same as given in Paras 17 - 18 except that the arms of the front rank are not to be fully extended. Instead, the clenched hand is to be rested on the person's own right hip at belt level, with the back of the hand towards the body, thumb to the rear. The bent elbow is to just touch the left arm of the person to the right.

22. Dressing is made without intervals when space is limited when, say, an address is to be given or on some other special occasions, eg when a guard of honour is in 2 ranks.

OPEN AND CLOSE ORDER

23. On the command:

open order - MARCH

The front rank is to take 2 paces forward and the rear rank 2 paces backward.

Timing - One, One, Two

24. On the command:

close order - MARCH

The front rank is to take 2 paces backward and the rear rank 2 paces forward.

Timing - One, One, Two

25. When in 2 ranks, the rear rank only moves on each occasion. (Note: During these movements, the arms are held steady at the sides.)

TURNING WHEN HALTED

26. The detail for turning (and inclining) to the left is the same as for the movements to the right, except that the word "left" is to be substituted for the word "right" and vice versa. During all turning movements the arms are to be kept close to the sides as for the position of attention. Turning at the halt is divided into 2 movements.

27. On the command:

right - TURN

- a. First Movement. A turn is to be made to the right, through 90°, on the right heel and left toes by raising the left heel and right toes; both knees are to be kept straight and the body erect. On completion of this preliminary movement the right foot is to be flat on the ground and the left heel raised, knees are to be straight and the thighs locked and the weight of the body is to be on the right foot.

- b. Second Movement. After a pause, bend the left knee and resume the position of attention facing the new direction.

Timing - One, Pause, Two

INCLINING

28. Inclining is similarly carried out in 2 movements.
29. On the command:

right in - CLINE

- a. First Movement. A movement is made similar to that of the first movement for a right turn, except that the turn is to be made to the half right (45°).
- b. Second Movement. As for the second movement for the turn.

Timing - One, Pause, Two

TURNING ABOUT

30. The About Turn is always to be made by turning to the right, unless specifically detailed otherwise for certain instances. The About Turn is also carried out in 2 movements.
31. On the command:

about - TURN

- a. First Movement. A movement is made similar to that of the first movement for a right turn except that the turn is to be to the rear (180°).
- b. Second Movement. As for the second movement for the right turn.

Timing - One, Pause, Two

SALUTING TO THE FRONT WHEN HALTED

32. Saluting to the front when halted is always carried out in 2 movements.
33. On the command:

to the front - SALUTE

- a. First Movement. The right hand is to be brought smartly, with a semi-circular motion, to the side of the head. The palm of the hand is to be to the front with the thumb and fingers fully extended and held closely together. The fore-finger is to be placed 2cms (1 in) behind and to the right of the eye. The wrist is to be straight and the elbow in line and square with the right shoulder.

- b. Second Movement. After a pause equal to 2 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.

Timing - Up, Two, Three, Down

SALUTING TO THE FLANK WHEN HALTED

34. Saluting to the flank when halted is similarly carried out in 2 movements.
35. On the command:

to the left/right - SALUTE

- a. First Movement. 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 turned sharply in the direction ordered.
- b. Second Movement. In this case a pause equal to 4 paces in quick time is to be observed before carrying out the movements to return the hand to the side of the body and the head and eyes to the front.

Timing - Up, Two, Three, Four, Five, Down

FALLING OUT AND DISMISSING

36. The order to Fall Out is to facilitate dispersal from the formal formation, to attend a task or to rest, prior to being required to fall in again. There is no salute during the Fall Out.
37. On the command:

fall - OUT

Personnel carry out a right incline, and after a pause march off individually in accordance with any instructions they have been given.

Timing - One, Pause, Two, Pause, Forward

38. The order to Dismiss implies completion of the parade and personnel are to disperse to their next duty or off duty, as required.
39. On the command:

dis - MISS

The same action is to be carried out as for the Fall Out.

Timing - One, Pause, Two, Pause, Forward

40. If an officer is present, the orders given and actions carried out will change.

41. On the command:

Officer on parade - **dis** - MISS

Personnel carry out a right incline, pause, salute to their front for a pause equal to 2 paces in quick time, discontinue the salute and, after a further pause, are to disperse to their next duty or off duty, as required.

Timing - One, Pause, Two, Pause, Up, Two, Three, Down, Pause, Forward

Annexes:

- A. Instructors' Check Points.
- B. Marching.

INSTRUCTORS' CHECK POINTS

Instructors should check for the following common faults during drill:

1. Position of Attention and Stand at Ease
 - a. A strained position which constricts breathing.
 - b. Allowing the body to sag and the shoulders and arms to creep forward.
 - c. Roving eyes.
 - d. Bending the wrist and failing to close the hands.
 - e. Feet and body not square to the front, heels not together.
2. Standing at Ease from Attention (and vice versa)
 - a. Bending the waist when moving.
 - b. Allowing the arms to bend or to move too far from the body when going behind the back or coming to the sides.
 - c. Moving the right foot.
 - d. Moving left foot less than 30cms (12 ins) and not at the correct angle.
3. Standing Easy
 - a. Moving the feet.
 - b. Adjusting clothing etc, without an order.
4. Dressing
 - a. A sluggish movement of the arm or head.
 - b. Looking up or down or not square to the side while dressing off.
 - c. Craning forward.
 - d. Not keeping the shoulders square to the front.

- e. Shuffling movements with the feet.
- f. Unnecessary movement.

5. Turnings

- a. The weight not being on the leading foot in the first movement.
- b. Not completing the turn with the body and shoulders in the first movement.
- c. Moving the arms, particularly during the second movement.
- d. Bending at the waist during the second movement.

6. Saluting

- a. The body and head not remaining erect.
- b. Allowing the elbow to come forward.
- c. Saluting hand not straight and in an incorrect position.
- d. Allowing the left arm to creep forward.
- e. Failing to turn head and eyes fully in the direction ordered.

MARCHING

BALANCE STEP

1. The Balance Step is an effective method of teaching personnel to control the muscles and limbs and to acquire correct balance and erect carriage. It is also a useful preliminary method of instruction in training personnel in drill movements. When the person has made enough progress to carry out each separate movement of the balance step correctly, the interval between the successive words of command is to be reduced until each movement forward is made after only a short pause.

2. On the command:

Balance step - **left foot** - FRONT

The head and the body are to be in the position of attention with the arms steady at the sides. The left foot is to be advanced smartly to the front about 38cms (15 ins), and turned outward at the same angle as when halted, with the toes pointing towards, and 5cms (2 ins) from the ground. The left leg is to be kept straight and the body is to be balanced on the right foot.

3. On the command:

for - WARD

The left foot is to be advanced in an even movement to complete a pace of 75cms (30 ins), ensuring the small toe of the foot touches the ground first. At the same time the weight of the body is to be transferred to the left foot, keeping the right foot at its original position with the knee bent and the toes on the ground.

4. On the command:

Right foot - **for** - WARD

The right foot is to be advanced smartly 75cms (30 ins) beyond the left foot. The leg is to be bent sufficiently to enable the foot to clear the ground, and is to be straightened as it comes forward. The foot is to be stretched and turned outwards at the same position as when halted. The toes are to be pointed towards and about 5cms (2 ins) from the ground. The small toe of the foot touches the ground first, the weight is transferred to that foot and the left foot remains 75cms (30 ins) behind it with the knee bent and the toe on the ground.

5. The sequence of commands at Para 3 is then continued as necessary.

6. On the command:

Flight/Squad - HALT

Which is given when the right foot is forward and on the ground, a pace of 38cms (15 ins) is to be completed with the left foot, bend the right knee, and then place the right foot smartly down in line with the left foot; movement ceases at the position of attention.

TURNINGS ON THE MARCH

7. On the command:

Balance Step - **right** - TURN

Which is to be given when the left foot is forward and on the ground, a full forward pace is to be completed with the right foot. The left foot is to be turned diagonally to the right and is to be placed on the ground with the instep about 8cms (3 ins) in front of the right toe. The weight of the body is to be turned to the right (through 90°). At the same time, the right foot is to be advanced smartly about 30cms (12 ins) in the new direction, and is to be held clear of the ground with the foot stretched and the toes pointing downwards. (In this position both knees are to be straight and the arms are to be steady at the sides.)

8. On the command:

for - WARD

A forward pace of 75cms (30 ins) is to be completed with the right foot, and marching resumed.

Note: Details for the balance step movement to the left are the same except that the words left and right should be counter changed.

Appendix:

1. Instructors' Check Points - The Balance Step.

INSTRUCTORS' CHECK POINTS - THE BALANCE STEP

Instructors should check for the following common faults during drill:

1. Leaning back, thus allowing the heel to reach the ground first.
2. Arms and hands not being kept vertical.

INTENTIONALLY

BLANK