

PHOTOGRAPHS - BASIC DRILL MOVEMENTS

(FRONT)

STAND AT EASE



HEELS 12" APART
ANGLE OF FEET 30 - 45°

(REAR)
STAND AT EASE



RIGHT HAND OVER LEFT HAND
THUMBS CROSSED - ARMS LOCKED

(FRONT VIEW)

ATTENTION



HEELS TOGETHER - TOES 30 - 45° ANGLE
SHOULDERS BACK - ARMS STRAIGHT - HANDS LIGHTLY CLENCHED
THUMBS DOWN LEVEL WITH SEAMS ON TROUSERS/SKIRT
HEAD AND EYES FORWARD LOOKING SLIGHTLY ABOVE HEAD HEIGHT

(SIDE VIEW)

ATTENTION



BEND THE KNEE



HANDS MUST STAY TO THE SIDE AT ALL TIMES.
LEFT/RIGHT THIGH PARALLEL TO GROUND.
THIS IS NOT ALWAYS POSSIBLE FOR FEMALE CADETS WEARING SKIRTS AT
THE REGULATION DESIGN.
TOE TO POINT NATURALLY DOWN AND THE DISTANCE MAY VARY
ACCORDING TO SIZE.
REMEMBER, THE FOOT IS PLACED FIRMLY TO THE GROUND, NOT STAMPED
WHICH MAY CAUSE INJURY.



HANDS MUST STAY TO THE SIDE AT ALL TIMES.
LEFT/RIGHT THIGH PARALLEL TO GROUND.
THIS IS NOT ALWAYS POSSIBLE FOR FEMALE CADETS WEARING SKIRTS AT
THE REGULATION DESIGN.
TOE TO POINT NATURALLY DOWN AND THE DISTANCE MAY VARY
ACCORDING TO SIZE.
REMEMBER, THE FOOT IS PLACED FIRMLY TO THE GROUND, NOT STAMPED
WHICH MAY CAUSE INJURY.

FIRST MOVEMENT OF QUICK MARCH



ARMS TO BE KEPT STRAIGHT - LEFT ARM REARWARD - RIGHT ARM FORWARD AND PARALLEL TO THE GROUND, THUMB UPPERMOST, WRIST STRAIGHT. STEPPING OFF WITH THE LEFT FOOT AT A *30" OR 75CM PACE AT 120 PACES PER MINUTE IN QUICK TIME.

(*THIS MAY VARY ON SIZE OF CADETS, BUT SHOULD BE ENCOURAGED.)



ARMS TO BE KEPT STRAIGHT - LEFT ARM REARWARD - RIGHT ARM FORWARD AND PARALLEL TO THE GROUND, THUMB UPPERMOST, WRIST STRAIGHT. STEPPING OFF WITH THE LEFT FOOT AT A *30" OR 75CM PACE AT 120 PACES PER MINUTE IN QUICK TIME.

(*THIS MAY VARY ON SIZE OF CADETS, BUT SHOULD BE ENCOURAGED.)

(FRONT VIEW)

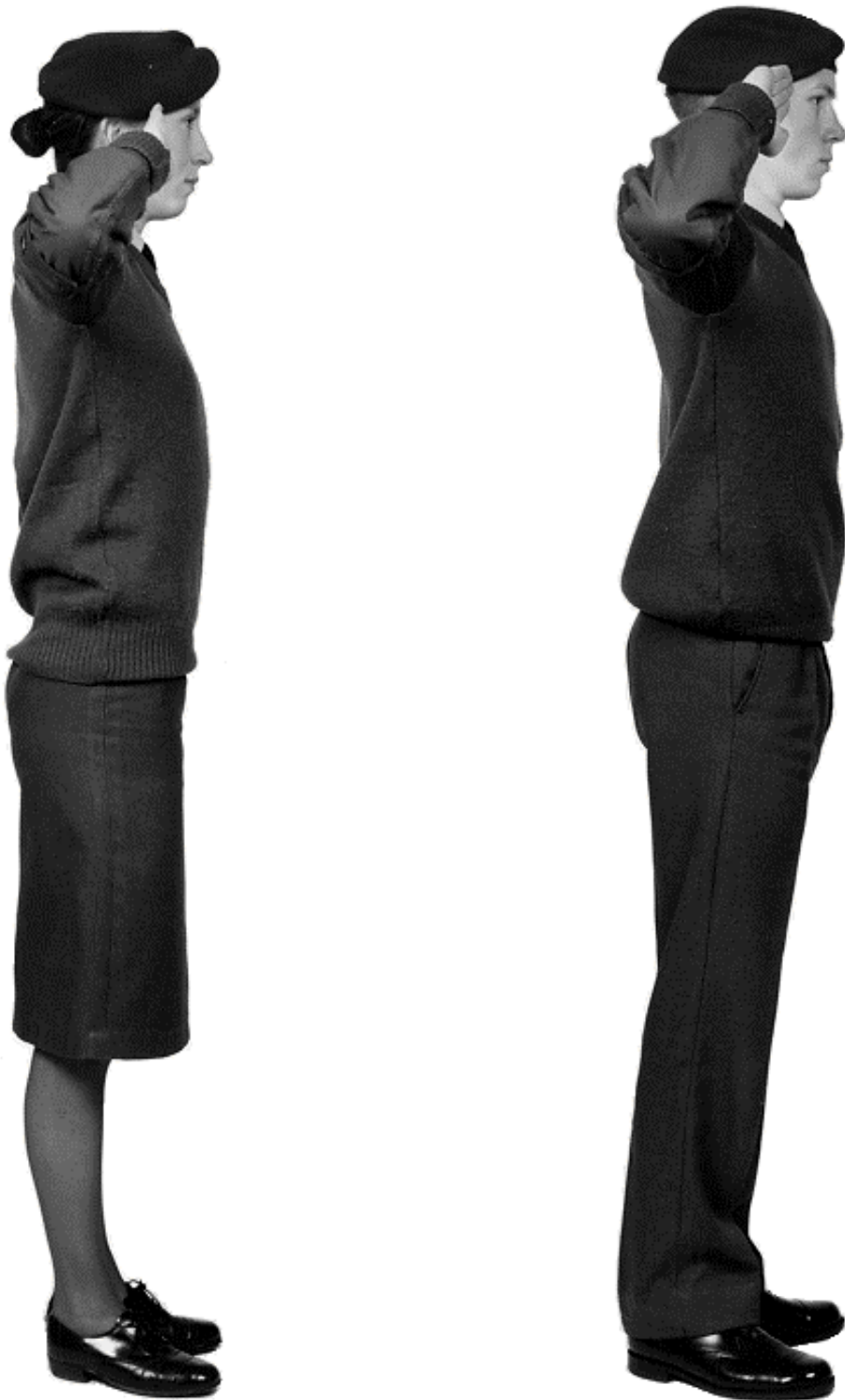
SALUTE TO THE FRONT



HAND OPEN-PALM FORWARD - FINGERS AND THUMB TOGETHER, WRIST STRAIGHT,
UPPER ARM AND ELBOW PARALLEL TO GROUND.
COMMENCE SALUTE LONGEST WAY UP FROM THE SIDE OF BODY.
DISCONTINUE SALUTE SHORTEST WAY DOWN TO THE SIDE OF BODY.

(SIDE VIEW)

SALUTE TO THE FRONT



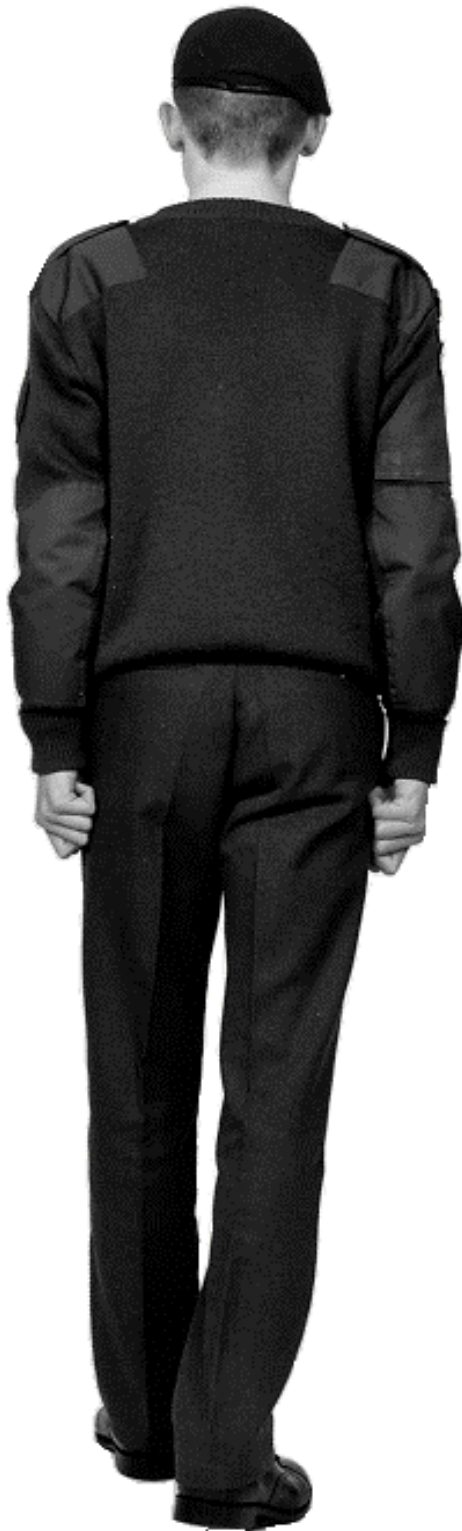
FINGERS TO BE LEVEL AND ONE INCH BEHIND THE RIGHT EYE AT THE TEMPLE OF THE HEAD.

RIGHT INCLINE/RIGHT TURN/ABOUT TURN



RIGHT INCLINE - PIVOT ON THE RIGHT HEEL AND LEFT TOE 45°.
RIGHT TURN - PIVOT ON THE RIGHT HEEL AND THE LEFT TOE 90°.
ABOUT TURN - PIVOT ON THE RIGHT HEEL AND LEFT TOE 180°.

LEFT INCLINE/LEFT TURN



LEFT INCLINE - PIVOT ON THE LEFT HEEL AND THE RIGHT TOE 45°.
LEFT TURN - PIVOT ON THE LEFT HEEL AND THE RIGHT TOE 90°.