

## CHAPTER 4 - BASIC DRILL IN QUICK AND SLOW TIME

### BASIC DRILL IN QUICK TIME

1. The Quick March. On the command:

#### **quick - MARCH**

- a. First Movement. The left foot is to be advanced evenly to complete a pace of 75cms (30 ins). The foot is to meet the ground with the heel. During this movement the rear knee is to be braced. The arms are to be as straight as their natural bend will allow; the wrists are to be straight; and the fingers are to be slightly clenched with the thumb to the front, on top and touching the forefinger. The right arm is to be swung forward in line with and level to the shoulder and the left arm is to be swung to the rear as far as possible without contorting the body.
- b. Second Movement. The right foot then is to be advanced 75cms (30 ins) with the heel of the foot meeting the ground. The arms are to be reversed so the left arm comes forward and the right arm is swung to the rear.
- c. Third Movement. The left foot is then advanced 75cms (30 ins) with the heel meeting the ground first. The arms are to be reversed so that the right arm comes forward and the left arm is swung to the rear.
- d. The forward movement is to be continued in quick time (120 paces per min). The legs are to be swung forward freely and naturally from the hip. Each leg as it swings forward is to be bent sufficiently at the knee to enable the foot to clear the ground.

Timing - Left, Right, Left

2. Halt from Quick March. On the command:

#### **Squad/Flight - HALT**

- a. First Movement. The command is given when the left foot strikes the ground. A 75cm (30 ins) pace is to be completed with the right foot reversing the arm swing.
- b. Second Movement. The next pace of 38cms (15 ins) by the left foot is to be used to check the forward motion, again reversing the arm swing.
- c. Third Movement. As the right knee is forced up into the bend the knee position, the arms are checked into the side of the body after which the right foot is placed smartly down by the left foot as in the position of attention.

Timing - One, One, Two

3. Marking Time from the Halt. On the command:

**mark - TIME**

- a. First Movement. The left foot is to be raised 15cms (6 ins) from the ground. The lower leg (below the knee to foot), is to hang perpendicular to the ground, with the toes slightly pointing downwards. The arms are to be kept steady at the sides of the body during this movement.
- b. Second Movement. The left foot is to be lowered to the ground next to the right foot as in the position of attention; then immediately the right foot is then to be raised 15cms (6 ins) from the ground; keeping the arms into the sides of the body.
- c. Third Movement. The right foot is then lowered to the ground as in the position of attention; then the left foot is immediately raised from the ground. Keeping the arms checked in.
- d. Each person is to mark time in quick time (120 paces per min) starting with the left foot. When marking time, each foot is raised alternately 15cms (6 ins) from the ground without moving forward, backwards or sideways.

Timing - Left, Right, Left

4. Marking Time from the Quick March. On the command:

**mark - TIME**

- a. First Movement. The command is given when the left foot is forward and on the ground; a full 75cms pace is completed with the right foot, the arm swing is reversed, so the left arm is forward and the right arm is to the rear.
- b. Second Movement. As the 38cms pace is completed with the left foot, arm swing reversed, the forward motion of the body is to be checked.
- c. Third Movement. The right knee is forced up into the bend the knee position, the arms are checked into the sides of the body, and marking time commences.
- d. Fourth Movement. The right foot is then lowered to the position of attention, and immediately the left foot is raised to 15cms from the ground. Keeping the arms checked into the sides of the body. No movement in any direction.
- e. Fifth Movement. The left foot is then lowered and the right foot is raised as for the mark time.

Timing - One, One, Right, Left, Right

5. Halt from Marking Time. On the command:

Squad/Flight - HALT

The command is given when the left foot is on the ground. The right foot is to be brought smartly down into position beside the left and all movements cease at the position of attention.

Timing - One

6. Forward from the Marking Time. On the command:

**for - WARD**

- a. First Movement. The command is given when the left foot is on the ground. The movement with the right foot is to be completed.
- b. Second Movement. The left foot advances forward 75cms to resume quick marching, the arms are to resume, the right arm to the front and the left arm to the rear.

Timing - Check, Forward

7. Changing Step when Marking Time. On the command:

**change - STEP**

- a. First Movement. The command is given when the left foot is on the ground, then the right foot is raised.
- b. Second Movement. The right foot is lowered to the ground, then immediately raised again.
- c. Third Movement. The right foot is lowered to the ground, the left foot is raised.

Timing - Right, Right, Left

8. Changing Step on the March. On the command:

**change - STEP**

- a. First Movement. The command is given when the right foot is forward on the ground. A further 75cms pace is completed with the left foot, and the arm swing is reversed.
- b. Second Movement. The hollow of the instep of the right foot is brought up to the heel of the left foot, and checking the arms into the side of the body, causing a momentary pause in forward motion.
- c. Third Movement. The left foot is then to be moved forward resuming the arm swing, right arm forward and left arm to rear.

- d. Although the step is changed the timing is not lost.

Timing - Left, Check, Left

### VARIATIONS IN PACE

9. Step Out. On the command:

#### **step - OUT**

- a. First Movement. The command is given on the left foot, after which a further 75cms pace is completed with the right foot, alternating the arm swing.
- b. Second Movement. The pace is to be increased to 85cms (33 ins) starting with the left foot, alternating the arm swing and without altering the marching cadence.
- c. This movement is used when slightly more distance is to be covered but without altering the marching cadence.

Timing - Quick March

10. Quick March from Step Out. On the command:

#### **quick - MARCH**

- a. First Movement. The word of command is given on the left foot after which a further 85cms pace is to be completed with the right foot, alternating the arm swing.
- b. Second Movement. The pace is to be shortened to a distance of 75cms, starting with the left foot and alternating the arm swing. The cadence of march is not to be increased.

Timing - Quick March

11. Step Short. On the command:

#### **step - SHORT**

- a. First Movement. The command is given when the left foot is forward and on the ground after which a further 75cms pace is to be completed with the right foot, alternating the arm swing.
- b. Second Movement. The pace is to be shortened to 53cms (21 ins) starting with the left foot, alternating the arm swing and without altering the cadence of march.
- c. This step is to be used when a slight decrease in the distance to be covered is required.

Timing - Step Short

12. Quick March from the Step Short. On the command:

**quick - MARCH**

- a. First Movement. The command is given when the left foot is forward and on the ground after which a further 53cms (21 ins) is to be completed with the right foot, alternating the arm swing.
- b. Second Movement. As the left foot next strikes the ground, a normal marching pace of 75cms (30 ins) is taken, alternating the arm swing.
- c. During and on completion of this movement the cadence of march is not altered. The quick march pace should always be ordered prior to giving any other marching instruction.

Timing - Quick March

13. Turnings on the March. On the command:

**right - TURN**

- a. First Movement. The command is given when the left foot is forward and on the ground. A full pace is to be completed with the right foot and at the same time the arms are to be checked into the side of the body.
- b. Second Movement. The turn to the right is commenced by raising the left knee through the bend the knee position, and placing the left foot on the ground diagonally to the right and approximately 8cms (3 ins) in front of the right foot.
- c. Third Movement. The turn to the right is completed (ie through 90°) by leading off in the new direction in quick time with the right foot and resuming the normal arm swing.

Timing - Check, Turn, Forward

14. Right Incline. On the command:

**right in - CLINE**

The movement for the Right Incline is to be carried out in the same manner as for the right turn except that only half a turn is to be made (ie through 45°).

15. Left Turn/Incline. Detail for movements to the left is the same except that the word 'left' should be read for 'right' and vice versa.

16. About Turn. On the command:

**about - TURN**

- a. First Movement. The command is given when the left foot is forward and on the ground. A full pace of 75cms (30 ins) is to be completed with the right foot, at the same time checking the arms into the side of the body.

- b. Second Movement. The About Turn is commenced by raising the left knee through the bend the knee position and placing the left foot diagonally to the right, approximately 8cms (3 ins) in front of the right foot.
- c. Third Movement. The About Turn is continued by raising the right knee through the bend the knee position, and placing the heel of the right foot at a right angle to and against the heel of the left foot.
- d. Fourth Movement. The About Turn of 180° is completed by raising the left knee through the bend the knee position and placing the left foot beside the right foot as for the position of attention.
- e. Fifth Movement. Marching in Quick Time is resumed, leading off in the new direction with the right foot. During the execution of the About Turn, the cadence of march is not altered.

Timing - Check, Left, Right, Left, Forward

17. Moving Forward or Backward a Given Number of Paces. A formation may be moved forward or backward a maximum of 5 paces without being ordered to Quick March. This movement is to be used only when it is necessary for cadets to be moved forward or backward a short distance onto a marker or alignment.

18. On the command:

Paces step backward/step forward - MARCH

- a. The formation is to move forward (or backward) the number of paces ordered, commencing with the left foot. Arms are to be kept steady at the sides of the body throughout the movement and the whole of the movement is to be carried out in Quick Time.
- b. During this movement and depending on the number of paces ordered, the final part of the movement will be with either the right foot (odd number of paces) or the left foot (even number of paces), coming to rest in the position of attention.

Timing - One, Two, Three, Four, Five, Check (ie for 5 Paces)

19. Moving Sideways a Given Number of Paces. A formation may be moved sideways a maximum of 5 paces without requiring alternative commands. This movement is to be used only when it is necessary for personnel to be moved to the left or right, over a short distance to a given point or marker.

20. On the command:

Paces Right - **close** - MARCH

- a. The right foot is to be placed 30cms (12 ins) to the right and the left foot is to be brought up to it in quick time. The necessary number of paces is to be completed in this manner without a pause. Shoulders are to be kept square to the front and each knee is to be raised in the “Bend the Knee” position. The whole movement is to be carried out in Quick Time.
- b. Detail for the movement to the left is the same except that the word 'left' should be read for 'right'.

Timing - One, Check, Two, Check, Three, Check, Four, Check, Five, Check  
(ie for 5 Paces)

21. Saluting on the March. Personnel are to be taught to salute in various directions and situations to accustom them to salute correctly:

- a. Saluting to the front, to teach the correct manner of approaching officers.
- b. Saluting to either side, for when passing officers.
- c. Saluting officers passing their front, across their line of movement.

22. To the Front Salute. On the command:

**to the front - SALUTE**

- a. First Movement. The command is given when the left foot is forward and on the ground. Personnel are to halt, observe a pause equal to one pace in Quick Time and then Salute To The Front.
- b. Second Movement. After observing a pause equal to 4 paces in Quick Time, personnel are to carry out a second Salute To The Front.
- c. Third Movement. After observing a pause equal to one pace in Quick Time, personnel are to carry out an About Turn.
- d. Fourth Movement. After observing a pause equal to one pace in Quick Time, personnel are to commence marching, in Quick Time, leading off with the left foot.

23. The pause between salutes (the Second Movement) represents the delivery or receipt of a message.

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

24. To the Left/Right Salute. On the command:

**to the left/right - SALUTE**

- a. First Movement. The command is given when the left foot is forward and on the ground. A full 75cms pace is completed with the right foot and the arms are checked into the sides of the body.
- b. Second Movement. When the left foot comes forward and touches the ground, the head is to be turned smartly in the direction ordered and the salute is to be given.
- c. Third Movement. Then four 75cm paces are taken forward, starting with the right foot, holding the salute.
- d. Fourth Movement. As the right foot completes the next pace, the right arm is to be brought to the side of the body and the head turned to the front.
- e. Fifth Movement. As the left foot completes the next pace normal arm swing is resumed, the right arm swung to the front.
- f. The left arm is to be kept steady at the side of the body during the salute.

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

25. An Officer Passing your Front Salute. On the command:

Officer passing your front - SALUTE

- a. First Movement. The command is given when the left foot is forward and on the ground. A full 75cms pace is completed with the right foot, and the arms are to be checked into the sides of the body.
- b. Second Movement. The left foot then completes a further 75cms pace and the salute (to the front), is to be given. Eyes are to be kept looking forward.
- c. Third Movement. Then four 75cm paces are completed forward starting with the right foot. The salute is to be held throughout these paces.
- d. Fourth Movement. As the right foot completes the next pace, the right arm is to be brought to the side of the body.
- e. Fifth Movement. As the left foot completes the next pace normal arm swing is resumed, the right arm swung to the front.
- f. The left arm is to be kept steady at the side of the body during the salute.

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



## COMPLIMENTS ON THE MARCH

26. Eyes Left/Right or Front. When marching in formed bodies under command, personnel of the Squad/Flt are required to pay compliments by turning their head and eyes only, to the direction ordered. NCO's in command of Squads/Flts are to give their orders on the successive left foot steps (and to coordinate their own salutes), so both compliments are paid simultaneously.

27. On the command:

**eyes - LEFT/RIGHT/FRONT**

- a. First Movement. The command is given when the left foot is forward and on the ground. A full 75cms pace is completed with the right foot.
- b. Second Movement. The left foot then completes a further 75cms pace forward, and as the foot touches the ground the head and eyes are turned smartly in the direction ordered.
- c. The arms continue to swing in the normal manner.

Timing - Check, Turn

## BASIC DRILL IN SLOW TIME

28. The Slow March. On the command:

**slow - MARCH**

- a. First Movement. The left foot is to be advanced evenly to complete a 75cms pace. The foot is to be turned outward at the same angle as when halted, with the foot stretched and the toes pointed towards the ground.
- b. Second Movement. Then without a pause, a similar pace is to be taken with the right foot, and the forward movement continued in slow time (60 paces per min).
- c. Third Movement. Then again without a pause, the left foot is to be advanced to the normal pace, in slow time.
- d. Each leg, as it swings forward, is to be bent sufficiently at the knee to enable the foot just to clear the ground. The whole process of slow marching is to be a smooth, continuous succession of movements. Any tendency to jerk rigidly between paces is to be avoided. The arms and hands are to be kept steady at the sides. The body is to be well-balanced over the thighs, avoiding any tendency to rock from side to side.

Timing - Left, Right, Left

29. Halt from Slow March. On the command:

**Squad/Flight - HALT**

- a. First Movement. The command is given when the right foot is forward and on the ground. A forward pace of 38cms (15 ins) is to be completed with the left foot and used to check the forward motion.
- b. Second Movement. Bend the right knee and the right foot is then to be stopped smartly in line with the left foot and all movement finishes at the position of attention.

Timing - One, Two

30. Marking Time. From the position of attention or while slow marching, the detail the command **mark-TIME** (given on the left foot), is the same as that for Quick Time, but carried out in Slow Time.

31. Halt from Marking Time. On the command:

Squad/Flight - HALT

Given when the left foot is forward and on the ground, the right foot is to be brought down into position beside the left foot and all movement ceases at the position of attention.

Timing - One

32. Forward from Marking Time. While marking time, detail for the command **for-WARD** is the same as for Quick Time, but carried out in Slow Time.

33. Changing Step. The detail for the command **change-STEP** is the same as that for Quick Time, but carried out in Slow Time.

34. Variation of Pace. The detail of variation in pace is the same as that for Quick Time, but carried out in Slow Time.

35. Turnings on the March. The detail for turning and inclining is the same as that for Quick Time, but carried out in Slow Time.

36. Slow March to Quick March. On the command:

**quick - MARCH**

The command is given when the right foot is on the ground. The left foot then completes a full 75cms pace in quick time, resuming the arm swing.

Timing - Left, Right, Left

37. Quick March to Slow March. On the command:

Into slow time - **slow - MARCH**

- a. First Movement. The command is given when the left foot is forward and on the ground. A full forward pace is to be completed in quick time with the right foot, the arms are to be checked into the sides of the body.

b. Second Movement. The left foot is to be advanced in slow time to 75cms, keeping the arms checked in.

Timing - Check, Left, Right, Left

38. Eyes Left/Right/Front. On the command:

**eyes** - LEFT/RIGHT/FRONT

The command is given on the right foot. Whereupon as soon as the left foot strikes the ground the head and eyes are turned smartly in the direction ordered.

Timing - Turn

Annexes:

- A. Instructors' Check Points - Basic Drill in Quick Time.
- B. Instructors' Check Points - Basic Drill in Slow Time.
- C. Photographs - Basic Drill Movements.

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**INSTRUCTORS' CHECK POINTS - BASIC DRILL IN QUICK TIME**

1. Instructors should check for the following common faults during drill.
2. Quick Marching:
  - a. Stepping a pace of more (or less) than 75cms (30 ins).
  - b. Not keeping the arms, wrist and hands straight.
  - c. Not pulling the arm hard enough to the rear.
  - d. Allowing the foot to come to the ground with the knee bent.
  - e. Not swinging the arm in a straight line from front to rear.
  - f. Personnel not keeping their own dressing and step.
3. Halting:
  - a. Bending at the waist when bending the right knee.
  - b. Exaggerating the movement of the right arm when bending the right knee.
  - c. Incorrect balance on completion of the halt.
4. Marking Time:
  - a. Not marking time on the spot.
  - b. Increasing the rate of marching pace.
  - c. Stamping the feet onto the ground.
  - d. Arm movement.
5. Changing Step in Mark Time:
  - a. Increasing the rate of pace.
  - b. Not completing 2 paces with right foot.

6. Changing Step on the March:

- a. Not taking 2 full 75cms (30 ins) paces with the left foot.
- b. Not checking the arms in as the right foot is brought to the rear of the left.

7. Turnings on the March:

- a. Arms not kept still at the sides during the actual turn on the foot.
- b. Not achieving a full 75cms (30 ins) pace on the first step in the new direction.
- c. Allowing the body to bend at the waist when completing the movement.

8. Saluting on the March:

- a. Not moving the left foot, right arm and head at exactly the same time.
- b. Not keeping the body and shoulders to the front and the head at an angle of 90° to the side.
- c. Not looking directly at the person/item being saluted.

**INSTRUCTORS' CHECK POINTS - BASIC DRILL IN SLOW TIME**

Instructors should check for the following common faults during drill:

1. Slow Marching:
  - a. Leaning too far back, thus allowing the heel to reach the ground first.
  - b. Arms and hands not kept steady at the sides of the body.
  - c. Jerking or hesitating movement with the leading foot in mid-step.
2. Halting:
  - a. Not bracing the knee when making the final step with the left foot.
  - b. Not halting in quick time.
3. Marking Time: Increasing the rate of pace.
4. Changing Step:
  - a. Not taking two full steps of 75cms with the left foot.
  - b. When marking time, increasing the rate of marching.
5. Turnings on the March:
  - a. Not turning through 90°.
  - b. Not remaining erect during the turn.
  - c. When turning about not assuming the position of attention at the end of each of the steps during the turn.
6. Breaking into Quick Time: Not striking the ground with the left heel.
7. Breaking into Slow Time: Not bending the knee and thus not checking the forward movement.

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