

NJROTC

PCWC DRILL INSTRUCTION CARDS PACKAGE

Instructional Techniques For *Individual Movements, Unarmed*

CARDS U-1 thru U-52

Adapted from the MCRD, Parris Island Drill Manual
And the Marine Corps Drill and Ceremonies Manual (MCO)
P5060.20

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ABBREVIATIONS

(PC/COE) – Instructor identifies and explains the Preparatory Command (PC) and Command of Execution (COE)

(CC) - Instructor identifies and explains the Combined Command

(Given in the appropriate voice and cadence the command sounds like this...) – Here the instructor actually gives the command in the appropriate voice and cadence. Ex. When given in the appropriate voice and cadence, the command sounds like this: “**RIGHT, FACE**”

(Demonstrate the movement in cadence) – Here the instructor gives the command in the appropriate voice and cadence and performs the movement in proper cadence.

ii.

GENERAL INFORMATION

1. The introduction and summary to each movement will contain certain required information. "P.C.W.C." is prescribed for purposes of clarity:

- (P) Purpose of the movement.**
 - (C) Number of counts involved in its execution.**
 - (W) When the movement may be executed.**
 - (C) Commands to cause the movement to be executed :**
 - State what the command is
 - Break down the command. (Describe the Preparatory command and command of execution)
 - Give the command in the appropriate voice/in cadence.
2. Movements that can be executed both from the halt and while marching will be taught from the halt first.
3. Each movement will be explained and demonstrated in detail and then demonstrated as executed in cadence
4. When executed from the halt, all steps in marching, except right step, begin with the left foot.
5. Indicate the proper cadence, when necessary, by counting cadence. The only movement that requires the instructor to count cadence is side step.

GENERAL INFORMATION (Cont.)

- c. Body
 - 1) Explain and demonstrate the seven steps.
 - 2) Demonstrate the movement in cadence giving all Commands, as commands.
- d. Summary. Upon completion of the movement, summarize by restating the P.C.W.C.
- e. Conclusion. Give a concluding statement. (Ex. This concludes my period of instruction. At this time, are there any questions?)
- f. Practice.

GENERAL INFORMATION (Cont.)

6. Commands of execution are given as the foot on the side of the desired direction of the march strikes the deck.
7. Allow a one count pause between the last syllable of the preparatory command and the command of execution. Larger units may require a longer pause. Commands from the halt are given at quick time cadence.
8. Always state the name of the movement and give the P.C.W.C. before explaining the movement. Ex..
- a. The movement I will explain and demonstrate is the Position of attention
 - b. Introduction:
 - 1) P – Basic military position from which most other drill movements are executed.
 - 2) C – There are no counts involved in this movement. However, there are seven steps in describing this movement.
 - 3) W – This movement is executed when halted at any position of rest or while marching at route step or at ease
 - 4) C – The commands for this movement are ATTENTION or FALL IN. Attention is preceded by a preparatory command that is designated by the size of the unit, such as squad, platoon, or company. For demonstration purposes, I will use a squad. Fall In is a combined command given without rise or inflection of the voice. When given in cadence, the command will sound like this: SQUAD, ATTENTION; FALL IN

Position Of Attention (POA)

(P) : Basic position from which most other drill movements are executed.

(C) : No counts, however, there are seven steps in describing the position of attention.

(W): Halted at any position of rest, marching at route step or at ease.

(C): “Fall in” (CC) or, the command of execution “Attention” which is always preceded by a preparatory command designating the size of the unit such as (SQUAD, PLATOON or COMPANY) (Given in the appropriate voice and cadence the commands sound like this “**FALL IN**” or “**Platoon, ATTENTION.**”)

1. Bring the left heel against the right heel.
 2. Turn feet out equally to form an angle of 45 degrees, keep heels on the same line and touching.
 3. Keep legs straight but not stiff at the knees.
 4. Keep hips and shoulders level, chest lifted
 5. Arms should be straight, but not stiff at the elbows, thumbs along the trouser seams, palms facing inward, toward legs, fingers joined in a natural curl.
 6. Hold head and body erect, look straight ahead, mouth closed, chin pulled slightly in.
 7. Stand still, do not talk.
- On the command **FALL IN** , assume your position in ranks at the POA
 - (Demonstrate the movement in cadence)

PARADE REST

(P): To give troops a rest from the POA

(C): One

(W): When: halted at P.O.A.

(C): Parade Rest (PC/COE) (Given in the appropriate voice and cadence the command sounds like this “**Parade, REST**”)

- Assume you are halted at the POA and you receive the command **Parade, REST.**
- On the preparatory command, **Parade**, shift the weight of your body to the right leg without noticeable movement.
- On the command of execution “**REST**”, and for the count of one:
 1. Move the left foot smartly 12-inches (measured from inside of each heel) to the left.
 2. Heels remain on line, body weight rests equally on both Legs. Legs straight without stiffness
- 3. At the SAME TIME the left foot is moved:
 - a. Clasp hands behind back
 - b. Left hand is placed in the small of the back just below the belt
 - c. Right hand inside left
 - d. Right thumb lightly grasps left thumb
 - e. All fingers extended and joined, palms to the rear
 - f. Elbows in line with the body
- REMAIN SILENT; DO NOT MOVE
- The only command you may receive while at parade rest is “**ATTENTION**”, on the command, drop your arms, bring the left heel smartly against the right assuming the POA.
- (Demonstrate the movement in cadence)

AT EASE

(P): To give troops a rest from the POA

(C) : One

(W): Halted at attention

(C): At Ease (CC) (Given in the appropriate voice and cadence the command sounds like this “**AT EASE**”)

- Assume you are halted at the POA and you receive the command “**AT EASE**”.
- At the command keep your right foot in place.
- You may move about but must not talk.
- You may also be given this command when not in ranks. In this case, cease talking but continue whatever you were doing before the command
- When in ranks, the only command you may receive while at ease is “**ATTENTION**”
- On the preparatory command, assume the position of parade rest
- On the command of execution, smartly bring the left heel against the right, dropping hands to sides assuming the POA
- (Demonstrate the movement in cadence)

REST

(P): To give troops a rest from the POA

(C) : One

(W): Halted at attention

(C): REST (CC) (Given in the appropriate voice and cadence the command sounds like this “**REST**”)

- Assume you are halted at the POA and you receive the command “**REST**”.
- On the command, you may move and talk; however, you must keep your right foot in place.
- The only command you may receive while at rest is “**ATTENTION**”
- On the preparatory command (Squad, Platoon, Company, etc.) assume the position of parade rest
- On the command of execution, smartly bring the left heel against the right, dropping hands to sides assuming the POA
- (Demonstrate the movement in cadence)

FALL OUT

(P): to give troops a rest from the POA

(C): No counts. This is not a precision movement

(W): halted at attention

(C): **FALL OUT** (CC) (Given in the appropriate voice and cadence the command sounds like this “**FALL OUT**”)

- Assume you are halted at the POA and you receive the command “**FALL OUT**”
- Upon receiving this command, you may leave your position in ranks.
- Go to a pre-designated area or remain in the immediate vicinity.
- When “**FALL IN**” is given, return to your place in ranks at the position of attention.
- (Demonstrate movement in Cadence)

HALT

(While marching forward at quick time cadence)

(P): To halt the unit

(C): Two

(W): While marching forward at quick time

(C): SQUAD, PLATOON OR COMPANY, HALT (PC/COE)

(Preparatory command is designated by size of unit)

(Given in the appropriate voice and cadence the command sounds like this “**Platoon, HALT**”)

- Assume you are marching forward at quick time and you receive the command, “**Squad, HALT**”.
- C.O.E. may be given as either foot strikes deck. For demonstration purposes the command is given as the right foot strikes the deck. “**Squad, HALT**” (Step)
- On the command of execution HALT, and for the first count of HALT, take one more 30-inch step with the left foot (Step).
- Your next step and for the second count of HALT would be to smartly bring your right heel against the left heel assuming POA (Step)
- Remain in this position until given another command.
- (Demonstrate the movement in cadence)

HALT

(While marching forward at double time cadence)

(P): To halt the unit

(C): Three

(W): While marching forward at double time.

(C): SQUAD, PLATOON OR COMPANY, HALT (PC/COE)

(Preparatory command is designated by size of unit) (Given in the appropriate voice and cadence the command sounds like this “**Squad, HALT**”)

Assume you are marching forward at double time and you receive the command, “**Squad, HALT**”)

- The C.O.E. may be given as either foot strikes deck. (For demonstration purposes assume the command is given as the right foot strikes the deck.) “**Squad, HALT**” (STEP).
- On the command of execution HALT, and for the first count of HALT, your next step would be one more 36-inch step to the front with the left foot (Step).
- Your next step and for the second count of HALT would be a 30-inch step forward with the right foot, decreasing the cadence and lower your arms to quick time position (step)
- Your next step and for the third count of HALT would be to smartly bring your left heel against the right heel assuming POA (Step)
- Remain in this position until given another command.
- (Demonstrate the movement in cadence)

HALT

(While double timing in place)

(P): To halt the unit

(C): Three

(W): While double timing in place

(C): SQUAD, PLATOON OR COMPANY, HALT_ (PC/COE)

(Preparatory command is designated by size of unit) (Given in the appropriate voice and cadence the command sounds like this “**Squad, HALT**”)

- Assume you are double timing in place and you receive the command, “**Squad, HALT**”.
- The C.O.E. given as either foot strikes deck. For demonstration purposes the command is given as the left foot strikes the deck. “**Squad, HALT**” (Step).
- On the command of execution HALT, and for the first count of halt, your next step would be one more 6-inch vertical step in place with right foot (Step).
- Your next step and for the second count of halt will be a 2-inch vertical step in place with the left foot
Decreasing the cadence & lowering the arms to the quick time position (Step).
- Your next step and for the third count of halt will be a 2-inch vertical step in place with the right foot bringing the right heel smartly against the left heel, assuming the POA
- Remain in this position until given another command.
- (Demonstrate the movement in cadence)

U-14

HALT

(While marching backward at back step)

(P): To halt the unit

(C): Two

(W): While marching backward at half step.

(C): SQUAD, PLATOON OR COMPANY, HALT.

(PC/COE) (Preparatory command is designated by size of unit.) (Given in the appropriate voice and cadence the command sounds like this “**Squad, HALT**”)

- Assume you are marching backward at half step and you receive the command, “**Squad, HALT**”.
- Assume you are marching backward at half step and you receive the command, “**Squad, HALT**”.
- Command of execution may be given as either foot strikes deck. For demonstration purposes, assume it is given as the left foot strikes the deck, “**Squad, HALT**” (Step).
- On the command of execution HALT and for the first count of halt, your next step will be one more 15-inch step backward with the left foot (Step).
- Your next step and for the second count of halt will be to smartly bring the right heel against the left heel assuming the POA
- Remain in this position until given another command.
- (Demonstrate the movement in cadence)

EYES RIGHT

(At the Halt)

(P): Used to demonstrate military courtesy to reviewing officers & dignitaries during parades & ceremonies

(C): One

(W): Halted at POA

(C): EYES, RIGHT (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... “**Eyes, RIGHT**”)

- Assume you are halted at the POA and you receive the command, “**Eyes, RIGHT**”.
- On the command of execution RIGHT, and for the count of one – all members of formation (including guide) smartly turn heads & eyes 45° to the right
- Shoulders remain square to front
- There is no command to terminate this movement
- As reviewing officer enters your line of vision, follow him/her until your head & eyes are straight to the front
- At this time, the movement is terminated, remain at the POA
- (Demonstrate the movement in cadence)

U-15

U-16

EYES RIGHT

(On the March)

(P): Used as a courtesy to reviewing officers & dignitaries during parades & ceremonies

(C): One

(W): Marching at quick time

(C): Eyes RIGHT. (P/COE) (Given in the appropriate voice and cadence the command sounds like this ... “**Eyes RIGHT**”)

- Assume you are marching forward at quick time (Step). The unit commander gives the command when he/she is 6 paces from the reviewing officer.
- Command of Execution is given as right foot strikes the deck. “**EYES, RIGHT**” (Step)
- On the command of execution “**RIGHT**,” and for the count of one, the next step is a 30-inch step to the front with the left foot.
- At the same time, all files except right file smartly turn heads & eyes 45° to right. (Right file keeps head and eyes to front) Shoulders remain square to front.
- Continue to march until next command is given
- The command to terminate (“**Ready, FRONT**”) is given as the left foot strikes the deck.
- On the Command of execution, (“**FRONT**”) the next step is a 30-inch step to the front with the right foot.
- At same time, all members who executed eyes right, smartly turn head and eyes to front (Step).
- At this time, the movement is terminated, continue to march until given another command.
- (Demonstrate the movement in cadence)

EYES LEFT

(P): Used as a courtesy to reviewing officers & dignitaries during parades & ceremonies

(C): One

(W): While marching at quick time only

(C): Eyes LEFT. (PC/COE) (Given in the appropriate voice and cadence the command sounds like this ... “**Eyes, LEFT**”)

- Assume you are marching forward at quick time (Step). The unit commander gives the command when he/she is 6 paces from the reviewing officer
- Command of Execution is given as left foot strikes the deck. “**EYES, LEFT**” (Step).
- On the command of execution “**LEFT**,” and for the count of one, the next step is a 30-inch step to the front with the right foot.
- At the same time, all files except left file smartly turn heads & eyes 45° to left. (Left file keeps head and eyes to front) Shoulders remain square to front.
- Continue to march until next command is given
- The command to terminate (“**Ready FRONT**”) is given as the right foot strikes the deck.
- On the command of execution (“**FRONT**”) the next step is a 30-inch step to the front with the right foot.
- At same time, all members who executed eyes left, smartly turn head and eyes to front. (Step)
- At this time, the movement is terminated, continue to march until given another command.
- (Demonstrate the movement in cadence)

U-17

RIGHT FACE

(P): To face unit to the right
 (C): Two
 (W): Halted at attention
 (C): **RIGHT, FACE (PC/COE)** (Given in the appropriate voice and cadence the command sounds like this...**”Right, FACE”**)

- Assume you are halted at the position of attention and you receive the command, **”Right, FACE”**
- At the command of execution **”FACE”** and for the count of one:
 1. Slightly lift heel of left foot and toe of right foot
 2. Face 90° to right by pivoting on right heel and left toe (keep left leg straight w/o stiffness and thumbs along trouser seams)
- For the count of two, smartly bring the left heel against the right heel, assuming the POA
- Remain until given another command
- (Demonstrate the movement in cadence)

DOUBLE TIME

(While Marching Forward at Quick Time)

(P): To march forward taking 180 – 36-inch steps per minute
 (C): No counts
 (W): While marking forward at quick time
 (C): **DOUBLE TIME, MARCH (PC/COE)** (Given in the appropriate voice and cadence the command sounds like this...**”Double Time, MARCH”**)

- Assume you are marking forward at quick time and you receive the command, **”Double Time, MARCH”**
- The command of execution may be given as either foot strikes the deck. For demonstration purposes, assume it is given as the left foot strikes the deck. **”Double Time, MARCH”** (Step).
- At the command of execution **”MARCH”**, your next step would be one more 30-inch step to the front w/the right foot (Step).
- The next step would be a 36-inch step to the front with the left foot (Step). The 36 inches are measured from the rear of The left heel to the rear of the right heel.
- At the same time, increase the cadence to 180 steps per minute and raise the forearms to the horizontal position along the waistline, fingers closed, knuckles out.
- Continue to double time, taking 180, 36-inch steps per minute, swinging your arms in their natural arc, across the front of your body until given another command.
- (Demonstrate the movement in cadence)

LEFT FACE

(P): To face unit to the left
 (C): Two
 (W): Halted at attention
 (C): **LEFT, FACE (PC/COE)** (Given in the appropriate voice and cadence the command sounds like this...**”Left, FACE”**)

- Assume you are halted at the position of attention and you receive the command, **”Left, FACE”**
- At the command of execution **”FACE”**, and for the count of one:
 1. Slightly lift heel of right foot and toe of left foot
 2. Face 90° to left by pivoting on left heel and right toe (keep right leg straight w/o stiffness and thumbs along trouser seams)
- For the count of two, smartly bring the right heel against the left heel, assuming the POA
- Remain until given another command
- (Demonstrate the movement in cadence)

DOUBLE TIME

(While Double Timing in Place)

(P): To march forward taking 180 – 36-inch steps per minute
 (C): No counts
 (W): While double timing in place
 (C): **DOUBLE TIME, MARCH (PC/COE)** (Given in the appropriate voice and cadence the command sounds like this...**”Double Time, MARCH”**)

- Assume you are double timing in place and you receive the command, **”Double Time, MARCH”**
- The command of execution may be given as either foot strikes the deck. For demonstration purposes, assume it is given as the left foot strikes the deck. **”Double Time, MARCH”** (Step).
- At the command of execution **”MARCH,”** your next step would be one more 6” vertical step in place w/the right foot (Step).
- The next step would be a 36-inch step to the front with the left foot (Step). The 36 inches are measured from the rear of The left heel to the rear of the right heel.
- At the same time, increase the cadence to 180 steps per minute and raise the forearms to the horizontal position along the waistline, fingers closed, knuckles out.
- Continue to double time, taking 180, 36-inch steps per minute, swinging your arms in their natural arc, across the front of your body until given another command.
- (Demonstrate the movement in cadence)

ABOUT FACE

(P): To face unit about

(C): Two

(W): Halted at attention

(C): ABOUT, FACE. (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... **“About, FACE”**)

- Assume you are halted at the position of attention And you receive the command, **“About, FACE”**.
- On the preparatory command, **“About”**, shift the weight of your body to left leg with out noticeable movement.
- On the command of execution FACE, and for the count of one:
 1. Place the ball of the right foot on the deck, one half your foot’s length to the rear and slightly to the left of the left heel (One). Do not change the position of the left foot.
 2. The right leg remains straight with out stiffness
 3. The body weight is equally on the left heel and ball of right foot.
 4. Keep your thumbs along your trouser seams, and legs straight but not locked at the knees.
- For the count of two, face to the rear by turning 180° to right about pivoting on heel of left and toe of right foot assuming the POA (Two).
- Remain until given another command.
- (Demonstrate the movement in cadence)

SIDE STEP

(To the right)

(P): To move the unit to the right a short distance

(C): No counts, however, there is a cadence of 1 - 2

(W): Halted at the POA

(C): RIGHT STEP, MARCH. (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... **“Right Step, MARCH”**)

Assume you are halted at the position of attention and you receive the command **“Right Step, MARCH”**

- On the preparatory command **“Right step”**, shift the weight of the body to the left foot without noticeable movement
- On the command of execution **“MARCH”**, and for the cadence count of one, place the right foot 12 inches to the right of the left foot (12 inches are measured from inside right to inside left heel)
 1. The heels remain on line
 2. Body weight is evenly distributed on both legs
 3. Legs are straight w/o stiffness
 4. Thumbs remain along trouser seams
- On the cadence count of two, smartly bring the left heel against the right heel as in the POA
- Continue taking 12-inch right steps to the right at 120 steps per minute until you receive the command HALT.
- (Demonstrate the movement in cadence)

HALT

(From right side step)

(P): To halt the unit

(C): Two

(W): While side stepping to the right

(C): SQUAD, PLATOON OR COMPANY, HALT.

(PC/COE) (Preparatory command is designated by size of unit.) (Given in the appropriate voice and cadence the command sounds like this... **“Squad, HALT”**)

- For demonstration purposes the preparatory command SQUAD will be used.
- Assume you are side stepping to the right And you receive the command, **“Squad, HALT”**.
- Both the preparatory command and the command of execution must be given as the heels come together. **“Squad”** (Step), **“HALT”** (Step)
- On the command of execution, **“HALT”**, and for the first count of halt, take one more 12 inch step to the right (Step).
- Your next step and for the second count of halt is to smartly bring the left heel against the right heel assuming the POA (Step).
- (Demonstrate the movement in cadence)

SIDE STEP

(To the left)

(P): To move the unit to the left a short distance

(C): No counts, however, there is a cadence of 1 - 2

(W): Halted at the POA

(C): LEFT STEP, MARCH. (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... **“Left Step, MARCH”**)

Assume you are halted at the position of attention and you receive the command **“Left Step, MARCH”**

- On the preparatory command **“Left Step”**, shift the weight of the body to the right foot without noticeable movement
- On the command of execution **“MARCH”**, and for the cadence count of one, place the left foot 12 inches to the left of the right foot (12 inches are measured from inside right to inside left heel)
 1. The heels remain on line
 2. Body weight is evenly distributed on both legs
 3. Legs are straight with out stiffness
 4. Thumbs remain along trouser seams
- On the cadence count of two, smartly bring the right heel against the left heel as in the POA
- Continue taking 12-inch left steps to the left at 120 steps per minute until you receive the command HALT.
- (Demonstrate the movement in cadence)

HALT

(While marking time)

(P): To halt the unit

(C): Two

(W): While marking time.

(C): SQUAD, PLATOON OR COMPANY, HALT.

(PC/COE) (Preparatory command is designated by size of unit) (Given in the appropriate voice and cadence the command sounds like this... "**Squad, HALT**".)

- Assume you are marking time and you receive the command "**Squad, HALT**".
- The C.O.E. may be given as either foot strikes deck. For demonstration purposes, it will be given as the right foot strikes. "**Squad, HALT**". (Step).
- On the command of execution HALT and for the first count of halt, your next step will be one more 2-inch vertical step in place with the left foot.
- Your next step and for the second count of halt will be a 2-inch vertical step in place with the right foot, smartly bringing the heels together assuming the POA (Step).
- Remain in this position until given another command.
- (Demonstrate the movement in cadence)

HALT

(From Left Side Step)

(P): To halt the unit

(C): Two

(W): While side stepping to the left

(C): SQUAD, PLATOON OR COMPANY, HALT. (PC/COE) (Preparatory command is designated by size of unit.) (Given in cadence the command sounds like this... "**Squad, HALT**".)

- Both the preparatory command and the command of execution must be given as the heels come together
- Assume you are side stepping to the left and you receive the command "**Squad, HALT**".
- On the command of execution, HALT, and for the first count of halt, take one more 12-inch step to the left (Step).
- Your next step and for the second count of halt is to smartly bring the right heel against the left heel assuming the POA (Step).
- (Demonstrate the movement in cadence)

U-29

MARK TIME

(From the halt)

(P): To march in place at quick time cadence

(C): No counts

(W): From the halt

(C): MARK TIME, MARCH (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... "**Mark Time, MARCH**".)

- Assume you are halted at the POA and you receive the command "**Mark Time, MARCH**".
- On the preparatory command "**Mark Time,**" shift body weight to the right leg slightly without noticeable movement
- On the command of execution "**MARCH,**" beginning with your left foot then alternating, raise each foot so the ball of the foot is approximately 2-inches, and the heel approximately 4-inches from the deck.
- At the same time, swing your arms naturally as in marching.
- Continue marching in place taking 112 - 120 2-inch vertical alternating steps per minute, swinging your arms six inches to front and three inches to the rear of your legs until given another command.
- (Demonstrate the movement in cadence)

HALF STEP

(From the halt)

(P): To march forward at quick time, taking 15-inch steps.

(C): No counts

(W): Halted at the POA

(C): HALF STEP, MARCH (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... **“Half Step, MARCH”**)

- Assume you are halted at the POA and you receive the command **“Half Step, MARCH”**.
- On the preparatory command **“Half Step,”** shift body weight to the right leg without noticeable movement.
- On the command of execution **“MARCH,”** step off forward in quick time cadence with 15-inch steps. The balls of your feet should strike the deck before your heels. The 15 inches are measured from the rear of the left heel to the rear of the right heel.
- At the same time, begin swinging the arms six inches to the front and three inches to the rear of your legs. Continue marching in place at quick time, swinging your arms six inches to front and three inches to the rear of your legs until given another command.
- (Demonstrate the movement in cadence)

HALF STEP

(While marching forward at Quick Time)

(P): To march forward at quick time taking 15-inch steps.

(C): No counts

(W): Marching forward at quick time

(C): HALF STEP, MARCH (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... **“Half Step, MARCH”**)

- Assume you are marching forward at quick time (Step) and you receive the command **“Half Step, MARCH”**.
- The C.O.E. may be given as either foot strikes deck. For demonstration purposes, it will be given as the left foot strikes, **“Half Step, MARCH”** (Step).
- On the command of execution **“MARCH,”** your next step would be one more 30 inch step to the front with the right foot (Step).
- Your next step would be a 15-inch step to the front with your left foot, allowing the ball of the foot to strike the deck before the heel (Step).
- 15-inches are measured from the rear of the left heel to the rear of the right heel
- Continue to march at quick time 15 -inch steps, swinging your arms six inches to front and three inches to the rear of your legs until given another command.
- (Demonstrate the movement in cadence)

HALT

(While marching forward at half step)

(P): To halt the unit

(C): Two

(W): While marching forward at half step.

(C): SQUAD, PLATOON OR COMPANY, HALT (PC/COE) (Preparatory command is designated by size of unit) (Given in the appropriate voice and cadence the command sounds like this... **“Squad, HALT”**)

- Assume you are marching forward at half step and you receive the command **“Squad, HALT”**.
- The C.O.E. may be given as either foot strikes deck. For demonstration purposes, it will be given as the right foot strikes, **“Squad, HALT”** (Step).
- On the command of execution **“HALT,”** and for the first count of halt, your next step will be one more 15-inch step forward with your left foot (Step).
- Your next step and for the second count of halt would be to smartly bring the right heel against the left assuming the POA (Step).
- Remain in this position until given another command.
- (Demonstrate the movement in cadence)

BACK STEP

(P): To march the unit backwards for a short distance

(C): No counts

(W): Halted at the POA

(C): BACKWARD, MARCH (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... **“Backward, MARCH”**)

- Assume you are Halted at the POA and you receive the command, **“Backward, MARCH”**.
- On the preparatory command, **“BACKWARD,”** shift the weight of the body to the right leg without noticeable movement.
- On the command of execution **“MARCH,”** take a 15-inch step backward with the left foot, allowing the ball of the foot to strike the deck before the heel (step).
- 15-inches are measured from the rear of the left heel to the rear of the right heel.
- At the same time, begin to swing the arms six inches to the front and three inches to the rear of your legs.
- Continue to marching backward taking 112 - 120, 15 -inch steps per minute, swinging your arms six inches to front and three inches to the rear of your legs until given another command.

NOTE: The only command you may receive while marching backward is HALT preceded by a preparatory command designating the size of the unit.

- (Demonstrate the movement in cadence)

MARK TIME

(While Marching at Double Time in Place)

(P): To march in place at quick time cadence

(C): No counts

(W): While double timing in place

(C): MARK TIME, MARCH (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... "Mark Time, MARCH")

- Assume you are double timing in place (Step) and you receive the command "**Mark Time, MARCH**".
- The command of execution may be given as either foot strikes the deck. For demonstration purposes, it will be given as the left foot strikes. "**Mark Time, MARCH**" (Step).
- On the command of execution "**MARCH**", your next step will be one more vertical step in place with the right foot (Step).
- Your next step will be a two-inch vertical step in place with the left foot (Step). (the two inches are measured from the ball of the foot to the deck).
- At the same time, reduce the cadence to quick time cadence and lower the arms to quick time position.
- Continue marching in place at quick time cadence, swinging your arms six inches to front and three inches to the rear of your legs until given another command
- (Demonstrate the movement in cadence)

FACE TO THE LEFT IN MARCHING

(P): Used to demonstrate flanking movements from the halt.

Flanking movements from the halt are performed in: *Column Right (Left), Close, Extend, Take Interval, and Assemble March.*

(C): There are no counts

(W): Halted at attention

(C):): For instructional purposes, the command is **BY THE LEFT FLANK, MARCH (PC/COE)** (Given in the appropriate voice and cadence the command sounds like this... "**By the left Flank, MARCH**")Assume you are halted at the POA and you receive the command, ("**By the right Flank, MARCH**")

- At the preparatory command, "**By the right Flank,**" shift the weight of your body to the right leg without noticeable movement.
- On the command of execution "**MARCH**", face 90° to the left by pivoting on the ball of the right foot.
- **AT THE SAME TIME**, take a 30-inch step in the new direction with the left foot.
- The arms will begin their natural swing, but will not be allowed to swing away from the body.
- Continue to march in the new direction at quick time cadence until receiving another command.
- (Demonstrate the movement in cadence)

FACE TO THE RIGHT IN MARCHING

(P): Used to demonstrate flanking movements from the halt.

Flanking movements from the halt are performed in: *Column Right (Left), Close, Extend, Take Interval, and Assemble March.*

(C): There are no counts

(W): Halted at attention

(C): For instructional purposes, the command is **BY THE RIGHT FLANK, MARCH (PC/COE)** (Given in the appropriate voice and cadence the command sounds like this... "**By the right Flank, MARCH**")Assume you are halted at the POA and you receive the command, ("**By the right Flank, MARCH**")

- At the preparatory command, "**By the right Flank,**" shift the weight of your body to the right leg without noticeable movement.
- On the command of execution "**MARCH,**" face 90° to the right by pivoting on the ball of the right foot.
- **AT THE SAME TIME**, using a cross over step with the left foot, take a 30-inch step in the new direction of march with the left foot.
- The arms will begin their natural swing, but will not be allowed to swing away from the body.
- Continue to march in the new direction at quick time cadence until receiving another command.
- (Demonstrate the movement in cadence)

CHANGE STEP

(While marking time)

(P): To change the cadence count but not the rhythm

(C): No counts

(W): The command may be given while marking time

(C): **CHANGE STEP, MARCH (PC/COE)** (Given in the appropriate voice and cadence the command sounds like this... "**Change Step, MARCH**")

- Assume you are marking time, and you receive the command, "**Change Step, MARCH**".
- The command of execution will be given as the right foot strikes the deck "**Change Step, MARCH**". (Step).
- At the command of execution, "**MARCH**", your next steps will be two more 2-inch vertical steps in place with your left foot (Step, Step).
- You will then continue taking two-inch vertical alternating steps in place, beginning with your right foot.
- Swing your arms to conform with the change in step, and continue to mark time until given another command
- (Demonstrate the movement in cadence)

CHANGE STEP

(While marching at double time in place)

(P): To change the cadence count but not the rhythm
 (C): No counts
 (W): While marching at double time in place
 (C): **CHANGE STEP, MARCH (PC/COE)** (Given in the appropriate voice and cadence the command sounds like this...
“Change Step, MARCH”)

- Assume you are double timing in place (Step) and you receive the command, **“Change Step, MARCH”**.
- The command of execution will be given as the right foot strikes the deck. **“Change Step, MARCH”** (Step)
- At the command of execution, **“MARCH”**, your next steps will be to hop twice on your left foot (Hop, Hop).
- You will then continue to take vertical alternating steps in place, beginning with your right foot.
- Swing your arms to conform with the change in step, and continue to march at double time in place until given another command.
- (Demonstrate the movement in cadence)

CHANGE STEP

(While marching forward at quick time)

(P): To change the cadence count but not the rhythm
 (C): No counts
 (W): While marching forward at quick time
 (C): **CHANGE STEP, MARCH (PC/COE)** (Given in the appropriate voice and cadence the command sounds like this...
“Change Step, MARCH”)

- Assume you are marching forward at quick time (Step) and you receive the command, **“Change Step, MARCH”**.
- The command of execution will be given as the right foot strikes the deck **“Change Step, MARCH”** (Step).
- At the command of execution, **“MARCH”**, your next step will be one more 30-inch step to the front with your left foot (Step).
- Next, in one count, as your right foot comes forward to take the next step, place the toe of your right foot near the heel of your left foot and immediately step off with a 30-inch step to the front with the left foot (Step, Step). This changes the cadence count, but not the rhythm
- Swing your arms to conform with the change in step, and continue to march at quick time until given another command.
- (Demonstrate the movement in cadence)

CHANGE STEP

(While marching forward at double time)

(P): To change the cadence count but not the rhythm
 (C): No counts
 (W): While marching forward at double time
 (C): **CHANGE STEP, MARCH_ (PC/COE)** (Given in the appropriate voice and cadence the command sounds like this...
“Change Step, MARCH”)

- Assume you are marching forward at double time (Step) and you receive the command, **“Change Step, MARCH”**.
- The command of execution will be given as the right foot strikes the deck. **“Change Step, MARCH”** (Step).
- At the command of execution, **“MARCH”**, your next step will be one more 36-inch step to the front with your left foot (Step).
- Next, in one count, as your right foot comes forward to take the next step, place the toe of your right foot near the heel of your left foot and immediately step off with a 30-inch step to the front with the left foot (Step, Step). This changes the cadence count, but not the rhythm
- Swing your arms to conform with the change in step, and continue to march at double time until given another command.
- (Demonstrate the movement in cadence)

FACE TO THE REAR WHILE MARCHING

(From the halt)

(P): To march to the rear for a short distance
 (C): No counts
 (W): halted at the POA
 (C): **TO THE REAR, MARCH (PC/COE)** (Given in the appropriate voice and cadence the command sounds like this...
“To the Rear, MARCH”)

- Assume you are halted at the POA and you receive the command, **“To the Rear, MARCH”**.
- On the preparatory command **“To the Rear”**, shift the weight of your body to the right foot without noticeable movement.
- On the command of execution, **“MARCH”**, step forward with your left foot by placing the left foot slightly in front of the right foot (Step).
- The feet should be about 15 inches apart. Face 180° to the right by pivoting on the balls of both feet (Step).
- The legs remain straight without stiffness and the arms continue their natural swing but are not allowed to swing wide from the body.
- Your next step, without loss of cadence, will be to take a 30-inch step with your left foot in the new direction (Step).
- Continue to march in the new direction at quick time cadence until given another command.
- (Demonstrate the movement in cadence)

QUICK TIME

(From the halt)

- (P): To march forward taking 112 to 120, 30-inch steps per minute.
 (C): No counts
 (W): Halted at the POA
 (C): FORWARD, MARCH (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... **“Forward, MARCH”**)

- Assume you are halted at the POA and you receive the command **“Forward, MARCH”**.
- On the preparatory command **“FORWARD”**, shift body weight to the right leg without noticeable movement.
- On the command of execution **“MARCH,”** step off smartly, left foot first, and march straight ahead taking a 30-inch steps. The thirty inches are measured from the rear of the left heel to the rear of the right heel.
- At the same time, begin swinging your arms easily in their natural arc, six inches to the front and three inches to the rear.
- Continue marching without stiffness or exaggeration of movement, taking 112 - 120, 30-inch steps per minute, swinging your arms six inches straight to the front and three inches to the rear of your legs until given another command.
- (Demonstrate the movement in cadence)

QUICK TIME

(While Marching Forward at Double Time)

- (P): To march forward taking 112 - 120, 30-inch steps per minute
 (C): No counts
 (W): While marching forward at double time
 (C): QUICK TIME, MARCH (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... **“Quick Time, MARCH”**)

- Assume you are marching forward at double time (Step) and you receive the command, **“Quick Time, MARCH”**.
- The command of execution may be given as either foot strikes the deck. For demonstration purposes, it will be given as the left foot strikes the deck. **“Quick Time, MARCH”**.
- At the command of execution **“MARCH”**, your next step would be a 36-inch step to the front with the right foot (Step).
- The next step would be a 30-inch step to the front with the left foot (Step). The thirty inches are measured from the rear of the left heel to the rear of the right heel.
- At the same time, decrease the cadence to 112 - 120, 30-inch steps per minute.
- Continue to march at quick time cadence, swinging your arms six inches straight to front and three inches to the rear until given another command.
- (Demonstrate the movement in cadence)

QUICK TIME

(While Marking Time)

- (P): To march forward taking 112 - 120, 30-inch steps per minute
 (C): No counts
 (W): While marking time
 (C): FORWARD, MARCH (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... **“Forward, MARCH”**)

- Assume you are marking time (Step) and you receive the command **“Forward, MARCH”**.
- The command of execution may be given as either foot strikes the deck. For demonstration purposes it will be given as the as the left foot strikes the deck. **“Forward, MARCH”** (Step)
- At the command of execution **MARCH**, your next step would be one more 2-inch vertical step in place with the right foot (Step).
- The next step would be a 30-inch step to the front with the left foot. The thirty inches are measured from the rear of the left heel to the rear of the right heel.
- Continue to march, taking 112 - 120, 30-inch steps per minute, swinging your arms six inches straight to front and three inches to the rear of your legs until given another command.
- (Demonstrate the movement in cadence)

QUICK TIME

(While Marching at Half Step)

- (P): To march forward taking 120, 30-inch steps per minute
 (C): No counts
 (W): While marking time
 (C): FORWARD, MARCH (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... **“Forward, MARCH”**)

- Assume you are marching at half step (Step) and you receive the command, **“Forward, MARCH”**.
- The command of execution may be given as either foot strikes the deck. For demonstration purposes it will be given as the left foot strikes the deck. **“Forward, MARCH”** (Step).
 - At the command of execution **“MARCH,”** your next step would be one more 15-inch to the front with the right foot (Step).
 - The next step would be a 30-inch step to the front with the left foot (Step). The thirty inches are measured from the rear of the left heel to the rear of the right heel.
 - Continue to march at quick time cadence, swinging your arms six inches straight to front and three inches to the rear until given another command.
 - (Demonstrate the movement in cadence)

DOUBLE TIME

(From the halt)

(P): To march forward taking 180, 36-inch steps per minute
 (C): No counts
 (W): Halted at the POA
 (C): **DOUBLE TIME, MARCH** (PC/COE) (Given in the appropriate voice and cadence the command sounds like this...**"Double Time, MARCH"**)

- Assume you are halted at the POA and you receive the command **"Double Time, MARCH"**.
- On the preparatory command **"DOUBLE TIME,"** shift body weight to the right leg without noticeable movement.
- On the command of execution **"MARCH,"** smartly take a 36-inch step to the front with the left foot. The 30-inch are measured from the rear of the left heel to the rear of the right heel.
- At the same time, raise the forearms to the horizontal position along the waistline, fingers closed, knuckles out.
- Continue to march taking 180 36-inch steps per minute swinging your arms in their natural arc, cross the front of your body until given another command.
- (Demonstrate the movement in cadence)

FACE TO THE REAR WHILE MARCHING

(Marching Forward at quick time)

(P): To march to the rear for a short distance
 (C): No counts
 (W): Marching forward at quick time
 (C): **TO THE REAR, MARCH** (PC/COE) (Given in the appropriate voice and cadence the command sounds like this...**"To the Rear, MARCH"**)

- Assume you are marching forward at quick time (Step) and you receive the command, **"To the Rear, MARCH"**.
- The command of execution will be given as the right foot strikes the deck. **"To the Rear, MARCH"** (Step).
- On the command of execution, **"MARCH,"** your next step will be to place your left foot approx. 15 inches directly in front of your right foot (Step).
- Your next step will be to face 180° to the right by pivoting on the balls of both feet (Step).
- The legs remain straight without stiffness and the arms continue their natural swing but are not allowed to swing wide from the body.
- Your next step without loss of cadence will be to take a 30-inch step with your left foot in the new direction.
- Continue to march in the new direction at quick time cadence until given another command.
- (Demonstrate the movement in cadence)

DOUBLE TIME

(While Marking Time)

(P): To march forward taking 180, 36-inch steps per minute
 (C): No counts
 (W): While marking time
 (C): **DOUBLE TIME, MARCH** (PC/COE) (Given in the appropriate voice and cadence the command sounds like this...**"Double Time, MARCH"**)

- **Assume you are marking time (Step) and you receive the command "Double Time, MARCH"**. The command of execution may be given as either foot strikes the deck. For the demonstration purposes it will be given as the left foot strikes the deck. **"DOUBLE TIME, MARCH"** (Step).
- At the command of execution **"MARCH,"** your next step would be one more 2-inch vertical step in place with the right foot (Step).
- The next step would be a 36-inch step to the front with the left foot (Step). The thirty-six inches are measured from the rear of the left heel to the rear of the right heel.
- At the same time, increase the cadence to 180 steps per minute and raise the forearms to the horizontal position along the waistline, fingers closed, knuckles out.
- Continue to double time, taking 180, 36-inch steps per minute, swinging your arms in their natural arc, across the front of your body until given another command.
- (Demonstrate the movement in cadence)

FACE TO THE REAR WHILE MARCHING

(Marching Forward at Double Time)

(P): To march to the rear for a short distance
 (C): No counts
 (W): Marching forward at double time
 (C): **TO THE REAR, MARCH** (PC/COE) (Given in the appropriate voice and cadence the command sounds like this...**"To the Rear, MARCH"**)

- Assume you are marching forward at double time (Step) and you receive the command, **"To the Rear, MARCH"**. The command of execution will be given as the right foot strikes the deck. **"To the Rear, MARCH"**. On the command of execution, **"MARCH,"** your next steps will be two more 36-inch steps to the front (Step 1, Step 2).
- Your next steps will be four 6-inch vertical alternating steps in place, at the same time turning 180° to the right about. (Steps 1,2,3,4)
- The arms continue their natural swing but are not allowed to swing away from the body.
- Your next step, without loss of cadence will be a 36-inch step in the new direction with your left foot (Step).
- Continue to march in the new direction at double time cadence until given another command.
- (Demonstrate the movement in cadence)

MARK TIME
(While Marching at Half Step)

(P): To march in place at quick time cadence

(C): No counts

(W): While marching at half step

(C): MARK TIME, MARCH (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... **“Mark Time, MARCH”**)

- Assume you are marching at half step (Step) and you receive the command, **“Mark Time, MARCH”**.
- The command of execution may be given as either foot strikes the deck. For demonstration purposes, it will be given as the right foot strikes the deck. **“Mark Time, MARCH”** (Step).
- At the command of execution **“MARCH,”** your next step will be one more 15-inch step to the front with the left foot (Step).
- Your next steps will be to bring your heels together as in halt, and without loss of cadence, take a 2-inch vertical step in place with the left foot (Step). The two inches are measured from the ball of the foot to the deck, and the heel is four inches from the deck.
- Continue marching in place taking 112 – 120, 2-inch vertical alternating steps per minute, swinging your arms six inches straight to front and three inches to the rear until given another command.
- (Demonstrate the movement in cadence)

DOUBLE TIME IN PLACE
(From the Halt)

(P): To march in place at double time cadence

(C): No counts

(W): While halted at the POA

(C): IN PLACE DOUBLE TIME, MARCH. (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... **“In Place Double Time, MARCH”**)

- Assume you are halted at the POA and you receive the command, **“In Place Double Time, MARCH”**.
- On the preparatory command, shift the weight of your body to the right leg w/o noticeable movement.
- On the command of execution **“MARCH,”** take a 6-inch vertical step in place with the left foot (Step). The six inches are measured from the ball of the foot to the deck.
- At the same time, raise the arms to the double time position.
- Continue to double time in place, taking 180, 6-inch vertical alternating steps per minute, swinging your arms in their natural arc, across the front of your body until given another command.
- (Demonstrate the movement in cadence)

MARK TIME
(While Marching at Quick Time)

(P): To march in place at quick time cadence

(C): No counts

(W): While marching at quick time

(C): MARK TIME, MARCH (PC/COE) (Given in the appropriate voice and cadence the command sounds like this...)

- Assume you are marching at quick time (Step) and you receive the command, **“Mark Time, MARCH”**.
- The command of execution may be given as either foot strikes the deck. For demonstration purposes, it will be given as the right foot strikes the deck. **“Mark Time, MARCH”** (Step).
- At the command of execution **“MARCH,”** your next step will be one more 30-inch step to the front with your left foot (Step).
- Your next steps will be to bring your heels together as in halt, and without loss of cadence, take a 2-inch vertical step in place with the left foot (Step). The two inches are measured from the ball of the foot to the deck, and the heel is 4 inches from the deck.
- Continue marching in place taking 112 – 120, 2-inch vertical alternating steps per minute, swinging your arms six inches straight to front and three inches to the rear until given another command.
- (Demonstrate the movement in cadence)

DOUBLE TIME IN PLACE
(While Marking Time)

(P): To march in place at double time cadence

(C): No counts

(W): While marking time

(C): IN PLACE DOUBLE TIME, MARCH (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... **“In Place Double Time, MARCH”**.)

- Assume you are marking time (Step) and you receive the command, **“In Place Double Time, MARCH”**.
- The command of execution may be given as either foot strikes the deck. For demonstration purposes it will be given as the left foot strikes the deck. **“In Place Double Time, MARCH”** (Step).
- At the command of execution **“MARCH,”** your next step will be one more 2-inch vertical step in place with the right foot (Step).
- Your next step will be a 6-inch vertical step in place with the left foot (Step). The six inches are measured from the ball of the foot to the deck.
- At the same time, increase the cadence to 180 steps per minute and raise your arms to the double time position.
- Continue double timing in place taking 180, 6-inch vertical alternating steps per minute, swinging your arms in their natural arc across the front of your body until given another command.
- (Demonstrate the movement in cadence)

DOUBLE TIME IN PLACE

(While Marching Forward at Double Time)

(P): To march in place at double time cadence

(C): No counts

(W): While marching forward at double time

(C): IN PLACE DOUBLE TIME, MARCH (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... **"In Place Double Time, MARCH"**)

- Assume you are marching forward at double time (Step) and you receive the command, **"In Place Double Time, MARCH"**. The command of execution may be given as either foot strikes the deck. For demonstration purposes, it will be given as the left foot strikes the deck. **"In Place Double Time, MARCH"** (Step).
- At the command of execution **"MARCH,"** your next steps will be two more 36-inch steps to the front (Step, Step).
- Your next steps will be to bring the right foot alongside the left foot and with out loss of cadence, take a 6-inch vertical step in place with the left foot (Step, Step). (The six inches are measured from the ball of the foot to the deck.)
- Continue to double time in place taking 180, 6-inch vertical alternating steps per minute, swinging your arms in their natural arc across the front of your body until given another command.
- (Demonstrate the movement in cadence)

TO MARCH AT REST

(At Ease)

(P): To give troops a rest from marching at attention or to make marching on rough terrain easier

(C): No counts

(W): While marching forward at quick time.

(C): AT EASE, MARCH (PC/COE) (Given in the appropriate voice and cadence the command sounds like this... **"At Ease, MARCH"**)

- Assume you are marching forward at quick time (Step) and you receive the command **"At Ease, MARCH"**. The command of execution is given as either foot strikes the deck while marching at quick time. For demonstration purposes, it will be given as the left foot strikes the deck. **"At Ease, MARCH"** (Step).
- At the command of execution **"MARCH,"** you are no longer required to march in cadence, but must maintain interval and distance.
- Do not talk.
- (Demonstrate the movement in cadence)