

Introduction



Are you ready to take your drill team's execution to the next level? Have you struggled to help your cadets reach their highest potential on the drill floor? Are you looking to supplement your existing drill and ceremony curriculum?

This workbook is designed to arm you and your students with the resources, tools, approaches, and strategies to maximize drill performance.

But first...

What is this workbook NOT designed to do?

This workbook is NOT a comprehensive primer on ALL things D&C. There is no replacement for a strong instructor or cadre member explaining the context, specific steps, etc. when it comes to military drill. This workbook will not teach you every bit of history knowledge and context a cadet should know to be a well-rounded practitioner of drill and ceremonies. Furthermore, this workbook does not cover any of the ceremonial elements of honor guard. It isn't designed to arm you for every specific situation in which you might need to execute drill and ceremony.

What this workbook IS designed to do is give you the fundamental knowledge to control your body (and brain) properly to execute drill in any context.

Think about this as **the fundamentals**. The skills, abilities, and knowledge that underscore every single step you'll take and every single movement you'll conduct across the wide, wide world of military "D&C."

This workbook is designed to get your brain active and your body moving and is best utilized accompanied by the series of videos located on our Drillpedia.net website. By purchasing this workbook, you've gained complimentary access to these resources by visiting the site, logging in, choosing "Drill Studio Video Courses" and then choosing "Foundations of Excellence: The Next Level."

Ready to get started? We sure are!

Let's get you and your cadets snapping and popping!

Instructions

Each lesson in this workbook is designed to last approximately 30-45 minutes. This should fit the schematics of **most** drill team practices, class period drill days, etc. while leaving enough time for everyone to practice the skills and apply the knowledge and information they've gained through the lesson.

Completing this workbook is easy enough: simply watch the videos found in the "Foundations of Excellence: The Next Level" course in order and complete the accompanying worksheets.

When you have completed this workbook, you'll have a comprehensive list of reference notes that you can reference to refresh, remediate, or just review what you've learned throughout this course of instruction!

To access your videos, follow these steps:

- 1) Visit <http://www.drillpedia.net>
- 2) In the top menu, hover over "Account" and select "Sign In"
- 3) Utilize the credentials provided to you by Drill-Team Dynamics Inc. to log in
- 4) On the home page, navigate to "Drill Studio Video Courses"
- 5) Select "Marching Masterclass"

It's as easy as that!

If you have questions or technical concerns, please feel free to reach out to us directly by emailing drill@drill-dynamics.com or completing a contact form on Drillpedia.net!

Instructors, cadre, etc. please remember that this workbook and the accompanying videos are NOT a substitute for your teaching of the basic components of military drill and ceremony. While this series is designed to improve your cadets' abilities and is a great way to start cadets off learning the fundamentals at a high level of understanding and execution, we will NOT be spending any time devoted to explaining the history or purpose of each skill demonstrated. We recommend you review the materials in advance and, if applicable (especially if you're using this course with your general JROTC program and NOT specifically your drill team), prepare a short briefing on the history, importance, and context of each skill. This important knowledge, as well as the history and context, is best served coming from you, the retired military personnel teaching your cadet program! Think of us here at Drill-Team Dynamics Inc. as your skills-coaches here to refine the execution of each movement, **not as a substitute for your involvement teaching drill and ceremonies!**

Now, let's get drilling!

Lesson 1: Drill Vocabulary Part 1

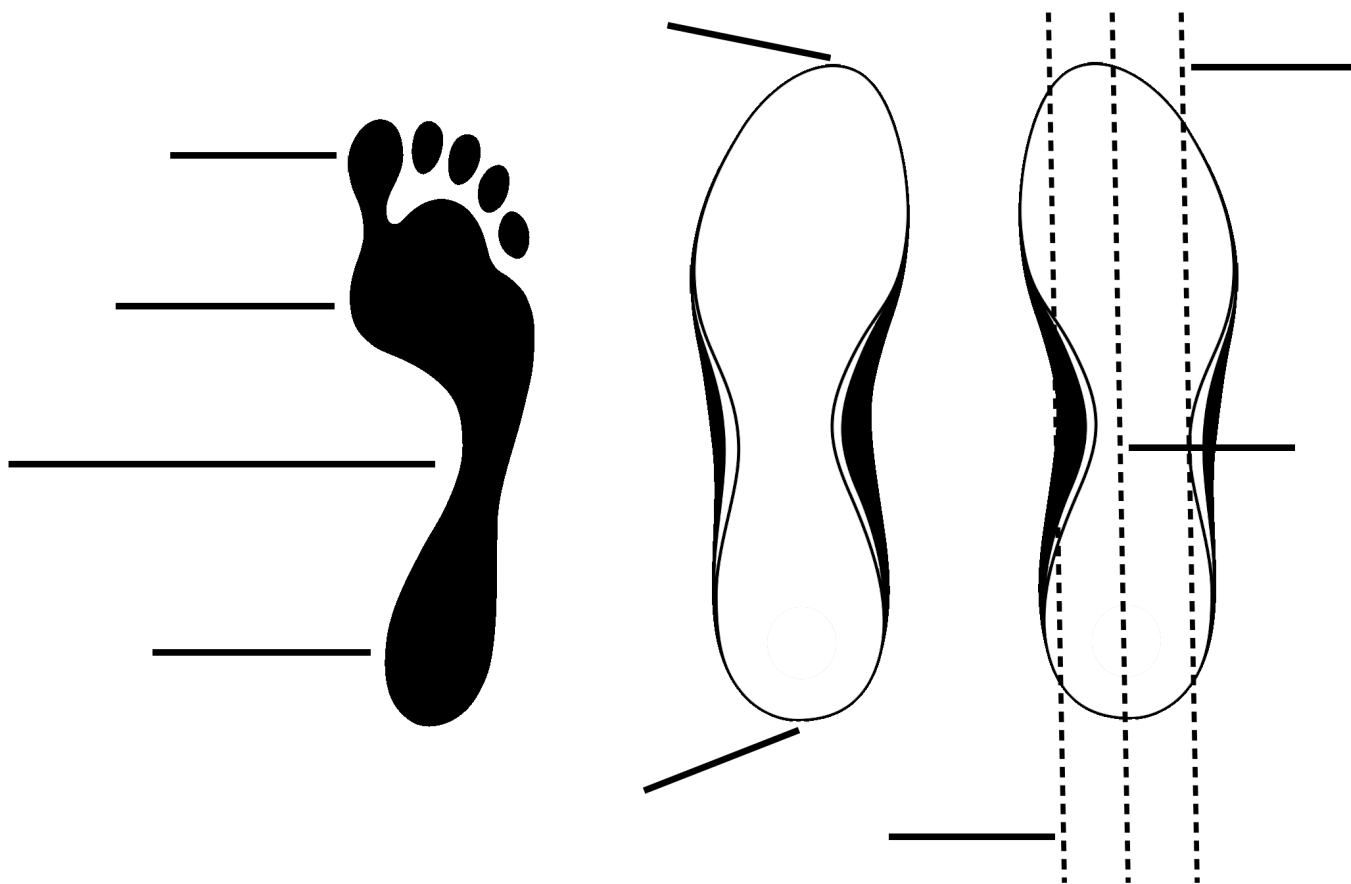
Overview:

This lesson will arm your cadets with all the technical terms we'll be using. You may expect those terms to be things like "dress," "cover," and "alignment," but before we can march and drill with others, we must master our own bodies so we're about to dive deeper.

Parts of the Feet:

It's important that we start by identifying the parts of our feet and shoes. Since all of drill is conducted while standing, this is the basis for where we'll begin improving our own drill!

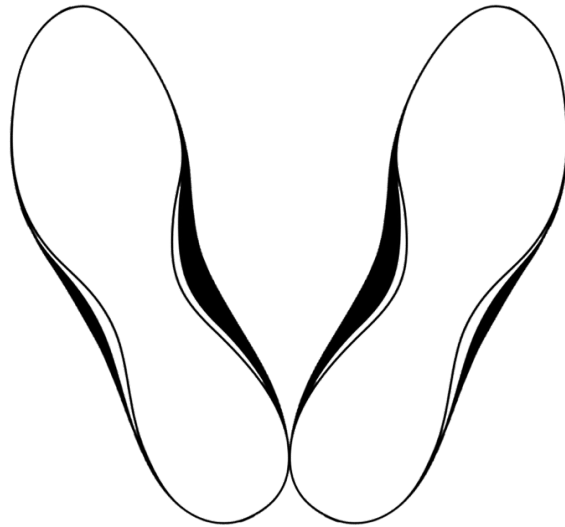
Follow along with the video entitled "*Parts of the Feet*" and label the diagram below using the correct terminology!



Feet Positions:

Next, we'll identify all the ways in which our feet will be positioned when conducting basic (and even more advanced) drill! This is a great way to know whether your feet are doing the right thing while drilling! If you find your feet in a position that doesn't match one of these, chances are, something isn't quite right!

Label each of the foot diagrams below with the proper vocabulary word!

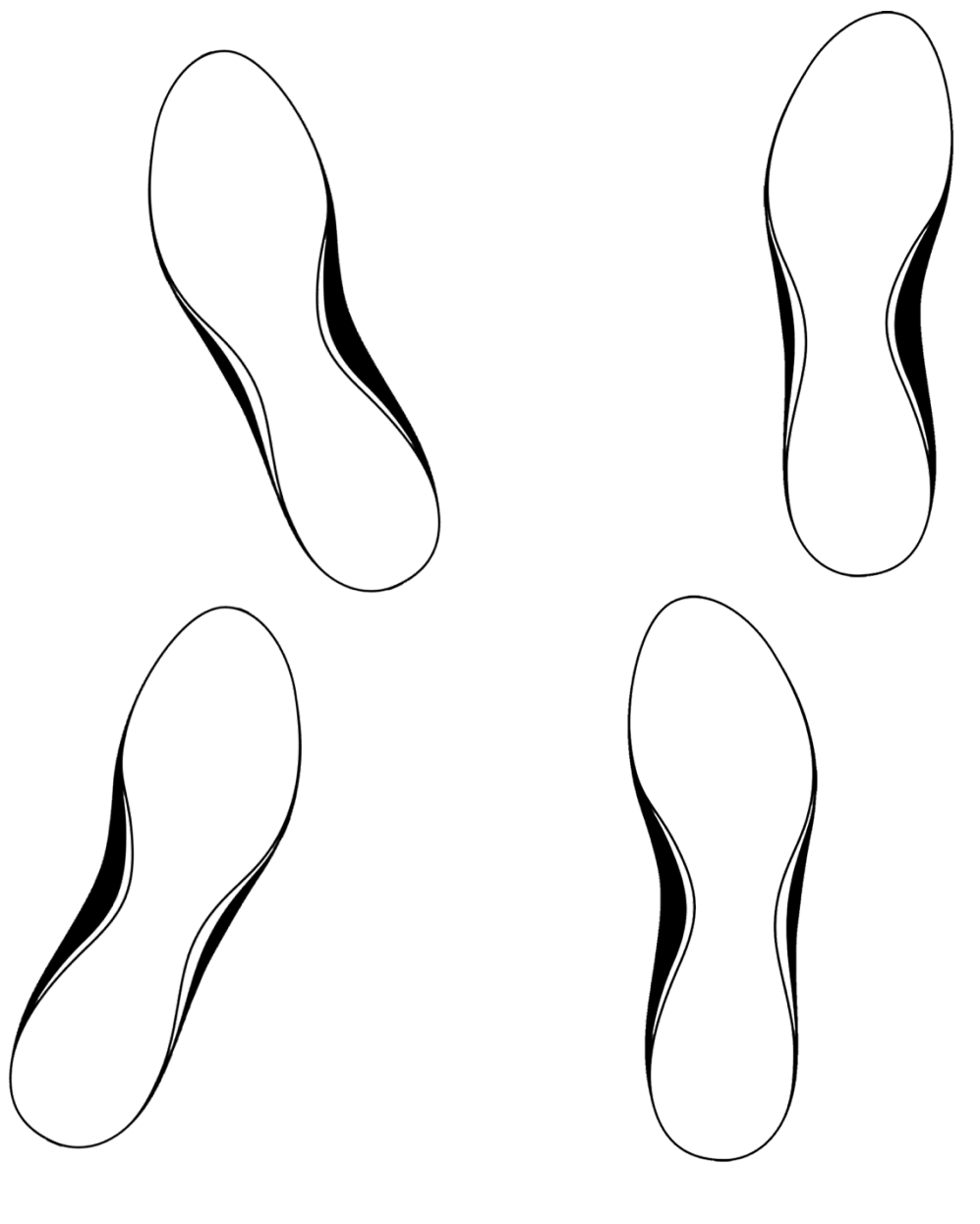




NOTE: When the feet are TOUCHING, we call these positions "feet _____."



NOTE: When taking steps in drill, whether in either of the configurations above, our toes should still be “_____” meaning pointing directly forward without an angle!



NOTE: The two movements where we utilize these positions are:

1) _____

2) _____

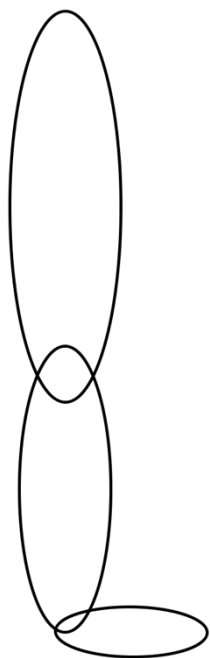
Leg Positions:

Just as the feet can find themselves in various positions when conducting drill, the legs will also find themselves in various positions that we'll find the need to describe very specifically! The chart below will give you the *majority of your options* (and certainly all those you will encounter in **regulation drill**.)

Follow along with the video and list the different positions for each of the different body parts:

UPPER LEG**LOWER LEG****FOOT**

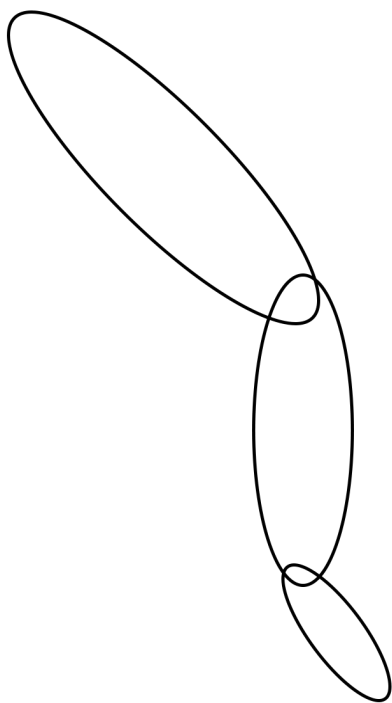
Now, to practice, label the following illustrated positions. As you go, place your body into the corresponding leg position to practice!



Upper Leg: _____

Lower Leg: _____

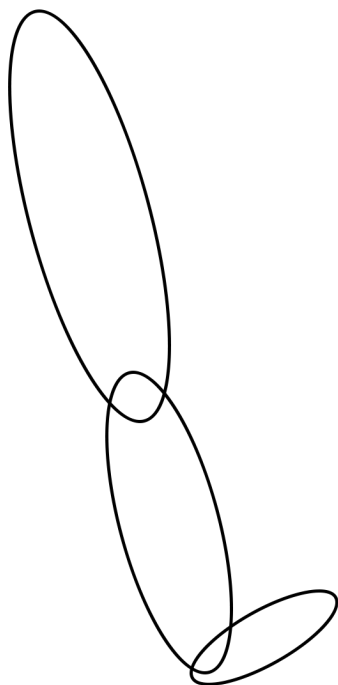
Foot: _____



Upper Leg: _____

Lower Leg: _____

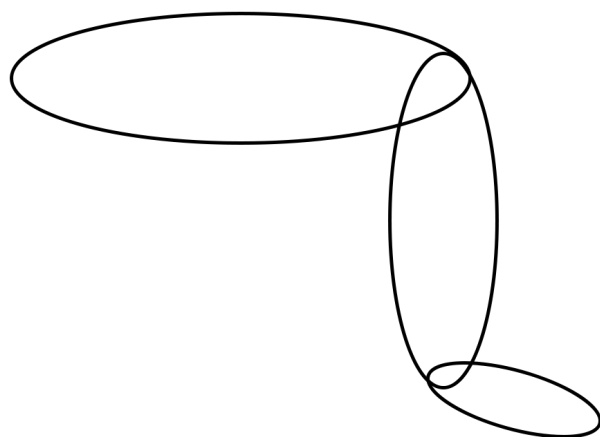
Foot: _____



Upper Leg: _____

Lower Leg: _____

Foot: _____



Upper Leg: _____

Lower Leg: _____

Foot: _____

ANSWER KEY:

- 1) Upper Leg: In Line
Lower Leg: In Line
Foot: Flat
- 2) Upper Leg: 45°
Lower Leg: Perpendicular
Foot: Pointed
- 3) Upper Leg: 15°
Lower Leg: In Line
Foot: Flexed
- 4) Upper Leg: 90°
Lower Leg: Perpendicular (or Neutral due to gravity)
Foot: Neutral

Lesson 2: Drill Vocabulary Part 2

Overview:

This lesson builds on the previous one to establish the last bit of vocabulary we'll use to describe drill movements as they occur in relation to our bodies!

Foot Transitions:

Next, we'll explore the various ways the feet (and therefore the legs) can move through space when conducting drill!

Follow along with the video and practice each type of foot transition as you go! Be sure to listen carefully for the **feet and leg position** modifiers we learned in the previous lesson!

When you've finished the video modules, draw a line to match each transition with the appropriate definition below to ensure that you're tracking with the various ways we can move our feet and legs!

Lift

To change weight with both feet in contact with the marching surface.

Place

To contact the foot against the marching surface with intentional force.

Strike

To change the elevation of a foot in relation to the marching surface.

Push

To contact the foot against the marching surface without excess force or momentum.

Roll

To swivel the foot against the marching surface.

Twist

To change weight with only one foot in contact with the marching surface.

ANSWER KEY:

Lift: To change the elevation of a foot in relation to the marching surface.

Place: To contact the foot against the marching surface without excess force or momentum.

Strike: To contact the foot against the marching surface with intentional force.

Push: To change weight with only one foot in contact with the marching surface.

Roll: To change weight with both feet in contact with the marching surface.

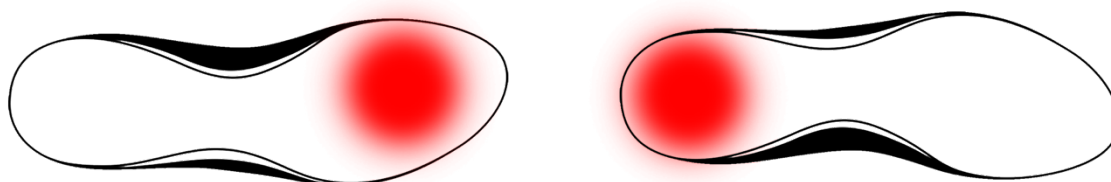
Twist: To swivel the foot against the marching surface.

Weight Distribution:

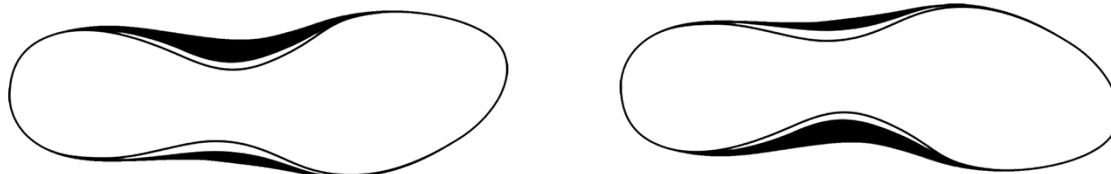
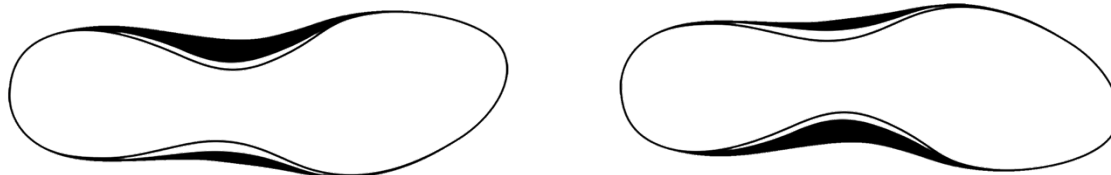
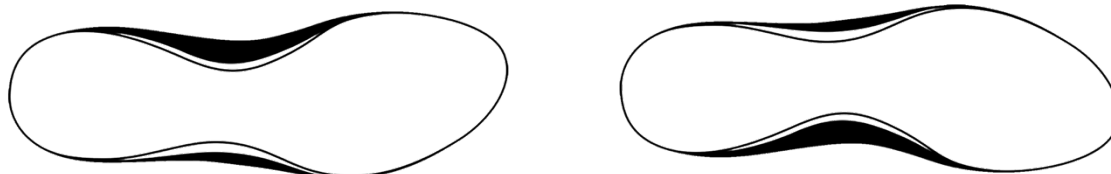
Now that we're moving, we're ready to discover what might be the most important element of drill movement: weight distribution. Where your weight sits, moves, and ends up plays a huge role in making sure that each movement is being performed with accuracy, precision, and snap!

As you watch the video modules, shade (or circle) the part of the foot that bears most of the weight in each position.

Example:



Follow along and practice with the video to ensure your **feet and leg positions** from the previous lessons are correct so you can feel your weight accurately!

Weight Front**Weight Middle****Weight Back**

Arm Positions

We've arrived at the end of our drill vocabulary journey! Once you've completed this final piece of the lesson, you'll be ready to tackle (almost) everything that drill can throw at you! As you watch the video modules, practice the positions yourself and fill in the blanks for each of the statements below:

1) At the *Position of Attention*, the elbows must be _____ and the thumb must be _____ with the _____.

2) When using the arm to furnish *Interval (space side-to-side)*, the part of the hand now in line with the arm is the _____. We should NOT use our arms to furnish _____.

3) When *Saluting*, the _____ should be parallel to the marching surface, the _____ should be in line with the forearm, and the palm should be _____.

4) According to my service manual, the measured distance of *Arm Swing* is _____ inches to the front and _____ inches to the rear as measured from _____.

5) For my service manual, for my FORWARD arm swing, I should SEE _____ and for my REAR arm swing, I should swing until _____.

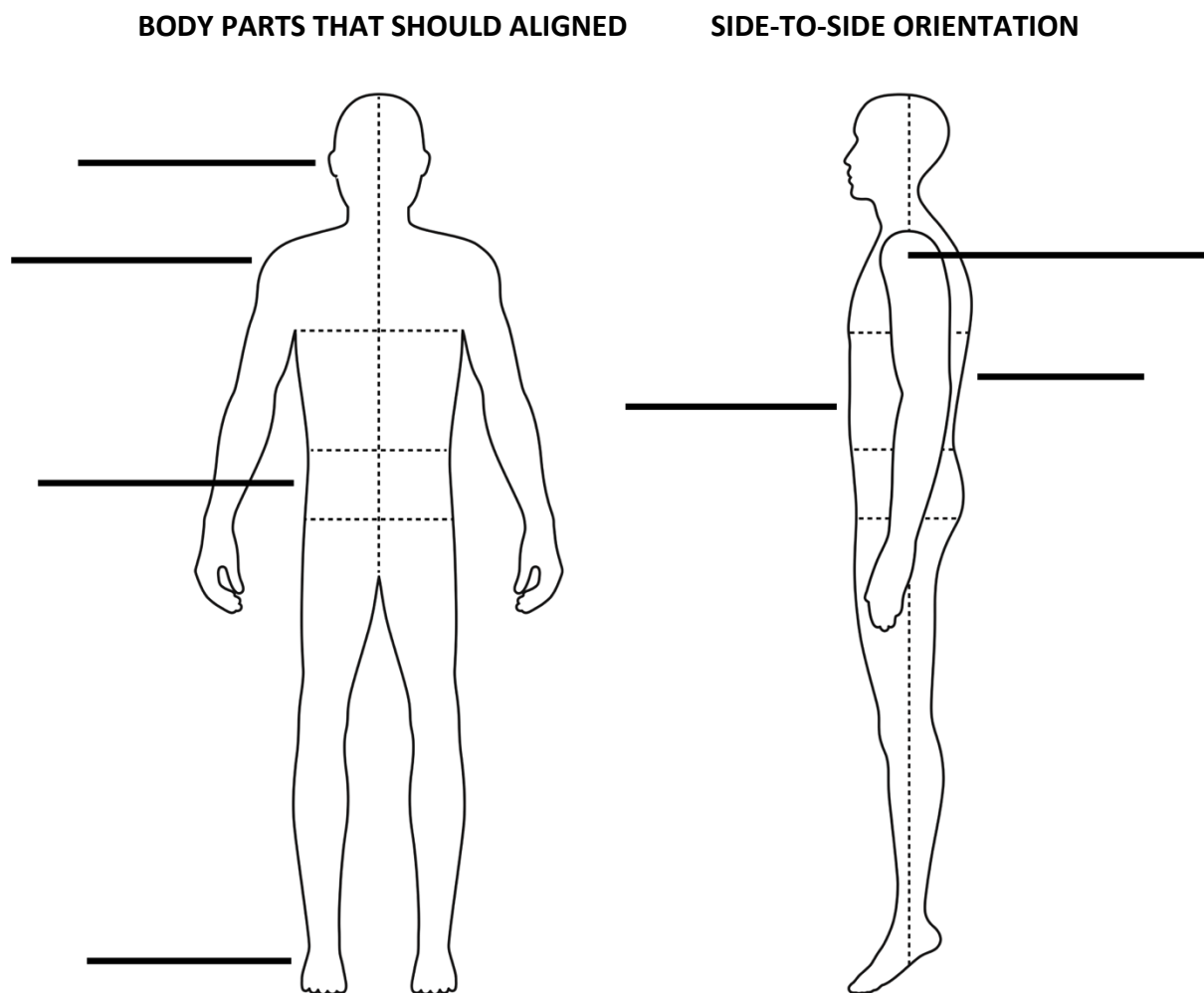
Lesson 3: The First Step

Overview:

Now that we have worked through all the vocabulary we'll be using going forward, it's time to get to work. We'll start with proper posture and the Position of Attention because this fundamental position is the basis of all drill that you will do! From there, we'll work into the mechanics required to do what you'll spend most of your time in drill doing: marching!

Posture:

Watch the video modules and follow along to build your best posture for the Position of Attention! When you are finished, label the diagram below with the important components to consider when standing up tall at the Position of Attention!



NOTE: It is important that our **SHOULDERS** are in the _____ orientation because the natural carriage of our body normally places them in the _____ orientation.

Taking Our First Marching Step:

Watch the corresponding video modules and fill in the blanks below so you have a running record of all the **positions and transitions** that take place when taking a march step! All the vocabulary words you'll be filling in come from the corresponding vocabulary categories from the earlier lessons!

Stationary Before Stepping Off

Feet Position: _____ and _____

Weight Distribution: _____

Arm Position: _____

Taking the First Step

On the command of execution, "MARCH"

First Transition: _____

Weight Distribution: _____

Left Foot

Transitions: _____ and _____ (Part of Foot: _____)

Transition 1

Upper Leg: _____

Lower Leg: _____

Foot: _____

Transition 2

Upper Leg: _____

Lower Leg: _____

Foot: _____

Foot Position: _____

Right Foot

Transitions: _____ and _____

Weight Distribution: _____

Practicing Marching

Now, watch the corresponding video modules that explain the process of practicing marching.

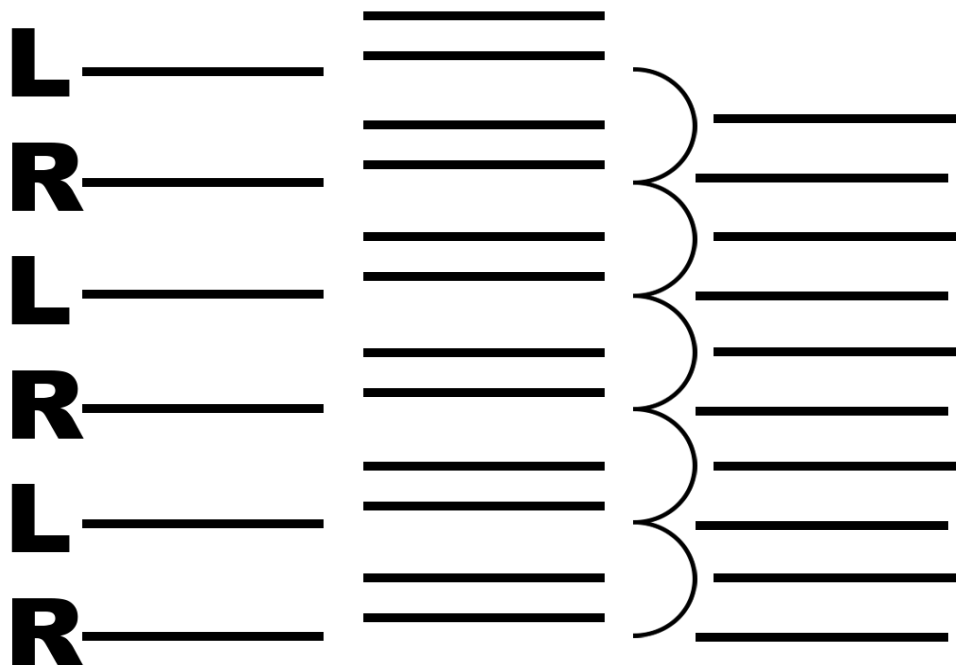
First, list the practice steps here:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____

Practice each step along with the video modules! Be sure to check yourself against the references in the video!

Timing While Marching

When we got to Steps 5 and 7, we dissected the timing involved with marching to ensure that each portion of the step can be achieved in the correct cadence.



The Next Steps

If you've ever played with Lego building blocks before, you know that you can assemble an infinite number of objects from a finite number of basic blocks. Drill is no different. Armed with the skills we've covered, you can assemble most every drill movement commonly executed in Regulation Drill (and even a great many in Exhibition Drill!)



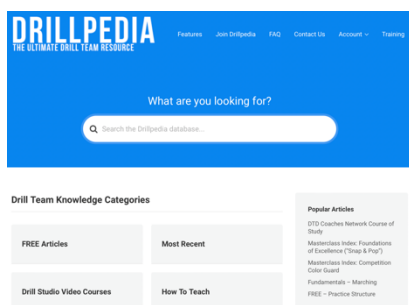
Want to “build” a column movement?

It's a combination of marching and pivoting with adjustments to the weight distribution (weight back for Half Steps) and amount of push (because a mathematical 24” or 30” step will travel every subsequent cadet behind the Element/Squad Leaders past the pivot point!).

Want to “build” a Mark Time?

For the Army, that's as simple as a lift with the upper leg at 15°, the lower leg neutral, and the foot neutral which gives you approximately the 2” distance specified in the Training Circular. Then, place the foot toes together, feet closed, with the weight distributed to the inside of the foot to keep a smooth balance as you repeat the technique with the opposite foot. Our Marine Corps and Navy friends can be more specific with the lower leg making it perpendicular and pointing the toe slightly to achieve the specified 2” inch distance from the ball of the foot and 4” distance from the heel.

Can you see how a strong understanding of fundamental movements coupled with the vocabulary to describe them can accelerate both the teaching and cleaning of each drill movement you execute?



Now it's time to put your foot on the gas and take your practice into overdrive!

If you need help along the way and are NOT already a full-fledged Drillpedia.net member, contact us today about gaining access to our entire resource library! If you purchased just this course and workbook and want to view even more content, we'll honor the cost of your purchase towards a full membership!

And if you're really looking to kick things into high gear, consider checking out our on-site offerings by visiting <http://www.drill-dynamics.com> to learn more!