

Colorado Mesa University
Department of Music

MAVERICK STAMPEDE

2016 BAND HANDBOOK **(Course Syllabus)**

This copy belongs to:

A digital copy of this document, including many details not included within, is available at:

www.coloradomesa.edu/marchingband

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PREFACE

This handbook has been written in order to provide band members and staff with information concerning the various phases, activities, and policies of the Maverick Stampede at Colorado Mesa University. This handbook serves as the course syllabus for marching band at CMU and all band members are required to read this booklet carefully in order to understand this course and program thoroughly, and to avoid conflicts with the policies stated. CMU rules and policies are in force at all times a student is directly or indirectly involved in any activity sponsored by, or in the name of, the Maverick Stampede. The director shall have the authority to suspend or amend any policy at any time deemed necessary in the best interest of the overall athletic band program.

BAND SPIRIT

Band SPIRIT cannot be described in words...you know it when you see it... When it is there you can feel it. It is SPIRIT that puts that special snap in the marching and the music. It is SPIRIT that makes you want to work for the Band... To make sacrifices for the Band... To give up some other pleasures to be a part of the Band. It is SPIRIT that does away with personal DIFFERENCE and makes discipline easier to obtain. It is SPIRIT that makes a band stand, work, play, and succeed together. It is SPIRIT that will make the difference in the Maverick Stampede.

MEMBERSHIP IN THE MAVERICK STAMPEDE

The Maverick Stampede is open to all CMU students, regardless of major, who demonstrate the desire, ability and proper attitude to be a member of the group. Interested students must have permission from the director and should consider the acceptance of membership as a privilege. Marching band is a co-curricular course (MUSP 147, 247, 347, 447) and all students are required to register. Students will be placed in band at the discretion of the director. It should be understood that everyone will have an equal and fair opportunity for band participation. From time to time, however, it may become necessary to exclude or dismiss those students who fail to meet the band's standards of membership and/or conduct.

MEMBERSHIP IN THE COLOR GUARD

Membership in the color guard program is designed to provide an opportunity to those persons who did not learn to or do not play a wind or percussion instrument. Students that play a wind or percussion instrument, but also have color guard experience, may be asked to participate on an instrument first, depending on the needs of each section of the band. Membership is determined by means of an audition in respect to the number of persons needed. Uniforms for the color guard will be determined by the director in regards to style type and color. Members of the guard may be required to furnish their uniforms and accessories as determined by the director and appointed staff. Members must attend the special clinics in the summer in addition to the annual band camp. Members of the guard are considered members of the band and are subject to all band policies.

WELCOME!

Congratulations! You are a member of the Maverick Stampede, CMU's marching band. The Music Department at CMU has established a reputation for pursuing excellence in music ensemble performance. This position of excellence will be maintained only through the cooperation of all

band members and staff. As a member, it is your responsibility to conduct your activities in such a manner as to enhance the reputation of the band program. This band belongs to YOU...what you do will determine the caliber of this year's band, and future growth of this program.

STUDENT EXPECTATIONS

All students are expected to engage in their learning process and to be a positive contribution to their band program. Maverick Stampede members are expected to demonstrate a professional attitude for music, marching, staff, director, and their peers. This especially includes professional behavior and responsibility when in uniform. At all times, students in this course will "GIVE GOOD CLASS." This phrase will be defined early in the semester and developed over time.

COURSE OBJECTIVES

Since the primary focuses of this course will be to prepare for performances, the Maverick Stampede schedule will naturally mostly be aligned with the CMU football season. This will include a short pre-season camp (prior to the first day of classes each fall semester). In preparation for each public performance, topics that will be addressed in this course include, but are not limited to; peer leadership and group dynamics, team building, marching and maneuvering techniques and style at both the individual and ensemble level, artistry and detailed visual components associated with body movement used in a modern marching band, use and proper wearing of a uniform, instrument and equipment use and carriage, proper sound creation and projection both at the individual and ensemble level, pitch control, reading and analyzing notated music, articulation of melodic and harmonic material, memorization of music and physical movement, combination of music and visual (physical) performance elements. Fundamentals associated with the various components of a modern day marching band performance will be taught, rehearsed, and addressed individually and in groups. As the semester progresses, these fundamentals will be developed and combined to eventually produce both moving and stand-still performances in a multitude of venues (field shows, parades, and various on and off-campus events).

COURSE & DIRECTOR INFORMATION

COURSE NUMBER: MUSP 147, 247, 347, 447,
Section 1 (Kinesiology credit, one only) or Section 2 (zero credit)
MEETING TIME: Tuesday & Thursday, 6:00pm-9:00pm
MEETING PLACE: Football Practice Field, MB Storage Room (inclement weather)
DIRECTOR: Dr. Jonathan Hinkle
OFFICE: Moss Performing Arts Center (MPAC) building, Room 131
PHONE: 970-248-1325 (office), **772-538-0615 (mobile)**
E-MAIL: jhinkle@coloradomesa.edu
OFFICE HOURS: Posted on office door or by appointment
TEXTS: CMU Band Handbook, Digital copy available for download at

www.coloradomesa.edu/marchingband

LEARNING OUTCOMES

Upon completion of this course, a student should be able to:

1. *Perform alone and with others a variety of instrumental music.*
2. *Perform alone and with others a variety of physical movements coordinated with musical performance.*
3. *Listen to, analyze, and describe a variety of music and visual elements associated with various outdoor performing ensembles.*
4. *Evaluate, develop, and implement individual and group related leadership skills and techniques.*
5. *Evaluate, develop, and implement individual and group related physical activities necessary to achieve a healthy lifestyle.*

HAZING POLICY

Haze: To persecute or harass with meaningless, difficult, or humiliating tasks; To initiate, as into a college fraternity, by exacting humiliating performances from or playing rough practical jokes upon.

Colorado Mesa University forbids hazing in any form, including initiation that is degrading. No student shall conspire to engage in hazing, participate in hazing, or commit any act that causes bodily danger, physical harm and personal degradation or disgrace resulting in physical or mental harm to any fellow student or other person. Persons violating this policy shall be subject to immediate removal from the band program and further disciplinary actions by the music department and university. It is the duty of every CMU student to report any acts of hazing to the director or staff member as soon as possible.

DISABILITIES

In coordination with Educational Access Services, reasonable accommodations will be provided for qualified students with disabilities. Please meet with the instructor the first week of class to make arrangements. Nancy Conklin, the Coordinator of Educational Access Services, can be contacted at 248-1826, or in person in Houston Hall, Suite 108.

TIME

Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Michelangelo, Helen Keller, Mother Teresa, Leonardo da Vinci, Thomas Jefferson and Albert Einstein.

Students are expected to be on time to all band activities. "ON TIME" means ready to begin, with all necessary items, not rushing to chairs or running to the practice field when roll is being taken.

Fifteen minutes early is on time.

-William Revell, Director of the University of Michigan Band

If you are early, you are on time.

If you are on time, you are late!

If you are late, we'll send flowers!

-Lots of really smart and successful people ☺

ATTENDANCE

ATTENDANCE AT ALL REHEARSALS AND PERFORMANCES ARE REQUIRED. This is the most important aspect of a well produced band, and is the responsibility of every individual in the program....yes, this means you!! Being late or absent from a band rehearsal or performance is a SELFISH ACT and disrupts other member's experience in the program. This being said, there may be a time when a student cannot be at a rehearsal for whatever reason (sickness, emergency, excused, or unexcused). Due to this, each student will be allowed 2 absences from rehearsals only, before it will begin to affect their grade and/or the amount of scholarship money disbursed to them. Missing more than 2 absences will lower a student's final grade in this course ½ letter grade per absence (beyond the 2 allowed). Additionally, if a student is receiving a scholarship as part of their commitment to the band, \$20 will be subtracted from this award money for each absence they have from a rehearsal (beyond the 2 allowed). Tardiness will also not be tolerated. To enforce this, students who are tardy (not being present in their attendance block position with the appropriate materials when the attendance whistle is blown) 3 times will receive a marking equal to 1 absence from a rehearsal (3 tardies = 1 absence). Counting of tardiness will reset after each set of 3. Notifications of an absence or tardiness prior to the start of a rehearsal or performance (e-mail or phone call to director AND section leader) are required. Absences from any performance are absolutely not allowed and may result in the student receiving a failing grade in the course. Additionally, if a student is receiving a scholarship as part of their commitment to the band, all are part of this scholarship may be revoked due to an absence at all or part of a performance at the discretion of the director. **Students must fill-out a "Student Absence Request" form (available on our official website) for any prior-known or retroactive absences.**

GRADING

Grades for this course are derived from positive and attentive participation in all band rehearsals and performances. Students are required to be at all rehearsals, on time, and with all necessary materials (instrument, music, flip folders, proper attire, etc). Students receiving a scholarship will be subject to reductions in awarded money for missed rehearsals and performances. See the attendance policy for more details.

ASSIGNMENTS

This course is designed with minimal or no outside-of-class assignments. Organizing for and/or preparing needed materials (instruments, music, uniform parts, etc) are the exception to this policy. Most practicing/rehearsing will take place during pre-season and regular rehearsals. This being said, students that are informed by leadership, staff, or director for private practice, may need to utilize individual time as necessary to prepare for rehearsals and/or performances.

FINAL EXAM

All performances are considered exams for this course. **Failure to attend any performance without specific pre-approval from Dr. Hinkle may result in an automatic failure of this course and/or immediate dismissal from future events.**

MATERIALS PROVIDED

1. School owned instrument (Drum-line, Sousaphones, Baritones, Mellophones, others where applicable)
2. White Performance Gloves (\$5 replacement fee)
3. CMU Performance Uniform & Parts (\$350 replacement fee)
4. Flip Folder w/ 5 pages (\$10 replacement fee)
5. 10 extra Flip Folder pages (\$.25/page replacement fee)
6. Music – to be placed in flip folders and specific to each instrument's parts (follow section leader's guidelines)

INSTRUMENTS

Students performing on Flute, Clarinet, Alto or Tenor Saxophone, Trumpet, and Trombone will be responsible for providing their own instrument. Students performing on Mellophone, Baritone, Sousaphone, and Drum-line instruments, will be issued a school owned instrument. In many cases these instruments are new or only slightly used and were very costly purchases by the music department (Mellophone = \$1,200, Baritone = \$1,600, Sousaphone = \$5,500, Drum-line instruments = \$300-\$1500 each). Students being issued a Mellophone, Baritone, or Sousaphone will need to fill-out and turn-in an instrument rental contract with the Equipment Manager. There is no charge for renting a school-owned instrument, however, students are responsible for all damages and/or losses associated with these instruments (beyond normal wear and tear, at the discretion of the director). All students will be assigned a space in the marching band storage room to store their instruments (personal or school-owned) when not in use. The marching band storage room is a secured environment where only the director, staff, and specific leadership have access. However, CMU or the music department will not be responsible for damage or loss due to theft for personally owned instruments that are stored in this room. Lockers are available upon request in the music department building. Students may also choose to store personally owned instruments in dorm rooms, houses, apartments, etc. at their discretion. All school owned instruments should be stored in the marching band room when not in use and should never leave this building without the direct consent of the director.

UNIFORMS

Towards the beginning of each fall season, all Maverick Stampede members will be sized for and issued a marching band uniform. All parts of this uniform will be issued to each member with the exception of all Black Marching Band Specific Performance Shoes (like Drill Masters or Dinkle's, use your HS band shoes or these can be purchased individually online for approximately \$30) and a pair of high length black socks. Black sneakers or dress shoes and short or sneaker length socks are not acceptable. Uniforms will be stored in the marching band storage room and students will dress in-to and out-of their uniform on performance days. With the exception of shoes and white uniform gloves (1st pair issued to students at no cost), no other uniform parts should ever leave the storage room without the Director's specific approval and/or on performance days. Students will be subject for a \$350 replacement fee for the mistreatment, abuse, or loss of any or all parts of their uniform. Black athletic type shorts (not provided, no stripes or large logos) and white band t-shirts (provided, \$10 replacement fee)

must be worn underneath the uniform at all times. In cold weather, students may dress with layers (under-armor or similar base layers) underneath black shorts and maroon shirts. **Out of respect and safe keeping of our uniform, image, and the band program in general, students are never allowed to use tobacco, alcohol, drugs, or narcotics of any kind (illegal or not) while in formal or informal uniforms, in our uniform t-shirts, on our practice fields, at game day events, or while otherwise representing the band.**

MUSIC - IN FLIP FOLDERS

- **ALL WINDS** must have their own *FLIP FOLDER* with a minimum of 15 pages total. Music that is memorized may be removed throughout the season as necessary. Write your name and phone number on your flip folder (on black plastic frame) and bring to all rehearsals & events.
- **DRUMLINE** members must provide their own 3-ring binder to organize show, stand-tunes, and other warm-up music.
- **VETERANS** are required to re-use the flip folder that was provided to them in their rookie season. If you lost your folder, see the music manager to purchase a new one.
- **ROOKIES** (new members) will receive a new flip folder (includes 5 pages) with 10 extra pages free of charge.
- **IF YOU LOST/LOSE YOUR FLIP FOLDER** - purchase new from the music manager (Folder w/5 pages = \$10, Extra pages = \$.25/page).

Details of flip folder contents and downloadable links to all music is available at:

www.coloradomesa.edu/music/MarchingBand_Music.html

MUSIC - CMU FIGHT SONG LYRICS (to be memorized)

Mesa Mavericks, Mesa Mavericks long may we live;
Show us that spirit, fight for the win.
FIGHT!! FIGHT!! FIGHT!!
Fullest allegiance, and we shall see;
Our Mavericks Marching on to victory!

MATERIALS NEEDED - NOT PROVIDED

1. **Music lyre** for use with flip folders (specific to each instrument and available online or at Roper Music)
2. All black marching band specific **performance shoes** like Drill Masters or Dinkle's (use your HS band shoes or available online ~\$30, sneakers or dress shoes are not acceptable)
3. CMU Band **Baseball Cap** (\$12), for personal use and also required on game-day and other performance events.
4. **White "CMU BAND" t-shirt**. (\$12).
5. **Custom warm-up uniform (~\$80 for jacket & pants) to be purchased by new members or for existing members that need a replacement. See our official website for ordering information.**
6. **Sunglasses** for use in stands & rehearsals. Students may purchase these on their own from any retailer.
7. All **black athletic-type shorts** to be worn under uniform and for specific rehearsals (no stripes or large logos)
8. **Back-pack**, black or dark-colored, small or standard size (no "camping" back-packs). To be used on game days for transportation and storage of food, water, and personal items.

REHEARSAL ATTIRE & MATERIALS

Students are required to wear lightweight athletic-type clothing during every outside rehearsal. This includes shorts, short-sleeved shirts, and athletic sneakers. Sandals, bare feet, or jeans will not be permitted. Appropriate athletic-type long-sleeved shirts and pants are acceptable in cold weather only. Students not wearing appropriate clothing for physical activity may be asked to leave the field and may be charged with an absence or tardiness from this rehearsal. Appropriate layers may be used in inclement weather. Students should use/wear sunscreen, sunglasses, hats, and **provide their own water at all rehearsals.**

SCHEDULES

2016 PRESEASON CAMP, REHEARSAL, & PERFORMANCE DETAILS

A detailed schedule of all pre-season camp events, regular season rehearsals, and fall performances times and dates is available at:

<http://www.coloradomesa.edu/music/MarchingBandSchedule.html>

ATTENDANCE REQUIRED AT ALL EVENTS!

STUDENT LEADERSHIP

*All potential members of the Maverick Stampede are eligible to apply and interview for a leadership position listed below. Student leaders receive stipends, base on duties and responsibilities inherent to the specific position, in recognition for efforts associated with these positions. In the event student leaders do not follow-through with obligations associated with their positions, leadership responsibilities, titles, and stipends may be reduced or revoked at anytime by discretion of the Director. Individual auditions and interviews for leadership positions take place each spring prior to the upcoming fall season.

For more specific details associated with student leadership positions, responsibilities, and opportunities, and a list of 2016 student leaders and contact information please visit:

www.coloradomesa.edu/music/MarchingBandStudentLeadership.html

TEACHING PROCEDURE

The following will be the standard procedure for teaching fundamentals in the Maverick Stampede. Student leaders can develop a uniform, efficient and consistent strategy for teaching other band members by following these steps. Although this procedure is set for teaching marching fundamentals, transfers can easily be made to accommodate teaching of music fundamentals and others.

1. Explain the fundamental and it's purpose. Example: "the next fundamental is...we do this to..."
2. Break down the fundamental into command and response. Example: "the command for attention is... Your response is..."
3. Give the command to the squad and have them give the response.
Note: This should be done in tempo.
4. Demonstrate the entire fundamental to the squad in sequence by calling the command and executing the fundamental with the response by yourself.
5. Give the squad the command and have them begin trying each movement "by-the-numbers" or in isolated body movements (ie: feet only, upper body only) as you demonstrate with them. Check each position and correct as necessary with quick "bursts" of feedback.
Note: Move quickly while checking positions by-the-numbers to avoid people standing in an uncomfortable position for long periods of time. Your students will quickly begin to forget what you are teaching them and instead start to dislike you.
☺
6. Continue to have the squad execute by-the-numbers until each position of the fundamental and movement from one position to another is memorized.
Note: It is unrealistic to expect beginners to perfect each fundamental immediately. A great deal of time can be saved if you can determine that the basic objectives have been mastered and then move on. There will be time for review and perfection later.
7. Give the command and have the squad execute in sequence. Check to see that each point is being executed properly as the entire fundamental is rehearsed.
Note: Speed kills! Keep tempos slow in the beginning.
8. Once the fundamental is being executed with a reasonable amount of proficiency, you may move on to the next fundamental and begin this procedure again. ☺

With practice, this teaching procedure can be very effective and happen quickly. Pay attention to the best teachers in your environment. Chances are they follow this or a similar procedure everyday in minutes if not seconds, perhaps without you even realizing it!

FUNDAMENTAL: ATTENTION POSITION

Purpose: To prepare the band to execute other commands.

Command: **“Ten - Hut - Ten - Hut”**

Count: 1 2 3 4

Response: **“Ten - Hut - Hut - Two”**

Count: 1 2 3 4

1. On “Ten” - nothing
2. On first “Hut” - nothing
3. On second “Hut” - Left heel snaps against right heel with heels together and feet in a 50-60 degree angle “pie wedge”.
4. On “Two” -Right hand snaps to the instrument carriage position. Instruments held centered and straight in front of body. Mouthpiece should be eye level (where applicable).

What to watch for:

- Right hand moves directly to the instrument.
- Snap and precision.
- Positions:
 - Feet – Together.
 - Stomach – In
 - Chest – Out
 - Shoulders – Back
 - Elbows – Up
 - Chin – High
 - Eyes – WITH PRIDE!

FUNDAMENTAL: PARADE REST

Purpose: To move the band into a more relaxed position that can be sustained for longer periods of time.

Command: **“Prade – Hess – Prade – Hess”**

Count: 1 2 3 4

Response: **“Prade – Hess – Hut – Two”**

Count: 1 2 3 4

1. On “Prade” - nothing
2. On “Hess” - nothing
3. On “Hut” - Left foot snaps out to a shoulder length stance, right foot remains stationary. Feet stay in a 50-60 degree angle “pie wedge”.
4. On “Two” - Both hands snaps to a low instrument carriage position (specific for each instrument, but generally with instrument place close to your mid section above your belt line and close to your body). Head and eye position move slightly downward looking toward a position on the ground approximately 4 steps in front of the feet.

What to watch for:

- Snap and precision.
- Positions:
 - Feet – Shoulder width, not to far, not to close.
 - Arms & Hands – uniform with section (specific to instrument)
 - Chin – Lower than attention position
 - Eyes – Looking at position 4 steps in front of feet.

FUNDAMENTAL: HORNS UP/DOWN

Purpose: To bring instruments to playing position from the attention position.

Command: **“Horns - Up/Down - Horns - Up/Down”**

Count: 1 2 3 4

Command: **“Horns - Up/Down - Out - Set”**

Count: 1 2 3 4

1. On “Horns” - nothing
2. On “Up/Down” - nothing
3. On “Out” – Instruments begin to move into playing/attention position from the playing/attention position.
4. On “Set” – Instruments are more precisely adjusted towards mouths/attention positions. Left & right hand positions on the instrument are also more precisely set to prepare for performance or for the attention position.

What to watch for:

- Uniformity amongst sections, precision, and smooth transition between playing and attention positions.
- Positions:
 - Horn angle when horns up – parallel to the ground, not above or below parallel.
 - Horn angle when horns down – perpendicular to the ground.
 - Arms & Hands – uniform with section (specific to instrument).
 - Chin – High at all times

FUNDAMENTAL: MARK TIME

Purpose: To maintain tempo/time in feet while staying stationary. To prepare for movement.

Command: **“Mark - Time - Mark - Time”**

Count: ~~1(5) 2(6) 3(7) 4(8)~~

Response: “5 6 7 **Lift - 1 - 2 - 3 - 4 - 5 - 6 - 7 - Place - Close**”

Count: 1(5) 2(6) 3(7) 4(8) 1 2 3 4 5 6 7 8 1

1. On “Mark” - nothing
2. On “Time” - nothing
3. On the second “Mark” - nothing
4. On “Lift”- left heel raises 2 “ off the ground while toe moves to center (out of wedge position).
5. On “1”- right heel raises 2 “ off the ground while toe moves to center. Left heel returns to the ground.
6. Continue- alternating- 3-4-5-6-7-8.
7. On “Place”- right foot moves to wedge position.
8. On “Close”- left foot moves to wedge position, finalizing the attention position.

What to Watch for:

- Heal more or less than 2” off ground.
- Only heal off the ground – not entire foot

FUNDAMENTAL: FORWARD MARCH
(Straight leg roll step)

Purpose: To maintain body in attention or horns-up position while marching forward.

Command: ~~“Fow – Ward – Fow – Ward”~~

Count: ~~1(5) 2(6) 3(7) 4(8)~~

Response: “5 6 7 **Push – Step – 2 – 3 – 4 – 5 – 6 – 7 – Place – Close**”

Count: 1(5) 2(6) 3(7) 4(8) 1 2 3 4 5 6 7 8 1

Note: Have students practice walking forward on the straight leg roll step, maintaining 8 steps for every 5 yards (22.5 inch step).

1. On “push” – weight of upper body is transferred to the right foot and left heel is “pushed” outwards 22.5 inches.
2. On “Step”- left heel strikes the ground approximate 22.5 inches in front of the right foot and weight of upper body is transferred to the left foot.
3. On “2”- right heel strikes the ground approximate 22.5 inches in front of the left foot and weight of upper body is transferred to the right foot.
4. Continue- alternating- 3-4-5-6-7.
5. On “Place” - place right foot on the yard line in wedge position.
6. On “Close”- left foot moves to wedge position on yard line, finalizing the attention position.

What to Watch for:

- 22.5 inch step size. 8 even sized steps per every 5 yard interval.
- Weight of body transfer from left to right foot on appropriate counts.
- Upper body movement is controlled pushing weight through the outer edges of each foot in a “rolling” motion.
- Knees only bend slightly in each step (no “Bicycling!”)
- Feet pass on the “and’s.”

FUNDAMENTAL: BACKWARD MARCH

Purpose: To maintain body in attention or horns-up position while marching backwards.

Command: ~~“Back – Ward – Back – Ward”~~

Count: ~~1(5) 2(6) 3(7) 4(8)~~

Response: “5 6 7 **Push – Step – 2 – 3 – 4 – 5 – 6 – 7 – Place – Close**”

Count: 1(5) 2(6) 3(7) 4(8) 1 2 3 4 5 6 7 8 1

Note: Have students practice walking backwards on their toes trying to keep step size at 8 to 5.

1. On “push” - the heels of both feet raise upward as body lifts on the toes.
2. On “hut”- left toe is placed straight back 22.5 inches behind the body. Stay up on toes.
3. On “2”- right toe is placed back 22.5 inches behind left. Stay up on toes.
4. Continue- alternating- 3-4-5-6-7.
5. On “Place” - place right foot on the yard line in wedge position.
6. On “Close”- left foot moves to wedge position on yard line, finalizing the attention position.

What to Watch for:

- Do not squat.
- Stay up on toes.
- Steps are along one central line moving backward. Not staggered.
- 22.5 inch step size. 8 even sized steps per every 5 yard interval.
- Feet pass on the “and's.”

FUNDAMENTAL: FORWARD MARCH INTO BACKWARD MARCH

Purpose: — To move from a forward march directly into a backward march.

Command: — **~~Back – Ward – Back – Ward~~**

Count: — 1 — 2 — 3 — 4

Response: — **~~Back – Ward – March – Rock – Back – 2 – 3 – 4 – 5 – 6 – 7 – Place – Close~~**

Count: — 1 — 2 — 3 — 4 — 1 — 2 3 4 5 6 7 8 — 1

1. — On “Rock” — the right foot take its last forward steps and the weight of the body “rocks” forward then backward on this foot. The left foot prepares for it’s 1st backward step.
2. — On “Back” — left toe is placed straight back 22.5 inches behind the body to begin marching backwards. Stay up on toes.
3. — On “2” — right toe is placed back 22.5 inches behind left. Stay up on toes.
4. — Continue alternating 3 4 5 6 7.
5. — On “Place” — place right foot on the yard line in wedge position.
6. — On “Close” — left foot moves to wedge position on yard line, finalizing the attention position.

FUNDAMENTAL: BACKWARD MARCH INTO FORWARD MARCH

Purpose: — To move from a backward march directly into a forward march.

Command: — **~~Fow – Ward – Fow – Ward~~**

Count: — 1 — 2 — 3 — 4

Response: — **~~Fow – Ward – March – Push – Step – 2 – 3 – 4 – 5 – 6 – 7 – Place – Close~~**

Count: — 1 — 2 — 3 — 4 — 1 — 2 3 4 5 6 7 8 — 1

1. — On “push” — weight of upper body is transferred to the right foot (still up on toes) and left remains stationary from previous step and thus is already “pushed” outwards 22.5 inches in front of the right foot.
2. — On “Step” — left heel strikes the ground approximate 22.5 inches in front of the right foot and weight of upper body is transferred to the left foot.
3. — Continue alternating 2 3 4 5 6 7.
4. — On “Place” — place right foot on the yard line in wedge position.
5. — On “Close” — left foot moves to wedge position on yard line, finalizing the attention position.

FUNDAMENTAL: "BOX" DRILLS

Left Forward Box Drill

1. Forward march 8
2. Forward left slide 8
3. Backward march 8
4. Forward right slide 8
5. Halt

Left Backward Box Drill

1. Backward march 8
2. Forward left slide 8
3. Forward march 8
4. Backward right slide 8
5. Halt

Right Forward Box Drill

1. Forward march 8
2. Forward right slide 8
3. Backward march 8
4. Forward left slide 8
5. Halt

Right Backward Box Drill

1. Backward march 8
2. Forward right slide 8
3. Forward march 8
4. Backward left slide 8
5. Halt

FIELD DIAGRAM

