

Royal Canadian Sea Cadet Corps

QUINTE



Drill Guide

UNIT PRODUCED HANDBOOK

FOREWARD AND PREFACE

Issuing Authority This HANDBOOK is not an official or authorized publication. This publication is created at the local level and is not intended to be considered an official publication.

Development Development of this HANDBOOK is meant to support and augment training requirements of the cadet unit not detailed in existing CCO training publications. The cadet unit may augment, add or delete material as they require to deliver the program as detailed by CCO training publications or local requirements.

Purpose of the HANDBOOK The publication to be used by the cadet unit in conjunction with other resources to conduct the Cadet Training Program, including both Mandatory and Complementary Training.

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References:

CFP201 - CAF Manual of Drill and Ceremony
Sea Cadet Manual of Drill and Ceremony

Terms

Standard Pause - The standard pause between each drill movement is two beats of quick time. Quick time is 120 beats per minute so a Standard Pause equals 1 full second.

Squad - Squad will be the term used to represent all groupings of members in this publication. Terms such as Division, Band, Guard or Ship's Company can be substituted in by the person calling the drill commands.

Commander - Commander will be the term used to represent the person calling the drill commands.

The phrase "Place the foot flat on the ground" means place the foot naturally on the ground without slapping or exaggeration.

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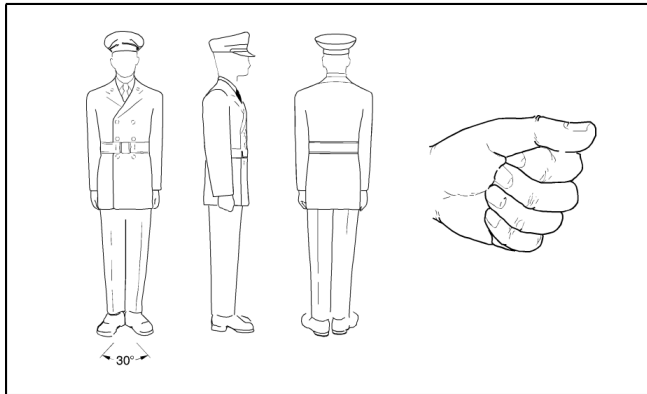
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POSITION OF ATTENTION

The position of attention is one of readiness for a word of command. Alertness and exactness in this position is important, and therefore personnel should not be kept at attention longer than necessary.

The position of attention is the position adopted by all when addressing a superior.

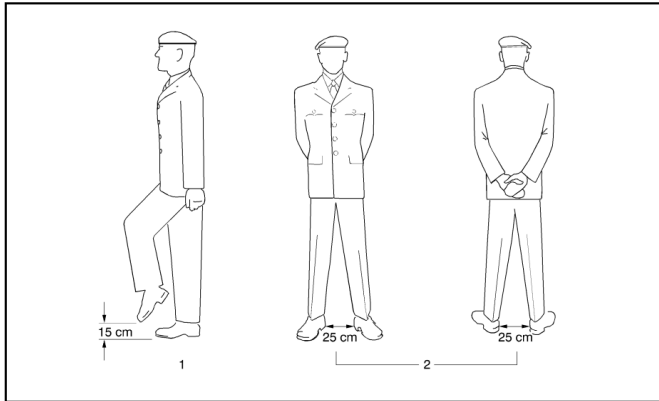


The position of attention is as follows:

- heels together and in line;
- feet turned out to form an angle of 30 degrees;
- body balanced and weight distributed evenly on both feet;
- shoulders level, square to the front;
- arms hanging as straight as their natural bend will allow, with elbows and wrists touching the body;
- wrists straight, the back of the hands outwards;
- fingers aligned, touching the palm of the hand, thumbs placed on the side of the forefinger at the middle joint with the thumbs and back of the fingers touching the thighs lightly and the thumbs in line with the seam of the trousers; and
- head held erect, neck touching the back of the collar, eyes steady, looking their height and straight to the front.

POSITION OF STAND AT EASE

The position of standing at ease is an intermediate position between attention and standing easy. It allows no relaxation but can be maintained without strain for a longer time than the position of attention.



STAND AT EASE FROM ATTENTION

On the command **STAND AT EASE** squad members bend the left knee. Squad members shall then:

- carry the left foot to the left, straightening it in double time, and place it smartly flat on the ground with the inside of the heels 25 cm apart;
- simultaneously, with a quick motion, bring the arms behind the back, stretched to their full extent, and place the back of the right hand in the palm of the left, with thumbs crossed right over left, the fingers together and extended; and
- balance the body with the weight evenly distributed on both feet.

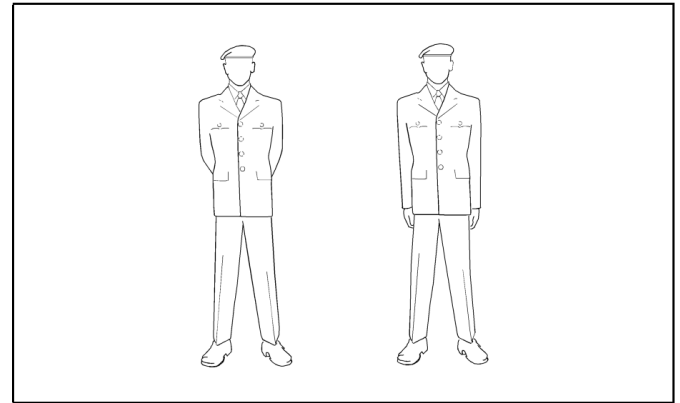
ATTENTION FROM STAND AT EASE

On the command ATTENTION, squad members shall bend the left knee and shift their balance to the right foot. Squad members shall then:

- straighten the left leg in double time, place the foot smartly on the ground, toe touching first, followed by the heel, and with heels aligned; and
- simultaneously, with a quick motion, bring the arms and hands to the position of attention.

POSITION OF STAND EASY

The position of stand easy is ordered when it is desirable to permit troops to relax. This command is only given when the squad is in the position of stand at ease.



STAND EASY FROM STAND AT EASE

On the command **STAND – EASY**, squad members shall :

- close the hands and bring the arms to the position of attention;
- observe a standard pause; and
- relax.

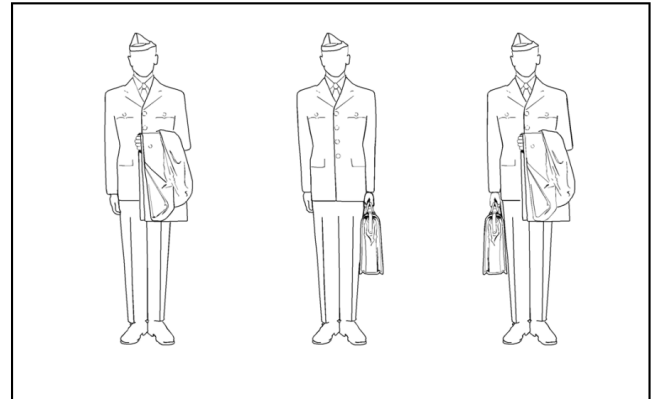
When standing easy, squad members may, with permission, move all but their feet and adjust clothing and equipment, but they shall not talk.

STAND AT EASE FROM STAND EASY

On the cautionary command **SQUAD**, squad members shall assume the position of stand at ease.

CARRYING OF ARTICLES

- If any one article is carried, such as a briefcase, umbrella or raincoat, it shall be carried in the left hand. If an article is carried when marching, the left arm is not swung.
- Articles shall be carried in the manner illustrated
- In all positions at the halt, the free arm shall be maintained at the side as for the position of attention.



REMOVE HEADDRESS

When ordered in connection with a religious event, it is optional for a member to remove or not to remove their headdress for religious or spiritual reasons.

When a unit is carrying arms, all action is carried out with the left hand when the command REMOVE – HEADDRESS is ordered.

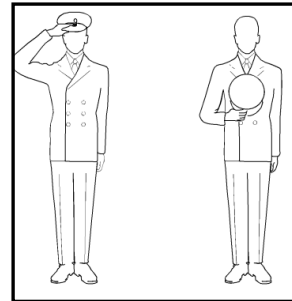
When ordered, all ranks on parade shall remove their headdress with the exception of:

- adherents of faiths for whom this is not permitted or acceptable (e.g., Sikhs).
- musicians when on parade with instruments.
- when ordered in connection with a religious event, it is optional for members to remove or retain his or her headdress in accordance with his or her belief.

On the command REMOVE HEADDRESS, squad members shall bring the right hand to the front of the headdress by the shortest route and grasp it in the front between the thumb and fingers, with the fingers aligned and parallel to the shoulders as much as practicable.

A standard pause is to be observed then:

members shall maintain the bend in the right arm, cut the upper arm to the right side of the body and the forearm parallel to the ground, and bring the right hand to the centre of the body. Maintaining the grasp on the peak of the headdress, squad members shall hold the headdress above the hand and in the centre of the chest.

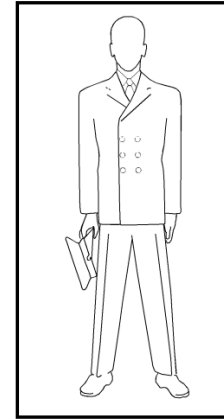


STAND AT EASE WITH HEADDRESS REMOVED

On the command **STAND AT – EASE**, squad members shall assume the position for standing at ease when carrying articles, except that the right arm and hand will maintain the headdress in the position as previously detailed.

STAND EASY WITH HEADDRESS REMOVED

On the command **STAND – EASY**, squad members shall extend the right arm down the side with headdress held below the hand and, after a standard pause, relax



REPLACE HEADDRESS

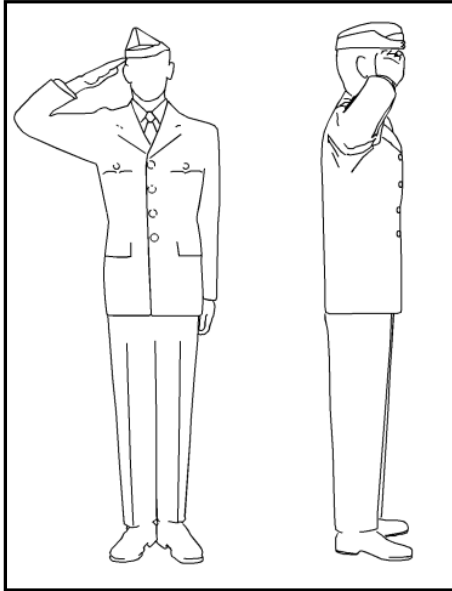
On the command **REPLACE HEADDRESS**, squad members shall replace the headdress with the right hand. When wearing other than a service or wedge cap, two hands shall be used

A standard pause is to be observed then:

resume the position of attention by cutting the right arm or arms to the side.

SAULTING AT THE HALT

The salute is given with the right hand. When physical incapacity or carrying of articles makes a salute with the right hand impracticable, compliments will be paid by turning the head and eyes to the left or right or standing to attention, as appropriate



On the command TO THE FRONT SALUTE , squad members shall:

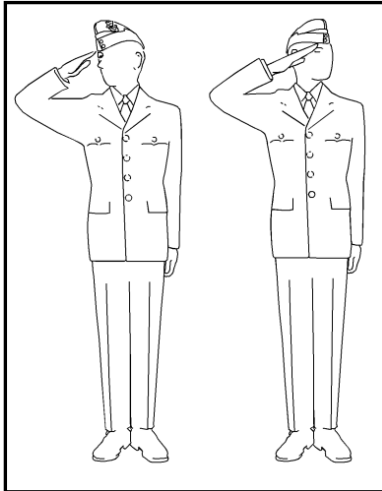
- bend the right elbow and open the palm of the right hand as it passes the shoulder; and
- force the right hand by its shortest route to the front of the headdress so that:
 - the palm of the hand is facing down,
 - the thumb and fingers are fully extended and close together,
 - the tip of the second finger is in line with the outside of the right eyebrow and touching the outside edge of the headdress or arm of glasses, if worn,
 - the hand, wrist and forearm are in a straight line and at a 45 degree angle to the upper arm,
 - the elbow is in line with the shoulders, and
 - the upper arm is parallel to the ground.

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A standard pause is to be observed then:

the hand is brought sharply to the position of attention by the shortest route, without slapping the thigh. The hand is closed after the forearm is lowered below shoulder level.

When wearing headdress other than a cap with a peak, the second finger is 2 cm above and in line with the outer tip of the right eyebrow.



On the command **TO THE RIGHT (LEFT) SALUTE**, saluting shall be executed as previously detailed, except that:

- the head and eyes shall be turned smartly to the right (left) as far as possible without straining;
- when saluting to the left, the right hand, wrist and arm are brought further over to the left to the correct position in line with the outside edge of the right eyebrow; and
- when saluting to the right, the arm is moved to the rear, with the tip of the second finger remaining in line with the outside edge of the right eyebrow.

A standard pause is to be observed then:

the hand is brought sharply to the position of attention, and simultaneously the head and eyes are turned smartly to the front.

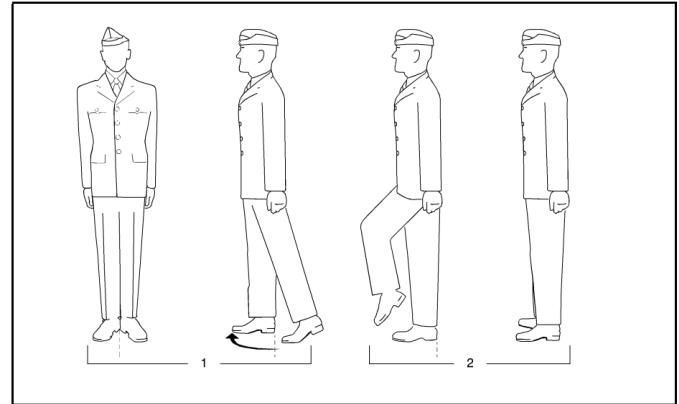
TURNING AND INCLINING AT THE HALT

Turns and inclines are made to change direction: right or left turns change direction by 90 degrees, about turns by 180 degrees, and right and left inclines by 45 degrees

On the command **RIGHT TURN** squad members shall turn 90 degrees to the right by pivoting on the right heel and left toe and raising the left heel and right toe simultaneously. Both knees will be kept braced during the turn, arms at the sides and body erect. On the completion of the movement, the weight of the body is placed on the right foot and the left leg is braced with the heel off the ground.

A standard pause is to be observed then:

squad members shall bend the left knee, straighten it in double time and smartly place the left foot beside the right to assume the position of attention.



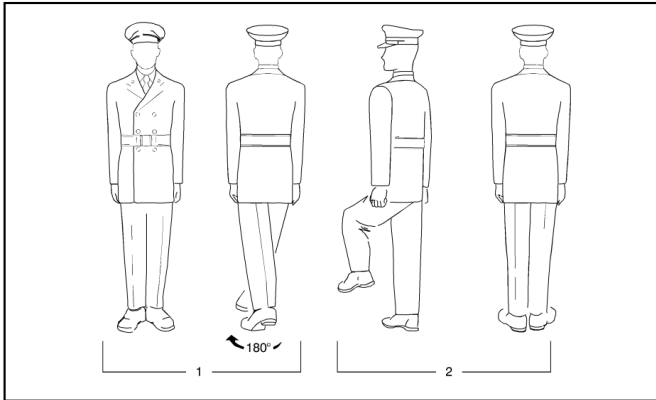
On the command **RIGHT IN – CLINE**, the drill as described for a right turn is followed, but the turn is only made through 45 degrees.

On the command **LEFT – TURN**, the drill as described for the right turn is followed, except that the details of moving the feet and direction are reversed.

On the command **LEFT IN – CLINE**, the drill as described for a left turn is followed, but the turn is only made through 45 degrees.

ABOUT TURN AT THE HALT

On the command ABOUT – TURN, the drill as described for the right turn is followed, except that the pivot to the right is made through 180 degrees. Balance is maintained by bracing the legs and locking the thighs



CLOSING TO THE RIGHT (LEFT)

Close march paces to the right (left) shall not be ordered when the distance required to move exceeds eight paces.

On the command ONE PACE RIGHT CLOSE MARCH squad members shall:

- bend the right knee, carry the foot to the right and place it smartly on the ground with the inside of the heels one side pace 25 cm apart
- balance the weight of the body evenly on both feet; and
- keep the arms still at the sides.

Squad members shall then shift the weight of the body to the right foot, bend the left knee and place the left foot smartly by the right to assume the position of attention.

On the command ONE PACE LEFT CLOSE MARCH the drill as outlined above is followed except that the details of moving the feet and the direction are reversed.

The timings for the above movements are;

- for one pace, “one-one”;
- for two paces, “one-one, pause, one-two”
- for three paces, “one-one, pause, one-two, pause, one-three”; etc.

PACES FORWARD (TO THE REAR)

A squad shall not be moved forward or back more than three paces by this method. When the distance is greater the squad will be marched the required distance.

When taking paces forward and to the rear:

- the cadence shall be in quick time;
- the length of each step shall be one half pace (35 cm); and
- the arms shall be kept still at the sides.

On the command **ONE PACE FORWARD MARCH** squad members shall:

- shoot the left foot forward one half pace, forcing the weight forward on the left foot, with the right heel raised; and
- keep the arms still at the sides.
- then bend the right knee, straighten it in double time, place the right foot smartly on the ground beside the left and assume the position of attention.

On the command **ONE PACE STEP BACK MARCH** squad members shall:

- shoot the left foot to the rear one half pace with the weight forward on the right foot and the left heel raised; and
- keep the arms still at the sides.
- then I bend the right knee, straighten it in double time, place the right foot smartly on the ground beside the left, and assume the position of attention.

The timings for both movements are counted as follows:

- for one pace, —"one-two";
- for two paces, —"one, one-two"; and
- for three paces, —"one, one, one-two".

On the command **TWO PACES FORWARD (STEP BACK) – MARCH**, the movement shall be carried out as detailed above, except that the left foot shall be brought in to the right to assume the position of attention.

ROLL CALL

On the command **ATTEN – TION, ANSWER TO YOUR NAME, STAND AT – EASE**, each squad member shall come to attention as their name is called and answer in one of the following ways:

- “Sir” or “Ma’am” if the person calling the roll is an officer;
- “Chief” when the roll is called by a Chief Petty Officer;
- “PO” “Master Cadet” “Leading Cadet” when the roll is called by someone holding that rank; or
- “Present” if the person calling the roll is below the rank of Leading Cadet

When the roll-call is supervised by a person senior in rank to the person calling the roll, each squad member shall answer to his name with the correct response for the rank of the supervisor.

When a senior is in the ranks and the roll is called by a junior with no senior rank supervising the roll-call, both shall use the other’s rank title in calling and answering the name.

Each squad member shall stand at ease after answering thier name.

NUMBERING

On the command **SQUAD – NUMBER**, the front rank only shall count off from right to left, the right-hand member calling out **ONE** and the next, **TWO**, and so on. The head and eyes remain still.

There is no pause between numbers.

Each individual in the centre and rear rank takes the number of the front rank individual being covered.

When an error in numbering occurs, the command **AS YOU WERE**, may be ordered followed by the last correct number called out. The squad member so designated repeats his number and the numbering drill continues. If the command **AS YOU WERE, SQUAD – NUMBER** is ordered, the squad will renumber from the beginning.

DRESSING A SQUAD

On the command **RIGHT DRESS**

- the right-hand individual of the front rank stands fast; and
- the remainder take a half pace forward by shooting the left foot forward, bending the right knee and adopting the position of attention.

A standard pause is to be observed then:

- the right file stands fast;
- the remainder turns head and eyes to the right as far as possible without straining; and
- simultaneously, the front rank, except the right-hand individual, shoots the right arm its full extent behind the shoulder of the one on the right. The hand is closed as in the position of attention, back of the hand uppermost and arm parallel to the ground.

A standard pause is to be observed then:

- the right-hand individual of the front rank stands fast; and
- the remainder takes up correct alignment, distance and covering by taking short, quick paces until they are in the correct position. Movement starts with the left foot.

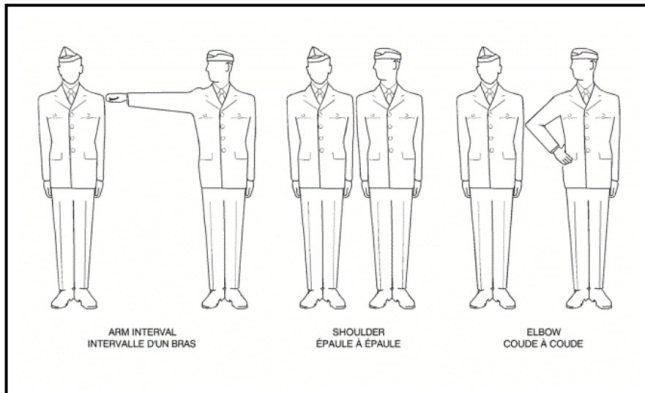
Correct covering is taken up by glancing to the front without moving the head. The interval is correct when the closed hand is touching the left shoulder of the person on the right.

On the command **EYES – FRONT**, squad members shall snap the head and eyes to the front and cut the right arm smartly to the rear of the individual on the right and to the position of attention without slapping the thigh.

On the command **SHOULDER DRESSING, RIGHT – DRESS**, dressing is carried out as for the right dress, except that the arms are not raised and dressing is taken up without arm's length interval. Enough space is left between the shoulders of each person to allow rifle movements to be performed.

On the command **ELBOW DRESSING, RIGHT – DRESS**, dressing is carried out as for the right dress except:

- the right hand is placed on the hip or belt as applicable;
- fingers closed, pointed down and extended forward;
- thumbs to the rear; and d. the point of the elbow forced forward and touching the individual's arm on the right



When bearing arms, dressing is completed by raising the left arm rather than the right arm.

OPEN ORDER MARCH

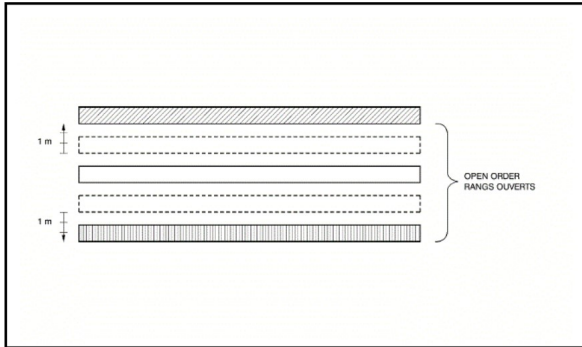
The open order is executed as follows:

- the front rank shall move forward three half paces, the rear rank shall step back three half paces and the centre rank shall stand fast;
- the cadence shall be in quick time; and
- the arms shall be kept still at the sides.

On the command **OPEN ORDER – MARCH**, the movements will be executed as for three check paces forward and to the rear, the final movement being executed by bending the right knee, straightening it in double time and placing the right foot smartly on the ground by the left and assuming the position of attention.

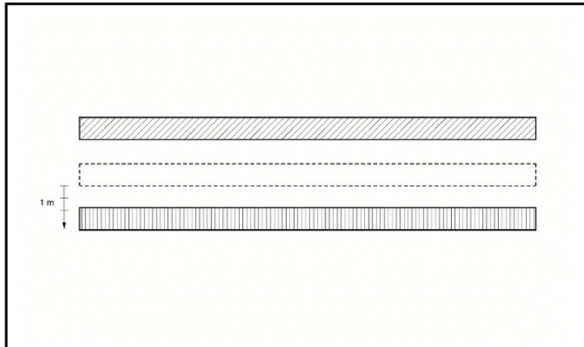
The timing for the movements is counted as one, one, one-two.

When formed in two ranks, the front rank stands fast and the rear rank steps back three half paces



CLOSE ORDER MARCH

On the command **CLOSE ORDER – MARCH**, the squad shall reverse the movements involved in the **OPEN ORDER - MARCH**.



FALLING IN A SQUAD ON PARADE

The commander shall then proceed onto the parade ground and halt three paces in front of where he wishes the marker to fall in.

On the command **MARKER**, the person detailed as marker shall:

- come to attention and observe the standard pause;
- march in quick time to a position three paces in front of, and facing the instructor and halt; and
- remain at attention.

The commander then turns right and marches to a position three paces in front and centre of where the squad will fall in.

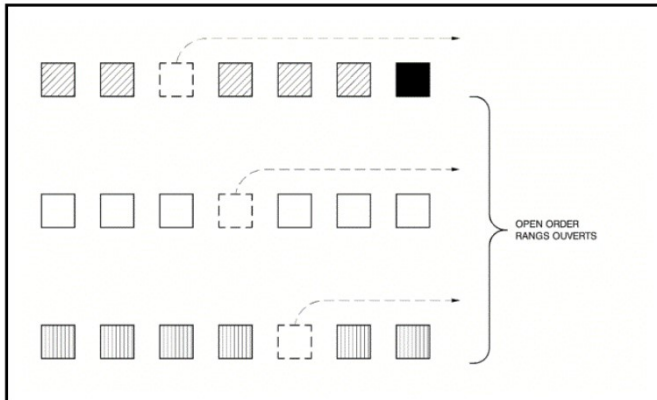
On the command **FALL-IN**, squad members shall:

- come to attention;
- observe the standard pause;
- march onto the parade ground, and halt on the left of and covering off the marker; and
- remain at attention.

FALLING INDIVIDUALS OUT

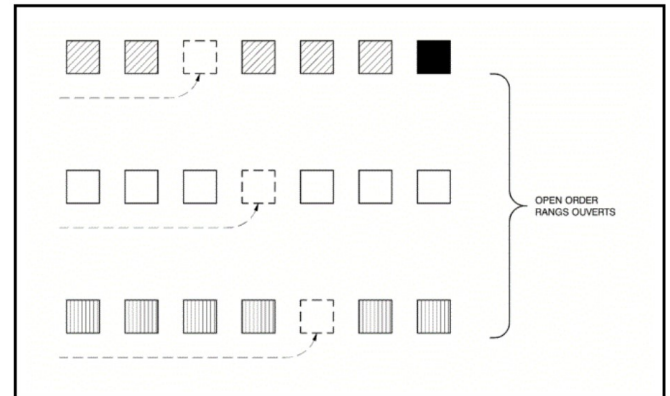
The command FALL – OUT shall be used when an individual is called out of the squad.

On the command FALL – OUT, the person ordered shall come to attention, and, after a standard pause, march, wheeling immediately, to the right flank of their rank and then proceed in the required direction.



FALLING INDIVIDUALS IN

On the command FALL – IN, the individual ordered marches to the left rank of the squad and returns to their position by marching in rear of their rank, wheeling into their original position and halting. The individual shall pick up his dressing and either remain at attention or stand at ease as required

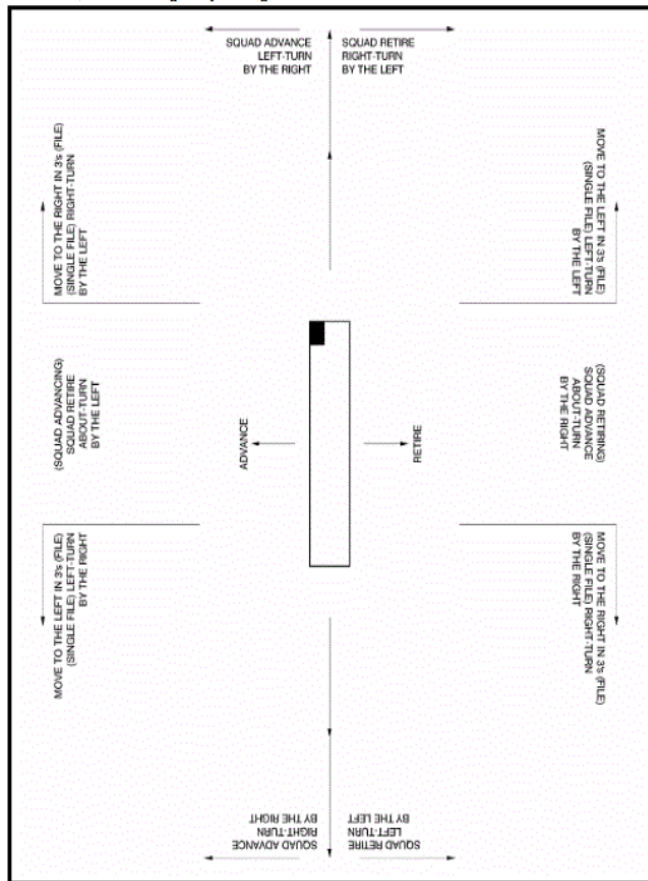


WORD OF COMMAND

All commands to commence marching are given when personnel are at the position of attention.

On the march, executive commands are given as the foot, specified in the following list, is forward and on the ground, unless otherwise directed.

<u>Word of Command</u>	<u>Foot</u>
HALT—except in slow time when command is given on the right foot.	LEFT
STEP OUT or STEP SHORT	LEFT
CHANGE TO QUICK (SLOW or DOUBLE) TIME	RIGHT
MARK TIME (when marching)	RIGHT
FORWARD	LEFT
ABOUT TURN	RIGHT
RIGHT TURN (INCLINE)	LEFT
LEFT TURN (INCLINE)	RIGHT
CHANGE STEP	RIGHT
SALUTE (when marching)	LEFT
EYES RIGHT / EYES FRONT	LEFT
Commands for rifle drill movements on the march	LEFT



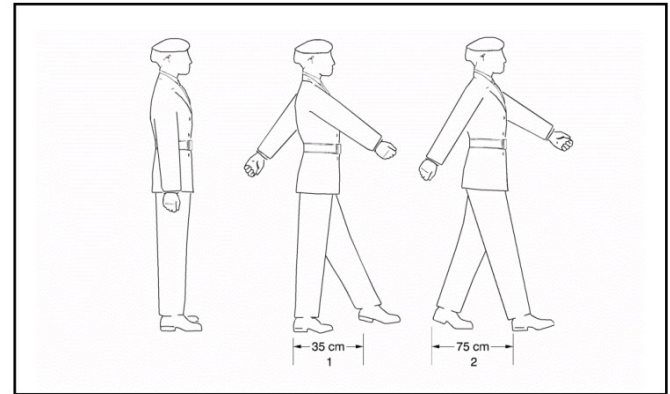
QUICK MARCH

On the command **QUICK MARCH** squad members shall:

- shoot the left foot forward one half pace, toe up;
- strike the heel on the ground first and keep the toe pointed directly forward; and
- simultaneously, swing the right arm straight forward and the left arm straight to the rear, waist high.

Squad members shall then:

- continue marching with subsequent paces of standard length;
- bring the legs forward successively in a straight line;
- swing the arms forward successively in a straight line from the shoulder, front to rear, with hands closed as in the position of attention; and
- maintain dressing by the directing flank.



HALT

On the command **HALT** given as the left foot is forward and on the ground, squad members shall:

- check the forward movement by placing the right foot flat on the ground naturally, using the heel as a brake; and
- swing the left arm forward and the right arm to the rear.

Squad members shall then:

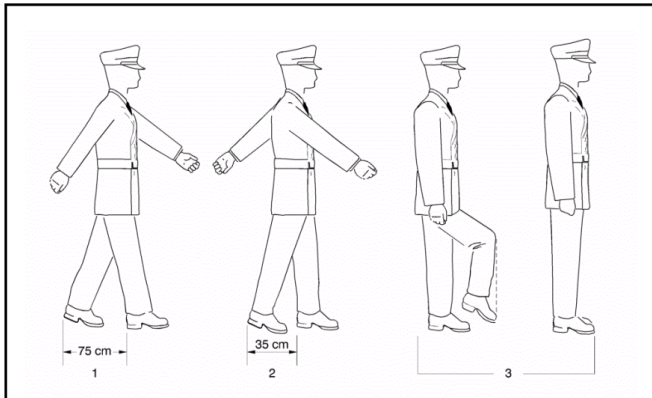
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- take a half pace with the left foot, placing it flat on the ground; and
- swing the right arm forward and the left to the rear.

Squad members shall then:

- bend the right knee, straightening it in double time; and
- simultaneously, cut the arms to the side as quickly as possible and assume the position of attention.

The timing is called as —one, one-two.



STEPPING OUT / STEPPING SHORT

On the command **STEP – OUT** given as the left foot is forward and on the ground:

- the pace shall be lengthened by about 10 cm on the next left foot; and
- the squad shall continue to step out until the command **QUICK – MARCH** is ordered.

On the command **QUICK – MARCH** given as the left foot is forward and on the ground, the pace will be shortened to the normal length on the next left foot.

On the command **STEP – SHORT** given as the left foot is forward and on the ground:

- the pace shall be shortened by about 20 cm on the next left foot; and
- the squad shall continue to step short until the command **QUICK – MARCH** is ordered

On the command **QUICK – MARCH** given as the left foot is forward and on the ground, the pace will be lengthened to the normal length on the next left foot.

MARK TIME

Marking time in quick time is carried out at the same cadence as for marching

On the command **MARK TIME**, given as the right foot is on the ground, squad members shall:

- take a half pace with the left foot, placing the foot flat on the ground naturally;
- bring the right foot into the left in a straight leg manner, not scraping the ground;
- simultaneously, cut the arms to the sides and assume the position of attention; and
- maintain the same cadence.

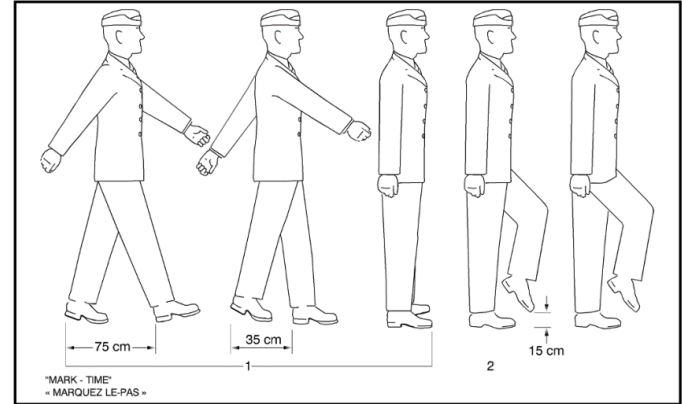
Squad members shall then:

- bend the left knee;
- place the toe on the ground before the heel as the leg is lowered; and
- continue to mark time until the command **FOR – WARD** or **HALT** is given.

The timing is:

Count: **LEFT – IN – LEFT – RIGHT – LEFT**

Foot: **LEFT – RIGHT – LEFT – RIGHT – LEFT**



FORWARD FROM MARK TIME

On the command **FOR – WARD** given as the left foot is on the ground, squad members shall:

- straighten the right leg and assume the position of attention;
- shoot the left foot forward in a half pace; and
- continue marching in quick time, swinging the right arm forward and the left to the rear

HALT FROM MARK TIME

On the command SQUAD – HALT given as the left foot is on the ground, squad members shall:

- take a further mark time pace with the right foot;
- take a further mark time pace with the left foot; and
- straighten the right leg in double time and assume the position of attention.

The timing for the halt is counted —one, one-two

To mark time from the halt the command shall be, QUICK MARK – TIME.

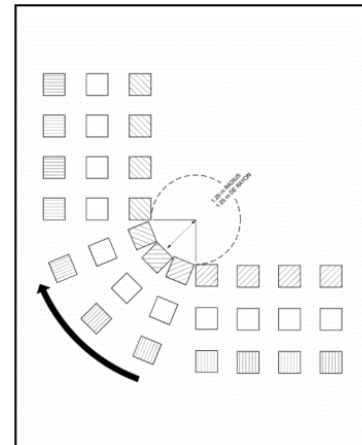
WHEELING

On the command RIGHT (LEFT) – WHEEL, the leading file of threes wheels around one quarter of the circumference of a circle having a radius of 1.25 m, changing direction by 90 degrees.

The inner rank shall step short, the center rank shall maintain the length of pace and the outside rank shall step out, without altering the cadence, to enable the file to wheel in line.

Dressing is maintained by the inner flank while wheeling. The head will be kept to the front.

When the leading file has wheeled 90 degrees, it shall march in the new direction, resuming the normal pace. The remaining files shall follow the lead file, wheeling at exactly the same point.



CHANGE STEP ON THE MARCH

on the command **CHANGE STEP**, given as the right foot is forward and on the ground, squad members shall:

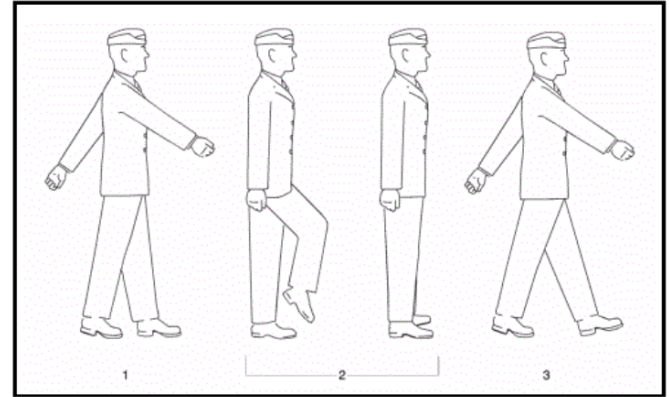
- complete a half pace with the left foot;
- swing the right arm forward;
- swing the left arm to the rear;
- force the weight forward on the left foot; and
- raise the right heel off the ground.

Squad members shall then:

- cut the arms to the side as in the position of attention;
- bring the right foot forward in double time by bending the right knee;
- straighten the right leg in double time and place the right foot smartly beside the left; and
- as the right foot strikes the ground, shoot the left foot forward in a half pace, landing on the heel with the toe up.

Squad members shall then:

- swing the right arm forward;
- swing the left arm to the rear; and
- continue marching in quick time



CHANGE STEP (MARKING TIME)

On the command **CHANGE – STEP** given as the right foot is on the ground, squad members shall:

- take two successive mark time paces with the left foot; and
- continue marking time.

The timing is counted as —left, left-right in the same cadence as marking time.

SALUTE ON THE MARCH

When a cadet salutes on the march, they shall commence the drill movement five paces before reaching an officer, look directly into the officer's eyes by turning their head in the required direction on the commencement of the salute, and complete the salute one pace beyond the officer. This permits the officer time to return the salute before the cadet has passed

On the command **TO THE RIGHT (LEFT) SALUTE** given as the left foot is forward and on the ground, squad members shall:

- complete the next pace with the right foot; and
- swing the left arm forward and the right arm to the rear normally.

Squad members shall then:

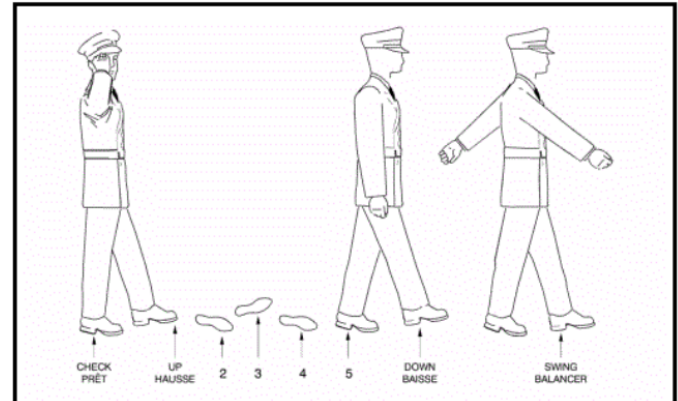
- complete the next pace with the left foot;
- cut the left arm to the side; and
- straining as appropriate.

- cut the right arm forward to the side and then up into the salute in one continuous movement. While saluting, the head is turned right (left) as far as possible without straining as appropriate.

Squad members shall then:

- complete four paces in quick time, ending with the left foot forward.
- complete a pace with the right foot; and
- cut the right arm to the side.

squad members shall then continue marching normally.



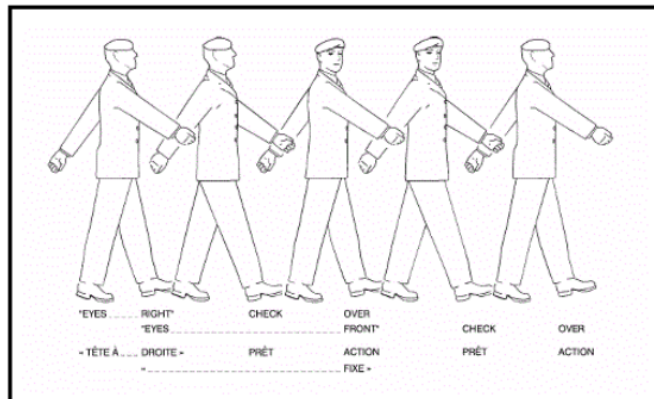
EYES RIGHT (LEFT) ON THE MARCH

On the command EYES – RIGHT (LEFT), given as the left foot is forward and on the ground:

- squad members shall complete the next pace forward with the right foot and, as the left foot comes forward again and strikes the ground, turn the head and eyes to the right (left) as far as possible without straining and look directly into the eyes of the personage being saluted;
- squad members shall continue swinging arms;
- the leading person on the directing flank shall maintain head and eyes to the front to keep direction; and
- the person in command of the squad salutes.

On the command EYES – FRONT given as the left foot is forward and on the ground:

- squad members shall complete the next pace forward with the right foot and, as the left foot comes forward again and strikes the ground, cut the head and eyes smartly to the front; and
- the person in command of the squad completes the salute on the right foot by checking his arms to his sides and commences to swing his arms on the following pace with the left foot.



LEFT TURNS ON THE MARCH

On the command LEFT TURN, given as the right foot is forward and on the ground, squad members shall complete a half pace with the left foot with the right arm swung forward and the left to the rear.

Squad members shall then:

- cut the arms to the side as in the position of attention;
- bend the right knee;
- using the momentum of the knee, force the shoulders 90 degrees to the left to face the new direction, while simultaneously pivoting on the ball of the left foot 90 degrees to the left; d. straighten the right leg as in the position of attention;
- immediately shoot the left foot forward in a half pace with the toe just clear of the ground;
- keep the body and head held up; and
- keep the arms, body and head steady.

Squad members shall then complete the half pace with the left foot and continue marching (swinging the arms).

The timing is:

Count: CHECK – PIVOT – LEFT – RIGHT – LEFT

Feet: LEFT – RIGHT – LEFT – RIGHT – LEFT

On the command LEFT IN – CLINE, the drill described for turning to the left is followed except that the turn is made to 45 degrees.

RIGHT TURNS ON THE MARCH

On the command RIGHT TURN, given as the left foot is forward and on the ground, squad members shall complete a half pace with the right foot, swing the left arm forward and the right to the rear.

Squad members shall then:

- cut the arms to the side as in the position of attention;
- bend the left knee;
- using the momentum of the knee, force the shoulders 90 degrees to the right to face the new direction, while simultaneously pivoting on the ball of the right foot 90 degrees to the right;

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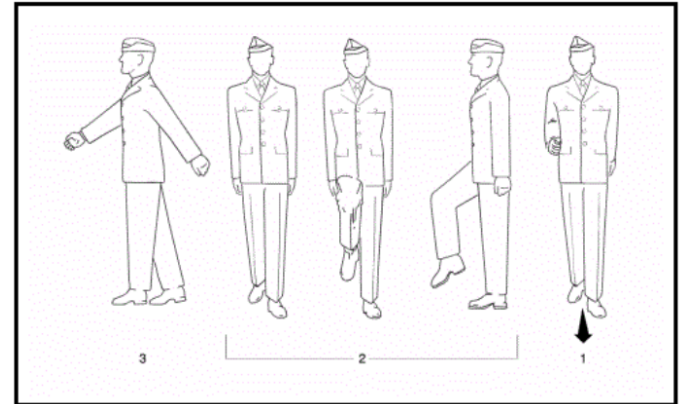
- straighten the left leg as in the position of attention;
 - immediately shoot the right foot forward in a half pace with the toe just clear of the ground;
 - keep the body and head held up; and
 - keep the arms, body and head steady.
- Squad members shall then complete the half pace with the left foot and continue marching (swinging the arms).

The timing is counted as:

Count: CHECK – PIVOT – RIGHT – LEFT – RIGHT

Feet: RIGHT – LEFT – RIGHT – LEFT – RIGHT

On the command RIGHT IN – CLINE, the drill described for turning to the right is followed, except that the turn is made to 45 degrees.



ABOUT TURNS ON THE MARCH

On the command ABOUT TURN, given as the right foot is forward and on the ground, squad members shall:

- take a half pace with the left foot, placing the foot flat on the ground naturally;
- bring the right foot in to the left, in a straight-leg manner above the ground, to the position of attention;
- simultaneously, cut the right arm down and the left in from the rear as the right foot comes in; and

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- maintain the cadence.
- Squad members shall then:
- maintain the arms at the sides;
 - pivot on the ball of the right foot to force the body through a turn of 90 degrees to the right;
 - simultaneously, bend the left knee; and
 - lower the leg smartly to the ground to assume the position of attention.

Squad members shall then:

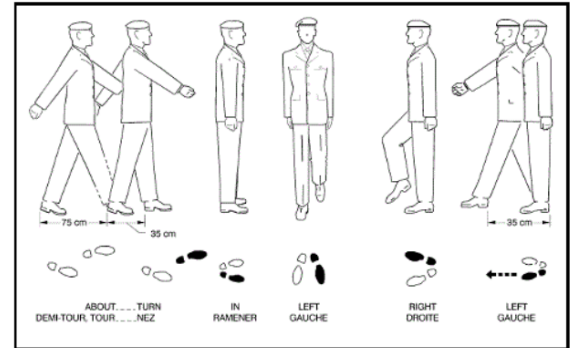
- maintain the arms at the sides;
- pivot on the ball of the left foot to force the body through a turn of 90 degrees to the right;
- simultaneously, bend the right knee; and
- lower the leg smartly to the ground to assume the position of attention.

Squad members shall then step off in quick time with a half pace with the left foot in the new direction.

The timing is:

Count: LEFT – IN – LEFT – RIGHT – LEFT

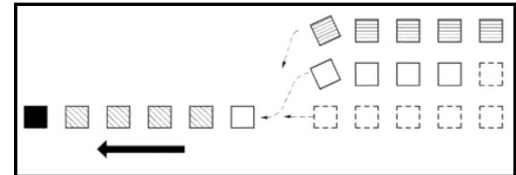
Feet: LEFT – RIGHT – LEFT – RIGHT – LEFT



SINGLE FILE MARCH FROM THREES

On the command SINGLE FILE FROM THE LEFT (RIGHT), QUICK – MARCH:

- the directing flank marches off in single file in quick time; and
- the remainder mark time. The leading person of the centre and non-directing flank execute a left (right) incline and lead off in single file when the file on their left (right) is clear.



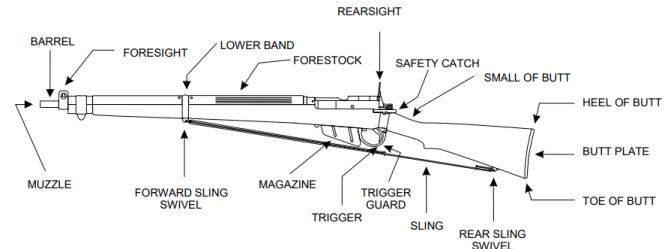
RIFLE DRILL

Unless stated otherwise, cadets carrying out rifle exercises are to have impressed on them the following important points:

- the body and head are to be kept perfectly still while the rifle is moving;
- the eyes are not to follow the movement of the rifle. They are to be kept looking to their front at their own level;
- the rifle, during its movements, is to be kept as close to the body as possible;
- the rifle is always to be moved as quickly as possible and the standard pause between all rifle and foot drill movements is observed;
- the fingers are kept close together; and
- the disengaged hand is brought to the rifle by the shortest route and as quickly as possible; and the same principle applies when returning the disengaged hand to the position of attention.

There are two methods of grasping the rifle for the movements.

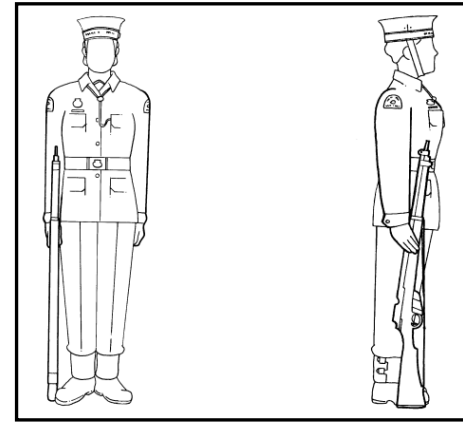
- **Full Round Grasp.** The specified part of the rifle is held with a tight grip, thumb on one side, fingers together and grasping as much of the rifle as possible around the opposite side.
- **Y-Grip.** The specified part is held with the thumb on one side, fingers together and straight on the opposite site. If fingers are to be pointed in a certain direction, it shall be stated in the movement.



POSITION OF ATTENTION (RIFLE)

To assume the position of attention (order arms), squad members shall:

- grasp the rifle with the right hand in the Y-grip, just below the lower band, fingers extended straight down the right side of the rifle with the thumb on the left side touching the seam of the trousers. The position of the right hand will not vary with the height of the individual, but the position of the right elbow will be either bent or straight. If the elbow is bent it will be held close to the body and to the rear;
- place the butt flat on the ground with the rifle touching the boot, toe of the butt in line with the small toe of the right foot; and
- keep the magazine to the front.



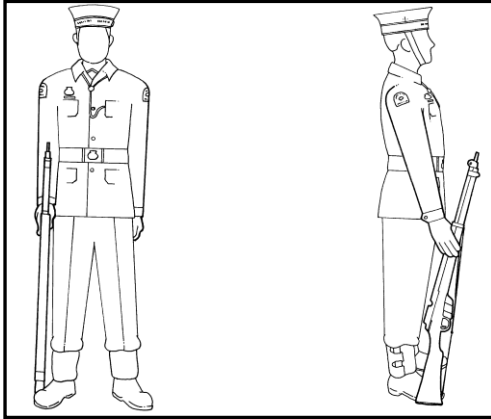
STAND AT EASE FROM ATTENTION

On the command, **STAND AT—EASE**, squad members shall:

- force the rifle directly to the front and to the full extent of the right arm, grasping the rifle with a Y-Grip, keeping the toe of the butt in contact with the ground and in line with the small toe of the right foot;

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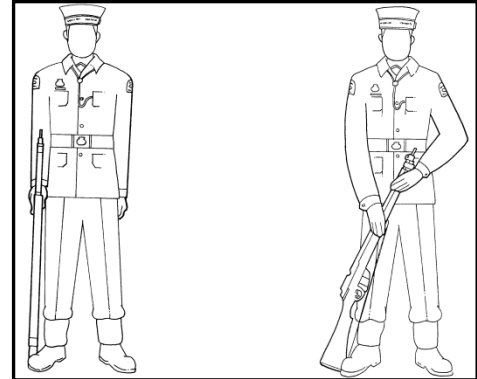
- simultaneously, bend the left knee and place the left foot smartly on the ground 25 cm (approximately 10 in.) to the left; and
- keep the left arm straight at the side.



STAND EASY FROM STAND AT EASE

On the command, **STAND—EASY**, squad members shall:

- with a quick movement of the right arm, bring the muzzle of the rifle to the centre of the body by pivoting the rifle on the toe of the butt so the base of the magazine is pointing to the left;
- simultaneously, strike and grasp the rifle with the palm of the left hand, hand on top of the nosecap, thumb in rear and fingers in front of the rifle, fingers together pointing down and to the right in a straight line from the elbow; and
- after observing a standard pause, relax the body.



STAND AT EASE FROM STAND EASY

On the command, **SQUAD**, the squad shall assume the position of stand at ease.

ATTENTION FROM STAND AT EASE

On the command, **ATTEN—TION**, squad members shall:

- bend the left knee and bring the left foot to the position of attention, keeping the left arm at the side; and
- with a swift motion, simultaneously force the rifle to the right side, keeping the butt in contact with the ground and the foot, and assume the position of attention.

GROUND ARMS

The ground arms command is used when it is necessary to move the squad without arms. Ground arms is only ordered when a squad is at the open order. Care must be taken not to kick or step on arms when they are grounded.

On the command, **GROUND ARMS** squad members shall:

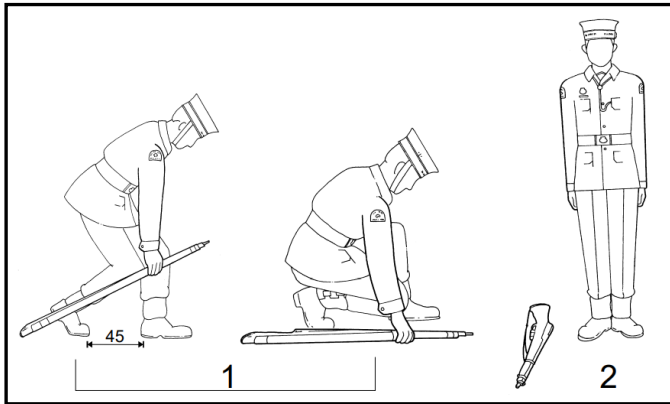
- take a half pace forward with the left foot and by bending the knees, adopt a squatting position with the weight of the body on the right foot;
- keeping the right arm straight, with the right hand in line with the right knee, simultaneously rotate the rifle to the right, lay it on the ground with the magazine to the right and the muzzle pointing straight to the front;
- ensure that the rear sight is in line with the small toe on the right foot;

continues on next page...

- keep the shoulders square to the front and look down at the rifle; and
- keep the left arm straight against the body and hip.

Squad members shall observe a standard pause then:

- release the rifle; and
- assume the position of attention by standing erect, bending the left knee and bringing the left foot smartly back to the right foot.



TAKE UP ARMS

On the command, TAKE UP ARMS squad members shall:

- take a half pace forward with the left foot and squat with the weight of the body on the right foot;
- look down and grasp the rifle at the lower band with the right hand; and
- keep the left arm straight against the body and hip

Squad members shall observe a standard pause then:

- standing erect, bending the left knee and bringing the left foot smartly back to the right; and
- simultaneously, rotating the rifle to the left, bringing the magazine to the front and placing the butt of the rifle flat on the ground.

SLOPE ARMS FROM THE ORDER

Slope arms is the position primarily used when marching with the rifle. Care is to be given to ensure that all members keep the left forearm parallel to the ground and that the rifle is kept as still as possible while marching.

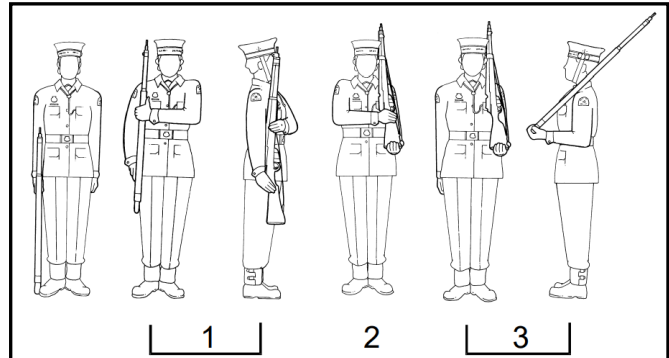
On the command SLOPE ARMS squad members shall:

- throw the rifle upwards with the right hand, catching it with both hands at the same time, the left hand with a full round grasp around the forestock and the right hand with a Ygrip around the small of the butt;
- ensure that the left forearm is parallel to the ground, close to the body;
- keep the right arm slightly bent, elbow to the rear and close to the body; and
- keep the rifle close to the body.

Squad members shall observe a standard pause then:

- carry the rifle across and close to the body, placing it flat on the left shoulder, the underside out and away from the body;
- change the grip of the right hand to a full round grasp at the small of the butt, keeping the right forearm parallel to the ground;
- seize the butt of the rifle with the left hand, the thumb 2,5 cm (1 in) above the toe of the butt, and the fingers together and wrapped around the butt plate; and
- keep the left elbow close to the body, forearm parallel to the ground pointing straight.

Squad members shall observe a standard pause then squad members shall cut the right arm to the side as in the position of attention.



ORDER ARMS FROM THE SLOPE

On the command ORDER ARMS squad members shall:

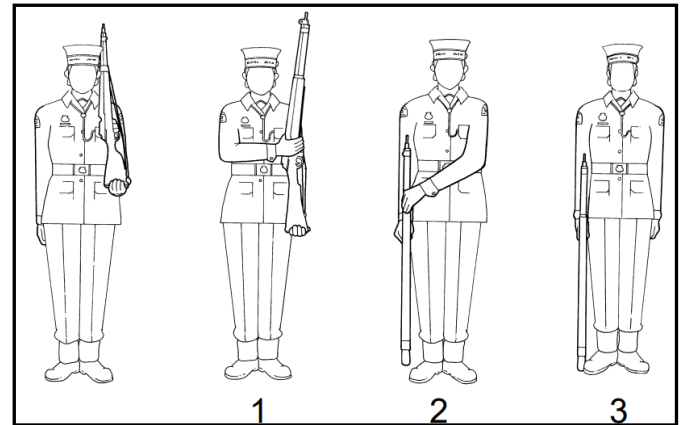
- bring the right arm across and close to the body and grab the rifle at the forestock with a full round grasp, and keeping the right forearm parallel to the ground; and
- simultaneously, bring the rifle down to a vertical position and to the full extent of the left arm, keeping the rifle close to the left side of the body.

Squad members shall observe a standard pause then:

- use the right arm to force the rifle down and to the right side of the body as in the position of the order, rotating the rifle so that the underside faces to the front;
- simultaneously, change the position of the left hand so that it cuts across the body and holds the rifle below the nose cap with a full round grasp, back of the hand facing to the front; and

- Change the position of the rifle hand to a Y-grip and allow the right hand to slide upwards on the forestock.

Squad members shall observe a standard pause then squad members shall cut the left hand to the side as in the position of the order.



SHORT TRAIL FROM THE ORDER

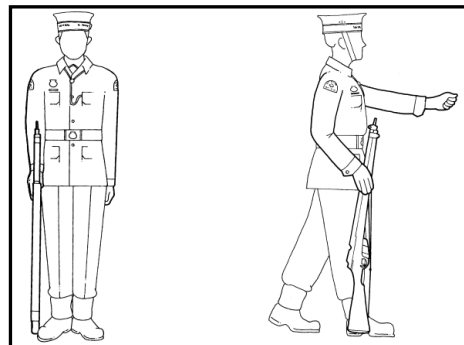
The short trail is used when marching the squad short distances or during dressing when squad members are required to move.

On the command, **SHORT TRAIL—ARMS**, given only when the squad is in the position of attention, squad members shall:

- bend the right arm and raise the butt of the rifle 2.5 cm (1 inch) from the ground; and
- keep the rifle vertical and close to the body.

When a squad is at the order arms position and the command, **QUICK—MARCH**, is given, the squad shall automatically adopt the short trail position as they step off with the left foot.

On the command, **SQUAD—HALT**, the squad shall halt as ordered and, as the right knee is straightened, lower the rifle to the attention position.



DRESSING A SQUAD (RIFLE)

When dressing a squad on parade with rifles, the squad may be at the order or slope position.

On the command **RIGHT (LEFT)—DRESS**, the movement is executed in the same fashion as without arms except that the left arm is raised at the order position as the head is turned in the required direction. This requires the right marker to raise their left arm, and the left marker to keep the left arm to the side.

Dressing a squad while at the slope position is carried out as for the right dress without arms. The right arm shall be raised for a left dress under this condition.

PRESENT ARMS FROM THE SLOPE

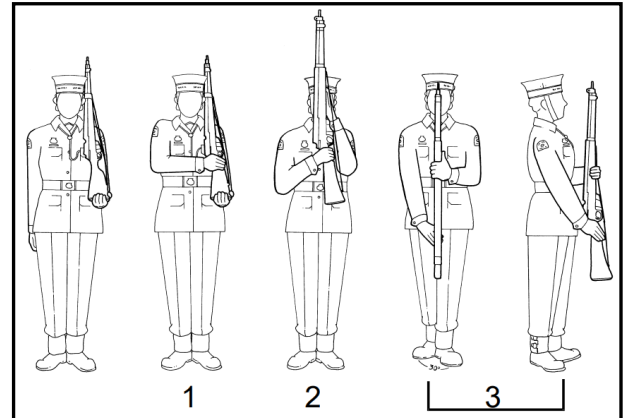
On the command, **PRESENT ARMS** squad members shall cut the right hand across the body and seize the rifle at the small of the butt with a full round grasp, back of the hand facing the front. Squad members shall observe a standard pause then:

- raise the rifle with the right hand perpendicular in front of the centre of the body, sling to the left;
- simultaneously, place the left hand smartly on the sling, wrist on the magazine, fingers together and pointing upwards, thumb against the forefinger, with the point of the thumb in line with the mouth;
- ensure that the left elbow is close to the butt, the right elbow and butt close to the body; and
- left hand in front of the mouth.

Squad members shall observe a standard pause then:

- raise the right foot 15 cm (6 inches) and place it behind the left so that the instep of the right foot is against the heel of the left, feet at an angle of 30 degrees, both legs straight;

- as the right foot is placed on the ground, bring the rifle down perpendicularly close in front of the centre of the body, sling to the front, holding it at the full extent of the right arm, fingers extended and slanting 45 degrees downward in a Y-grip;
- as the right foot is placed on the ground, grasp the forestock with the left hand in a full round grasp, thumb along the left side of the rifle pointing towards the muzzle, left forearm parallel to the ground and close to the body; and
- support the weight of the rifle with the left hand.



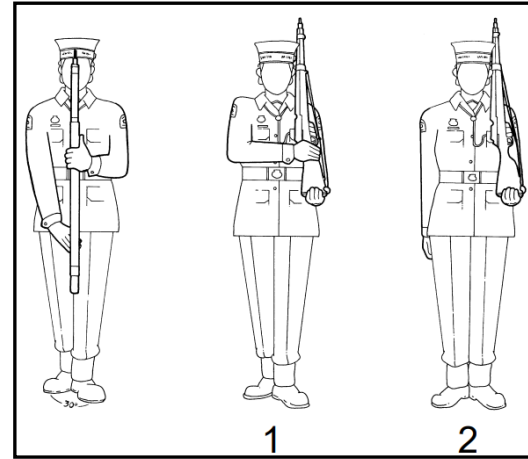
SLOPE ARMS FROM THE PRESENT

On the command, SLOPE ARMS squad members shall:

- transfer the grip of the right hand so that it holds the small of the butt with a full round grasp;
- transfer the left hand and seize the butt of the rifle, the thumb 2,5 cm (1 in) above the toe of the butt, and the fingers together and wrapped around the butt plate; and
- simultaneously, place the rifle flat on the left shoulder, the underside out and away from the body.

Squad members shall observe a standard pause then:

- bend the right knee and bring the right foot to the position of attention; and
- as the right foot is placed on the ground, cut the right arm to the right side of the body.



SHOULDER ARMS FROM THE ORDER

On the command, SHOULDER ARMS squad members shall:

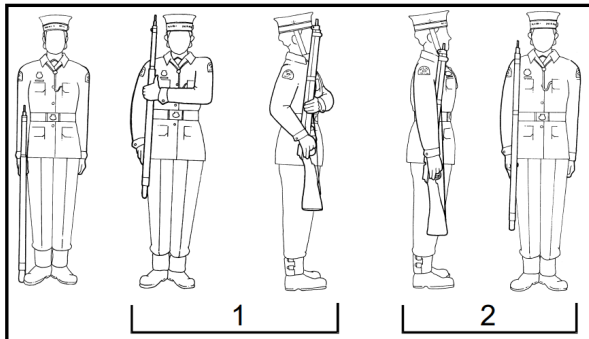
- throw the rifle straight up the right side of the body with the right hand;
- simultaneously, cut the left hand across the body and catch the rifle at the lower band with a full round grasp of the left hand, left forearm parallel to the ground;

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- at the same time, grab the rifle with the right hand, middle finger inside the trigger guard, index and middle finger close around the magazine, thumb and remaining fingers together and pointing straight down the rifle; and
- rest the upper part of the rifle in the hollow of the right shoulder, rifle vertical to the ground.

Squad members shall observe a standard pause then:

- cut the left arm to the side as in the position of attention; and
- cut the right arm back so the right thumb touches the seam of the right pant leg, rifle held to the full extent of the right arm, touching the right side of the body.



ORDER ARMS FROM THE SHOULDER

On the command, ORDER ARMS squad members shall:

- strike and grasp the rifle at the noscap with the left hand in a full round grasp, keeping the left elbow close to the body; and
- simultaneously, force the butt of the rifle forward so the rifle is held vertically to the ground.

Squad members shall observe a standard pause then:

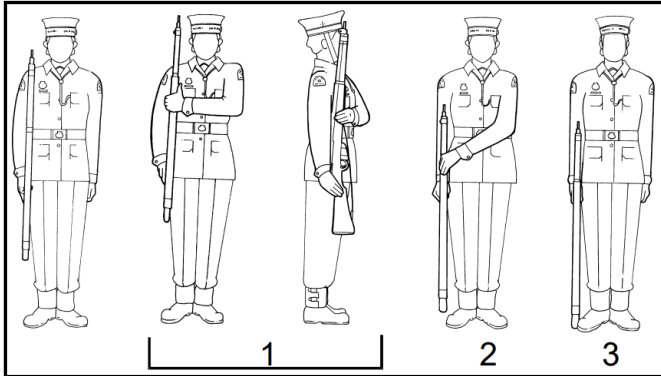
- allow the rifle to drop vertically to a point where the butt of the rifle is 2.5 cm (1 inch) above the ground by sliding it through a relaxed Y-grip of the right hand, ensuring that the right hand ends up grasping the rifle at the lower band.

Squad members shall observe a standard pause then:

- place the butt of the rifle on the ground with the right hand so the heel of the butt of the rifle is touching the boot and in line with the small toe of the right foot;

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- if necessary, cut the right arm back so that the hand holds the rifle at the lower band, thumb touching the seam of the right pant leg, rifle held in a Y-grip, fingers straight and together pointing directly down as in the position of the order; and
- cut the left arm to the left side of the body as in the position of the order.



PRESENT ARMS FROM THE SHOULDER

On the command, PRESENT ARMS squad members shall:

- throw the rifle vertically upwards 10 cm (4 inches) with the right hand;
- simultaneously, grab the rifle with the left hand in a full round grasp around the handguard, elbow close to the body and the forearm parallel to the ground;
- at the same time, seize the rifle with the right hand in a Y-grip at the small of the butt, right elbow to the rear, arm close to the right side of the body; and
- ensure that the rifle is vertical to the ground and kept at the right side of the body.

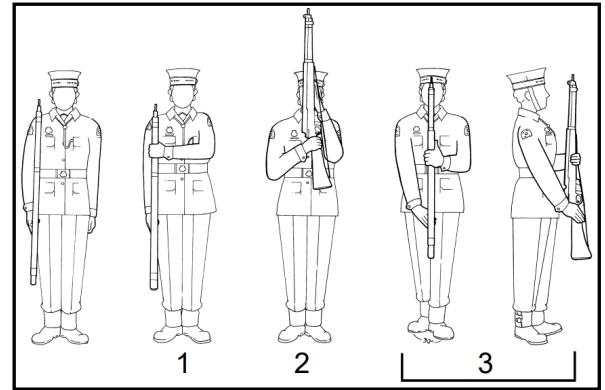
Squad members shall observe a standard pause then:

- raise the rifle with the right hand in a full round grasp around the small of the butt, perpendicular in front of the centre of the body, sling to the left;
- simultaneously, place the left hand smartly on the sling, wrist on the magazine, fingers together and pointing upwards, thumb against the forefinger, with the point of the thumb in line with the mouth; and
- ensure that the left elbow is close to the butt, the right elbow and butt close to the body.

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Squad members shall observe a standard pause then:

- raise the right foot 15 cm (6 inches) and place it behind the left so that the instep of the right foot is against the heel of the left, toes pointing at a 30 degree angle to the right, both legs straight;
- as the right foot is placed on the ground, bring the rifle down perpendicularly close in front of the centre of the body, sling to the front, holding it at the full extent of the right arm, fingers extended and slanting 45 degrees downward in a Y-grip;
- as the right foot is placed on the ground, grasp the forestock with the left hand in a full round grasp, thumb along the left side of the rifle pointing towards the muzzle, left forearm parallel to the ground; and
- support the weight of the rifle with the right hand, left forearm parallel to the ground.



SHOULDER ARMS FROM THE PRESENT

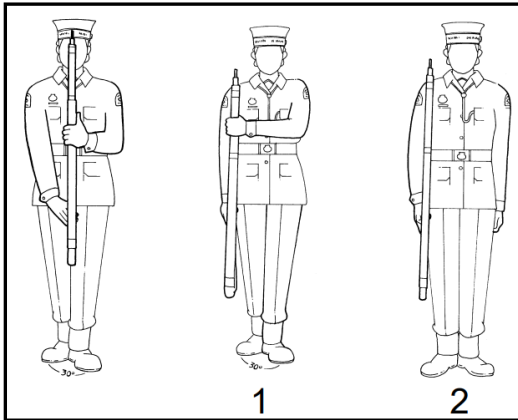
On the command, SHOULDER ARMS squad members shall:

- grasp the rifle at the lower band with a full round grasp of the left hand; and
- simultaneously, bring the rifle to the right side of the body, grab the rifle with the right hand, middle finger inside the trigger guard, index and middle finger close around the magazine, thumb and remaining fingers together and pointing straight down the rifle.

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Squad members shall observe a standard pause then:

- raise the right foot 10 cm (4 inches) off the ground and place it beside the left as in the position of attention;
- as the right foot touches the ground, cut the left arm to the left side of the body as in the position of attention; and
- if necessary, cut the right arm back so the right thumb touches the seam of the right pant leg, rifle held to the full extent of the right arm, touching the right side of the body.



SLOPE ARMS FROM THE SHOULDER

On the command, SLOPE ARMS squad members shall:

- throw the rifle vertically upwards 10 cm (4 inches) with the right hand;
- simultaneously, grab the rifle with the left hand in a full round grasp around the forestock, elbow close to the body;
- at the same time, seize the rifle with the right hand in a Y-grip at the small of the butt, right elbow to the rear, arm close to the right side of the body; and
- ensure that the rifle is vertical to the ground and kept at the right side of the body.

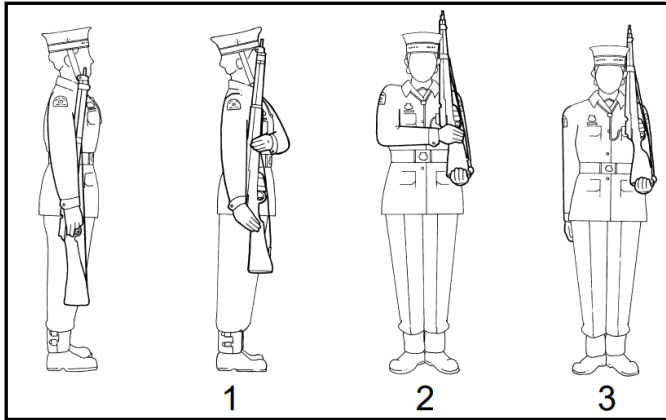
Squad members shall observe a standard pause then:

- carry the rifle across and close to the body, placing it flat on the left shoulder, the underside out;
- change the grip of the right hand to a full round grasp at the small of the butt;
- seize the butt of the rifle with the left hand, the thumb 2.5 cm (1 inch) above the toe of the butt, and the fingers together and wrapped around the butt plate; and

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- keep the left elbow close to the body, forearm parallel to the ground pointing straight

Squad members shall observe a standard pause then cut the right arm to the side as in the position of attention.



SHOULDER ARMS FROM THE SLOPE

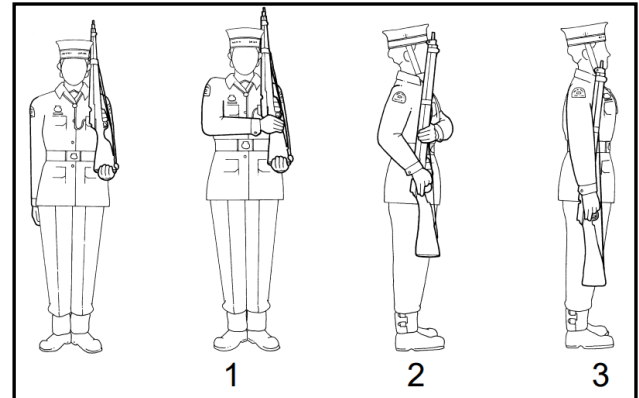
On the command, SHOULDER ARMS squad members shall seize the rifle at the small of the butt with the right hand in a full round grasp, back of the hand facing forward, forearm parallel to the ground.

Squad members shall observe a standard pause then:

- bring the rifle to the right side of the body, with the right hand, middle finger inside the trigger guard, index and middle finger close around the magazine, thumb and remaining fingers together and pointing straight down the rifle; and
- simultaneously, grasp the rifle at the lower band with a full round grasp of the left hand.

Squad members shall observe a standard pause then:

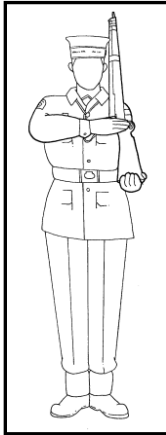
- cut the left arm to the left side of the body as in the position of attention; and
- if necessary, cut the right arm back so that the right thumb is touching the seam of the right pant leg.



SALUTING AT SLOPE ARMS

On the command, TO THE FRONT SALUTE squad members shall bring the right arm across the body and striking the small of the butt smartly with the right hand, forearm horizontal, back of the hand uppermost, fingers and thumb together and straight. All other movements such as turning the head are executed as if saluting without arms.

Squad members shall observe a standard pause then cut the right hand to the right side of the body as in the position of attention.

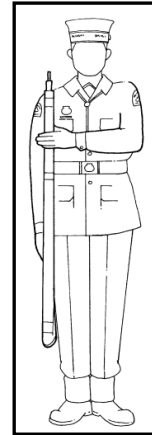


SALUTING AT SHOULDER ARMS

On the command, TO THE FRONT SALUTE squad members shall:

- with the right hand, force the rifle forward to a vertical position and simultaneously move the left hand across the body with the forearm parallel to the ground; and
- strike the rifle with the fingers and thumb together and extended, with the back of the hand to the front and the elbow close to the body.

Squad members shall observe a standard pause then cut the left hand to the left side of the body as in the position of attention.



REST ON YOUR ARMS REVERSE FROM THE PRESENT

On the command **REST ON YOUR ARMS REVERSED** squad members shall rotate the rifle with the butt coming towards the body and up until the rifle is vertical to the ground, muzzle pointing down, sling inwards.

Squad members shall observe a standard pause then place the right hand on the butt plate with the thumb around the toe of the butt and the fingers together.

Squad members shall observe a standard pause then place the left hand over the right, drop the elbows to the sides and lower the head until the chin touches the chest.

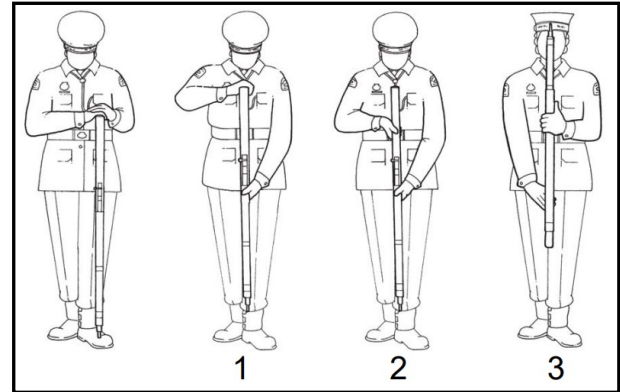
PRESENT FROM REST ON YOUR ARMS REVERSE

On the command, **PRESENT ARMS** squad members shall:
raise the rifle with the right hand until the right forearm is parallel to the ground; and simultaneously, seize the rifle at the handguard with the left hand in a Y-grip, back of the hand to the body, thumb to the left, elbow close to the body.

Squad members shall observe a standard pause then shift the grasp of the right hand to the small of the butt in a full round grasp, back of the hand towards the ground, thumb to the front.

Squad members shall observe a standard pause then:

- rotate the rifle with the butt coming towards the body and down until the rifle is vertical to the ground, muzzle pointing up, sling outwards;
- change the grasp on the right hand to a Y-grip at the small of the butt, thumb to the left; and
- change the grasp on the left hand so that the thumb points directly up along the left side of the forestock.



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