Pride of Muskogee Marching Fundamentals

Attention:
- Heels and Toes Together
- Alignment between ankles, hips, and shoulders
- Instruments in carry position, or without instruments in triangle (left over right)
- Head slightly above parallel to ground
Command is: Set

Parade Rest:
- A relaxed attention position. Move left foot out to shoulder width on beat after command.
- Move arms in front of with right hand in a fist, with left hand over the right. Keep head at attention position.
- Command is: Band (silent beat) Parade Rest

Mark Time:
- When command is given pop knee out on upbeat after the second command mark
- This will bring heel the off the ground about 6"
- Alternate placing heels on ground, left heel on the odd numbers, right heel on the even numbers
- Command: Mark time Mark

First Marching Step:
- When command is given pop knee out on upbeat after the command move
- This will bring the heel off the ground
- Mark time 4 counts before the first step is initiated
- Peel left foot off of ground from back to front, placing heel first on ground rolling to front
- Command is: Mark time move

Forward March:
- Move forward alternating left and right feet. The heel should hit the ground first rolling forward to the toes. 8 to 5 steps (8 steps to 5 yards) is a 22 ½ inch step. 6 to 5 (6 steps to 5 yards) is a 30 inch step. Start with the left foot after 4 counts of mark time. Left foot lands on the odd numbers and the right foot lands on the even numbers.
- Command is: Mark time move Aural command: 4 clicks, students say 5 6 dut dut then step out

Backwards March:
- 4 clicks 5 6 dut dut, then raise up on the toes on the of second dut, start with the left foot alternating left and right feet. The legs should be straight and always stay on your toes. The heel will not hit the ground on a backwards march, and don’t bend forward at the waist

Halt:
- Stop on the right foot, then bring left foot to meet right foot for a complete halt
- Command is: Band (1 silent beat) Halt 1 2
- Right foot stops on 1, left foot meets the right on 2
Lateral Slide:
Standing in the attention position, rotate hips and shoulders to a 90 degree angle
Shoulders should be parallel to the side line

Left pivot:
Place the right foot in turning position, spin with the lower body to the left
Place left foot down on the next beat in the new direction
Upper body should remain pointed in the same direction (lateral slide)

Right pivot:
Place the right foot in turning position, spin with the lower body to the right
Place left foot down on the next beat in the new direction
This will require swinging the left foot across the right
Upper body should remain pointed in the same direction (lateral slide)

“S” drill:
The is designed to practice forward marching 8 to 5, left turns, right turns, and lateral slides in a continuous motion.
Forward march 8, lateral slide to the left 8, right turn forward march 8, lateral slide to the right 8, turn left forward march 8.

Touch and Go:
This is used when the change of direction goes from forward marching to backwards marching in 1 count. This is also used going from backwards to forward marching in 1 count. Touch the right foot in the point of the direction change, left foot stays on ground and becomes count 1 of the new direction. Keep weight on left foot, and don’t rock forward.

And one:
This is use to work on direction changes. For example, if a move from set to set is 16 counts, move the 16 counts changing direction on 16 then take the 1st step in the new direction.

Mini Marching:
Mark time when playing the show music when you are moving
Make direction changes by taking 1st step in new direction
Only march time when the drill requires you to move
This should be executed every time music is rehearsed in the “circle of learning”

Dress Set:
When given the command bring elbows parallel to the ground and look left and right to dress set. Look for equal spacing between members, relationship to yard lines and hashes. When dressing a file (straight line front to back) make sure your nose and sternum are directly in line with the spine of the member in front of you.

Relation to Line or RTL
This is the relationship or how many steps you are from a line. This generally is a yard line, but also could refer to a hash mark. Also, make sure you are on the correct side of the yard line. Your coordinates will indicate which side. Inside means toward the 50 yard line. Outside means away from the 50 yard line.
**Horns Up/ Down**

This is a two count move to get horns into a playing position. The movement involves moving the horn out away from your body on count 1, then into playing position on count 2. Command is: Band horns up! Band: 1, 2