

## 2

# Let us march correctly

Recall how the squads of each house marched in the march-past of the inter-house sports meet of your school and also recall how the squads of the army, navy, air force and the police marched proudly at the Independence Day celebration. In both these instances, the movements the members of the squads maintain are proper, regular and rhythmic and therefore wonderful. Similarly, you have also noticed that the movements the cadets of your school adopt when they hold their parades are interesting.

You remember that, when you were in Grades 6 and 7 you learnt about the benefits that can be gained by adopting correct postures. By now you have also learnt how to practise the basic postures like standing at attention, standing at ease and standing easy and also to maintain correct postures in your daily activities such as sitting, standing, walking and lying.

In this lesson you will get the opportunity to learn and practice the correct and proper movements that should be adopted when doing a march-past. You will understand about correct turning, marking time, marching forward, halting, saluting and also about forming a squad. We have explained in detail the activities contained in this lesson for you to be able to engage in them in the field.

## Correct Turning

Turning can simply be defined as facing from one direction to another, using toes and heels while remaining at a fixed point.

There are various postures adopted in turning and you will learn the following in this lesson:

1. left turn
2. right turn
3. about turn

All these turns should be made rhythmically with regular, rhythmic movements performed within a definite time range. Further, keep in mind that all these movements are made while remaining in attention position. Similarly, the teacher or the leader should command while being in attention position only.

Let us now briefly study the postures relevant to each turn:

### 1. Left turn

Left turn means turning  $90^{\circ}$  to the left from the direction you are currently facing. The left heel and the right ball are used for the left turn.

Practice the left turn according to the following steps:

- Stand at attention as shown in figure 2.1 and turn your body  $90^{\circ}$  to the left by rotating on your left heel and the ball of the right foot (figure 2.2).
- Then bend the right leg at the knee and lift it until the thigh becomes parallel to the ground and the foot lies dangling (figure 2.3).
- Finally slam down the right leg into the ground coming into attention position (figure 2.4).

While performing all these movements, the two hands should be held in tight along the sides of the body.



Figure 2.1  
Attention position



Figure 2.2  
Position after  
moving 90° to the left

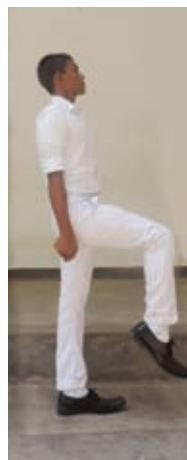


Figure 2.3  
Position when the right  
leg is raised



Figure 2.4  
Position after turning to the left



### Activity

1. Get into groups of four. Take turns in becoming the leader who gives commands while the other three practice the left turn following the commands.
2. Get all the students in the class to stand at attention in a single line. Get them to take turns in becoming the leader who gives commands while the others perform the left turn following the commands given.

## 2. Right turn

In the right turn, your body is turned 90° to the right from the direction you are facing. The right heel and the left ball are used for turning right.

Practice the right turn according to the following steps:

- Stand at attention as shown in figure 2.5 and turn your body 90° to the right by rotating on your right heel and the left ball (figure 2.6).

- Then bend the left leg at the knee and lift it until the thigh is parallel to the ground and the foot is dangling (figure 2.7).
- Finally slam down the left leg coming into attention position (figure 2.8).

During all these movements, the two hands should be held in tight along the sides of the body.



Figure 2.5  
Attention position



Figure 2.6  
Position after moving  
90° to the right



Figure 2.7  
Position when the  
left leg is raised



Figure 2.8  
Position after turning  
to the right

### Activity

1. Get into groups of four. One should become the leader who gives commands. The other three should practice the right turn following the commands given by the leader.
2. Divide the class into two groups. Appoint a leader for each group and when the leader gives commands, the others should perform the right turn following the commands.

### 3. About turn

About turn is to turn to the opposite direction from the direction you are facing. In the about turn, you turn  $180^{\circ}$ . Keep in mind that you should always turn clockwise when turning about.

- Stand at attention as shown in figure 2.9 and turn  $180^{\circ}$  to the right rotating on your right heel and the left ball (figure 2.10).
- When performing this movement, the legs should be kept locked at the knees and the hands should be kept in attention position.
- Then bend the left leg, which is now at the back, at the knee and lift it until the thigh is parallel to the ground (figure 2.11).
- Finally, slam the left leg, which is now lifted, into the ground close to the right leg coming into attention position (figure 2.12).



Figure 2.9  
Attention position



Figure 2.10  
Position after  
moving  $180^{\circ}$

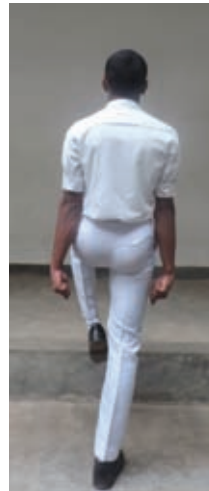


Figure 2.11  
Position when the  
left leg is raised

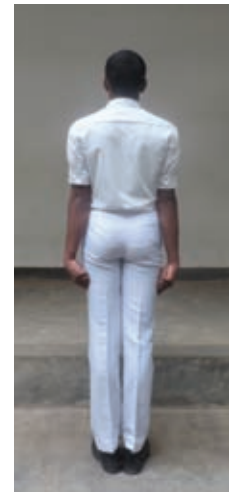


Figure 2.12  
Position after  
completing the about turn



## Activity

Get the class to form small groups. Get one student to give the command for the "about-turn" and get the others to perform it. Get all to take turns in giving the command and others to practice the "about turn"

## "Mark time"

Marking time too, is a rhythmic movement. Marking time is commenced after the command "mark time" is given while in attention position.

- First, bend the left leg at the knee and lift it up until the thigh is parallel to the ground and the foot is dangling.
- Now put the left foot by the right foot which is in attention position.
- As the left foot touches the ground, bend the right leg at the knee and lift it up until the thigh is parallel to the ground.
- Now put the right foot by the left foot which is in attention position. This should be done fast so that there is no interval between these steps.
- In this way, continue lifting the legs and putting the feet on the ground alternately according to the rhythm of the command.

When performing this too, the body should be kept straight and the two hands should be kept tightly along the sides of the body. The two eyes should be focused straight ahead.



Figure 2.13 - Attention position



Figure 2.14 - A position while marking time

### **Halt from 'Mark time'**

Halt is the movement executed by an individual or a squad after receiving the “halt” command while mark time. “Halt” command is received at the same time the right foot touches the ground.

- Raise the left leg according to the rhythm that has been maintained.
- Then bend the right leg at the knee and lift it so that the thigh is parallel to the ground and the foot is dangling with the toes pointed to the ground and then slam the foot into the ground close to the left foot which is at attention position.



Figure 2.15  
Halt from 'mark time'



Figure 2.16  
Attention position

### Activity

1. Get into groups of three or into small groups. Get one student to give the “mark time” and “halt” commands while the others practice marking time and halting following the commands they receive.
2. Get all the students in the class to stand in a line and get one student to beat a drum or play some other instrument rhythmically so that others can mark time according to that rhythm.

## Correct Forward Marching

Marching is a position where the movements of walking position are done according to a regular rhythm following a command. When marching as a squad, the legs and hands are moved according to the same rhythm.



There are two types of marching, namely:

1. quick march
2. slow march

When in the attention position, either individually or as a team, forward march is started at the command “forward ... march... left ... right ”



Figure 2.17  
The position after receiving  
the command “forward  
march .... left..”



Figure 2.18  
The position after the  
command “right”

- As soon as the command “left” is received, take a step forward with the left leg so that the heel of the left foot lands first.
- Then come to the position where you stand on the toes of the left foot.
- At the same time swing forward the right arm which was at attention position bringing it parallel to the ground at shoulder level.
- Straighten the left arm which is in front and swing it backwards as far as possible (figure 2.17)

- When the command “right” is received, draw forward the right leg which is now at the back and take a step forward so that the heel lands first and then the toes.
- Swing forward the left arm which is behind until it reaches the shoulder level and is parallel to the ground.
- Straighten the right arm which is in front and swing it backwards as far as possible (figure 2.18)

In this way, forward march is done by continuously repeating these movements with the opposite legs and hands moving backwards and forwards alternately. When doing the forward march keep your body straight with your eyes and head facing forward. Usually 30-inch steps (from the back of the heel of the back foot to the tips of the toes of the front foot) are taken in forward march.

## **Halt from forward marching**

Halt is a movement that is done rhythmically on receiving the “halt” command while marching. When the forward march is done, the “halt” command is received as the heel of the left foot touches the ground.

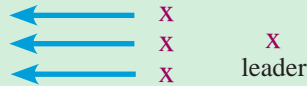
While maintaining the rhythm of the normal march, take a normal step with the right foot.

- Swing the arms back and forth as done in the normal march.
- Then take a short step forward with the left leg and while doing so, bring the two arms to the attention position.
- Lift the right leg forward bringing the thigh parallel to the ground and slam the right foot into the ground alongside the foot of the left leg which is at attention position. The attention position is taken when the halt is completed.



## Activity

1. Get into groups of four. Three student should stand abreast and the other should stand in the front as shown in the figure. Get the student in the front to issue commands and the other three students to practice the forward march and halt.



2. Get into two groups. First, practice the forward march and halt from march following the commands of the leader. Then practise them according the rhythmic beat of a drum, a base drum or a similar instrument.

## Forming a Platoon for a March past

The final event of an inter-house sports meet is the march-past. This collective event is performed as a mark of honour that is extended to the chief guest and the other guests by each house and the school as a whole. It needs a lot of practice to display the rhythmic patterns of movements in a uniform way. Forming a platoon for the march-past should be done following the accepted procedure.

The maximum number of members in a platoon of a school march-past is 25 including the leader. A platoon is also called a squad. A platoon is formed with three files of eight each and eight ranks of three each.

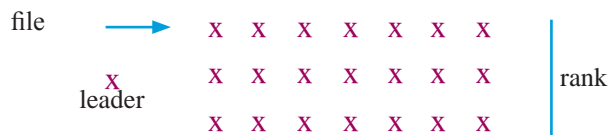


Figure 2.19

**The steps that are followed in forming a march-past platoon and the nature of the commands that should be made are given in table 2.1. for your additional knowledge. Practice following actions according to your teacher's guidance.**

Table 2.1 – Steps to be followed in forming a march-past platoon

Step No.	Action	Command	How it is performed
1	Forming a single file.	“Squad,.... fall in.” (The leader stands in front of the platoon and gives the command.)	The 24 boys or the 24 girls in the squad (except for the leader) form a rank according to the height so that the tallest one is in the right and the shortest one in the left. (figure 2.20)
2	Counting from the right.	“Attention”	Coming to the correct attention position. (figure 2.20)
3	Forming two files	“Count from the right”	Starting from the rightmost one, the pupils call numbers from 1 to 24. They must remember their numbers and also whether the number is odd or even.
4	Forming two files	“Odd numbers take one step forward and even numbers take one step backward .. March..”	On receiving this command, all odd numbers (1,3,5, etc.) take one step forward with the left foot. Then their right leg is lifted until the thigh is parallel to the ground and the right foot is slammed into the ground close to the foot of the left leg which is at attention position.

Step No.	Action	Command	How it is performed
			Similarly, all even numbers (2,4,6, etc.) take a step back with their left foot. Then their right leg is lifted until the thigh is parallel to the ground and the right foot is slammed into the ground close to the left foot which is at attention position. (figure 2.21)
5	Turning left and turning right as ranks.	“Number one remains still... Front row to the right... back row to the left... ranks turn left and right..”	student No.1 who is in the front rank should remain still and all the others in the front row should turn 90° to the right and all the students in the back row should turn 90° to the left as described above. (figure 2.22)
6	Forming three files	“To form three files ..... March ...”	No.1 student in the front file remains still facing forward. All the others in the front file and the back file march forward one behind the other adopting the correct movements. The second student in the front file stands at a distance of one step behind the first one who remains still.

Step No.	Action	Command	How it is performed
			The third one stands behind the second. As the third one gives the command “up”, they turn left and face forward. By this stage, forming of the three-file squad has started. In this way, the other students move forward in the order they stand and take their positions behind the one in the front covering the three files. (figure 2.23)

After the squad of three files has been formed, the taller students stand in the front and at the back while the shorter ones stand in the middle (figure 2.24). Then the squad takes a 'V' shape.

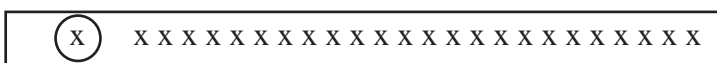


Figure 2.20 - Forming a single file

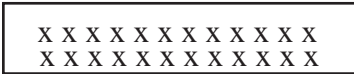


Figure 2.21 - Forming two files

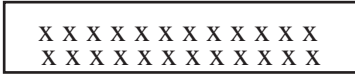


Figure 2.22 - Turning left and turning right as ranks

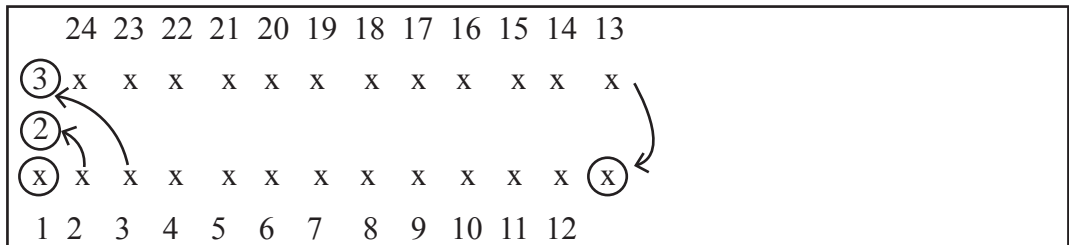


Figure 2.23 - Marching to form three files



3	6	9	12	15	18	21	24
2	5	8	11	14	17	20	23
1	4	7	10	13	16	19	22

Figure 2.24 - Forming three files

## Identifying the directions of a squad of a march-past

It is important that you identify the directions of a squad in order to give commands and to make the correct movements on receiving commands when performing movements as a squad in a march-past. Therefore let us learn the four main directions of a squad of a march-past.

1. Front :-The direction the squad is facing when falling in a single file at the time of forming of the squad.  
Most often the leader of the squad is in the front.
2. Right :-When facing the front, the right hand side is the right.
3. Left :-When facing the front, the left hand side is the left.
4. Back :- The direction after turning  $180^{\circ}$  from the front.



### Activity

Get into groups and take turns in appointing a leader. Give the commands correctly beginning from forming of a single file to forming of three files. Practice forming three files under the supervision of the teacher.



## " Left curve" marching

If a squad or several ranks that are marching straight forward continue marching forward curving to the left hand side without making a direct turn, it is called curving to the left. A squad marching on a running track has to march curving to the left while passing the curved parts of the track.

The command “Left ... curve..” is given while the squad is in the normal marching position. On receiving this command, the squad does not change the rhythm of the march, but a rhythmic turn is made curving to the left hand side of the squad.

When turning to the left in this manner, the file in the inner side takes short steps, the file in the middle takes steps a little longer than that and the outermost file takes steps even longer showing a movement that is similar to the movement of a door that is being closed. (figure 2.25)



Figure 2.25  
"Left curve" marching



### Activity

Practise marching forward curving to the left.

## Compliments on the march

Compliments on the march is performed by a squad without halting in order to show the honour of the squad to the chief guest and the principal of the school who are standing on the saluting dais.

For this movement, the squad is given the command “Compliments on the march... Eyes right....”

While the squad is marching, the squad receives this command at a point when their left foot touches the ground in the front.

- On receiving the command, take a normal step with the right foot.
- As the next step is taken with the left foot, turn the head, which was facing the front,  $90^{\circ}$  to the right while continuing marching.

When doing this the right marker should keep looking straight ahead while all the others in the squad should turn their heads  $90^{\circ}$  to the right looking with an angle of  $45^{\circ}$  upwards.

- As the saluting dais has been passed, a nominated student marching at the back gives the command “eyes ... front...” and the squad turns their heads forward.



Figure 2.26  
Compliment on the march



## Activity

Form a march past squad with the participation of all the student of the class. Get one student to give the command for others to practice how to pay compliments on the march during a march past.

## Summary

There are patterns in performing movements either individually or as a group according to the commands given. There are specific time durations and a rhythm for performing these movements and hence there is uniformity in such movements.

Moving the body from one direction to another remaining in the same place is called 'turning'. There are various turns such as left turn, right turn and about turn.

It is important that all movements such as mark time, halt from mark time, marching, and halt from marching are performed correctly.

When forming a standard march past squad, there is an accepted, sequential pattern to follow and there is an accepted method of giving commands. There is a sequential order of the steps followed in forming single file, standing at attention, counting from the right, forming two files, turning to the right and the left in files, and forming three files.

There are four directions of a march past squad namely, the front, left, right and the back. It is important to practice how to perform the forward march, Left wheel, right wheel and how to perform paying compliments on the march.

Most often, these movements take the form of military drills. Therefore, the way we usually walk and other movements we make, too, can be performed methodically by practising these movements

 **Exercise**

1. Name the three main turns you learnt in this lesson.
2. Perform those three movements correctly.
3. Perform marking time correctly.
4. Name in the correct order the steps that are followed when forming a march-past squad.
5. Name the directions of a march-past squad using an illustration.
6. Perform correctly the movements made in paying compliments on the march.