Lesson Content

This section of the handbook will be useful for you during your Recruit Training, as it contains important information about the classes, and will be a useful resource for you when you graduate.

1: Drill - Attention / At Ease / Easy

![Position of Attention / At Ease / Stand Easy](image)

- **Attention**
  - Heels together, toes 30 degrees apart (about one boot in between)
  - Fists clenched, thumbs on the seams of your pants
  - No gaps between legs, or arms and body
  - Body straight, chin up, and standing proud
  - Do NOT move or look around

- **At-Ease**
  - Feet shoulder width apart (about 25cm)
  - Hands behind your back, right hand in left, pinkies touching, fully extended towards the ground
  - No gaps between your arms and your body
  - Body straight, chin up, and standing proud
  - Do NOT move or look around

- **Stand Easy**
  - Lower body is standing at-ease, upper body is at attention
  - You may scratch an itch, or perform tasks for comfort, however you must immediately return to this position.

2: Drill - Right Dress

**STEP ONE: Check Pace Forward**
- Everyone except the front Right Marker takes a single pace forward.

**STEP TWO: Prepare to Dress**
- Everyone except all of the Right Markers turn their head to the right.
Everyone in the front rank except the Right Marker correctly positions their arms (or elbow or shoulder) as seen below.

- Remember to clench your fist tight, and that your arm should be parallel to the ground.

![Figure 2 Right Dress](image)

**STEP THREE: Dressing Off**

- Depending on which method of dressing, the cadets in the front rank position themselves the correct distance away from the cadets to their right, while also ensuring they are properly in line with everyone to the right of them.
- Cadets in remaining ranks must ensure they are in line with the cadet(s) in front of them, as well as all cadets to their right.
- The Right Markers for ranks other than the front should ensure they are about 1 arm length away from the cadet in front of them, but should not put their arm out in front of them.
- If there are any blank files, they should be left blank and filled appropriately. Blank files happen when there aren’t enough cadets to fill all of the spaces.

![Figure 3 Flight Formation - Dressing Off](image)

**STEP 4: Eyes Front**

- When given the command “EYES – FRONT” all cadets return to the position of attention.
3: Drill - Turns at the Halt

Right (Left) Turns

➢ Pivot 90 degrees to the right (left) on your right (left) heel, and left (right) toe.
➢ Keep your upper body at attention.
➢ Observe a standard pause.
➢ Raise your left (right) knee so that the foot dangles naturally, toe pointed down.
➢ Smartly place the left (right) foot down on the ground, assuming the position of attention.

The Two Squads of a Right Turn

A Left turn is the same but in the opposite direction.
About Turns

➢ Pivot 180 degrees to the right on your right heel, and left toe.
➢ Keep your upper body at attention.
➢ Observe a Standard Pause.

Figure 6 About Turn (Squad One)

➢ Raise your left knee so that the foot dangles naturally, toe pointed down.
➢ Smartly place the left foot down on the ground, assuming the position of attention.

Figure 7 About Turn (Squad Two)
4: Drill - Paces Forward/Rear & Close Paces Left/Right

Paces Forward and to the Rear
➢ You can take 1, 2, or 3 paces forward.
➢ You do NOT swing your arms.
➢ You will always step off with your left foot.
➢ After the number of paces you take, you will halt with the next foot.

Close Paces to the Left and Right
➢ You can take up to 7 paces to the left or right.
➢ One pace consists of lifting the leg closest to the direction you are going and placing it down shoulder width away from the other, observing a short pause (NOT A STANDARD PAUSE), and then bringing the trailing leg back beside the leading leg in the same manner.
➢ Repeat until the ordered number of steps has been taken.

5: Drill - Open & Close Order March

Open Order March in Three Ranks

![Figure 8 Open Order March in Three Ranks]
➢ The Front Rank takes three paces forward, and the Rear Rank takes three paces back.

Open Order March in Two Ranks

![Figure 9 Open Order March in Two Ranks]
➢ Only the Rear Rank moves and they take three paces back.

Close Order March
➢ A close order march is exactly the opposite of an open order march, no matter how many ranks.
➢ If you took three paces forward, you take three paces back. And if you took three paces back, you now take three paces forward.
5: Drill – Saluting

Saluting to the Front

➢ Raise your RIGHT arm as follows:
  o palm of the hand is facing down
  o thumb and fingers are fully extended and close together
  o 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
  o hand, wrist and forearm are in a straight line and at a 45-degree angle to the
upper arm
  o elbow is in line with the shoulders
  o upper arm is parallel to the ground

➢ Observe a standard pause, if conducted as a called command, or wait for a return salute
if addressing an officer.
➢ Bring your right arm back down to attention.
Saluting to the Left/Right

- These salutes are exactly the same as a salute to the front, except your upper body is slightly rotated to either the left or right.
- This is usually done when an officer is passing to your left or right.

*Figure 11 Saluting to the Right / Left at the Halt*
6: Drill - Marching & Halting

Beginning to March
➢ Begin by stepping off with your left foot, and immediately swinging your right arm forward and left arm to the rear.
➢ Continue marching by taking alternating steps forward, and swinging the arms.

Continuing to March
➢ When marching your arms will be perfectly straight, and swing waist high both front and back. You may be instructed to swing higher at certain times – this is to improve the quality of drill.
➢ Marching in quick time is done at a cadence of 120 beats per minute, or two steps per second.
➢ You should be rolling your feet on to the ground, beginning with the heel, and ending with the toe.
➢ You should always be in line with which ever rank the dressing is taken off of – usually the left.
➢ You are always to be looking to the front – think of it like you are standing at attention, while walking.
➢ You may be given commands to wheel in a certain direction – this means to turn as a group, and pivot around the point you were told.

Halting
➢ When given the command to halt, called as your left foot is on the ground, you will take two more paces as normal.
➢ You will then stop moving forward, raise the right leg, bending the knee, then straighten the leg, coming smartly back to attention.
7: Drill - Marking Time, Forward & Halting

Marking Time

➢ The command for marking time is given as the right foot is on the ground.
➢ You then take one additional pace with the left foot, then bring the right foot in beside it – DO NOT SLIDE ALONG THE GROUND!
➢ Immediately begin marking time with the left leg, by bending the knee and raising the foot off the ground. The toe should dangle naturally about 15cm off the ground.
➢ Continue alternating the raising of the left and right feet.

Forward from Marking Time
➢ Called as the left foot comes in contact with the ground.
➢ Continue raising the right leg, and then straightening the right leg a final time.
➢ Immediately begin marching away with the left foot, and continue marching as you normally would.

Halting from Marking Time
➢ Called as the left foot comes in contact with the ground.
➢ Continue raising the left foot, marking time for two more paces, followed by raising the right leg, and then straightening the right leg a final time.
➢ Do not move at this point, as you have completed the halt.
8: Drill - Compliments on the March

There are two forms of paying compliments on the march:

➢ Saluting – used to pay compliments to a Commissioned Officer
➢ Eyes Right/Left – used to pay compliments to an NCO, Civilian, or Officer Cadet

Saluting on the March

Called as the left foot is forward, take one additional pace with the right foot.
On the next pace, cut the left arm to the side, and swing the right arm up to a saluting position.
If saluting to the right or left, rotate the upper body in that direction.
Continue marching for four more paces – a total of five while saluting.
After the fifth pace, take a pace with the right foot, cutting the right arm down to the side.
Continue Marching away as normal.

Eyes Right/Left and Eyes Front

Both movements consist of the same steps, simply with the movement of the head changed to the direction specified.
Called as the left foot is forward, take one additional pace with the right foot.
On the next left foot, turn the head in the direction specified by the command (left/right/front).