

THE SYSTEM

Dynamic Marching & Movement – THE SYSTEM Mastering Marching & Movement Instruction

UNIT EIGHT

PRE-SHOW WARM-UP

Buzz Words (in no particular order... whatever you see)

- ✓ All of them from previous lessons!

*Train yourself, your staff members, & your drum majors/student leaders to **always be watching** and **always be correcting**. The analogy with music would be *always be listening*. Keep it Simple is important too. Use these buzz words WITH A NAME every rep. **You can also use these buzzwords for things that you see that are GREAT.**

“Pre-Show Warm-up” (160bpm on met) 10-15 minutes

- ✓ S-Walk (confidence/swagger)
- ✓ Toe-Lead Walks (6-5) – out(turn out tendu) down (accept weight)
- ✓ Scuff-it-outs (Half time)
- ✓ Forward march 3-groups of 8 no holds “straight eights”
- ✓ Forward 8+8s
- ✓ Forward march 3-groups of 8 **slides** no holds “straight eights slides”
- ✓ Forward 8+8s **Slides**
- ✓ Other direction
- ✓ Backward march 3-groups of 8 no holds “straight eights back”
- ✓ Backward 8+8s
- ✓ Backward march 3-groups of 8 **slides** no holds “straight eights slides back”
- ✓ Backward 8+8s **Slides**
- ✓ Other direction
- ✓ Flip-Flops / Front to back to Fronts (ups and opens)
- ✓ Other Direction (ups and opens)
- ✓ Jazz Runs (out down out down out down out hit 4-5)