

THE SYSTEM

Dynamic Marching & Movement – THE SYSTEM

Mastering Marching & Movement Instruction

UNIT THREE

FORWARD MARCHING

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

- ✓ Posture / Long Neck
- ✓ Timing / Slow / Rushing
- ✓ Don't lean / No Weeble-Wobble
- ✓ Leg shape / Don't Bicycle
- ✓ Use vocals
- ✓ Step size
- ✓ Low Heels
- ✓ Use muscle
- ✓ #1 Rule (feet in time)

*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.**

“Point” Exercise

- ✓ Starts from parallel feet
- ✓ Objectives: Balance, timing, keeping weight out of hips, pointing toes, engaging muscles around the knees

Counts	Vocal	What is happening?
5	5 (instructor only)	nothing
6	6 (instructor only)	nothing
7	7 (instructor only)	nothing
8	Move	Left toe points and left leg starts to move straight forward
1	Hit	Left toe extended all the way forward (not in turnout)
2	Two	Hold
3	Lift	Lift left leg up as high as you can with good posture
4	Two	Keep lifting
5-8	& Hold 2,3,4	Hold
1-3	Down, Down, Down	Down
4	Touch	Touch the toe / smoothly start bringing foot in
5	In	Foot halts next to other foot gently / ready to repeat on right

“50/50” Exercise

- ✓ Starts from parallel feet
- ✓ Objectives: 1-Timing, 2-The “push” (transfer of weight in the effort change from halt to marching), 3-The leg shape on the marching step.

Counts	Vocal	What is happening?
5-7	5,6,7 (instructor only)	Nothing – count off
8	Tssss	Part One Left toe points and left leg starts to move straight forward
1-3	T(accented)	Left toe extended all the way forward, hold 2 ct.
4	Tssss	Start to pull back in
5-7	T(accented)	Foot halts next to other foot gently, hold 2 ct.
8	Tssss	Part Two Push forward pointing toe
1-3	T(accented)	Land on the platform (weight 50%), hold 2 ct.
4	Tssss	Start to pull back in
5-7	T(accented)	Foot halts next to other foot gently, hold 2 ct.
8	Tssss	Part Three Push forward with front heel down
1-3	T(accented)	Land in marching step, hold 2 ct.
5	Tssss	Start to pull back in
5-7	T(accented)	Foot halts next to other foot gently, hold 2 ct.

“HABiT” Exercise

- ✓ Starts from parallel feet
- ✓ Objectives: Leg shape, roll step, low heels, passing counts

Counts	Vocal	What is happening?
5-7	5,6,7 (instructor only)	Nothing – Count off
8	Tssss	Push forward with front heel down
1-4	T(accented)	Land in marching step, hold 2,3,4
5	Heel	Stay on heel
6	Arch	Roll to arch down middle of foot
7	Ball	Roll to ball down middle of foot
8	Toe	Roll to toe down middle of foot
&	And	Move other heel fast next to front leg (toe up)
9-11	-	Hold
12	Tssss	Push forward with next heel down
1	T(accented)	Land in marching step, hold 2,3,4 (repeat)

*repeat, then bump tempo, then bump really fast when ready

“Place Close” Exercise

- ✓ Starts from turned out feet
- ✓ Objectives: Change in effort from moving to the halt

Counts	Vocal	What is happening?
5-7	5,6,7 (instructor only)	Nothing – Count off
8	Point / Place	Lengthen right foot forward, touch ball of foot, transfer weight, accept the weight
1	Close	Slowly come down from ball of right foot, pull left leg forward, left foot halts next to right foot gently

Transition Exercises (from HABit to marching forward)

- ✓ Practice “flex and point swings” learning to swing from the hip
- ✓ Practice the mark time into one step forward “(mark time mark) together together left right Push One”
- ✓ Now is a great time to teach the students to READ THE FIELD (especially 2-off & splitting)... we paint the 1 yard inserts on our field so they can see those when learning checkpoints.

“8 Steps Forward” Exercise

- ✓ Starts from turned out feet & mark time
- ✓ Objectives: forward marching and step size

Counts	Vocal	What is happening?
1-4	-	Instructor: “mark time mark”
5	Together	Left foot to parallel
6	Together	Right foot to parallel
7	Left	Up and down 1” with left heel
8	Right	Up and down 1” with right heel, lock knees, weight in ball of right foot (push on count 8 at tempos greater than 160bpm)
&	Push	Push from right foot (no & count when tempos are greater than 160bpm)
1	One	Strike 22.5” away with left foot, hips at 11.25”
2	Two	Next step (hit “2 off checkpoint”)
3	-	Next step
4	Four	Next step (hit “4 off checkpoint”)
5	-	Next step
6	Six	Next step (hit “2 off checkpoint”)
7	-	Next step
8	Point	Ankle bone on yard-line, lengthen right foot forward, touch ball of foot, transfer weight, accept the weight
1	Close	Slowly come down from ball of right foot, pull left leg forward, left foot halts next to right foot gently

“3 Groups of 8 (no holds)” Exercise

- ✓ Starts from turned out feet & mark time
- ✓ Objectives: forward marching and step size

“3 Groups 8+8s (with holds)” Exercise

- ✓ Starts from turned out feet & mark time
- ✓ No mark time on the two holds
- ✓ Objectives: forward marching and step size

*If you add horns... they come up smoothly on counts 5-6 of mark time (“together together”), the horn comes down in one more aggressive count on “close” at the end of the exercise (“close”).