

# THE SYSTEM

## Dynamic Marching & Movement – THE SYSTEM

*Mastering Marching & Movement Instruction*

### UNIT ONE

#### POSTURE

The posture checklist

- ✓ Feet – 90 degrees, weight evenly distributed
- ✓ Knees – Straight but not locked
- ✓ Hips/Pelvis – Cereal bowl level
- ✓ Upper Body – Weight out of hips, spine lengthened, chest projection
- ✓ Neck/Chin – Long necks, chin level
- ✓ Hands / Instruments – Depends on instrument (see section leaders)

#### SETTING UP THE FUNDAMENTALS BLOCK

- ✓ 4-step grid
- ✓ Line up ankle bones side to side
- ✓ Nose on spine front to back
- ✓ Be in sections (tubas stage right to flutes stage left)
- ✓ Rotate forward line to the back each day.