

THE SYSTEM

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

UNIT FIVE

SLIDES

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

- ✓ 30/60/90
- ✓ Hips
- ✓ Shoulders
- ✓ Push
- ✓ Drifting
- ✓ Posture
- ✓ Don't lean
- ✓ Don't cheat both feet (many times we let them cheat the front foot a bit)
- ✓ Swing it like a bat (for step-offs and transitions keep leg straight and move it fast)
- ✓ Low and tight (for step-offs and transitions keep heels low and near other foot)
- ✓ #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.**

“Slides” Transition Exercises

- ✓ “T” arms
- ✓ Palms together arms stretched in front
- ✓ Walking the feet left center right with shoulders staying front

“Slides” Teaching Progression

- ✓ Left 1 forward slide (Easier step-off)
- ✓ Left 2 forward slide
- ✓ Left 8 forward slide 8 counts – freeze on count 8
- ✓ Left 8 forward slide 8 counts – point close to the front (Harder close)
- ✓ Right 1 forward slide (Harder step-off)
- ✓ Right 2 forward slide
- ✓ Right 8 forward slide 8 counts – freeze on count 8
- ✓ Right 8 forward slide 8 counts – point close to the front (Easier close)
- ✓ Repeat ALL for backward march
- ✓ Add horns

*If you add horns... they come up smoothly on counts 5-6 of mark time (“together together”), the horns turn to the front 7-8 (only in “across the floors”), the horn comes down to the front in one more aggressive count on “close” at the end of the exercise (“close”).