

THE SYSTEM

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

UNIT SIX

DIRECTION CHANGES & EFFORT CHANGES

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

- ✓ Stab 45 degrees
- ✓ Ski tracks
- ✓ 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.**

Primary Direction Changes: Forward to Backward or Backward to Forward

Secondary Direction Changes: Forward or Backward to a new angle (like 90 degrees)

“Forward to Backward” Effort Change “STAB LIFT TAP”

- ✓ 8 counts forward freeze on count 8
- ✓ 8 counts forward lift & tap - “push 1, 2, 4, 6, stab(8) lift tap(1)” is the vocal
- ✓ 8 counts forward to 8 steps backward - “push 1, 2, 4, 6, stab(8) lift tap(1), 2, 4, 6, point(8) close(1)” is the vocal
- ✓ Focus on count two, eyes up, ankle bones are all that matter for the “dot”
- ✓ Next try it in a slide

“Backward to Forward” Effort Change “LOCK FLICK”

- ✓ 8 counts backward freeze on count 8 (the lock is not really different from the normal backward step... lock just reminds them to lock the knee)
- ✓ 8 counts backward lock flick - “push 1, 2, 4, 6, lock(8) flick(1)” is the vocal
- ✓ 8 counts backward to 8 steps forward - “push 1, 2, 4, 6, lock(8) flick(1), 2, 4, 6, point(8) close(1)” is the vocal
- ✓ Focus on count two, eyes up, ankle bones are all that matter for the “dot”
- ✓ Next try it in a slide

“Secondary” Direction Changes

- ✓ 8 counts forward freeze on count 8 (turn toe to 45 degree angle in direction you are moving)
- ✓ Practice swinging the leg from 8 to 1 (forward to the slide)
- ✓ 8 counts forward 1 step in the slide - “push 1, 2, 4, 6, stab(8) 1” is the vocal
- ✓ 8 counts forward to 8 steps in the slide - “push 1, 2, 4, 6, stab(8) 1, 2, 4, 6, point(8) close(1)”
- ✓ 8 counts forward 1 step backward in the slide
- ✓ Forward 8 to backward slide 8
- ✓ Box drills, Traffic, etc.