

1-6 PREPARATION DRILL, EXERCISE 6, WINDMILL

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 6 of the Preparation Drill is The Windmill." (The demonstrator responds, "The Windmill.") "This is a four-count exercise that is always performed at a SLOW cadence. This exercise develops the ability to safely bend and rotate the trunk. It conditions the muscles of the trunk, legs and shoulders. The Starting Position is the straddle stance with arms sideward, parallel to the ground, palms facing down, fingers and thumbs extended and joined, hips set and abdominals tight.

"Starting position, MOVE." (Demonstrator moves into the starting position.)

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, bend the hips and knees while rotating to the left. Reach down and touch the outside of the left foot with the right hand and look toward the rear. The left arm is pulled rearward to maintain a straight line with the right arm."

"By-the-numbers," (demonstrator responds, "By-the-numbers"),

"In cadence." (Demonstrator responds "In cadence.")

"EXERCISE." (Demonstrator performs count one.)

"Ensure that both knees bend during the rotation. Head and eyes are directed to the rear."

"On count two, return to the starting position. Ready, TWO." (Demonstrator performs count two.)

"On count three, repeat count one to the right side. Ready, THREE." (Demonstrator performs count three.)

"On count four, return to the starting position and sound off with the number of repetitions performed. On the last repetition, stop at the starting position. Ready, FOUR." (The demonstrator performs count four and states, "ONE.")

"Position of attention, MOVE." (Demonstrator assumes the position of attention.)

"I will lead the demonstrator through three repetitions at a SLOW cadence. The commands and movements are as follows:

"The Windmill." (Demonstrator responds, "The Windmill.")

"Starting position, MOVE." (Demonstrator moves into the starting position.)

"Without-the-numbers" (demonstrator responds, "Without- the-numbers.")

"In cadence," (demonstrator responds, "In cadence.")

"EXERCISE, One, Two, Three." (Demonstrator states, "ONE.")

The Drill Sergeant will raise the inflection of his voice while counting out the movements of the third repetition and the demonstrator states, HALT upon returning to the starting position.

"Position of attention, MOVE." (Demonstrator assumes the position of attention.) "AT EASE." (Demonstrator stands at ease.)

"What are your questions pertaining to Exercise 6 of the Preparation Drill, The Windmill when executed in cadence or by-the-numbers?" (Clarify all questions.)

"Demonstrator, ATTENTION. You will be my assistant instructor. FALL OUT."

Note: Lead the class through three repetitions of the Windmill.