

1-2 PREPARATION DRILL, EXERCISE 2, REAR LUNGE

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 2 of the Preparation Drill is The Rear Lunge." (Demonstrator responds, "The Rear Lunge.") "This is a four-count exercise that is always performed at a SLOW cadence. This exercise promotes balance, opens up the hip and trunk on the side of the lunge and develops leg strength. The Starting Position is the straddle stance with hands on hips."

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

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, take an exaggerated step straight backward with the left leg, touching down with the ball of the foot, keeping the trail leg as straight as possible, but not locked and the rear heel off the ground. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of the count."

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

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

"EXERCISE." (Demonstrator performs count one.)

"On count 1, step straight to the rear, keeping the feet directed forward. Move into position in a slow, controlled manner. Keep the rear leg as straight as possible but not locked and the rear heel off the ground. Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion. After the foot touches down, allow the body to continue to lower. This promotes flexibility of the hip and trunk. When viewed from the front the feet maintain their distance apart both at the starting position and at the end of count 1. If the cadence is too fast, it will be difficult to go through a full range of motion."

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

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

"On count four, return to the starting position and sound off with the number of repetitions performed. Ready, FOUR." (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 Rear Lunge." (Demonstrator responds, "The Rear Lunge.")

"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 2 of the Preparation Drill, The Rear Lunge 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 Rear Lunge.