

CHAPTER 8 CONDITIONING DRILL 2

8-1 CONDITIONING DRILL 2, EXERCISE 1, TURN AND LUNGE

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 1 of Conditioning Drill 2 is The Turn and Lunge." (Demonstrator responds, "The Turn and Lunge.") "This is a four-count exercise that is always performed at a SLOW cadence. This exercise develops the agility needed to rotate, lower and raise the body for effective changes of direction during military movement drill exercises, the 300-yd shuttle run and individual movement techniques. The Starting Position is the straddle stance with hands on hips."

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

"When changing directions on all counts, the lead foot steps and the rear foot pivots. Keep the head in line with the spine throughout the exercise. Down positions on counts 1 and 3 are similar to the forward lunge, but with the hand down."

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, turn 90-degrees to the left, stepping with the left foot and pivoting on the ball of the right foot. Perform a forward lunge (facing the left) while reaching toward the ground with the right hand. The left arm swings rearward while the left hand reaches rearward at the left side of the body. The rear knee bends but does not touch the ground; while the forward knee may go beyond the toe. Keep the head and eye forward in the direction of the turn."

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

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

"EXERCISE." (Demonstrator performs count one.)

"On count two, stand up, rotate to the right and return to the starting position, stepping with the right foot and pivoting on the ball of the left foot. Ready, TWO." (Demonstrator performs count two.)

"On count three, turn 90-degrees to the left, stepping with the right foot and pivoting on the ball of the left foot. Perform a forward lunge (facing the right) while reaching toward the ground with the left hand. The right arm swings rearward while the right hand reaches rearward at the right side of the body. The rear knee bends but does not touch the ground; while the forward knee may go beyond the toe. Keep the head and eye forward in the direction of the turn. Ready, THREE." (Demonstrator performs count three.)

"On count four, stand up, rotate to the left and return to the starting position, stepping with the left foot and pivoting on the ball of the right foot. 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 Turn and Lunge." (Demonstrator responds, "The Turn and 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 PT leader 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 1 of Conditioning Drill 2, The Turn and 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 Turn and Lunge.