

## 11-2 MILITARY MOVEMENT DRILL 1, EXERCISE 2, LATERALS

"Demonstrators, POST." I will use the talk through method of instruction. Exercise 2 of The Military Movement Drill 1, is the Laterals." (The demonstrator responds, "Laterals.")

"The command to assume the starting position is "Ready". "On the command "READY", assume the Straddle stance, slightly crouched, with the back straight, arms at the side with elbows bent at a 90-degrees and palms facing forward. The body faces perpendicular to the direction of movement." (Demonstrator assumes the starting position.)

"The command to begin the exercise is "Go". On the command "GO", Step out with the lead leg by slightly raising the lead foot 2-3 inches off of the ground and step off in the desired direction keeping the feet perpendicular to the body. Bring the trail leg up and alongside the lead leg without touching the heels, dragging the feet or hooping. Step off again with the lead leg about shoulder width apart. Maintain a stable upper body throughout the exercise. You will continue in this manner, always facing the same direction so that the first 25-yards you are moving to the left, and the second 25-yards you are moving to the right." "GO." (The demonstrators perform the movements after the PT leader gives them the command GO.)

"Once the exercise is complete the Soldiers will maintain double arm interval and resume the position of attention facing back toward the designated run area. They will standby waiting to execute the exercise again back to the original starting position."

"On the command Next Rank, MOVE FORWARD, All remaining squads take a 30 inch step forward. Immediately after the next rank is in position, the PI commands, "Ready, GO." (The demonstrators perform the movements after the PT leader gives them the command GO.)

At normal cadence the commands and movements are as follows:

"Ready, GO." "Next Rank, MOVE FORWARD." "Ready, GO..." "Position of Attention, MOVE," "AT EASE."

"What are your questions pertaining to Exercise 2 of Military Movement Drill 1, Laterals, when using the talk through method of instruction?" (Clarify all questions.)

"Demonstrators, Attention. You will now become my assistant instructor. Fall Out"