

1-7 PREPARATION DRILL, EXERCISE 7, FORWARD LUNGE

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 7 of the Preparation Drill is The Forward Lunge." (The demonstrator responds, "The Forward Lunge.") "This is a four-count exercise that is always performed at a SLOW cadence. This exercise promotes balance and develops leg strength. The Starting Position is the straddle stance with the 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 a step forward with the left leg. The left heel should be 3-6 inches forward of the right foot. Lunge forward, lowering the body and allow the left knee to bend until the thigh is parallel to the ground. Move into this position in a controlled manner. The rear knee bends, but does not touch the ground. The heel of the rear foot should be off the ground. Lean slightly forward, keeping the back straight. When viewed from the front, the feet are directed forward, maintaining their distance apart both at the starting position and at the end of the exercise."

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

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

"EXERCISE." (Demonstrator performs count one.)

"On count two, return to the start position. Spring off of the forward leg to return to the starting position. This avoids jerking the trunk to create momentum. 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." (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 Forward Lunge." (Demonstrator responds, "The Forward 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 7 of the Preparation Drill, The Forward 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 forward lunge.