

8-3 **CONDITIONING DRILL 2, EXERCISE 3, HALF JACK**

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 3 of Conditioning Drill 2 is The Half Jack." (Demonstrator responds, "The Half Jack.") "This is a four-count exercise that is always performed at a MODERATE cadence. The purpose of this exercise is to jump and land with the legs apart, controlling the landing by laterally braking with the feet, ankles and legs. The Starting Position is the position of attention."

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

"On each landing the balls of the feet should touch first. Do not raise the arms above parallel to the ground."

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, jump and land with the feet shoulder-width apart and pointed straight ahead. Both arms are extended sideward at shoulder level with palms facing down, fingers and thumbs extended and joined."

"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 starting position. Ready, TWO." (Demonstrator performs count two.) "On count three, repeat count one. 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 MODERATE cadence. The commands and movements are as follows:"

"The Half Jack." (Demonstrator responds, "The Half Jack.")

"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 3 of Conditioning Drill 2, The Half Jack 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 Half Jack.