

CHAPTER 11 MILITARY MOVEMENT DRILL I

11-1 MILITARY MOVEMENT DRILL 1, EXERCISE 1, THE VERTICALS

"Demonstrators, POST. I will use the talk through method of instruction. Exercise 1 of The Military Movement Drill 1, is The Verticals." (The demonstrator responds, "The Verticals.") The entire formation takes a 30 inch step forward. This exercise consist of one repetition at 25 yards.

"On the command Ready, the first rank assumes the staggered stance with the right foot forward. The right heel is even with the toes of the left foot. The right arm is to the rear with the elbow slightly bent and the left arm is forward. The head is up looking straight ahead and the knees are slightly bent." "READY" (Demonstrator assumes the starting position.)

NOTE: Keep a tall stance with a stable, upright truck. The back remains perpendicular to the ground. There should not be any back swing of the legs.

"On the command Go, Bring the hips quickly to 90-degrees without raising the knees above waist level. Ground contact should be primarily with the balls of the feet. When the left leg is forward, the right arm swings forward bending at the elbow and raising the forearm perpendicular to the ground while the left arm is to the rear. When the right leg is forward, the left arm swings forward bending at the elbow and raising the forearm perpendicular to the ground while the right arm is to the rear. Stepping with a high rate turn over." "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 1 of Military Movement Drill, the Verticals" when executed using the talk through method of instruction?" (Clarify all questions.)

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