

The Position of Attention and Stand at Ease

"Introducing you to foot drill, I'm now going to teach you the correct position of Attention, Stand at Ease and Stand Easy."

"The reason these movements are taught is to enable an individual or a body of men to adopt the correct position of Attention, Stand at Ease and Stand Easy in a smart soldier like uniformed manner."

"Relax and look this way and I will show you a complete demonstration of the movement."

Demonstration

"I am now standing in the correct position of Attention."

"Points to note: both feet are flat and firm on the ground with the heels together and the toes parted at an angle of 30 degrees to the front-centre of my body."

"The knees are braced by pushing them back slightly."

"The body is upright with the stomach pulled in and the chest pushed out, the back is straight."

"The arms are at the side of the body with the hands clenched fist like, thumb pushing downward to help lock the arm at the elbow; the thumb is inline with the seams of the trouser."

"Are there any questions?"

Practice: Collective – Individual – Collective

Collective: "As I pass you, break off and practice the movement individually."

Individual: the instructor must get amongst the students to carry out fault correction.

"FALL IN!"

Collective:

"Relax and look this way, I left you in this position (**Demonstrate**). Continue to look this way and I will show you the actions to be carried out on receipt of the command: Stand at Ease."

"INSTRUCTOR ONLY! STAND AT EASE!"

Demonstration

"IMMEDIATELY on receipt of that command keeping the right foot firmly on the ground I bent the left leg until the thigh became parallel to the ground with the foot hanging naturally below the knee. As soon as the thigh was parallel to the ground I forced the left foot downwards and out to the side of the body away from the right foot approximately 12 inches at the same time I forced the arms behind the back by the shortest route keeping them straight. I placed the back of the right hand into palm of the left hand. I then froze in this position."

"Points to note."

“the toes still maintain the angle of 30 degrees to the front of the body, the distance of 12 inches between the heels is taken from the centre of the right heel to the centre of the left. The knees are braced.”

“The palms of the hands are open, right hand in left. The fingers are straight forced down the rear and the body with the right thumb over the left. The body is still erect and head held upright.”

“Are there any questions?”

(Stand to Attention)

Practice: Collective – Individual – Collective

Collective: “As I pass you break off into your groups and practice, ensuring that one of you gives the correct word of Command.”

Individual: the instructor must get amongst the students to carry out fault correction.

“FALL IN!”

Collective:

(Stand at Ease)

“Relax and look this way. I left you in this POSITION, continue to look this way and I will demonstrate the action to be carried out on receipt of the words of command, STAND EASY”

“INSTRUCTOR ONLY! STAND EASY!”

Demonstration

“As soon as I received that command I allowed the body to relax in the AT EASE POSITION by lowering the head and allowing the knees to bend slightly and the arms to raise a little behind the body.”

“Points to note.”

“the feet do not move and there is no unnecessary movement of the body. Fingers still straight.”

“Are there any questions?”

“Continue to look this way and I will demonstrate and explain the actions to be carried out on receipt of the command SQUAD!”

“INSTRUCTOR ONLY! SQUAD!”

Demonstration

“On receipt of that command I returned to the position of AT EASE by bracing the body”

“Points to note.”

“I am now in the correct position of AT EASE.”

“Are there any questions?”

“Continue to look this way and I will demonstrate and explain the actions to be carried out on receipt of the command SQUAD-SHUN!”

“INSTRUCTOR ONLY! SQUAD-SHUN!”

Demonstration

“IMMEDIATELY on receipt of that command keeping the right foot firmly on the ground I bent the left leg until the thigh became parallel to the ground with the foot hanging naturally below the knee. As soon as the thigh was parallel to the ground I forced the arms by the shortest route back to the side of the body en route I clenched the hands, I then froze in this position.”

“Points to note.”

“I am now in the correct position of ATTENTION.”

“Are there any questions?”

“Stand properly at ease.”

Practice: Collective – Individual – Collective

Collective: “As I pass you break off into your groups and practice, ensuring that one of you gives the correct word of Command.”

Individual: the instructor must get amongst the students to carry out fault correction.

“FALL IN!”

Collective:

(Stand to Attention)

“Relax and look this way, continue to look this way and I will give you a complete and final demonstration of all of the movements.”

“INSTRUCTOR ONLY! STAND AT EASE!”

“STAND EASY!”

“INSTRUCTOR ONLY! SQUAD-SQUAD-SHUN!”

“There you saw a complete and final demonstration of the movements.”

“Are there any questions?”

Practice: Collective – Individual – Collective

Collective: “As I pass you break off into your groups and practice, ensuring that one of you gives the correct word of Command.”

Individual: the instructor must get amongst the students to carry out fault correction.

“FALL IN!”

Collective: