

CHANGE STEP IN SLOW TIME

"Taking you a stage further in your foot drill I am now going to teach you the CHANGE STEP in slow time."

"The reason this movement is taught is to enable you as an individual or as a formed body of men to regain a lost step, in a smart soldier like and uniform manner."

"On the Command STAND EASY. Relax and look this way and I will give you a complete demonstration of the movement."

"STAND EASY"

"Relax and look this way."

"INSTRUCTOR ONLY! SLOW MARCH (Call out time) Changing step CHANGE STEP (Call out time)"

"There you saw a complete demonstration of the movement, for the purposes of instruction this movement can be broken down into parts each part being numbered, continue to look this way and I will give you a complete demonstration of the actions to be carried out on receipt of the word of command."

"Changing step by numbers CHANGE STEP ONE"

"Relax and look this way."

"INSTRUCTOR ONLY! SLOW MARCH (Call out time) Changing step by numbers CHANGE STEP ONE (Call out time)"

"IMMEDIATELY on receiving the word of command. Which I received as my Right foot struck the ground. I completed a full marching pace of 30 inches with the left foot placing it flat and firm on the ground. I then froze in this POSITION."

"**Points to Note.**"

"My left foot is flat and firm on the ground, with the left knee braced."

"My right toes are on the ground with the heel raised, and the remainder of my body is ERECT AND SQUARE TO THE FRONT."

"Are there any Questions?"

(Stand to Attention)

"You the squad on carrying out these actions will call out. LEFT"

"Stand to Attention Turn to your left."

"SLOW MARCH (Call out time) Changing step by numbers CHANGE STEP ONE (left)"

"Ensure now that:"

"Your left foot is flat and firm on the ground, with the left knee braced."

"Your right toes are on the ground with the heel raised, and the remainder of your body is ERECT AND SQUARE TO THE FRONT."

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:

(Get into position of Squad 1)

“Relax and look this way – I left you in this position, continue to look this way and I will give you a complete demonstration of the actions to be carried out on the Command SQUAD TWO.”

“INSTRUCTOR ONLY! SQUAD TWO (Call out RIGHT)”

“IMMEDIATELY, on the command, the Right leg is bent in front of the body so that the thigh is parallel to the ground with the right foot hanging naturally below the knee. The right foot is then forced down to the ground behind the left foot. I then froze in this POSITION.”

“**Points to Note.**”

“Both my feet are flat and firm on the ground at an angle of 30 degrees from an imaginary line front centre of the body.”

“My right instep is against and touching the left heel. Both my knees are braced, and the remainder of my body is ERECT AND SQUARE TO THE FRONT.”

“Are there any Questions?”

(Stand to attention)

“You the squad on carrying out these actions will call out. RIGHT”

“Stand to Attention adopt the position of Squad One”

“SQUAD TWO”

“Ensure now that:”

“Both your feet are flat and firm on the ground at an angle of 30 degrees from an imaginary line front centre of the body.”

“Your right instep is against and touching the left heel. Both my knees are braced, and the remainder of your body is ERECT AND SQUARE TO THE FRONT.”

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:

(Get into position of Squad Two)

“Relax and look this way – I left you in this POSITION, continue to look this way and I will give you a complete demonstration of the actions to be carried out on the Command SQUAD THREE.”

“INSTRUCTOR ONLY! SQUAD THREE (LEFT)”

“IMMEDIATELY, On the command, The left foot is forced forward a full 30 inch marching pace. And I continued to march in slow time.”

“**Points to Note.**”

“The outside edge of my left boot touches the ground first. And I continued to march at the regulation rate of 65 paces to the minute.”

“Are there any Questions?”

(Stand to attention)

“You the squad on carrying out these actions will call out. RIGHT”

“Stand to Attention adopt the position of Squad TWO”

“SQUAD THREE”

Practice: Collective – Individual – Collective

Collective: “As you pass me 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:

(Get into position of Attention)

“Relax and look this way”

“Continue to look this way and I will give you a complete and final demonstration of the movement.”

“INSTRUCTOR ONLY! SLOW MARCH (Call out time) Changing step CHANGE STEP (Call out time)”

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

“Are there any questions?”

“You the Squad on carrying out the movement will call out LEFT RIGHT LEFT”

“Stand to Attention Turn to your left”

Practice: Collective – Individual – Collective

Collective: “As you pass me 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: