

# MARKING TIME AND HALTING FROM MARKING TIME IN SLOW TIME

"Taking you a stage further in your foot drill I am now going to teach you the MARK TIME IN SLOW TIME AT THE HALT AND HALTING WHILST MARKING TIME AT THE HALT.

"The reason this movement is taught is to enable you as an individual or as a formed body of men to remain in the same position whilst on the march and to halt when commanded. In a smart soldier like and uniform manner. Dealing first with mark time. 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! MARK – TIME"*

"IMMEDIATELY on receiving the word of command. the left leg is bent in front of the body so that the thigh comes parallel to the ground with the left foot hanging naturally below the knee. The left foot is then lowered to the ground beside the right foot. When the left foot is flat and firm on the ground the same action is carried out with the right foot and I continued to mark time in slow time."

"Points to Note."

"My left leg is bent first, the toes of the feet touch the ground first when lowering the leg. 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 are not required to call out timings"

"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:**

"Relax and look this way – Dealing now with the halt continue to look this way and I will give you a complete demonstration of the movement"

*"INSTRUCTOR ONLY! MARK – TIME! SQUAD – HALT!"*

"IMMEDIATELY on receiving the word of command. Which I received as my left foot struck the ground. I forced my right foot down beside my left foot to assume the correct position of attention. And I 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."

"Both my knees are braced, and the remainder of my body is ERECT AND SQUARE TO THE FRONT."

"Are there any Questions?"

"You the squad on carrying out these actions are not required to call out."

"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:**