



Basic Marching Drill Manual

CHAPTER 1: INTRODUCTION

101. Purpose

1. This publication provides direction and establishes uniformity for drill and ceremonial specific to Navy League of Canada. This will allow Navy League Cadet Ship's Companies to perform, at various ceremonies, in accordance with the customs and finest traditions of the Royal Canadian Navy.
2. This publication provides instructions on procedures for ceremonies involving Navy League Cadets.

102. Aim

1. The aim of drill and ceremonial is to contribute to efficiency and to maintain a high degree of excellence that cadets shall demonstrate in the execution of drill and ceremonial:
 - a. ensuring that the Cadets efficiently march and maneuver together as one; and
 - b. promoting discipline, alertness, precision, pride, steadiness and the cohesion necessary for success.
2. Drill is the basis of all teamwork.

103. Drill and Procedure

1. Drill is composed of standard postures, movements and evolutions completed in response to particular words of command; e.g., "ATTENTION" and "Stand-at-Ease". No deviations are allowed unless specifically mentioned in this manual to ensure that the Navy League Cadet Organization marches and maneuvers as one.
2. Procedures are the combinations of drill movements carried out for the ceremony or duty involved. Commanders may adjust procedures to suit parade circumstances and location, so long as the essential ingredients and customary sequence of traditional parades are recognized.

104. STANDARD PAUSE

1. The standard pause between each drill movement is two beats of quick time, i.e., forty movements to the minute.

2. In the early stages of training, the squad shall call out the time when executing drill movements.
3. To warn the squad that the time is to be called out, the instructor will precede the command for the movement with the cautionary command CALLING OUT THE TIME. For example, on the command CALLING OUT THE TIME, RIGHT — TURN, the squad:
 - a. executes the first movement of the turn on the executive order and simultaneously calls out “One”;
 - b. after completing the first movement, calls “Two”, “Three” while observing the standard pause; and
 - c. when executing the final movement, calls out “One”
4. After completing a movement on the march, a recruit squad shall call the step for three paces; e.g., on quick march, “Left – Right - Left”.

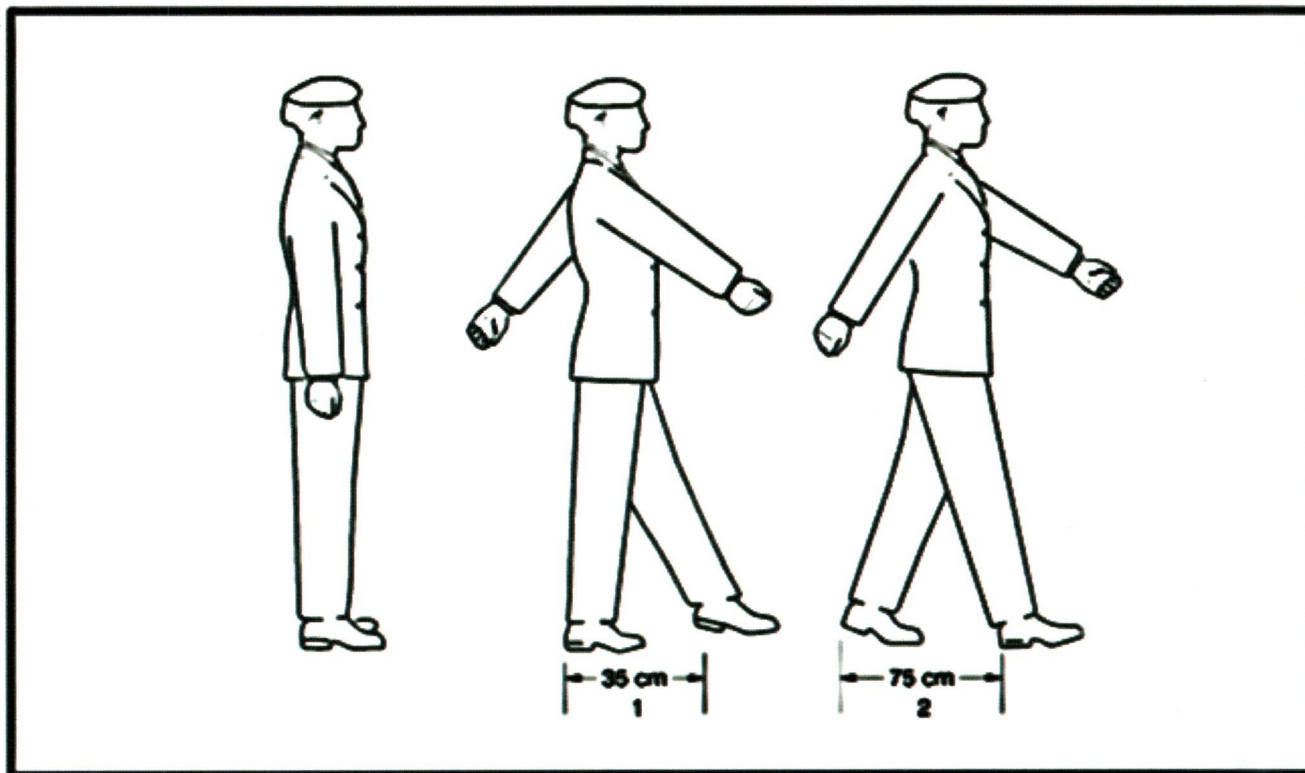
105. DRILL STANDARDS

1. The hallmarks of Cadet drill are efficiency, precision and dignity. These qualities are developed through self-discipline and practice. They lead to unit pride and cohesion.
2. Exaggerated or modified drill movements and idiosyncrasies demonstrate inefficient and undisciplined training, and a failure of the unit to focus on the purpose and use of drill in modern cadet organizations.
3. Military troops which display constant competence in drill are recognized universally as highly trained and well disciplined. Drill that is well taught and executed develops individual pride, mental alertness, precision and esprit-de-corps which will assist the individual cadet to carry out orders instinctively at all times.
4. Good drill, well-rehearsed, closely supervised and precise, is an exercise in obedience and alertness. It sets the standard for the execution of any duty, both for the individual and the unit, and builds a sense of confidence between commander and subordinate that is essential to high morale.
5. The personal qualities developed on the parade ground must be maintained in all aspects of cadet life. Commanders must insist on the same high standards both on and off parade to instill these qualities strongly enough to endure the strain of duty at the unit or in the civilian life. The systematic correction of minor errors strengthens these characteristics and improves both individual and unit standards.

201 CONDUCT OF A DRILL LESSON

1. Preliminaries. Before commencing the lesson, the instructor shall:
 - a. review any appropriate previous lesson;
 - b. order the squad into a suitable formation, e.g., hollow square;
 - c. state the movement to be taught and the reason for learning; and
 - d. state the requirement of the performance check or standard.
 2. Lesson. The lesson shall be taught in the following stages:
 - a. Stage 1: Demonstration and Walk-Through.
 - (1) Demonstrate the complete movement, calling out the time.
 - (2) Demonstrate the first part of the movement.
 - (3) Explain how the first part of the movement is done.
 - (4) Give the squad the opportunity to ask questions.
 - (5) Practice the squad on the first movement (collectively, individually, collectively).
 - (6) Teach the second and each subsequent movement following the sequence described above.
 - (7) Give two complete and final demonstrations.
 - b. Stage 2: Practice the Complete Movement.
 - (1) Practice the complete movement, with the instructor calling the time.
 - (2) Practice the complete movement, with the squad calling the time.
 - (3) Practice the complete movement, with the squad judging the time.
- NOTE: On difficult movements or movements with several stages, a further demonstration may be given prior to practising the complete movement.
3. Performance Check/Test. Conduct the test.
 4. Conclusion. The lesson shall be summarized as follows:
 - a. restate the movement taught and the reason for learning;
 - b. state the level of achievement; and
 - c. state the next lesson.

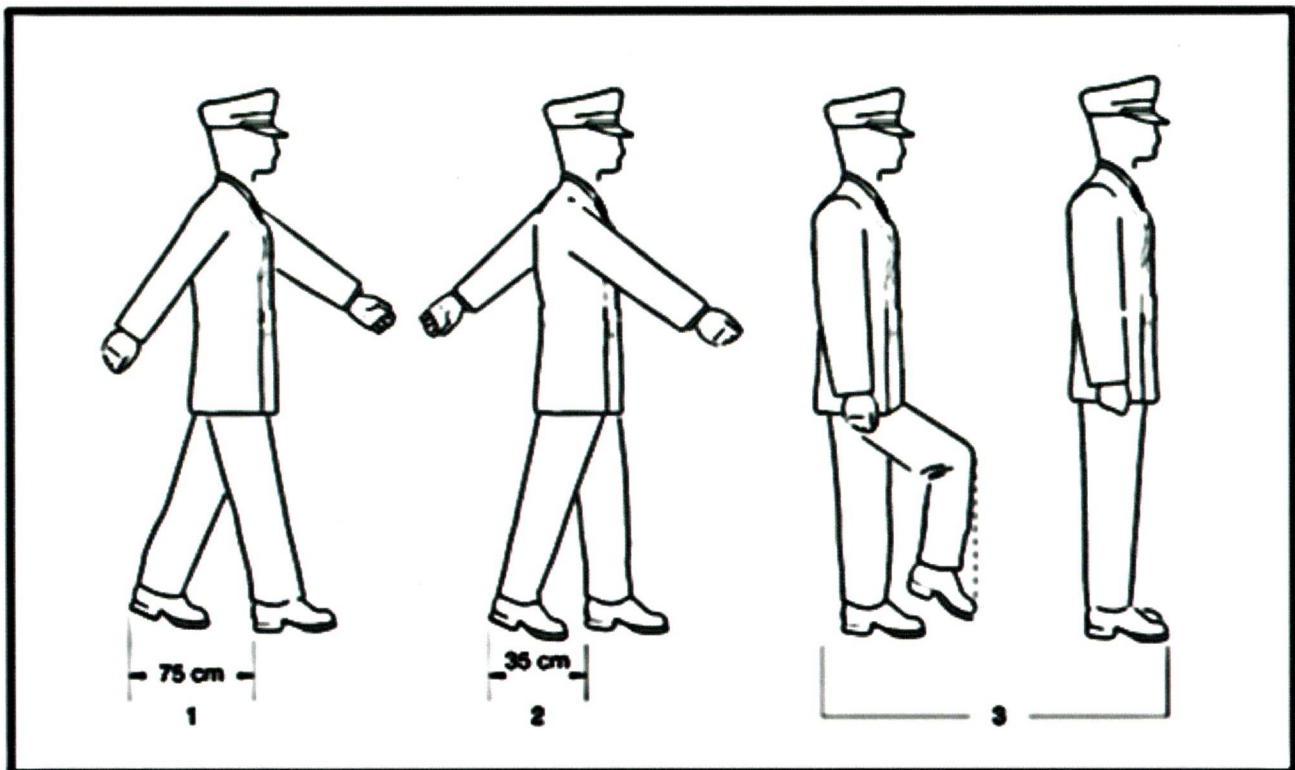
MARCHING IN QUICK TIME



1. On the command QUICK MARCH BY NUMBERS, SQUAD - ONE, squad members shall:
 - a. shoot the left foot forward one half pace, toe up;
 - b. strike the heel on the ground first and keep the toe pointed directly forward; and
 - c. simultaneously, swing the right arm straight forward and the left arm straight to the rear, waist high.
2. On the command SQUAD - TWO, squad members shall:
 - a. continue marching with subsequent paces of standard length;
 - b. bring the legs forward successively in a straight line;
 - c. swing the arms forward successively in a straight line from the shoulder, front to rear, with hands closed as in the position of attention; and

- d. maintain dressing by the directing flank.
- 3. Cadets shall be directed to swing arms breast- pocket high.
- 4. On the command QUICK - MARCH, the two movements are combined.

HALTING IN QUICK-TIME



1. On the command HALT BY NUMBERS, SQUAD - ONE given as the left foot is forward and on the ground, squad members shall:

- a. check the forward movement by placing the right foot flat on the ground naturally, using the heel as a brake; and
- b. swing the left arm forward and the right arm to the rear.

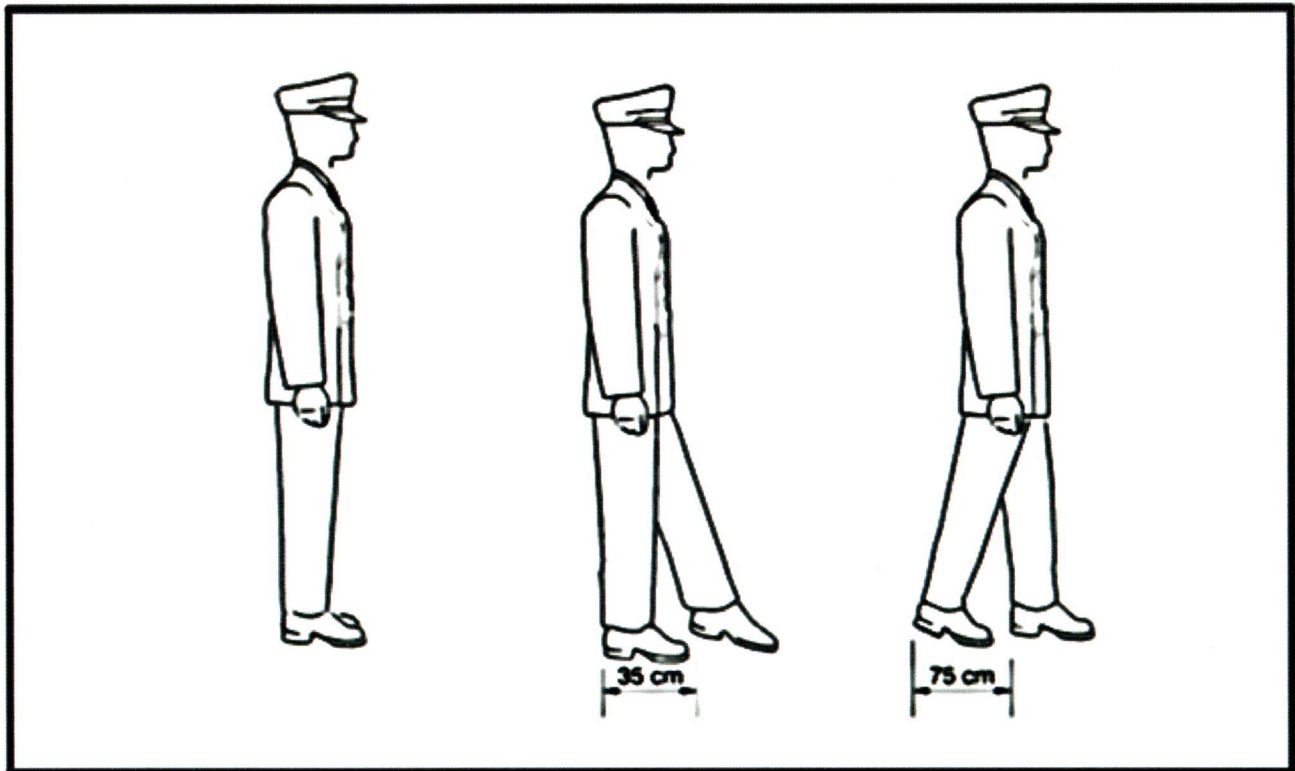
2. On the command SQUAD - TWO, squad members shall:

- a. take a half pace with the left foot, placing it flat on the ground; and
 - b. swing the right arm forward and the left to the rear.
3. On the command SQUAD - THREE, squad members shall:
- a. bend the right knee, straightening it in double time; and
 - b. simultaneously, cut the arms to the side as quickly as possible and assume the position of attention.
4. On the command SQUAD - HALT, the three movements are combined in quick time. The timing is called as "one, one-two".

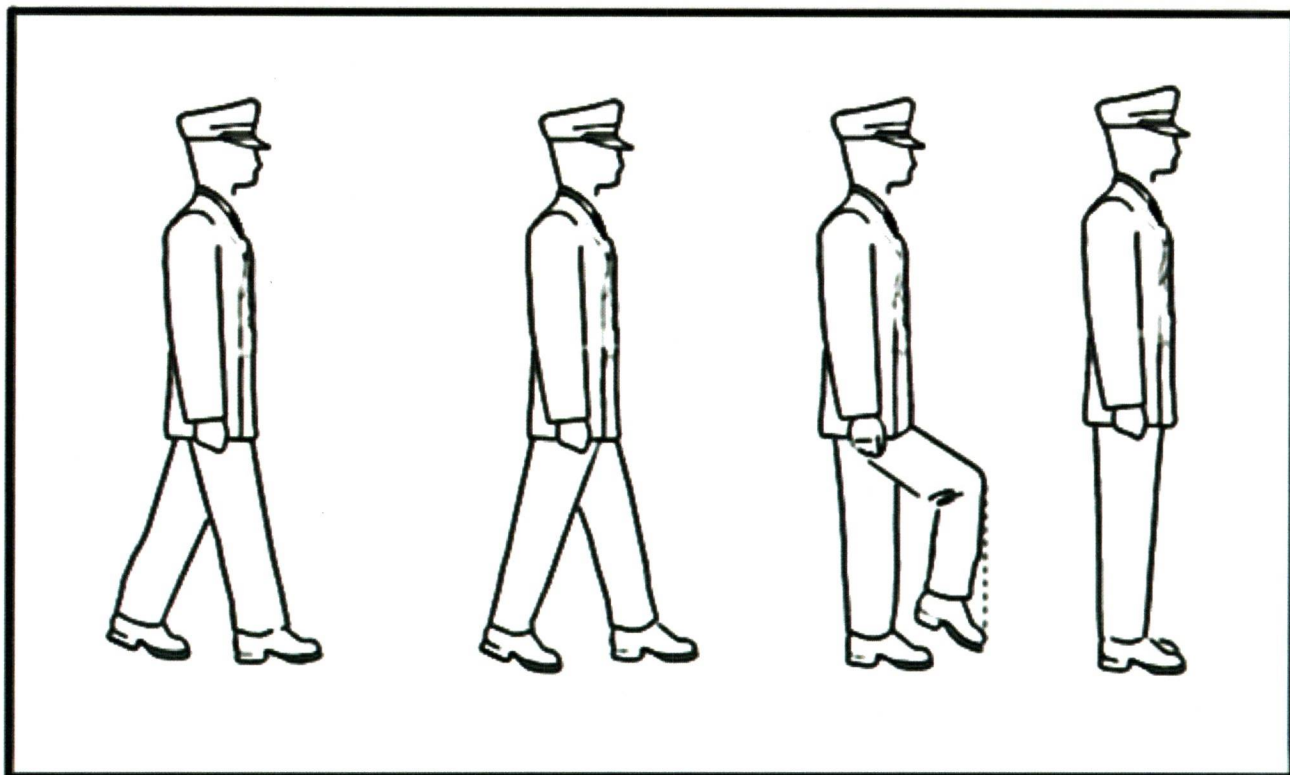
MARCHING AND HALTING IN DOUBLE TIME

1. On the command DOUBLE - MARCH, squad members shall:
- a. step off with the left foot and double on the balls of the feet with easy swinging strides, inclining the body slightly forward;
 - b. raise the feet clear of the ground at each pace;
 - c. bend the arms at the elbow and, with the hands closed into fist, fist face each other at the breast pocket height with elbows pointed resting naturally
 - d. maintain dressing by the directing flank.
2. On the command SQUAD - HALT given as the left foot is forward and on the ground, squad members shall:
- a. complete two forward paces; and
 - b. bring the right foot to the left after the second pace and simultaneously cut the arms to the sides and assume the position of attention.
3. It is normal to change into quick time before ordering HALT from double time.

MARCHING AND HALTING IN SLOW TIME



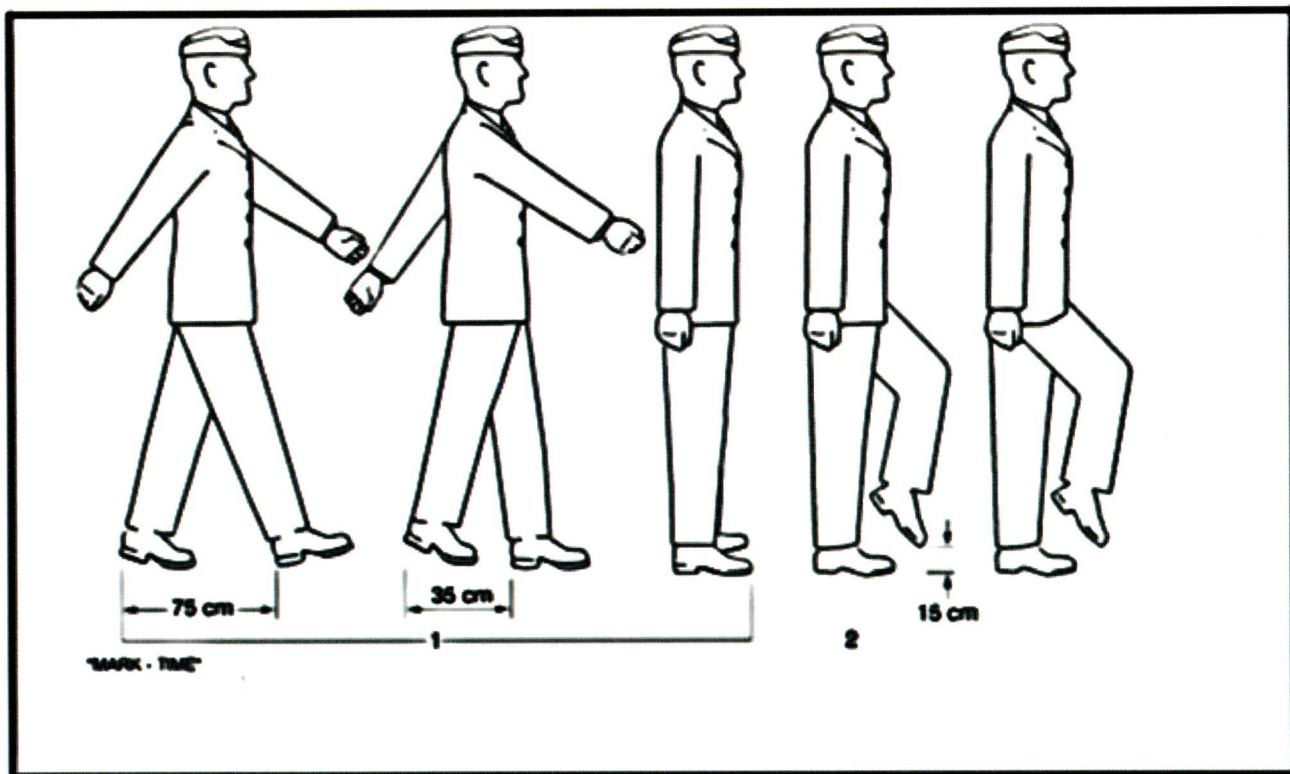
1. The slow march develops balance and good carriage and is traditionally part of ceremonial parade
2. As illustrated in above, on the command SLOW - MARCH, squad members shall:
 - a. maintain the head and body erect and square to the front, arms steady at the sides with fists clenched, the neck firmly in the back of the collar;
 - b. shoot the left foot forward smoothly, with the toes just clear of the ground turned out slightly and pointing downwards. Then, without hesitation, complete a gliding half pace, with the ball of the left foot coming to the ground first. All subsequent paces are of standard length and accomplished in the same manner as above. There is no hesitation between the shooting and gliding motions; and (use kick- glide cadence for teaching)
 - c. the leg that is forward is straightened as much as possible.
3. Until balance and coordination are achieved, the slow march may be taught initially by having the cadets stroll along at a rate of 60 paces to the minute, arms held behind the back and with the toe pointed down, making sure consecutive movements of the feet are smooth and without hesitation. After further practice, the arms shall be held at the sides until the slow march is perfected.



Halting in slow time

4. As illustrated above, on the command SQUAD HALT BY NUMBERS, SQUAD - ONE, given as the right foot is forward and on the ground, squad members shall take a further half pace with the left foot in slow time.
5. On the command SQUAD - TWO, squad members shall bend the right knee and bring the right foot forward in quick time and assume the position of attention.
6. On the command SQUAD - HALT, the two movements are combined. The timing is counted as "one-two".
7. While marching without squads the halt is called the same as the halt in quick time. Calling the halt on the left foot with two check paces and raising the right knee up and down in quick time to the position of attention.

MARK TIME, FORWARD, AND HALT IN QUICK TIME



1. Marking time in quick time is carried out at the same cadence as for marching (as seen above)
2. On the command MARK TIME BY NUMBERS, SQUAD - ONE given as the right foot is on the ground, squad members shall:
 - a. take a half pace with the left foot, placing the foot flat on the ground naturally;
 - b. bring the right foot into the left in a straight leg manner, not scraping the ground;
 - c. simultaneously, cut the arms to the sides and assume the position of attention; and
 - d. maintain the same cadence.
3. On the command SQUAD - TWO, squad members shall:
 - a. bend the left knee;
 - b. place the toe on the ground before the heel as the leg is lowered; and
 - c. continue to mark time until the command FOR - WARD or HALT is given.
4. On the command MARK - TIME, the two movements are combined.

5. The timing is:

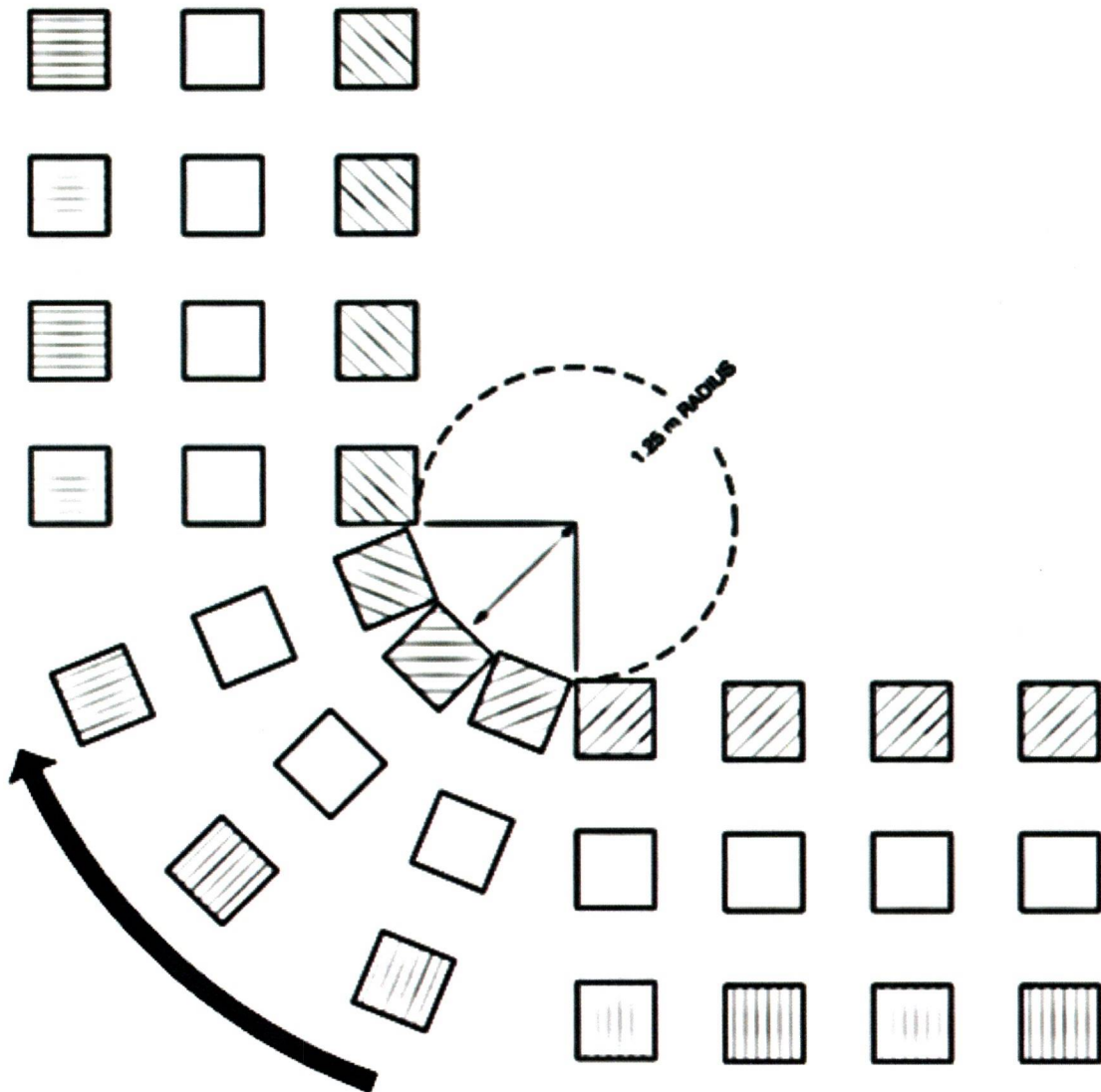
Count: LEFT - IN - LEFT - RIGHT - LEFT

Foot: LEFT - RIGHT - LEFT - RIGHT - LEFT
6. On the command FOR - WARD given as the left foot is on the ground, squad members shall:
 - a. straighten the right leg and assume the position of attention;
 - b. shoot the left foot forward in a half pace; and
 - c. continue marching in quick time, swinging the right arm forward and the left to the rear.
7. On the command SQUAD - HALT given as the left foot is on the ground, squad members shall:
 - a. take a further mark time pace with the right foot;
 - b. take a further mark time pace with the left foot; and
 - c. straighten the right leg in double time and assume the position of attention.
8. The timing for the halt is counted "one, one-two".
9. To mark time from the halt the command shall be, QUICK MARK - TIME.

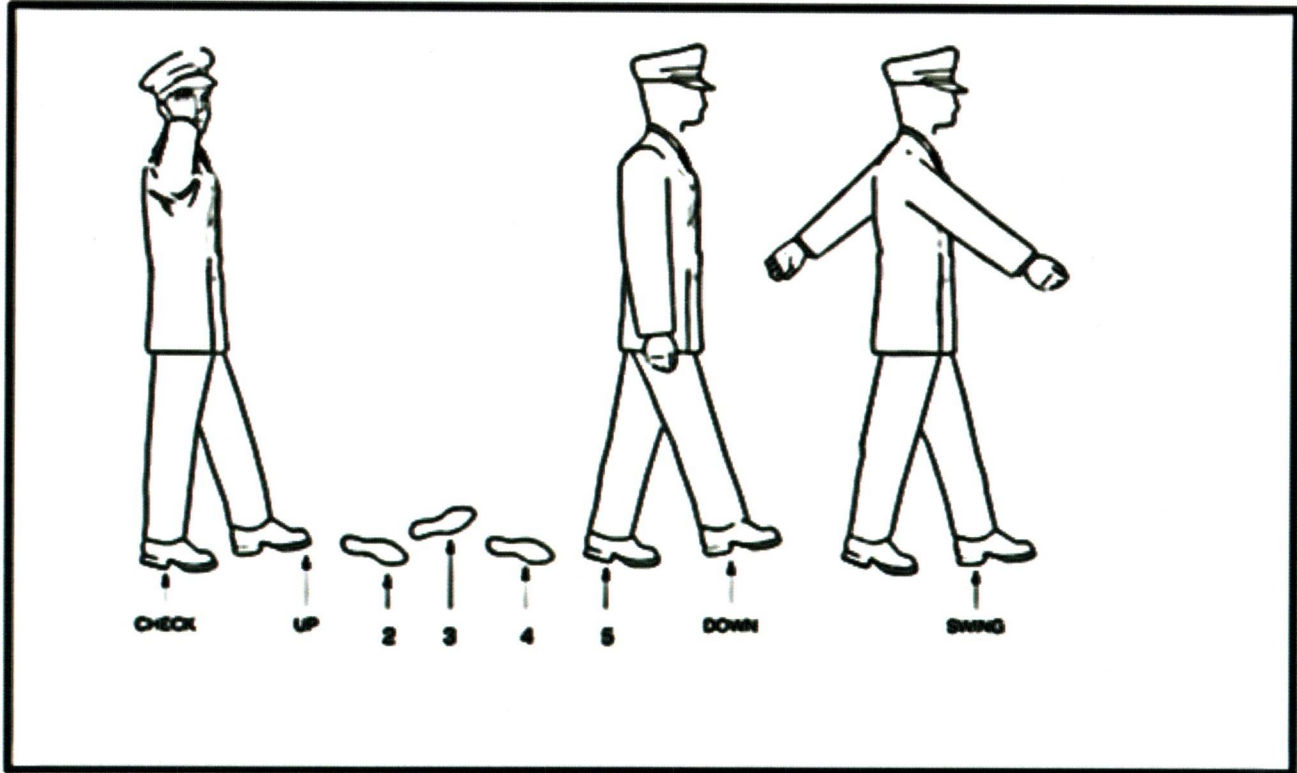
WHEELS

1. On the command RIGHT (LEFT) - WHEEL, the leading file of threes wheels around one quarter of the circumference of a circle having a radius of 1.25 m, changing direction by 90 degrees.
2. The inner rank shall step short, the center rank shall maintain the length of pace and the outside rank shall step out, without altering the cadence, to enable the file to wheel in line.
3. Dressing is maintained by the inner flank while wheeling. The head will be kept to the front.
4. When the leading file has wheeled 90 degrees, it shall march in the new direction, resuming the normal pace. On completion of the wheel, the directing flank shall be confirmed or indicated by order, (BY THE RIGHT/CENTERLEFT)
5. The remaining files shall follow the lead file, wheeling at exactly the same point.
6. If the squad is ordered to halt or mark time, and only part of the squad has completed the wheel, the squad shall remain in this position unless the command REAR FILES - COVER is ordered. On the command REAR FILES - COVER, by taking short quick paces with the left foot first, the files at the rear cover off the files that are facing the new direction.

7. When it is desired to wheel less than an angle of 90 degrees, the command FOR - WARD is ordered when the leading file is facing the required direction.



SALUTING ON THE MARCH



1. When a cadet salutes on the march, they shall commence the drill movement five paces before reaching an officer, look directly into the officer's eyes by turning his head in the required direction on the commencement of the salute, and complete the salute one pace beyond him. This permits the officer to return the salute before the member has passed.
2. On the command TO THE RIGHT (LEFT) SALUTE BY NUMBERS, SQUAD - ONE given as the left foot is forward and on the ground, squad members shall:
 - a. complete the next pace with the right foot; and
 - b. swing the left arm forward and the right arm to the rear normally.
3. On the command SQUAD - TWO, squad members shall:
 - a. complete the next pace with the left foot;
 - b. cut the left arm to the side; and
 - c. cut the right arm forward to the side and then up into the salute in one continuous movement. While saluting, the head is turned right (left) as far as possible without straining as appropriate.

4. On the command SQUAD - THREE, squad members shall complete four paces in quick time, ending with the left foot forward.

5. On the command SQUAD - FOUR, squad members shall:

- a. complete a pace with the right foot; and
- b. cut the right arm to the side.

6. On the command SQUAD - FIVE, squad members shall continue marching.

7. On the command TO THE RIGHT (LEFT) -SALUTE, the movements are combined.

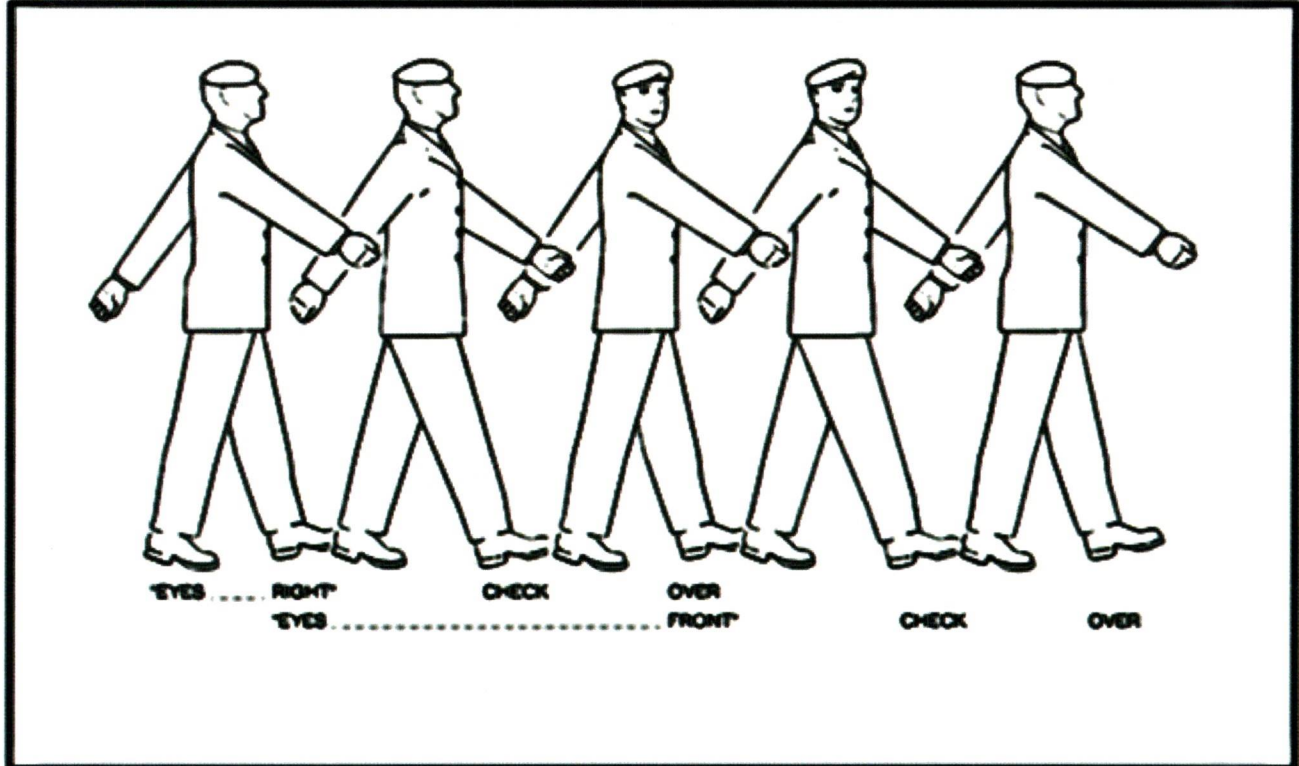
8. The timing for the salute is counted as follows:

Count: CHECK - UP - TWO - THREE - FOUR - FIVE - DOWN - SWING

Foot: RIGHT - LEFT - RIGHT - LEFT - RIGHT - LEFT - RIGHT - LEFT

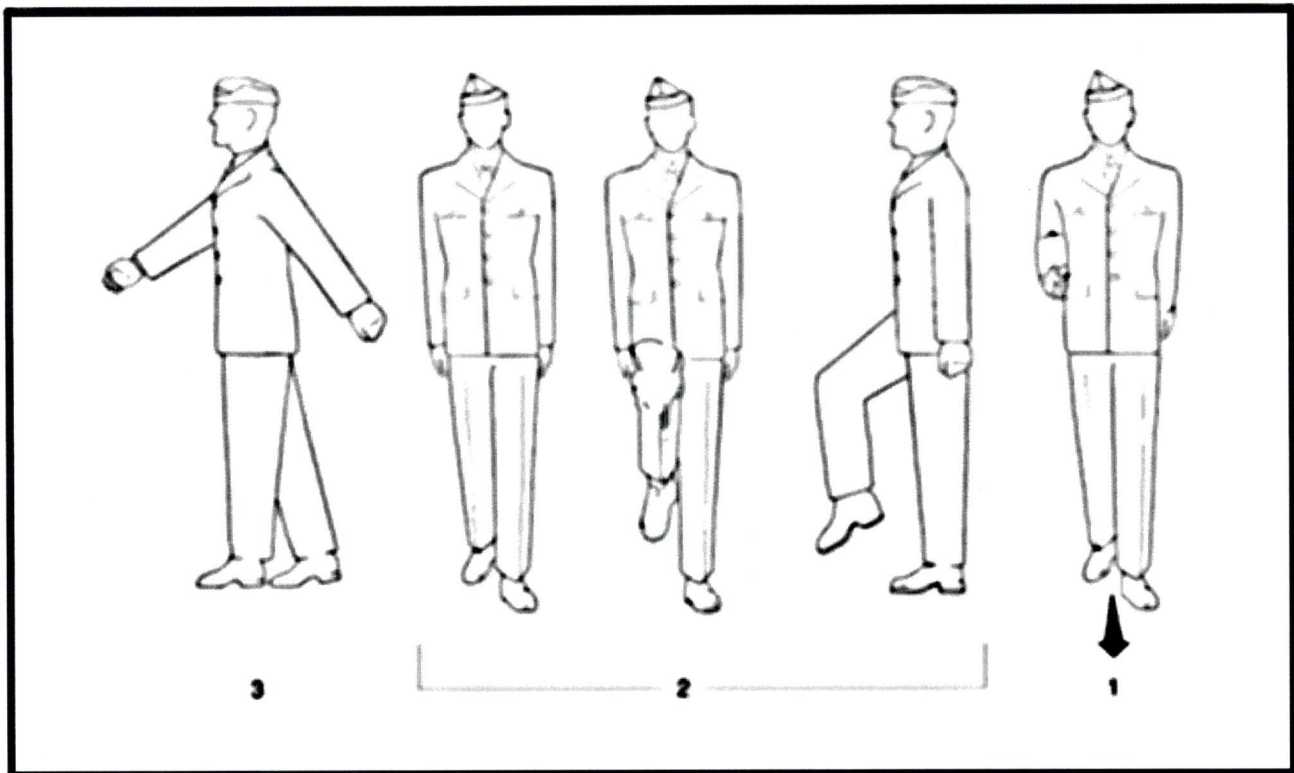
9. When teaching by numbers, on all commands the weight of the body is on the forward foot with the rear heel off the ground; however on the command SQUAD - TWO, the weight is on the rear foot with the toe up. The squad shall call the time in accordance with paragraph 8.

PAYING RESPECTS WITH A SQUAD ON THE MARCH



1. As illustrated on previous page, on the command EYES - RIGHT (LEFT), given as the left foot is forward and on the ground:
 - a. the squad shall complete the next pace forward with the right foot and, as the left foot comes forward again and strikes the ground, turn the head and eyes to the
 - b. squad members shall continue swinging arms;
 - c. the leading person on the directing flank right (left) as far as possible without straining and look directly into the eyes of the personage being saluted; shall maintain head and eyes to the front to keep direction; and
 - d. the person in command of the squad salutes.
2. On the command EYES - FRONT given as the left foot is forward and on the ground:
 - a. squad members shall complete the next pace forward with the right foot and, as the left foot comes forward again and strikes the ground, cut the head and eyes smartly to the front; and
 - b. the person in command of the squad completes the salute on the right foot by checking his arms to his sides and commences to swing his arms on the following pace with the left foot.

TURNS AND INCLINES ON THE MARCH IN QUICK TIME



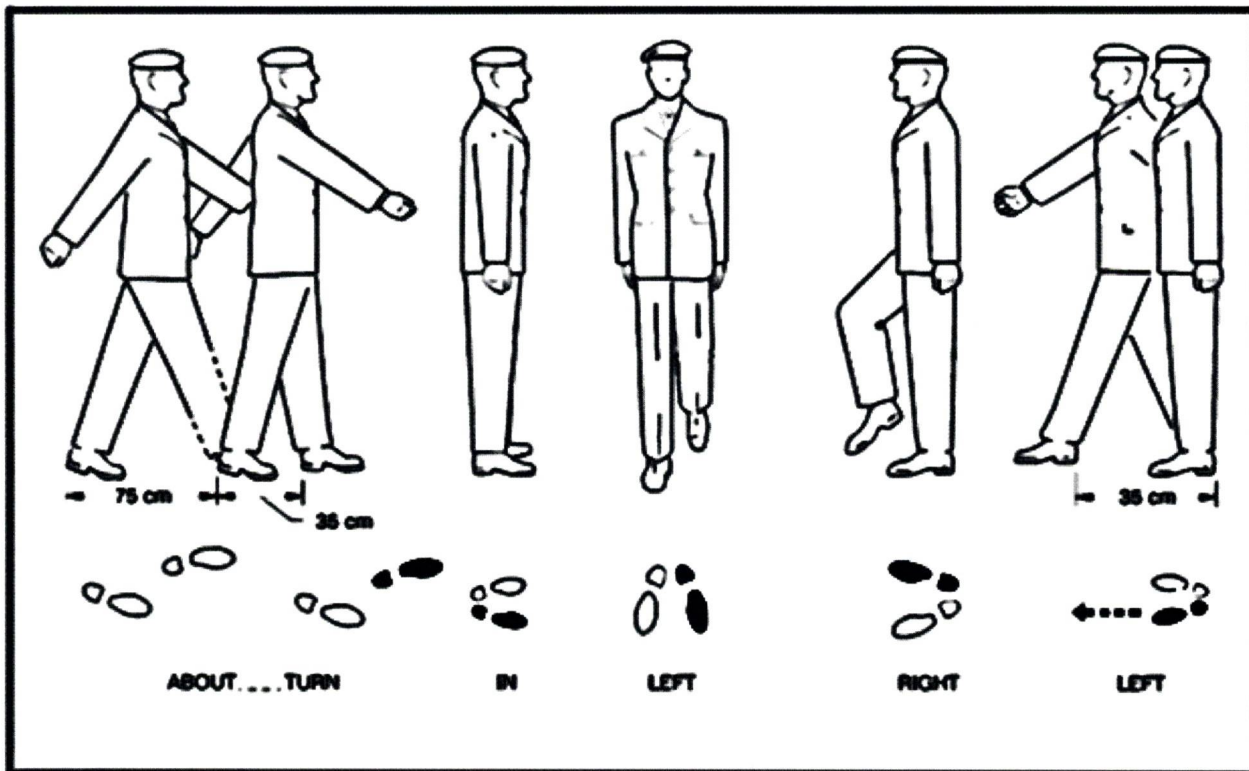
1. Turns and inclines on the march are executed to change direction.
2. On the command LEFT TURN BY NUMBERS, SQUAD - ONE, given as the right foot is forward and on the ground, squad members shall complete a half pace with the left foot with the right arm swung forward and the left to the rear.
3. On the command SQUAD - TWO, squad members shall:
 - a. cut the arms to the side as in the position of attention;
 - b. bend the right knee;
 - c. using the momentum of the knee, force the shoulders 90 degrees to the left to face the new direction, while simultaneously pivoting on the ball of the left foot 90 degrees to the left;
 - d. straighten the right leg as in the position of attention;
 - e. immediately shoot the left foot forward in a half pace with the toe just clear of the ground;
 - f. keep the body and head held up; and
 - g. keep the arms, body and head steady.

4. On the command SQUAD - THREE, squad members shall complete the half pace with the left foot and continue marching (swinging the arms).
5. On the command LEFT - TURN, the three movements are combined into one continuous movement and the cadence is maintained.
6. The timing is:

Count: CHECK - PIVOT - LEFT - RIGHT - LEFT
Feet: LEFT - RIGHT - LEFT - RIGHT - LEFT
7. On the command LEFT IN - CLINE, the drill described for turning to the left is followed except that the turn is made to 45 degrees.
8. On the command RIGHT TURN BY NUMBERS, SQUAD - ONE given as the left foot is forward and on the ground, squad members shall complete a half pace with the right foot, swing the left arm forward and the right to the rear.
9. On the command SQUAD - TWO, squad members shall:
 - a. cut the arms to the side as in the position of attention;
 - b. bend the left knee;
 - c. using the momentum of the knee, force the shoulders 90 degrees to the right to face the new direction, while simultaneously pivoting on the ball of the right foot 90 degrees to the right;
 - d. straighten the left leg as in the position of attention;
 - e. immediately shoot the right foot forward in a half pace with the toe just clear of the ground;
 - f. keep the body and head held up; and
 - g. keep the arms, body and head steady.
10. On the command SQUAD - THREE, squad members shall complete the half pace with the right foot and continue marching.
11. On the command RIGHT - TURN, the three movements are combined into one continuous movement and the cadence is maintained.
12. The timing is counted as:

Count: CHECK - PIVOT - RIGHT - LEFT - RIGHT
Feet: RIGHT - LEFT - RIGHT - LEFT - RIGHT
13. On the command RIGHT IN - CLINE, the drill described for turning to the right is followed, except that the turn is made to 45 degrees.

ABOUT TURN ON THE MARCH IN QUICK TIME



1. On the command ABOUT TURN BY NUMBERS, SQUAD - ONE given as the right foot is forward and on the ground (picture above), squad members shall:
 - a. take a half pace with the left foot, placing the foot flat on the ground naturally;
 - b. bring the right foot in to the left, in a straight-leg manner above the ground, to the position of attention;
 - c. simultaneously, cut the right arm down and the left in from the rear as the right foot comes in; and
 - d. maintain the cadence.
2. On the command SQUAD - TWO, squad members shall:
 - a. maintain the arms at the sides;
 - b. pivot on the ball of the right foot to force the body through a turn of 90 degrees to the right;
 - c. simultaneously, bend the left knee; and
 - d. lower the leg smartly to the ground to assume the position of attention.

3. On the command SQUAD - THREE, squad

members shall:

- a. maintain the arms at the sides;
- b. pivot on the ball of the left foot to force the body through a turn of 90 degrees to the right;
- c. simultaneously, bend the right knee; and
- d. lower the leg smartly to the ground to assume the position of attention.

4. On the command SQUAD - FOUR, squad members shall step off in quick time with a half pace with the left foot in the new direction.

5. On the command ABOUT - TURN, the four movements are combined and the cadence is maintained.

6. The timing is:

Count: LEFT - IN - LEFT - RIGHT - LEFT

Feet: LEFT - RIGHT - LEFT - RIGHT - LEFT

7. When a blank file of one person exists in a squad which is in line, the person shall commence to step short on the cautionary word of command RETIRE (ADVANCE), and execute the about turn with the new leading rank on the executive word TURN.

CHANGING MARCHING SPEEDS

CHANGE TO QUICK TIME FROM SLOW TIME

On the command CHANGE TO QUICK TIME, QUICK - MARCH given as the right foot is forward and on the ground, squad members shall step forward with the left foot in quick time, swinging the right arm forward and the left arm to the rear.

CHANGE TO DOUBLE TIME FROM QUICK TIME

On the command CHANGE TO DOUBLE TIME, DOUBLE - MARCH given as the right foot is forward and on the ground, squad members shall step forward with the left foot in double time and with the arms in the position for marching in double time.

CHANGE TO QUICK TIME FROM DOUBLE TIME

On the command CHANGE TO QUICK TIME, QUICK - MARCH given as the right foot is forward and on the ground, squad members shall shorten the pace to the standard quick march length while completing four more paces in double time and then break into quick time.

CHANGE TO SLOW TIME FROM QUICK TIME

On the command CHANGE TO SLOW TIME, SLOW MARCH BY NUMBERS, SQUAD - ONE given as the right foot is forward and on the ground, squad members shall complete a half pace with the left foot, with the right arm swung forward and the left arm to the rear.

On the command SQUAD - TWO, squad members shall cut the arms to the sides as in the position of attention. The right foot is brought forward in double time, the right knee is bent and the right foot placed smartly beside the left. As the right foot strikes the ground, the left foot is shot forward in a half pace just above the ground with the toe pointing down as in slow time.

On the command SQUAD - THREE, squad members shall complete the half pace with the left foot and carry on marching in slow time.

On the command CHANGE TO SLOW TIME, SLOW - MARCH, the three movements are combined. The timing is counted as "left, right, left" in double time.