

KHS Marching Lions



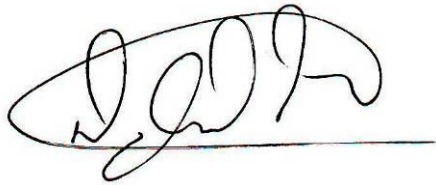
Marching Fundamentals Manual

From the Director's Desk

Welcome to the King High School Marching Lions! We are excited to have you as a part in our quest for excellence. In the following pages you will find a written version of the marching fundamentals you learn in band camp. Use these pages as a reference and supplement to the skills taught to you by your officers and section leaders. Throughout the duration of this manual, we will discuss why these fundamentals are key to your marching band experience, as well as how to perform them and how to most effectively phrase your commands. The verbal or command portions of the fundamentals discussed in this text are closed in quotation marks while the silent and performed portion is found inside the asterisks.

Please enjoy the pages to follow, paying strict attention to the specifics mentioned in order to maintain the standards of excellence here at King High School. Accept Only the Best!!!

Sincerely,

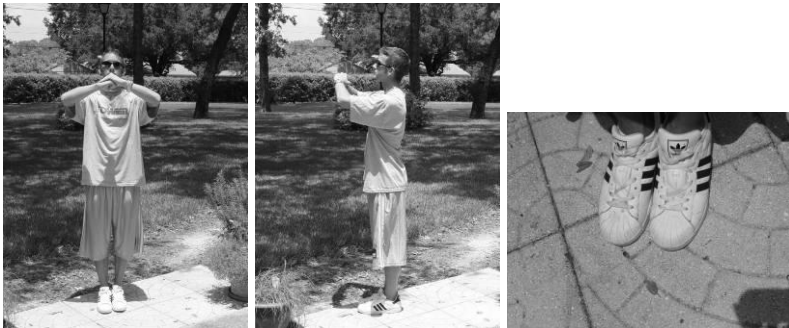
A handwritten signature in black ink, appearing to read 'D. Graham', written over a horizontal line.

Dakeyan C. Graham
Director of Bands

Attention

- *Attention is the most important stationary stance you will learn. All moving fundamentals begin and end at Attention because it creates a sense of order and unity within the group. It is used to get the group's attention or to prepare to march. It is a one-count move that must be performed quickly and without any unnecessary movement. Under no circumstance are you to move while at Attention until you are given an "At Ease" or "Fall Out" command.*
- The command is called: "Squad Ten Hut" "Hit". On the vocal "Hit" you perform the move from either Parade Rest or At Ease to the attention position.
- What to do: Bring your feet together parallel to one another on the ground. Stand up straight with your shoulders back and your chin up. Curl your right hand into a fist in front of your face level with your nose and then put your left hand over your right hand so that your forearms form a 90-degree angle. Make sure your forearms are also perpendicular to the ground and parallel to your body. Say the word "Hit" loudly and sharply with Marching Lions pride.
- Note: Every instrument has its own position for attention so please consult your section leader or officers if you have any questions.

YES:



NO:



Horns Up

- *Horns Up may be performed from any move in which you are at Attention (i.e. Forward March, Mark Time, Attention, Slides). The purpose is to get your instrument from the Attention position to the playing position.*
- The command is called: "Squad Horns Up" "Squeeze, Hit" It is imperative that you wait and say "Squeeze" on the beat after the command is called before bringing your horn up on the vocal "Hit". Once again, each instrument has its own designated "playing position" so please consult an officer or section leader for your instrument's stance.

Parade Rest

- *Parade Rest is a stationary stance used to allow marchers to relax in an orderly fashion without losing the appearance of organization and a single unit. It may be called from Attention or At Ease and is to be performed in one count.*
- The command is called: "Parade... Rest" "Hit". On the vocal "Hit" you perform the one count move as quickly as possible without excess movement.

- What to do: Bring your left foot out so your feet are shoulder-width apart but still parallel to one another. Stand up straight with your shoulders back like in attention but tilt your chin down at a 45-degree angle, looking at the ground approximately 5 feet in front of you. Put your right hand in the small of your back and cover it with your left hand. Thumbs may be flat with the hand or tucked in but not open or out. Say the word “Hit” loudly and sharply with Marching Lions pride.

Yes:



Left Face

- *Left Face is a stationary move. Left Face is used to turn the squad 90-degrees to the left. This is a four-count move.*
- The command is called: “Face Left Hace” “Hold, One, Two, Three”
- What to do: This move begins and ends at Attention. The first count is a hold. Do NOT move as you say “Hold”. For the second count, place the toe of your right foot directly in front of your left foot as you say “One”. For the third count, pivot to the left on the balls of both feet as you say “Two”. For the fourth count, bring your right foot in even with your left foot as you say “Three”.

Right Face

- *Right Face is almost the same as Left Face, but Right Face is used to turn the squad 90-degrees to the right. This is also a four-count move.*
- The command is called: “Face Right Hace” “Hold, One, Two, Three”
- What to do: This move begins and ends at Attention. The first count is a hold. Do NOT move as you say “Hold”. For the second count, place the toe of your left foot directly in front of your right foot as you say “One”. For the third count, pivot to the right on the balls of both feet as you say “Two”. For the fourth count, bring your left foot in even with your right foot as you say “Three”.

About Face

- *About Face is also a stationary move. About face is used to turn the squad 180-degrees to the rear. This is a four-count move.*
- The command is called: “About... Face” “Hold, One, Two, Three”

- What to do: This move begins and ends at Attention. The first count is a hold. Do NOT move as you say “Hold”. For the second count, place the toe of your right foot directly in front of your left foot as you say “One”. For the third count, pivot to the left 180-degrees on the balls of both feet as you say “Two”. For the fourth count, bring your right foot in even with your left foot as you say “Three”.

Mark Time

- *Mark Time can be a stationary or moving command depending on how it is called, so it is imperative that you pay attention to the command given. It is used to prepare the band to march.*
- The command is called: “Mark Time Mark” or “Mark Time (even number)”
- What to do: Mark Time Mark is the stationary version of Mark Time. After hearing the command called, lift your left heel to your right ankle on the first beat, then begin ‘marking time’ or walking in place with your left foot landing on beats one and three and your right foot landing on beats two and four. To properly mark time, your heel must come up to the ankle of your opposite foot on each step.
- What to do: Mark Time (even number) is the most common command called to begin marching. When you hear “Mark Time (even number)”, lift your left heel to your right ankle for one beat, then begin marking time in place starting with your left foot on the down beat. The number called designates how many beats you will mark time before beginning to Forward March, stepping off on your left foot.

Yes: Correct heel height on mark time.



No: Too high for King.



Halt

- *Halt is used to stop any moving command.*
- The command is called: “Band... halt” “Right, Left”
- What to do: Halt, like all other commands, is called on the left foot and Halt is counted on the third beat (left foot down). After hearing the command called, step with your right foot on beat four, returning to the forward position if you are doing a Slide or just stopping during a March or Mark Time. On the next beat (beat one) plant your left foot parallel to your right foot, returning to the original Attention.

Forward March

- *Forward March is the second most important fundamental you must master as a member of the marching band. It is the most commonly used move when entering the field for a performance, during parades, and during performances. In order to be successful you must master the **Glide Step**.*
- *The **Glide Step** is the Marching Lion's chosen marching style. As such, it is extremely important that all members always march with a Glide Step (called gliding). The Glide Step not only prevents your instrument from being jostled while you play, but also keeps your plumes from bobbing back and forth while on the field.*
- *How to **Glide Step**: The key to this is trying to lift your toes as high as possible and rolling your feet on every step so your torso appears to "glide" forward as if on wheels.*
- The command is called: "Forward... March"
- What to do: After hearing the command, do not move for one count and then begin on the downbeat with your left foot stepping forward into a glide step so your heel lands first (fig. a). Next step forward with your right foot and continue the glide step (fig. b).
- Note: The ideal length for each marching band step is eight steps to cover five yards. This puts every band member at an identical stride length and helps maintain lines during parades or performances.

Yes:



fig. a



fig. b

No:



Backward March

- *Backward March is a way to march in the direction opposite the one you are facing. It is often used in shows to keep instruments pointing toward the front of the field while moving the marchers towards the opposite side.*
- The command is called: "Backward... March" "Up, One"
- What to do: After hearing the command called, lift up to the balls of both feet for one beat, then step back with your left foot so that your toes hit the ground and your heel stays up (fig. a). Then step back with your right foot in the same manner on beat two. Continue with left steps on beats one and three and right steps (fig. b) on beats two and four just like in Forward March. The heels of your feet should be high and should never touch the ground during backward march.
- Note: The distance for each step of a backward march should be identical to that of a forward march. This is 8 steps per 5 yards, but may feel longer.

Yes:



fig. a



fig. b

No:



To the Rear March

- *To the Rear March* is a method of turning the band around 180-degrees and marching back in the direction it just came from. You will always pivot to the left if your feet are facing forward, and you will turn in the direction of your toes if your toes are to the left or right
- The command is called: “To the Rear... March” (“To the Rear” is one beat). This can be called from attention or while moving.
- What to do: From Attention step out with the ball of your right foot directly in front of your left and turn over your left shoulder 180 degrees on the first beat and step off into a forward march the next beat.
- What to do: From any moving fundamental you perform almost the same motions as those from a stationary position, except instead of stepping out on the pivot, you pivot on the ball of your right foot, which should already be extended one step’s length (fig. b).
- Note: When performing To the Rear March from a Backward March, Forward March, Left Slide, or Backward Right Slide, you will still pivot over your left shoulder and on the ball of your right foot. When performing To the Rear March from a Right Slide or a Backward Left Slide, you will pivot over your RIGHT shoulder, still on the ball of your right foot.

Yes:



fig. a



fig. b

No:



Left Flank

- *Left Flank is the moving version of the stationary Left Face move. Its purpose is to turn the band 90-degrees to the left. It is used in parades and especially when the band is entering or leaving the field.*
- The command is called: “Flank Left Flank”
- What to do: From Attention (fig. a), pivot to the left on the ball of your right foot and lift your left foot for the first glide step on the next beat one, then continue in a Forward March
- What to do: From moving formations, flanks are always called on the left foot (fig. b), which causes the “pivot” to fall on a right step (fig. 3). This means that you will always pivot your Flanks on the right foot regardless of the direction you are turning. After pivoting on the right foot you then step off to the left on your left foot in a standard Forward March.
- Note: If you are performing a flank from a Forward or Backward Slide, the direction that your torso is facing during the Slide, **not the direction of your feet**, is the starting direction that you will be turning from. For example, if you are doing a Right Slide and a Left Flank is called, your torso will only be turning 90-degrees to the left while your feet will do a full 180-degree turn to return you to a Forward March.

Yes:



fig. a



fig. b



fig. c

No:



Right Flank

- *Right Flank is the moving version of the stationary Right Face move. It is similar to Left Flank.*
- The command is called: “Flank Right Flank”
- What to do: From Attention (fig. a), pivot to the right on the ball of your left and heel of your right in “sharing,” then step off with your left foot in a glide step and continue in a Forward March.
- What to do: From moving formations, flanks are always called on the left foot (fig. b), which causes the “pivot” to fall on a right step (fig. 3). This means that you will always pivot your Flanks on the right foot regardless of the direction you are turning. After pivoting on the right foot you then step off to the right on your left foot in a standard Forward March.

Left Slide

- *Left Slide is most commonly used on the field during performances in order to move band members around the field while keeping all instruments pointing toward the pressbox or center of the home stands. An important point to remember when doing any Slide is that the direction your torso is facing is your starting direction for whatever move is called next (see example under Left Flank). During any Slide, your feet are a 90 degree angle from the front, your hips are a 45 degree angle from the front, and your torso is facing the front.*
- The command is called: “Slide Left Slide”
- What to do: From Attention (fig. a), pivot to the left on the ball of your right foot and lift your left foot for the first glide step on beat one while keeping your torso facing forwards.
- What to do: From moving formations, slides are always called on the left foot (fig. b), which causes the “pivot” to fall on a right step (fig. c). This means that you will always pivot your Slides on the right foot regardless of the direction you are turning. After pivoting on the right foot you then step off to the left on your left foot with good glide steps and your torso parallel to the sideline.

Yes:



fig. a

fig. b

fig. c

fig. d

No:



Right Slide

- *Right Slide is most commonly used on the field during performances in order to move band members around the field while keeping all instruments pointing toward the pressbox or center of the home stands. It is similar to the Left Slide*
- The command is called: “Slide Right Slide”
- What to do: From Attention (fig. a), pivot to the right on the ball of your right foot into “sharing”, then lift your left foot for the first glide step on beat one while keeping your torso facing forwards.
- What to do: From moving formations, slides are always called on the left foot (fig. b), which causes the “pivot” to fall on a right step (fig. c). This means that you will always pivot your Slides on the right foot regardless of the direction you are turning. Pivot to the right on the ball of your left and heel of your right in “sharing,” then step off with your left foot in a glide step while keeping your torso forwards.

Backward Left Slide

- *Backward Left Slide is, like Left Slide, used on the marching field to maintain the ideal horn angle toward the pressbox while marching in a different direction. While being a more difficult move for drill downs, this move is, in fact, fairly simple for general use in the show.*
- The command is called: “Back Left Slide”
- What to do: From Attention (fig. a), pivot your lower body to the right on the balls of your left and right feet, then lift your left foot for the first backward step on beat one while keeping your torso forwards..
- What to do: From moving formations, backward slides are always called on the left foot (fig. b), which causes the “pivot” to fall on a right step (fig. c). This means that you will always pivot your Backward Slides on the right foot regardless of the direction you are turning. After pivoting on the ball of your right foot, step off to the left on the ball of your left foot with your torso facing parallel to the sideline.
- Note: For Backward Slides, like Backward Marches, your heels do not touch the ground.

Yes:



fig. a

fig. b

fig. c

fig. d

No:



Backward Right Slide

- *Backward Right Slide is, like Right Slide and Backward Left Slide, used on the marching field to maintain the ideal horn angle toward the pressbox while marching in a different direction. While being a more difficult move for drill downs, this move is, in fact, fairly simple for general use in the show.*
- The command is called: “Back Right Slide”
- What to do: From Attention (fig. a), pivot your lower body to the left on the ball of your left and heel of your right in “sharing,” then step off with your left foot in a backward step while keeping your torso forwards.

- What to do: From moving formations, backward slides are always called on the left foot (fig. b), which causes the “pivot” to fall on a right step (fig. c). This means that you will always pivot your Backward Slides on the right foot regardless of the direction you are turning. After pivoting on the ball of your right foot, step off to the right on the ball of your left foot with your torso facing parallel to the sideline.

Remember: Whenever practicing these marching fundamentals, always wear the proper safety equipment. Sandals and other open-toed shoes are a definite “no-no.”



CONGRATULATIONS!!! You have completed the written tutorial of the King High School marching fundamentals.