

PERFORMANCE CHECKLIST

POSITION OF ATTENTION

RANK: _____ NAME: _____ SQUAD: _____ DATE: _____ M/NM

_____ The movement I will explain and demonstrate is the Position of Attention.

_____ 10(P) The purpose of this movement, is the basic military position from which most other drill movements are executed.

_____ 10(C) There are no counts involved in this movement, however there are seven steps in describing the position of attention.

_____ 10(W) This movement is executed when halted, at any position of rest, marching at route step or at ease.

_____ 10(C) The commands for this movement are ATTENTION or FALL IN. Attention is preceded by a preparatory command that is designated by the size of the unit, such as Squad, Platoon, or Company. For the purpose of my demonstration, I will use Platoon. FALL IN is combined command given without rise or inflection of the voice. When given in cadence it will sound like this: "PLATOON ATTENTION, FALL IN".

POSITION OF ATTENTION

_____ (4) Smartly bring your left heel against the right heel. Turn your feet out equally to form an angle of 45 degrees (2). Keep your heels on the same line and touching (2).

_____ (4) Your legs should be straight, but not stiff at the knees (2). Keep your hips and shoulders level and your chest lifted (2).

_____ (7) Your arms should be straight, but not stiff at the elbows (1); thumbs along the trousers seams (3), palms facing inward toward your legs (1), and fingers joined in their natural curl (2).

_____ (4) Keep your head and body erect. Look straight ahead (2). Keep your mouth Closed and your chin pulled in slightly (2).

_____ (5) Stand still and do not talk (1). On the command "FALL IN" (3), you would assume your position in ranks at the position of attention (1).

_____ I will now execute this movement in cadence.

_____ The movement I have explained and demonstrated was the position of attention, are there any questions?

_____ (5) VOLUME

_____ (5) COMMAND PRESENCE

_____ (5) BEARING

_____ (20) EXECUTION OF MOVEMENT

_____ (1) AS YOU WERE (STUDENT OR INSTRUCTOR)

_____ TOTAL OUT OF 100 PTS

COMMENTS

INSTRUCTORS NAME: _____

PERFORMANCE CHECKLIST

HAND SALUTE

RANK: NAME: SQUAD: DATE: M/NM

- The movement I will explain and demonstrate is Hand Salute.
10(P) The purpose for this movement, is to demonstrate mutual respect and courtesy between members of military organizations and to show respect to National Colors.
10(C) There is one count involved in this movement.
10(W) This movement is executed when halted at Attention, marching at Quick Time.
10(C) The commands for this movement are "Hand, SALUTE", "Ready, TWO". When given in cadence it will sound like this, "HAND, SALUTE", "READY, TWO".

ON THE COMMAND OF HAND SALUTE

- (2) Assume you are halted at attention and you receive the command, "Hand, SALUTE" (2).
(5) On the command of execution, "SALUTE" (1), smartly and in the most direct manner, raise the right hand (1) until the tip of the right forefinger touches the lower portion of the headdress above and slightly to the right of the right eye (3).
(9) The fingers will be extended and joined (2), the thumb along the hand and the palm down (1). You should be able to see the entire palm when looking straight ahead. The wrist and forearm are straight (2). The forearm is inclined at an angle of 45 degrees (2). The upper arm is parallel to the deck, with the elbow in plane with the body (2).
(4) The command to terminate the salute is, "READY, TWO" (1). On the command of execution, "TWO" (1), smartly and in the most direct manner, return the right hand to the right side (1) and assume the Position of Attention (1).
(4) You will remain in this position (2) until given another command (2).

I will now execute this movement in cadence.

The movement I have explained and demonstrated was hand salute, are there any questions?

- (5) VOLUME
(5) COMMAND PRESENCE
(5) BEARING
(20) EXECUTION OF MOVEMENT
(1) AS YOU WERE (STUDENT OR INSTRUCTOR)
TOTAL OUT OF 100 PTS

COMMENTS

INSTRUCTORS NAME:

PERFORMANCE CHECKLIST

FACING

RANK: _____ NAME: _____ SQUAD: _____ DATE: _____ M/NM

- _____ The movement I will explain and demonstrate is Facing.
- _____ 10(P) The purpose of this movement, is to face the unit to the right, left or about
- _____ 10(C) There are two counts involved with this movement.
- _____ 10(W) This movement is executed when halted at attention.
- _____ 10(C) The commands for this movement are "RIGHT, FACE", "LEFT, FACE, OR "ABOUT, FACE". When given in cadence it will sound like this, "RIGHT, FACE", "LEFT, FACE", "ABOUT, FACE"

RIGHT FACE

- _____ (5) Assume you are halted at the position of attention and you receive the command "RIGHT, FACE" (1). On the command of execution "FACE" (1) and for the count of one, slightly **raise your left heel and right toe** (2). **Turn to the right on your right heel and left toe** (2).
- _____ (6) Hold the **left leg straight** without stiffness (1). The **thumbs remain along the trousers seams** (2). For the count of two, smartly **bring the left heel against the right heel** (2) assuming the position of attention (1). You will remain in this position until given another command.

LEFT FACE

- _____ (1) Left face is executed in the same manner as right face by substituting left for right and right for left where appropriate (1).

ABOUT FACE

- _____ (4) Assume you are halted at the position of attention and you receive the command "ABOUT, FACE" (1). On the preparatory command "ABOUT" (1), **shift the weight** of your body to the left leg **without noticeable movement** (2).
- _____ (7) On the command of execution "FACE" and for the count of one, place your right toe **half a foot length behind** and **slightly** to the **left** of your **left heel** (2). Do not change the position of your left foot. For the count of two (1), **face to the rear** by turning 180 degrees **to the right about** (2). Pivot on the left heel (1) and the ball of the right foot. The body weight rest evenly on both legs. The **thumbs remain along the trouser seams** (1).
- _____ (1) If properly executed, you will be at the **position of attention facing in the opposite direction** (1).

_____ I will now execute this movement in cadence.

_____ The movement I have explained and demonstrated was facing, are there any questions?

_____ (15) VOLUME/ COMMAND PRESENCE/ BEARING

_____ (20) EXECUTION OF MOVEMENT

_____ (1) AS YOU WERE (STUDENT OR INSTRUCTOR)

_____ TOTAL OUT OF 100 PTS

COMMENTS

INSTRUCTORS NAME: _____

PERFORMANCE CHECKLIST

QUICK TIME

RANK: _____ NAME: _____ SQUAD: _____ DATE: _____ M/NM

_____ The movement I will explain and demonstrate is Quick Time

_____ 10(P) The purpose of this movement, is to march at 112 to 120 steps per minute taking 30 inch steps.

_____ 10(C) There are no counts involved with this movement.

_____ 10(W) This movement is executed when halted at attention, marking time, marching forward at double time and marching at half step.

_____ 10(C) The commands for this movement are "FORWARD, MARCH", "QUICK TIME, MARCH". When given in cadence it will sound like this, "FORWARD, MARCH", "QUICK TIME, MARCH".

FROM THE HALT

_____ (2) Assume you are halted at attention and you receive the command, "FORWARD, MARCH". On the preparatory command, "FORWARD, **shift the weight** of your body **to the right leg** without noticeable movement (2).

_____ (4) On the command of execution, "MARCH", smartly take a **30-inch step** to the front **with the left foot** (1). **30-inches are measured from the rear of the left heel to the rear of the right heel** (3).

_____ (3) At the same time begin to swing your arms in their natural arc, **six inches to the front** (1.5) and **three inches to the rear of your legs** (1.5).

_____ (3) You will continue to march **without stiffness** or **exaggeration of the movement** (1), **taking 120, 30-inch steps per minute** (2), swinging the arms six inches to the front and three inches to the rear of your legs, until given another command.

WHILE MARCHING AT DOUBLE TIME

_____ (3) Assume you are marching forward at double time and you receive the command, "QUICK TIME, MARCH" (1). **The command of execution may be given as either foot strikes the deck** (2).

_____ (3) For the purpose of my demonstration, I will give the command as the left foot strikes the deck. On the command of execution, "MARCH" (1), your **next step will be a 36-inch step to the front with your right foot** (2).

_____ (2) Your next step will be a 30-inch step to the front with your left foot. At the same time, you will **decrease the cadence to 112 to 120 steps per minute** (2), and lower your **arms to the quick time position**.

_____ (4) You will continue to **march at 112 to 120 steps per minute** (1) **taking 30-inch steps** (1), **swinging your arms six inches to the front** (1) **and three inches to the rear of your legs**, until given another command (1).

_____ I will now execute this movement in cadence.

_____ The movement I have explained and demonstrated was quick time, are there any questions?

_____ (5) VOLUME

_____ (5) COMMAND PRESENCE

_____ (5) BEARING

_____ (20) EXECUTION OF MOVEMENT

_____ (1) AS YOU WERE (STUDENT OR INSTRUCTOR)

_____ TOTAL OUT OF 100 PTS

COMMENTS

INSTRUCTORS NAME: _____

PERFORMANCE CHECKLIST

DOUBLE TIME

RANK: _____ NAME: _____ SQUAD: _____ DATE: _____ M/NM

_____ The movement I will explain and demonstrate is Double Time.

_____ 10(P) The purpose of this movement, is to march at 180 steps per minute taking 36-inch steps.

_____ 10(C) There are no counts involved with this movement.

_____ 10(W) This movement is executed when halted at attention, marking time, double timing in place, and marching forward at quick time.

_____ 10(C) The command for this movement is "DOUBLE TIME, MARCH". When given in cadence it will sound like this, "DOUBLE TIME, MARCH".

FROM THE HALT

_____ (2) Assume you are halted at attention and you receive the command, "DOUBLE TIME, MARCH" (1). On the preparatory command "DOUBLE TIME", shift the weight of your body to the right leg without noticeable movement (1).

_____ (4) On the command of execution "MARCH", smartly take a 36-inch step to the front with the left foot (1). 36-inches are measured from the rear of your left heel to the rear of your right heel (3).

_____ (3) At the same time, raise the forearms to the horizontal position (1) along the waistline, fingers closed (1), knuckles out (1).

_____ (3) You will continue to march at 180 steps per minute taking 36-inch steps (2), swinging your arms in the natural arc across the front of your body, until given another command (1).

WHILE MARCHING FORWARD AT QUICK TIME

_____ (3) Assume you are marching forward at quick time and you receive the command, "DOUBLE TIME, MARCH". The command of execution may be given as either foot strikes the deck (2). For the purpose of my demonstration, I will give the command as the left foot strikes the deck (1).

_____ (3) On the command of execution, "MARCH", your next step will be one more 30 inch step to the front with the right foot (1.5). Your next step will be a 36 inch step to the front with the left foot (1.5).

_____ (5) 36-inches are measured from the rear of the left heel to the rear of the right heel (1). At the same time, increase the cadence to 180, 36 inch steps per minute (1) and raise the forearms to a horizontal position along the waistline (1), fingers closed (1), knuckles out (1).

_____ (1) You will continue to march, taking 180 per minute, 36-inch steps per minute, swinging your arms in their natural arc across the front of your body, until given another command (3).

_____ I will now execute this movement in cadence.

_____ The movement I have explained and demonstrated was double time, are they're any questions?

_____ (5) VOLUME

_____ (5) COMMAND PRESENCE

_____ (5) BEARING

_____ (20) EXECUTION OF MOVEMENT

_____ (1) AS YOU WERE (STUDENT OR INSTRUCTOR)

_____ TOTAL OUT OF 100 PTS

COMMENTS

INSTRUCTORS NAME: _____