

Marching Maneuver

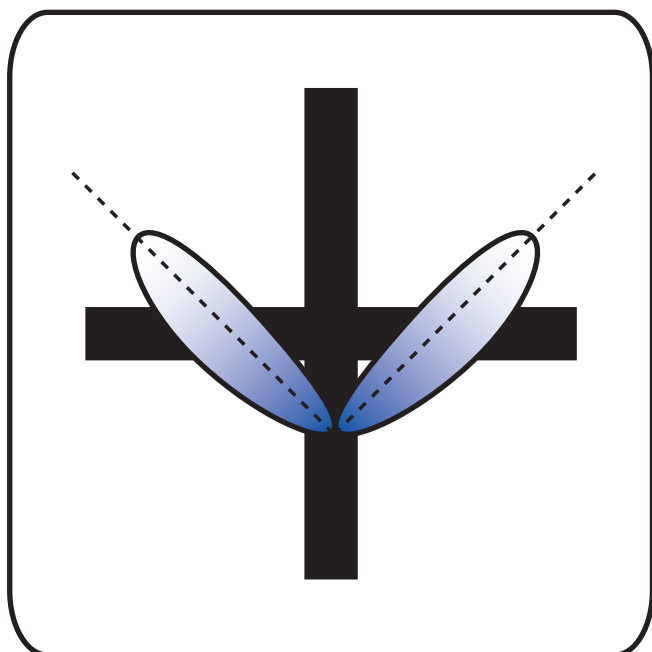
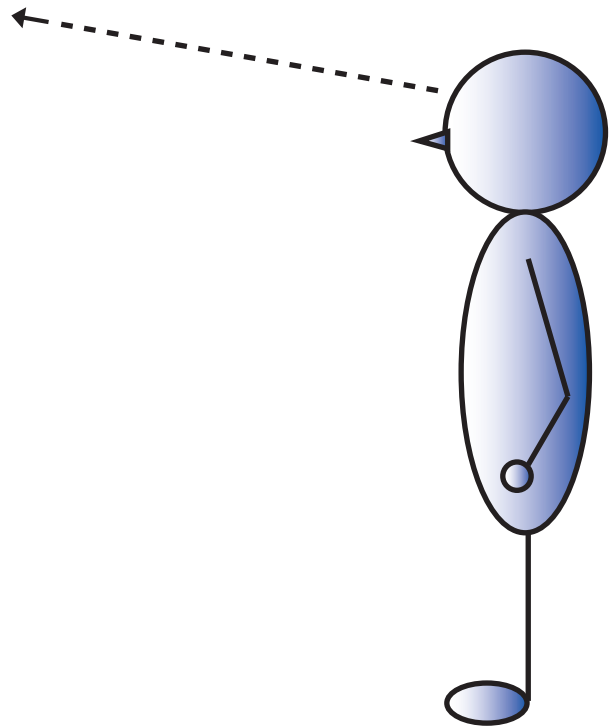
Basic Manual for Marching Band

Edited by Takeshi Tokumasu

1. ATTENTION

This in the standing position in basic, also the attitude of the Halt.

- Direct the face obliquely upward
- Exaggerate the body in a dignified
- Lightly bend the elbow
- Stretch the back muscles
- Lightly tighten the ass
- Stretch in a natural state the knee
(※not stretch to put the power)
- Put the center of gravity in the toe than the heel
in images that are pulled up
(specific gravity is 6:4 or 5.5:4.5)

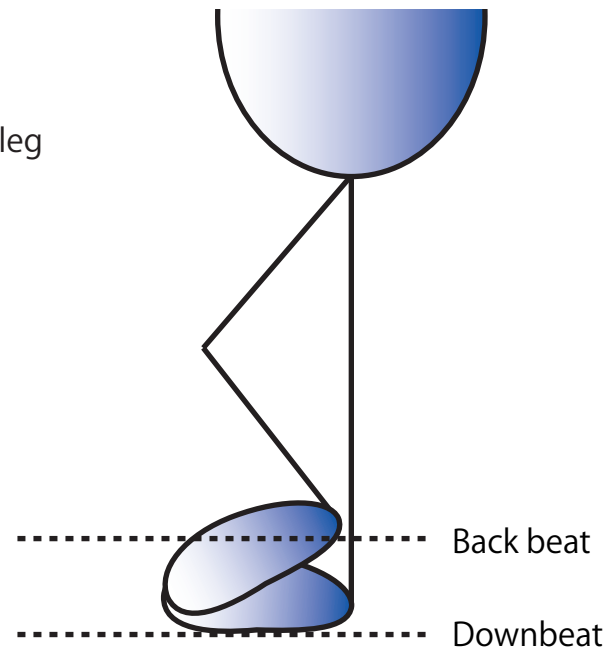


- Arch is on the line of point
- Contact surface of the heel on the line of point
- Open to an angle equal the toe of the left and right
(angle of 30° or 45°)

2. MARK TIME

Basic of all operations. If it does not involve moving on the deployment of formation, to do this.

- Minimize the sway of the upper body
- Heel of the foot mentioned overlaps the ankle of the other leg
- Float faintly the toe of the foot mentioned
- Does not make a footstep, and a constant sense of speed
- Does not move while a foot
- Take a beat in the heels (arrive the heels in the downbeat)
- The origin of the behavior is the downbeat of the previous beat, and Feet listed reach the apex in the back beat

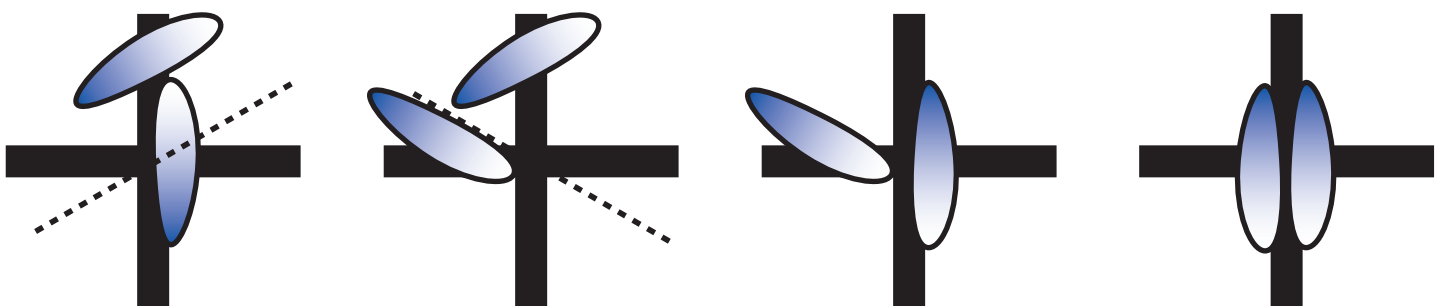


3. MARK TIME PIVOT

Changing the direction while the MARK TIME.

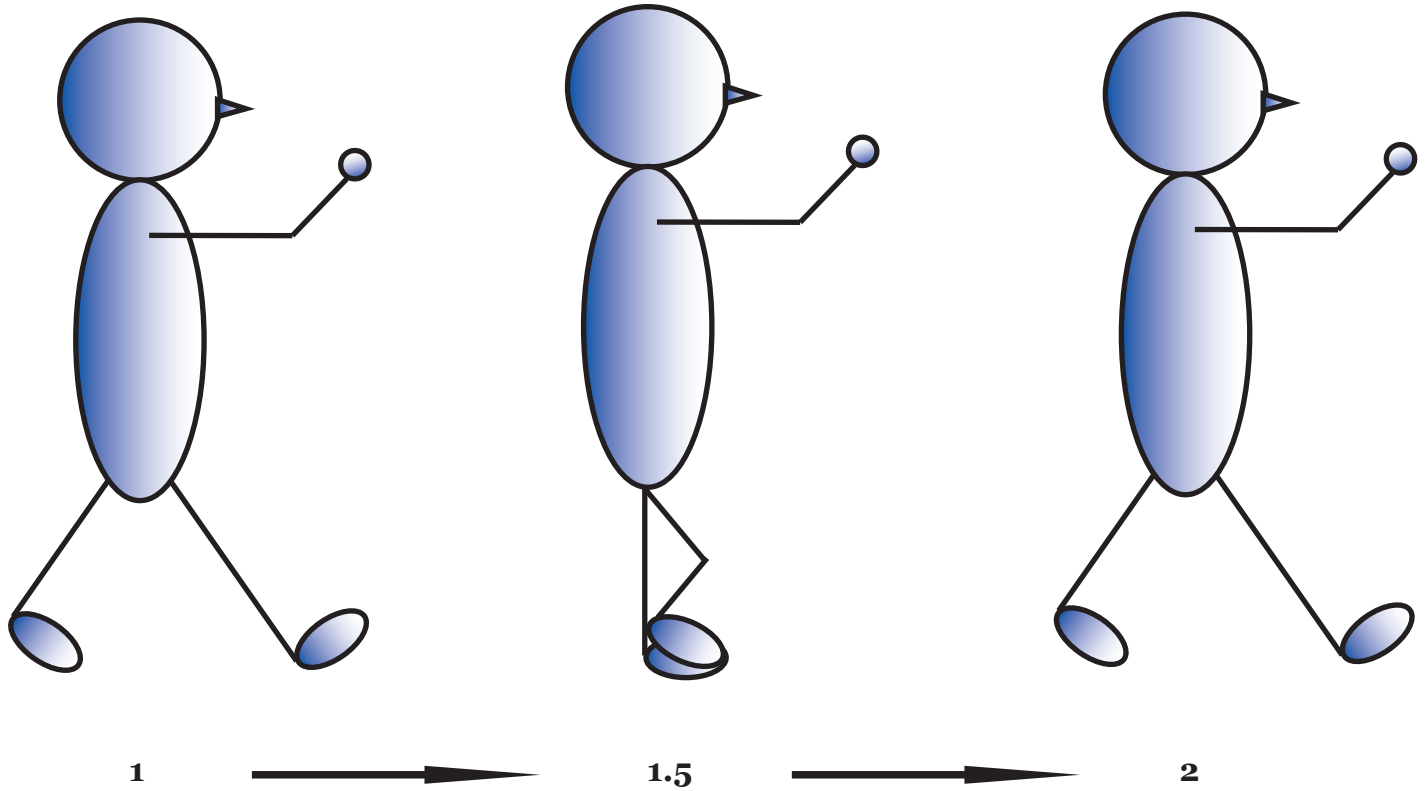
Even when involving the movement, change the direction in 3 beats like this way.

- Convert the direction of the upper body to match the angle of the foot
- Do changing the direction in 3 beats
(strictly, the changing end in 2 beats, and operation is completed in 4 beats)
- Start moving from the downbeat of the 1st beat, end moving in downbeat of the 3rd beat)



4. FORWARD MARCH

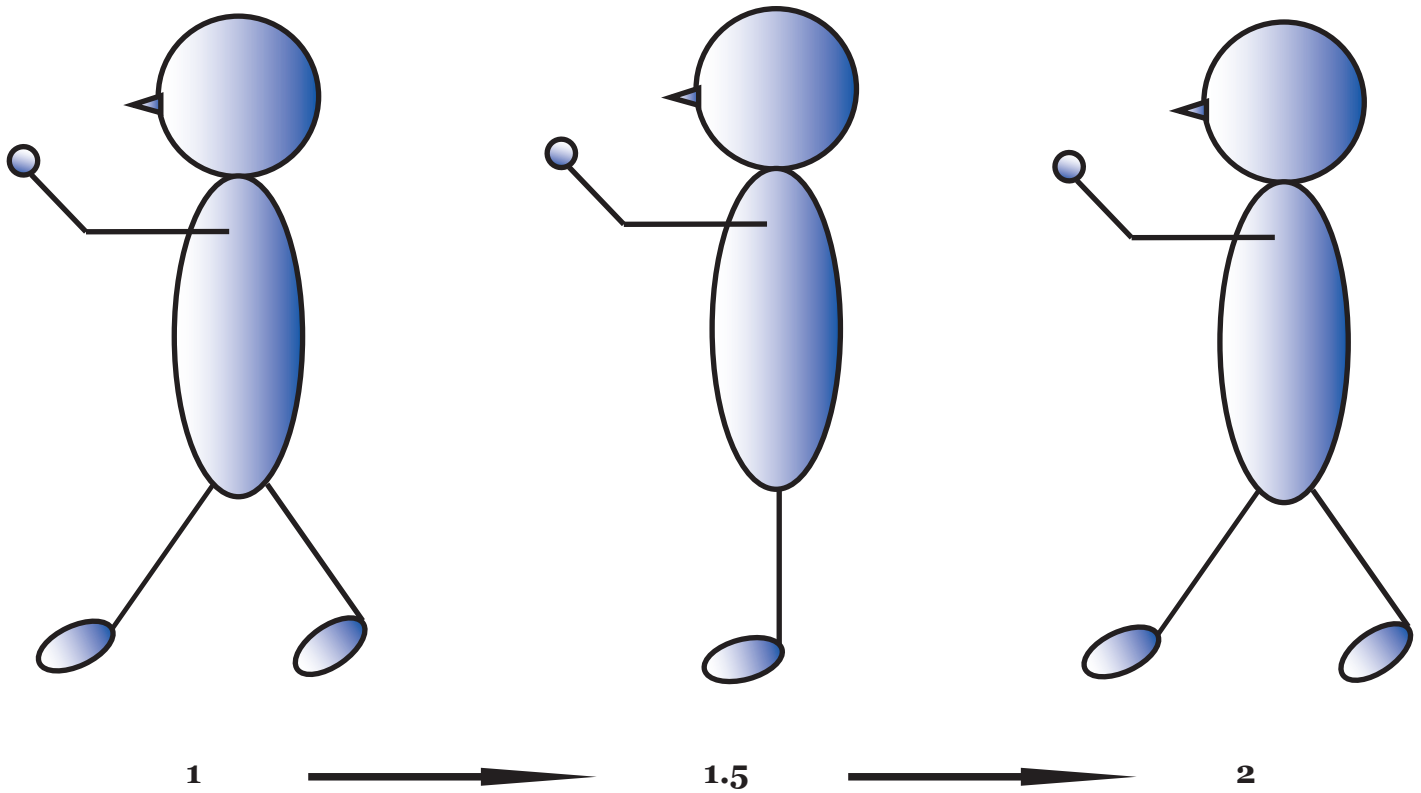
Moving forward. SLIDE MOVE performing towards the toes in the direction of moving, analogous thereto.



- Minimize the sway of the upper body
- The straight out each foot, walk the 2 straight lines
- Take a beat in the heels (arrive the heels in the downbeat)
- Knees are stretching when the heel arrive
- Raise the toe to the landing of the hee
- Both feet will be in the same state as the MARK TIME in the back beat
(not shape impossible, pass naturally)
- Take half beat to get to the toe from the heel arrived, made constant sense of speed of action
(GLIDE STEP)

5. REAR MARCH (BACKWARD MARCH)

Moving backward. SLIDE MOVE performing towards the heels in the direction of moving, analogous thereto.



- Minimize the sway of the upper body
- To balance the upper body, the heel does not land
- The straight out each foot, walk the 2 straight lines
- Take a beat in the toes (arrive the toes in the downbeat)
- Legs move like a pendulum, and not bend the knee
- Both feet overlap in the back beat (not shape impossible, pass naturally)
- Take half beat to overlap the both feet from the toe arrived, made constant sense of speed of action (GLIDE STEP)

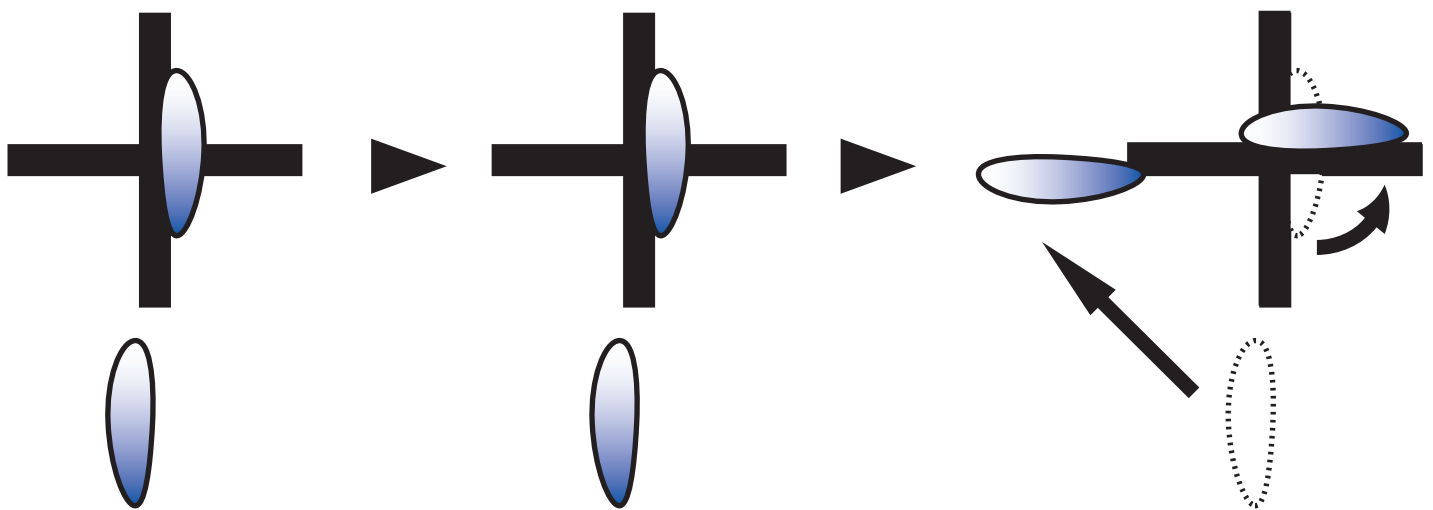
6. SLIDE MOVE

Movement with turning the face or instruments in a certain direction.

- Turn toes or heels to the direction of moving
- Other things pursuant to FOWARD MARCH and REAR MARCH

7. QUICK TURN

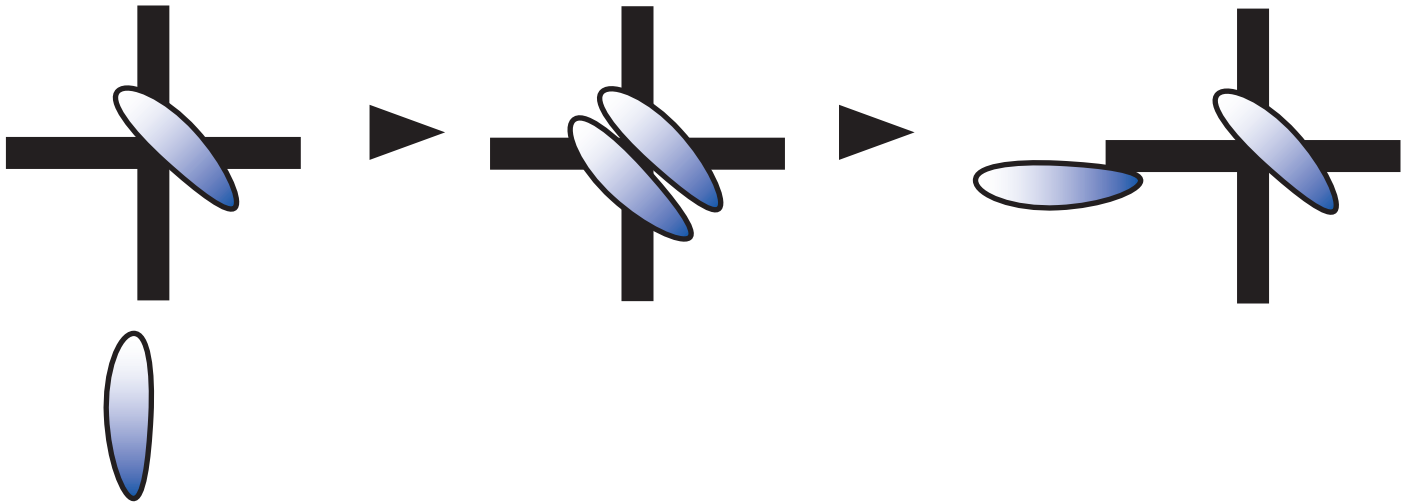
One of the direction change. Use for intense songs and fast-paced songs.



- Do while the final beat of previous movement and the 1st beat of next movement
- On the final beat of previous movement, keep toes on the direction until it
- On the final beat of previous movement, take the toe sure is not the heel
- On the final beat of previous movement, keep the state of the foot of downbeat to back beat (※put the center of gravity to the right foot in the back beat)
- At the same time when put out the left foot at the 1st beat of the next movement, tilt the right foot to the same direction

8. GLIDE TURN

One of the direction change. Use for the soft songs and slow tempo songs



- Do while the final beat of previous movement and the 2nd beat of next movement
- On the final beat of previous movement, tilt only half direction to the next movement
- Movement of the foot pursuant to FORWARD MARCH and REAR MARCH
- On the final back beat of previous movement, left foot pass through the side of the right foot
- At the 1st beat of the next movement, the right foot keep the state until it
(direct to the direction of next movement from the second beat)

9. HALT

The operation of the stopping and the stopped state. Basically, to be the position of ATTENTION.

- Do while the final beat of movement and the 1st beat followed
(In the case of Move 8, +1 beat 8 beat)
- Tilt the toes to match the attitude of ATTENTION, the right one on the final beat of the previous movement, the left one on the 1st beat followed