

## MARCHING

Roll Stepping: When we march, we don't walk. We practice and develop the concept of Roll Stepping. When you march you want to remember this concept, heel toe. You first step out on your heel, then you roll down on the balls of your feet and land with your toes hitting the ground. (ITS A MARCHING BAND NOT A WALKING BAND.)

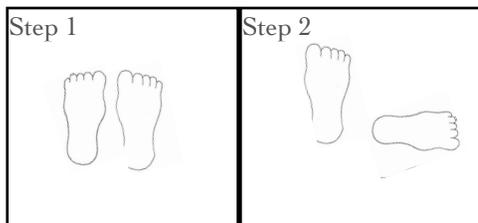
You want to make sure when your heel is out that your toes are straight up in the air. If you watch DCI you will notice that they have perfected this concept when they march.

(The purpose of roll stepping is to help absorb the bounce of your feet hitting the ground so you do not shake when playing. It makes life a lot easier to march and play.)

Forward Marching: Means exactly what it says. To march forward.

Backwards Marching: Backwards marching is different then forwards marching. You actually march on your toes. Almost as if you are tip toeing. When you are marching backwards DO NOT LET YOUR HEEL TOUCH THE GROUND!

Oblique to the Left/Right: When we turn in a marching band and march to the left or right it is called obliquing. When you oblique you keep your Torso straight and your legs moving in the direction that is called. There is a small rule on oblique that you must follow you must always step out with your left. When you oblique to the right you actually take your left foot and cross it over the right leg.



Example of Right Oblique

## Reminders

- \*Listen to your officers get to know them and your experience we be great!
- \*On the days of band camp and after school rehearsal please eat and drink enough so you do not pass out. ( PLEASE EAT BREAKFAST!)
- \*Do not wear flip flops or march bare foot, it will result in a strike.
- \*Please do not state out the obvious, such as if it is raining please do not say "Mr. Greco its raining" we see it we do not need it repeated.
- \*Be the first to show respect to your officers and band.
- \*If you have a problem with the way someone is teaching do not undermine them in front of everyone ask to speak to talk to them privately.
- \*Do not talk when an officer or section leader is talking.
- \*Remember HAVE FUN!

Strike System: If you do something that is not in conduct or inappropriate you will be given a strike.

1 strike= 2 minutes at attention, 2 page research paper.

2 strikes= 4 minutes and 1 hour detention or 3 page research.

3 strikes=Referral and conference.

4 strikes= Removal from program

SBS (Superior Band Student) If you are seen doing something good you will get an SBS and if you collect 5 of them over the marching (or concert) season you will be rewarded with a party.

Reminder these systems are always active throughout the year! DO NOT FORGET THAT!

# RRHS

## Marching Band POCKET GUIDE



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### WELCOME

*I hope you enjoy this guide. This guide is designed to help any one out on the marching field. Throughout this guide we will cover basic terms and commands. I hope that this guide will make your marching experience easier and more fun. Have a great marching season.*

# Marching Band Terms & Commands

## Stationary Commands

Attention: When the band is called to Attention, you must automatically stop doing anything and become silent. Going to attention is a simple two step process. (You must SHOUT out the number of each step).

1. Bring your feet together.
2. Bring your hands together and cuff them and bring them to eye level.

Example of the band at attention.

Notice how high their arms are and how their feet are together.

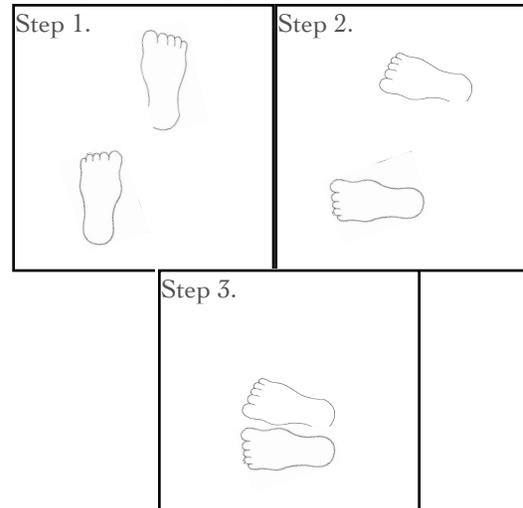


Marking Time: When you are at attention the drum majors can call you to any command. (So words of advice always be prepared). Marking time is when your feet will be moving but nothing else. Your hands will still be in the attention position. So lets say the drum major calls mark time four. You will start by raising your left heel and shouting "Up." Then you will bring it down and raise your right heel and begin counting "One, etc." and continue switching feet counting each step until you reach the destined number. Once you reach the destined number bring your feet together and shout "Halt" unless instructed other wise.

**\*Marking time is like walking in place but your toes will remain on the ground.**

Left/Right Face: This is a simple three step command. When the command is called you must step out with the opposite foot called. So lets say "Left Face" you stick out your right foot, then you pivot to the direction that is called.

1. Step out with the opposite foot called. (When you step out with the foot make sure the foot stays on its toes. **DO NOT LAY YOUR FOOT DOWN FLAT!**)
2. pivot to the way the command was called.
3. Bring your feet together.



Parade Rest: Is a two step command in which you will almost be in an attention state. (If any commands are called in parade rest you do not move, the only command you can go in to in parade rest is attention and that is it).

1. You lift your left leg up to your torso and shoot your right hand down to the side at slant. Your left hand will still stay as if you are holding an instrument.
2. You put your right leg down at shoulder width and your right arm goes behind your back.

About Face: This command is very similar to the left/right face, but instead of turning to your left/right you are doing a complete 180 degree spin. You step out with your right foot and bend the knee and pivot completely around. Do not left the right foot up

1. Step out with your right foot. (Stay on your toes)
2. Bend the knee and turn
3. Bring your feet together

