

**Middle School Initiative**

**PART I  
COVER SHEET**

**CAP 1 SEMESTER 1 WEEK 1**

**COURSE:** Orientation

**LESSON TITLE:** Drill and Ceremonies – Formation, Facing Movements, and Rest Positions

**LENGTH OF LESSON:** 50 Minutes

**METHOD:** Demonstration-Performance

**REFERENCE(S):** AFM 36-2203, *Drill and Ceremonies Manual*, Chapters 3 and 4

**AUDIO/VISUAL AIDS/HANDOUTS:** None

**COGNITIVE OBJECTIVE:** N/A

**COGNITIVE SAMPLES OF BEHAVIOR:** N/A

**AFFECTIVE OBJECTIVE:** The objective of this series of lessons is for each cadet to know all the military drill movements required of a basic cadet.

**AFFECTIVE SAMPLES OF BEHAVIOR:** The cadet will willingly learn each of the drill movements and perfect them to required military standards.

**Middle School Initiative**

**PART II  
TEACHING PLAN**

**Introduction**

**ATTENTION:** Today we are going to acquaint you with some simple drill positions and movements.

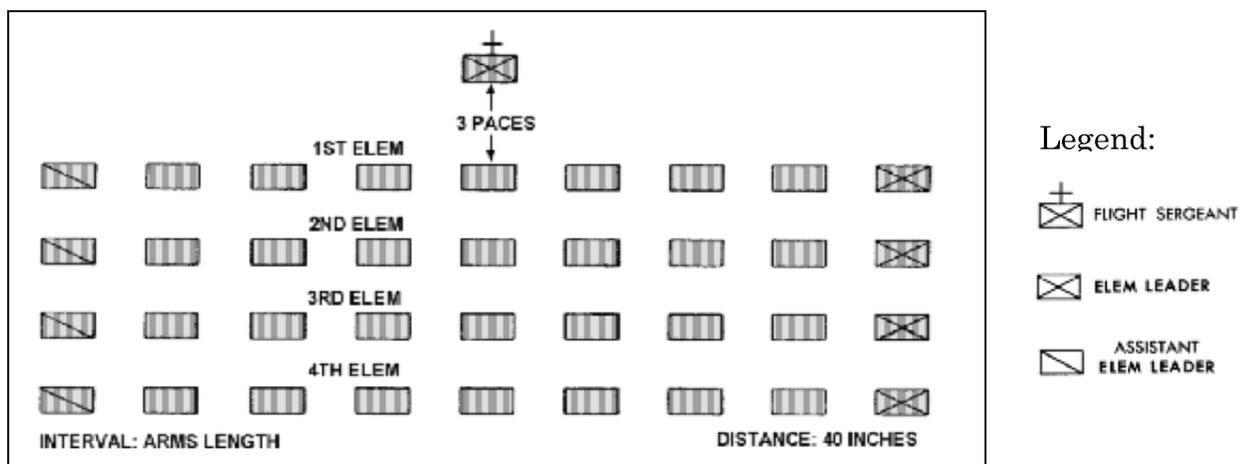
**MOTIVATION:** The purpose in this period is to determine your acceptability of the basic CAP program.

**OVERVIEW:** During this period you will learn how to form the flight, the positions of attention, parade rest, at ease, rest, and the movements of right/left face, half right/left face, about face, and fall in/fall out.

**TRANSITION:** Our first task is to form the flight with four elements, so here we go.

**Body**

**MP 1** The instructor will form the flight of four elements as shown in the diagram below. Leadership positions shown on the diagram are explained on Page 6, AFM 36-2203 (AFM 36-2203 is the Drill and Ceremonies Manual with the Civil Air Patrol cover). This initial formation should be a learning episode for both the instructor and the new cadets so be careful take your time.



Flight Formation

To form this unit, the command is **FALL IN**. See NOTE 1 below.

NOTE 1: A flight forms in at least two, but not more than four, elements in line formation. The instructor will select cadets for element leaders using any cadet that has previous drill experience, if possible. After the element leaders are selected, the rest of the cadet corps is assigned to an element. The command is **FALL IN!**

On this command, the first element leader falls in at a designated position and executes an automatic dress right dress. The second, third, and fourth element leaders fall in behind the first element leader, execute an automatic dress right dress, visually establish a 40-inch distance, and align themselves directly behind the individual in front of them. The remaining airmen fall into any open position in their own element to the left of the element leaders and execute an automatic dress right dress to establish dress and cover.

To establish interval, the leading individual in each file obtains exact shoulder-to-fingertip contact with the individual to his or her immediate right as soon as dress, cover, interval, and distance are established, each airman executes an automatic ready front on an individual basis and remains at the position of attention.

The flight is usually formed and dismissed by the drill instructor or flight sergeant. On the command **DISMISSED**, personnel break ranks and leave the area.

**MP 2** The positions listed below will be instructed as described below by demonstrating each movement and having the cadets practice and perform as necessary.

**Position of Attention:** To come to attention, bring the heels together smartly and on line. Place the heels as near each other as the conformation of the body permits, and ensure the feet are turned out equally, forming a 45-degree angle. Keep the legs straight without stiffening or locking the knees. The body is erect with hips level, chest lifted, back arched, and shoulders square and even. Arms hang straight down alongside the body without stiffness, and the wrists are straight with the forearms. Place thumbs, which are resting along the first joint of the forefinger, along the seams of the trousers or sides of the skirt. Hands are cupped (but not clenched as a fist) with your palms facing the leg. The head is kept erect and held straight to the front with the chin drawn in slightly so the axis of the head and neck is vertical; eyes are to the front, with the line of sight parallel to the ground. The weight of the body rests equally on the heels and balls of both feet, and silence and immobility are required.



Position of Attention



Position of Parade Rest

**Rest Positions:** Execute rests (parade rest, at ease, rest, and fall out) from a halt and only from the position of attention as follows:

a. **Parade Rest.** The command is **Parade, REST**. On the command **REST**, the airman will raise the left foot from the hip just enough to clear the ground and move it smartly to the left so the heels are 12 inches apart, as measured from the inside of the heels. Keep the legs straight, but not stiff; and the heels on line. As the left foot moves, bring the arms, fully extended, to the back of the body, uncupping the hands in the process; and extend and join the fingers, pointing them toward the ground. The palms will face outward. Place the right hand in the palm of the left, right thumb over the left to form an "x". Keep head and eyes straight ahead, and remain silent and immobile.

b. **At Ease.** The command is **AT EASE**. On the command **AT EASE**, airmen may relax in a standing position, but they must keep the right foot in place. Their position in the formation will not change, and silence will be maintained.

c. **Rest.** The command is **REST**. On the command **REST**, the same requirements for at ease apply, but moderate speech is permitted.

d. **Fall Out.** The command is **FALL OUT!** On the command **FALL OUT**, individuals may relax in a standing position or break ranks. They must remain in the immediate area, and no specific method of dispersal is required. Moderate speech is permitted.

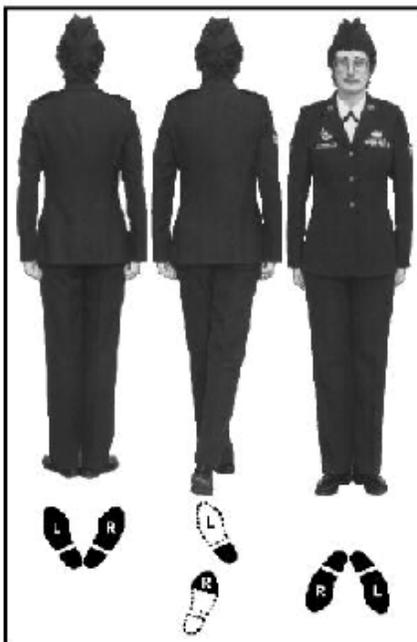
To resume the position of attention from any of the rests (except fall out), the command is (for example) **Flight, ATTENTION**. On the command **Flight**, airmen assume the position of parade rest; and at the command **ATTENTION**, they assume the position of attention.

**Facing Movements.** Execute facing movements from a halt, at the position of attention, and in the cadence of quick time. Perform facing movements in two counts.

**Right (Left) Face.** The commander are **Right (Left), FACE**. On the command **FACE**, raise the right (left) toe and left (right) heel slightly and pivot 90 degrees to the right (left) on the ball of the left (right) foot and the heel of the right (left) foot, assisted by slight pressure on the ball of the left (right) foot. Keep legs straight, but not stiff. The upper portion of the body remains at attention. This completes count one of the movement. Next, bring the left (right) foot smartly forward, ensuring heels are together and on line. Feet should now be forming a 45-degree angle, which means the position of attention has been resumed. This completed count two of the movement.



Right/Left Face



About Face

**About Face.** The command is **About, FACE**. On the command, **FACE**, lift the right foot from the hip just enough to clear the ground. Without bending the knees, place the ball of the right foot approximately half a shoe length behind and slightly to the left of the heel. Distribute the weight of the body on the ball of the right foot and the heel of the left foot. Keep both legs straight, but not stiff. The position of the foot has not changed. This completes count one of the movement. Keeping the upper portion of the body at the position of attention, pivot 180 degrees to the right on the ball of the right foot and heel of the left foot, with a twisting motion from the hips. Suspend arm swing during the movement, and remain as though at attention. On completion of the pivot, heels should be together and on line and feet should form a 45-degree angle. The entire body is now at the position of attention. This completes count two of the movement.

**Half Right (Left) Face.** When instructions are given for 45-degree movements, the command **Half Right (Left), FACE** may be used. The procedures described in **Right (Left) Face** are used except each person executes the movement by facing 45 degrees to the right or left.

NOTE 2: During all instructional periods in drill where there are two counts to each movement you should use "By The Numbers" as a teaching tool. Use as needed to perfect any movement.

**BY THE NUMBERS** is the method in which precision movements of two or more counts are demonstrated, practiced, and learned--one count at a time.

This method enables the student to learn a movement step by step and permits the instructor to make detailed corrections. The instructor commands **BY THE NUMBERS** before giving commands for the movement; for example, **BY THE NUMBERS, About, FACE**. The first count of the movement is executed on the command **FACE**. The second count is executed on the command **Ready, TWO** (the pivot is the second count).

All subsequent movements are executed by the numbers until the command **WITHOUT THE NUMBERS** is given. For example, in teaching right and left face, the command **BY THE NUMBERS** is given at the beginning of the practice exercise. Each facing is repeated by the numbers until the instructor gives **WITHOUT THE NUMBERS**. Subsequent movements are executed in the cadence of quick time.

**MP 3** Time should be taken during this period to practice all of the drill movements being taught. The instructor should make on the spot corrections throughout the practice session.

## Conclusion

**SUMMARY:** During this period you have been instructed in and practiced the positions of attention, parade rest, at ease, rest, and the movements of right/left face, half right/left face, about face, and fall in/fall out.

**REMOTIVATION:** Your individual practice and unit performance have brought you closer to being a cohesive organization. Before too much longer, you will all be thinking and doing your drills automatically.

**CLOSURE:** This concludes your initial orientation into military drill and ceremonies.

(Note: The instructor should refer to the questions on the next page and ask at least one cadet to answer each question.)

**Middle School Initiative****PART III  
LESSON REVIEW**

**LESSON OBJECTIVE(S):** The objective of this lesson was for each cadet to:

1. Learn and practice the positions of attention, parade rest, at ease, and rest.
2. Learn and practice the movements of right and left face, half right/left face, about face, and fall in/fall out.

**LESSON QUESTIONS:**

1. Describe and demonstrate the position of attention.

Answer: To come to attention, bring the heels together smartly and on line. Place the heels as near each other as the conformation of the body permits, and ensure the feet are turned out equally, forming a 45-degree angle. Keep the legs straight without stiffening or locking the knees. The body is erect with hips level, chest lifted, back arched, and shoulders square and even. Arms hang straight down alongside the body without stiffness, and the wrists are straight with the forearms. Place thumbs, which are resting along the first joint of the forefinger, along the seams of the trousers or sides of the skirt. Hands are cupped (but not clenched as a fist) with your palms facing the leg. The head is kept erect and held straight to the front with the chin drawn in slightly so the axis of the head and neck is vertical; eyes are to the front, with the line of sight parallel to the ground. The weight of the body rests equally on the heels and balls of both feet, and silence and immobility are required.

2. Describe and demonstrate how do you execute a right and left face.

Answer: Right (Left) Face. The commands are **Right (Left), FACE**. On the command **FACE**, raise the right (left) toe and left (right) heel slightly and pivot 90 degrees to the right (left) on the ball of the left (right) foot and the heel of the right (left) foot, assisted by slight pressure on the ball of the left (right) foot. Keep legs straight, but not stiff. The upper portion of the body remains at attention. This completes count one of the movement. Next, bring the left (right) foot smartly forward, ensuring heels are together and on line. Feet should now be forming a 45-degree angle, which means the position of attention has been resumed. This completes count two of the movement.