



Corner HS Band

BAND

Marching Technique Guidelines

Posture: Posture is the essential element of marching, as it enables us to march correctly, efficiently, and aesthetically.

Posture when standing still:

- Heels and toes together (“Halt” position).
- Legs straight, but knees not locked.
- Core (hips and abs) stable, but not tense.
- Back should be straight, as if each vertebra were stacked right on top of each other.
- Shoulders should be pulled back just slightly so as not to look hunched over. We want to look “tall.”
- Neck should be straight and in line with back.
- Eyes should be looking in directly forward at all times.
- Keep your weight centered on the balls of your feet. Do NOT let your weight fall back on your heels. You should feel like you are pressing forward very slightly.

Posture when moving:

- Hips are “shock absorbers” while marching.
- Core should remain stable and strong. Back and neck still straight, and shoulders still pulled back just a little.
- Keep your weight and momentum *slightly* forward.
- Eyes have freedom to move side to side for adjustments.

*The rules of posture will **always** apply unless otherwise indicated.*

****Commands****

Attention: Attention is the command given just before marking time or marching. When the band is called to attention, there is absolutely no talking or moving. The command prompt is “band-ten-hut!”

Without instruments, everyone’s attention is unified. Your hands should be in a ball, right over left, about 8 inches in front of your nose. Elbows form a triangle.

With instruments, each section will have a designated way to hold their horn that will be clarified independently.

Parade Rest: Parade rest is a more relaxed pose than attention, and you will typically be called to parade rest from attention. The command prompt is by name or “At ease.”

Without instruments, your arms will be down in front of you, right over left. Feet will be shoulder width apart.

As with attention, parade rest with instruments will be dealt with independently.

Horns Up/Down: Obviously, this indicates that your instrument will come into or out of playing position. The command prompt will be “band-horns-up!” The move from attention to horns up should look snappy and sharp with no extra movement. Vice-versa for horns down.

- **Horn Angles** - Your horn angle should be 0° (parallel with the ground) and pointed toward the front sideline (parallel with the yard lines) unless otherwise indicated.

Mark Time: Marking time will always be done at attention or horns up. You will always be given a tempo followed by the command prompt “mark-time-hut!” When marking time, raise your heel about two inches off the ground and allow your knee to bend slightly. Your toes should never leave the ground. We will always begin with the left foot.

Plus 1/Minus 1: This command prompt is used in marching basics and when cleaning drill set by set. “Plus 1” means take the first step of the next move and stop. “Minus 1” means hold in the last step of the previous page.

Exs: “We’ll move 16 plus 1.” “Moving 32 cts; set at minus 1.”

****Marching****

Forward Marching:

- *The Technique:* We will be marching a straight-legged technique, so there is no knee bend on the forward march. Kick each leg out, keeping the knee as straight as possible, and pull your toes up high toward your shins. Land on your heel with each step, then smoothly transition onto the ball of your foot (this is called “rolling” your feet.)
- *The Step-Off:* Since we will always begin with the left foot, push off with the ball of your right foot. Kick your left foot out and point your toe up.
- *The Halt:* We will always halt by bringing the left foot in to the right one. When marching forward, plant your right foot *toe down* on your last step, then bring your left foot into your right, making sure your heels and toes are touching.

Backwards Marching:

- *The Technique:* Backwards marching is always done on your tiptoes, so it requires strong calves and arches of the feet. While on your toes, keep your leg perfectly straight and “reach” backwards, as if a string we pulling your heel backwards. Keep your feet low to the ground, land on the ball of your foot and do not let your heel touch the ground. Lean your upper body weight slightly forward to retain good balance.
- *The Step-Off:* When marching backwards from a halt, go up onto your toes the count before you step off [i.e. – in a four count halt: 1-2-3-4(up)-1(step-off)].
- *The Halt:* On your last step, let your right heel touch the ground. Bring your left foot into halt position beside it.

Slide Marching

- ***The Technique***: Slide marching is marching from side to side as opposed to forwards and backwards. The footwork for the slide march is the same as the forward march; however, everything from your waist up, especially your shoulders, must be turned directly toward the front. On a football field, this means your hips will be at a 45 degree angle in the direction you are moving, and your shoulders will be parallel to the audience.
- ***The Step-Off***: When stepping off to your left in a slide march, simply kick your left foot out to the left. When stepping off to your right, bring your left foot across your body and pivot on the ball of your right foot.
- ***The Halt***: On your last step, turn your right foot so your toe is pointing toward the front/sideline. Remember to point your toe down on the last step. Once the right foot is planted, bring the left foot in beside it to a correct halt.

Change of Direction

- ***Forward to Backward***: Right foot will touch *toe down* on the last step. Stop your momentum with your right foot, but keep your weight centered and your calves firm and locked. Do not lean forward. Re-step with your left foot.
-The most important thing to remember is to shift your momentum without collapsing your posture.
- ***Backward to Forward***: Right foot will plant toe down to stop momentum. Left foot will re-step simply from toe-down to toe-up. Propel yourself with your planted right foot, and keep your posture stable.

Dressing

- “Dressing” or “cleaning” a form or line means adjusting the line to its correct shape and interval. Use your peripheral vision to dress to others while moving. I call this “active eyes.” If we are fixing a set from a halt, look at the feet of the people around you to judge the exact formation.
- You can dress a form any number of ways – side to side, front to back, down a diagonal, or along a curve.