

PERFORMANCE CHECKLIST

POSITION OF ATTENTION

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

- _____ The movement I will explain and demonstrate is the Position of Attention.
- _____ (P) The purpose of this movement, it is the basic military position from which most other drill movements are executed.
- _____ (C) There are no counts involved in this movement, however there are seven steps in describing the position of attention.
- _____ (W) This movement is executed when halted, at any position of rest, marching at route step or at ease.
- _____ (C) The commands for this movement are ATTENTION or FALLIN. 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. FALLIN is combined command given without rise or inflection of the voice. When given in cadence, the commands will sound like the: PLATOON ATTENT-HUT, FALLIN.

POSITION OF ATTENTION

- _____ (1) Smartly bring your left heel against the right heel.
- _____ (2) Turn you feet out equally to form an angle of 45 degrees. Keep your heels on the same line and touching.
- _____ (3) Keep your legs straight, but not stiff at the knees
- _____ (4) Keep your hips and shoulders level and your chest lifted.
- _____ (5) Your arms should hang naturally, thumbs along the trousers seams, palms facing inward toward your legs, and fingers joined in their natural curl.
- _____ (6) Keep your head and body erect. Look straight ahead. Keep your mouth closed and your chin pulled in slightly.
- _____ (7) Stand still and do not talk.
- _____ On the command Fall In, you would assume your position in ranks at the position of attention.
- _____ I will now demonstrate this movement in cadence.
- _____ The movement I have explained and demonstrated was the position of attention, are there any questions?

INSTRUCTORS NAME: _____

PERFORMANCE CHECKLIST

HAND SALUTE

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

_____ The movement I will explain and demonstrate is Hand Salute.

_____ (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.

_____ (C) There is one count involved in this movement.

_____ (W) This movement is executed when halted at Attention, marching at Quick Time, or seated in a vehicle.

_____ (C) The commands for this movement are "Hand, SALUTE", "Ready, TWO", "Present, ARMS", "Order, ARMS". When given in cadence the commands will sound like this, "Hand, SALUTE" "Ready, TWO" "Present, HARMS", "Order, HARMS".

ON THE COMMAND OF HAND SALUTE

_____ Assume you halted at attention and you receive the command, "Hand, SALUTE".

_____ On the command of execution, "SALUTE", smartly and in the most direct manner, raise the right hand until the tip of the right forefinger touches the lower portion of the forehead above and slightly to the right of the right eye.

_____ The fingers will be extended and joined, the thumb along the hand and the palm down.

_____ You should be able to see the entire palm when looking straight ahead.

_____ The wrist and forearm are straight. The forearm is inclined at an angle of 45 degrees.

_____ The upper arm is parallel to the deck, with the elbow in plane with the body.

_____ The command to terminate the salute is, "Ready, TWO". On the command of execution, "TWO", smartly and in the most direct manner, return the right hand to the right side and assume the Position of Attention.

_____ You will remain in this position until given another command.

_____ I will now demonstrate this movement in cadence.

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

INSTRUCTORS NAME: _____

PERFORMANCE CHECKLIST

FACING

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

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

RIGHT FACE

- _____ Assume you are halted at the position of attention and you receive the command
"Right, FACE".
- _____ On the command of execution "FACE" and for the count of one, slightly lift the toe
of the right foot and the heel of the left foot, facing 90 degrees to the right by
pivoting on the right heel, assisted by a slight pressure from the left toe.
- _____ Hold the left leg straight without stiffness. The thumbs remain along the trousers
seams.
- _____ For the count of two, smartly bring the left heel against the right heel assuming
the position of attention.
- _____ You will remain in this position until given another command.

LEFT FACE

- _____ Assume you are halted at the position of attention and you receive the command
"Left, FACE".
- _____ On the command of execution "FACE" and for the count of one, slightly lift the toe
of the left foot and the heel of the right foot, facing 90 degrees to the left by
pivoting on the left heel, assisted by a slight pressure from the right toe.
- _____ Hold the right leg straight without stiffness. The thumbs remain along the
trouser seams.
- _____ For the count of two, smartly bring the right heel against the left heel assuming
the position of attention.
- _____ You will remain in this position until given another command.

ABOUT FACE

- _____ Assume you are halted at the position of attention and you receive the command
"About, FACE".
- _____ On the preparatory command "ABOUT", shift the weight of your body to the left leg
without noticeable movement.
- _____ On the command of execution FACE and for the count of one, place the ball of the
right foot in a position touching the deck, one half of your foot's length to the rear
and slightly to the left of your left heel.
- _____ The right leg remains straight without stiffness.
- _____ The body weight rest on both legs. The thumbs remain along the trouser seams.
- _____ For the count of two, face to the rear by turning 180 degrees to the right about.
- _____ Pivot on the left heel and the ball of the right foot, assuming the position of
attention.
- _____ If properly executed, the heels will be on line and touching when the movement is
completed.
- _____ You will remain in this position until given another command.
- _____ I will now demonstrate these movements in cadence.
- _____ The movement I have explained and demonstrated was facing, are there any questions?

INSTRUCTORS NAME: _____

PERFORMANCE CHECKLIST

QUICK TIME

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

- _____ The movement I will explain and demonstrate is Quick Time
- _____ (P) The purpose of this movement, is to march at 112 to 120 steps per minute taking 30 inch steps.
- _____ (C) There are no counts involved with this movement.
- _____ (W) This movement is executed when halted at attention, marking time, marching forward at double time and marching at half step.
- _____ (C) The commands for this movement are "**Forward, MARCH**", "**Quick Time, MARCH**". When given in cadence the commands will sound like this, "**Forward, HARCH**", "**Quick Time, HARCH**".

FROM THE HALT

- _____ 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.
- _____ On the command of execution, "**MARCH**", smartly take a 30 inch step to the front with the left foot.
- _____ Thirty inches are measured from the rear of the left heel to the rear of the right heel.
- _____ At the same time begin to swing your arms in their natural arc, six inches to the front and three inches to the rear of your legs.
- _____ You will continue to march without stiffness or exaggeration of the movement, taking 120, 30 inch steps per minute, 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

- _____ Assume you are marching forward at double time and you receive the command, "**Quick Time, MARCH**". The command of execution may be given as either foot strikes the deck.
- _____ For the purpose of my demonstration, I will give the command as the left foot strikes the deck.
- _____ On the command of execution, "**MARCH**", your next step will be a 36 inch step to the front with your right foot.
- _____ Your next step will be a 30 inch step to the front with your left foot. Thirty inches are measured from the rear of your left heel to the rear of your right heel.
- _____ At the same time, you will decrease the cadence to 112 to 120 steps per minute, and lower your arms to the quick time position.
- _____ You will continue to march at 112 to 120 steps per minute taking 30 in steps, swinging your arms six inches to the front and three inches to the rear of your legs, until given another command.
- _____ I will now demonstrate this movement in cadence.
- _____ The movement I have explained and demonstrated was quick time, are there any questions?

INSTRUCTORS NAME: _____

PERFORMANCE CHECKLIST

PRESENT ARMS

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

- _____ The movement I will explain and demonstrate is Present Arms
- _____ (P) The purpose of this movement, it is to render a salute to persons and colors when in formation or when posted as a sentry.
- _____ (C) There are two counts involved in this movement.
- _____ (W) This movement is executed when halted at order or port arms.
- _____ (C) The command for this movement is "**Present, ARMS**". When given in cadence the command will sound like this, "**Present, ARMS**".

FIRST COUNT

- _____ Assume you are halted at order arms and you receive the command, "**Present, ARMS**".
- _____ On the command of execution, "**ARMS**", and for the count of one, slide the right hand up and grasp the barrel near the compensator.
- _____ The fingers are joined and wrapped around the barrel with the thumb wrapped around the inboard side.
- _____ Without loss of motion, raise and carry the rifle to a vertical position centered on your body. The pistol grip is to the front.
- _____ The wrist is on the right side of the front sight assembly. The elbow is held down without strain and nearly touches the handguard.
- _____ At the same time, smartly grasp the handguard with the left hand just above the slipring. The sling is included in the grasp.
- _____ The fingers are joined and wrapped around the handguard. The little finger is on line with the slip ring, with the thumb on the inboard side of the handguard.
- _____ The left wrist and forearm are straight and parallel to the deck.
- _____ The elbow is held into the side, with the upper arm on line with the back. This terminates the count of one.

SECOND COUNT

- _____ For the count of two, release the grasp of the right hand and regrasp the small of the stock. The charging handle rests on the thumb of the right hand.
- _____ The fingers are extended and joined diagonally across the small of the stock.
- _____ The right wrist and forearm remain straight. The elbow is slightly bent and held in against the body. The left thumb is 4 inches from the body. This terminates the movement.
- _____ I will now demonstrate this movement in cadence.
- _____ The movement I have explained and demonstrated was present arms, are they're any questions?

INSTRUCTORS NAME: _____