

THE SYSTEM

Dynamic Marching & Movement – THE SYSTEM *Mastering Marching & Movement Instruction*

UNIT FOUR

BACKWARD MARCHING

Buzz Words (in no particular order... whatever you see)

- ✓ Posture / Long Neck
- ✓ Timing / Slow / Rushing
- ✓ Don't lean / No Weeble-Wobble
- ✓ Leg shape / Don't Bicycle
- ✓ Use vocals
- ✓ Step size (too small usually on backward marching)
- ✓ Low Heels
- ✓ Use muscle
- ✓ Platform
- ✓ Too high on the toes
- ✓ Don't roll down (on backward march)
- ✓ Bouncing
- ✓ #1 Rule (feet in time)

*Train yourself, your staff members, & your drum majors/student leaders to **always be watching** and **always be correcting**. The analogy with music would be *always be listening*. Keep it Simple is important too. Use these buzz words WITH A NAME every rep. **You can also use these buzzwords for things that you see that are GREAT.**

“50/50” Exercise Backward

- ✓ Starts from parallel feet
- ✓ Objectives: 1-Timing, 2-The “push” (transfer of weight in the effort change from halt to marching) and the leg shape on the marching step.

Counts	Vocal	What is happening?
5-7	5,6,7 (instructor only)	Nothing – count off
8	Tssss	Part One Left toe flexes & left leg starts to swing straight backward
1-3	T(accented)	Left foot stops behind with about 4” of air under toe in flexed position squeezing the glutes, hold 2 ct. (the foot is flat and parallel with the ground)
4	Tssss	Start to pull back in
5-7	T(accented)	Foot halts next to other foot gently, hold 2 ct.
8	Tssss	Part Two Push backward flexing foot (the foot is flat and parallel with the ground), left leg swings straight backward
1-3	T(accented)	Land on the platform (weight 50%), hold 2 ct.
4	Tssss	Start to pull back in
5-7	T(accented)	Foot halts next to other foot gently, hold 2 ct.
8	repeat	Other side

“Place Close” Exercise

- ✓ Starts from parallel feet
- ✓ Objectives: Change in effort from moving backward to the halt

Counts	Vocal	What is happening?
5-7	5,6,7 (instructor only)	Nothing – Count off
8	Point / Place	Lengthen right foot backward, touch ball of foot in turn-out, transfer weight, accept the weight
1	Close	Slowly come down from ball of right foot, pull left leg backward, left foot halts next to right foot gently

Transition Exercises

- ✓ Lift and Tap in place using the calf muscle and the AT muscle (front side of lower leg)
- ✓ Practice the mark time into one step backward “(mark time mark) together together left right Push One”
- ✓ Now is a great time to teach the students to READ THE FIELD (especially 2-off & splitting)... we paint the 1 yard inserts on our field so they can see those when learning checkpoints.

“8 Steps Backward” Exercise

- ✓ Starts from turned out feet & mark time
- ✓ Objectives: forward marching and step size

Counts	Vocal	What is happening?
1-4	-	Instructor: “mark time mark”
5	Together	Left foot to parallel
6	Together	Right foot to parallel
7	Left	Up and down 1” with left heel
8	Right	Up and down 1” with right heel, lock knees, weight in ball of right foot (push on count 8 at tempos greater than 160bpm)
&	Push	Push from right foot (no & count when tempos are greater than 160bpm)
1	One	Strike 22.5” away with left foot, hips at 11.25”
2	Two	Next step (hit “2 off checkpoint”)
3	-	Next step
4	Four	Next step (hit “4 off checkpoint”)
5	-	Next step
6	Six	Next step (hit “2 off checkpoint”)
7	-	Next step
8	Point	Ankle bone on yard-line, lengthen right foot backward, touch ball of foot, transfer weight, accept the weight
1	Close	Slowly come down from ball of right foot, pull left leg backward, left foot halts next to right foot gently

“3 Groups of 8 (no holds)” Exercise

- ✓ Starts from turned out feet & mark time
- ✓ Objectives: backward marching and step size

“3 Groups 8+8s (with holds)” Exercise

- ✓ Starts from turned out feet & mark time
- ✓ No mark time on the two holds
- ✓ Objectives: backward marching and step size

*If you add horns... they come up smoothly on counts 5-6 of mark time (“together together”), the horn comes down in one more aggressive count on “close” at the end of the exercise (“close”).