

SINGAPORE RED CROSS SOCIETY  
RED CROSS YOUTH



# FOOTDRILL MANUAL FOR CADETS

Revised 1st Edition  
October 2011



# Footdrill Words of Command - Bronze Syllabus

A) Basic Static Drills		
1	Fall In	Fall In
2	Attention	Sediya
3	Stand At Ease	Senang Diri
4	Stand Easy	Rehatkan Diri
5	Keep Still	Diam
6	As You Were	Samula
B) Basic Right Dress Drills		
1	Right Dress	Ke-Kanan Lurus
2	Elbow Level, Right Dress	Dalam Siku Barisan, Ke-Kanan Lurus
3	Eyes Front (on Right Dress)	Pandang Ke-Hadapan, Pandang
C) Turning on the Halt Drills		
1	Right Turn (on the Halt)	Ke-Kanan Pusing
2	Left Turn (on the Halt)	Ke-Kiri Pusing
3	About Turn (on the Halt)	Ke-Belakang Pusing
D) Saluting on the Halt Drills		
1	Salute to the Front, Salute	Hormat Ke-Hadapan, Hormat
2	Salute to the Right, Salute	Hormat Ke-Kanan, Hormat
3	Salute to the Left, Salute	Hormat Ke-Kiri, Hormat
E) Quick March and Breaking Off Drills		
1	From the Right, Quick March	Dari Kanan, Cepat Jalan
2	From the Left, Quick March	Dari Kiri, Cepat Jalan
3	From the Centre, Quick March	Dari Tengah, Cepat Jalan
4	Halt (on Quick March)	Berhenti
5	Break Off	Keluar Baris
6	Dismissal	Bersurai

F) Basic Taking of Steps Drills		
1	One Step to the Front, Move	Satu Langkah Ke-Hadapan, Gerak
2	Two Steps to the Front, Move	Dua Langkah Ke-Hadapan, Gerak
3	Three Steps to the Front, Move	Tiga Langkah Ke-Hadapan, Gerak
4	One Step to the Rear, Move	Satu Langkah Ke-Belakang, Gerak
5	Two Steps to the Rear, Move	Dua Langkah Ke-Belakang, Gerak
6	Three Steps to the Rear, Move	Tiga Langkah Ke-Belakang, Gerak
7	One Step to the Right, Move	Satu Langkah Ke-Kanan, Gerak
8	Two Steps to the Right, Move	Dua Langkah Ke-Kanan, Gerak
9	Three Steps to the Right, Move	Tiga Langkah Ke-Kanan, Gerak
10	One Step to the Left, Move	Satu Langkah Ke-Kiri, Gerak
11	Two Steps to the Left, Move	Dua Langkah Ke-Kiri, Gerak
12	Three Steps to the Left, Move	Tiga Langkah Ke-Kiri, Gerak

# Footdrill Words of Command - Silver Syllabus

A) Turning on the Halt Drills with Extended Introductory Commands		
1	Squad will Advance to the Front, Right Turn (on the Halt)	Akan Menghadap Ke-Hadapan, Ke-Kanan Pusing
2	Squad will Advance to the Front, Left Turn (on the Halt)	Akan Menghadap Ke-Hadapan, Ke-Kiri Pusing
3	Squad will Advance to the Front, About Turn (on the Halt)	Akan Menghadap Ke-Hadapan, Ke-Belakang Pusing
4	Squad will Retire to the Rear, Right Turn (on the Halt)	Akan Menghadap Ke-Belakang, Ke-Kanan Pusing
5	Squad will Retire to the Rear, Left Turn (on the Halt)	Akan Menghadap Ke-Belakang, Ke-Kiri Pusing
6	Squad will Retire to the Rear, About Turn (on the Halt)	Akan Menghadap Ke-Belakang, Ke-Belakang Pusing
7	Squad will Move to the Right, in Threes, Right Turn (on the Halt)	Bergerak Ke-Kanan, Ber-Tiga-Tiga, Ke-Kanan Pusing
8	Squad will Move to the Right, in Threes, About Turn (on the Halt)	Bergerak Ke-Kanan, Ber-Tiga-Tiga, Ke-Belakang Pusing
9	Squad will Move to the Left, in Threes, Left Turn (on the Halt)	Bergerak Ke-Kiri, Ber-Tiga-Tiga, Ke-Kiri Pusing
10	Squad will Move to the Left, in Threes, About Turn (on the Halt)	Bergerak Ke-Kiri, Ber-Tiga-Tiga, Ke-Belakang Pusing
B) Open Order Right Dress Drills		
1	In Open Order, Right Dress	Dalam Bukar Barisan, Ke-Kanan Lurus
2	In Close Order, Right Dress	Dalam Tutup Barisan, Ke-Kanan Lurus
3	Eyes Front (in Open Order Right Dress)	Pandang Ke-Hadapan, Pandang
C) Additional Taking of Steps Drills		
1	Four Steps to the Right, Move	Empat Langkah Ke-Kanan, Gerak
2	Five Steps to the Right, Move	Lima Langkah Ke-Kanan, Gerak
3	Six Steps to the Right, Move	Enam Langkah Ke-Kanan, Gerak
4	Seven Steps to the Right, Move	Tujuh Langkah Ke-Kanan, Gerak
5	Four Steps to the Left, Move	Empat Langkah Ke-Kiri, Gerak
6	Five Steps to the Left, Move	Lima Langkah Ke-Kiri, Gerak
7	Six Steps to the Left, Move	Enam Langkah Ke-Kiri, Gerak
8	Seven Steps to the Left, Move	Tujuh Langkah Ke-Kiri, Gerak

D) Quick Mark Time Drills		
1	Quick Mark Time (on the Halt)	Hentak Kaki, Cepat Hentak
2	Quick Mark Time (on Quick March)	Hentak Kaki, Cepat Hentak
3	Forward (on Quick Mark Time)	Maju
4	Halt (on Quick Mark Time)	Berhenti
E) Eyes Right, Left and Front on the March (Quick March) Drills		
1	Eyes Right (on Quick March)	Pandang Ke-Kanan, Pandang
2	Eyes Left (on Quick March)	Pandang Ke-Kiri, Pandang
3	Eyes Front (on Quick March)	Pandang Ke-Hadapan, Pandang
F) Wheeling on the March (Quick March) Drills		
1	From the Right, Right Wheel (on Quick March)	Dari Kanan, Kanan Belok
2	From the Left, Left Wheel (on Quick March)	Dari Kiri, Kiri Belok
G) Basic Turning on the March (Quick March) Drills with Extended Introductory Commands		
1	Squad will Advance to the Front, About Turn (on Quick March)	Akan Menghadap Ke-Hadapan, Ke-Belakang Pusing
2	Squad will Retire to the Rear, About Turn (on Quick March)	Akan Menghadap Ke-Belakang, Ke-Belakang Pusing
3	Squad will Move to the Right, in Threes, About Turn (on Quick March)	Bergerak Ke-Kanan, Ber-Tiga-Tiga, Ke-Belakang Pusing
4	Squad will Move to the Left, in Threes, About Turn (on Quick March)	Bergerak Ke-Kiri, Ber-Tiga-Tiga, Ke-Belakang Pusing

## Footdrill Words of Command - Gold Syllabus

A) Saluting on the March (Quick March) Drills		
1	Saluting on the March, to the Front, Salute (on Quick March)	Memberi Hormat Ke-Hadapan, Hormat
2	Saluting on the March, to the Right, Salute (on Quick March)	Memberi Hormat Ke-Kanan, Hormat
3	Saluting on the March, to the Left, Salute (on Quick March)	Memberi Hormat Ke-Kiri, Hormat
B) Additional Turning on the March (Quick March) Drills with Extended Introductory Commands		
1	Squad will Advance to the Front, Right Turn (on Quick March)	Akan Menghadap Ke-Hadapan, Ke-Kanan Pusing
2	Squad will Retire to the Rear, Right Turn (on Quick March)	Akan Menghadap Ke-Belakang, Ke-Kanan Pusing
3	Squad will Move to the Right, in Threes, Right Turn (on Quick March)	Bergerak Ke-Kanan, Ber-Tiga-Tiga, Ke-Kanan Pusing
4	Squad will Advance to the Front, Left Turn (on Quick March)	Akan Menghadap Ke-Hadapan, Ke-Kiri Pusing
5	Squad will Retire to the Rear, Left Turn (on Quick March)	Akan Menghadap Ke-Belakang, Ke-Kiri Pusing
6	Squad will Move to the Left, in Threes, Left Turn (on Quick March)	Bergerak Ke-Kiri, Ber-Tiga-Tiga, Ke-Kiri Pusing
C) Sizing Drills		
1	Tallest on the Right, Shortest on the Left, in One Rank, Size	Yang Tinggi Ke-Kanan, Rendah Ke-Kiri, Dalam Satu Barisan, Paras
2	From the Right, in Twos, Number	Dari Kanan, Ber-Dua, Bilang
3	Odd Numbers One Pace Forward, Even Numbers One Pace Backwards, Move	Nombor Ganjil Satu Langkah Ke-Hadapan, Nombor Genap Satu Langkah Ke-Belakang, Gerak
4	Right Hand Man Keep Still, Ranks Right and Left, Turn	Orang Yang Di-Sebelah Kanan Diam, Barisan Ke-Kanan Dan Ke-Kiri, Pusing
5	Squad will Form Three Ranks, Quick March	Akan Jadikan, Tiga Barisan, Cepat Jalan
6	Attention (on Sizing)	Sediya
7	Right Dress (on Sizing)	Ke-Kanan Lurus
8	Eyes Front (on Sizing Right Dress)	Pandang Ke-Hadapan, Pandang

D) Slow March Drills		
1	From the Right, Slow March	Dari Kanan, Per-Lahan Jalan
2	From the Left, Slow March	Dari Kiri, Per-Lahan Jalan
3	From the Centre, Slow March	Dari Tengah, Per-Lahan Jalan
4	Halt (on Slow March)	Berhenti
E) Slow Mark Time Drills		
1	Slow Mark Time (on the Halt)	Hentak Kaki, Per-Lahan Hentak
2	Slow Mark Time (on Slow March)	Hentak Kaki, Per-Lahan Hentak
3	Forward (on Slow Mark Time)	Maju
4	Halt (on Slow Mark Time)	Berhenti
F) Changing Between Quick and Slow Time Drills		
1	Change to Slow Time, Slow March	Tukar Langkah, Per-Lahan Jalan
2	Change to Quick Time, Quick March	Tukar Langkah, Cepat Jalan

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# Footdrill Bronze Syllabus

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## Basic Footdrill Theory

### Introduction to Footdrill and the Squad

#### Origins of Footdrill

Footdrill first originated from the military. It enables a commander to move his unit from one place to another in an orderly manner and to instill discipline, obedience and precision in response to orders. Troops who are orderly display a sense of discipline and strength in contrast to troops that march in a disorderly manner.

*“Discipline is the soul of the army. It makes small numbers formidable; procures success to the weak, and esteem to all.” - George Washington*

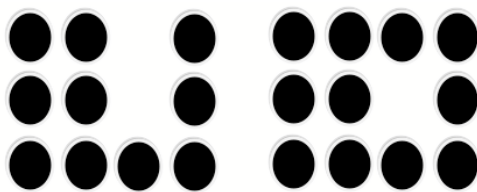
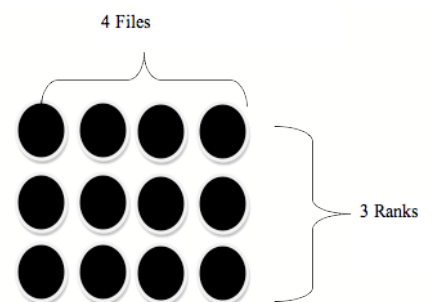
Footdrill in the present day is used to inculcate discipline, esprit-de-corps and in parades. In Secondary Schools, cadets usually fall in to form a squad, and in larger numbers, contingents. During parades, footdrill is a way to showcase discipline as well as drill standards.

Therefore the aims of drills are:-

- ➔ To discipline all members.
- ➔ To train members to react quickly to a Word of Command, especially in times of emergency.
- ➔ To encourage members to think and act in the same way.
- ➔ To enhance running of a large organization when members are able to respond promptly and obediently to orders.

#### The Squad

In Footdrill, a squad is a small unit formed after individuals fall in. The squad responds promptly to the commanding by commands. The squad is made up RANKS and FILES. Unless told to otherwise, a squad normally consists of three RANKS.



**SQUAD FRONT**

Due to insufficient people in a squad, gaps are sometimes created. Covering up to fill the (front and side) perimeter of the squad is essential for the squad to be complete and ready to respond to commands.

When “Squad” is being called out by a Squad Commander, the Squad be alert immediately, facing front with shoulders pulled back and ready to be given a command.

## Cadet Uniform Guidelines

S/N	Item	General	Male Cadets	Female Cadets
1	Headdress  Dark Blue Beret	<ul style="list-style-type: none"> <li>a. Beret must be Dark Blue in color.</li> <li>b. No <i>pigtail</i> should be seen.</li> <li>c. No fluff should be present on the beret.</li> <li>d. Cap badge should be placed slightly on the left side, above the left eye.</li> <li>e. Cap badge should be 1cm above the hemline of the beret.</li> <li>f. Beret should be arranged to the extent that a prominent line could be observed from the right of the beret.</li> <li>g. Beret must be of correct size.</li> <li>h. Beret should be worn 2cm above the eyebrow.</li> <li>i. Beret must be worn in such a way that the black hemline must be parallel to the ground.</li> </ul>		<ul style="list-style-type: none"> <li>a. May be secured only by black accessories.</li> </ul>
2	Hair		<ul style="list-style-type: none"> <li>a. No hair to be seen above eyebrow.</li> <li>b. Hair must be tidy.</li> <li>c. The back of the hair should not touch the collar when head is tilted back.</li> </ul>	<ul style="list-style-type: none"> <li>a. Hair to be bundled up if it is too long.</li> <li>b. Hair net should be used for long hair.</li> </ul>
3	Ear Accessories		<ul style="list-style-type: none"> <li>a. No ear accessories are allowed.</li> </ul>	<ul style="list-style-type: none"> <li>a. Only ear studs not bigger than 0.2cm are allowed.</li> </ul>

S/N	Item	General	Male Cadets	Female Cadets
4	Religious Items	<ul style="list-style-type: none"> <li>a. Only religious chains, rings etc are allowed.</li> <li>b. Cadets are advised not to wear them during trainings for safety considerations.</li> </ul>		
5	Spectacles	<ul style="list-style-type: none"> <li>a. Only clear lenses are allowed unless spectacles are medically prescribed.</li> <li>b. Trainees should fix on their spectacles when bands and hooks, if necessary.</li> <li>c. Fanciful colours and designs are not encouraged.</li> </ul>		
6	Uniform	<ul style="list-style-type: none"> <li>a. Should be well ironed.</li> <li>b. White throughout.</li> <li>c. Colour of the flashes must not be faded or smeared onto the white fabric.</li> <li>d. Do not bleach the uniform.</li> <li>e. Inner shirts should not be worn for safety considerations.</li> </ul>	<ul style="list-style-type: none"> <li>a. Belts of male Cadets should be long enough to be tucked in on the left side.</li> <li>b. Pants should not have clips in front.</li> <li>c. Male Cadets are to wear black socks and low cut boots without metal studs.</li> <li>d. Shirt for the males must be tucked in such that there is just enough fabric outside the pants for the Cadet to raise his arms.</li> <li>e. Collar should be standing up.</li> </ul>	<ul style="list-style-type: none"> <li>a. Collar should be flat.</li> <li>b. Uniform should be worn left over right.</li> <li>c. The end of the belt should be on the left hand side, slightly behind the side.</li> <li>d. There should be 2 folds at the back.</li> <li>e. The hem of the uniform should be at the knee cap.</li> <li>f. There must be pleats.</li> <li>g. Belt must be worn just at the sewings.</li> </ul>

S/N	Item	General	Male Cadets	Female Cadets
7	Badges	<p>a. The incentive badges must be worn with a maximum of 4 badges per row on the left side and 3 badges per row on the right side of the wearer.</p> <p>b. The badges are to be arranged in chronological order.</p> <p>c. 3 or 4 badges can be mounted on a single plastic tag to form a row.</p> <p>d. Badges must not be overlapping.</p>	<p>a. Badges awarded by Red Cross Youth i.e. Proficiency Badges, must be worn above the left breast pocket of the wearer.</p> <p>b. Badges awarded by external bodies i.e. National Heritage Trail, NYAA etc, must be worn above the name tag on the right.</p>	<p>a. Badges awarded by Red Cross Youth i.e. Proficiency Badges, must be worn on the left with the bottom row in line with the name tag.</p> <p>b. Badges awarded by external bodies i.e. National Heritage Trail, NYAA etc, must be worn above the name tag on the right.</p>
8	Name Tag		<p>a. The Red Cross Youth name tag must be worn just above the right breast pocket.</p>	<p>a. The Red Cross Youth name tag must be worn between the first and second buttons on the right side of the wearer.</p>
9	Buttons	<p>a. The buttons must be black in colour.</p> <p>b. Do apply a thin coat of clear nail polish on the button to make it shiny and protect against corrosion, if necessary.</p> <p>c. The buttons must be secured in such a way that the pointed end of the shield is pointing downwards.</p> <p>d. Do not have the buttons polished till the emblem cannot be seen.</p> <p>e. Buttons should be secured with rings.</p>		

S/N	Item	General	Male Cadets	Female Cadets
10	Pants		<ul style="list-style-type: none"> <li>a. Pants should be totally white.</li> <li>b. The ironing on the pants must be clearly visible, with 2 lines clearly seen both at the front and back of the pants.</li> <li>c. The buckle must be totally black.</li> <li>d. The end of the belt must be on the left side and folded neatly inwards.</li> <li>e. If necessary, secure the end of the belt with a hook or press start.</li> </ul>	
11	Socks		<ul style="list-style-type: none"> <li>a. Socks should be black in colour.</li> <li>b. No brand names must be seen.</li> <li>c. No ankle socks are allowed.</li> </ul>	<ul style="list-style-type: none"> <li>a. Thin white socks should be worn.</li> <li>b. The socks should be folded about 2cm by 2cm.</li> </ul>
12	Boots	<ul style="list-style-type: none"> <li>a. Boots must be black throughout.</li> <li>b. Boots must be rubber-soled without metal studs.</li> <li>c. Boots are to be brushed black to remove all dirt and mud especially along the corridors.</li> <li>d. Boots need not be polished till mirror shine.</li> <li>e. No shiny plastic boots are allowed.</li> </ul>		

# Paying of Compliments

## Paying of Compliments to Senior Ranks

### Individual

When alone, the junior rank will assume the position of 'SEDIYA' or ATTENTION, without the banging of boots, when the senior rank comes within 'talking' distance.

This is followed by spoken words like "Good Morning/Afternoon/Evening, Sir/Madam". There is no need to shout.

Unless it is for reporting or seeking a dialogue, there is no need for the junior rank to march up to a senior rank just to pay compliments.

When a junior rank is about to walk pass a more senior rank, he or she will greet accordingly and continue walking. There is no need to stop. The senior rank is expected to acknowledge this greeting in return.

In Full Red Cross Uniform, a junior rank about to walk pass a commissioned Red Cross Youth Officer or the School Principal will execute a 'Saluting on the March to the Right or Left' and greet accordingly without stopping. The Officer is expected to return salute if he/she is also in Full Red Cross uniform.

In public places where there is no Red Cross function going on and when in public transport e.g. Mass Rapid Transit, Light Rapid Transit, buses, etc., the junior rank is required greet a senior rank accordingly without coming to attention or saluting.

Greetings are to be carried out in a soft tone so as not to annoy others. Sometimes, acknowledgements by nodding of heads and smiles will be good enough.

### Group

In a squad, the Squad Commander will bring the squad to execute the 'SEDIYA' position. Thereafter, the Commander will give the command, "SEKUAD, DIAM".

The Squad Commander will then turn to face the senior rank, assume the "SEDIYA" position and greet accordingly.

In a classroom setting, the class NCO-in-charge will shout "Class, Keep Still". The cadets, while remaining seated, will stiffen, sit up straight and keep still.

The NCO-in-charge will assume the ATTENTION position without banging of boots and turn to face the senior rank and greet accordingly.

After the senior rank has left or give the order to carry on, the NCO-in-charge will tell the class "Class, Sit Easy' and continue with the lessons or briefings.

When Cadets are gathered in an informal group (especially during pre-training, training breaks or post training periods), the first Cadet to notice a NCO or Officer approaching should call out to the other Cadets with a “Cadets, Keep Still”.

The nearest cadet will extend his or her greetings accordingly on behalf of the group and saluting if necessary.

### Other Uniformed Youth Organisations

Generally, there is no need to pay compliments to senior ranks from the other uniformed groups, However, returning of compliments is basic courtesy.

However, discretion should be exercised as to paying of compliments (salutes) to very senior ranking officers, especially if they are in their respective uniforms. This would be an exhibition of our courtesy and respect.

### Methods of Paying of Compliments

#### 1. Attention

This compliment is given by any junior rank to a more senior NCO rank or Volunteer Instructor, regardless of attire.

This compliment is given by any ranks to a more senior rank (including commissioned officers) when the junior is wearing a Full Red Cross Youth Uniform e.g. without a headdress.

This compliment is given by any ranks to a more senior rank (including commissioned officer) when the junior is NOT in a Red Cross Youth Uniform.

#### 2. Saluting

This compliment is given by any member of the Red Cross Youth to a Commissioned Officer or any person of distinguished position e.g. School Principal, SRC Council Member, Senior Government Official, School's Parade or Ceremony Guest-of-Honour, Senior Officers from other Uniformed Groups, etc.

The salute can only be executed by a junior rank when he or she is dressed in Full Red Cross Youth Uniform with his or her head dress on.

Saluting is to be executed regardless of the attire of the commissioned Red Cross Youth Officer or VIP.

Volunteer Instructors, being Non-Commissioned Officers, do not receive salutes.

### 3. Greetings

Greeting are spoken words like “Good Morning/ Afternoon/ Evening, Sir/Madam”.

Greetings are to be delivered when the senior rank has approached within talking distance. There is no need to shout.

#### Conclusion

Generally, junior ranks need only greet the same senior rank once in the day unless the purpose is for reporting.

Paying of compliments to a more senior person is a form of courtesy that a junior should show. The above guidelines should serve as some form of standardization in paying of compliments within the Red Cross Youth.

### **Paying of Compliments to Flags and Anthems**

The following are examples of situations whereby the Protocol on Paying of Compliments to Flags and Anthems is applicable include,

1. Raising/Lowering of State Flag
2. Singing of National Anthem
3. Raising/Lowering of Red Cross Flag
4. Singing of Red Cross Song

When dressed in Mufti, all members are to stand at ATTENTION position for the duration of the anthem or song unless the order is by commands.

When dressed in Full Red Cross Youth Uniform, all Commissioned Officers and Marching Contingent Commanders are to salute for the duration of the anthem or song unless the order is by commands. The rest of the Cadets and Volunteer Instructors are to keep still in ATTENTION position.

All member should face the direction of the State Flag or Red Cross Flag when paying compliments.

There is no requirement to salute to School Flags and Other Uniformed Youth Organisations' Flags or Colours but proper respect must be given to them accordingly, i.e. standing at ATTENTION position and facing them as they pass by.

## Practical Drills Module A

### Basic Static Drills

#### FALL IN

FALL IN is a command given to form up the squad.

**English Translation: -**

Timing	Movement	Common Mistakes	Remarks
	<ul style="list-style-type: none"> <li>➔ Enter from the commander's right.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Falling in beyond the right marker.</li> </ul>	
	<ul style="list-style-type: none"> <li>➔ First person will take the rightmost position. He is the right marker and the next person will fall in behind him.</li> </ul>		
	<ul style="list-style-type: none"> <li>➔ Form the next file when the previous file is completed.</li> </ul>		
	<ul style="list-style-type: none"> <li>➔ Stand in SENANG DIRI position.</li> </ul>		

#### SEDIYA

SEDIYA is a command to bring the squad to attention before any other commands are given. It is also a gesture of respect to anyone paid by the junior ranks.

The movement is executed from a SENANG DIRI position.

**English Translation: Attention**

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ Bring left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> <li>➔ Shift arms to the side if the body at the same time.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Thigh not parallel to the ground.</li> <li>➔ Horse-kicking.</li> <li>➔ Slouching.</li> <li>➔ Arms swinging when executing movement.</li> <li>➔ Heels not together.</li> <li>➔ Fists not clenched.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Heels touching to form a V-shape.</li> <li>➔ Head tilt, chin lift.</li> <li>➔ Eyes looking front.</li> <li>➔ Shoulders pulled back, elbows locked with fists clenched.</li> </ul>
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the left foot down sharply.</li> </ul>		

## SENANG DIRI

SENANG DIRI is a command that allows Cadets to be in a relaxed posture with restricted movements.

The movement is executed from a SEDIYA position.

**English Translation:** Stand at Ease

Timing	Movement	Common Mistakes	Remarks
Check	➔ Bring left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down (right leg remains still).	<ul style="list-style-type: none"> <li>➔ Elbows bent.</li> <li>➔ Palms curling in.</li> <li>➔ Thumbs curling down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Feet should be shoulder-width apart, heel to heel approx. 30cm, toe to toe approx. 50cm.</li> <li>➔ Right palm over left palm, thumbs crossed, fingers and hands straight, pointing down.</li> <li>➔ Head tilt, chin lift.</li> <li>➔ Shoulders pulled back.</li> <li>➔ Elbows close to waist.</li> </ul>
(Bang)	➔ Drive the left foot down sharply and shifting arms to the back of the body.		

## REHATKAN DIRI

REHATKAN DIRI is a command that allows movement of only the upper body in a relaxed posture.

The movement is executed from SENANG DIRI position.

**English Translation:** Stand Easy

Timing	Movement	Common Mistakes	Remarks
Check	➔ Slide the arms up along the back of the body to the waist.	➔ Arms not brought up high enough.	
	➔ Position of hands is the same as that of SENANG DIRI position.		

**DIAM**

DIAM is a command for the squad to keep perfectly still. It is given before the Commander reports to a Senior Rank on behalf of the Squad.

The movement is executed from a SEDIYA position.

**English Translation:** Keep Still

Timing	Movement	Common Mistakes	Remarks
	➔ Keep perfectly still in SEDIYA position.	<ul style="list-style-type: none"> <li>➔ Fidgeting.</li> <li>➔ Looking around and not looking front.</li> </ul>	

**SAMULA**

SAMULA is a command given when the previous command was badly executed or was given wrong. The squad will return to the position before the previous command is given, and if the squad was marching, Mark Time will be executed.

**English Translation:** As You Were

Timing	Movement	Common Mistakes	Remarks
	➔ Assume the previous position by executing a command to return to the previous position, e.g. execute KE-KANAN PUSING to return to the previous position when SAMULA is given after KE-KIRI PUSING.	➔ Not executing the correct drill to reverse the movement, e.g. not executing a "SEDIYA" to return to "SEDIYA" position.	

## Practical Drills Module B

### Basic Right Dress Drills

#### KE-KANAN LURUS

KE-KANAN LURUS is a command given to dress up a Squad, making it's ranks and files straight and neat.

The movement is executed from a SEDIYA position with the Squad facing FRONT.

**English Translation:** Right Dress

Timing	Movement	Common Mistakes	Remarks
Up	<p><b>Front Rank</b></p> <ul style="list-style-type: none"> <li>➔ Extend right arm, 90 degrees to the side, with fists clenched, touching the shoulder of the person on the right.</li> <li>➔ Heads turned to face the right.</li> </ul> <p><b>Centre and Rear Ranks</b></p> <ul style="list-style-type: none"> <li>➔ Heads turned to face the right.</li> </ul> <p><b>Right Marker's File</b></p> <ul style="list-style-type: none"> <li>➔ Raise right arms forward with fists clenched (thumb on top).</li> <li>➔ Face front.</li> <li>➔ NOTE: The right marker does not execute 'Up'.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Fists facing the wrong direction.</li> <li>➔ Tilting of heads instead of turning.</li> <li>➔ Bending of arms when they are too close to the person on the right.</li> </ul>	<ul style="list-style-type: none"> <li>➔ After 'Up, Check (Bang)', ranks will shuffle such that they are aligned with the right marker's file, glancing to the front.</li> <li>➔ The right marker's file has to ensure that the fist is about 6 inches away from the right shoulder of the person in front.</li> </ul>
Check	<ul style="list-style-type: none"> <li>➔ Bring left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Right marker forgets to execute 'Check, (Bang)'.</li> <li>➔ Cadets walking instead of shuffling to position.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the left foot down sharply.</li> </ul>		

## DALAM SIKU BARISAN, KE-KANAN LURUS

DALAM SIKU BARISAN, KE-KANAN LURUS is a command given to dress up a Squad, making it's ranks and files straight and neat. The difference of this command from the command KE-KANA LURUS is that the gap inbetween the files will be narrowed down to elbow length.

The movement is executed from a SEDIYA position with the Squad facing FRONT.

**English Translation:** Elbow Level, Right Dress

Timing	Movement	Common Mistakes	Remarks
Up	<p><b>Front Rank</b></p> <ul style="list-style-type: none"> <li>➔ Extend right elbow, with hands holding onto the waist, touching the person on the right with the elbow joint.</li> <li>➔ Heads turned to face the right.</li> </ul> <p><b>Centre and Rear Ranks</b></p> <ul style="list-style-type: none"> <li>➔ Heads turned to face the right.</li> </ul> <p><b>Right Marker's File</b></p> <ul style="list-style-type: none"> <li>➔ Raise right arms forward with fists clenched (thumb on top).</li> <li>➔ Face front.</li> <li>➔ NOTE: The right marker does not execute 'Up'.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Fists facing the wrong direction.</li> <li>➔ Tilting of heads instead of turning.</li> <li>➔ Bending of arms when they are too close to the person on the right.</li> </ul>	<ul style="list-style-type: none"> <li>➔ After 'Up, Check (Bang)', ranks will shuffle such that they are aligned with the right marker's file, glancing to the front.</li> <li>➔ The right marker's file has to ensure that the fist is about 6 inches away from the right shoulder of the person in front.</li> </ul>
Check	<ul style="list-style-type: none"> <li>➔ Bring left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Right marker forgets to execute 'Check, (Bang)'.</li> <li>➔ Cadets walking instead of shuffling to position.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive foot down sharply.</li> </ul>		

## PANDANG KE-HADAPAN PANDANG (IN RIGHT DRESS)

PANDANG KE-HADAPAN PANDANG is a command given for the Squad to return their line of sight to the FRONT after turning their heads to the right during Right Dress.

**English Translation:** Eyes Front (in Right Dress)

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ Turn heads to face the front sharply.</li> <li>➔ Bring down raised arms to the side swiftly, keeping arms straight at all times.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Bending of arm when bringing it down.</li> <li>➔ Not executing the movement swiftly.</li> </ul>	

## Practical Drills Module C

### Turning on the Halt Drills

#### KE-KANAN PUSING (ON THE HALT)

KE-KANAN PUSING is a command given for the Squad to execute a right turn. The movement is executed from a SEDIYA position.

**English Translation:** Right Turn (on the Halt)

Timing	Movement	Common Mistakes	Remarks
Turn	<ul style="list-style-type: none"> <li>➔ Turn 90 degrees to the right by pivoting on the right heel and push with the ball of left foot.</li> <li>➔ Right foot to be flat on the ground and left foot on the ball.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Swinging of arms while turning.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ Left foot is lifted up with knee at right angle, toes pointing down and thigh parallel to the ground.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Left knee not at 90 degrees.</li> <li>➔ Toes pointing front.</li> <li>➔ Arms not locked.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Left foot driven flat onto the ground assuming SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ No solid bang.</li> <li>➔ Heels not closed together after landing of right foot.</li> </ul>	

#### KE-KIRI PUSING (ON THE HALT)

KE-KIRI PUSING is a command given for the Squad to execute a left turn.

The movement is executed from a SEDIYA position.

**English Translation:** Left Turn (on the Halt)

Timing	Movement	Common Mistakes	Remarks
Turn	<ul style="list-style-type: none"> <li>➔ Turn 90 degrees to the left by pivoting on the left heel and push with the ball of right foot.</li> <li>➔ Left foot to be flat on the ground and right foot on the ball.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Swinging of arms while turning.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ Right foot is lifted up with knee at right angle, toes pointing down and thigh parallel to the ground.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Right knee not at 90 degrees.</li> <li>➔ Toes pointing front.</li> <li>➔ Arms not locked.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Right foot driven flat onto the ground assuming SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ No solid bang.</li> <li>➔ Heels not closed together after landing of right foot.</li> </ul>	

**KE-BELAKANG PUSING (ON THE HALT)**

KE-BELALANG PUSING is a command given for the Squad to execute an about turn.

The movement is executed from a SEDIYA position.

**English Translation:** About Turn (on the Halt)

Timing	Movement	Common Mistakes	Remarks
Turn	<ul style="list-style-type: none"> <li>➔ Turn 180 degrees towards the right while pivoting on the right heel and pushing with the ball of left foot.</li> <li>➔ Knees are to be straightened and locked.</li> <li>➔ Body's weight is to be rested on the right foot.</li> <li>➔ Right foot would be flat and the left foot on its toes.</li> <li>➔ Balance is maintained by locking arms together</li> </ul>	<ul style="list-style-type: none"> <li>➔ Swinging of arms while turning.</li> <li>➔ Inability to balance as arms are not locked.</li> <li>➔ Insufficient pivoting resulting in an incomplete turning.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ Left foot is lifted up with knee at right angle, toes pointing down and thigh parallel to the ground.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Left knee not at 90 degrees.</li> <li>➔ Toes pointing front.</li> <li>➔ Arms not locked.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Left foot driven flat onto the ground assuming SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ No solid bang.</li> <li>➔ Heels not closed together after landing of right foot.</li> </ul>	

## Practical Drills Module D

### Saluting on the Halt Drills

#### HORMAT KE-HADAPAN, HORMAT

HORMAT KE-HADAPAN, HORMAT is a command for the Squad to execute a saluting to the front while in a stationary position. A salute is a method of paying compliments to a Commissioned Officer, a person of distinguished position or to flags and anthems.

The movement is executed from a SEDIYA position.

**English Translation:** Saluting to the Front, Salute

Timing	Movement	Common Mistakes	Remarks
Check	➔ No movement required, get ready for the next action.	➔ Anticipating the drill by starting to move the hand.	➔ For those who wear spectacles, the middle finger should be at the right tip of the spectacles during the salute. ➔ For those who are not wearing spectacles, middle finger should be at the front of the right eyebrow during the salute.
Up	➔ Right hand to be brought up in a swift action. ➔ Upper arm to be parallel to the ground, lower arm, hand and fingers to be straight. ➔ Hand should be slightly tilted inwards.	➔ Upper arm not parallel to the ground. ➔ Wrist is bent when saluting. ➔ Thumb curled in. ➔ Hand bent at knuckles. ➔ Hand not slightly tilted when saluting.	
Check	➔ No movement required, get ready for the next action.	➔ Anticipating the drill by starting to move the hand.	
Down	➔ Hand to be brought down in a swift action, assuming SEDIYA position.		
Check	➔ No movement required, get ready for the next action.	➔ Anticipating the drill by starting to move the hand.	
Up	➔ Right hand to be brought up in a swift action. ➔ Upper arm to be parallel to the ground, lower arm, hand and fingers to be straight. ➔ Hand should be slightly tilted inwards.	➔ Upper arm not parallel to the ground. ➔ Wrist is bent when saluting. ➔ Thumb curled in. ➔ Hand bent at knuckles. ➔ Hand not slightly tilted when saluting.	
Check	➔ No movement required, get ready for the next action.	➔ Anticipating the drill by starting to move the hand.	

Down	➔ Hand to be brought down in a swift action, assuming SEDIYA position.	
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### HORMAT KE-KANAN HORMAT

HORMAT KE-KANAN, HORMAT is a command for the Squad to execute a saluting to the right while in a stationary position. A salute is a method of paying compliments to a Commissioned Officer, a person of distinguished position or to flags and anthems.

The movement is executed from a SEDIYA position.

**English Translation:** Saluting to the Right, Salute

Timing	Movement	Common Mistakes	Remarks
Check	➔ No movement required, get ready for the next action.	➔ Anticipating the drill by starting to move the hand.	➔ For those who wear spectacles, the middle finger should be at the centre of the spectacles during the salute. ➔ For those who are not wearing spectacles, the middle finger should be in front at the bridge of the nose during the salute.
Up	<ul style="list-style-type: none"> <li>➔ Right hand to be brought up in a swift action.</li> <li>➔ Upper arm to be parallel to the ground, lower arm, hand and fingers to be straight.</li> <li>➔ Hand should be slightly tilted inwards.</li> <li>➔ Turn head to the right simultaneously.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Upper arm not parallel to the ground.</li> <li>➔ Wrist is bent when saluting.</li> <li>➔ Thumb curled in.</li> <li>➔ Hand bent at knuckles.</li> <li>➔ Hand not slightly tilted when saluting.</li> <li>➔ Head tilted instead of turning.</li> </ul>	
Check	➔ No movement required, get ready for the next action.	➔ Anticipating the drill by starting to move the hand.	
Down	➔ Hand to be brought down in a swift action, assuming SEDIYA position.	➔ Head still remains turned.	
Check	➔ No movement required, get ready for the next action.	➔ Anticipating the drill by starting to move the hand.	
Up	<ul style="list-style-type: none"> <li>➔ Right hand to be brought up in a swift action.</li> <li>➔ Upper arm to be parallel to the ground, lower arm, hand and fingers to be straight.</li> <li>➔ Hand should be slightly tilted inwards.</li> <li>➔ Turn head to the right simultaneously.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Upper arm not parallel to the ground.</li> <li>➔ Wrist is bent when saluting.</li> <li>➔ Thumb curled in.</li> <li>➔ Hand bent at knuckles.</li> <li>➔ Hand not slightly tilted when saluting.</li> <li>➔ Head tilted instead of turning.</li> </ul>	

Check	➔ No movement required, get ready for the next action.	➔ Anticipating the drill by starting to move the hand.
Down	➔ Hand to be brought down in a swift action, assuming SEDIYA position.	➔ Head still remains turned.

## HORMAT KE-KIRI HORMAT

HORMAT KE-KIRI, HORMAT is a command for the Squad to execute a saluting to the left while in a stationary position. A salute is a method of paying compliments to a Commissioned Officer, a person of distinguished position or to flags and anthems.

The movement is executed from a SEDIYA position.

**English Translation:** Saluting to the Left, Salute

Timing	Movement	Common Mistakes	Remarks
Check	➔ No movement required, get ready for the next action.	➔ Anticipating the drill by starting to move the hand.	➔ For those who wear spectacles, the middle finger should be pointing at the right tip of the spectacles during the salute. ➔ For those who are not wearing spectacles, the middle finger should be pointing at the end of the right eyebrow during the salute.
Up	<ul style="list-style-type: none"> <li>➔ Right hand to be brought up in a swift action.</li> <li>➔ Upper arm to be parallel to the ground, lower arm, hand and fingers to be straight.</li> <li>➔ Hand should be slightly tilted inwards.</li> <li>➔ Turn head to the left simultaneously.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Upper arm not parallel to the ground.</li> <li>➔ Wrist is bent when saluting.</li> <li>➔ Thumb curled in.</li> <li>➔ Hand bent at knuckles.</li> <li>➔ Hand not slightly tilted when saluting.</li> <li>➔ Head tilted instead of turning.</li> </ul>	
Check	➔ No movement required, get ready for the next action.	➔ Anticipating the drill by starting to move the hand.	
Down	➔ Hand to be brought down in a swift action, assuming SEDIYA position.	➔ Head still remains turned.	
Check	➔ No movement required, get ready for the next action.	➔ Anticipating the drill by starting to move the hand.	

Up	<ul style="list-style-type: none"> <li>➔ Right hand to be brought up in a swift action.</li> <li>➔ Upper arm to be parallel to the ground, lower arm, hand and fingers to be straight.</li> <li>➔ Hand should be slightly tilted inwards.</li> <li>➔ Turn head to the left simultaneously.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Upper arm not parallel to the ground.</li> <li>➔ Wrist is bent when saluting.</li> <li>➔ Thumb curled in.</li> <li>➔ Hand bent at knuckles.</li> <li>➔ Hand not slightly tilted when saluting.</li> <li>➔ Head tilted instead of turning.</li> </ul>
Check	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Anticipating the drill by starting to move the hand.</li> </ul>
Down	<ul style="list-style-type: none"> <li>➔ Hand to be brought down in a swift action, assuming SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Head still remains turned.</li> </ul>

## Practical Drills Module E

### Quick March and Breaking Off Drills

The drills covered in this module are Quick March (consisting of Quick March and Halt on Quick March) and Breaking Off (consisting of Break Off and Dismissal).

CEPAT JALAN, or Quick March is a command given for a Squad to march in Quick Time. In Quick Time, the speed of the march is approximately 126 steps in a minute. From Quick March, other drills designed to be done on Quick March can be executed.

For Quick March, there are 3 different Introductory components instructing the Squad to take dressing from the Right, Left or Centre rank or file.

The movement is executed from a SEDIYA position.

#### **DARI KANAN, CEPAT JALAN**

The command DARI KANAN, CEPAT JALAN is given for the Squad to take dressing from the right rank or file. This is only applicable when the Right Marker is on the right side of the Squad and when the rank or file at the length of the front of the Squad is 6 ranks or files and below.

**English Translation:** From the Right, Quick March

#### **DARI KIRI, CEPAT JALAN**

The command DARI KANAN, CEPAT JALAN is given for the Squad to take dressing from the left rank or file. This is only applicable when the Right Marker is on the left side of the Squad and when the rank or file at the length of the front of the Squad is 6 ranks or files and below.

**English Translation:** From the Left, Quick March

#### **DARI TENGAH, CEPAT JALAN**

The command DARI TENGAH, CEPAT JALAN is given for the Squad to take dressing from the centre rank or file. This is only applicable when the rank or file at the length of the front of the Squad is 7 ranks or files and above.

**English Translation:** From the Centre, Quick March

Timing	Movement	Common Mistakes	Remarks
Left	<ul style="list-style-type: none"> <li>➔ Shoots out the left leg and land on the heels while the right foot is on its toes.</li> <li>➔ At the same time swing forward the right arm straight at a 90 degree angle and the left arm backwards at a 45 degree angle.</li> <li>➔ Lock the elbows and clench the fists at all times.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Dragging of boots.</li> <li>➔ Rear arm does not swing backwards enough.</li> <li>➔ Front arm swinging outwards instead of straight.</li> <li>➔ Elbows not locked.</li> <li>➔ Cadets not looking straight when marching.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Look straight to make sure the rank and file is straight.</li> <li>➔ Look forward to make sure the arms are in the same swing.</li> <li>➔ Pay attention and listen for the correct timing.</li> </ul>
Right	<ul style="list-style-type: none"> <li>➔ Take a step forward with the right leg lands on the heels while the left foot is on its toes.</li> <li>➔ At the same time swing forward the left arm straight at a 90 degree angle and the right arm backwards at a 45 degree angle.</li> <li>➔ Lock the elbows and clench the fists at all times.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not following timing.</li> <li>➔ Controlling of steps or arm swings.</li> <li>➔ Marching unnaturally.</li> </ul>	
Carry on with "Left, Right, Left, Right..."			

### BERHENTI (ON QUICK MARCH)

BERHENTI (on Quick March) is a command for the Squad to come to a stop during Quick March.

The command is given and the movement executed from the LEFT leg on a Quick March motion and ends in a SEDIYA position.

**English Translation:** Halt (on Quick March)

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ A full marching step is taken forward with the right leg.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Cadets not swinging the right arm for Timing 'Check'.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Both arms still in swing.</li> </ul>
One	<ul style="list-style-type: none"> <li>➔ Take a half step with the left foot while lifting up the right leg with the thigh parallel to ground and toes pointing down.</li> <li>➔ Immediately, cut down the right arm to the side in double Quick Time.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not cutting down the right arm in double Quick Time.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Right Arm is still in full swing during the half step before cutting it down double Quick Time.</li> </ul>
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Poor dressing.</li> <li>➔ Bending the left knee when driving the right foot down.</li> </ul>	

## KELUAR BARIS

KELUAR BARIS is a command given for the Squad to fall out for purpose of rest or to proceed with other activities.

The movement is executed from a SEDIYA position with the Squad facing FRONT.

**English Translation:** Break Off

Timing	Movement	Common Mistakes	Remarks
Turn	<ul style="list-style-type: none"> <li>➔ Face 90 degrees to the right by pivoting on the right heel and push with the ball of left foot.</li> <li>➔ Right foot to be flat on the ground and left foot on the ball.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Swinging of arms while turning.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ Left foot is lifted up with knee at right angle to the thigh, toes pointing down, thigh parallel to the ground.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Left leg does not reach 90 degrees.</li> <li>➔ Toes pointing front.</li> <li>➔ Arms not locked.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Left foot driven flat onto the ground assuming SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ No solid bang given.</li> <li>➔ Heels not closed together after landing of left foot.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Executing unnecessary movements.</li> </ul>	
Left, Right, Left	<ul style="list-style-type: none"> <li>➔ March off with 3 steps, starting with the left foot.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Breaking off before executing the 3 marching steps.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive right foot down sharply.</li> </ul>	<ul style="list-style-type: none"> <li>➔ No solid bang given.</li> <li>➔ Heels not closed together after landing of left foot.</li> </ul>	

**BERSURAI**

BERSURAI is a command given to dismiss the squad at the end of the day's training.

The movement is executed from a SEDIYA position with the Squad facing FRONT.

**English Translation:** Dismissal

Timing	Movement	Common Mistakes	Remarks
Turn	<ul style="list-style-type: none"> <li>➔ Face 90 degrees to the right by pivoting on the right heel and push with the ball of left foot.</li> <li>➔ Right foot to be flat on the ground and left foot on the ball.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Swinging of arms while turning.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ Left foot is lifted up with knee at right angle to the thigh, toes pointing down, thigh parallel to the ground.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Left leg does not reach 90 degrees.</li> <li>➔ Toes pointing front.</li> <li>➔ Arms not locked.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Left foot driven flat onto the ground assuming SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ No solid bang given.</li> <li>➔ Heels not closed together after landing of left foot.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Executing unnecessary movements.</li> </ul>	
Up	<ul style="list-style-type: none"> <li>➔ Cadets will turn their heads to the left and pay compliments to the dismissing officer.</li> <li>➔ Cadets will salute only if a Commissioned Officer is reviewing the dismissal.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Forgetting to pay compliments.</li> <li>➔ Tilting of heads instead of turning.</li> <li>➔ Poor saluting.</li> <li>➔ Saluting to an NCO.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Executing unnecessary movements.</li> </ul>	
Down	<ul style="list-style-type: none"> <li>➔ Turn head to the front, cutting down the salute sharply if applicable.</li> </ul>		
Check	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Executing unnecessary movements.</li> </ul>	
Left, Right, Left	<ul style="list-style-type: none"> <li>➔ March off with 3 steps, starting with the left foot.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Breaking off before executing the 3 marching steps.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive right foot down sharply.</li> </ul>	<ul style="list-style-type: none"> <li>➔ No solid bang given.</li> <li>➔ Heels not closed together after landing of left foot.</li> </ul>	

## Practical Drills Module F

### Basic Taking of Steps Drills

#### SATU/DUA/TIGA LANGKAH KE-HADAPAN, GERAK

SATU/DUA/TIGA LANGKAH KE-HADAPAN, GERAK are commands given for the Squad to shift to the front by taking steps.

The movement is executed from a SEDIYA position and the maximum number of steps allowed to be taken to the front is 3.

**English Translation:** One/Two/Three Paces to the Front, Move

#### 1. SATU LANGKAH KE-HADAPAN, GERAK

Timing	Movement	Common Mistakes	Remarks
Satu	<ul style="list-style-type: none"> <li>➔ Bring forward the left leg in the motion of a normal walking pace.</li> <li>➔ Lift the right foot till the thigh is parallel to the ground and toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not counting steps.</li> <li>➔ Eyes looking down.</li> <li>➔ Swinging or bending of arms when shifting.</li> <li>➔ Poor dressing.</li> <li>➔ Legs not lifted up till thigh is parallel to the ground.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Solid bang not given.</li> </ul>	

#### 2. DUA LANGKAH KE-HADAPAN, GERAK

Timing	Movement	Common Mistakes	Remarks
Satu	<ul style="list-style-type: none"> <li>➔ Bring forward the left leg in the motion of a normal walking pace.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not counting steps.</li> <li>➔ Eyes looking down.</li> <li>➔ Swinging or bending of arms when shifting.</li> <li>➔ Poor dressing.</li> <li>➔ Legs not lifted up till thigh is parallel to the ground.</li> </ul>	
Dua	<ul style="list-style-type: none"> <li>➔ Immediately after the left foot touches the ground, the right foot is brought forward to take another step.</li> <li>➔ Lift the left foot till the thigh is parallel to the ground and toes pointing down.</li> </ul>		
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the left foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Solid bang not given.</li> </ul>	

### 3. TIGA LANGKAH KE-HADAPAN, GERAK

Timing	Movement	Common Mistakes	Remarks
Satu	➔ Bring forward the left leg in the motion of a normal walking pace.	<ul style="list-style-type: none"> <li>➔ Not counting steps.</li> <li>➔ Eyes looking down.</li> <li>➔ Swinging or bending of arms when shifting.</li> <li>➔ Poor dressing.</li> <li>➔ Legs not lifted up till thigh is parallel to the ground.</li> </ul>	
Dua	➔ Immediately after the left foot touches the ground, the right foot is brought forward to take another step.		
Tiga	<ul style="list-style-type: none"> <li>➔ Immediately after the right foot touches the ground, the left foot is brought forward to take another step.</li> <li>➔ Lift the right foot till the thigh is parallel to the ground and toes pointing down.</li> </ul>		
(Bang)	➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.	➔ Solid bang not given.	

### SATU/DUA/TIGA LANGKAH KE-BELAKANG, GERAK

SATU/DUA/TIGA LANGKAH KE-BELAKANG, GERAK are commands given for the Squad to shift to the rear by taking steps.

The movement is executed from a SEDIYA position and the maximum number of steps allowed to be taken to the rear is 3.

**English Translation:** One/Two/Three Paces to the Rear, Move

#### 1. SATU LANGKAH KE-BELAKANG, GERAK

Timing	Movement	Common Mistakes	Remarks
Satu	<ul style="list-style-type: none"> <li>➔ Bring backwards the left leg in the motion of a normal walking pace.</li> <li>➔ Lift the right foot till the thigh is parallel to the ground and toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not counting steps.</li> <li>➔ Eyes looking down.</li> <li>➔ Swinging or bending of arms when shifting.</li> <li>➔ Poor dressing.</li> <li>➔ Legs not lifted up till thigh is parallel to the ground.</li> </ul>	
(Bang)	➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.		➔ Solid bang not given.

## 2. DUA LANGKAH KE-BELAKANG, GERAK

Timing	Movement	Common Mistakes	Remarks
Satu	➔ Bring backwards the left leg in the motion of a normal walking pace.	<ul style="list-style-type: none"> <li>➔ Not counting steps.</li> <li>➔ Eyes looking down.</li> <li>➔ Swinging or bending of arms when shifting.</li> <li>➔ Poor dressing.</li> <li>➔ Legs not lifted up till thigh is parallel to the ground.</li> </ul>	
Dua	<ul style="list-style-type: none"> <li>➔ Immediately after the left foot touches the ground, the right foot is brought backwards to take another step.</li> <li>➔ Lift the left foot till the thigh is parallel to the ground and toes pointing down.</li> </ul>		
(Bang)	➔ Drive the left foot down with a sharp 'Bang', assuming the SEDIYA position.	➔ Solid bang not given.	

## 3. TIGA LANGKAH KE-BELAKANG, GERAK

Timing	Movement	Common Mistakes	Remarks
Satu	➔ Bring backwards the left leg in the motion of a normal walking pace.	<ul style="list-style-type: none"> <li>➔ Not counting steps.</li> <li>➔ Eyes looking down.</li> <li>➔ Swinging or bending of arms when shifting.</li> <li>➔ Poor dressing.</li> <li>➔ Legs not lifted up till thigh is parallel to the ground.</li> </ul>	
Dua	➔ Immediately after the left foot touches the ground, the right foot is brought backwards to take another step.		
Tiga	<ul style="list-style-type: none"> <li>➔ Immediately after the right foot touches the ground, the left foot is brought backwards to take another step.</li> <li>➔ Lift the right foot till the thigh is parallel to the ground and toes pointing down.</li> </ul>		
(Bang)	➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.	➔ Solid bang not given.	

## SATU/DUA/TIGA LANGKAH KE-KANAN, GERAK

SATU/DUA/TIGA LANGKAH KE-KANAN, GERAK are commands given for the Squad to shift to the right by taking steps.

The movement is executed from a SEDIYA position and the maximum number of steps allowed to be taken to the right is 7. In Basic Taking of Steps Drills, the module covers only taking of steps for up to 3 steps.

**English Translation:** One/Two/Three Paces to the Right, Move

### 1. SATU LANGKAH KE-KANAN, GERAK

Timing	Movement	Common Mistakes	Remarks
Satu	<ul style="list-style-type: none"> <li>➔ Lift up the right leg with the thigh parallel to ground and take a small side step approximately 30cm to the right.</li> <li>➔ As soon as the right foot hits the ground, lift up the left leg with the thigh parallel to ground and toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not counting steps.</li> <li>➔ Eyes looking down.</li> <li>➔ Swinging or bending of arms when shifting.</li> <li>➔ Poor dressing.</li> <li>➔ Legs not lifted up till thigh is parallel to the ground.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the left foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Solid bang not given.</li> </ul>	

### 2. DUA LANGKAH KE-KANAN, GERAK

Timing	Movement	Common Mistakes	Remarks
Satu	<ul style="list-style-type: none"> <li>➔ Lift up the right leg with the thigh parallel to ground and take a small side step approximately 30cm to the right.</li> <li>➔ As soon as the right foot hits the ground, lift up the left leg with the thigh parallel to ground and toes pointing down.</li> <li>➔ Drive the left foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not counting steps.</li> <li>➔ Eyes looking down.</li> <li>➔ Swinging or bending of arms when shifting.</li> <li>➔ Poor dressing.</li> <li>➔ Legs not lifted up till thigh is parallel to the ground.</li> <li>➔ Solid bang not given.</li> </ul>	

Dua	<ul style="list-style-type: none"> <li>➔ Immediately the left foot hits the ground, lift up the right leg with the thigh parallel to ground and take a small side step approximately 30cm to the right.</li> <li>➔ As soon as the right foot hits the ground, lift up the left leg with the thigh parallel to ground and toes pointing down.</li> </ul>		
(Bang)	➔ Drive the left foot down with a sharp 'Bang', assuming the SEDIYA position.	➔ Solid bang not given.	

### 3. TIGA LANGKAH KE-KANAN, GERAK

Timing	Movement	Common Mistakes	Remarks
Satu	<ul style="list-style-type: none"> <li>➔ Lift up the right leg with the thigh parallel to ground and take a small side step approximately 30cm to the right.</li> <li>➔ As soon as the right foot hits the ground, lift up the left leg with the thigh parallel to ground.</li> <li>➔ Drive the left foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not counting steps.</li> <li>➔ Eyes looking down.</li> <li>➔ Swinging or bending of arms when shifting.</li> <li>➔ Poor dressing.</li> <li>➔ Legs not lifted up till thigh is parallel to the ground.</li> <li>➔ Solid bang not given.</li> </ul>	
Dua	<ul style="list-style-type: none"> <li>➔ Immediately the left foot hits the ground, lift up the right leg with the thigh parallel to ground and take a small side step approximately 30cm to the right.</li> <li>➔ As soon as the right foot hits the ground, lift up the left leg with the thigh parallel to ground and toes pointing down.</li> <li>➔ Drive the left foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>		

Tiga	<ul style="list-style-type: none"> <li>➔ Immediately the left foot hits the ground, lift up the right leg with the thigh parallel to ground and take a small side step approximately 30cm to the right.</li> <li>➔ As soon as the right foot hits the ground, lift up the left leg with the thigh parallel to ground and toes pointing down.</li> </ul>		
(Bang)	➔ Drive the left foot down with a sharp 'Bang', assuming the SEDIYA position.	➔ Solid bang not given.	

### SATU/DUA/TIGA LANGKAH KE-KIRI, GERAK

SATU/DUA/TIGA LANGKAH KE-KIRI, GERAK are commands given for the Squad to shift to the left by taking steps.

The movement is executed from a SEDIYA position and the maximum number of steps allowed to be taken to the left is 7. In Basic Taking of Steps Drills, the module covers only taking of steps for up to 3 steps.

**English Translation:** One/Two/Three Paces to the Left, Move

#### 1. SATU LANGKAH KE-KIRI, GERAK

Timing	Movement	Common Mistakes	Remarks
Satu	<ul style="list-style-type: none"> <li>➔ Lift up the left leg with the thigh parallel to ground and take a small side step approximately 30cm to the left.</li> <li>➔ As soon as the left foot hits the ground, lift up the right leg with the thigh parallel to ground and toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not counting steps.</li> <li>➔ Eyes looking down.</li> <li>➔ Swinging or bending of arms when shifting.</li> <li>➔ Poor dressing.</li> <li>➔ Legs not lifted up till thigh is parallel to the ground.</li> </ul>	
(Bang)	➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.	➔ Solid bang not given.	

## 2. DUA LANGKAH KE-KIRI, GERAK

Timing	Movement	Common Mistakes	Remarks
Satu	<ul style="list-style-type: none"> <li>➔ Lift up the left leg with the thigh parallel to ground and take a small side step approximately 30cm to the left.</li> <li>➔ As soon as the left foot hits the ground, lift up the right foot with the thigh parallel to ground and toes pointing down.</li> <li>➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not counting steps.</li> <li>➔ Eyes looking down.</li> <li>➔ Swinging or bending of arms when shifting.</li> <li>➔ Poor dressing.</li> <li>➔ Legs not lifted up till thigh is parallel to the ground.</li> <li>➔ Solid bang not given.</li> </ul>	
Dua	<ul style="list-style-type: none"> <li>➔ Immediately the right foot hits the ground, lift up the left leg with the thigh parallel to ground and take a small side step approximately 30cm to the left.</li> <li>➔ As soon as the left foot hits the ground, lift up the right leg with the thigh parallel to ground and toes pointing down.</li> </ul>		
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>		<ul style="list-style-type: none"> <li>➔ Solid bang not given.</li> </ul>

## 3. TIGA LANGKAH KE-KIRI, GERAK

Timing	Movement	Common Mistakes	Remarks
Satu	<ul style="list-style-type: none"> <li>➔ Lift up the left leg with the thigh parallel to ground and take a small side step approximately 30cm to the left.</li> <li>➔ As soon as the left foot hits the ground, lift up the right foot with the thigh parallel to ground and toes pointing down.</li> <li>➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not counting steps.</li> <li>➔ Eyes looking down.</li> <li>➔ Swinging or bending of arms when shifting.</li> <li>➔ Poor dressing.</li> <li>➔ Legs not lifted up till thigh is parallel to the ground.</li> <li>➔ Solid bang not given.</li> </ul>	

Dua	<ul style="list-style-type: none"> <li>➔ Immediately the right foot hits the ground, lift up the left leg with the thigh parallel to ground and take a small side step approximately 30cm to the left.</li> <li>➔ As soon as the left foot hits the ground, lift up the right leg with the thigh parallel to ground and toes pointing down.</li> <li>➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>		
Tiga	<ul style="list-style-type: none"> <li>➔ Immediately the right foot hits the ground, lift up the left leg with the thigh parallel to ground and take a small side step approximately 30cm to the left.</li> <li>➔ As soon as the left foot hits the ground, lift up the right leg with the thigh parallel to ground and toes pointing down.</li> </ul>		
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>	➔ Solid bang not given.	

# Footdrill Silver Syllabus

Module	Content
Silver Practical Drills Module A	Turning on the Halt Drills with Extended Introductory Commands <ul style="list-style-type: none"> <li>- Squad will Advance to the Front (on the Halt)</li> <li>- Squad will Retire to the Rear (on the Halt)</li> <li>- Squad will Move to the Right, in Threes (on the Halt)</li> <li>- Squad will Move to the Left, in Threes (on the Halt)</li> </ul>
Silver Practical Drills Module B	Open Order Right Dress Drills <ul style="list-style-type: none"> <li>- In Open Order, Right Dress</li> <li>- In Close Order, Right Dress</li> <li>- Eyes Front (in Open Order Right Dress)</li> </ul>
Silver Practical Drills Module C	Additional Taking of Steps Drills <ul style="list-style-type: none"> <li>- 4 to 7 Steps to the Right, Move</li> <li>- 4 to 7 Steps to the Left, Move</li> </ul>
Silver Practical Drills Module D	Quick Mark Time Drills <ul style="list-style-type: none"> <li>- Quick Mark Time (on the Halt)</li> <li>- Quick Mark Time (on Quick March)</li> <li>- Forward (on Quick Mark Time)</li> <li>- Halt (on Quick Mark Time)</li> </ul>
Silver Practical Drills Module E	Eyes Right, Left and Front on the March (Quick March) Drills <ul style="list-style-type: none"> <li>- Eyes Right (on Quick March)</li> <li>- Eyes Left (on Quick March)</li> <li>- Eyes Front (on Quick March)</li> </ul>
Silver Practical Drills Module F	Wheeling on the March (Quick March) Drills <ul style="list-style-type: none"> <li>- From the Right, Right Wheel (on Quick March)</li> <li>- From the Left, Left Wheel (on Quick March)</li> </ul>
Silver Practical Drills Module G	Basic Turning on the March (Quick March) Drills with Extended Introductory Commands <ul style="list-style-type: none"> <li>- About Turn (on Quick March)</li> </ul>
Footdrill Commanding Theory	Theory of Commanding <ul style="list-style-type: none"> <li>- Components of a Command</li> <li>- Factors Affecting Commanding</li> <li>- Tips on Commanding</li> </ul>

## **Practical Drills Module A**

### **Turning on the Halt Drills**

#### **with Extended Introductory Commands**

Extended Introductory Commands are used on the Turning on the Halt Drills as covered in the Footdrill Bronze Syllabus. It is also applicable to the Turning on the March (Quick March & Slow March) drills in advanced Footdrill.

Extended Introductory Commands sets additional requirements for the turning drills by requiring the Squad to face a certain direction as its final position.

#### **AKAN MENGHADAP KE-HADAPAN**

AKAN MENGHADAP KE-HADAPAN sets additional requirements for the turning drills by requiring the Squad to face the FRONT as its final position.

**English Translation:** Squad will Advance to the Front

#### **AKAN MENGHADAP KE-BELAKANG**

AKAN MENGHADAP KE-BELAKANG sets additional requirements for the turning drills by requiring the Squad to face the REAR as its final position.

**English Translation:** Squad will Advance to the Rear

#### **BERGERAK KE-KANAN, BER-TIGA-TIGA**

BERGERAK KE-KANAN, BER-TIGA-TIGA sets additional requirements for the turning drills by requiring the Squad to face the RIGHT as its final position. This Extended Introductory Command is not applicable when the Squad is facing the REAR.

**English Translation:** Squad will Move to the Right, in Threes

#### **BERGERAK KE-KIRI, BER-TIGA-TIGA**

BERGERAK KE-KIRI, BER-TIGA-TIGA sets additional requirements for the turning drills by requiring the Squad to face the LEFT as its final position. This Extended Introductory Command is not applicable when the Squad is facing the REAR.

**English Translation:** Squad will Move to the Left, in Threes

Hence, the Extended Introductory Commands used to face a final direction for each Turning Drill are only applicable when the Squad is facing a certain direction. The following

table below shows the Extended Introductory Commands to be used when commanding a Squad to face from one direction to another.

		Final Direction			
		FRONT	REAR	RIGHT	LEFT
Initial Direction	FRONT		AKAN MENGHADAP KE-BELAKANG, KE-BELAKANG PUSING	BERGERAK KE-KANAN, BER-TIGA-TIGA, KE-KANAN, PUSING	BERGERAK KE-KIRI, BER-TIGA-TIGA, KE-KIRI PUSING
	REAR	AKAN MENGHADAP KE-HADAPAN, KE-BELAKANG PUSING		Not Applicable	Not Applicable
	RIGHT	AKAN MENGHADAP KE-HADAPAN, KE-KIRI PUSING	AKAN MENGHADAP KE-BELAKANG, KE-KANAN PUSING		BERGERAK KE-KIRI, BER-TIGA-TIGA, KE-BELAKANG, PUSING
	LEFT	AKAN MENGHADAP KE-HADAPAN, KE-KANAN PUSING	AKAN MENGHADAP KE-BELAKANG, KE-KIRI PUSING	BERGERAK KE-KANAN, BER-TIGA-TIGA, KE-BELAKANG, PUSING	

## Practical Drills Module B

### Open Order Right Dress Drills

#### DALAM BUKA BARISAN, KE-KANAN LURUS

DALAM BUKA BARISAN, KE-KANAN LURUS is a command given for the Squad to take dressing from the right in Order Order, making it's ranks and files straight and neat. The difference between this Open Order Right Dress and Right Dress is that in Open Order Right Dress, the gap inbetween ranks are widened.

The movement is executed from a SEDIYA position with the Squad facing FRONT.

**English Translation:** In Open Order, Right Dress

Timing	Movement	Common Mistakes	Remarks
Check	<p><b>First Rank</b></p> <ul style="list-style-type: none"> <li>➔ Bring forward the left foot by taking a big step forward.</li> <li>➔ As soon as the left foot hits the ground, lift up the right leg with the thigh parallel to the ground.</li> </ul> <p><b>Second Rank</b></p> <ul style="list-style-type: none"> <li>➔ Cadets are to remain still</li> </ul> <p><b>Third Rank</b></p> <ul style="list-style-type: none"> <li>➔ Bring backwards the left foot by taking a big step backwards.</li> <li>➔ As soon as the left foot hits the ground, lift up the right leg with the thigh parallel to the ground and toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Eyes looking down.</li> <li>➔ Swinging or bending of arms when shifting.</li> <li>➔ Poor dressing.</li> <li>➔ Legs not lifted up till thigh is parallel to the ground.</li> </ul>	
(Bang)	<p><b>First Rank</b></p> <ul style="list-style-type: none"> <li>➔ Drive the left foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul> <p><b>Second Rank</b></p> <ul style="list-style-type: none"> <li>➔ Cadets are to remain still.</li> </ul> <p><b>Third Rank</b></p> <ul style="list-style-type: none"> <li>➔ Drive the left foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Second Rank confused whether to execute 'Bang'.</li> <li>➔ Solid bang not given.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Anticipating the drill by starting to move the hand.</li> </ul>	

Up	<p><b>Front Rank</b></p> <ul style="list-style-type: none"> <li>➔ Extend right arm, 90 degrees to the side, with fists clenched, touching the shoulder of the person on the right.</li> <li>➔ Heads turned to face the right.</li> </ul> <p><b>Centre and Rear Ranks</b></p> <ul style="list-style-type: none"> <li>➔ Heads turned to face the right.</li> </ul> <p><b>Right Marker's File</b></p> <ul style="list-style-type: none"> <li>➔ Face front.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Fists facing the wrong direction.</li> <li>➔ Tilting of heads instead of turning.</li> <li>➔ Bending of arms when they are too close to the person on the right.</li> </ul>	<ul style="list-style-type: none"> <li>➔ After 'Up, Check (Bang)', ranks will shuffle such that they are aligned with the right marker's file, glancing to the front.</li> </ul>
Check	<ul style="list-style-type: none"> <li>➔ Bring left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Right Marker's File forgets to execute 'Check, (Bang)'. ➔ Cadets walking instead of shuffling to position.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive foot down sharply.</li> </ul>		

### DALAM TUTUP BARISAN, KE-KANAN LURUS

DALAM TUTUP BARISAN, KE-KANAN LURUS is a command given for the Squad to take dressing from the right in Close Order from an Open Order formation, making it's ranks and files straight and neat.

The movement is executed from an Open Order formation in SEDIYA position with the Squad facing FRONT.

**English Translation:** In Close Order, Right Dress

Timing	Movement	Common Mistakes	Remarks
Check	<p><b>First Rank</b></p> <ul style="list-style-type: none"> <li>➔ Bring backwards the left foot by taking a big step backwards.</li> <li>➔ As soon as the left foot hits the ground, lift up the right leg with the thigh parallel to the ground and toes pointing down.</li> </ul> <p><b>Second Rank</b></p> <ul style="list-style-type: none"> <li>➔ Cadets are to remain still</li> </ul> <p><b>Third Rank</b></p> <ul style="list-style-type: none"> <li>➔ Bring forward the left foot by taking a big step forward.</li> <li>➔ As soon as the left foot hits the ground, lift up the right leg with the thigh parallel to the ground.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Eyes looking down.</li> <li>➔ Swinging or bending of arms when shifting.</li> <li>➔ Poor dressing.</li> <li>➔ Legs not lifted up till thigh is parallel to the ground.</li> </ul>	

(Bang)	<p><b>First Rank</b></p> <ul style="list-style-type: none"> <li>➔ Drive the left foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul> <p><b>Second Rank</b></p> <ul style="list-style-type: none"> <li>➔ Cadets are to remain still.</li> </ul> <p><b>Third Rank</b></p> <ul style="list-style-type: none"> <li>➔ Drive the left foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Second Rank confused whether to execute 'Bang'.</li> <li>➔ Solid bang not given.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Anticipating the drill by starting to move the hand.</li> </ul>	
Up	<p><b>Front Rank</b></p> <ul style="list-style-type: none"> <li>➔ Extend right arm, 90 degrees to the side, with fists clenched, touching the shoulder of the person on the right.</li> <li>➔ Heads turned to face the right.</li> </ul> <p><b>Centre and Rear Ranks</b></p> <ul style="list-style-type: none"> <li>➔ Heads turned to face the right.</li> </ul> <p><b>Right Marker's File</b></p> <ul style="list-style-type: none"> <li>➔ Raise right arms forward with fists clenched (thumb on top).</li> <li>➔ Face front.</li> <li>➔ NOTE: The right marker does not execute 'Up'.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Fists facing the wrong direction.</li> <li>➔ Tilting of heads instead of turning.</li> <li>➔ Bending of arms when they are too close to the person on the right.</li> </ul>	<ul style="list-style-type: none"> <li>➔ After 'Up, Check (Bang)', ranks will shuffle such that they are aligned with the right marker's file, glancing to the front.</li> <li>➔ The right marker's file has to ensure that the fist is about 6 inches away from the right shoulder of the person in front.</li> </ul>
Check	<ul style="list-style-type: none"> <li>➔ Bring left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Right Marker's File forgets to execute 'Check, (Bang)'.</li> <li>➔ Cadets walking instead of shuffling to position.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive foot down sharply.</li> </ul>		

**PANDANG KE-HADAPAN PANDANG (IN OPEN ORDER RIGHT DRESS)**

PANDANG KE-HADAPAN PANDANG (in Open Order Right Dress) is a command given for the Squad to return their line of sight to the FRONT from a position where not the entire Squad is looking FRONT.

This same command can be executed after Right Dress, Open Order Right Dress and Close Order Right Dress.

**English Translation:** Eyes Front (on Open Order Right Dress)

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ Turn heads to face the front sharply.</li> <li>➔ Bring down raised arms to the side swiftly, keeping arms straight at all times.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Bending of arm when bringing it down.</li> <li>➔ Not executing the movement swiftly.</li> </ul>	

## Practical Drills Module C

### Additional Taking of Steps Drills

#### **EMPAT/LIMA/ENAM/TUJUH LANGKAH KE-KANAN, GERAK**

#### **EMPAT/LIMA/ENAM/TUJUH LANGKAH KE-KIRI, GERAK**

EMPAT/LIMA/ENAM/TUJUH LANGKAH KE-KANAN, GERAK and EMPAT/LIMA/ENAM/TUJUH LANGKAH KE-KIRI, GERAK are commands given for the Squad to shift to the right and left respectively by taking steps.

The movement is executed from a SEDIYA position and the maximum number of steps allowed to be taken to the right and left is 7. In Additional Taking of Steps Drills, the module covers taking of steps from 4 to 7 steps.

The movements and common mistakes for Additional Taking of Steps Drills are the same as the Basic Taking of Steps Drills covered in the Bronze Syllabus.

The following table shows the English translation and timings for each of the commands.

<b>Command</b>	<b>English Translation</b>	<b>Timing</b>
EMPAT LANGKAH KE-KANAN, GERAK	4 Paces to the Right, Move	Satu, Dua, Tiga, Empat, (Bang)
LIMA LANGKAH KE-KANAN, GERAK	5 Paces to the Right, Move	Satu, Dua, Tiga, Empat, Lima, (Bang)
ENAM LANGKAH KE-KANAN, GERAK	6 Paces to the Right, Move	Satu, Dua, Tiga, Empat, Lima, Enam, (Bang)
TUJUH LANGKAH KE-KANAN, GERAK	7 Paces to the Right, Move	Satu, Dua, Tiga, Empat, Lima, Enam, Tujuh, (Bang)
EMPAT LANGKAH KE-KIRI, GERAK	4 Paces to the Left, Move	Satu, Dua, Tiga, Empat, (Bang)
LIMA LANGKAH KE-KIRI, GERAK	5 Paces to the Left, Move	Satu, Dua, Tiga, Empat, Lima, (Bang)
ENAM LANGKAH KE-KIRI, GERAK	6 Paces to the Left, Move	Satu, Dua, Tiga, Empat, Lima, Enam, (Bang)
TUJUH LANGKAH KE-KIRI, GERAK	7 Paces to the Left, Move	Satu, Dua, Tiga, Empat, Lima, Enam, Tujuh, (Bang)

## Practical Drills Module D

### Quick Mark Time Drills

Quick Mark Time Drills is a set of commands for the Squad to “march on the spot” or mark time. The purpose is for the squad to check dressing while maintaining Squad position and marching rhythm. It is executed in Quick Time, therefore the speed is approximately 126 steps in a minute.

Quick Mark Time can be initiated from a SEDIYA position on the halt or during Quick March.

#### **HENTAK KAKI, CEPAT HENTAK (ON THE HALT)**

HENTAK KAKI CEPAT, HENTAK (on the Halt) is a command for the Squad to initiate Quick Mark Time from a SEDIYA position on the halt.

**English Translation:** Quick Mark Time (on the Halt)

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ Bring the left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Landing flat, the toes should touch down first.</li> <li>➔ Not lifting the legs high enough.</li> <li>➔ Swinging of the arms and losing balance.</li> <li>➔ Moving forward while executing Quick Mark Time.</li> <li>➔ Timing too fast.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Toes should touch the ground first as the left foot lands.</li> <li>➔ Arms are to be locked by the sides at all times to maintain balance of the body.</li> </ul>
Left	<ul style="list-style-type: none"> <li>➔ Bring the left foot down to the ground with the toes landing on the ground first followed by the rest of the foot.</li> <li>➔ At the same time, bring right foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>		
Right	<ul style="list-style-type: none"> <li>➔ Bring the right foot down to the ground with the toes landing on the ground first followed by the rest of the foot.</li> <li>➔ At the same time, bring left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>		
Carry on with “Left, Right, Left, Right...”			

**HENTAK KAKI, CEPAT HENTAK (ON QUICK MARCH)**

HENTAK KAKI CEPAT, HENTAK (on Quick March) is a command for the Squad to initiate Quick Mark Time during the execution of Quick March.

The command is given and the movement executed from the LEFT leg in a Quick March motion.

**English Translation:** Quick Mark Time (on Quick March)

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ The right foot takes a full step forward.</li> <li>➔ At the same time, bring the left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Landing flat, the toes should touch down first.</li> <li>➔ Not lifting the legs high enough.</li> <li>➔ Swinging of the arms and losing balance. Moving forward while executing Quick Mark Time.</li> <li>➔ Timing too fast.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Toes should touch the ground first as the left foot lands.</li> <li>➔ Arms are to be locked by the sides at all times to maintain balance of the body.</li> </ul>
Left	<ul style="list-style-type: none"> <li>➔ Bring the left foot down to the ground with the toes landing on the ground first followed by the rest of the foot.</li> <li>➔ At the same time, bring the right foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>		
Right	<ul style="list-style-type: none"> <li>➔ Bring the right foot down to the ground with the toes landing on the ground first followed by the rest of the foot.</li> <li>➔ At the same time, bring left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>		
Carry on with "Left, Right, Left, Right..."			

**BERHENTI (ON QUICK MARK TIME)**

BERHENTI (on Quick Mark Time) is a command for the Squad to come to a stop during Quick Mark Time.

The command is given and the movement executed from the RIGHT leg in a Quick Mark Time motion and ends in a SEDIYA position.

**English Translation:** Halt (on Quick Mark Time)

Timing	Movement	Common Mistakes	Remarks
Check	➔ Bring the right foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down, as done in Quick Mark Time.	<ul style="list-style-type: none"> <li>➔ Poor dressing.</li> <li>➔ Bending the left knee when driving the right foot down.</li> </ul>	
(Bang)	➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.		

### MAJU (ON QUICK MARK TIME)

MAJU (on Quick Mark Time) is a command for the Squad to carry on forward in Quick March during Quick Mark Time.

The command is given and the movement executed from the RIGHT leg in a Quick Mark Time motion and ends in Quick March.

**English Translation:** Forward (On Quick Mark Time)

Timing	Movement	Common Mistakes	Remarks
Check	➔ Bring the right foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down, as done in Quick Mark Time.	<ul style="list-style-type: none"> <li>➔ Poor dressing.</li> <li>➔ Bending the left knee when driving the right foot down.</li> </ul>	
(Bang)	➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.		
Left	<ul style="list-style-type: none"> <li>➔ Shoots out the left leg and land on the heels while the right foot is on its toes.</li> <li>➔ At the same time swing forward the right arm straight at a 90 degree angle and the left arm backwards at a 45 degree angle.</li> <li>➔ Lock the elbows and clench the fists at all times.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Dragging of boots.</li> <li>➔ Rear arm does not swing backwards enough.</li> <li>➔ Front arm swinging outwards instead of straight.</li> <li>➔ Elbows not locked.</li> <li>➔ Cadets not looking straight when marching.</li> <li>➔ Not following timing.</li> <li>➔ Controlling of steps or arm swings.</li> <li>➔ Marching unnaturally.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Look straight to make sure the rank and file is straight.</li> <li>➔ Look forward to make sure the arms are in the same swing.</li> <li>➔ Pay attention and listen for the correct timing.</li> </ul>
Right	<ul style="list-style-type: none"> <li>➔ Take a step forward with the right leg lands on the heels while the left foot is on its toes.</li> <li>➔ At the same time swing forward the left arm straight at a 90 degree angle and the right arm backwards at a 45 degree angle.</li> <li>➔ Lock the elbows and clench the fists at all times.</li> </ul>		
Carry on with "Left, Right, Left, Right..."			

## Practical Drills Module E

### Eyes Right, Left and Front on the March (Quick March) Drills

#### **PANDANG KE-KANAN, PANDANG (ON QUICK MARCH)**

PANDANG KE-KANAN, PANDANG (on Quick March) is a command given for the Squad to pay compliments to a superior on the right side while in a Quick March motion.

The command is given and the movement executed from the LEFT leg in a Quick March motion.

If the Squad consists of 6 files or less, the right-most Cadet in the leading file does not have to execute the command. Whereas when the Squad consist of 7 files or more, the right-most rank and the leading file does not have to execute the command.

**English Translation:** Eyes Right (on Quick March)

Timing	Movement	Common Mistakes	Remarks
Check	➔ Continue ONE marching step.	<ul style="list-style-type: none"> <li>➔ Not turning head smartly.</li> <li>➔ Poor Dressing, Cadets should glance to the front and right to maintain dressing.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Right foot take a full step forward.</li> <li>➔ Left arm swings up.</li> </ul>
Up	➔ Turn head sharply and smartly to face the right.	<ul style="list-style-type: none"> <li>➔ Dressing is to be taken from right-most Cadet in the first file.</li> <li>➔ Head is tilted slightly to the front instead of being fully turned to face the right.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Arms continue to swing as per normal marching.</li> <li>➔ Head is turned to the right until Eyes Front is given.</li> </ul>
Carry on with "Left, Right, Left, Right..."			

#### **PANDANG KE-KIRI, PANDANG**

PANDANG KE-KIRI, PANDANG (on Quick March) is a command given for the Squad to pay compliments to a superior on the left side while in a Quick March motion.

The command is given and the movement executed from the LEFT leg in a Quick March motion.

If the Squad consists of 6 files or less, the left-most Cadet in the leading file does not have to execute the command. Whereas when the Squad consist of 7 files or more, the left-most rank and the leading file does not have to execute the command.

**English Translation:** Eyes Left (on Quick March)

Timing	Movement	Common Mistakes	Remarks
Check	➔ Continue ONE marching step.	<ul style="list-style-type: none"> <li>➔ Not turning head smartly.</li> <li>➔ Poor Dressing, Cadets should glance to the front and right to maintain dressing.</li> <li>➔ Dressing is to be taken from left-most Cadet in the first file.</li> <li>➔ Head is tilted slightly to the front instead of being fully turned to face the left.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Right foot take a full step forward.</li> <li>➔ Left arm swings up.</li> </ul>
Up	➔ Turn head sharply and smartly to face the left.		<ul style="list-style-type: none"> <li>➔ Arms continue to swing as per normal marching.</li> <li>➔ Head is turned to the right until Eyes Front is given.</li> </ul>
Carry on with "Left, Right, Left, Right..."			

### PANDANG KE-HADAPAN, PANDANG (ON QUICK MARCH)

PANDANG KE-HADAPAN, PANDANG (on Quick March) is a command given to the Squad to recover them to face the front from the execution of Eyes Right and Eyes Left.

The command is given and the movement executed from the LEFT leg on a Eyes Right or Left in Quick March motion. The movement will end with a Quick March.

**English Translation:** Eyes Front (on Quick March)

Timing	Movement	Common Mistakes	Remarks
Check	➔ Continue ONE marching step	<ul style="list-style-type: none"> <li>➔ Not turning head smartly.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Right foot take a full step forward.</li> <li>➔ Left arm swings up.</li> </ul>
Down	➔ Turn head sharply and smartly to the front.		<ul style="list-style-type: none"> <li>➔ Squad will continue marching as per normal.</li> </ul>
Carry on with "Left, Right, Left, Right..."			

## Practical Drills Module F

### Wheeling on the March (Quick March) Drills

#### **DARI KANAN, KE-KANAN BELOK (ON QUICK MARCH)**

DARI KANAN, KE-KANAN BELOK (on Quick March) is a command given for the Squad to wheel right at a spot, effectively changing the direction 90 degrees to the right while marching without changing the leading front to another rank or file. Having said that, the orientation of the Squad to the parade ground would be affected.

The command can be given and the movement executed from any leg in a Quick March motion.

**English Translation:** From the Right, Right Wheel (on Quick March)

Timing	Movement	Common Mistakes	Remarks
	<ul style="list-style-type: none"> <li>➔ Squad will 'wheel' to the right at the point where the command ends.</li> <li>➔ All the Cadets in the same file must wheel together taking their dressing from innermost Cadet.</li> <li>➔ The innermost rank or file has to taken smaller steps.</li> <li>➔ The centre ranks and files have to take normal step.</li> <li>➔ The outermost rank or file need to take bigger steps.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Failure to wheel perpendicularly.</li> <li>➔ Ranks and files behind the leading rank or file wheeling before reaching the wheel point.</li> <li>➔ Cadets in the innermost rank or file marching on the spot.</li> <li>➔ Poor dressing, the innermost rank must take very small steps while wheeling that the two outer ranks can catch up</li> </ul>	<ul style="list-style-type: none"> <li>➔ Do not stray out of the point.</li> <li>➔ While wheeling, both arms must be swinging at all times.</li> <li>➔ An instructor can stand at the wheeling point to ensure that the neat dressing is carried out.</li> </ul>
Carry on with "Left, Right, Left, Right..."			

#### **DARI KIRI, KE-KIRI BELOK (ON QUICK MARCH)**

DARI KIRI, KE-KIRI BELOK (on Quick March) is a command given for the Squad to wheel left at a spot, effectively changing the direction 90 degrees to the left while marching without changing the leading front to another rank or file. Having said that, the orientation of the Squad to the parade ground would be affected.

The command can be given and the movement executed from any leg in a Quick March motion.

**English Translation:** From the Left, Left Wheel (on Quick March)

Timing	Movement	Common Mistakes	Remarks
	<ul style="list-style-type: none"> <li>➔ Squad will 'wheel' to the left at the point where the command ends.</li> <li>➔ All the Cadets in the same file must wheel together taking their dressing from innermost Cadet.</li> <li>➔ The innermost rank or file has to taken smaller steps.</li> <li>➔ The centre ranks and files have to take normal step.</li> <li>➔ The outermost rank or file need to take bigger steps.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Failure to wheel perpendicularly.</li> <li>➔ Ranks and files behind the leading rank or file wheeling before reaching the wheel point.</li> <li>➔ Cadets in the innermost rank or file marching on the spot.</li> <li>➔ Poor dressing, the innermost rank must take very small steps while wheeling that the two outer ranks can catch up</li> </ul>	<ul style="list-style-type: none"> <li>➔ Do not stray out of the point.</li> <li>➔ While wheeling, both arms must be swinging at all times.</li> <li>➔ An instructor can stand at the wheeling point to ensure that the neat dressing is carried out.</li> </ul>
Carry on with "Left, Right, Left, Right..."			

## Practical Drills Module G

### Basic Turning on the March (Quick March) Drills with Extended Introductory Commands

Basic Turning on the March (Quick March) Drills comprises only **KE-BELAKANG PUSING** or About Turn.

#### **KE-BELAKANG PUSING (ON QUICK MARCH)**

KE-BELAKANG PUSING (on Quick March) is a command given for the Squad to change their direction of march to the opposite direction without changing the Squad's orientation to the parade ground. Having said that, the leading rank or file of the Squad will be affected.

The command is given and the movement executed from the LEFT leg in a Quick March motion.

#### **English Translation: About Turn (on Quick March)**

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ Take a full step forward with the right foot, and bring the left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>		<ul style="list-style-type: none"> <li>➔ The arms are to be swung but brought back to the sides for the body in double quick time.</li> </ul>
T	<ul style="list-style-type: none"> <li>➔ Moving clockwise, turning to the right, bring down the left foot in front of the right foot forming a 'T'.</li> <li>➔ At the same time, bring the right foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down, shifting to the right in preparation to form the 'L'.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Wrong positioning of feet in the T L V movements.</li> <li>➔ Cadets slouching and not looking straight.</li> <li>➔ Cadets not lifting their legs when doing the 'T', 'L', 'V' movements; this result in the timing being too fast.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Lock arms by the side firmly to retain balance while executing the turn.</li> </ul>
L	<ul style="list-style-type: none"> <li>➔ The right foot is then brought down and behind the left foot forming a 'L' heel-to-heel.</li> <li>➔ At the same time, bring the left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down, shifting to the right in preparation to form the 'V'.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Check that the thighs are parallel to the ground.</li> <li>➔ Cadets not locking their arms, resulting in losing balance.</li> </ul>	

V	<ul style="list-style-type: none"> <li>➔ The left foot is then brought down and beside the right foot to form the 'V'.</li> <li>➔ At the same time, bring the right foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>		<ul style="list-style-type: none"> <li>➔ The Squad should be facing the opposite direction by the time the right foot is lifted up.</li> </ul>
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.</li> <li>➔ Thereafter, march off in quick time.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Failure to march off immediately after 'Bang'.</li> </ul>	
Carry on with "Left, Right, Left, Right..."			

The Squad will use the same method while executing About Turn on Quick March from different directions. However, the Extended Introductory Command would differ with each direction. The following table below shows the Extended Introductory Commands to be used.

		Final Direction			
		FRONT	REAR	RIGHT	LEFT
Initial Direction	FRONT		AKAN MENGHADAP KE-BELAKANG, KE-BELAKANG PUSING	Not Applicable	Not Applicable
	REAR	AKAN MENGHADAP KE-HADAPAN, KE-BELAKANG PUSING		Not Applicable	Not Applicable
	RIGHT	Not Applicable	Not Applicable		BERGERAK KE-KIRI, BER-TIGA-TIGA, KE-BELAKANG, PUSING
	LEFT	Not Applicable	Not Applicable	BERGERAK KE-KANAN, BER-TIGA-TIGA, KE-BELAKANG, PUSING	

# Footdrill Commanding Theory

## Theory of Commanding

Commanding plays a vital role in Footdrill. To practice good Footdrill, one must be proficient in both the art and science of Drill and Commanding. The effectiveness, efficiency and atmosphere of a drill session largely depend on the Commander's commanding.

### Three Components of a Command

A command can be essentially broken up into 3 components, namely; the **Introductory**, the **Cautionary** and the **Executive**.

#### 1. Introductory

The **Introductory** component begins from the start of the command to the **Cautionary** component. It tells the squad the requirements of the command that is being given.

The **Introductory** component should be clear, not rushed and include appropriate pauses in between.

#### E.g. Bergerak Ke-Kanan Ber-Tiga-Tiga, Ke-Belakang Pusing

In the command, **Bergerak Ke-Kanan Ber-Tiga-Tiga, Ke-Belakang Pusing**, the **Introductory** component would be Bergerak Ke-Kanan Ber-Tiga-Tiga, Ke-Belakang, It tells the squad the requirements of the command, in this instance, Move to the Right in Threes, About.

#### 2. Cautionary

The **Cautionary** component is a single syllable, usually the second last syllable or the last syllable of the second last word in the command.

It is situated in between the **Introductory** and **Executive** components of a command and alerts the squad that the order to execute command is near.

The **Cautionary** component should be dragged and prolonged for a longer period of time. The Commander may vary the tone of the component and at the same time garner his breath to prepare for a loud and strong **Executive**.

#### E.g. Bergerak Ke-Kanan Ber-Tiga-Tiga, Ke-Belakang Pusing

In the command, **Bergerak Ke-Kanan Ber-Tiga-Tiga, Ke-Belakang Pusing**, the **Cautionary** component would be Pu.... It tells the squad that the order to execute the command is near. In this example, the Cautionary component is the second last syllable of the command.

**E.g. Lima Langkah, Ke-Kanan, Gerak**

In the command, **Lima Langkah, Ke-Kanan, Gerak**, the **Cautionary** component would be (Ke-Ka)nan.... It tells the squad that the order to execute the command is near. In this example, the Cautionary component is the second last word of the command.

**3. Executive**

The **Executive** component is the order to execute the command. It is the last syllable of the last word or the last word of the command.

The **Executive** component should be loud, strong and forceful. When dealing with commands given on the march, the **Executive** component should also land on the intended leg accurately.

**E.g. Bergerak Ke-Kanan Ber-Tiga-Tiga, Ke-Belakang Pusing**

In the command, **Bergerak Ke-Kanan Ber-Tiga-Tiga, Ke-Belakang Pusing**, the **Executive** component would be ...sing. It gives the squad the order to execute the command. In this example, the **Executive** component is the last syllable of the last word of the command.

**E.g. Lima Langkah, Ke-Kanan, Gerak**

In the command, **Lima Langkah, Ke-Kanan, Gerak**, the **Executive** component would be Gerak. It gives the squad the order to execute the command. In this example, the **Executive** component is the last word of the command.

**Factors Affecting Commanding**

A number of factors affect how commanding should be carried out. An effective Commander adapts him/herself and makes the best out of the situation.

The factors affecting commanding can be differentiated into 3 categories, namely the Commander, the Squad, and the Surroundings.

**1. The Commander**

The Commander's level of **preparedness** and **confidence** determines how well a command will be given. **Proficiency** and **understanding** of the commands and syllabus will also aid the Commander in commanding.

Only with good understanding of commands as well as knowing the proficiency of the squad, the Commander can use the minimal number of commands bring the squad to where he wants them to.

To overcome these challenges, a Commander should frequently update and refresh his/her drill knowledge.

## 2. The Squad

The squad size and squad's distance from the Commander decides how loud a Commander should project his voice.

The Commander must make sure that the entire Squad can hear his/her commands clearly.

To adapt to the different situations, follow the simple rules below.

- The nearer the Squad, the softer the command
- The further the Squad, the louder the command
- The smaller the Squad, the softer the command depending on distance
- The larger the Squad, the louder the command depending on distance
- If the Squad is long and near, step back and command loudly

## 3. The Surroundings

External interferences such as planes flying overhead, traffic and other Commanders on the parade square may cause the Squad to be unable to comprehend the Commander's commanding.

Most of the time, these interferences are beyond the Commander's control. Intelligent Commanders would wait for the disturbances to clear before continuing on his/her commanding.

Commanders may practice staggered commanding arrangements when sharing premises to prevent confusion between the Squads.

### Tips on Commanding

Below are some of the simple tips on commanding a Commander can use to maximize his/her effectiveness and efficiency when commanding.

- Use your diaphragm, not your throat!
- Time your commanding accurately.
- Plan your commands ahead.
- What you give to your Squad is what you get from them!
- Practice, Practice, and Practice!

# Footdrill Gold Syllabus

Module	Content
Gold Practical Drills Module A	Saluting on the March (Quick March) Drills <ul style="list-style-type: none"> <li>- Saluting on the March, to the Front, Salute (on Quick March)</li> <li>- Saluting on the March, to the Right, Salute (on Quick March)</li> <li>- Saluting on the March, to the Left, Salute (on Quick March)</li> </ul>
Gold Practical Drills Module B	Additional Turning on the March (Quick March) Drills with Extended Introductory Commands <ul style="list-style-type: none"> <li>- Right Turn (on Quick March)</li> <li>- Left Turn (on Quick March)</li> </ul>
Gold Practical Drills Module C	Sizing Drills <ul style="list-style-type: none"> <li>- Tallest on the Right, Shortest on the Left, in One Rank, Size</li> <li>- From the Right, in Twos, Number</li> <li>- Odd Numbers One Pace Forward, Even Numbers One Pace Backwards, Move</li> <li>- Right Hand Man Keep Still, Ranks Right and Left, Turn</li> <li>- Squad will Form Three Ranks, Quick March</li> <li>- Attention</li> <li>- Right Dress</li> <li>- Eyes Front (on Right Dress)</li> </ul>
Gold Practical Drills Module D	Slow March Drills <ul style="list-style-type: none"> <li>- Slow March</li> <li>- Halt (on Slow March)</li> </ul>
Gold Practical Drills Module E	Slow Mark Time Drills <ul style="list-style-type: none"> <li>- Slow Mark Time (on the Halt)</li> <li>- Slow Mark Time (on Slow March)</li> <li>- Forward (on Slow March)</li> <li>- Halt (on Slow March)</li> </ul>
Gold Practical Drills Module F	Changing Between Quick and Slow Time Drills <ul style="list-style-type: none"> <li>- Change to Slow Time, Slow March</li> <li>- Change to Quick Time, Quick March</li> </ul>
Footdrill Commanding Practical	Practice of Commanding <ul style="list-style-type: none"> <li>- Knowledge of Drills</li> <li>- Pitch, Pronunciation and Voice Projection</li> </ul>
Footdrill Methods of Instruction Theory	Methods of Instruction for Footdrill <ul style="list-style-type: none"> <li>- Sequence of Instruction</li> </ul>

## Practical Drills Module A

### Saluting on the March (Quick March) Drills

#### MEMBERI HORMAT KE-HADAPAN, HORMAT (ON QUICK MARCH)

MEMBERI HORMAT KE-HADAPAN, HORMAT (on Quick March) is a command given for a Squad to execute a salute to the front while in a Quick March motion. The command is used to pay compliments towards a Commissioned Officer or symbolic item such as a flag while marching.

The command is given and the movement executed from the LEFT leg in a Quick March motion.

**English Translation:** Saluting on the March to the Front, Salute (on Quick March)

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ A full marching step is taken forward with the right leg.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Cadets not swinging the right arm for Timing 'Check'.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Both arms still in swing.</li> </ul>
One	<ul style="list-style-type: none"> <li>➔ Take a half step with the left foot while lifting up the right leg with the thigh parallel to ground and toes pointing down.</li> <li>➔ Immediately, cut down the right arm to the side in double Quick Time.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not cutting down the right arm in double Quick Time.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Right Arm is still in full swing during the half step before cutting it down double Quick Time.</li> </ul>
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Poor dressing.</li> <li>➔ Bending the left knee when driving the right foot down.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Anticipating the drill by starting to move the hand.</li> </ul>	<ul style="list-style-type: none"> <li>➔ For those who wear spectacles, the middle finger should be at the right tip of the spectacles during the salute.</li> <li>➔ For those who are not wearing spectacles, middle finger should be at the front of the right eyebrow during the salute.</li> </ul>
Up	<ul style="list-style-type: none"> <li>➔ Right hand to be brought up in a swift action.</li> <li>➔ Upper arm to be parallel to the ground, lower arm, hand and fingers to be straight.</li> <li>➔ Hand should be slightly tilted inwards.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Upper arm not parallel to the ground.</li> <li>➔ Wrist is bent when saluting.</li> <li>➔ Thumb curled in.</li> <li>➔ Hand bent at knuckles.</li> <li>➔ Hand not slightly tilted when saluting.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Anticipating the drill by starting to move the hand.</li> </ul>	

Down	➔ Hand to be brought down in a swift action, assuming SEDIYA position.		
Check	➔ No movement required, get ready for the next action.	➔ Anticipating the drill by starting to move the hand.	
Up	<ul style="list-style-type: none"> <li>➔ Right hand to be brought up in a swift action.</li> <li>➔ Upper arm to be parallel to the ground, lower arm, hand and fingers to be straight.</li> <li>➔ Hand should be slightly tilted inwards.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Upper arm not parallel to the ground.</li> <li>➔ Wrist is bent when saluting.</li> <li>➔ Thumb curled in.</li> <li>➔ Hand bent at knuckles.</li> <li>➔ Hand not slightly tilted when saluting.</li> </ul>	
Check	➔ No movement required, get ready for the next action.	➔ Anticipating the drill by starting to move the hand.	
Down	➔ Hand to be brought down in a swift action, assuming SEDIYA position.		
Check	➔ No movement required, get ready for the next action.	➔ Anticipating the drill by starting to turn.	
Turn	<ul style="list-style-type: none"> <li>➔ Turn 180 degrees towards the right while pivoting on the right heel and pushing with the ball of left foot.</li> <li>➔ Knees are to be straightened and locked.</li> <li>➔ Body's weight is to be rested on the right foot.</li> <li>➔ Right foot would be flat and the left foot on its toes.</li> <li>➔ Balance is maintained by locking arms together</li> </ul>	<ul style="list-style-type: none"> <li>➔ Swinging of arms while turning.</li> <li>➔ Inability to balance as arms are not locked.</li> <li>➔ Insufficient pivoting resulting in an incomplete turning.</li> </ul>	
Check	➔ Left foot is lifted up with knee at right angle, toes pointing down and thigh parallel to the ground.	<ul style="list-style-type: none"> <li>➔ Left knee not at 90 degrees.</li> <li>➔ Toes pointing front.</li> <li>➔ Arms not locked.</li> </ul>	
(Bang)	➔ Left foot driven flat onto the ground assuming SEDIYA position.	<ul style="list-style-type: none"> <li>➔ No solid bang.</li> <li>➔ Heels not closed together after landing of right foot.</li> </ul>	
Check	➔ No movement required, get ready for the next action.	➔ Anticipating the drill by starting to march forward.	➔ Resume marching after the timing 'Check'.
Carry on with "Left, Right, Left, Right..."			

**MEMBERI HORMAT KE-KANAN, HORMAT (ON QUICK MARCH)**

MEMBERI HORMAT KE-KANAN, HORMAT (on Quick March) is a command given for a Squad to execute a salute to the right without halting while in a Quick March motion. The command is used to pay compliments towards a Commissioned Officer or symbolic item such as a flag when marching pass.

The command is given and the movement executed from the LEFT leg in a Quick March motion.

**English Translation:** Saluting on the March to the Right, Salute (on Quick March)

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ Continue ONE marching step with the right foot.</li> </ul>		<ul style="list-style-type: none"> <li>➔ Right foot take a full step forward.</li> <li>➔ Left arm swings up</li> </ul>
Up	<ul style="list-style-type: none"> <li>➔ Left foot take a full step forward.</li> <li>➔ Turn head to the right and bring up the right hand to execute a "Salute to the Right".</li> </ul>	<ul style="list-style-type: none"> <li>➔ Upper arm not parallel to the ground.</li> <li>➔ Wrist is bent when saluting.</li> <li>➔ Thumb curled in.</li> <li>➔ Hand bent at knuckles.</li> <li>➔ Hand not slightly tilted when saluting.</li> <li>➔ Head tilted instead of turning.</li> </ul>	<ul style="list-style-type: none"> <li>➔ -Do not swing up left arm, lock it by the side of body</li> <li>➔ -Middle finger of saluting hand should be pointing in between the eyes</li> </ul>
2	<ul style="list-style-type: none"> <li>➔ Continue ONE marching step with the right foot while keeping the saluting position.</li> </ul>		<ul style="list-style-type: none"> <li>➔ Left arm is kept by the side of body.</li> </ul>
3	<ul style="list-style-type: none"> <li>➔ Continue ONE marching step with the left foot while keeping the saluting position.</li> </ul>		
4	<ul style="list-style-type: none"> <li>➔ Continue ONE marching step with the right foot while keeping the saluting position.</li> </ul>		
5	<ul style="list-style-type: none"> <li>➔ Continue ONE marching step with the left foot while keeping the saluting position.</li> </ul>		
Down	<ul style="list-style-type: none"> <li>➔ Right foot take a full step forward.</li> <li>➔ Return saluting hand to the side smartly and swiftly</li> <li>➔ Turn head back to face the front.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not bringing back the right arm swiftly.</li> <li>➔ Raising the wrong arm while continuing to march.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Continue marching.</li> </ul>
Carry on with "Left, Right, Left, Right..."			

**MEMBERI HORMAT KE-KIRI, HORMAT (ON QUICK MARCH)**

MEMBERI HORMAT KE-KIRI, HORMAT (on Quick March) is a command given for a Squad to execute a salute to the left without halting while in a Quick March motion. The command is used to pay compliments towards a Commissioned Officer or symbolic item such as a flag when marching pass.

The command is given and the movement executed from the LEFT leg in a Quick March motion.

**English Translation:** Saluting on the March to the Left, Salute (on Quick March)

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ Continue ONE marching step with the right foot.</li> </ul>		<ul style="list-style-type: none"> <li>➔ Right foot take a full step forward.</li> <li>➔ Left arm swings up</li> </ul>
Up	<ul style="list-style-type: none"> <li>➔ Left foot take a full step forward.</li> <li>➔ Turn head to the left and bring up the right hand to execute a "Salute to the Left".</li> </ul>	<ul style="list-style-type: none"> <li>➔ Upper arm not parallel to the ground.</li> <li>➔ Wrist is bent when saluting.</li> <li>➔ Thumb curled in.</li> <li>➔ Hand bent at knuckles.</li> <li>➔ Hand not slightly tilted when saluting.</li> <li>➔ Head tilted instead of turning.</li> </ul>	<ul style="list-style-type: none"> <li>➔ -Do not swing up left arm, lock it by the side of body</li> <li>➔ -Middle finger of saluting hand should be pointing in between the eyes</li> </ul>
2	<ul style="list-style-type: none"> <li>➔ Continue ONE marching step with the right foot while keeping the saluting position.</li> </ul>		<ul style="list-style-type: none"> <li>➔ Left arm is kept by the side of body.</li> </ul>
3	<ul style="list-style-type: none"> <li>➔ Continue ONE marching step with the left foot while keeping the saluting position.</li> </ul>		
4	<ul style="list-style-type: none"> <li>➔ Continue ONE marching step with the right foot while keeping the saluting position.</li> </ul>		
5	<ul style="list-style-type: none"> <li>➔ Continue ONE marching step with the left foot while keeping the saluting position.</li> </ul>		
Down	<ul style="list-style-type: none"> <li>➔ Right foot take a full step forward.</li> <li>➔ Return saluting hand to the side smartly and swiftly</li> <li>➔ Turn head back to face the front.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not bringing back the right arm swiftly.</li> <li>➔ Raising the wrong arm while continuing to march.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Continue marching.</li> </ul>
Carry on with "Left, Right, Left, Right..."			

## Practical Drills Module B

### Additional Turning on the March (Quick March) Drills with Extended Introductory Commands

Additional Turning on the March (Quick March) Drills comprises only **KE-KANAN PUSING** (Right Turn) and **KE-KIRI PUSING** (Left Turn).

#### **KE-KANAN PUSING (ON QUICK MARCH)**

KE-KANAN PUSING (on Quick March) is a command given for the Squad to change their direction of march to the right without changing the Squad's orientation to the parade ground. Having said that, the leading rank or file of the Squad will be affected.

The command is given and the movement executed from the LEFT leg in a Quick March motion.

**English Translation:** Right Turn (on Quick March)

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ Take a full step forward with the right foot, and bring the left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>		<ul style="list-style-type: none"> <li>➔ The arms are to be swung but brought back to the sides for the body in double quick time.</li> </ul>
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the left foot down with a sharp 'Bang', assuming the SEDIYA position.</li> <li>➔ Thereafter, march off 90 degrees to the right in quick time, starting with the right leg and left arm.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Failure to march off immediately after 'Bang'.</li> <li>➔ Swinging of the right arm on the first step at march off.</li> </ul>	<ul style="list-style-type: none"> <li>➔ The right leg will take the first step when marching off 90 degrees to the right.</li> <li>➔ The march off timing will start with 'Right' instead of 'Left'.</li> </ul>
Carry on with "Right, Left, Right, Left, Right..."			

#### **KE-KIRI PUSING (ON QUICK MARCH)**

KE-KIRI PUSING (on Quick March) is a command given for the Squad to change their direction of march to the left without changing the Squad's orientation to the parade ground. Having said that, the leading rank or file of the Squad will be affected.

The command is given and the movement executed from the RIGHT leg in a Quick March motion.

**English Translation:** Left Turn (On Quick March)

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ Take a full step forward with the left foot, and bring the right foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>		<ul style="list-style-type: none"> <li>➔ The arms are to be swung but brought back to the sides for the body in double quick time.</li> </ul>
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the right foot down with a sharp 'Bang', assuming the SEDIYA position.</li> <li>➔ Thereafter, march off 90 degrees to the left in quick time.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Failure to march off immediately after 'Bang'.</li> </ul>	
Carry on with "Left, Right, Left, Right..."			

The Squad will use the same method while executing Right and Left Turn on Quick March from different directions. However, the Extended Introductory Command would differ with each direction. The following table below shows the Extended Introductory Commands to be used.

		Final Direction			
		FRONT	REAR	RIGHT	LEFT
Initial Direction	FRONT		Not Applicable	BERGERAK KE-KANAN, BER-TIGA-TIGA, KE-KANAN, PUSING	BERGERAK KE-KIRI, BER-TIGA-TIGA, KE-KIRI PUSING
	REAR	Not Applicable		Not Applicable	Not Applicable
	RIGHT	AKAN MENGHADAP KE-HADAPAN, KE-KIRI PUSING	AKAN MENGHADAP KE-BELAKANG, KE-KANAN PUSING		Not Applicable
	LEFT	AKAN MENGHADAP KE-HADAPAN, KE-KANAN PUSING	AKAN MENGHADAP KE-BELAKANG, KE-KIRI PUSING	Not Applicable	

## Practical Drills Module C

### Sizing Drills

Sizing, also known as MEMARAS is a set of commands for the Squad to rearrange form themselves into a more orderly and symmetrical Squad with the taller Cadets on the extreme right and left of Squad, and the shorter Cadets in the centre.

Such an arrangement aids the Squad in keeping order and dressings, especially large Contingents and during marching, as compared to an un-sized Squad.

The commands in the set are must be given in sequence from a SEDIYA position facing the FRONT.

#### **YANG TINGGI KE-KANAN, RENDAH KE-KIRI, DALAM SATU BARISAN, PARAS**

YANG TINGGI KE-KANAN, RENDAH KE-KIRI, DALAM SATU BARISAN, PARAS is a command given for the Squad to fall out and form one single rank with the tallest Cadet on the RIGHT and the shortest Cadet on the LEFT.

**English Translation:** Tallest on the Right, Shortest on the Left, in One Rank, Size

Timing	Movement	Common Mistakes	Remarks
Turn	<ul style="list-style-type: none"> <li>➔ Face 90 degrees to the right by pivoting on the right heel and push with the ball of left foot.</li> <li>➔ Right foot to be flat on the ground and left foot on the ball.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Swinging of arms while turning.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ Left foot is lifted up with knee at right angle to the thigh, toes pointing down, thigh parallel to the ground.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Left leg does not reach 90 degrees.</li> <li>➔ Toes pointing front.</li> <li>➔ Arms not locked.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Left foot driven flat onto the ground assuming SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ No solid bang given.</li> <li>➔ Heels not closed together after landing of left foot.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Executing unnecessary movements.</li> </ul>	
Left, Right, Left	<ul style="list-style-type: none"> <li>➔ March off with 3 steps, starting with the left foot.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Breaking off before executing the 3 marching steps.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive right foot down sharply.</li> </ul>	<ul style="list-style-type: none"> <li>➔ No solid bang given.</li> <li>➔ Heels not closed together after landing of left foot.</li> </ul>	

	<ul style="list-style-type: none"> <li>➔ After executing the break off, Squad is to form a single horizontal line centralized and facing the commander</li> <li>➔ The line is formed according to height, with the tallest Cadet on the RIGHT and the shortest Cadet on the LEFT.</li> <li>➔ To join in the single line, the Cadet is to stand behind the position that fits his/her height and execute a 'Bang'.</li> <li>➔ Upon hearing the 'Bang', Cadets who are already in the line will shift to open a space for the Cadet to fit in.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not forming up centralized to the Commander.</li> <li>➔ Not forming up according to height.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Keep arms by the side of body and stand close together when forming the single line.</li> <li>➔ Right Marker is to estimate and centralize the single line to the commander.</li> </ul>
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### DARI KANAN, BERDUA BILANG

DARI KANAN, BERDUA BILANG is a command given for the Squad to number off in twos after forming up in a single rank according to height. The purpose is to assign the Squad into 2 groups in which both groups have an equal number of Cadets with differing heights.

**English Translation:** From the Right, in Twos, Number

Timing	Movement	Common Mistakes	Remarks
Satu, Dua, Satu, Dua,...	<ul style="list-style-type: none"> <li>➔ Starting from Right Marker, every Cadet is to number off from ONE and TWO in order.</li> <li>➔ Number off in a loud and clear voice immediately after the Cadet on the right numbers off.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Turning to the right to check if it is their turn, Cadets should only GLANCE to the right and listen to the oncoming numbering</li> <li>➔ Pause for too long when numbering off.</li> <li>➔ Numbering off the wrong number.</li> <li>➔ Dragging of timing SATU or DUA, make sure timing is short and clear.</li> </ul>	

### NOMBOR GANJIL SATU LANGKAH KE-HADAPAN, NOMBOR GENAP SATU LANGKAH KE-BELAKANG, GERAK

NOMBOR GANJIL SATU LANGKAH KE-HADAPAN, NOMBOR GENAP SATU LANGKAH KE-BELAKANG, GERAK is a command for the Squad to take steps and separate into the two groups that they have been assigned in the previous command.

**English Translation:** Odd Numbers One Pace Forward, Even Numbers One Pace Backward, Move

Timing	Movement	Common Mistakes	Remarks
Check	<p><b>Cadets who numbered SATU</b></p> <ul style="list-style-type: none"> <li>➔ Bring forward the left leg in the motion of a normal walking pace.</li> <li>➔ Lift the right foot till the thigh is parallel to the ground and toes pointing down.</li> </ul> <p><b>Cadets who numbered DUA</b></p> <ul style="list-style-type: none"> <li>➔ Bring backwards the left leg in the motion of a normal walking pace.</li> <li>➔ Lift the right foot till the thigh is parallel to the ground and toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not counting steps.</li> <li>➔ Eyes looking down.</li> <li>➔ Swinging or bending of arms when shifting.</li> <li>➔ Poor dressing.</li> <li>➔ Legs not lifted up till thigh is parallel to the ground.</li> <li>➔ Taking steps in the wrong direction.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Keep arms locked by the side of the body.</li> <li>➔ Front Line (cadets who numbered off SATU) are to check dressing with each other to form a straight line.</li> <li>➔ Back Line (cadets who numbered off DUA) are to check dressing with each other to form a straight line.</li> </ul>
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the foot down with a sharp 'Bang', assuming the SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Solid bang not given.</li> </ul>	

### ORANG YANG DI-SABELAH KANAN DIAM, BARISAN KANAN DAN KIRI, PUSING

ORANG YANG DI-SABELAH KANAN DIAM, BARISAN KANAN DAN KIRI, PUSING is a command for the Squad to, in their different groups, turn to the right and left in anticipation of marching off to form a Squad.

The front rank, Cadets who numbered SATU, will eventually form the right half of the new Squad arrangement, whereas the rear rank, Cadets who numbered DUA, will form the left half.

**English Translation:** Right Hand Man Keep Still, Ranks Right and Left, Turn

Timing	Movement	Common Mistakes	Remarks
Turn	<p><b>Right Marker</b></p> <ul style="list-style-type: none"> <li>➔ Keep still in his/her position.</li> </ul> <p><b>Cadets who numbered SATU</b></p> <ul style="list-style-type: none"> <li>➔ Turn 90 degrees to the right by pivoting on the right heel and push with the ball of left foot.</li> <li>➔ Right foot to be flat on the ground and left foot on the ball.</li> </ul> <p><b>Cadets who numbered DUA</b></p> <ul style="list-style-type: none"> <li>➔ Turn 90 degrees to the left by pivoting on the left heel and push with the ball of right foot.</li> <li>➔ Left foot to be flat on the ground and right foot on the ball</li> </ul>	<ul style="list-style-type: none"> <li>➔ Right Marker moving after the command is given.</li> <li>➔ Swinging of arms while turning.</li> </ul>	

Check	<p><b>Right Marker</b></p> <ul style="list-style-type: none"> <li>➔ Keep still in his/her position.</li> </ul> <p><b>Cadets who numbered SATU</b></p> <ul style="list-style-type: none"> <li>➔ Left foot is lifted up with knee at right angle, toes pointing down and thigh parallel to the ground.</li> </ul> <p><b>Cadets who numbered DUA</b></p> <ul style="list-style-type: none"> <li>➔ Right foot is lifted up with knee at right angle, toes pointing down and thigh parallel to the ground.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Left knee not at 90 degrees.</li> <li>➔ Toes pointing front.</li> <li>➔ Arms not locked.</li> </ul>	
(Bang)	<p><b>Right Marker</b></p> <ul style="list-style-type: none"> <li>➔ Keep still in his/her position.</li> </ul> <p><b>Cadets who numbered SATU</b></p> <ul style="list-style-type: none"> <li>➔ Left foot driven flat onto the ground assuming SEDIYA position.</li> </ul> <p><b>Cadets who numbered DUA</b></p> <ul style="list-style-type: none"> <li>➔ Right foot driven flat onto the ground assuming SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ No solid bang.</li> <li>➔ Heels not closed together after landing of right foot.</li> </ul>	

### AKAN JADIKAN TIGA BARISAN, CEPAT JALAN

AKAN JADIKAN TIGA BARISAN, CEPAT JALAN is a command for the Squad to march off in Quick Time, in the direction they are facing to form a Squad of 3 ranks. The rear rank will follow the last Cadet in the front rank when marching off.

**English translation:** Squad will Form Three Ranks, Quick March

Timing	Movement	Common Mistakes	Remarks
Left, Right, Left, Right, Left, Right, Left,...	<ul style="list-style-type: none"> <li>➔ The two ranks formed after the previous command, will now march off in Quick Time to form a squad of 3 ranks.</li> <li>➔ From the right, the 2<sup>nd</sup> and 3<sup>rd</sup> Cadet in the front line will march to form the first file behind the right marker.</li> <li>➔ The 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> Cadets will march to form the second file beside the right marker.</li> <li>➔ The procedure repeats till all the Cadets have found a position.</li> </ul>		<ul style="list-style-type: none"> <li>➔ In the rear rank, the 1<sup>st</sup> Cadet from the left will wheel to the right twice and follow the last Cadet in the front rank.</li> <li>➔ The rest of the Cadets in the rear rank will follow.</li> </ul>
(Bang)	<ul style="list-style-type: none"> <li>➔ Execute a 'Bang' to halt upon reaching the position.</li> </ul>		<ul style="list-style-type: none"> <li>➔ Cadet will end up facing the right side of the Squad.</li> </ul>

Check	<ul style="list-style-type: none"> <li>➔ Remain in SEDIYA position, facing the right.</li> <li>➔ Wait for the file to be complete before continuing the timing.</li> </ul>		<ul style="list-style-type: none"> <li>➔ Cadets in EACH FILE are to execute the rest of the drill together.</li> <li>➔ After the drill is completed, Cadets are to cover up any space in the squad.</li> </ul>
Turn	<ul style="list-style-type: none"> <li>➔ Turn 90 degrees to the left by pivoting on the left heel and push with the ball of right foot.</li> <li>➔ Left foot to be flat on the ground and right foot on the ball.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Swinging of arms while turning.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ Right foot is lifted up with knee at right angle, toes pointing down and thigh parallel to the ground.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Right knee not at 90 degrees.</li> <li>➔ Toes pointing front.</li> <li>➔ Arms not locked.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Right foot driven flat onto the ground assuming SEDIYA position.</li> </ul>	<ul style="list-style-type: none"> <li>➔ No solid bang.</li> <li>➔ Heels not closed together after landing of right foot.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Executing unnecessary movements.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Feet should be shoulder-width apart, heel to heel approx. 30cm, toe to toe approx. 50cm.</li> <li>➔ Right palm over left palm, thumbs crossed, fingers and hands straight, pointing down.</li> <li>➔ Head tilt, chin lift.</li> <li>➔ Shoulders pulled back.</li> <li>➔ Elbows close to waist.</li> </ul>
Check	<ul style="list-style-type: none"> <li>➔ Execute SENANG DIRI by bringing left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down (right leg remains still).</li> </ul>	<ul style="list-style-type: none"> <li>➔ Elbows bent.</li> <li>➔ Palms curling in.</li> <li>➔ Thumbs curling down.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the left foot down sharply and shifting arms to the back of the body.</li> </ul>		

## SEDIYA

The command SEDIYA is given for the Squad to come to attention after forming up the Squad.

**English Translation:** Attention

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ Bring left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Thigh not parallel to the ground.</li> <li>➔ Horse-kicking.</li> <li>➔ Slouching.</li> <li>➔ Arms swinging when executing movement.</li> <li>➔ Heels not together.</li> <li>➔ Fists not clenched.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Heels touching to form a V-shape.</li> <li>➔ Head tilt, chin lift.</li> <li>➔ Eyes looking front.</li> <li>➔ Shoulders pulled back, elbows locked with fists clenched.</li> </ul>
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the left foot down sharply.</li> </ul>		

## KE-KANAN LURUS

KE-KANAN LURUS is a command given to dress up a Squad, making it's ranks and files straight and neat.

**English Translation:** Right Dress

Timing	Movement	Common Mistakes	Remarks
Up	<p><b>Front Rank</b></p> <ul style="list-style-type: none"> <li>➔ Extend right arm, 90 degrees to the side, with fists clenched, touching the shoulder of the person on the right.</li> <li>➔ Heads turned to face the right.</li> </ul> <p><b>Centre and Rear Ranks</b></p> <ul style="list-style-type: none"> <li>➔ Heads turned to face the right.</li> </ul> <p><b>Right Marker's File</b></p> <ul style="list-style-type: none"> <li>➔ Raise right arms forward with fists clenched (thumb on top).</li> <li>➔ Face front.</li> <li>➔ NOTE: The right marker does not execute 'Up'.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Fists facing the wrong direction.</li> <li>➔ Tilting of heads instead of turning.</li> <li>➔ Bending of arms when they are too close to the person on the right.</li> </ul>	<ul style="list-style-type: none"> <li>➔ After 'Up, Check (Bang)', ranks will shuffle such that they are aligned with the right marker's file, glancing to the front.</li> <li>➔ The right marker's file has to ensure that the fist is about 6 inches away from the right shoulder of the person in front.</li> </ul>
Check	<ul style="list-style-type: none"> <li>➔ Bring left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Right marker forgets to execute 'Check, (Bang)'.</li> <li>➔ Cadets walking instead of shuffling to position.</li> </ul>	
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the left foot down sharply.</li> </ul>		

## PANDANG KE-HADAPAN PANDANG (IN RIGHT DRESS)

PANDANG KE-HADAPAN PANDANG is a command given for the Squad to return their line of sight to the FRONT after turning their heads to the right during Right Dress.

**English Translation:** Eyes Front (in Right Dress)

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ Turn heads to face the front sharply.</li> <li>➔ Bring down raised arms to the side swiftly, keeping arms straight at all times.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Bending of arm when bringing it down.</li> <li>➔ Not executing the movement swiftly.</li> </ul>	

## Practical Drills Module D

### Slow March Drills

PERLAHAN JALAN, or Slow March is a command given for a Squad to march in Slow Time. In Slow Time, the speed of the march is approximately 30 steps in a minute. Slow March is usually executed by the 'Stick Orderlies' during the inspection by the Guest-of-Honour in a parade or by uniformed personnel in a funeral.

From Slow March, other drills designed to be done on Slow March can be executed.

Similar to Quick March, in Slow March, there are 3 different Introductory components instructing the Squad to take dressing from the Right, Left or Centre rank or file.

The movement is executed from a SEDIYA position.

#### **DARI KANAN, PERLAHAN JALAN**

The command DARI KANAN, PERLAHAN JALAN is given for the Squad to take dressing from the right rank or file. This is only applicable when the Right Marker is on the right side of the Squad and when the rank of file at the length of the front of the Squad is 6 ranks or files and below.

**English Translation:** From the Right, Slow March

#### **DARI KIRI, PERLAHAN JALAN**

The command DARI KANAN, PERLAHAN JALAN is given for the Squad to take dressing from the left rank or file. This is only applicable when the Right Marker is on the left side of the Squad and when the rank of file at the length of the front of the Squad is 6 ranks or files and below.

**English Translation:** From the Left, Slow March

#### **DARI TENGAH, PERLAHAN JALAN**

The command DARI TENGAH, PERLAHAN JALAN is given for the Squad to take dressing from the centre rank or file. This is only applicable when the rank of file at the length of the front of the Squad is 7 ranks or files and above.

**English Translation:** From the Centre, Slow March

Timing	Movement	Common Mistakes	Remarks
Up	<ul style="list-style-type: none"> <li>➔ Left foot is lifted slightly ahead of the right foot and just above the ground with the body's weight resting on the right foot, with toes pointing slightly down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not jerking their following foot forward and stopping short in front of the landing foot when taking a step.</li> <li>➔ Toes not pointing slightly down.</li> <li>➔ Foot landing with heel or toes touching the ground first.</li> <li>➔ Losing of balance,</li> <li>➔ Looking down at the feet.</li> <li>➔ Zig-zagged marching.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Arms are to be locked by the sides at all times to maintain balance of the body.</li> <li>➔ The landing foot should touch the ground flat on its sole with neither heel nor toes first.</li> <li>➔ Shift body's weight from one foot to the other without being too obvious.</li> <li>➔ Raise their chins up and look ahead to ensure that the rank or file they are in is straight.</li> <li>➔ Glance sideways to ensure they are in line with their rank or files.</li> <li>➔ Kick forward and never sideways when moving feet.</li> </ul>
2, 3	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>		
Left	<ul style="list-style-type: none"> <li>➔ Left foot moves forward with toes pointing slightly down.</li> <li>➔ Left foot rests on the ground while the right leg follows up and stops, giving a jerk about half-way in front of the left foot.</li> <li>➔ Right foot is lifted slightly ahead of the left foot and just above the ground with the body's weight resting on the left foot.</li> </ul>		
2, 3	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>		
Right	<ul style="list-style-type: none"> <li>➔ Right foot moves forward with toes pointing slightly down.</li> <li>➔ Right foot rests on the ground while the left leg follows up and stops, giving a jerk about half-way in front of the right foot.</li> <li>➔ Left foot is lifted slightly ahead of the right foot and just above the ground with the body's weight resting on the right foot.</li> </ul>		
2, 3	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>		
Carry on with "Left, 2, 3, Right, 2, 3, Left, 2, 3, Right 2, 3..."			

**BERHENTI (ON SLOW MARCH)**

BERHENTI (on Slow March) is a command for the Squad to come to a stop during Slow March.

The command is given and the movement executed from the LEFT leg on a Slow March motion and ends in a SEDIYA position.

**English Translation:** Halt (On Slow March)

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ Right foot moves forward with toes pointing slightly down.</li> <li>➔ Right foot rests on the ground while the left leg follows up and stops, giving a jerk about half-way in front of the right foot.</li> <li>➔ Left foot is lifted slightly ahead of the right foot and just above the ground with the body's weight resting on the right foot.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Toes not pointing slightly down.</li> <li>➔ Foot landing with heel or toes touching the ground first.</li> <li>➔ Losing of balance,</li> <li>➔ Looking down at the feet.</li> </ul>	
2, 3	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>		
One	<ul style="list-style-type: none"> <li>➔ Left foot is placed on the ground a half step in front of the right foot in double-quick time.</li> <li>➔ Bring right foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Taking a step forward by the left foot during timing 'One'.</li> <li>➔ The action for the timing 'One' not done in double quick time.</li> </ul>	<ul style="list-style-type: none"> <li>➔ The left foot should merely be placed on the ground a half step in front of the right foot.</li> </ul>
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the right foot down sharply.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Poor dressing.</li> <li>➔ Bending the left knee when driving the right foot down.</li> </ul>	

## Practical Drills Module E

### Slow Mark Time Drills

Slow Mark Time Drills is a set of commands for the Squad to “march on the spot” or mark time. The purpose is for the squad to check dressing while maintaining Squad position and marching rhythm. The speed for Slow Mark Time is approximately 30 steps in a minute.

Slow Mark Time can be initiated from a SEDIYA position on the halt or during Slow March. Slow Mark Time cannot be executed during a Quick March motion.

#### **HENTAK KAKI, PERLAHAN HENTAK (ON THE HALT)**

HENTAK KAKI PERLAHAN, HENTAK (on the Halt) is a command for the Squad to initiate Slow Mark Time from a SEDIYA position on the halt.

**English Translation:** Slow Mark Time (on the Halt)

Timing	Movement	Common Mistakes	Remarks
Up	<ul style="list-style-type: none"> <li>➔ Left foot is lifted up, with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Landing flat, the toes should touch down first.</li> <li>➔ Not lifting the legs high enough.</li> <li>➔ Swinging of the arms and losing balance.</li> <li>➔ Moving forward while executing Slow Mark Time.</li> <li>➔ Timing too fast.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Toes should touch the ground first as the left foot lands.</li> <li>➔ Arms are to be locked by the sides at all times to maintain balance of the body.</li> </ul>
2, 3	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>		
Left	<ul style="list-style-type: none"> <li>➔ Bring the left foot down to the ground with the toes landing on the ground first followed by the rest of the foot.</li> <li>➔ At the same time, bring right foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>		
2, 3	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>		
Right	<ul style="list-style-type: none"> <li>➔ Bring the right foot down to the ground with the toes landing on the ground first followed by the rest of the foot.</li> <li>➔ At the same time, bring left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>		
2, 3	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>		
Carry on with “Left, 2, 3, Right, 2, 3, Left, 2, 3, Right 2, 3...”			

**HENTAK KAKI, PERLAHAN HENTAK (ON SLOW MARCH)**

HENTAK KAKI PERLAHAN, HENTAK (on Slow March) is a command for the Squad to initiate Slow Mark Time during the execution of Slow March.

The command is given and the movement executed from the LEFT leg in a Slow March motion.

**English Translation:** Slow Mark Time (on the Halt)

Timing	Movement	Common Mistakes	Remarks
2, 3	➔ No movement required, get ready for the next action.	<ul style="list-style-type: none"> <li>➔ Taking a step forward by the left foot during timing 'Check'.</li> <li>➔ Landing flat, the toes should touch down first.</li> <li>➔ Not lifting the legs high enough.</li> <li>➔ Swinging of the arms and losing balance.</li> <li>➔ Moving forward while executing Slow Mark Time.</li> <li>➔ Timing too fast.</li> </ul>	<ul style="list-style-type: none"> <li>➔ The right foot should merely be placed on the ground a half step in front of the left foot.</li> <li>➔ Toes should touch the ground first as the left foot lands.</li> <li>➔ Arms are to be locked by the sides at all times to maintain balance of the body.</li> </ul>
Check	<ul style="list-style-type: none"> <li>➔ Right foot is placed on the ground a half step in front of the left foot.</li> <li>➔ At the same time, bring left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>		
2, 3	➔ No movement required, get ready for the next action.		
Left	<ul style="list-style-type: none"> <li>➔ Bring the left foot down to the ground with the toes landing on the ground first followed by the rest of the foot.</li> <li>➔ At the same time, bring right foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>		
2, 3	➔ No movement required, get ready for the next action.		
Right	<ul style="list-style-type: none"> <li>➔ Bring the right foot down to the ground with the toes landing on the ground first followed by the rest of the foot.</li> <li>➔ At the same time, bring left foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>		
2, 3	➔ No movement required, get ready for the next action.		
Carry on with "Left, 2, 3, Right, 2, 3, Left, 2, 3, Right 2, 3..."			

**BERHENTI (ON SLOW MARK TIME)**

BERHENTI (on Slow Mark Time) is a command for the Squad to come to a stop during Slow Mark Time.

The command is given and the movement executed from the RIGHT leg in a Slow Mark Time motion and ends in a SEDIYA position.

**English Translation:** Halt (on Slow Mark Time)

Timing	Movement	Common Mistakes	Remarks
2, 3	➔ No movement required, get ready for the next action.	<ul style="list-style-type: none"> <li>➔ Poor dressing.</li> <li>➔ Bending the left knee when driving the right foot down.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ Bring the left foot down to the ground with the toes landing on the ground first followed by the rest of the foot.</li> <li>➔ At the same time, bring right foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>		
2, 3	➔ No movement required, get ready for the next action.		
(Bang)	➔ Drive the right foot down sharply.		

**MAJU (ON SLOW MARK TIME)**

MAJU (on Slow Mark Time) is a command for the Squad to carry on forward in Slow March during Slow Mark Time.

The command is given and the movement executed from the RIGHT leg in a Slow Mark Time motion and ends in Slow March.

**English Translation:** Forward (On Slow Mark Time)

Timing	Movement	Common Mistakes	Remarks
2, 3	➔ No movement required, get ready for the next action.	<ul style="list-style-type: none"> <li>➔ Poor dressing.</li> <li>➔ Bending the left knee when driving the right foot down.</li> </ul>	
Check	<ul style="list-style-type: none"> <li>➔ Bring the left foot down to the ground with the toes landing on the ground first followed by the rest of the foot.</li> <li>➔ At the same time, bring right foot up with thigh parallel to the ground, knee bent at right angle to the thigh, with toes pointing down.</li> </ul>		

2, 3	➔ No movement required, get ready for the next action.		
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the right foot down sharply.</li> <li>➔ At the same time, the left foot is lifted slightly ahead of the right foot and just above the ground with the body's weight resting on the right foot, with toes pointing slightly down.</li> </ul>		
2, 3	➔ No movement required, get ready for the next action.	<ul style="list-style-type: none"> <li>➔ Not jerking their following foot forward and stopping short in front of the landing foot when taking a step.</li> <li>➔ Toes not pointing slightly down.</li> <li>➔ Foot landing with heel or toes touching the ground first.</li> <li>➔ Losing of balance,</li> <li>➔ Looking down at the feet.</li> <li>➔ Zig-zagged marching.</li> </ul>	<ul style="list-style-type: none"> <li>➔ The landing foot should touch the ground flat on its sole with neither heel nor toes first.</li> <li>➔ Shift body's weight from one foot to the other without being too obvious.</li> <li>➔ Raise their chins up and look ahead to ensure that the rank or file they are in is straight</li> <li>➔ Glance sideways to ensure they are in line with their rank or files.</li> <li>➔ Kick forward and never sideways when moving feet.</li> </ul>
Left	<ul style="list-style-type: none"> <li>➔ Left foot moves forward with toes pointing slightly down.</li> <li>➔ Left foot rests on the ground while the right leg follows up and stops, giving a jerk about half-way in front of the left foot.</li> <li>➔ Right foot is lifted slightly ahead of the left foot and just above the ground with the body's weight resting on the left foot.</li> </ul>		
2, 3	➔ No movement required, get ready for the next action.		
Right	<ul style="list-style-type: none"> <li>➔ Right foot moves forward with toes pointing slightly down.</li> <li>➔ Right foot rests on the ground while the left leg follows up and stops, giving a jerk about half-way in front of the right foot.</li> <li>➔ Left foot is lifted slightly ahead of the right foot and just above the ground with the body's weight resting on the right foot.</li> </ul>		
2, 3	➔ No movement required, get ready for the next action.		
Carry on with "Left, 2, 3, Right, 2, 3, Left, 2, 3, Right 2, 3..."			

## Practical Drills Module F

### Changing Between Quick and Slow Time Drills

#### TUKAR LANGKAH, PERLAHAN JALAN

TUKAR LANGKAH, PERLAHAN JALAN is a command for the Squad to change from Quick Time to Slow Time.

The command is given and the movement executed from the RIGHT leg in a Quick March motion and ends in Slow March.

**English Translation:** Change to Slow Time, Slow March

Timing	Movement	Common Mistakes	Remarks
Check	<ul style="list-style-type: none"> <li>➔ A full marching step is taken forward with the left leg while lifting up the right leg with the thigh parallel to ground and toes pointing down.</li> <li>➔ Immediately, cut down the right arm to the side in double Quick Time.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Cadets not swinging the right arm for Timing 'Check'.</li> <li>➔ Not cutting down the right arm in double Quick Time.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Both arms still in swing.</li> <li>➔ Right Arm is still in full swing during the half step before cutting it down double Quick Time.</li> </ul>
(Bang)	<ul style="list-style-type: none"> <li>➔ Drive the right foot down sharply.</li> <li>➔ At the same time, the left foot is lifted slightly ahead of the right foot and just above the ground with the body's weight resting on the right foot, with toes pointing slightly down.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Poor dressing.</li> <li>➔ Bending the left knee when driving the right foot down.</li> </ul>	
2, 3	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not jerking their following foot forward and stopping short in front of the landing foot when taking a step.</li> <li>➔ Toes not pointing slightly down.</li> <li>➔ Foot landing with heel or toes touching the ground first.</li> <li>➔ Losing of balance,</li> <li>➔ Looking down at the feet.</li> <li>➔ Zig-zagged marching.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Arms are to be locked by the sides at all times to maintain balance of the body.</li> <li>➔ The landing foot should touch the ground flat on its sole with neither heel nor toes first.</li> <li>➔ Shift body's weight from one foot to the other without being too obvious.</li> <li>➔ Raise their chins up and look ahead to ensure that the rank</li> </ul>
Left	<ul style="list-style-type: none"> <li>➔ Left foot moves forward with toes pointing slightly down.</li> <li>➔ Left foot rests on the ground while the right leg follows up and stops, giving a jerk about half-way in front of the left foot.</li> <li>➔ Right foot is lifted slightly ahead of the left foot and just above the ground with the body's weight resting on the left foot.</li> </ul>		
2, 3	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>		

Right	<ul style="list-style-type: none"> <li>➔ Right foot moves forward with toes pointing slightly down.</li> <li>➔ Right foot rests on the ground while the left leg follows up and stops, giving a jerk about half-way in front of the right foot.</li> <li>➔ Left foot is lifted slightly ahead of the right foot and just above the ground with the body's weight resting on the right foot.</li> </ul>	<p>or file they are in is straight.</p> <ul style="list-style-type: none"> <li>➔ Glance sideways to ensure they are in line with their rank or files.</li> <li>➔ Kick forward and never sideways when moving feet.</li> </ul>
2, 3	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>	
Carry on with "Left, 2, 3, Right, 2, 3, Left, 2, 3, Right 2, 3..."		

### TUKAR LANGKAH, CEPAT JALAN

TUKAR LANGKAH, CEPAT JALAN is a command for the Squad to change from Slow Time to Quick Time.

The command is given and the movement executed from the RIGHT leg in a Slow March motion and ends in Quick March.

**English Translation:** Change to Quick Time, Quick March

Timing	Movement	Common Mistakes	Remarks
2, 3	<ul style="list-style-type: none"> <li>➔ No movement required, get ready for the next action.</li> </ul>		
Left	<ul style="list-style-type: none"> <li>➔ Shoots out the left leg and land on the heels while the right foot is on its toes.</li> <li>➔ At the same time swing forward the right arm straight at a 90 degree angle and the left arm backwards at a 45 degree angle.</li> <li>➔ Lock the elbows and clench the fists at all times.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Dragging of boots.</li> <li>➔ Rear arm does not swing backwards enough.</li> <li>➔ Front arm swinging outwards instead of straight.</li> <li>➔ Elbows not locked.</li> <li>➔ Cadets not looking straight when marching.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Look straight to make sure the rank and file is straight.</li> <li>➔ Look forward to make sure the arms are in the same swing.</li> <li>➔ Pay attention and listen for the correct timing.</li> </ul>
Right	<ul style="list-style-type: none"> <li>➔ Take a step forward with the right leg lands on the heels while the left foot is on its toes.</li> <li>➔ At the same time swing forward the left arm straight at a 90 degree angle and the right arm backwards at a 45 degree angle.</li> <li>➔ Lock the elbows and clench the fists at all times.</li> </ul>	<ul style="list-style-type: none"> <li>➔ Not following timing.</li> <li>➔ Controlling of steps or arm swings.</li> <li>➔ Marching unnaturally.</li> </ul>	
Carry on with "Left, Right, Left, Right..."			

# Footdrill Commanding Practical

## Practice of Commanding

### Knowledge of Drills

As a Commander, correct and accurate knowledge of drills is very important. Having a good understanding of the drills will ensure a smooth and successful drill sequence.

Below are some tips on improving drill knowledge:-

- ★ Acquire a deep understanding of the drill by knowing their purpose and why they must be given in a certain way and at a certain time.
- ★ Understand what the commands mean rather than memorizing the translations.
- ★ Practice with a friend by giving each other drill sequences to translate and command.

### Pitch, Pronunciation and Voice Projection

Pitch, Pronunciation and Voice Projection determine how well a Squad can listen to and understand the commands given by the Commander.

Pitch is the tone of the Commander's voice during commanding. A proper varying pitch can give non-verbal indication on the stage of a command; whether the command is nearing its end, especially for long commands. Pitch also gives the Commander his/her unique personality. A good pitch should have the following characteristics:-

- ★ A gradually increasing pitch during the Introductory component of the command, peaking just before the Cautionary component.
- ★ A decreasing pitch during the Cautionary component of the command.
- ★ A low and forceful tone for the Executive component of the command.

Pronunciation is the clarity of the command as they were being given. To improve pronunciation, take note of the following tips:-

- ★ Practice reading out the commands and grasp the correct pronunciation before moving on.
- ★ Do not rush through commands, pronounce each word clearly and avoid mumbling.
- ★ Give appropriate pauses throughout the command to maintain its clarity.

Voice Projection is a technique that ensures adequate volume of the commanding. Use the following tips to improve your Voice Projection:-

- ★ Use your diaphragm and not your throat while commanding,
- ★ Allow air to be breathed out through your mouth while projecting your voice outwards.

# **Footdrill Methods of Instruction Theory**

## **Methods of Instruction for Footdrill**

Drill is an integral part of Uniform Groups. Footdrill Instructors are expected to impart their knowledge gained here and throughout their Cadet years to their junior Cadets. To do this effectively, an Instructor must be aware of the proper Methods of Instruction for Footdrill.

However, this will only act as a guide. A good Footdrill Instructor must be able to develop his/her own effective style of instruction. He/she must also be able to command and time all drills sharply and accurately.

### **Sequence of Instruction**

The Sequence of Instruction for Footdrill can be broadly classified into six steps:

- A. Introduction
- B. Explanation
- C. Demonstration
- D. Execution
- E. Correction & Practice
- F. Conclusion

Note: Regular breaks for hydration and rest must be given to the Cadets.

### **A. Introduction**

It is important to carry out checks to ensure that the Cadets are fit and hydrated before the lesson starts. Cadets who are unwell should not be allowed to participate in Footdrill. Hydration can be ensured by the conduct of water parade, regardless whether if they are feeling thirsty (they will soon be).

Place the squad 'at ease' whenever you are going to talk for a considerable amount of time. Introduce yourself if the Cadets do not know you. Tell the Cadets what command you are going to teach and its Malay equivalent of the word of command.

- Safety Check
- Introduce Commands

## B. Explanation

Explain what you are about to teach and its purpose, timing and which foot does the command land on (marching drills). Highlight some of the common mistakes to avoid. A standard common timing can be achieved by having the Cadets to repeat the timing verbally a few times.

- Explain what you are about to teach, its purposes and timing

## C. Demonstration

It is often said that “What I hear, I FORGET. What I see, I REMEMBER. What I do, I UNDERSTAND.” Demonstrate once, shouting the word of command and executing the drill for the Cadets to see. Repeat the demonstration, with emphasis on the timing. It might be necessary to break the drill into smaller components for easier understanding. Always follow with a complete demonstration. Answer any query.

- Demonstrate
- Answer queries

Do take note not to remain in this stage for too long. With practice, Cadets will quickly understand without the need for much word.

## D. Execution

Give the command and allow the Squad to attempt executing the command with timing. Follow up with **Correction** whenever there are mistakes. When a poor drill is executed several times, it may become a bad habit that is difficult to correct at a later stage.

## E. Correction & Practice

Correct any mistakes spotted and practice by going back to **Execution**. Practice makes perfect. For general mistakes (especially after the first execution), put the Squad ‘at ease’, place emphasis on what is wrong and what to do. Drills should generally be sharp, precise and coordinated.

For the Squad, aim for a single sharp ‘bang’ and coordinated drills; arm swing and movements should be synchronized. For individuals, watch for common mistakes and encourage sharp movements. When objectives of the lesson are met, or near the end of the lesson, proceed to **Conclusion**.

## F. Conclusion

Summarize what the Cadets have learnt by asking them questions. Inform them of any common mistakes they might be still committing. Answer queries that the Cadets might still have. Do keep in mind the following points when conducting a lesson as a Footdrill Instructor.

### Qualities of an Instructor

Drill is exacting. To teach it successfully, an Instructor must have the following qualities:-

- a. Patience: Never lose your temper.
- b. Enthusiasm: Instil your Squad with a will to learn.
- c. Consistency: Set yourself and the Squad a standard. Do not deviate from it.
- d. Humanity: Understand the Squad's problem. Praise readily but do not become familiar. Never humiliate individual members of the Squad.
- e. Personality: As a Footdrill Instructor you must impress individual members of the squad with your personality.

### Leading by Example

The professionalism of the instructor set an example, and will greatly affect the morale and proficiency of the Squad. The following are a few guidelines in portraying a good example:-

- a. When drilling a squad, stand appropriately; never sit when drilling a Squad.
- b. When demonstrating, do so accurately and professionally.
- c. Do not use bad language.
- d. Be impeccably in turnout and bearing.
- e. Never exaggerate a movement in drill.
- f. When teaching a drill, ensure that Cadets are not looking at the direction of the sun.
- g. Be constantly on the look out for drill mistakes of the Squad and correct them.
- h. Do not chat with friends when you are drilling a Squad, your attention and focus should be on the Squad instead.
- i. Take the Squad's safety into great consideration; hydrate them periodically and when necessary, practise and drill in the shade, always look at the Cadets' facial expressions to gauge their fatigue level.
- j. If you are going to talk to the Squad for a considerable amount of time, put the Squad 'at ease' or allow them to 'stand easy' so that they can focus on you.



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