

		Always stand at check
		No talking on the field (band does not repeat instructions or say set)
		Sections will raise hands when addressed
		Always freeze at the end of a move
		When director says reset, band yells "Hustle"
		Have your own water jug!
1	Bear Jacks	normal count off- B, H, S, Band (3 times) Fightin' Bear Band With Pride!!!!
2	Cardio/Stretches/Mindfulness	DM lead them
3	Check Position	silently go to arms down in front of body fist with hand on top (sect leaders define) feet stay in V shape on your dot
4	Attention/Set/Horns Down	feet in first position V shape (45° angle) heels touch but toes apart
	set command:	don't move or lock your knees, but snap to this position
	Band Ten Hut "HIT"	5 points of alignment- ankles, knees, hips, shoulders, head straight body, long and tall, pull up from head, lift rib cage
	horns down command:	back of shoe on the back of yard line (ankle in the middle)
	band halt point & close & down	slight forward lean- body weight forward stomach in- use your abs/core muscles, flatten lower back no instrument- arms straight across with fingers straight & touching in middle parallel to ground with inst- inst perpendicular to ground at eye level (see sect leader) inst goes 2" from face on &
5	Horns Up	instrument goes to face to be played, sect. leaders define instrument parallel to ground (10° above) unless press box
	horns up command:	mouthpiece in/on mouth
	1 3 horns up	Power V or Power Triangle- leave elbows where they are, hands move no instrument- arms will rotate up to create an upside down V above your eyes.

6	Trail Position	used when walking a long period of time
		instrument in right hand
		left hand in fist by pocket (sect. leaders define)
7	Count Off	1 R 3 horns up dut dut dut breathe flex push 1
		2 count breath
		flex thigh muscles and left toes on forward
		push off right platform
8	Marking Time	whole foot comes 1" off the ground with toes up (heel hits ground first)
		feet will straighten forward (parallel) from the V to straight immediately on 1
		avoid swaying and drifting off your dot
		add in step outs
9	Halt	Point toe on count 8 and close on count 1 (tendu)
	halt command:	Point with right toe down in V shape and close with left foot in the V
	Band Ready Halt "Point & Close"	always freeze at the end of a move
10	Step Sizes	8 to 5 is standard (8 steps for every 5 yards or 1 yard line away)
		6 to 5 is larger (halfway is 3)
		4 to 5 is largest (double size)
		12 to 5 is smaller (halfway is 6)
		16 to 5 is smallest (half size) SPIKE
11	Adjust	to get on your dot after freezing in place at the end of the counts

12	Forward March	toes up high. back edge of shoe touches first
		roll through on the outside of the foot- glide step- eliminate bounce in sound
	forward march command:	don't roll all the way, stop at platform to keep leg straight
	1 R 3 "Horns Up dut dut dut breathe	push heel forward and swing from the hip- straight legs
	flex push 1"	A frame with legs straight (no knee bend) don't bicycle knees
		ankles cross on & of beat
		low heel on back leg and keep it straight
		as soon as you step off, feet go forward like parallel skis
		push down on right leg before the step off (press & 1)
		halt- feet halt in V shape (point and close) tendu
		don't raise up on the point and close, reach out toe on 8 and close on 1
		step size 8-5 halfway on count 4 right foot is between hash marks
		feet as wide as a yard line apart side to side
		upper body does not move at all
		eyes up, head straight, use peripheral vision to stay between 2 people
		equal step sizes (don't take a big first step and all the others smaller)
	activities	1 step only, 2 steps, 8-5, with halt, 12-5, march to music, stations, w/scales
	breaking down the forward march	1 ti te ta super slow marching for each part of the foot (heel, arch, ball, toe)
	1 step isolation	flex push 1 2 3 4 Reset 2 3 flex push 1 2 3 4 (RESET BACKWARDS!!!)
	2 step isolation	flex push 1 2 3 4 & close 2 3 flex push 1 2 3 4 & close (CLOSE FORWARDS)
13	Marching Priorities	#1- timing
		#2- technique (toes up, legs straight)
		#3- transitions (directions, step sizes)
14	Recovery	if you end up on the wrong foot- do a shuffle or slow down for 1 count
15	Half Time marching	left pass right pass (half as slow as normal)
16	Spiking- 16-5 forward	half size steps- toes all the way up and don't roll foot (stay on heel)

17	8s & 8s	move 8 hold 8
18	8-5 then 12-5	learning transitions
19	6 to 5	larger and halfway on 3
20	16-12-8-6	(small to big)
21	Relays	Normal Relay- go every 8 cts and reset the line at the end A-B line Relay- one marching while one is helping
22	Infiniti Relay	reset 2 steps to right where end (original direction) step off again
23	Backward March	stay on platform- don't roll down to heel don't bounce or sway side to side
	backwards march command:	weight over front leg, squeeze all your muscles
	1 R 3 "Horns Up dut dut dut breathe	heels 2" off ground, like golf ball
	flex push 1"	up and back at the same time step off
		legs straight like scissors
		point and close in the V shape (ct 8 foot at angle and close angle)
24	FWD- Back transition	point (stab) ct 8 forward (not at an angle) rearticulate left foot low to the ground (retouch toe) Any direction change is point and rearticulate except fwd to fwd
25	Back-FWD transition	point (stab) on count 8 forward (not at the angle) pivot left foot to heel down toe up and rearticulate count 1 (replace it with heel down)

26	Left and Right Slides (traverse)	keeping the upper body parallel to the sideline while lower body marches at a different angle
		twist half of the direction with your hips and the rest of the way with your upper body
		think of your spine like a spiral staircase and keep shoulders square to the sidelines
		keep the sternum presented to the press box, don't lean into the move
		don't drift off your line
36	Slide Exercise (reversal) 90s	fwd 8 straight (no slide) downfield
		left slide 8 forward
		reverse 8 in R slide backwards
		back 8 straight (no slide) downfield
		left slide 8 backwards
		reverse 8 in R slide forwards
		forward 8 straight
37	Box Drills with FWD slides	traverse the whole time (upper body square to the sideline)
		roll through on direction changes at a 45 degree angle, slides will be forward marching
		8 fwd, 8 R or L, 8 Back, 8 R or L back to original dot
		Any direction change is point and rearticulate except fwd to fwd
38	2 box exercise (fwd or back slides)	fwd 8, R 8, back 8, left 8, fwd 8, L, 8, back 8, right 8
		Any direction change is point and rearticulate except fwd to fwd
39	Box Drills with BackWDs Slides	traverse the whole time (upper body square to the sideline)
		point (stab) on direction changes at a 45 degree angle, slides will be backwards marching
		8 fwd, 8 R or L, 8 Back, 8 R or L back to original dot
		Any direction change is point and rearticulate except fwd to fwd
40	Lower body reversal (hip shift)	upper body stays front to sideline, lower body reverses and you keep going same way
		turn to the left and swing the left leg over to start marching the new direction 180 degree turn
		plant the right foot on the platform half way in the new direction but don't spin it

41	L Drill	makes the shape of an L with a lower body reversal in the middle of the slide
		forward 8, left 8 (reversal at halfway point), right 8 (rev halfway), back 8
		upper body stays square to the sideline the whole time
42	X Box Drill	to learn 45 degree angles, 8 cts in each direction
		6 steps up and 6 steps to the side is a 45 degree angle
		up to the right, back to spot, back to right, back to spot
		up to left, back to spot, back to left, back to spot
		traverse to sideline the whole time
43	TCU Warm Up w/ Remington's	can be bopped, pulsed, full value. notes start and stop on left foot.
		whole notes with 4 cts silence after each
	F E F	Hold 16
	F Eb F	fwd 8 back 8
	F D F	hold 16
	F Db F	fwd 8 right 8
	F C F	back 8 left 8
	F B F	fwd 8 left 8 with lower body reversal halfway
	F Bb F	right 8 back 8 with lower body reversal halfway
	hold F 8 cts at end	
44	Human Spider web Game	make groups of 6 people, circle facing each other
		reach across and grab opposite hands, try to untangle yourselves