

# Individual Drill



# General Commands - Used by the C.C.C. or M.

## A. Stationary Movement - Comments

1. Fall In
2. Atten (*Pause*) tion or Honor Guard (*Pause*) Attention
3. Parade (*Pause*) Rest
4. Stand At (*Pause*) Ease
5. At Ease
6. Rest

## B. Facing Movements - Commands

1. Right (*Pause*) Face
2. Left (*Pause*) Face
3. About (*Pause*) Face

## C. Commands for Hand Salute

1. Hand (*Pause*) Salute
2. Ready (*Pause*) Two
3. The ceremonial hand salute (representing the "Tree of the Cross" and the "Arm of the Cross"), as taught in the First Degree may be substituted for 1 & 2 above in certain situations.

## D. Commands for Drill with Swords

1. Atten (*Pause*) tion
2. Draw (*Pause*) Sword
3. Present (*Pause*) Sword
4. Carry (*Pause*) Sword
5. Parade (*Pause*) Rest
6. Stand At (*Pause*) Ease
7. At Ease
8. Rest
9. Return (*Pause*) Sword

## Stationary Movements

This section contains most of the individual positions and stationary movements required in drill. These positions and the correct execution of the movement, in every detail, should be learned before proceeding to other drill movements.

All individual command movements are executed while at the position of “**Attention**”, except for “**At Ease**” and “**Rest**.”

### A. Position of Attention

1. Assume the position of Attention on the command “**Fall In**” or the command “**Honor Guard / Attention**.”
2. To assume this position, bring your heels together smartly so that the heels are in the same line, with the toes pointing out equally, forming an angle of 45 degree. Keep your legs straight without locking your knees. Hold your body erect with your hips level, chest lifted and arched, and your shoulders square and even.
3. Let your arms hang straight, without stiffness, along your sides with the back of the hands outward; curl your fingers so that the tips of the thumbs are alongside and touching the first joint of your forefingers. Keep your thumbs straight and along the seams of your trousers with your fingertips touching the trouser legs.
4. Keep your head erect and hold it squarely to the front with your chin drawn in so that the axis of your head and neck is vertical. Look straight to the front.
5. Rest the weight of your body equally on the heels and balls of your feet. Remain silent except when replying to a question or when directed otherwise

### B. Rest Positions at the Halt

1. **Parade Rest** - “**Parade Rest**” is only commanded from the position of “**Attention**.” The command for this movement is “**Parade, Rest**.” On the command of execution, “**Rest**,” move your left foot 10 inches to the left of your right foot. Keep your legs straight, resting your weight equally on the heels and balls of both feet.

2. Simultaneously, place your hands at the small of the back, centered on the belt. Keep the fingers of both hands extended and joined, interlocking your thumbs so that the palm of the right hand is outward. Hold your head and eyes as at the position of **“Attention.”**
3. Remain silent and do not move. **“Stand at Ease,” “At Ease,”** or **“Rest”** may be commanded from this position. [Note: On the preparatory command for **“Attention,”** immediately assume **“Parade Rest”** when at the position of **“At Ease,” “Stand at Ease,”** or **“Rest.”** If, for some reason, a subordinate element is already at Attention, they remain so and do not execute **“Parade Rest”** on the preparatory command, nor does the subordinate leader give a supplementary command.]

### C. Stand at Ease

1. The command for this movement is **“Stand At, Ease.”** On the command of execution, **“Ease,”** execute **“Parade Rest,”** but turn your head and eyes directly toward the C.C.C. or M. **“At Ease”** or **“Rest”** may be commanded from this position.

### D. At Ease

1. The command for this movement is **“At Ease.”** On the command **“At Ease,”** you may move; however, you must remain standing and silent with your right foot in place. **“Rest”** may be commanded from this position.
2. REST - The command for this movement is **“Rest.”** On the command **“Rest,”** you may move, talk, smoke or drink unless otherwise specified. You must remain standing with your right foot in place. **“At Ease”** may be commanded from this position.

### E. Facing at the Halt

1. Facing to the flank is a two-count movement. The command is **“Left (Right) Face.”** On the command of execution, **“Face,”** slightly raise your right heel and left toe, and turn 90 degrees to the left on your left heel, assisted by a slight pressure on the ball of your right foot. Keep your right leg straight without stiffness. On the second count, place your right foot beside your left foot, resuming the position of **“Attention.”** Hold your arms as at **“Attention”** when executing this movement.

2. Facing to the rear is a two-count movement. The command is **“About, Face.”** On the command of execution, **“Face,”** move the toe of the right foot to a position touching the ground approximately one-half the length of your foot to the rear and slightly to the left of the left heel. Rest most of your weight on the heel of the left foot, and allow your right knee to bend naturally.
3. On the second count, turn to the right 180 degrees on the left heel and ball of the right foot, resuming the position of attention. Hold your arms as at **“Attention”** when executing this movement.

## **F. Hand Salute**

1. The military hand salute may be used to render respect to the flag by Fourth Degree members who are in regalia and with or without swords.

[**Note:** Those members in civilian attire should render a salute by placing their right hand over the heart.]

2. The hand salute is a one-count movement. The command is **“Hand.”** On the command of execution, **“Salute,”** raise the right hand to the head until the tip of the forefinger touches the beret. The fingers and thumb are extended and joined, palm down. The outer edge of the hand is barely tilted downward so that neither the palm nor the back of the hand is visible from the front. The upper arm is horizontal with the elbow inclined slightly forward and the hand and wrist straight.
3. The return to the position of **“Attention”** is a two-count movement. The command is **“Ready.”** On the command of execution, **“Two,”** return your hand smartly, resuming the position of **“Attention.”**
4. The ceremonial hand salute (representing the “Tree of the Cross” and the “Arm of the Cross”) as taught in the First Degree is used at appropriate times.
5. Tipping of the beret is appropriate in (if not moving or drilling with the drawn sword), upon meeting members of the clergy or women. This salute is accomplished by grasping the beret with the right hand and lifting the beret from the head and replacing it on command. (Refer to Figure 2.)