

3.2. Position of Attention. To come to attention, bring the heels together smartly and on line. Place the heels as near each other as the conformation of the body permits, and ensure the feet are turned out equally, forming a 45-degree angle. Keep the legs straight without stiffening or locking the knees. The body is erect with hips level, chest lifted, back arched, and shoulders square and even. Arms hang straight down alongside the body without stiffness, and the wrists are straight with the forearms. Place thumbs, which are resting along the first joint of the forefinger, along the seams of the trousers or sides of the skirt. Hands are cupped (but not clenched as a fist) with palms facing the leg (**Figure 3.1.**). The head is kept erect and held straight to the front with the chin drawn in slightly so the axis of the head and neck is vertical; eyes are to the front, with the line of sight parallel to the ground. The weight of the body rests equally on the heels and balls of both feet, and silence and immobility are required.

3.3.1.1. Parade Rest. The command is Parade, REST. On the command REST, the airman will raise the left foot from the hip just enough to clear the ground and move it smartly to the left so the heels are 12 inches apart, as measured from the inside of the heels. Keep the legs straight, but not stiff, and the heels on line. As the left foot moves, bring the arms, fully extended, to the back of the body, uncapping the hands in the process; and extend and join the fingers, pointing them toward the ground. The palms will face outwards. Place the right hand in the palm of the left, right thumb over the left to form an “X” (Figure 3.2). Keep head and eyes straight ahead, and remain silent and immobile.

3.3.1.2. At Ease. The command is AT EASE. On the command AT EASE, airmen may relax in a standing position, but they must keep the right foot in place. Their position in the formation will not change, and silence will be maintained.

3.3.1.3. Rest. The command is REST. On the command REST, the same requirements for at ease apply, but moderate speech is permitted.

3.3.2. To resume the position of attention from any of the rests (except fall out), the command is (for example) Flight, ATTENTION. On the command Flight, the airmen assume the position of parade rest; and at the command ATTENTION, they assume the position of attention.

3.3.1.4. Fall Out. The command is FALL OUT. On the command FALL OUT, individuals may relax in a standing position or break ranks. They must remain in the immediate area, and no specific method of dispersal is required. Moderate speech is permitted.

3.4. Facings Movements. Execute facing movements from a halt, at the position of attention, and in the cadence of quick time. Perform facing movements in two counts.

3.4.1. Right (Left) Face. The commands are Right (Left), FACE. On the command FACE, raise the right (left) toe and left (right) heel slightly and pivot 90 degrees to the right (left) on the ball of the left (right) foot and the heel of the right (left) foot, assisted by slight pressure on the ball of the left (right) foot. Keep legs straight, but not stiff. The upper portion of the body remains at attention. This completes count one of the movement. Next, bring the left (right) foot smartly forward, ensuring heels are together and on line. Feet should now be forming a 45-degree angle, which means the position of attention has been resumed (Figure 3.3). This completes count two of the movement.



3.4.2. About Face. The command is About, FACE. On the command FACE, lift the right foot from the hip just enough to clear the ground. Without bending the knees, place the ball of the right foot approximately half a shoe length behind and slightly to the left of the heel. Distribute the weight of the body on the ball of the right foot and the heel of the left foot. Keep both legs straight, but not stiff. The position of the foot has not changed. This completes count one of the movement. Keeping the upper portion of the body at the position of attention, pivot 180 degrees to the right on the ball of the right foot and heel of the left foot, with a twisting motion from the hips. Suspend arm swing during the movement, and remain as though at attention. On completion of the pivot, heels should be together and on line and feet should form a 45-degree angle. The entire body is now at the position of attention (Figure 3.4). This completes count two of the movement.

3.5. Hand Salute. This is used for training purposes only. The command is Hand, SALUTE, and it is performed in two counts. On the command SALUTE, the individual raises the right hand smartly in the most direct manner while at the same time extending and joining the fingers. Keep the palm flat and facing the body. Place the thumb along the forefingers, keeping the palm flat and forming a straight line between the fingertips and elbows (Figure 3.5). Tilt the palm slightly toward the face. Hold the upper arm horizontal, slightly forward of the body and parallel to the ground. Ensure the tip of the middle finger touches the right front corner of the headdress. If wearing a non-billed hat, ensure the middle finger touches the outside corner of the right eyebrow or the front corner of glasses. The rest of the body will remain at the position of attention. This is count one of the movement. To complete count two of the movement, bring the arm smoothly and smartly downward, retracing the path used to raise the arm. Cup the hand as it passes the waist, and return to the position of attention.

3.7. Present Arms and Order Arms. The commands are Present, ARMS and Order ARMS. On the command Present, ARMS, the airman executes the first count of hand salute. Count two of hand salute is performed when given the command Order, ARMS.

3.9. Steps and Marching: 3.9.1. When executed from a halt, all steps and marching begin with the left foot, except right step and close march. 3.9.2. Both the preparatory command and the command of execution are given as the foot in the direction of the turn strikes the ground. For units no larger than a flight, the preparatory command is normally given as the heel of the left (right) foot strikes the ground, and the command of execution is given when the heel of the left (right) foot next strikes the ground. 3.9.3. For units larger than a flight, time is allowed for the subordinate commanders to give appropriate supplementary commands. The pause between commands is three paces.

3.10. Forward March and Halt.

3.10.1. To march forward in quick time from a halt, the command is Forward, MARCH. On the command MARCH, the airman smartly steps off straight ahead with the left foot, taking a 24-inch step (measured from heel to heel), and places the heel on the ground first. When stepping off and while marching, the airman will use coordinated arm swing; that is, right arm forward with the left leg and left arm forward with the right leg. The hands will be cupped with the thumbs pointed down, and the arms will hang straight, but not stiff, and will swing naturally. The swing of the arms will measure 6 inches to the front (measured from the rear of the hand to the front of the thigh) and 3 inches to the rear (measured from the front of the hand to the back of the thigh) (Figure 3.9). If applicable, proper dress, cover, interval, and distance will be maintained; and cadence will be adhered to. Count cadence as follows: counts one and three are given as the heel of the left foot strikes the ground and counts two and four are given as the heel of the right foot strikes the ground. **3.10.2. To**



halt from quick time, the command is Flight, HALT, given as either foot strikes the ground. On the command HALT, the airman will take one more 24-inch step. Next, the trailing foot will be brought smartly alongside the front foot. The heels will be together, on line, and form a 45-degree angle. Coordinated arm swing will cease as the weight of the body shifts to the leading foot when halting.

4.3. Formation of the Flight. 4.3.1. A flight forms in at least two, but not more than four, elements in line formation (figure 4.1). The command is **FALL IN**. 4.3.1.1. On this command, the guide takes a position facing the flight sergeant and to the flight sergeants left so the first element will fall in centered on and three paces from the flight sergeant. Once halted at the position of attention, the guide performs an automatic dress right dress. When the guide feels the presence of the first element leader on his or her fingertips, the guide executes an automatic ready front. Once positioned, the guide does not move. 4.3.1.2. **The first element leader falls in directly to the left of the guide** and, once halted, executes an automatic dress right dress. The second, third, and fourth element leaders fall in behind the first element leader, execute an automatic dress right dress, visually establish a 40-inch distance, and align themselves directly behind the individual in front of them. The remaining airmen fall into any open position to the left of the element leaders and execute an automatic dress right dress to establish dress and cover.

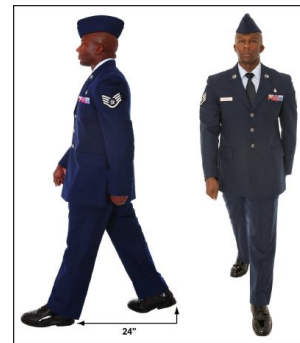
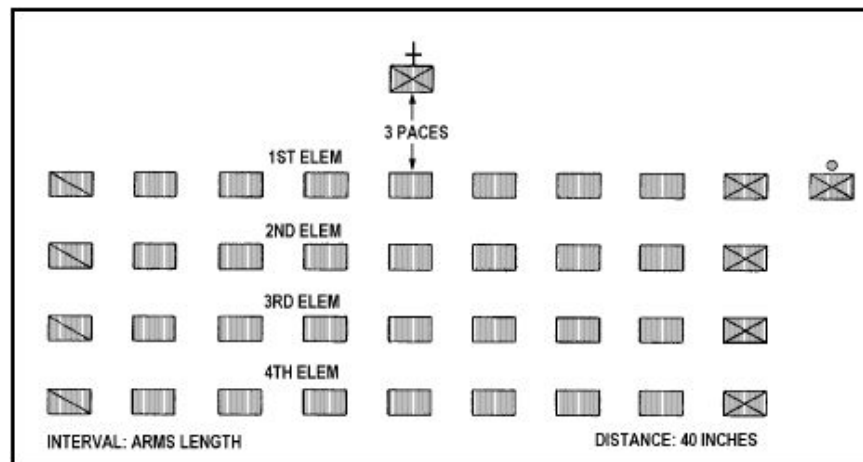


Figure 4.1. Flight in Line Formation. 4.3.1.3. To establish interval, the leading individual in each file obtains exact **shoulder-to-fingertip contact with the individual to his or her immediate right** (figure 4.2). As soon as dress, cover, interval, and distance are established, each airman executes an automatic ready front on an individual basis and remains at the position of attention. 4.3.1.4. Once it is formed, the flight will be squared off prior to sizing. The left flank of the formation will be squared off with extra airmen filling in from the fourth to the first element. For example, if there is one extra airman, he or she will be positioned in the fourth element; if there are two extra airmen, one will be positioned in the third element and one will be positioned in the fourth element; and so forth. The flight sergeant will occupy the last position in the fourth element.

Figure 4.3. Flight in Column Formation.

4.4.2. Cover. 4.4.2.1. Column Formation. To align the flight in column, the command is COVER.

On this command, everyone except the guide adjusts by taking small choppy steps if needed and establishes dress, cover, interval, and distance. The leading individual of each file (excluding the base file) obtains the proper interval (normal or close). The base file establishes and maintains a 40-inch distance. All others align themselves beside the individual to their right and behind the individual in front of them.

4.4.2.2. Inverted Column Formation. The same command and procedures used to reestablish dress, cover, interval, and distance while in column formation are used in inverted column. The exception to this is that the leading individual of the base element does not move and everyone else establishes dress, cover, interval, and distance based on this individual.

4.9. Flight Formation While Marching. 4.9.1. The normal formation for marching is a column of at least two, but not more than four, elements abreast. The element leaders march at the head of their elements. 4.9.2. The flight marches in line only for minor changes of position.