

## **FOOT DRILL**

### **GENERAL INSTRUCTIONS**

1. *During the initial stages of training in foot drill, instruction is to be given in single line or semi circle formation.*
2. *Drill movement are to be taught first by GINTI SE (numbers) when proficiency has been obtained, by judging the time, i.e SAMAYA KE ANDAZE SE. A pause equal to two paces in quick time is to be observed between successive movements except where otherwise stated.*

### **GT/T1/FD/1.5**

## **ATTENTION, STAND-AT-EASE, STAND-EASY**

### **SAVDHAN, VISHRAM, ARAMSE**

#### 1. **OBJECT**

The object of this lesson is to teach the position of attention, stand-at-ease, stand-easy and vice versa.

#### 2. **NECESSITY**

The position of attention is one of the alertness in readiness for the word of command and the muscles of the body are therefore to be controlled to await any order which may be given.

#### 3. **Previous lesson**

Since it is a preliminary movement of drill.

#### 4. **PHASES**

Phase I : Attention  
 Phase II : Stand-at-ease  
 Phase III : Stand-easy

#### 5. **PHASE: I ATTENTION**

On the executive part of the word of command "**SAV-DHAN**" (Attention) the left foot is to be brought smartly to the right and the arms brought to the sides from the rear and the left knee is slightly bent during this movement. The heels are together and in line. The toes are to be turned outward at an angle of approximately **45 degree**. The knees are to be straight. The weight of the body is to be balanced on both feet and heels. The body is to be erect and is to be carried evenly over the thighs. The shoulders (Which are to be level and square to the front) are to be drawn downwards and

backwards without strain or stiffness so as to bring the chest to its natural position. The arms are to hang easily from the shoulders and are to be as straight as the natural bend of the arms (When the muscles are relaxed) will allow. The wrists are straight and the palm of the hands turned towards the thighs. The fingers are to be half bent and the thumbs are to be to the front, touching the forefingers. The thumbs and tips of the fingers are to rest lightly on the thighs with the centre finger on the side of seam of the trousers. The neck is to be erect, the head is to be straight, and the chin is to be drawn in. the eyes are to straight to the front. Breathing is not to be restrained and no part of the body is to be stiff strained.

## 6. **PHASE II: STAND AT EASE**

- (a) **NECESSITY:** The position of stand-at-ease is a little relaxed position but not less important than the position of attention.
- (b) On the command "**VIS-RAM**" (Stand at ease) the left foot is to be placed smartly **about 12 inches to the left**. The knee is to bend slightly during this movement. The weight of the body is to rest evenly on both the feet. At the same time the hands are to be placed behind the back. The back of the right hand is to be placed in the palm of the left hands; thumbs are to be crossed right over left, fingers together and fully stretched and the arms are to hang easily to their full extent. Although this position is more relaxed than that of SAV-DHAN, no movement is to be made.
- (c) When falling in on parade, individuals are to stand at ease (**VISR-AM**) after taking up their dressing.
- (d) When equipped in 'Marching Order' without weapons, the arms are to be in the position of **SAVDHAN** (Attention).

## 7. **PHASE III: STAND-EASY**

- (a) **NECESSITY:** The position of stand easy is a relaxed position in which slight movement of the body is allowed except of the feet.
- (b) On the command "**ARAM-SE**" (**Stand-Easy**) the limbs, head and body may be moved but not the feet. If the feet are moved the dressing may be lost. Slouching and talking are not to be allowed.
- (c) Airmen "Stand Easy" (ARAM SE) are to assume the position of VI-SHRAM (Stand at Ease) as soon as a cautionary word of command is given so as to be ready to carry out the next command.