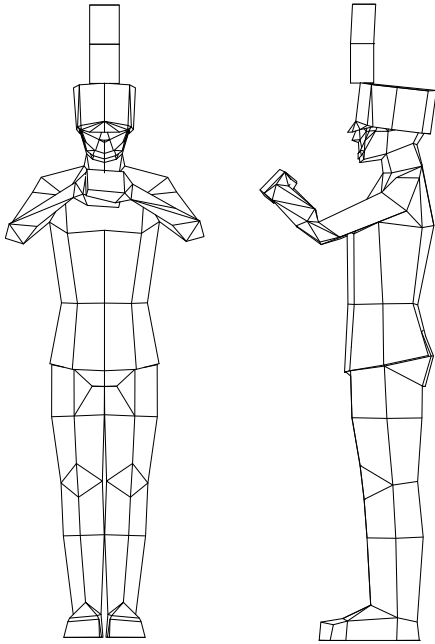


Attention

BAN TEN HUT! HUN!



Head up 15°

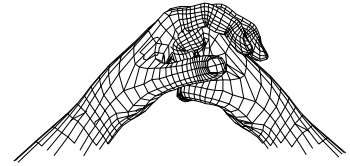
Arms extended

Back straight

Hips level

Knees unlocked

Feet together



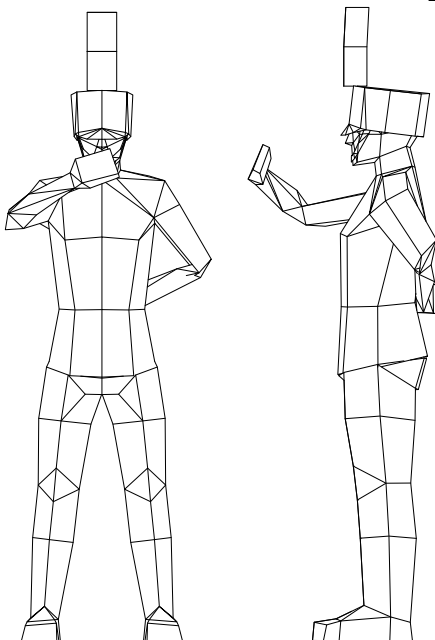
Hands together

TIPS:

- Keep shoulders relaxed
- Arms out enough to reach in for a hug
- "L" shape hand under chin for head angle
- Left hand over right fist
- Hands just below eye level

Parade Rest

BAN PA' RADE HESS! HUN!



Head up 15°

RH same position
as attention

LH blade in small
of back

Knees unlocked

Feet shoulder-
width apart

TIPS:

- Feet shoulder-width apart (try armpit-width if too big)
- Right arm remains still
- Keep weight distribution even between both legs
- Thumb of left hand rests on top of hand
- Left hand is perfectly horizontal