

PARADE REST

BAN PA' RADE HESS! HUN!

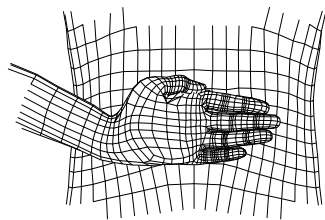
Head up 15°

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 wide)
- 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

