

# Murphy High School Band

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## Attention

Verbal Command, usually preceded by four claps:

Drum Major

Band

- Students start from “Parade Rest” or a relaxed position
- “Set” is a quicker way of saying move to “Attention”
- Students say “Pan-thers” when moving
- Feet – heels and toes together (weight on ball of foot; ball of foot on painted line)
- Knees – straight, but NOT locked
- Hips in line with ankles
- Torso straight and in line with hips
- Shoulders rolled back
- Head – chin slightly above parallel
- Arms – slightly bent back with hands at waist if not holding instruments; if holding instruments, instrument held in hands like playing position but with instrument folded down
- No talking
- No moving

## Parade Rest

Verbal Command, usually preceded by four claps:

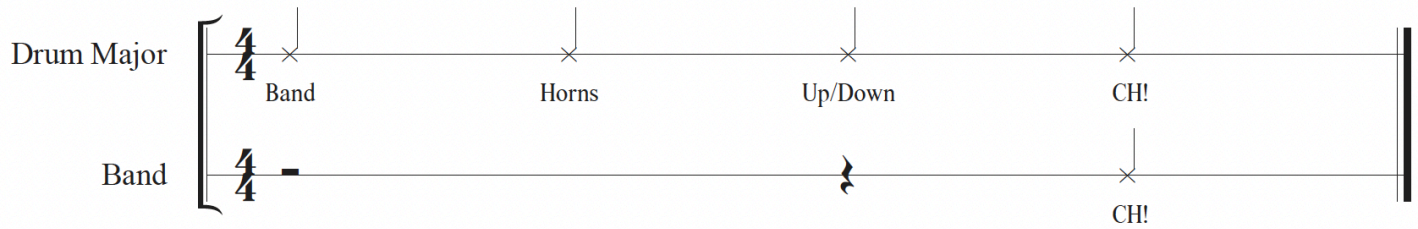
Drum Major

Band

- Students say “CH” on beat four
- Feet – heel and toes parallel, separated shoulder length apart (weight on ball of foot; ball of foot on painted line); left foot moves out, right leg stays still
- Knees – straight, but NOT locked
- Hips in line with ankles
- Torso straight and in line with hips
- Shoulders rolled back
- Head – chin slightly above parallel
- Arms – arms crossed in front of waist if not holding instruments; if holding instruments, instrument held in front of waist with both hands
  - Left hand over right hand
- No talking
- No moving

## Horns Up/Down

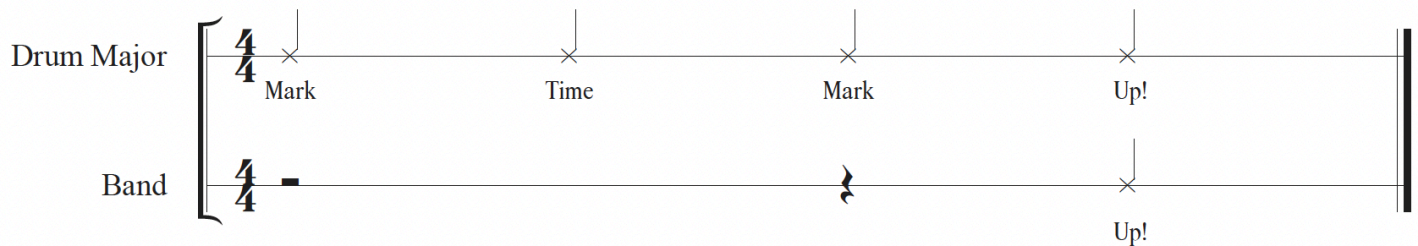
Verbal Command, usually preceded by four claps:



- Starts from “Attention” position
- Students say “CH” on beat four
- Horns only move up or down on beat 4, no preparatory movement

## Mark Time

Verbal Command, usually preceded by four claps:



- Call is usually followed by 4 beats before moving, if moving
- Students should count “1 2 3 4”
- Students say “Up” on beat four
- Can be stationary or to prepare for a move
- Starts from “Attention” position
- Heel of the left foot comes up on beat four of the first measure
- Instrument comes up with heel if not already up
- Toes stay firmly planted on ground the entire time
- Heels stomp ground on the beat
- Upper body should not move

## Forward Marching

- Starts from “Attention”
- Always step-off with the left foot
- Feet must roll when marching
- Heel; Arch; Ball; Toe
  - Exercise for practicing this:
    - 4-part steps: Heel; Arch; Ball; Toe
    - 2-part steps: Heel; Tie
    - 1-part steps: Toes up
- Knees naturally bend when marching forward, do not keep legs perfectly straight
- The heel should hit on the downbeat with toes up, then roll through the step
- Each foot moves in a straight line, without crossing the path of the other foot
- Minimize upper body movement
- The ball of the foot should be on the line
- Do not “stab” ground on final step

## **Back March**

- Starts from “Attention”
- Always step-off with the left foot
- Legs are straight
- Don't pop up on beat 4, come up as you go backward
- The heels should never touch the ground
- Each foot moves in a straight line, without crossing the path of the other foot
- Each foot “skims” the ground when marching backwards, do not pick feet up
- Minimize upper body movement
- Do not lean forward
- Keep head forward; use peripheral vision to keep line/form
- Bigger steps than you think you need to take

## **Slide**

- Sliding maintains the basic techniques of forward marching
- The hips shift 45 degrees
- The shoulders shift 90 degrees
- The instrument should face the front sideline
- The upper body shift occurs on the first beat of the move
- The upper body shifts back to “normal” on the same beat as “horns down” or the beat after the move
- Directions
- Left sliding is when you are sliding left in relation to the front sideline (your left shoulder leads a left slide)
- Right sliding is when you are sliding right in relation to the front sideline (your right shoulder leads a right slide)

## **Diagonals**

- Practice diagonal marching with the other basic movements
- The lower body is forward marching
- The upper body is facing the front, like in a slide
- Start with everyone on an orange dot, then have them march 4 steps diagonally to the next dot. Do the same movement with the same distance, but change total number of steps (so instead of 8:5 steps, do 16:5 or 4:5)

## **Crab (Percussion only, generally)**

- Crabbing maintains the basic techniques of backward marching (specifically, staying on your toes while moving)
- Keep upper body still
- Feet must stay parallel while moving
- Crabbing left
  - The right toe must stay on the center of the painted line and the left foot goes back
  - The right foot goes in front the left foot, lining up the back of the right foot with the front of the left foot
  - On the final step, the right foot is planted and the left foot goes into the “Attention” position with feet together
- Crabbing right
  - The left toe must stay on the center of the painted line and the right foot goes back
  - The left foot goes in front of the right foot, lining up the back of the left foot with the front of the right foot
  - On the final step, the right foot is planted on the line and the left foot goes into the “Attention” position with feet together

## **Follow-the-Leader**

- Students will either turn in and face the direction they are marching, OR face the front sideline and change direction at a pre-determined spot of the field, depending on the drill

## **Gate Turns**

- Gate turns always use “Forward Marching” techniques
- The goal is to turn an entire line 90 degrees
- All students always face the same direction
- The step size will depend on the placement in the line, with the goal of keeping a straight line during the entire move
- Students on the inside of the turn will take smaller steps
- Students on the outside of the turn will take larger steps
- This is primarily used for turns in parades

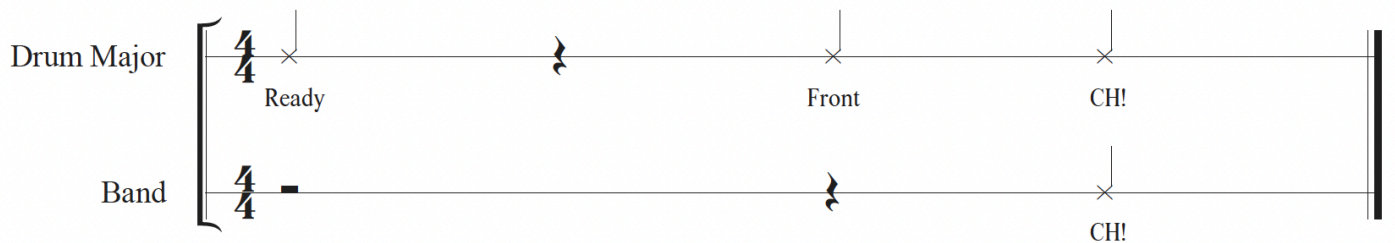
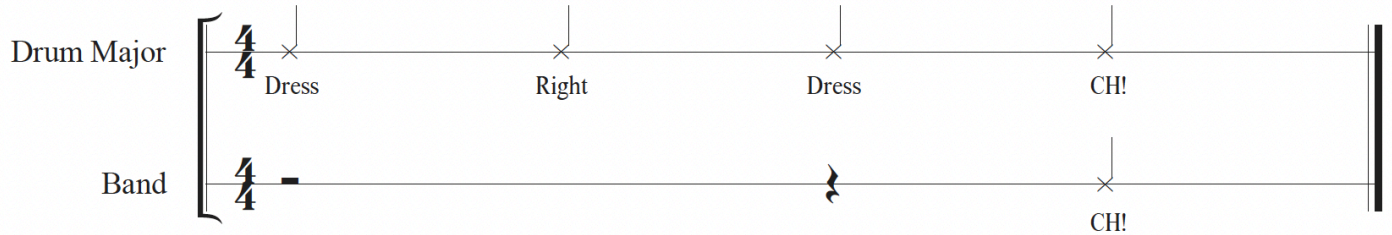
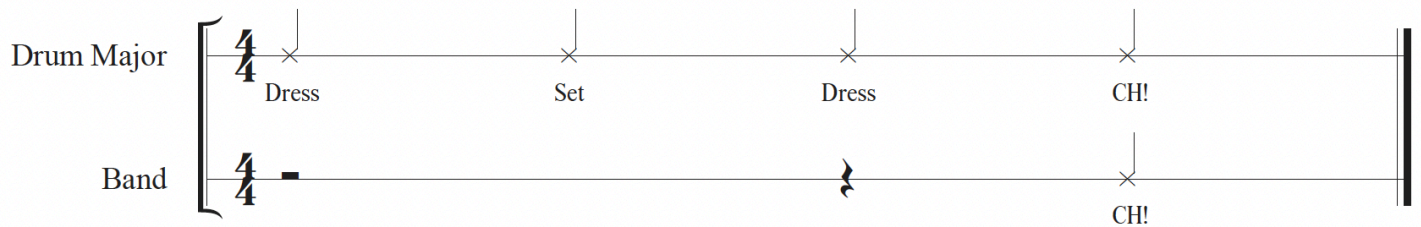
## **Plus One/Minus One**

- Plus One/Minus One simulate the most recent or upcoming drill moves
- Plus One
  - Students will halt then take one additional step in the direction of the next move (if it is an 8 count move, they will take a 9<sup>th</sup> step in the next movement direction)
- Minus One
  - Students will place the left foot in the position it was in of the second to last beat of the previous movement

## **Setting Drill**

- Gather up dot sheet, full band chart (section leaders and leadership only), poker chips (1 each – red, white, and blue) without instrument
- Go to the first set
- Section leaders and leadership check to make sure it is correct
- Place down the red poker chip
- Go to the second set
- Section leaders and leadership check to make sure it is correct
- Place down the white poker chip
- March back to the red chip (opposite of normal direction)
- March to the white chip (correct direction)
- Repeat
- Go to third set
- Repeat sequence
- Run the three sets together several times
- Go to the next set; this is now the red chip
- Adding music to drill
- Holding instruments, march-only from one set to another
- If good, play music in spot
- Play and march from one set to another
- Repeat
- If good, move on
- After 3 sets, do a big chunk twice

## Dressing Forms



- The “Form” (or shape of the drill) is more important than a student’s individual dot
- Students say “CH” on beat four
- The quick version of dressing is: check, adjust, set – continue
- Specific shapes
  - Blocks
    - Start by dressing the lines from front to back, making sure the sternum of the student is lined up with the sternum of the student in front of them
    - Next dress the lines from side to side, dressing towards the center, marking sure the shoulders of the students are lined up with the shoulders of the student next to them
    - Dress Right Dress
  - Lines
    - Dress to the center for larger lines; dress to the right for parades and certain circumstances
  - Arcs
    - Students should extend both arms and face in towards the imaginary “center” of the circle the arc is helping to create arc, making sure it is a smooth line
  - Circles
    - Same as dressing arcs; face center of circle
  - Diagonals
    - Students on the two ends of the line will raise their arms; the person closest to the front sidelines will guide students to be between the two ends, then point down for them to crouch when they have been fixed
    - This will be done silently with hand signals