

Lesson 4

Stationary Movements



Key Terms

at ease
attention
facing
parade rest
rest
saluting

What You Will Learn to Do

- Demonstrate correct stationary movements on command

Linked Core Abilities

- Communicate using verbal, nonverbal, and written techniques

Skills and Knowledge You Will Gain Along the Way

- Describe the position of attention
- Describe how to respond to positions of rest commands
- Describe how to respond to facing commands
- Describe the correct way to salute in a variety of situations
- Define the key words contained in this lesson

Introduction

The basic skills covered in this lesson are necessary to master because they are building blocks for other movements used during *Leadership Lab*. Additionally, they are important for you in developing discipline and self-confidence and for your unit in ensuring uniformity of movement and improving its overall effectiveness and efficiency. This lesson examines stationary movement skills from the position of attention to how to salute correctly in various situations.

Stationary Movements

Stationary movements include attention and rest positions, facing, and saluting. These movements, along with marching techniques, make up the squad and platoon movements. In drill, you start most of your movements from the position of attention; however, you will discover that in some instances, you execute certain rest movements from other rest positions.

Position of Attention

You assume the position of attention on the command “fall in” or “squad (platoon, and so on), attention.”

To assume the position of **attention**, as shown in Figure 2.4.1, bring your heels together sharply on line, with your toes pointing out equally, in a 45-degree angle. Rest the weight of your body evenly on the heels and balls of both your feet. Keep your legs straight without locking your knees. Hold your body straight, chest lifted and arched, and shoulders square. Keep your head and face straight to the front, with your chin drawn in so that your head and neck are on a vertical line.

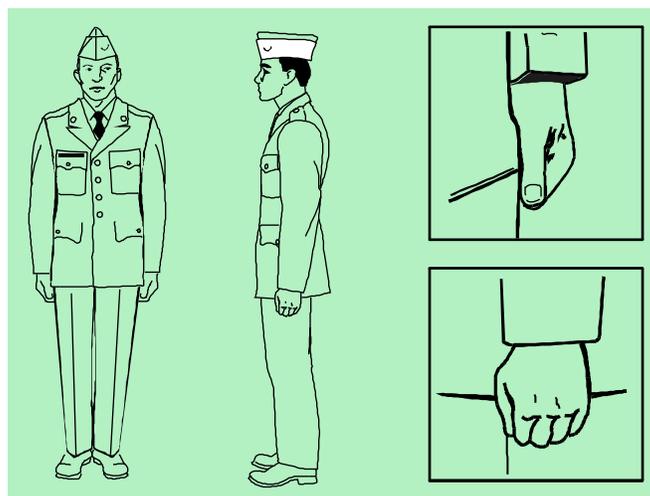
Let your arms hang straight without being stiff. Curl your fingers so that the tips of your thumbs are alongside and touching the first joint of your forefingers. Keep your thumbs straight along the seams of your trouser leg, with the first joint of your fingers touching your trousers. While you are in this position, stand still and remain silent unless otherwise directed.

Key Note Term

attention – command to stand erect with your feet together, toes apart, arms to your side, hands in a fist, shoulders straight, head level, and eyes forward

Figure 2.4.1: Standing at attention.

Courtesy of CACI and the US Army.



Positions of Rest

Positions of rest allow troops to relax while maintaining formation to conserve their strength and energy for extended movements.

Parade Rest

A drill leader can only give the command for this rest position from the position of attention. The command for it is **parade rest**. This is shown in Figure 2.4.2.

On the command of execution “rest,” move your left foot about 10 inches to the left of the right foot. Keep your legs straight without locking your knees, and rest the weight of your body equally on the heels and balls of both feet.

At the same time, center your hands at the small of your back on your belt. Keep the fingers of both hands extended and joined, interlocking your thumbs so that the palm of your right hand is outward. Keep your head erect as you would in the position of attention. Remember to remain silent and do not move unless otherwise directed.

From the position of parade rest, you may execute “stand at ease,” “at ease,” and “rest.”

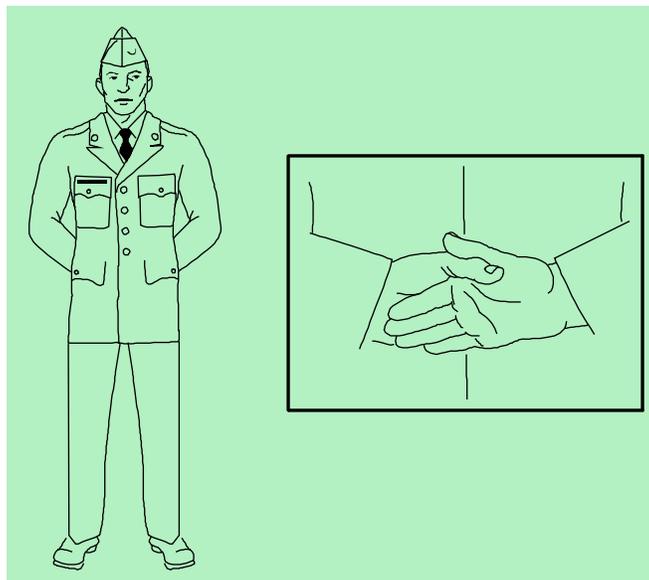
Stand At Ease

The command for this movement is “stand at ease.” On the command of execution “ease,” execute parade rest, but turn your head and eyes directly toward the leader of the formation. You may execute “at ease” or “rest” from this position.

The command for this movement is **at ease**. On this command, you may move; however, you must remain standing and silent with your right foot in place. You may execute **rest** from this position.

Rest

The command for this movement is “**rest**.” On this command, you may move and talk unless otherwise directed. However, you must remain standing with your right foot in place. You may execute “at ease” from this position.



Key Note Term

parade rest – command to place feet apart, knees unlocked, and clasp hands behind the back in a somewhat relaxed position.

Key Note Terms

at ease – command to relax the body while remaining silent in place and not assuming any particular position

rest – command to relax the body and talk while remaining in place and not assuming any particular position

Figure 2.4.2: Standing at parade rest.

Courtesy of CACI and the US Army.

Key Note Term

facing – pivoting movement executed while stationary to orient the body left, right, or opposite current position

Facing

Facing, left or right, is a two-count movement. The command is “left (right), face.” See Figure 2.4.3 for an example of executing a left face. On the command of execution “face,” slightly raise your right heel and left toe and turn 90 degrees to the left on your left heel, assisted by a slight pressure on the ball of the right foot. Keep your left leg straight without stiffness and allow your right leg to bend naturally. On the second count, place your right foot beside the left foot, resuming the position of “attention.” Your arms remain at your sides, as in the position of attention, throughout this movement.

Facing to the rear is also a two-count movement. The command is “about, face” (see Figure 2.4.4). On the command of execution “face,” move the toe of your right foot to a point touching the marching surface about half the length of your foot behind you. Rest most of your body weight on the heel of your left foot, and allow your right knee to bend naturally. On the second count, turn to the right 180 degrees on the left heel and ball of your right foot, resuming the position of attention. Again, your arms remain at your sides throughout this movement.

Note

The individual positions and stationary movements are the basic skills required in drill. You will learn these positions and the correct execution of them before proceeding to other drill movements, such as facing and marching and squad drill.

The Hand Salute

The hand **salute** is a one-count movement. The command is “present, arms.”

When a drill leader commands “order, arms,” you may release the salute. “Order, arms” is a one-count movement. On the command of execution “arms,” return

Key Note Term

salute – act of raising right hand to eyebrow, fingers straight, hand slightly cupped and tilted forward, as a gesture of courtesy

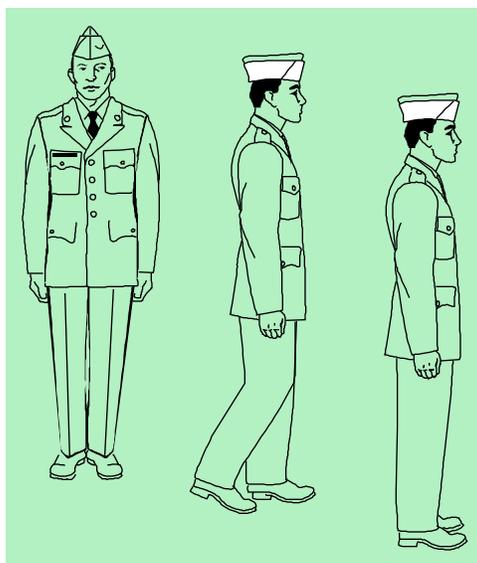


Figure 2.4.3: Executing a left face.

Courtesy of CACI and the US Army.

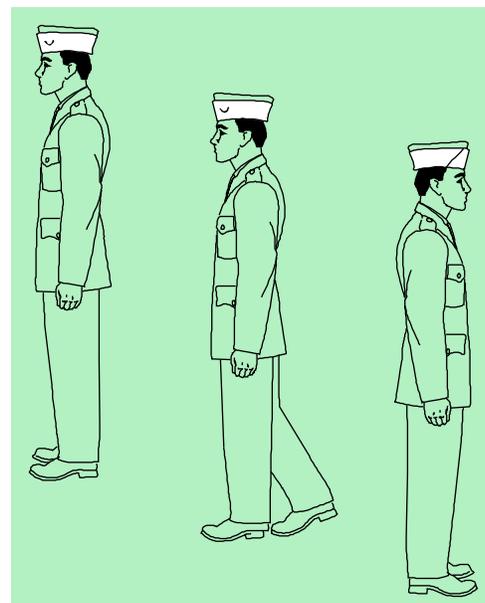


Figure 2.4.4: Executing an about face.

Courtesy of CACI and the US Army.

your hand sharply to your side, resuming the position of attention. You execute the hand salute while marching alone; however, if you are a member of a unit, the leader salutes for the entire unit. If you are alone and at a double time, you must first come to quick time before you can execute the salute.

When reporting or showing courtesy to an individual, turn your head and eyes toward the person and salute at the same time. Subordinates initiate the salute at the appropriate time and terminate it upon acknowledgment.

Conclusion

This lesson covered the basics to completing stationary movements in drill. The stationary movements include the positions of attention, rest, facing, and the hand salute.

Next you will learn about steps and marching. You will build on the stationary movements to you learn in this lesson and add movement to the skills you already know.

Lesson Review

1. What is the proper position of attention?
2. What is the difference between parade rest and standing at ease?
3. What is the command for presenting a salute?
4. Define the term *rest*.