

**Advanced Marching Fundamentals Part 1 & 2**  
**TBA Clinic**  
**Saturday, July 24 9:30-10:30 am**

Clinicians: Bill Watson, Richland High School; Mikel Burress, Richland High School; Jed Weeks, Colleyville Heritage High School  
Assistance: Kevin McNulty, Richland High School  
Participants: Members of the 2004 Richland High School Marching Band  
Sponsor: Texas Bandmasters Association

**Incorporating Dance Concepts into Basic Marching Fundamentals**  
**Purpose**

- Strength
- Posture
- Balance
- Flexibility
- Footwork
- Agility
- Simultaneous Responsibility
- Increases proficiency on "movement" places in your show

**Rehearsal Demonstration - we cannot do all of these fundamentals daily**

Stretching - should be relevant to visual demands - do every day

Posture - once established will take less time

**Foot Positions**

- 1st position open
- 2nd position
- Add others throughout the season as needed

**Body**

**Arms**

**Plie' (to bend)**

- 1st position with arms extended - knee over toes - back straight
  - demi' (small)
  - grand (big)
- 2nd position with arms extended
  - demi'
  - grand

Add others throughout the season as needed

**Releve' (to rise)**

- 1st position
- 2nd position
- Add other positions

**Lunges**

- Lower body only (isolation technique)
- Upper body only (port de bras - arm motion or placement)
- Combination of elements - same as combining music/movement

## Passe' (to pass) Exercise

1st position

Combine with releve'

Add 3rd position

## Forward Marching

Taking the first step - center you spot between the ankles

1st position open - hands on hips - weight is forward - isolate lower body

Look at your feet

Lead from the heel, not the knee (straight leg)

Foot changes to parallel on the step off

Edge of the shoe first - flexed foot - toes up

Weight shift - weight is shared evenly on the step

Roll down - weight shift

Foot pass - lead from heel for the next step

Feet are parallel and as close as possible

## Preps

Last step prepares for open 1st position

Last step is a toe first stab to open 1st position - no roll

Close with the left in open first, heels touch, flat footed - no roll

Take 2 steps back practice 7, prep close

## Add the upper body - simultaneous responsibility

Use arms - no looking at the ground

Upper body presence above the horizon

Move your eyes, not your head (use peripheral vision)

## Add the metronome - 120-132 is a comfortable tempo

Push off on 8 - no visible motion or leaning

Initiate on upbeat up to 160

Past 160, push on 7, initiate on 8

## 8/8 Exercise

FM 8 /Hold 8

Hands on hips - isolate lower body - looking at the ground

Add upper body - arms

Add instruments - 4 positions (horns up, carry, parade rest, pistol)

Dress point - look at primary, secondary dress, always be aware of form

Use in unison and relays

## Slides - combination of elements

Start at 45/ use the arms - left, right slides

Proceed to 90

Add halts/step offs to the front sideline

## Backwards marching

Taking the first step - center you spot between the ankles

1st position open - hands on hips - weight is forward - isolate lower body

Look at your feet

Lead from the toe with a straight leg

Foot changes to parallel on the step off

Ball/toe area hits first

Weight shift - weight is shared evenly on the step

No roll down - stay on you "platform"

Foot pass - on the upbeat

Feet are parallel and as close as possible

Exercises - lower body only

Use 10 to 5/hold 8(2 steps per yard)

Keep legs straight

There will be slight knee bend from off leg

Last step is toe first prep in open first

Close is flat-footed

Box drill - direction changes

1st Box - left - preps go 45 left

FM 8 - prep (straight ahead)

We do not prep turned in (knees)

Turn on the upbeat (te)

FSL 8 - prep 45 - turn on the upbeat

BM8 - prep (straight back) - turn on the upbeat

BSL 8 - prep close (awkward)

Break it down in 8s

Use minus one to restart - legs apart - both straight - on the ball/toe

Add arms

Make sure preps are on the dot - no rounding off or anticipating

2nd Box - left - preps go 45 right

FM8 - prep 45 right - turn on the upbeat

BSL8 - prep straight back (knees) - turn on the upbeat

BM8 - prep 45 right - turn on the upbeat

FSL8 - prep close

3rd Box - right - preps go 45 right

FM8 - prep 45 right

FSL8 - prep straight ahead (knees)

BM8 - prep 45 right

BSL8 - prep close

4th Box - right - preps go 45 left

FM8 - prep straight (knees)

BSL8 - prep 45 left

BM8 - prep straight (knees)

FSL8 - prep close (awkward)

Triangle Drill - combination of elements

Oblique 16 - travel 16 steps down/ 8 steps over

Prep to home

FSL8 - prep straight (knees)

BM16 - prep close

Do as a group and in relays

Stop after any 8 and there should be a form

Restart in minus 1 position

Add horn moves