

DeLand High School Marching Bulldogs

Visual Handbook

1. Attention

- a. Command = *"Band! Ten - Hut!"*
- b. Response = *"Pride!"*
 - i. Response should be staccato and loud.
- c. Hips back, shoulders back, chin slightly above the horizon line.
- d. Heels together, toes apart (pie wedge), knees loose (not locked)
- e. Instrument specific position is defined by each section specifically.
- f. No instrument = fist/hand position (most similar to trumpet position).
 - i. Arms with all 90-degree angles and parallel to the ground.
 - ii. Fist in front of eyes/nose.
- g. Posture should "stand tall" as if a string is pulling up the spine and head to make them taller and the back straight.

2. Parade Rest

- a. Command = *"Band! Parade Hest!"*
- b. Response = *"Tscht" (like a crisp, loud whisper sound)*
 - i. On the response, the left foot moves out to shoulder width apart and the hands come down.
 - ii. Instrument specific position is defined by each section specifically.
 - iii. No instrument = hands clasped and against body below belly button with a natural elbow bend.
- c. Posture should "stand tall" as if a string is pulling up the spine and head to make them taller and the back straight. Everything is basically the same as Attention position, but with the feet apart and the hands down.
- d. Shoulder width = outside of feet line up with outside edge of the shoulders.

3. Standby

- a. No command/response.
- b. The purpose of standby is to have the band no longer at Attention, but waiting for further instructions. Not to relax though.

4. "As You Were Sir!"

- a. No command.
- b. This is a polite and disciplined response to a leader accidentally calling something at an inappropriate time. For example, the only thing that can be called from Parade Rest is Attention. Another example - you can't call Horns Down if they are already in Horns Down position.

*****DO NOT teach Horns Up or Horns Down without instruments. We will not be using these commands unless students have their instruments.*****

5. Horns Up

- a. Command = *"Band! Horns Up!"*
- b. Response = *"Up!"*
 - i. On the response, the instrument snaps to playing position in 1 count.
 - ii. Playing position is defined by each individual section.
 1. Flute/piccolo = parallel with the ground.
 2. Clarinet = 45-degree angle from body.
 3. Sax = parallel with the body, perpendicular with the ground.
 4. Trumpet, mellophone, baritone, & trombone = 10-degrees above parallel, arms at 90-degree angle and away from the body.
 5. Sousaphone = move the hand to the playing position.
 6. Percussion = move the sticks to the playing position.

6. Horns Down

- a. Command = *"Band! Horns Down!"*
- b. Response = *"Tscht"* (same sound as Parade Rest)
 - i. On the response, the instruments snap back to Attention position.

7. Mark Time (MT)

- a. Command = *"Mark Time Mark"*
- b. Response = *"and One, Two, Three..."* etc.
 - i. On "and" - left toe comes up
 - ii. On "One" - left toe moves to center
 - iii. On "Two" - right toe moves to center, toes are now touching
 - iv. On "Three" - left heel plants (heels lift to height of the ankle bone)
 - v. On "Four" - right heel plants
 - vi. Continue for all subsequent counts.
- c. Upper body, everything from the hips up, must stay still.
- d. Legs move in fluid motion (not snappy).

8. Halt (from Mark Time)

- a. Command = *"Readdyyyy Halt"*
- b. Response = *"Place Hit"*
 - i. On "place" - right toe moves back out to pie wedge position
 - ii. On "hit" - left toe moves back out as well (both feet are now at pie wedge Attention position)

9. Forward March

- a. Command = *"Fo-ward March"*
- b. Response = *"Push and One, Two, Three..."* etc.
 - i. On "push" - prepare to move
 - ii. On "and" - the left foot moves forward
 - iii. On "One" - the left heel plants with toe up as high as possible

- iv. On "Two" - the right heel plants with toe up as high as possible
- v. Continue for all subsequent counts.
- c. Students should feel the stretch on the calf muscle when the toe is high.

10. Halt (from Forward March)

- a. Command = *"Readdyyyy Halt"*
- b. Response = *"Place Hit"*
 - i. On "place" - right toe plants at pie wedge position (lead with toe)
 - ii. On "hit" - left foot plants at pie wedge position (both feet are now at pie wedge Attention position)
- c. Lead with the toe when placing the right foot, but don't lift higher than 1 inch off of the ground.

11. Backward March

- a. Command = *"Back-ward March"*
- b. Response = *"Lift and One"*
 - i. On "lift" - rise up on platforms with heels 2 inches off the ground
 - ii. On "and" - left foot starts moving
 - iii. On "one" - left toe plants behind you
 - iv. On "two" - right toe plants behind you
 - v. Continue for all subsequent counts.
- c. Upper body stays still from the hips up the entire time.
- d. Heels do not touch the ground, stay on the platforms.
- e. Find a focal point to help maintain balance while up on the platforms.

12. Halt (from Backward March)

- a. Command = *"Readdyyyy Halt"*
- b. Response = *"Place Hit"*
 - i. On "place" - right toe plants, stay lifted
 - ii. On "hit" - left foot plants and heels go down back to pie wedge Attention position.

13. Rock & Roll (transition from Forward to Backward March)

- a. No command/response.
- b. On last count of the Forward March, right toe plants and weight shifts to right foot. Left toe leaves the ground 1-2 inches.
- c. On "one" of the Backward March, left toe goes back down and weight shifts back to that foot.
- d. Continue Backward Marching until called to Halt.

14. Rock & Roll (transition from Backward to Forward March)

- a. No command/response.
- b. On last count of the Backward March, right toe plants and weight shifts to right foot. Left toe leaves the ground 1-2 inches.

- c. On “one” of the Forward March, the left heel plants and then proceed to execute Forward March until called to Halt.

15. Slides

- a. No command/response.
- b. Shoulders are at a 90-degree angle with the feet (right or left).
- c. Turn at the waist and pull shoulders to position.
- d. Maintain the correct posture of Attention position.
- e. Don't overbend the knee, but keep loose.
- f. Explain that during drill the slide might not always be at a 90-degree angle, but the point is to keep the shoulders square/parallel to the sideline which is why we practice using 90-degree angles in visual block.
- g. When teaching, have them stretch past 90-degrees to increase flexibility.

16. Box Drill Sequence

- a. No command/response.
MT8
forward 8
left slide 8
backward 8
right slide 8
MT8
forward 8
right slide 8
backward 8
left slide 8
- b. Teach them the first half, then the 2nd half. Once comfortable, sequence them all together.

Marching fundamentals should be executed with PRIDE at all times by members of the DeLand High School Marching Bulldogs. These fundamentals are part of our long-standing tradition of excellence and the legacy passed down from all Marching Bulldogs that have come before us. Performing the fundamentals in a sloppy or lazy way is disrespectful to that legacy and tradition.

Additionally, creating habits of excellence early on ensures that we will have a successful marching season with results that we can be proud of. Create those habits NOW and don't allow yourself or others to be anything less than the best. Hold yourself and your fellow band members accountable to the highest standard of excellence at all times!

Believe! Achieve! Never back Down!

