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| Always stand at check |
| No talking on the field (band does not repeat instructions or say set) |
| Sections will raise hands when addressed |
| Always freeze at the end of a move |
| When director says reset, band yells "Hustle" |
| Have your own water jug! |

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| 1 | Bear Jacks | normal count off- B, H, S, Band (3 times) Fightin' Bear Band With Pride!!!! |
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| 2 | Stretches | Dagan lead them |
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| 3 | Moving to music | focus on left foot, transition to marching instead of walking, slow then fast |
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| 4 | Check Position | silently go to arms down in front of body |
| | | right fist with left hand on top |
| | | feet stay in V shape on your dot |

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| 5 | Set/Horns Down | feet in first position V shape (45° angle) |
| | | heels touch but toes apart |
| | set command: | don't move or lock your knees |
| | Band Ten Hut "HIT" | 5 points of alignment- ankles, knees, hips, shoulders, head |
| | | straight body, long and tall, pull up from head, lift rib cage |
| | horns down command: | back of shoe on the back of yard line (ankle in the middle) |
| | Band Horns Down R "& 1" | slight forward lean- body weight forward |
| | | stomach in- use your abs/core muscles, flatten lower back |
| | | no instrument- arms straight across with fingers straight & touching in middle parallel to ground |
| | | with inst- inst perpendicular to ground at eye level (see sect leader) inst goes 2" from face on & |

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| 6 | Horns Up | instrument goes to face to be played, sect. leaders define |
| | | instrument parallel to ground (10° above) unless press box |
| | horns up command: | mouthpiece in/on mouth |
| | Band Horns Up R "& 1" | Power V or Power Triangle- leave elbows where they are, hands move |
| | | no instrument- arms will rotate up to create an upside down V above your eyes. |

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| 7 | Trail Position | used when walking a long period of time |
| | | instrument in right hand |
| | | left hand in fist by pocket (sect. leaders define) |

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| 8 | Body Isolation Exercise | start standing up straight, arms at sides, feet in V shape |
| | | instrument with Mpc to left in front of you on the ground |
| | | each move is 4 counts of rolling down or up |
| | | head 2 3 4 |
| | | shoulders 2 3 4 |
| | | spine 2 3 4 |
| | | hips and knees 2 3 4 |
| | | grab the instrument |
| | | hips and knees 2 3 4 |
| | | spine 2 3 4 |
| | | shoulders 2 3 4 |
| | | head 2 3 4 (go to attention horns down as head comes up) |
| | | releve up and roll over big toe (horns to playing position) |
| | | hold 4 |
| | | down 4 (stretch down and try to leave head where it is) |

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| 9 | Count Off | 1 R 3 horns up dut dut dut breathe flex push 1 |
| | | 2 count breath |
| | | flex thigh muscles and left toes on forward |
| | | push off right platform |

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| 10 | Marking Time | whole foot comes 1" off the ground with toes up (heel hits ground first) |
| | | feet will straighten forward (parallel) from the V to straight immediately on 1 |
| | | avoid swaying and drifting off your dot |
| | | add in step outs |

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| 11 | Halt | Point toe on count 8 and close on count 1 (tendu) |
| | halt command: | Point with right toe down in V shape and close with left foot in the V |
| | Band Ready Halt "Point & Close" | always freeze at the end of a move |

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| 12 | Step Sizes | 8 to 5 is standard (8 steps for every 5 yards or 1 yard line away) |
| | | 6 to 5 is larger (halfway is 3) |
| | | 4 to 5 is largest (double size) |
| | | 12 to 5 is smaller (halfway is 6) |
| | | 16 to 5 is smallest (half size) SPIKE |

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| 13 | Adjust | to get on your dot after freezing in place at the end of the counts |
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| 14 | At Ease | stay in your spot, but whole body relaxes and feet can move a little |
| 15 | Parade Rest Position | feet shoulder width apart, left hand in small of back in a fist horn in right hand by side (see sect. leader for details) |
| 16 | Forward March | toes up high. back edge of shoe touches first roll through glide step- eliminate bounce in sound |
| | forward march command: | don't roll all the way, stop at platform to keep leg straight |
| | 1 R 3 "Horns Up dut dut dut breathe | push heel forward and swing from the hip- straight legs |
| | flex push 1" | A frame with legs straight (no knee bend) don't bicycle knees ankles cross on & of beat low heel on back leg and keep it straight as soon as you step off, feet go forward like parallel skis push down on right leg before the step off (press & 1) halt- feet halt in V shape (point and close) tendu don't raise up on the point and close, reach out toe on 8 and close on 1 step size 8-5 halfway on count 4 right foot is between hash marks feet as wide as a yard line apart side to side upper body does not move at all eyes up, head straight, use peripheral vision to stay between 2 people equal step sizes (don't take a big first step and all the others smaller) |
| | activities | 1 step only, 2 steps, 8-5, with halt, 12-5, march to music, stations, w/scales |
| | breaking down the forward march | 1 ti te ta super slow marching for each part of the foot (heel, arch, ball, toe) |
| 17 | Marching Priorities | #1- timing #2- technique (toes up, legs straight) #3- transitions (directions, step sizes) |
| 18 | Recovery | if you end up on the wrong foot- do a shuffle or slow down for 1 count |
| 19 | Push Hit Exercise | push hit 2 3 4 & pass 2 3 4 push is initiation of the step hit is back of heel on ground with toe up freeze 2 3 4 & is initiation of step pass is the ankles crossing with toe up |

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| 20 | Half Time marching | left pass right pass (half as slow as normal) |
| 21 | Forward March Exercise | 4 push hits, 8 slow half time, 2 sets of 8 normal speed (16 cts) |
| 22 | Spiking- 16-5 forward | half size steps- toes all the way up and don't roll foot (stay on heel) |
| 23 | 8s & 8s | move 8 hold 8 |
| 24 | 8-5 then 12-5 | learning transitions |
| 25 | 6 to 5 | larger and halfway on 3 |
| 26 | 16-12-8-6 | (small to big) |
| 27 | 1 step isolation | flex push 1 2 3 4 Reset 2 3 flex push 1 2 3 4 (RESET BACKWARDS!!!) |
| 28 | 2 step isolation | flex push 1 2 3 4 & close 2 3 flex push 1 2 3 4 & close (CLOSE FORWARDS) |
| 29 | Relays | Normal Relay- go every 8 cts and reset the line at the end A-B line Relay- one marching while one is helping |
| 30 | Infiniti Relay | reset 2 steps to right where end (original direction) step off again |
| 31 | Backward March | stay on platform- don't roll down to heel don't bounce or sway side to side |
| | backwards march command: | weight over front leg, squeeze all your muscles |
| | 1 R 3 "Horns Up dut dut dut breathe | heels 2" off ground, like golf ball |
| | flex push 1" | up and back at the same time step off |
| | | legs straight like scissors |
| | | point and close in the V shape (ct 8 foot at angle and close angle) |
| 32 | FWD- Back transition | point (stab) ct 8 forward (not at an angle) rearticulate left foot low to the ground (retouch toe) Any direction change is point and rearticulate |
| 33 | Back-FWD transition | point (stab) on count 8 forward (not at the angle) pivot left foot to heel down toe up and rearticulate count 1 (replace it with heel down) |

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| 34 | Left and Right Slides (traverse) | keeping the upper body parallel to the sideline while lower body marches at a different angle |
| | | twist half of the direction with your hips and the rest of the way with your upper body |
| | | think of your spine like a spiral staircase and keep shoulders square to the sidelines |
| | | keep the sternum presented to the press box, don't lean into the move |
| | | don't drift off your line |
| 35 | Turret Exercise | isolates upper and lower body for slides |
| | | upper body first, 4 ct turn 90 degrees |
| | | R 2 3 4 |
| | | H 6 7 8 |
| | | Front 2 3 4 |
| | | H 6 7 8 |
| | | L 2 3 4 |
| | | H 6 7 8 |
| | | Front 2 3 4 |
| | | H 6 7 8 (lower body next) |
| | | R 2 3 4 (drag turn to the R feet straight) |
| | | H 6 7 8 |
| | | Front 2 3 4 |
| | | H 6 7 8 |
| | | L 2 3 4 |
| | | H 6 7 8 |
| | | Front 2 3 4 |
| | | H 6 7 8 off and down |
| 36 | Slide Exercise (reversal) 90s | fwd 8 straight (no slide) downfield |
| | | left slide 8 forward |
| | | reverse 8 in R slide backwards |
| | | back 8 straight (no slide) downfield |
| | | left slide 8 backwards |
| | | reverse 8 in R slide forwards |
| | | forward 8 straight |

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| 37 | Box Drills with FWD slides | traverse the whole time (upper body square to the sideline) |
| | | roll through on direction changes at a 45 degree angle, slides will be forward marching |
| | | 8 fwd, 8 R or L, 8 Back, 8 R or L back to original dot |
| 38 | 2 box exercise (fwd or back slides) | fwd 8, R 8, back 8, left 8, fwd 8, L, 8, back 8, right 8 |
| 39 | Box Drills with BackWDs Slides | traverse the whole time (upper body square to the sideline) |
| | | point (stab) on direction changes at a 45 degree angle, slides will be backwards marching |
| | | 8 fwd, 8 R or L, 8 Back, 8 R or L back to original dot |
| 40 | Lower body reversal (hip shift) | upper body stays front to sideline, lower body reverses and you keep going same way |
| | | turn to the left and swing the left leg over to start marching the new direction 180 degree turn |
| | | plant the right foot on the platform half way in the new direction but don't spin it |
| 41 | L Drill | makes the shape of an L with a lower body reversal in the middle of the slide |
| | | forward 8, left 8 (reversal at halfway point), right 8 (rev halfway), back 8 |
| | | upper body stays square to the sideline the whole time |
| 42 | X Box Drill | to learn 45 degree angles, 8 cts in each direction |
| | | 6 steps up and 6 steps to the side is a 45 degree angle |
| | | up to the right, back to spot, back to right, back to spot |
| | | up to left, back to spot, back to left, back to spot |
| | | traverse to sideline the whole time |

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| 43 | Bear Warm Up | Shut Up and Dance- by Walk the Moon |
| | | hold 8 |
| | | body isolation- up 2 3 4, H 2 3 4, down 2 3 4, (straight into turrets) |
| | | turrets... feet 2 3 4 5 6 7 8 off & down & up dut dut dut |
| | | 2 sets of 16 spiking point close & off |
| | | & down & up dut dut dut |
| | | 2 sets of 1 step isolations |
| | | 2 sets of 2 step isolations moving forward |
| | | 4 push hits |
| | | 8 fwd slow |
| | | 2 sets of 8 fwd normal time |
| | | off & down and up dut dut dut |
| | | 12 to 5 bckwds 2 sets |
| | | off & down & up dut dut dut |
| | | bck 2 sets of 1 step isolation |
| | | back 2 sets of 2 step isolation |
| | | bck 8 slow |
| | | 2 sets of 8 back normal time |

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| 44 | TCU Warm Up w/ Remington's | can be bopped, pulsed, full value. notes start and stop on left foot. |
| | | whole notes with 4 cts silence after each |
| | F E F | Hold 16 |
| | F Eb F | fwd 8 back 8 |
| | F D F | hold 16 |
| | F Db F | fwd 8 right 8 |
| | F C F | back 8 left 8 |
| | F B F | fwd 8 left 8 with lower body reversal halfway |
| | F Bb F | right 8 back 8 with lower body reversal halfway |
| | hold F 8 cts at end | |

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| 45 | Human Spider web Game | make groups of 6 people, circle facing each other |
| | | reach across and grab opposite hands, try to untangle yourselves |

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| 46 | Garrett Stretches | A frame feet, bend over to left foot |
| | | lift toes and bend right leg- stretch back of leg |
| | | runners lunge left side |
| | | switch sides, bend over right foot |
| | | lift toes and bend left leg- stretch back of leg |
| | | runners lunge right side |
| | | sit down in butterfly (feet touching in front of you) |
| | | cross hands at wrists and grab feet, bend over chest to feet |
| | | left foot out and right foot in, reach up and then over to toes |
| | | stretch out to the middle |
| | | switch feet and reach up and over to toes |
| | | cross ankle over knee |
| | | both feet on ground under you, fingers under toes and stand up |
| | | stand up slowly and reach left arm across body and hold |
| | | switch arms and hold |
| | | arms up over head, grab right wrist and lean over to left side |
| | | arms up over head, grab left wrist and lean over to right side |
| | | grab arms behind you and bend over raise hands up behind you |
| | | feet together lift left leg behind you for hamstring |
| | | switch to right leg hamstring stretch |