

Keith Stein Blue Thunder Marching Band Maneuvers and Field Techniques Manual

I. Posture

A. Over-all Feel

1. A lifted, forward, tall, broad, and relaxed yet controlled feeling.
 - a. Imagine you are standing against a wall, your heels, gluts, shoulders and head should be touching the wall
2. Engage your core muscles (abs, hip-flexors, quads) as your base; all movement should be enacted using these “big muscles”

B. Feet

1. Should be together with toes and ankles touching.
2. Weight should be slightly forward on the balls (platforms) of your feet.
3. Heels should be situated on the line

C. Hips

1. Should line up over your ankles.
2. Should be slightly forward as to prevent the back from arching.

D. Torso

1. Stomach should be in
2. Chest out
3. Shoulders back and down
4. The entire torso should sit directly above the hips

E. Head

1. Not too far forward or backwards
 - a. Being too far forward will cause strain on the neck
 - b. Being too far back causes compression and tension in the vertebrae

II. Forward Marching

A. First step with left foot is straight legged

1. The weight pushes forward to create momentum
2. The initiation of the first step has to start before count one in order for the heel to land on beat one.
3. In order for the initiation to work, one must think 5, 6, 7, 8, and, 1
4. With faster tempos the initiation begins on 8 instead of “and” due to increased tempo

B. Knee is bent went crossing

C. Leg is straight when the heel touches the ground

D. When marching the heel should touch down on the yard line or dot

E. Halting is done by bringing the feet together (no extra movement)

III. Backwards Marching

A. Lift up and back at the same time to create a smooth controlled motion

B. Heels should never come in contact with the ground. 2-3 inches in the air

C. Legs should remain straight in backwards marching as to help maintain control

D. Lift squeeze and separate the upper body and the lower body

E. Halting is done by bringing the feet together and lowering off the platforms in a smooth unnoticeable manner

IV. Direction Changes

A. Direction changes should be smooth. Roll step through the final count then shift in the new direction

1. A shift is not required for front/back and back/front movements

B. The Prep step will be half the distance in the new direction of travel (except for front to back & back to front)

V. Upper Body Orientation (Slides)

A. Hips should be turned 45 degrees

B. Shoulders should be turned 90 degrees parallel to the sideline