



# BASIC MARCH

Athlete: \_\_\_\_\_

LEVEL I

LEVEL II

<b>TIMING / RHYTHM</b>	IN RELATION TO MARCH MUSIC: In Step – Legs, Arms In Time but on the incorrect foot Phasing – too fast, too slow Timing of Corners	<input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement		
<b>BATON &amp; BODY CO-ORDINATION</b>	CO-ORDINATION WHILE MARCHING: Legs Arms Position of Baton Arm Swing	<input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement		
<b>BODY TECHNIQUE</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">           Posture:            Head            Shoulders            Hips            Knees            Ankles            Feet            Corners – Left, Right         </td> <td style="width: 50%; border: none;">           Basic March:            Knee Level            Stretch of Feet – Toes In, Toes Out            Supporting Leg            Balance            Placement of:            Arms            Hands            Feet         </td> </tr> </table>	Posture: Head Shoulders Hips Knees Ankles Feet Corners – Left, Right	Basic March: Knee Level Stretch of Feet – Toes In, Toes Out Supporting Leg Balance Placement of: Arms Hands Feet	<input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement
Posture: Head Shoulders Hips Knees Ankles Feet Corners – Left, Right	Basic March: Knee Level Stretch of Feet – Toes In, Toes Out Supporting Leg Balance Placement of: Arms Hands Feet			
<b>PERFORMANCE SKILLS</b>	Eye Contact Confidence Facial Expressions Appearance, Grooming, Footwear, Baton	<input type="checkbox"/> Excellent <input type="checkbox"/> Very Good <input type="checkbox"/> Good <input type="checkbox"/> Needs Improvement		
<b>GENERAL MECHANICS</b>	Starting Position/Ending Position Proper Corners Thumb to Ball Number of counts on each leg of square Halt			

- Circled: Needs Attention
- ✓ Checked: Exceeds Expectations

RIBBON	GRADE
RED	→ A
BLUE	→ B
WHITE	→ C
GREEN	→ D

**LETTER GRADE**

\_\_\_\_\_  
CLERK

\_\_\_\_\_  
JUDGE