

Marching and Movement Checklist

Group Name: _____

1. What type of marching style does this group have?

2. What type of posture do they strive for?

3. Where are my shoulders in relation to my hips when I'm at rest?

4. When I move, where is my body weight balanced while I travel? (Forward, body center, left behind?)

5. What is the knee bend in the technique?

6. Where should my chin be when I halt or move?

7. Is my toe down or heel down when I come to a halt?

8. Are my feet – heels and toes - open or closed during a halt?

9. How do I balance at my body at all times to avoid bouncing?

10. What is my expression when I march and move?

Marching and Movement Checklist

Group Name: _____

- ✓ Am I following type of marching style for this group?
- ✓ Is my posture strong for what they strive for?
- ✓ Are my shoulders in relation to my hips when I'm at rest?
- ✓ Is my body weight balanced while I travel?
- ✓ Is the knee bend correct for in the technique?
- ✓ My chin when I halt or move?
- ✓ Toe down or heel down when I come to a halt?
- ✓ Feet open or closed during a halt?
- ✓ Balance my body at all times to avoid bouncing?
- ✓ Am I expressing my performance when I march and move?

Tendencies to Improve:

Additional Notes or Part Changes to Remember:

PLAYLIST: MARCHING PERCUSSION CHECKLISTS

Courtesy of Clean-Beats.com, AH
Aware: Marching Percussion Systems

Here is your Marching and Movement Checklist

- Cut this form out and hold it with you whenever you play.
- Fill in the group name to help you identify the different requirements that group asks of you.
- At the bottom, use it to jot down your tendencies – Ex. Bouncing when marching, eyes on the ground, etc.
- And for Additional Notes or Part Changes to Remember.
- When you overcome your tendencies, or have new part changes, fill them in to stay on track.
- This is your marching and movement companion, keep it with you whenever you're in a playing setting. At practice, rehearsal, wherever.
- Fold it in half and stick it in a stickbag, cover pouch, pocket, etc.
- Check it often to make sure you stay on track towards your performance goals.
- Also, reprint this for any other groups you may be a part of whether it may be Indoor or Outdoor.

You're the best out there. You're World Champion material.
Go HARD and DOMINATE your competition.

Natural-Tech: Marching Percussion Technique

www.Clean-Beats.com

© AH 2011 All Rights Reserved

Thank you for downloading the Playing and Technique Checklist. This is a free download and excerpt from Natural-Tech: Marching Percussion Technique. As part of downloading this material, you agree by the Terms of Use: This document is for personal use only and not permitted to be distributed freely amongst groups or to be used as ownership. If you would like to purchase a group use of these checklists, please contact the author at AH@Clean-Beats.com. Enjoy your free personal download and good luck to your marching career success. © AH 2011 All Rights Reserved