



815/483-7083

Drill@Drill-Dynamics.com

<http://www.Drill-Dynamics.com>

238 Hahlo St. Houston, TX 77020

D&C 101 Curriculum

Unarmed & Armed Exhibition Drill

Instructor Teaching Guide



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IMPORTANT NOTE:

Both Units 4 & 5 are designed to introduce EVERY cadet to basic UNARMED & ARMED Exhibition Drill.

Exhibition Drill is a vast and varied discipline and styles, approaches, etc. are vastly different from service to service and region to region. With this in mind, we decided that the best approach is to provide a firm basis of MILITARY Exhibition Drill by introducing cadets to basic skills, concepts, and approaches which will challenge their existing skills while simultaneously building a foundation upon which interested cadets might choose to build should they join your unit's drill team.

Initially, we had intended that cadets would self-select between unarmed or armed exhibition but after speaking with our client base and examining the overall purpose of this curriculum, we decided that ALL cadets would benefit hugely from experiencing both. Even if one is preferred over the other or a unit uses some sort of mechanism to pre-separate drill teams (i.e. all female cadets on the unarmed team, etc.), building up an appreciation and understanding for each unique discipline will help prevent many of the "armed vs. unarmed" skirmishes we've witnessed in units nationwide. When cadets build empathy and understanding for the discipline of exhibition opposite their preference, they are far more likely to maintain strong camaraderie and support for one another despite their differing preferences.

The practice of Exhibition Drill should be closely monitored by you as the instructor. Safety is a number 1 priority, even within Unarmed Exhibition which is less obviously dangerous than Armed. Please ensure cadets stress safety and police one another as they move through these modules. Please stress to them especially the importance of firearms safety should they be utilizing drill rifles for the Armed Exhibition unit.

We hope that these units in particular serve as a huge boost to not only the engagement level of your corps but also as a recruiting tool. Imagine if every single cadet returning to your program knew and understood the basics of Exhibition Drill. How much better would the recruiting process be? Furthermore, you may discover "hidden talent" lurking in your corps! Someone may have an aptitude or enthusiasm for this material and may never have signed up for drill team. Now, instead of an open-ended recruiting all-call, specific cadets can be approached and asked to participate, perhaps opening them up to an experience they might've missed otherwise!

Best of luck, be safe, and happy drilling!



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Week 1

Unit: Unarmed Exhibition Drill

Lesson: Introduction

Online Video(s): Unit 4 – Lesson 1

Learning Objectives:

- TSWBAT Articulate Safety Measures in Unarmed Exhibition
- TSWBAT Articulate the Value of Unarmed Exhibition
- TSWBAT Articulate What They Will Be Learning In This Unit

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1

Instructional Sequence:

- Introduce Lesson
 - Consider searching for examples of Unarmed Exhibition to show cadets; **contact us for a pre-curated playlist of videos!**
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - Cadets should engage with the videos as necessary
- Assess
 - Allow online learners the opportunity to complete the Quiz



Week 2

Unit: Unarmed Exhibition Drill

Lesson: Visual Arms (Straight) & Audio Arms (High Pitch)

Online Video(s): Unit 4 – Lesson 2

Learning Objectives:

- TSWBAT Demonstrate a Variety of Visual Arms
- TSWBAT Demonstrate a Variety of Audio Arms

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1, DA:Cr3.1.III.b

Instructional Sequence:

- Dynamic Warm-Up
 - Utilize the Dynamic Warm-Up process
 - Consider having cadets take 1-2 short laps around the drill space in formation focusing on maintaining alignment and cadence non-verbally; this warms the body up and elevates the heart rate simulating performance conditions
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - **CADETS SHOULD TAKE NOTES IN A NOTEBOOK ON THE VARIOUS MOVEMENT TYPES/EXAMPLES THROUGHOUT!**
- Practice
 - Consider having cadets begin making flash cards with the names of each movement they've learned
 - In small groups (i.e. Squads/Elements), take turns having a cadet flip to a random flash card while the other cadets demonstrate the movement
 - Continue to practice these movements committing the vocabulary AND positions to muscle memory
 - Have experienced cadets/instructor(s) circulate providing feedback on the angles/positions as cadets execute this activity
- Assess
 - Allow online learners the opportunity to complete the Quiz



Week 3

Unit: Unarmed Exhibition Drill

Lesson: Visual Arms (Bent) & Audio Arms (Low Pitch)

Online Video(s): Unit 4 – Lesson 3

Learning Objectives:

- TSWBAT Demonstrate a Variety of Visual Arms
- TSWBAT Demonstrate a Variety of Audio Arms

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1, DA:Cr3.1.III.b

Instructional Sequence:

- Dynamic Warm-Up
 - Utilize the Dynamic Warm-Up process
 - Consider having cadets take 1-2 short laps around the drill space in formation focusing on maintaining alignment and cadence non-verbally; this warms the body up and elevates the heart rate simulating performance conditions
 - IMMEDIATELY upon falling out, have a pre-designated cadet commander call out movements from the previous lesson; cadets should demonstrate these movements from memory, remediating as necessary for review
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - **CADETS SHOULD TAKE NOTES IN A NOTEBOOK ON THE VARIOUS MOVEMENT TYPES/EXAMPLES THROUGHOUT!**
- Practice
 - Consider having cadets begin making flash cards with the names of each movement they've learned
 - In small groups (i.e. Squads/Elements), take turns having a cadet flip to a random flash card while the other cadets demonstrate the movement
 - Continue to practice these movements committing the vocabulary AND positions to muscle memory
 - Have experienced cadets/instructor(s) circulate providing feedback on the angles/positions as cadets execute this activity
- Assess
 - Allow online learners the opportunity to complete the Quiz



Week 4

Unit: Unarmed Exhibition Drill
Lesson: Non-Traditional Arms & Slaps

Online Video(s): Unit 4 – Lesson 4

Learning Objectives:

- TSWBAT Demonstrate a Variety of Non-Traditional Arms
- TSWBAT Demonstrate a Variety of Slap Techniques

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1, DA:Cr3.1.III.b

Instructional Sequence:

- Dynamic Warm-Up
 - Utilize the Dynamic Warm-Up process
 - Consider having cadets take 1-2 short laps around the drill space in formation focusing on maintaining alignment and cadence non-verbally; this warms the body up and elevates the heart rate simulating performance conditions
 - IMMEDIATELY upon falling out, have a pre-designated cadet commander call out movements from the previous lesson; cadets should demonstrate these movements from memory, remediating as necessary for review
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - **CADETS SHOULD TAKE NOTES IN A NOTEBOOK ON THE VARIOUS MOVEMENT TYPES/EXAMPLES THROUGHOUT!**
- Practice
 - Consider having cadets begin making flash cards with the names of each movement they've learned
 - In small groups (i.e. Squads/Elements), take turns having a cadet flip to a random flash card while the other cadets demonstrate the movement
 - Continue to practice these movements committing the vocabulary AND positions to muscle memory
 - Have experienced cadets/instructor(s) circulate providing feedback on the angles/positions as cadets execute this activity
- Assess
 - Allow online learners the opportunity to complete the Quiz



Week 5

Unit: Unarmed Exhibition Drill

Lesson: Visual Legs & Stomps

Online Video(s): Unit 4 – Lesson 5

Learning Objectives:

- TSWBAT Demonstrate a Variety of Visual Leg Positions
- TSWBAT Demonstrate a Variety of Stomp Techniques

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1, DA:Cr3.1.III.b

Instructional Sequence:

- Dynamic Warm-Up
 - Utilize the Dynamic Warm-Up process
 - Consider having cadets take 1-2 short laps around the drill space in formation focusing on maintaining alignment and cadence non-verbally; this warms the body up and elevates the heart rate simulating performance conditions
 - IMMEDIATELY upon falling out, have a pre-designated cadet commander call out movements from the previous lesson; cadets should demonstrate these movements from memory, remediating as necessary for review
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - **CADETS SHOULD TAKE NOTES IN A NOTEBOOK ON THE VARIOUS MOVEMENT TYPES/EXAMPLES THROUGHOUT!**
- Practice
 - Consider having cadets begin making flash cards with the names of each movement they've learned
 - In small groups (i.e. Squads/Elements), take turns having a cadet flip to a random flash card while the other cadets demonstrate the movement
 - Continue to practice these movements committing the vocabulary AND positions to muscle memory
 - Have experienced cadets/instructor(s) circulate providing feedback on the angles/positions as cadets execute this activity
- Assess
 - Allow online learners the opportunity to complete the Quiz



Week 6

Unit: Unarmed Exhibition Drill

Lesson: Learning Sequences

Online Video(s): Unit 4 – Lesson 6

Learning Objectives:

- TSWBAT Demonstrate an Unarmed Exhibition Drill Sequence (The Cup Song)

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1, DA:Cr3.1.III.b

Instructional Sequence:

- Dynamic Warm-Up
 - Utilize the Dynamic Warm-Up process
 - Consider having cadets take 1-2 short laps around the drill space in formation focusing on maintaining alignment and cadence non-verbally; this warms the body up and elevates the heart rate simulating performance conditions
 - IMMEDIATELY upon falling out, have a pre-designated cadet commander call out movements from the previous lesson; cadets should demonstrate these movements from memory, remediating as necessary for review
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - **Cadets should be actively engaged in the step-by-step process; take it slowly and allow time for cadets to add the writing components to their notes!**
- Practice
 - In small groups, continue to work on the Cup Song sequence in small portions!
 - As groups attain passable proficiency, continue to combine them with other groups of like-progress and practice together in progressively larger circles until the entire group is doing the sequence together.
 - Arrange the cadets into a formation with the strongest performers in the front of the formation to assist the others with memory. Perform the sequence together as an entire platoon/flight!
- Assess
 - Allow online learners the opportunity to complete the Quiz



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Week 1

Unit: Armed Exhibition Drill

Lesson: Introduction

Online Video(s): Unit 5 – Lesson 1

Learning Objectives:

- TSWBAT Articulate Safety Measures in Armed Exhibition
- TSWBAT Articulate the Various Important Points on a Drill Rifle (or their practice implement)
- TSWBAT Demonstrate the Exhibition Position of Attention
- TSWBAT Articulate Why Certain Modifications to Regulation Rifle Manual May Be Made in Exhibition

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1

Instructional Sequence:

- Introduce Lesson
 - Consider searching for examples of Unarmed Exhibition to show cadets; **contact us for a pre-curated playlist of videos!**
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - Cadets should engage with the videos as necessary
- Practice
 - Have cadets work in small groups to make fine adjustments to their Position of Attention, recalling the differences between **regulation** and **exhibition** positions!
- Assess
 - Allow online learners the opportunity to complete the Quiz



Week 2

Unit: Armed Exhibition Drill

Lesson: The Basics

Online Video(s): Unit 5 – Lesson 2

Learning Objectives:

- TSWBAT Demonstrate Exhibition Port Arms, Right Shoulder Arms, Left Shoulder Arms, & Present Arms
- TSWBAT Articulate Why Certain Modifications to Regulation Rifle Manual May Be Made in Exhibition

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1

Instructional Sequence:

- Dynamic Warm-Up
 - Utilize the Dynamic Warm-Up process
 - Consider having cadets take 1-2 short laps around the drill space in formation focusing on maintaining alignment and cadence non-verbally; this warms the body up and elevates the heart rate simulating performance conditions
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - **Cadets should work through the materials WITH the videos!**
- Practice
 - In small groups (i.e. Squads/Elements), have cadets work through each movement.
 - As groups obtain passable proficiency, begin combining them together to work as progressively larger groups until the entire group is working together.
 - Consider leaving some time to assemble cadets into a platoon/flight formation with stronger cadets in front to assist the others with memory/retention and work through the movements first by the numbers then together at a slow cadence.
- Assess
 - Allow online learners the opportunity to complete the Quiz



Week 3

Unit: Armed Exhibition Drill

Lesson: Box Spins

Online Video(s): Unit 5 – Lesson 3

Learning Objectives:

- TSWBAT Demonstrate 3-6 Count Box Spins

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1

Instructional Sequence:

- Dynamic Warm-Up
 - Utilize the Dynamic Warm-Up process
 - Consider having cadets take 1-2 short laps around the drill space in formation focusing on maintaining alignment and cadence non-verbally; this warms the body up and elevates the heart rate simulating performance conditions
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - **Cadets should work through the materials WITH the videos!**
- Practice
 - In small groups (i.e. Squads/Elements), have cadets work through each movement.
 - As groups obtain passable proficiency, begin combining them together to work as progressively larger groups until the entire group is working together.
 - Consider leaving some time to assemble cadets into a platoon/flight formation with stronger cadets in front to assist the others with memory/retention and work through the movements first by the numbers then together at a slow cadence.
- Assess
 - Allow online learners the opportunity to complete the Quiz



Week 4

Unit: Armed Exhibition Drill

Lesson: Pushes, Pulls, Beats, & False Spins

Online Video(s): Unit 5 – Lesson 2

Learning Objectives:

- TSWBAT Demonstrate a Variety of Non-Release Spins Covered in the Videos

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1

Instructional Sequence:

- Dynamic Warm-Up
 - Utilize the Dynamic Warm-Up process
 - Consider having cadets take 1-2 short laps around the drill space in formation focusing on maintaining alignment and cadence non-verbally; this warms the body up and elevates the heart rate simulating performance conditions
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - **Cadets should work through the materials WITH the videos!**
- Practice
 - Depending on the experience level of the group, consider giving time for cadets to work in small groups between each video on the skills covered.
 - More experienced cadets may be encouraged to begin combining some of the previous skills with these to create basic beats and rhythms; consider having each small group demonstrate to the rest of the class!
- Assess
 - Allow online learners the opportunity to complete the Quiz



Week 5

Unit: Armed Exhibition Drill

Lesson: Finally, Spins!

Online Video(s): Unit 5 – Lesson 5

Learning Objectives:

- TSWBAT Articulate the Key Balance Points of a Drill Rifle (or their practice implement) When Spinning
- TSWBAT Articulate How Certain Body Motions Correspond to Certain Outcomes
- TSWBAT Demonstrate a Basic Application of These Concepts

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1

Instructional Sequence:

- Dynamic Warm-Up
 - Utilize the Dynamic Warm-Up process
 - Consider having cadets take 1-2 short laps around the drill space in formation focusing on maintaining alignment and cadence non-verbally; this warms the body up and elevates the heart rate simulating performance conditions
 - **BRIEF CADETS THAT IT IS NOT AN EXPECTATION THAT EVERY CADET COMPLETE A SPIN BY THE END OF THIS LESSON; SOME WILL “GET IT” QUICKLY AND OTHERS MAY TAKE MORE TIME – MAKE EVERY EFFORT TO AVOID MAKING THE SLOWER LEARNERS UNCOMFORTABLE!!!!**
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - **Cadets should work through the materials WITH the videos!**
- Practice
 - Ability-group cadets to better allow them time for the skills they need. For example:
 - Cadets who are still struggling to learn should be allowed to work individually with an experienced cadet or instructor at their own pace
 - Cadets who have a basic understanding of releasing the rifle should be grouped together and could work on going through the FULL spin from Port Arms together
 - Experienced cadets should be grouped and tasked with assisting their less experienced counterparts!
- Assess
 - Allow online learners the opportunity to complete the Quiz



Week 6

Unit: Unarmed Exhibition Drill

Lesson: Putting It Together!

Online Video(s): Unit 4 – Lesson 6

Learning Objectives:

- TSWBAT Demonstrate an Unarmed Exhibition Drill Sequence (The Cup Song)

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1

Instructional Sequence:

- Dynamic Warm-Up
 - Utilize the Dynamic Warm-Up process
 - Consider having cadets take 1-2 short laps around the drill space in formation focusing on maintaining alignment and cadence non-verbally; this warms the body up and elevates the heart rate simulating performance conditions
 - IMMEDIATELY upon falling out, have a pre-designated cadet commander call out movements from the previous lesson; cadets should demonstrate these movements from memory, remediating as necessary for review
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - **Cadets should be actively engaged in the step-by-step process; take it slowly!**
- Practice
 - In small groups, continue to work on the Cup Song sequence in small portions!
 - As groups attain passable proficiency, continue to combine them with other groups of like-progress and practice together in progressively larger circles until the entire group is doing the sequence together.
 - Arrange the cadets into a formation with the strongest performers in the front of the formation to assist the others with memory. Perform the sequence together as an entire platoon/flight!
 - EXTENSION: Consider splitting the cadets in half with one half being assigned to review the UNARMED version of the Cup Song sequence; have cadets work with their respective disciplines before creating small groups that are roughly 50% Unarmed and 50% Armed and have the groups perform the sequence together!
- Assess
 - Allow online learners the opportunity to complete the Quiz