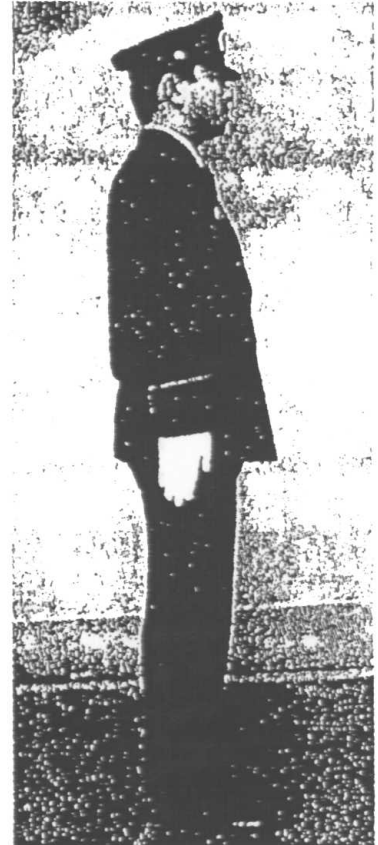
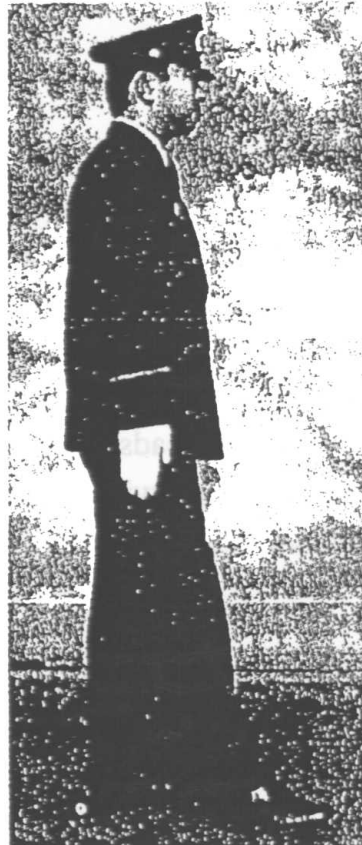


## 9. About Face

- (1) In order for members to turn 180°, the command "about face" is given.
- (2) Upon the command given in the previous clause, members pull their right foot toe approximately 5 cm away from the left heel in order not to leave the body weight imposed on the front. With both heels as pivots (where the weight is imposed) the body rotates 180° to the right, and the right heel is pulled up quickly to the left heel.

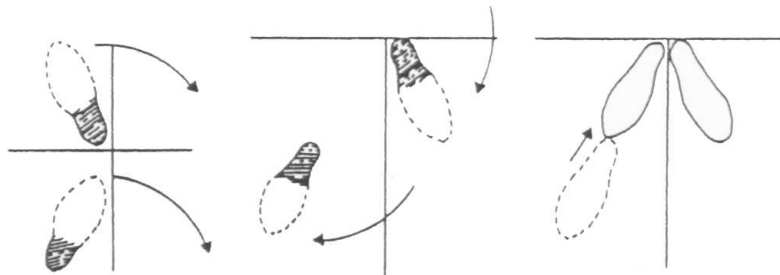
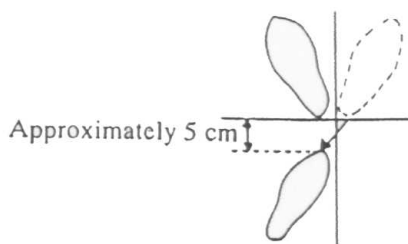


- (1) Pull the right leg in this direction  
Move the right toe slightly away from the left heel.

- (2) Slightly raise both toes

- (3) Pivot 180°

- (4) Quickly bring the right heel to the left heel.



**[Explanation]**

This action changes the posture to face in the opposite direction by pivoting 180°. Attention should be given to the accurate pivoting angle and to assuming the basic posture immediately after completing the action.

When rotating, the right leg (open at a right angle) is brought diagonally to the back (at the same angle), with a distance of approximately 5 cm from the right toe to the left heel. Both heels are used when pivoting, after which the right heel is quickly pulled up to the left heel, and the basic posture is immediately assumed.

**10. Quick March**

- (1) In order to quick march, the command "move forward" is given.
- (2) Upon the preliminary command given in the previous clause, members slightly shift their weight to the front, and begin moving forward from the left leg upon the action command. Elbows are extended, and arms move naturally 45° to the front and 15° to the back, close to the body. Members march with their heads up.
- (3) When a female member is carrying a bag, only the right arm swings back and forth, and other details follow the above clauses.

**[Explanation]**

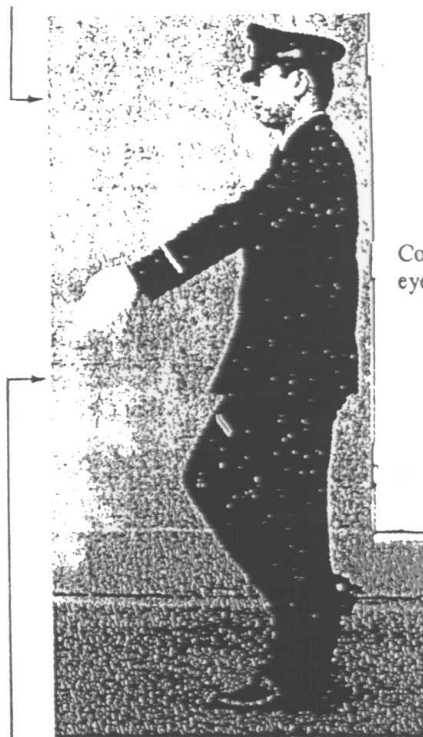
This article stipulates the procedures for "quick march." Upon giving the preliminary command "move," members slightly shift their body weight to the front to begin marching as soon as the action command is given. Members move forward with the left leg upon the action command "forward." Marching uses the same thigh height as natural walking, and members march vigorously and sharply at a standard pace. During quick march the right arm moves to the front at approximately 45° when beginning, and 15° to the back, as if drawing an arc. Elbows and finger tips are slightly extended, and arms move naturally, close to the body.

## Procedures for quick marching



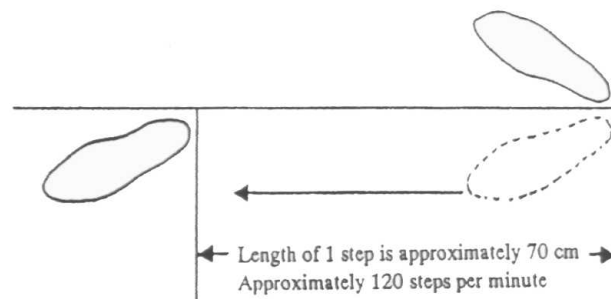
1. Slightly raise the left thigh and step forward from the left leg.
2. At the same time, while appropriately maintaining the upper body, shift the body weight to the left leg. As soon as the left leg touches the ground, lift the right leg and step forward in the same manner as the left leg.

Keep the head straight and mouth closed



Correctly open both eyes and look forward

Move both arms naturally



## 11. Halt of Quick March

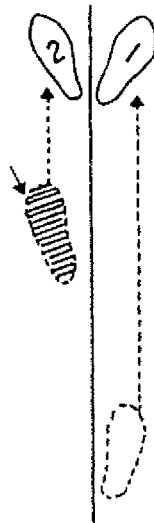
- (1) In order to halt quick marching, the command "unit halt" is given.
- (2) Upon the command given in the previous clause, members move 1 step forward and stop, bringing up the following leg, and the basic posture is assumed.

### [Explanation]

In order to halt quick marching, members move the back leg 1 step forward upon the action command, and bring the back leg forward to stop. In this case, the back leg does not need to be raised, but it is important to move vigorously while keeping the back foot close to the ground. Because members stop after moving the back leg 1 step forward, this command must be given 1 step before the actual stop location.

### Halt procedures of quick marching

The action command is given  
when the left leg is about to land.



## **12. Running March**

- (1) In order for members to begin running march, the command "running-move forward" is given.
- (2) When starting to run from the halt posture, members first make fists, which are placed on the hip, with the back of the hands facing outwards, and shift their body weight slightly to the front. Upon the action command, the left leg steps forward, and arms move naturally back and forth.
- (3) When a female member is carrying a bag, only the right hand forms a fist upon the preliminary order, and other details are based on clause 2.

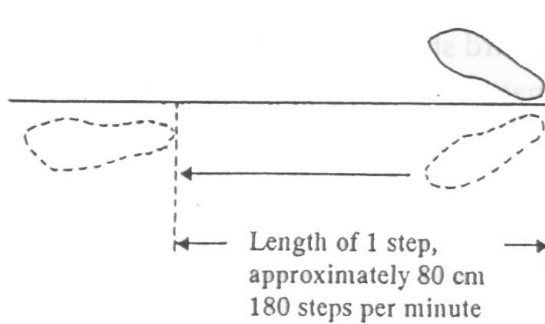
### **[Explanation]**

Running march as stipulated in this article refers to moving to running march from the halt posture.

For running march, the timing of members to make fists and place them on the hips is different from other actions. Upon the commander's preliminary command, members make fists (thumb facing up and back of the hands facing out), which are placed on the hips; at the same time, the body weight is slightly shifted to the front. When starting, members step forward from the left leg by raising the left thigh slightly. This first step is slightly shorter than the standard running step. Using this reaction, the following leg steps forward at the stipulated distance, and members always run according to the standard step length and speed. While running, both arms move back and forth naturally, and it is not appropriate to move the arms more or less than necessary.



1. Makes fists upon the preliminary command and place on the hips.
2. Upon the action command, slightly raise the left thigh.
3. Step forward from the left leg.
4. Followed by the right leg.
5. Shift weight to the front leg.



## Reference

### Manual to Implement Call-Out Running Training

Objective	Action training is conducted to achieve unit action training and to achieve principle objective of "call-out running training," which is performed to acquire the foundation of the commands, orders, instructions, and clear repetition at disaster sites requiring physically and mentally demanding activities.		
Unit form/command	<p>1. Position of unit form commander</p> <p>The unit is formed depending on the number of members and location, and the basic forms include the two-row vertical form and the four-row vertical form. The commander should be positioned (slightly back right or left of row center) to monitor the actions of the unit, and where his commands can be thoroughly heard by the entire unit. This posture can be altered if necessary depending on the situation of the rows.</p> <p>2. Commands and actions</p> <p>Commands for quick march and running march training are used, and actions should follow the details stipulated from Article 16 to Article 31. "Call-out running training" is conducted as follows.</p>		
Classification	Commander	Members	Remarks
1. Adjust steps	<p>"Running forward"</p> <ul style="list-style-type: none"> <li>* Adjust steps of members. "left" "left" "left right" or "left right," "left right."</li> <li>* Repeat 2 to 3 times until the steps of members are coordinated.</li> </ul>	Upon calling out "ready," strongly kick the ground with the left leg and start running from the right leg.	<ul style="list-style-type: none"> <li>* Upon the commander's preliminary command of "running," members quickly place both hands on the hips. When carrying a lifeline and carabiner, the right hand is place on the hip according to the above, and the left hand holds the carabiner and lifeline on the hip (near the bottom of the D-ring)</li> </ul>
2. Call-out coordination	<p>Call-out is coordinated.</p> <p>"1" "1"  Left right →  "1" 2"  Left right</p> <p>Repeat 2 to 3 times until the voices of all members call-out together.</p>	"Soore"	<ul style="list-style-type: none"> <li>* Left and right in the circle show the starting leg when moving forward.</li> </ul>

3. Basic call-out running	<p>(1) "ikuzo" Left "ikuzo" Left "ikuzo" Left "call-out ~ start" Left (start) Left</p>	<p>→ "o" Left → "o" Left → "o" Left → When the commander's action command "start" is given for the left leg, the left leg lands simultaneously with the call "1" (opposite for right leg). Members then start running while calling out numbers in the following order.</p>	<p>* Another method is: following the commander's preliminary command of "call-out" (left), members call out the action command "start" left. The left leg touches the ground simultaneously with the third "start" (left) call-out. "1" is then called out and "call-out running" begins.</p> <p>* Alternate call-out running</p>
	<p>(2) "Soo re" Left Right</p>	<p>→ "2" Left</p>	
	<p>(3) "Soo re" Left Right</p>	<p>→ "3" Left</p>	
	<p>(4) "Soo re" Left Right</p>	<p>→ "4" Left</p>	
	<p>(5) "Soo re" Left Right</p>	<p>→ "1" Left</p>	
	<p>(6) "Soo re" Left Right</p>	<p>→ "2" Left</p>	
	<p>(7) "Soo re" Left Right</p>	<p>→ "3" Left</p>	
	<p>(8) "Soo re" Left Right</p>	<p>→ "4" Left</p>	
	<p>(9) "Soo re" Left Right</p>	<p>→ "1 2 3 4" Left Right Left Right "1 2 3 4 5" Left Right Left Right Left The final "5" is called out louder.</p>	<p>In order for members to alternately call out the instructor's call-out and the members' call-out, the commander first gives the command "alternate call-out ~ start." The right-wing squad members in the two-row vertical form, and two right lines in the four-row vertical form, call-out as shown in (3) (left), while the remaining members call-out the commander's command while running.</p> <p>When the call-out in 3-(1) to 3-10 to the left is complete, the left wing and right wing squads alternate calling out, and this continues until the command "halt " is given.</p>



	<p>(10) "fai"      →      "to"</p> <p>Left      ↙      Right</p> <p>"fai"      →      "to"</p> <p>Left      ↙      Right</p> <p>"fai"      →      "to"</p> <p>Left      ↙      Right</p> <p>Repeat 3 times</p>	
	<p>"Basic call-out running" consists of one section from section 2 to section 3-(10).</p>	
<p>4. How to continue</p>	<p>In principle, the method to continue "basic call-out running" consists of repeating the procedures in section 2. When the steps of the members are not coordinated, the procedure can begin by coordinating the steps by calling out "left," "right," "left right" in section 1.</p>	
<p>5. Automatic continued call-out running</p>	<p>(1) Method of "alternate call-out running" Procedures are shown in the remarks column in section 3.</p> <p>(2) Reversed call-out running Instead of the command "call-out start," as shown in section 3-(1), the commander gives the command "reversed call-out start," and the commander and members continue calling out, following the same procedures up to 10. Following "10," the left leg lands as the commander shouts "1," and members call-out up to 10. Members call-out the items written in the column for members, as well as the items written in the column for the commander. They alternatively call-out in the same manner, and this continues until the commander gives the command to "halt."</p> <p>(3) In order to halt the above call-out, the commander moves to the front of the unit and raises his right (left) hand vertically, and signals the preliminary notice to "halt." The command lowers his right hand as "1, 2, 3, 4, 5" is called out, and then gives the command to "halt."</p>	