

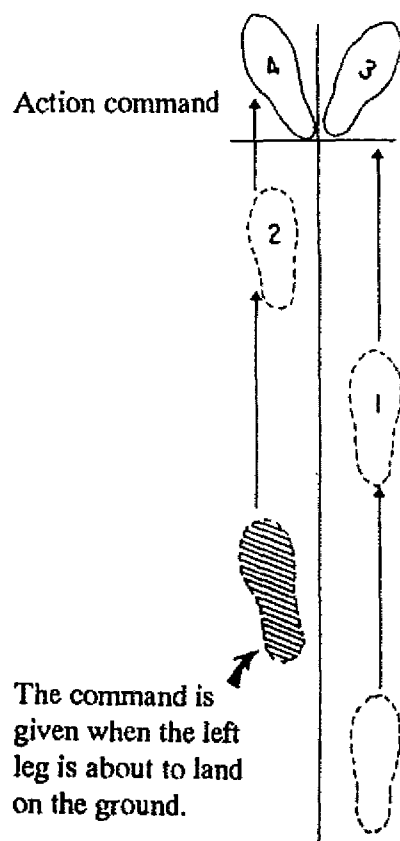
### 13. Halt of Running March

- (1) In order to halt the running march, the command "running-stop" is given.
- (2) Upon the command given in the previous clause, members move 2 steps ahead, moving the back leg another 1 step ahead, and stop by pulling up the other leg. Both hands are lowered and the basic posture is assumed.
- (3) When a female member is carrying a bag, only the right hand is lowered, and other details are based on the previous clause.

#### [Explanation]

All actions stipulated in this article should follow the actions taken during quick march. However, the reactions are larger than those performed during quick march. Members move 2 steps ahead and perform the actions according to the orders given by the commander. After stopping, both hands are lowered with the fingers opened and relaxed.

#### Procedures to halt running march



When the commander gives the command to "halt," members move 2 steps ahead, and move another 1 step ahead to stop. Therefore, the timing to give the action command must be 3 steps before the actual stop location.

## **14. Bowing**

- (1) The salute is performed by raising the hand to the correct position. The right hand is raised, fingers are closed and straight; the index finger and middle finger are placed to the right tip of the cap's visor. The palm faces slightly outward, and the elbow is raised to shoulder height. Attention is given to the person receiving the salute.
- (2) The most respectful bow includes assuming the correct posture while facing the person receiving the bow. Attention must be focused on that person. The upper body is bent approximately 45°, and the head position is maintained correctly. When a cap is held, the right hand holds the front visor, the inside of the cap is turned toward the thigh, and the cap is lowered vertically. The left hand is lowered touching the thigh.
- (3) The 15° bow is done by bending the upper body approximately 15°, and other details follow the previous clauses.
- (4) For head-turned right (left, center) or bowing at attention, the commander faces the upper body of the person receiving the bow, and the salute is performed. Members also perform this action focusing on the person receiving the bow. The angle of the head is approximately 45° (maximum).
- (5) Bowing in the correct posture is performed by assuming the basic posture  
When bowing, the following posture is assumed.

### **[Explanation]**

Bowing must be performed in the basic posture.

1. When a member salutes (including female members) wearing a cap without a visor (what we call a safety cap), the end of the right index finger is approximately 2 cm away from the right forehead.

Helmet



Casual cap



The salute must be performed energetically and bravely, but the hand must not be raised too far from the side of the body.

2. The most respectful bow is the bow performed indoor or outdoor with a respectful attitude.

When the most respectful bow is given at times when many people are gathered, the bow must be given using the same posture without looking at the person receiving the bow upon the signal of the commander. For example, when giving the most respectful bow while wearing a cap, members bow in the following manner upon the command of the commander.

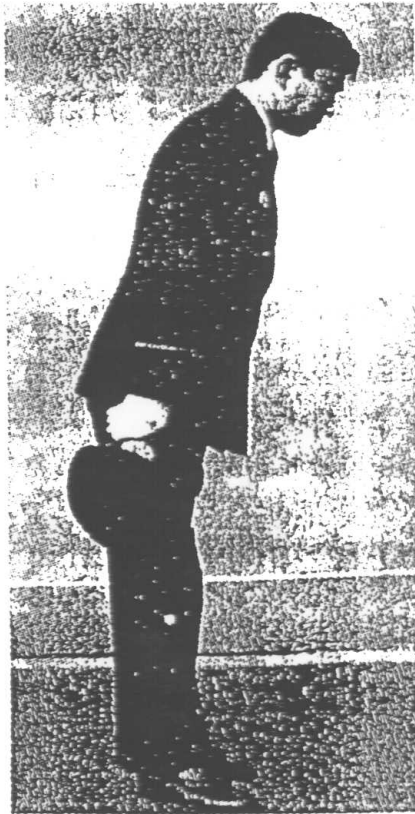


1. Remove cap
2. Most respectful bow (consider the time of silent moment)
3. Return
4. Replace cap

When holding the cap with the right hand, the front visor is held with the thumb inward. The cap is lowered in the direction of the inner thigh; the inside of the cap must not be visible from the front. When giving this bow, the time to return to the upright position after bending forward is approximately 1 breath. The timing of the commander to give the "return" command is the commander's return to the basic posture slightly before the members.

3. The 15° bow is performed by bending the upper body to approximately 15°. Other details are the same as the most respected bow as stipulated above. This bow must be performed in the correct posture, which means that it should be performed sincerely and respectfully, and not just as a formality.

Approximately 15°



4. For head-turned right (left, center) or bowing at attention, upon the commander's command, the commander faces the person receiving the bow or the national flag and then salutes. The eyes of the members are on the person receiving the bow or the national flag. When the person receiving the bow or the national flag moves, eyes follow the direction of movement. In this case, the commander moves his body in the direction of movement, but the degree of head movement is up to a maximum of 45°. Members turn only their heads to the person receiving the bow, and return to the original posture by the command "return."

The timing of the commander's bow to the person receiving the bow is immediately after giving the command to bow. The commander turn his body to the person receiving the bow and salutes. In principle, the commander's command to bow is given in the basic posture, and the commander does not move while giving the command.

In order to return to the original posture after bowing, the commander first lower his right hand to the original position, adjusts his posture, and gives the command "return."

The command of "head-right (left)" is given when the person receiving the bow is located to the right (left) of the unit, and the command "head-center" or "attention" is given when the person receiving the bow or the national flag is located to the front of the unit.