

Color Guard Training Plan (Guide***)

Step 1 - Guard Training

Week 1: Quick introduction, followed by learning basic stationary movements with the rifle. (Parade Rest, Attention, Carry Colors, Present Arms, Order arms, Order colors).

Week 2: Continue stationary movements; getting in sync with other guards. Begin forward march.

Week 3: Basic marching with rifles, work on leg form and holding the rifle and marching technique. Begin learning wheels.

Week 4: Wheels without rifles, USE THE POLES. Do not add rifles until minimum snaking.

Week 5: Mock event detail practice (i.e. volleyball detail). If possible, a football detail.

Week 6: Refine everything from this month, continue practice details. Color Guard drill down with rifles! Come in and debrief this month's progress.

Step 2 - Posting Colors (not commanding)

Week 1: Learn carry colors; present/order arms.

Week 2: Learn how to post colors; inner/outer face; order colors.

Week 3: Continue posting of colors.

Week 4: Practice mock detail while posting colors.

Step 3 - Marching with Colors

Week 1: Learn stationary movements with flags (marching with flags USING HARNESSSES!!!).

Week 2: Learn transitory commands, {Guard, flag, flag, Guard}.

Week 3: Continue transitory movements (detail attention, carry colors, forward march, right-wheel march, left-wheel march, detail halt, inner/outer face, post colors, present arms, order arms, order colors, parade rest, fall out).

Week 4: Continue transitory commands.

Week 5: Perfect transitory commands.

Week 6: Practice mock detail.

Step 4 - Commanding a Detail

Week 1: Learn how to command a detail. Everyone has a chance to command.

Week 2: Leading a command continued. Learn commands and saber movements.

Week 3: Leading a command continued. Wheels and rifle movement.

Week 4: Leading a command continued. Marching and wheels and bearing.

Week 5: Leading a command continued. Command voice. Wheels.

Week 6: Mock competition between each person. See who can command the detail the best (detail attention, carry colors, forward march, right-wheel march X2, left-wheel march X2, detail halt, inner/outer face, post colors, present arms, order arms, order colors, parade rest, fall out).

Step 5 - Advanced Qualifications

Week 1: Learn colors reverse. Learn saber stationary movements.

Week 2: Continue colors reverse. Continue saber stationary movements, begin marching with sabers.

Week 3: Perfect colors reverse. Practice wheels and marching with sabers.

Week 4: Brief and pass out ECG commands.

Week 5: Practice ECG test.

Week 6: ECG test.

Step 6 - Elite Color Guard Qualification

Week 1: ECG retakes.

Week 2: Practice mock details (i.e. graduation).

Week 3: Practice mock details.

Week 4: Practice mock up details.

Criteria to be a guard: You must be able to do the stationary moves in synch with any other guard. You must be able to lead a wheel and do basic marching movements. Must be able to march in time and in a straight line.

Criteria to be a flag: You must be able to correctly do stationary movements in synch with the other flag and be able to march in time and in a straight line.

YOU MUST BE ABLE TO STAY IN A STRAIGHT LINE AND STAY IN STEP!!

***This is a guide to becoming color guard qualified. Most cadets will complete the first four steps within the first semester. The goal is to become qualified in each position in a timely manner to be able to perform official color guard details.

Each member will only be considered qualified when evaluated by the Color Guard Commander or Color Guard NCO. Training will be documented on the Color Guard Individual Training log sheet.