

CHAPTER THREE: Drill and turnout

Lesson
100

Turnout - Care and cleaning of uniform

- All cadets are issued with full uniform which includes everything except boots.
- The uniform is the same as the British Army wears and is known as HTP-PCS.
- HTP = Multi Terrain Pattern - This is the camouflage pattern on clothing.
- PCS = Personal Clothing System - This is the name of the clothing system.



- HTP-PCS Combat jacket - worn for fieldcraft, shooting and as a warm top layer

"Shaping a beret involves dunking the new beret into warm and then cold water repeatedly until thoroughly soaked (avoid getting the leather band wet). It is then placed on the head and pulled over to the right side to create the correct shape. This should then be left to dry naturally before wearing.

CHAPTER THREE: Drill and turnout

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101

Turnings at the halt - Right (Left) turn

To learn how to turn correctly, we can break the movement into two parts:

Start in the 'Attention' position

Introductory: "TURNING BY NUMBERS"

Cautionary: "RIGHT TURN"

Executive: "ONE"

- Turn through 90 degrees to the right, using the right heel and left toes.
- Keep the weight of the body on the right foot.
- Keep both knees braced back, and body upright.
- At the end of the movement the right foot is flat on the ground and the left leg is to the rear with the heel raised.



Cautionary: "SQUAD"

Executive: "TWO"

- Lift the left knee, then drive the left foot to the ground to resume the position of attention.



NOTE 1: When repeating the sequence use the commands, "Squad - One" "Squad - Two"

NOTE 2: When turning to the left, follow instructions above, but reverse all actions.

Words of command for complete movement:

"TURNING AT THE HALT"

"RIGHT" (or LEFT)

"TURN"

Paperback Fitness Training Manual

S Ashworth



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Paperback Fitness Training Manual Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Paperback Fitness Training Manual**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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