

## LE III REVIEW SHEET

When at Attention you must bring the heels together smartly and on line.

At Ease - upon receiving this command, Airman may relax in a standing position, but they must keep the right foot in place. Their position in the formation will not change, and silence will be maintained.

Fall Out - upon hearing this command, individuals may relax in a standing position or break ranks. They must remain in the immediate area, and no specific method of dispersal is required. Moderate speech is permitted.

Double Time - when halted and on the command MARCH, the Airman begins with the left foot, raises the forearms to a horizontal position along the waistline, cups the hands with the knuckles out, and begins an easy run of 180 steps per minute with 30-inch steps, measured from heel to heel.

Quick Time - upon receiving the command MARCH (given as either foot strikes the ground), the Airman advances two more steps in double time, resumes quick time, lowers the arms to the sides, and resumes coordinated arm swing.

Mark Time – when marching, the command MARCH is given as either foot strikes the ground. The Airman takes one more 24-inch step with the right (left) foot. He or she then brings the trailing foot to a position so both heels are on line. The cadence is continued by alternately raising and lowering each foot. The balls of the feet are raised 4 inches above the ground. Normal arm swing is maintained.

Change Step – on the command MARCH, given as the right foot strikes the ground, the Airman takes one more 24-inch step with the left foot. Then in one count, place the ball of the right foot alongside the heel of the left foot, suspend arm swing, and shift the weight of the body to the right foot. Step off with the left foot in a 24-inch step, resuming coordinated arm swing. The upper portion of the body remains at the position of attention throughout.

Right (Left) Step – on the command MARCH, the Airman raises the right (left) leg from the hip just high enough to clear the ground. The leg will be kept straight, but not stiff, throughout the movement. The individual places the right (left) foot 12 inches, as measured from the inside of the heels, to the right (left) of the left (right) foot. Transfer the weight of the body to the right (left) foot, then bring the left (right) foot smartly alongside the right (left) foot as in the position of attention.

Salute - a courteous exchange of greetings, with the junior member always saluting first.

Hand salute - used for training purposes. The command is Hand, SALUTE, and it is performed in two counts.

To resume the position of attention from any of the rests (except fall out), the command is Flight, ATTENTION.

The hand salute is used for training purposes only, the command is Hand, SALUTE, and it is performed in two count(s).

The salute is a courteous exchange of greetings, with the junior member always saluting first.

Upon hearing the command RIGHT (LEFT), all persons, except those on the right (left) flank, turn their heads and eyes smartly 45 degrees to the right (left).

The facing movements of Right Face, Left Face, About Face, Half Right Face, and Half Left Face are all two-count movements executed in quick time.

To have cadets return their heads and eyes to the front, the command Ready, FRONT is given as the left (right) foot strikes the ground and on the command FRONT, heads and eyes are turned smartly to the front.

In facing to the rear, the command is About, FACE and it is a two-count movement.

The command Forward, MARCH is given to resume a full 24-inch step.

Marching other than at attention may be done in either of two ways and by these commands: Route Step, MARCH, and At Ease, MARCH.

To resume quick time from double time, the command is Quick Time, MARCH, with four steps between commands.

The only command that can be given when marching at other than attention is Incline to the Right (Left).

To halt from double time, the command Flight, HALT is given as either foot strikes the ground, with four steps between commands.

The command To The Rear, MARCH, is given as the heel of the right foot strikes the ground.

Cadet Jones has been given a command that permits her to leave the ranks and talk to another cadet who has been watching the flight drill. FALL OUT is the command when executed permits cadet Jones to do this.

AT EASE is the position that Cadet Brown will use if she is silenced and relaxed and in a standing position with her right foot in place?

Cadet Smith has his right foot in place but is able to talk with Cadet Blackmon. REST is the position that he could be in that would allow him to do this.

The correct things to do when you hear the command Forward, MARCH is to step off with your left foot at the command of execution and march forward in quick time. Use coordinated arm swings, with a natural movement 6 inches forward and 3 inches to the rear.

The length of steps and the rate of speed for marching double time is 30-inch steps at the rate of 180 steps per minute

To change from quick time march to double time march or to change from double time march to quick time march, either foot could be striking the ground with the command of execution.

Cadet Smith is given the preparatory command and the command of execution Right Flank, MARCH as his right foot is striking the ground. The next move would be to Pivot 90 degrees to the right on the ball of the left foot, keeping the upper portion of the body at the position of attention

At the command of execution, the cadet lifts the right foot from the hip just enough to clear the ground and without bending the knees, places the ball of the right foot approximately half a shoe length behind and slightly to the left of the heel. The cadet is making preparation to execute About, FACE.

When in formation and you hear the command AT EASE, you may relax in a standing position keeping your position within the flight and your right foot in place and maintain silence.

Upon hearing the command REST, when in formation, you must keep your right foot on the ground and in place and talk in a low tone if you choose.

You must take four additional steps after the command of execution when marching double time and the command Flight, HALT is given.

Cadet Simpson, after hearing the command of execution, raises her forearms to a horizontal position along the waistline, cups her hands with her knuckles turned outward, and with the next step, assumes the 30-inch step at the rate of 180 steps per minute. Double Time, MARCH, given from the halt is the command that cadet Simpson is executing.

Maintain cadence and silence are the activities that you are not required to do when marching route step.

The toes are together with the heels turned outward forming an angle of 45-degrees, and the head is forward forming an angle of 45-degrees with the line of sight. This does not apply to the position of attention. You must make sure that your arms hang straight without stiffness, with thumbs along trouser seams or sides of the skirt; hands are cupped with palms facing the legs.

Cadet Moore has her heels 12 inches apart as measured from the inside of the heels; her legs are straight; her palms are facing outwards with the right hand in the palm of the left and right thumb over the left to form an "X". Cadet Moore is standing at Parade Rest.

The positions of Parade Rest, At Ease, Rest, and Fall Out are executed from the halt and only from the position of Attention.

Upon hearing the command FALL OUT, cadets must not break ranks and leave the immediate area.

The only commands that can be given when marching at double time are Incline To The Right (Left); Quick Time, MARCH; and Flight, HALT.

The commands Eyes, RIGHT (LEFT) and Ready, FRONT may be given while cadets are at a halt or while they are marching.

The half step is not executed from the halt nor are changes of direction made from the half step.

When executed from a halt, all steps and marching begins with the left foot, except right step and close march.

Mark time is executed in quick time only.

The facing movements Right FACE, Left FACE, About FACE, Half Right FACE, and Half Left FACE are executed from the halt while standing at attention.

To halt from quick time march, the command is Flight, HALT, given as either foot strikes the ground.

The command for Right (Left) Step, MARCH is given only from a halt and for moving short distances.

To execute the Right (Left) Step, HALT, the cadet will, on the command HALT which is given when the heels are together, take one more step with the right (left) foot and place the left (right) foot alongside the right (left) foot as in the position of attention.

Right and left flanking movements may be used when it becomes necessary to move troops to the right or to the left for short distances only.

When returning or rendering an individual salute, the cadet turns his or her head and eyes toward the Colors or person saluted.

A superior carrying articles in both hands need not return a salute, but the junior member must salute, and the senior member should nod in return or verbally acknowledge the salute.

An exchange of verbal greetings is appropriate if a junior member is carrying articles in both hands.

The President of the United States, as Commander in Chief of the Armed Forces, is always accorded the honor of a salute.

Three cadets were standing on a street corner when General Brock drove by in his private vehicle. All three cadets saluted the general. The cadets were correct in this procedure.

Exchange of salutes between military pedestrians (including gate sentries) and officers in moving vehicles is not mandatory.

While the 20 members of Flight A were at fallout, the squadron commander approached them. Cadet Anderson, the first member to notice the commander, called the group to attention, and all members saluted the approaching officer. Cadet Anderson and the other cadets were correct in this procedure.

Research helps you find your passion for life's work?

The way to a good career starts with knowledge.

Bureau of Labor Statistics reported that the growth in high-paying jobs will be in technical and medical fields.

Careers offer opportunities for advancement.

According to the U.S. News and World Report, 1/2 American workers are dissatisfied with their jobs?

Jobs provide a basic living.

According to the U.S. Department of Labor's Bureau of Statistics, Biomedical engineers is the fastest growing occupation through 2020.

According to the U.S. Department of Labor's Bureau of Statistics, Registered Nurses has the largest numerical increases through 2020.

According to the U.S. Department of Labor's Bureau of Statistics, Farmers has the largest numerical declines through 2020.

A high school diploma can increase your earning potential by 82% as opposed to no high school diploma.

By 2018, almost 47 million job openings will be created.

Bachelor's Degree in Graphics would be needed for a career in Computer Animation.

\$33,000 is the average salary of a Dental Assistant.

In the field of Cybersecurity you would protect the data and systems connected to the internet.

\$70,000 - \$100, 000 is the average salary range for Cybersecurity careers.

\$70,000 is the average yearly salary for a physical therapist.

Office of Personnel Management (OPM) is the name of the employment agency for the Federal Government.

The Student Educational Employment Program allows you to get on-the-job experience while finishing your education.

Education is described by your level of formal knowledge and training.

Personal Needs is a career factor you should consider.

Gathering information on different career options is a task in good career planning.

Occupational Outlook Handbook can be used as a career-information resource guide.

Books is a good source of career information.

LinkedIn is a popular online networking site?

Letting search engines find you should be avoided with social networking.