



***Equipment
Basics
Program***

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0x – refers to the corresponding VIDEO file in the FTP area

The following information is to be used with the “**Ox – Basics VIDEO Series**” that resides on the Flaggots Ohio YouTube “[Training Videos](#)” page. Members are encouraged to reference Design Document Tools and Visual Training Library...that were created for **YOU!** All related questions should be brought to Members of the “CDT”!

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Please note the above mentioned names because if you are having any problems with the syllabus or technique that are being taught this year, they should be brought immediately to CDT. WE have an open door policy on ANY issue that you might have in or out of the colorguard activity. We are a “FAMILY” organization. If you are reading this “YOU ARE A PART OF THE FAMILY”!!!

Here’s to having a great
“PRIDE SEASON”!!!

Angles

Purpose For Exercise

Subdivision of tempo, multiple planes, manipulation of equipment around body, muscle isolation, and articulation.

Count Structure

The Angles Exercise is set up to be augmented. It will be broken down in a set of 4's, 2's, and then single count.

Logistics Of The Exercise

Each exercise will start and end in the same position. Flag: Right Shoulder...Rifle: R or L Flat. The exercises will begin with the front plane and will then continue on all planes around the body. Please see videos **01 & 06** on FTP Area for clarification and complete run through of these ANGLE exercises.

SPINS

Purpose Of Exercise

Subdivision of tempo, Articulation, Hand placement on flag, Spinning at the navel, Spinning on the correct plane, Timing, Spinning as an Ensemble, Uniformity and Consistency.

Count Structure

The Drop Spin Exercise is set up to be augmented. It will start with 16cts. of every 4cts, then immediately following 8cts of every 2cts, then finishing up with 8cts. of straight drop spins with a re grab at center order on count 8, holding 1-4cts at center order then popping up to Right Shoulder on count 5 and holding 6-8 set to repeat exercise.

Rifle Spins are intended for endurance and timing.

Logistics Of The Exercise

Spin exercises are set up to be repetitive. That is why they start and finish at same position. We will be doing exercises using LEFT and RIGHT hand positions so be aware of the relationship of your body to your equipment.

SPINS

Purpose Of Exercise

Subdivision of tempo, Articulation, Hand placement on flag, Spinning at the navel, Spinning on the correct plane, Timing, Spinning as an ensemble, Uniformity and Consistency.

Count Structure

The Double Fast Exercise is set up to augmented. It will start with 16cts. of every 4cts, then immediately going into 8cts. of every 2cts, and finishing with 8cts. of straight double fast ending at center order on count 1 and holding 2-4cts.,and popping up to Right Shoulder 5-8cts. Ready to repeat again on count 1 of the next set of 8cts.

Logistics Of The Exercise

The Double Fast Exercise is set up to be repetitive. That is why it starts and finishes from Right Shoulder. We will be doing this exercise to the left and right so be aware of Left Shoulder as well as the Left Center Order position. See FTP Video library for Demonstration

Carving

Purpose Of Exercise

Development of Intermediate Spatial Pathways, Introduction To Multiple Planes, Manipulating Equipment around the body, Body Facings, Manipulating Silk around the Pole without a sail.\

Count Structure

The Carving Exercise is set up to be augmented. It will start with 16cts. of every 4cts, immediately following 8cts. of every 2cts., then 8cts. of straight carving ending at Right Shoulder on count 1 of the next 8ct. phrase. You then hold 2-8cts. We will then do 16cts. of straight carving with a quarter turn body facing to the left, starting on count 3, then 5, 7, 9, 11, 13, and finally 15, with the phrase ending on count 1 of next 8 count phrase.

Logistics Of The Exercise

We will start and end at Right Shoulder. When we start taking quarter turns to the left every 2cts., the flag check points do not change. We start and end facing front.

Tosses

Purpose Of The Exercise

Exploration of Intermediate to Advanced Skills, Creation of General Effect Through Equipment, Higher Planes both Vertical and Horizontal, Technique, Body Control Underneath Tosses, Release Points and Free Hand Positions.

Count Structure

Vertical Tosses - We will initiate on 8 and, moving through a 4 ct wind up 1-4cts., releasing on count 5 leaving release hand in the air and catching flag up on count 7 and holding count 8. Popping up to Right Shoulder on count 1 and holding 2-4 and then repeating exercise again with new 8ct phrase. So in full, it is set up as 8 and 4. The differences with catching the flag down or a Single and a $\frac{1}{2}$ is, catch count is on 7 and, after catch you will hold count 8, next 8 ct phrase will start with fully extending arms and flag being flat on the right side of body on count 1, holding 2-4, and then popping back up to right shoulder on 5, and holding 6-8 to rest before repeating.

Tosses

Purpose Of The Exercise

Exploration of Intermediate to Advanced Skills, Creation of General Effect Through Equipment, Higher Planes both Vertical and Horizontal, Technique, Body Control Underneath Tosses, Release Points and Free Hand Positions.

Count Structure

Horizontal Tosses - The Parallel exercise is broken down into 2 sets of 8cts. Moving the flag in front of body parallel to the ground counts 1 and 2, then continuing with the flat plane around the back counts 3 and 4, releasing on count 5 leaving left arm out straight from shoulder leaving release arm fully extended, catching on count 7, hold count 8, moving through center order on count 1 of next 8ct. phrase continuing flag motion across left side of body until behind the back at starting position counts 2 - 4, and then holding 5 - 8 getting ready to repeat the exercise.

Logistics Of Both Exercises

We believe that the words Horizontal and Vertical speak for themselves. However, in the Horizontal Exercise there is a Vertical Plane in the 2nd set of 8 when returning to the start position counts 1 -4. Please make a mental note of that.

Marching & Maneuvering

Purpose Of The Exercise

To work on the basic fundamentals of marching technique, Isolation of the upper body from the lower body, Shoulder Facings while Sliding from left to right, Keeping a proper distance between body and equipment while moving, Tossing While Moving, Moving Backwards. Form Responsibility.

Count Structure

We will call this the Basics Block. It is broken down into 8 sets of 8cts. 1st set of 8 is marking time. 2nd set of 8cts. is backing straight up .,3rd set of 8cts. is marking time, 4th set of 8cts. is sliding to the right, 5th set of 8cts. is marking time, 6th set of 8cts. is moving straight forward, 7th set of 8cts. is marking time, 8th set of 8cts. is sliding left, and that folks brings us back to where we started from in the Basics Block. Set for repetition.

Logistics Of The Exercise

It will be a block formation that makes a square all the way around finishing where we had started from. We spin only on step offs. Never when marking time. However, or non augmented spin exercises as well as tossing exercises can fit into this phrasing quite easily. Please be prepared for that reality to come.