

ALPHA COMPANY

COMPANY ADULT BASIC DRILL COURSE

Cse Officer: MAJ BENTON RMR

Cse Instr: CSGT COOPER

| SERIAL | PERIOD | LOCATION | SUBJECT | DETAIL | INSTR | REMARKS |
|---------------|---------------|--------------------------|----------------|--|--------------|---|
| 1 | | Transit | Cse Admin | Arrive at Training Location | HQ Staff | Course Administration |
| 2 | | Lec Rm | Admin | Course Brief, H & S, Course Content | DL | |
| 3 | | Lec Rm | | Reasons for Drill / Parade Ground Etiquette | DL | BR2118 Chapter 1, 0130 / Handout No. |
| 4 | | Parade Ground/Drill Shed | Personal Admin | First Parade Dress Inspection | DL | No. 1A Use Dress Inspection Form Use Dress Inspection Form (MCS Form: |
| 5 | | Parade Ground/Drill Shed | Interval Drill | Introduction to Foot Drill, Standing Easy Standing at Ease, Position of Attention, Dressing, Numbering & Proving Open & Close Order March, Turning & Inclining, Dismissing | DL | Dress No. 3A / 3C "Half Lovats" iaw BR2118 Chapter 2 0201, 0205, 0204, 0203, 0206, 0207, 0208, 0209 and 0210 |
| 6 | | Sergeants Mess or NAFFI | Admin | Stand Easy | | All Candidates |
| 7 | | Parade Ground/Drill Shed | Interval Drill | Marching, Paces, Falling in on Parade Turning on the March, Marking Time, Forward & Halt, Changing Step in Quick Time | DL | iaw BR2118 Chapter 2 0212, 0214, 0202, 0215, 0218, 0219 |
| 8 | | Sergeants Mess or NAFFI | Admin | Lunch | | All Candidates |
| 9 | | Parade Ground/Drill Shed | Personal Admin | Dress Inspection | DL | No. 3A / 3C "Half Lovats"/ Use Dress Inspection Form |
| 10 | | Parade Ground/Drill Shed | Interval Drill | Introduction to Drill in Line-Squad Drill Marching in Line & Changing Direction Saluting at the Halt | DL | iaw BR2118 Chapter 2 0222, 0223, 0233 |
| 11 | | Sergeants Mess or NAFFI | Admin | Stand Easy | | All Candidates |
| 12 | | Parade Ground/Drill Shed | Squad Drill | Saluting on the March, Addressing or Delivering a Message to an Officer Saluting when in Plain Clothes, Saluting when Sitting, when Fallen Out & when in a Room, Eyes Right & Eyes Left Removing Head-Dress | DL | iaw BR2118 Chapter 2 0234, 0235, 0236, 0237, 0239, 0240 With Cap's and Berets |
| 13 | | Sergeants Mess or NAFFI | Admin | Dinner | | All Candidates |
| 14 | | Lec Rm | Admin | Standards of Dress/Uniform Care | DL | Sea Cadet Uniform Regulations |
| 15 | | Lec Rm | Admin | Introduction to Saluting | DL | iaw BR2118 Chapter 2, 0227, 0230, 0231, 0232 |
| 16 | | Lec Rm | Admin | Training Review | DL | |

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|---------------|---------------|--------------------------|----------------|--|--------------|---|
| 17 | | Parade Ground/Drill Shed | Personal Admin | First Parade Dress Inspection | DL | No. 1A Use Dress Inspection Form |
| 18 | | Parade Ground/Drill Shed | Interval Drill | Revise all Interval & Squad Drill | DL | No. 3A / 3C "Half Lovats"/ Use Dress Inspection Form |
| 19 | | Parade Ground/Drill Shed | Arms Drill | Weapons Safety & Parts of the Rifle Introduction, Rifle Exercises at the Halt | DL | iaaw BR2118 Chapter 2 0301, 0302 |
| 20 | | Parade Ground/Drill Shed | Arms Drill | Position of Attention, Stand at Ease, Stand Easy, Stand at Ease from Stand Easy | DL | iaaw BR2118 Chapter 2 0303, 0304, 0305, 0306 |
| 21 | | Sergeants Mess or NAFFI | Admin | Stand Easy | | All Candidates |
| 22 | | Parade Ground/Drill Shed | Arms Drill | Dressing with a Rifle, Saluting at the Halt - Rifle at the Shoulder, | DL | iaaw BR2118 Chapter 2 0307, 0322, 0323, 0324, 0326, 0327, 0328, 0329 and 0339 |
| 23 | | Parade Ground/Drill Shed | All | Interval, Squad & Arms Drill Assessment | DL | |
| 24 | | Sergeants Mess or NAFFI | Admin | Dinner | | All Candidates |
| 25 | | Lec Rm | Admin | Training Review, Debrief & Candidates Depart | | |

NOTES:

1. Meal Times and Stand Easy Depends on the Training Location.
2. Course Times depend on Training Location.