

A.R.T. Designs Presents

On Color Guard

Guided Daily Practice Manual, for use with Basic Flag and Movement Handbook and Instructional DVD

By Marc Preston Moss

Introduction

This manual has been prepared for students that are serious about learning the basic skills of color guard as demonstrated through the On Color Guard Instructional series. It should be used in concert with the Instructional DVD and the Handbook for development of skills and understanding of these skills.

This manual presents the student with daily practices for developing each skill as presented in the program. Students are encouraged through this manual to share their achievements with their instructors, acquire their instructor's assessment of the level of achievement of each skill and the variations of style and methods used by the instructor.

The progress of the student's skill is developed daily by introducing one new exercise per lesson. This prevents the student from getting bogged down with too much information or too high of a work load.

Instructors may wish to use this as a syllabus or a means of monitoring an ensemble's growth. Some may wish to combine a skill from equipment and a skill from movement in tandem to daily lessons. However, it has been our experience that the format used here is sufficient. Equipment skill will not require as high a degree of outside assistance in daily practice as the movement section will, and therefore is presented last. This gets the equipment responsibilities out of the way, so to speak to focus more tightly on movement.

If you are studying this independently from your own color guard you should still find a live teacher to help you to better understand in a physical way the different mechanics that are being explored through this series. It is encouraged that one enroll into a dance class where they can learn the proper placement, gain muscular development, and learn ways to avoid injuries.

Use this manual until you are able to achieve a Box 5 Level of Achievement in all these skills! Then you have mastered the basic skills in color guard!

Best of Luck,

Marc Preston Moss

Week 1, Day 1

Time of Practice: _____

Study:

View *The 5 Most Important Things You Need to Know* section of the video and read the appropriate section of the handbook. Memorize the five catch-words of each of the 5 Boxes (Exploration, Discovery, Knowledge, Understanding and Application); View the Grips section of the video and handbook; View the 27 Points of Direction section of the video and read the appropriate section of the handbook.

Practice:

Recreate and memorize the different Grips; Explore and Discover the 27 points of direction until you know them. Memorize these points of direction. When you can identify all of the points of direction without relying upon sequence, you will know them. Remember, everything within choreography will begin, end and pass through these points. Having a strong understanding of these directions as they radiate from the center of your body will be essential for learning choreography well.

Box 1

Exploration

Study and attempt to recreate the exercise; basic introduction to WHAT the exercise is.

Box 2

Discovery

Be able to recreate the exercise yourself at least once; the performer successfully identifies WHAT the exercise is themselves.

Box 3

Knowledge

Be able to repeat the exercise more than three times consistently; the performer now knows HOW to recreate the exercise.

Box 4

Understanding

Recreating the exercise is very consistent; the performer understands WHY the exercise is beneficial

Box 5

Application

Recreating the exercise is precise and consistent; the performer ALWAYS demonstrates the exercise with clarity and precision.

Evaluate your progress by using the information in the boxes above.

Use the top box for your own evaluation; use the bottom box for your instructor's evaluation!

Notes for specific variations of this exercise as taught by your instructor:
