## EO M108.01 – ADOPT THE POSITIONS OF ATTENTION, STAND AT EASE, AND STAND EASY

1. **Performance**: Adopt the Positions of Attention, Stand at Ease, and Stand Easy

2. **Conditions:**

   a. Given:

      (1) Words of command,

      (2) Supervision, and

      (3) Assistance as required.

   b. Denied: Nil

   c. Environmental: Drill hall or outdoor parade square in favourable weather.

3. **Standard**: IAW A-DH-201-000/PT-001, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet shall adopt the following individual drill positions, to include:

   a. attention,

   b. stand at ease,

   c. attention from stand at ease,

   d. stand easy, and

   e. stand at ease from stand easy.

4. **Teaching Points**:

| TP | Description | Method | Time | Refs |
|---|---|---|---|---|
| TP1 | Explain, demonstrate and have the cadets adopt the position of attention. | Demonstration and Performance | 5 min | A0-002 (pp. 2-1–2-3) |
| TP2 | Explain, demonstrate and have the cadets adopt the position of stand at ease. | Demonstration and Performance | 5 min | A0-002 (p. 2-3) |
| TP3 | Explain, demonstrate and have the cadets adopt the position of attention from stand at ease. | Demonstration and Performance | 5 min | A0-002 (pp. 2-3–2-4) |
| TP4 | Explain, demonstrate and have the cadets adopt the position of stand easy. | Demonstration and Performance | 5 min | A0-002 (p. 2-5) |
| TP5 | Explain, demonstrate and have the cadets adopt the position of stand at ease from stand easy. | Demonstration and Performance | 5 min | A0-002 (p. 2-6) |



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5. **Time**:

| | | |
|---|---|---|
| a. | Introduction / Conclusion: | 5 min |
| b. | Demonstration and Performance: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation**: A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate the skill the cadets are expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.

7. **References**: A0-002 A-DH-201-000/PT-001 Director History and Heritage 3-2. (2006). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: Department of National Defence.

8. **Training Aids**: Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area.

9. **Learning Aids**: Nil.

10. **Test Details**: Nil.

11. **Remarks**:

    a. It is recommended that ongoing feedback be provided to the cadets during drill practices, parade nights and ceremonial parades. All corrections shall be made immediately so that bad habits do not persist.

    b. Assistant instructors may be required for this lesson.



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