

## **PT FORMATION**

### **STEP 1: EXTEND TO THE LEFT, MARCH**

On this command, cadets in the right flank file stand fast with arms extended sideward at shoulder level. All other cadets turn to the left and run forward at double time. After taking a sufficient number of steps, all cadets face the front with both arms extended sideward at shoulder level. The distance between fingertips is about 12 inches, and dress is right.

### **STEP 2: ARMS DOWNWARD, MOVE**

On this command, the arms are lowered smartly to the side.

### **STEP 3: LEFT, FACE**

### **STEP 4: EXTEND TO THE LEFT, MARCH**

On this command, cadets in the right flank file stand fast with arms extended sideward. All other cadets turn to the left and run forward at double time. Spacing is the same as above, and dress is right.

### **STEP 5: ARMS DOWNWARD, MOVE**

Same as above.

### **STEP 6: RIGHT, FACE**

**STEP 7: FROM FRONT TO REAR, COUNT-OFF**

On this command, cadets in the first rank, will turn their heads to the right rear and count “one” and turn their heads sharply to the front. Each squad will then repeat calling numbers such as “two”, “three”, “four”, etc.

**STEP 8: EVEN NUMBERS ONE STEP TO THE LEFT, UNCOVER**

On this command, each even numbered cadet takes one step to the left, squarely in the center of the interval, bringing his/her feet together.

**BRINGING FORMATION BACK TO NORMAL**

To take the formation from an extended PT Formation, to a regular formation the command is: **ASSEMBLE TO THE RIGHT, MARCH.**