

# California Cadet Corps Physical Fitness Formation



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The Cadet's formation for Physical Fitness activities is the extended rectangular formation.



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The extended rectangular formation is simple and easy to assume.



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The PT leader will position the unit in a line formation so they will be centered on the PT leader.



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The PT Leaders gives the following commands:

1. “Extend to the Left, MARCH”
2. “Arms downward, MOVE”
3. “Left, FACE”
4. “Extend to the left, MARCH”
5. “Arms downward, MOVE”
6. “Right, FACE”
7. “From front to rear, COUNT OFF”
8. “Even numbers to the left, UNCOVER”

## **“Extend to the Left, MARCH”**

Cadets in the right flank file stand fast with their left arm extended sideward with palms down, fingers and thumbs extended and joined.

All other cadets turn to the left and double-time forward. After taking the sufficient number of steps, all cadets face the front and extend both arms sideward with palms down, fingers and thumbs extended and joined. The distance between fingertips is approximately 12 inches and dress to the right.

# **“Arms downward, MOVE”**

The cadets lower their arms smartly to their sides. Cadets in the right flank file lower their left arm to their sides.

# **“Left, FACE”**

Cadets execute the left face.



## **“Extend to the left, MARCH”**

Cadets in the right flank file stand fast with their left arm extended sideward with palms down, fingers and thumbs extended and joined.

All other cadets turn to the left and double-time forward. After taking the sufficient number of steps, all cadets face the front and extend both arms sideward with palms down, fingers and thumbs extended and joined. The distance between fingertips is approximately 12 inches and dress to the right.

# **“Arms downward, MOVE”**

The cadets lower their arms smartly to their sides. Cadets in the right flank file lower their left arm to their sides.

# “Right, FACE”

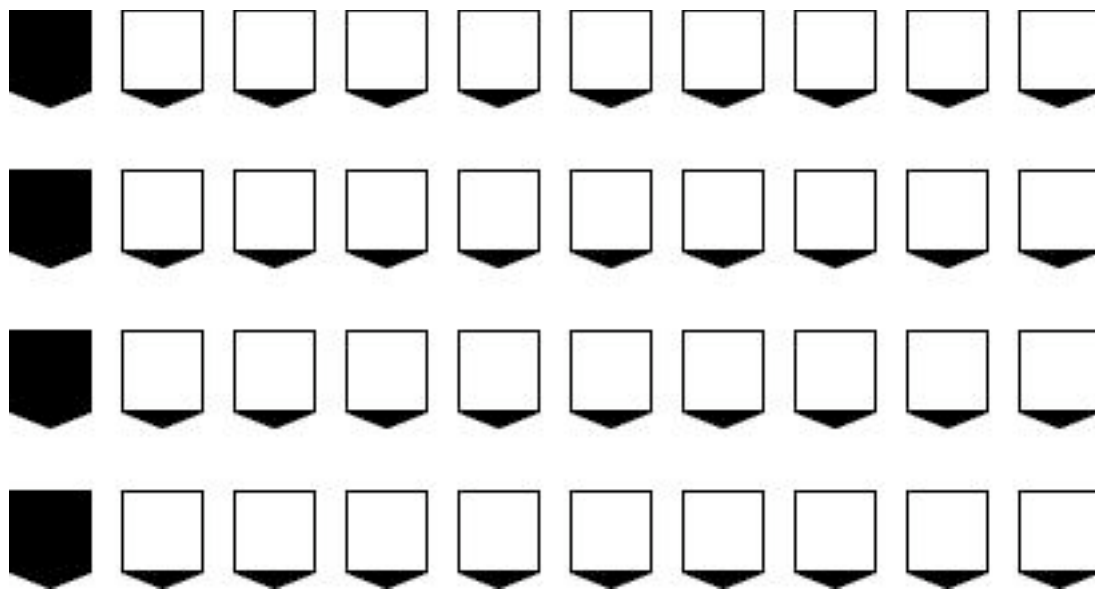
Cadets execute the right face.

## “From front to rear, **COUNT OFF**”

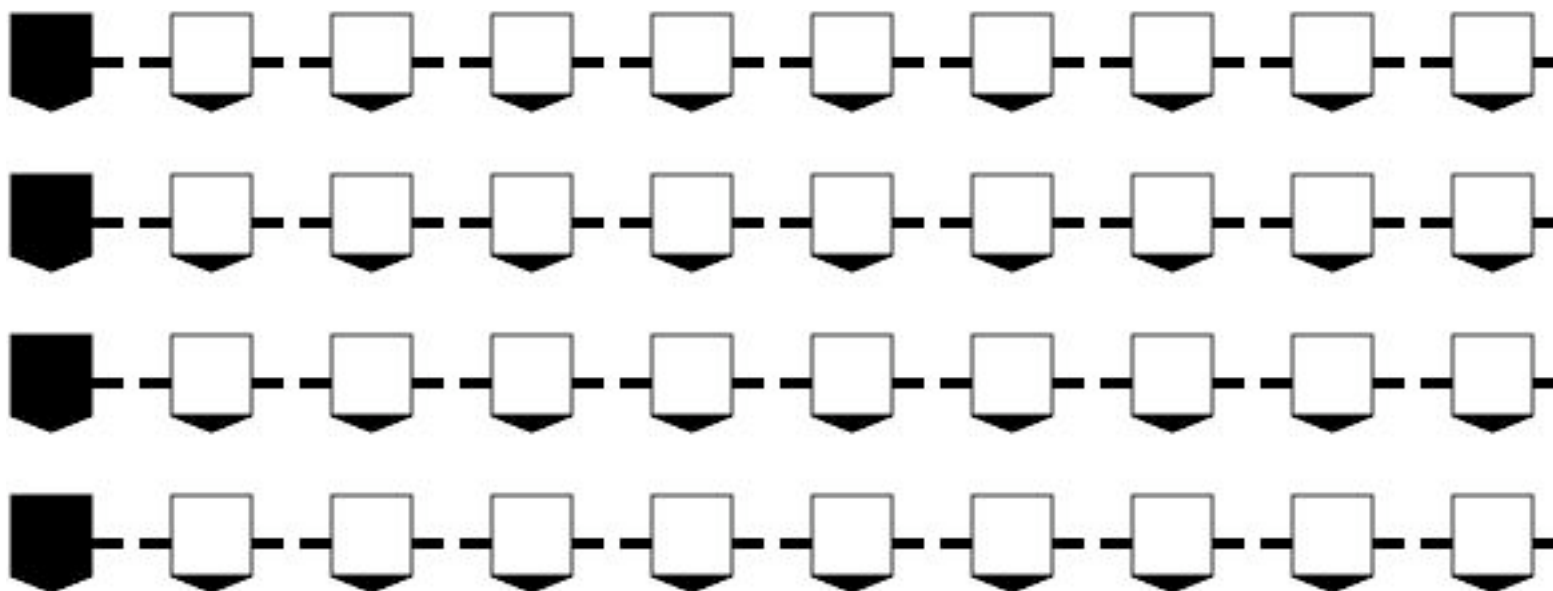
The front cadet in each column turns the head to the right rear and calls off, “**ONE**”, and faces the front. Successive cadets in each column call off in turn “**TWO**”, “**THREE**”, “**FOUR**” and so on. The last cadet in each column will not turn the head and eyes to the right while sounding off

# **“Even numbers to the left, UNCOVER”**

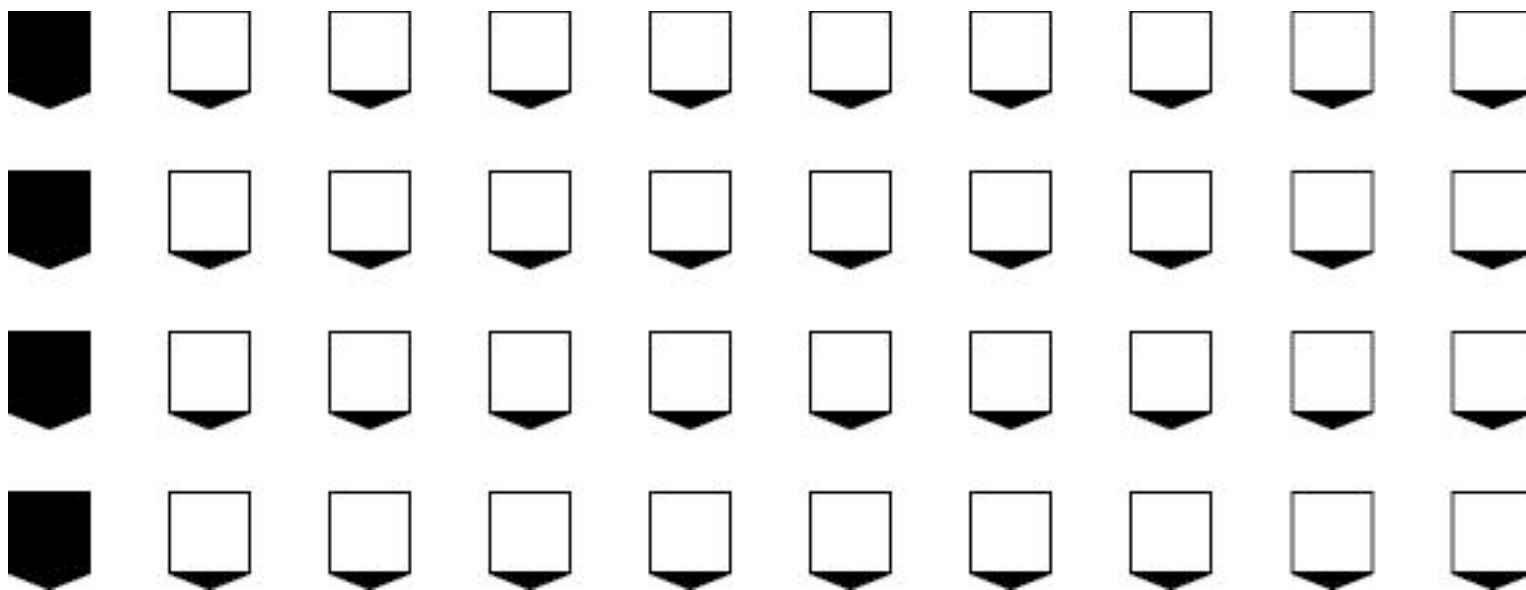
Even-numbered cadets side step to the left squarely in the center of the interval, bringing their feet together.



## Fall In

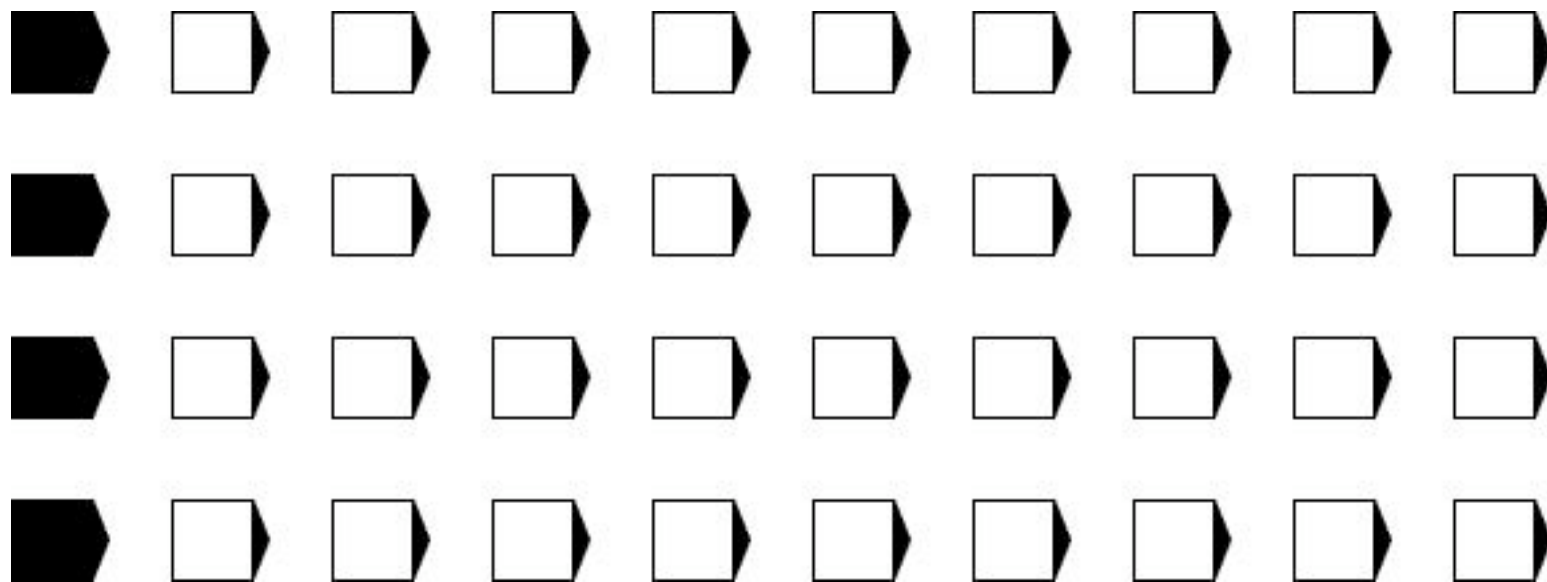


**Extend to the left, MARCH**

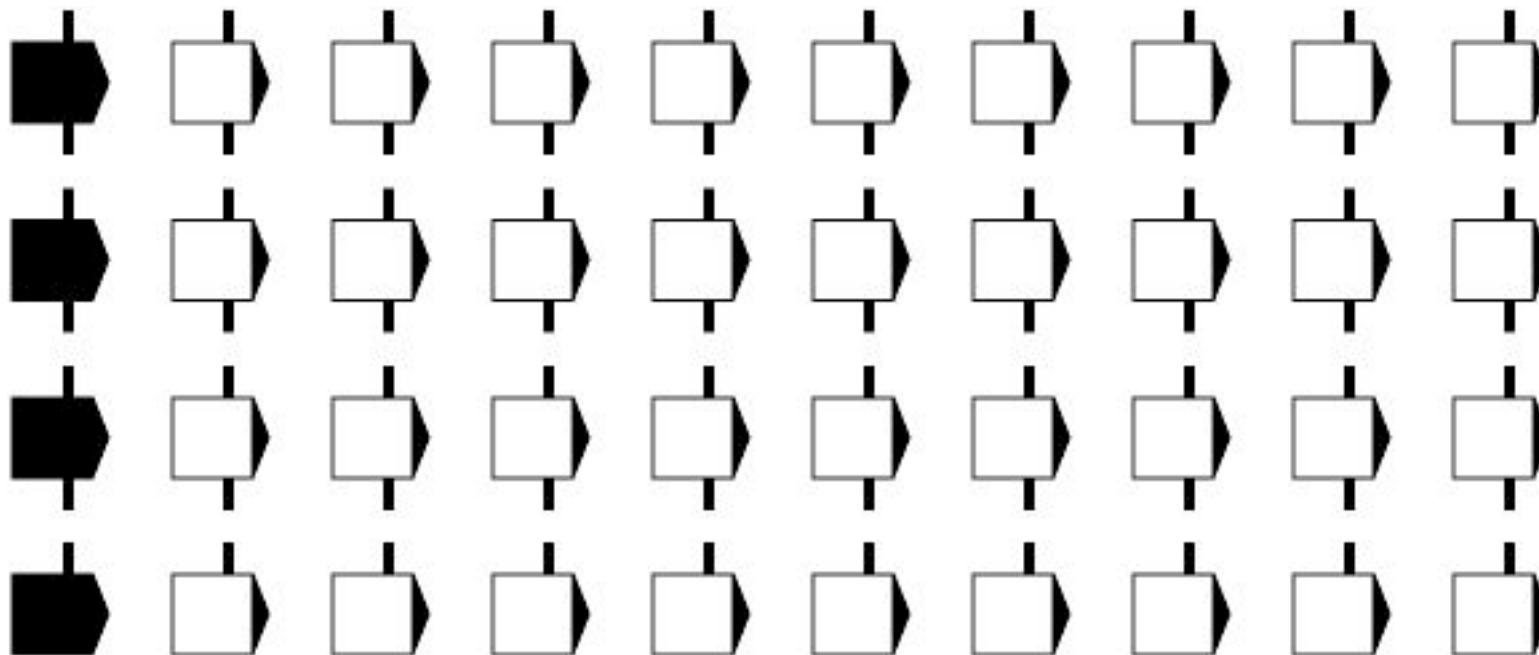


## Arms downward, MOVE

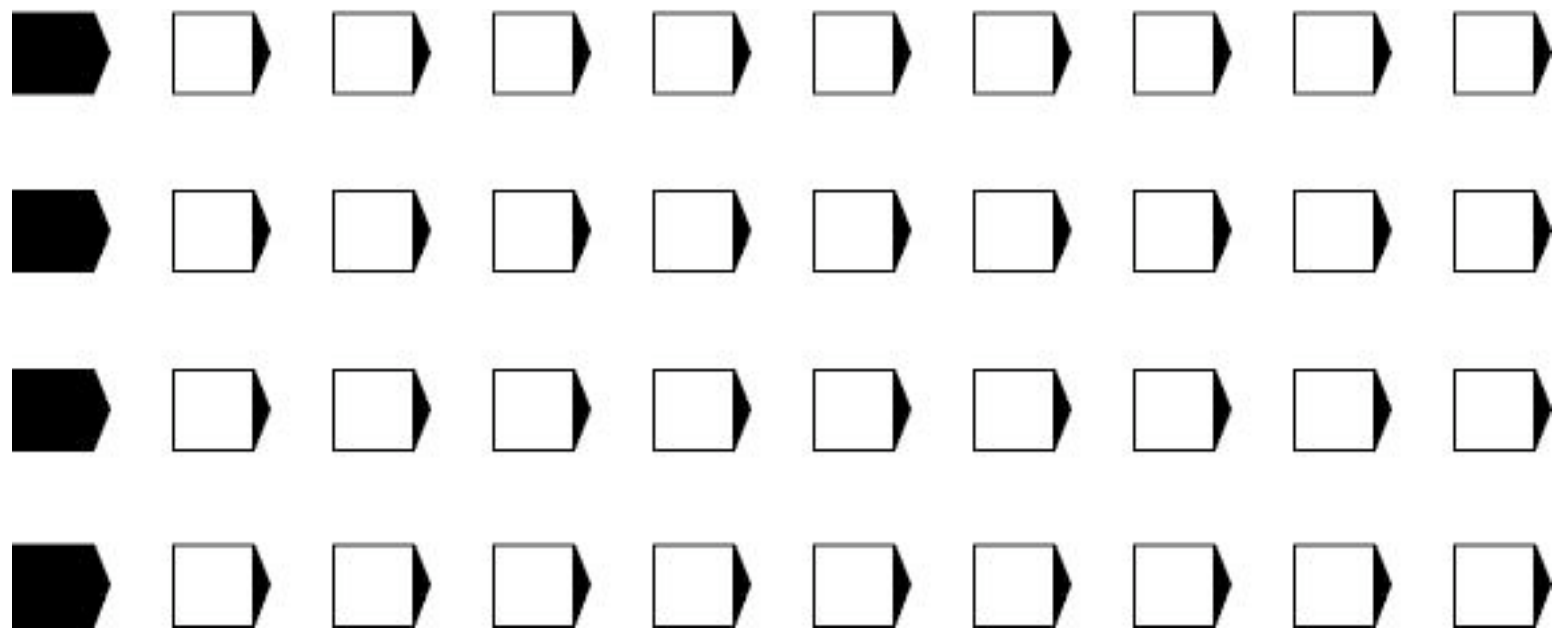




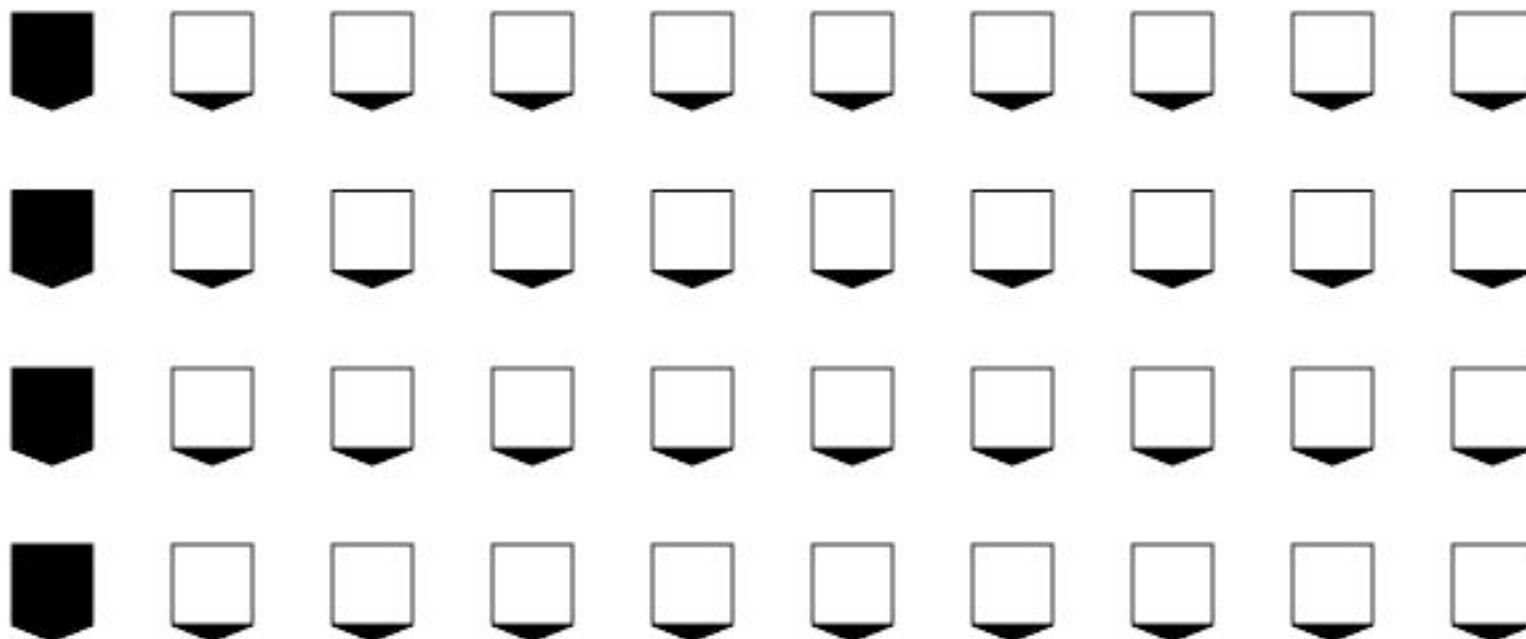
**Left, FACE**



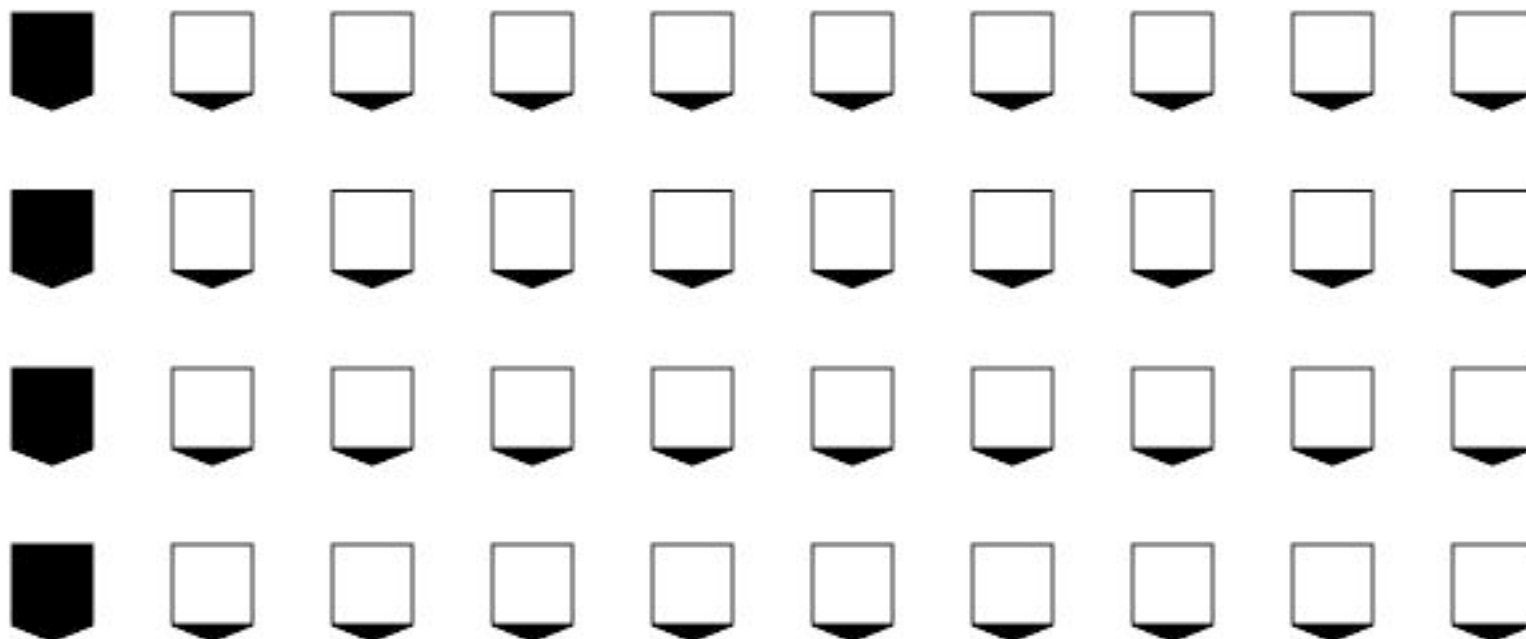
**Extend to the left, MARCH**



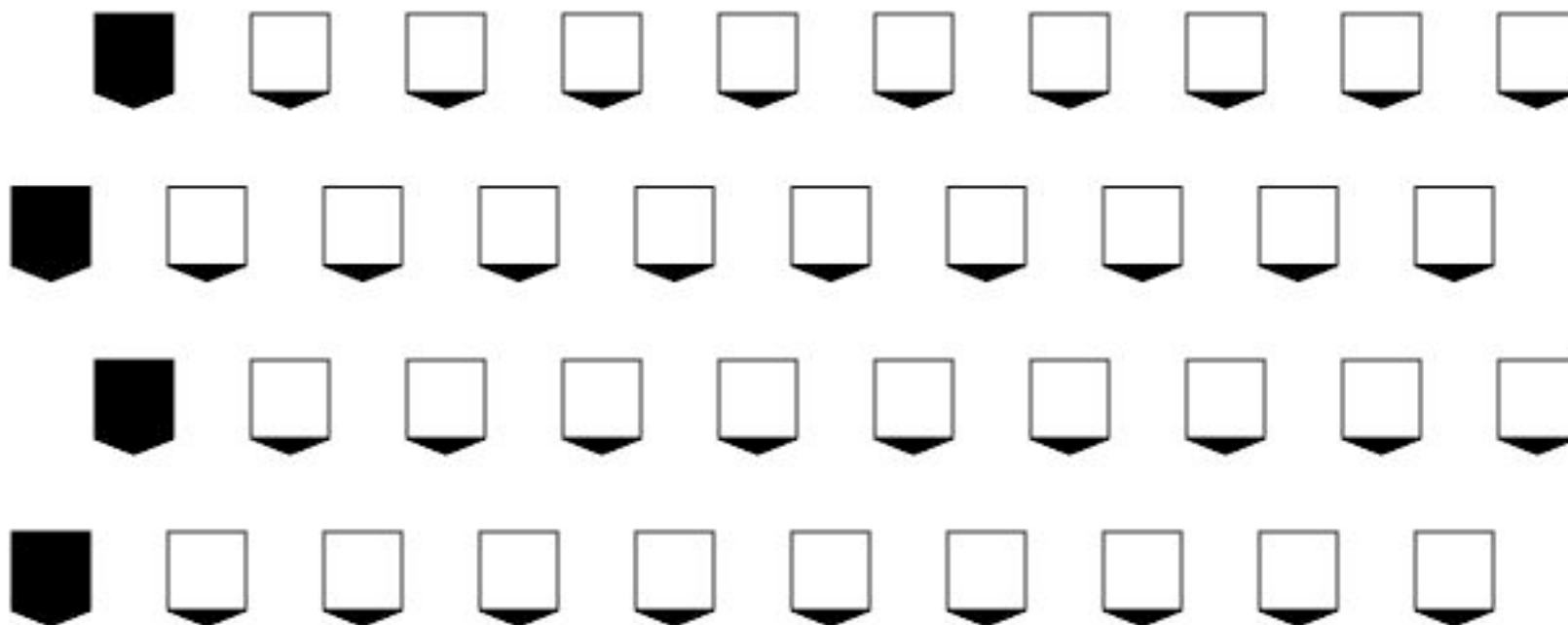
## Arms downward, MOVE



**Right, FACE**



**From front to rear, COUNT OFF**



**Even numbers to the left, UNCOVER**

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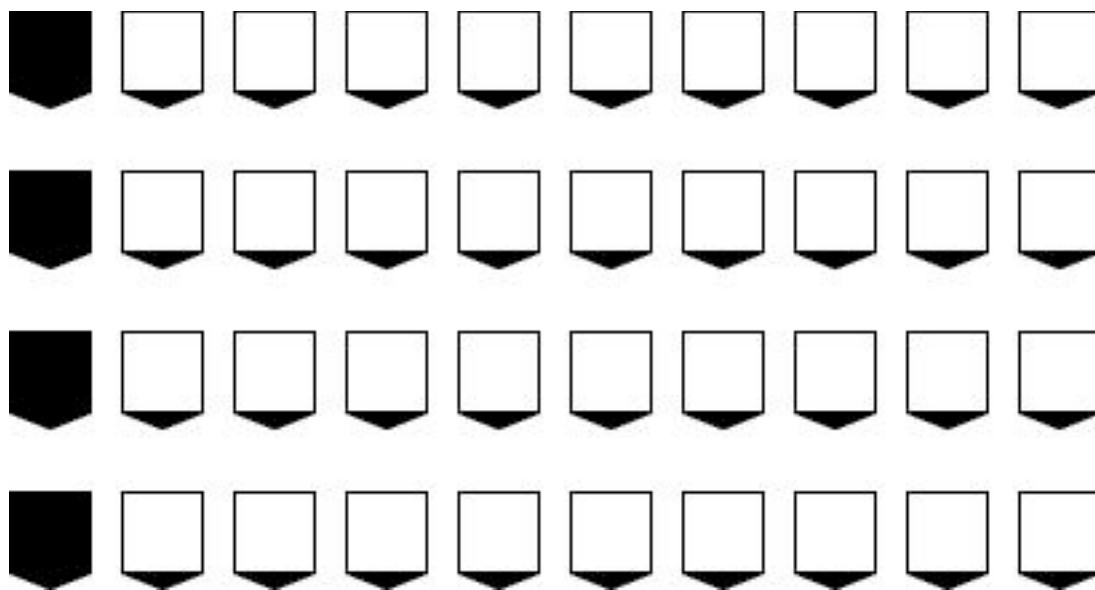
To reassemble the formation, the PT leaders gives the following command:

1. “Assemble to the right, MARCH”

# **“Assemble to the right, MARCH”**

All cadets double-time to their original positions in the formation.





**Assemble to the right, MARCH**