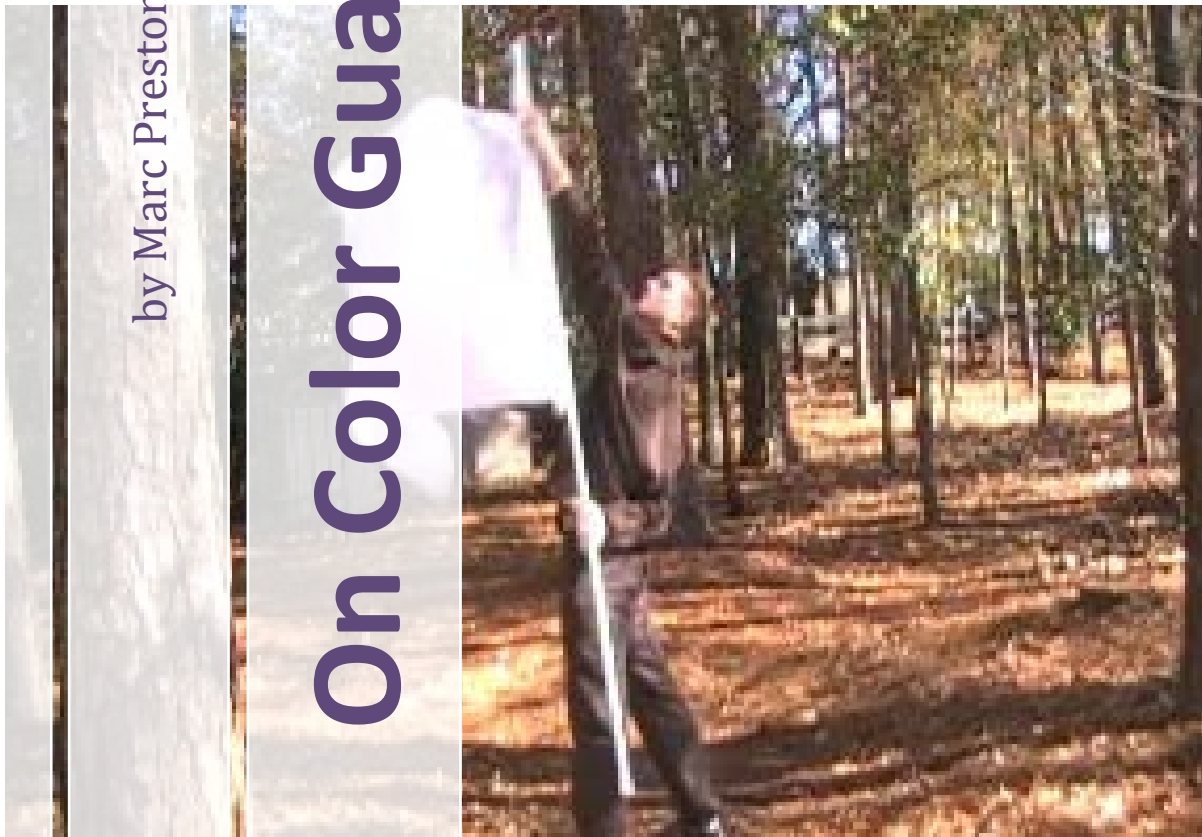


**A.R.T. Designs**

by Marc Preston Moss

# On Color Guard



*General instruction for advanced skills in color guard performance*

**Dropspin5678@yahoo.com**  
**3021 Mayfair Drive**  
**Kokomo, Indiana 46902**  
**765.455.3275**



*6 Cts of Thumb-flips*



*Ct7 hand-off flat*



*Ct8 Set at CP 12*



*8 Cts of Weapon Spins*



*Ct8 Catch at Set position*

Keep the elbow locked in place at the desired height; here it is shown at the level of the chin. Keep the elbow free and not too tight. It should not “flap” on the side of the body, but should remain in alignment with the shoulder and wrist.

*Daily Practice: This exercise really builds upper arm strength, so it is wise to do at least ten sets on both hands every day.*

***For performers that would like to advance to weapon (rifle or sabre) mastering the weapon spin on flag is essential. Learning to spin a weapon takes a lot of time. Since your hands have been trained to the weight and balance of a flag, the achievement of this skill on flag will make transferring this knowledge to weapon a breeze! Do it DAILY!***

### **Cradle Rolls**

Cradle rolls is a unique exercise that allows the flag to continue rotating smoothly while rolling across the forearm, requiring a coordination of a lift in the forearm and a grip that guides the pole into the next roll.

Begin by holding the equipment with the left hand on the butt, the right hand on the tab, flag tip pointing at check point 10 with the pole crisscrossing the body. Drop the flag down to check point 12, executing a roll across the forearm. Reach down with the right hand and grab backhanded on the top-tape. Lift the flag up to the 22<sup>nd</sup> check point and release, moving the right hand quickly to grab at the tab with a choke grip. Bring the flag back down to the flat position and start the exercise again.



*Set position*



*Rotate to cradle*



*Roll across wrist to backhand*



*Rotate around to release*



*Catch on tab*

Again, work for smoothness of flow and do not let the right hand interrupt the centering or flow of the flag as it grabs after the forearm roll.

*Daily Practice: Do at least ten sets on both sides.*

***Keep this smooth, centered and flowing. Don't let your shoulders move as you drop your hands.***

### **Backhand Roll with Bicep Roll and Turn**

This exercise will involve a turn, controlling the equipment in a non-conventional way as it is executed. Begin by lifting the flag to the “up” position, then press down ward, holding the tab for two thirds of a rotation and then allowing it to roll across the back of the hand as it naturally will be inclined to do. After the roll across the back of the hand, re-grip at the top tape, vertically. Then, turn the flag to be tucked under the bicep and turn the body toward the flag. The pole will come up onto the bicep. Allow it to pivot as the body is facing back, rocking across the bicep and changing the grip of the right hand. As you conclude the turn, which is simply a four count turn in the feet, hand-off to the left hand and bring the flag to a left-flat position, ready to repeat the cycle on the left side.



*Lift to up-position*



*Turn 2/3 rotation*



*roll across back hand to*



*tuck under arm*