

## ***Knowledge Document for Color/Winter Guard***

In this document, you will find instructional material to gain knowledge and skill. Some techniques may differ, so pay attention to your guard instructor, but fundamentally these concepts are universal.

### **Basic Feet Positions:**

**▶ CGAP CampSpin: “COLOR GUARD 101 - Basic Ballet Positions”**

### **Body Positions:**

**▶ BODY POSITIONS | Color Guard Academy**

## ***FLAG Knowledge -***

### **Parts of the Flag:**

**▶ PARTS OF THE FLAG | Color Guard Academy**

### **Hand Positions & Toasters:**

**▶ TOASTERS & HAND POSITIONS | Color Guard Academy**

### **Flag Positions:**

**▶ FLAG POSITIONS | Color Guard Academy**

### **Flag Stirs:**

**▶ HOW TO DO STIRS | Color Guard Academy**

### **Drop Spins:**

**▶ HOW TO DO DROP SPINS | Color Guard Academy**

## **Flag Around the World:**

▶ [HOW TO DO AN AROUND THE WORLD | Color Guard Academy](#)

## **Flag Sunshine:**

▶ [HOW TO DO A SUNSHINE | Color Guard Academy](#)

## **Flag Windmill:**

▶ [HOW TO DO A WINDMILL | Color Guard Academy](#)

## ***RIFLE Knowledge -***

### **Drop Spins and Stops :**

▶ [Rifle 101: Drop Spin, Left and Right-Handed | ThinkOne Tutorial Series](#)

### **Basic Toss on Rifle:**

▶ [How To Toss On Rifle](#)

### **Tosses Single - Triple:**

- Hand Releases differ in Mr.Campbell's Technique

▶ [Rifle 101: Tossing | ThinkOne Tutorial Series](#)

### **Fixing Pitch:**

▶ [Fix your pitch on rifle tosses - How to color guard](#)

### **Double Time, Back Spins, Starts and Stops Rifle:**

▶ [Rifle 201: Drop Spins, Double Time, Back Spins, Starts and Stops | ThinkO...](#)

## ***DANCE Knowledge -***

### **Plie' + Releve':**

[▶ Introducing Spintronix Dance Series! Plié and Relevé - How to color guard](#)

### **Chasse':**

[▶ Chassé - How to color guard - Spintronix Dance](#)

### **Saunte':**

[▶ Sauté leaps - How to color guard](#)







## Guard Workouts:

Below you will find a workout to use in the off seasons. Use the table below as your starting point. Continue to exceed the reps/numbers to be in the best Guard shape before Band Camp and/or Winterguard season.

You will want to try to do your workout at least twice a week. Your first week do one set of each to prepare your body.

Go through each exercise once, and then repeat before you do your 15 minutes of moving.

**Example:** Do Jumping Jacks (20) Push Ups (10) Crunches (30) Squats (10) and then repeat the entire process. **HAVE FUN!**

Stretch	 Flexibility Stret...	 Amsterdam   ...
20 x 2	Jumping Jacks	 How to Do Ju...
10 x 2	Push ups	 How to Do Pre...
30 x 2	Crunches	 How to Do a S...
10 x 2	Squats	 How to Do Sq...
15 mins	Walk - Run - Jog	