***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”](https://www.youtube.com/watch?v=0eaiYC8vb14)

**Body Positions:**

[BODY POSITIONS | Color Guard Academy](https://www.youtube.com/watch?v=g3vHbyBWio0)

***FLAG Knowledge -***

**Parts of the Flag:**

[PARTS OF THE FLAG | Color Guard Academy](https://www.youtube.com/watch?v=t_YhPfanrus)

**Hand Positions & Toasters:**

[TOASTERS & HAND POSITIONS | Color Guard Academy](https://www.youtube.com/watch?v=ecg8XeoB5UA)

**Flag Positions:**

[FLAG POSITIONS | Color Guard Academy](https://www.youtube.com/watch?v=RDNO_2YyrSo)

**Flag Stirs:**

[HOW TO DO STIRS | Color Guard Academy](https://www.youtube.com/watch?v=4oHyGwZWMg8)

**Drop Spins:**

[HOW TO DO DROP SPINS | Color Guard Academy](https://www.youtube.com/watch?v=St03QfbocSM)

**Flag Around the World:**

[HOW TO DO AN AROUND THE WORLD | Color Guard Academy](https://www.youtube.com/watch?v=mmilK1cfZQw)

**Flag Sunshine:**

[HOW TO DO A SUNSHINE | Color Guard Academy](https://www.youtube.com/watch?v=GfUs2dYU07U)

**Flag Windmill:**

[HOW TO DO A WINDMILL | Color Guard Academy](https://www.youtube.com/watch?v=OwSdIkXYgcY)

***RIFLE Knowledge -***

**Drop Spins and Stops :**

[Rifle 101: Drop Spin, Left and Right-Handed | ThinkOne Tutorial Series](https://www.youtube.com/watch?v=ybFWKFvGSLU)

**Basic Toss on Rifle:**

[How To Toss On Rifle](https://www.youtube.com/watch?v=iqYTvGNAtIM)

**Tosses Single - Triple:**

* Hand Releases differ in Mr.Campbell’s Technique

[Rifle 101: Tossing | ThinkOne Tutorial Series](https://www.youtube.com/watch?v=8uvxCd1ZIBw)

**Fixing Pitch:**

[Fix your pitch on rifle tosses - How to color guard](https://www.youtube.com/watch?v=kcNRoYDzYv4)

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

[Rifle 201: Drop Spins, Double Time, Back Spins, Starts and Stops | ThinkOne Tutorial Series](https://www.youtube.com/watch?v=8B5UIpJL_WQ)

***DANCE Knowledge -***

**Plie’ + Releve’:**

[Introducing Spintronix Dance Series! Plié and Relevé - How to color guard](https://www.youtube.com/watch?v=1EMgjo4sg4A)

**Chasse’:**

[Chassé - How to color guard - Spintronix Dance](https://www.youtube.com/watch?v=pKgOf2UaBVU)

**Saunte’:**

[Sauté leaps - How to color guard](https://www.youtube.com/watch?v=oQys6NxqRHU)

**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 Stretch for Color Guard | Or Anyone!](https://www.youtube.com/watch?v=waEZJfc1lAE) | [Amsterdam | Color Guard Stretch Exercise](https://www.youtube.com/watch?v=kllvd1-hkqs) |
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| 20 x 2 | Jumping Jacks | [How to Do Jumping Jacks Properly [Exercise At Home]](https://www.youtube.com/watch?v=nGaXj3kkmrU) |
| 10 x 2 | Push ups | [How to Do Press Ups the Right Way [Morning Exercises At Home]](https://www.youtube.com/watch?v=Rm9wssOhmzY) |
| 30 x 2 | Crunches | [How to Do a Stomach Crunch Properly | Gym Workout](https://www.youtube.com/watch?v=MKmrqcoCZ-M) |
| 10 x 2 | Squats | [How to Do Squats Correctly [Exercise At Home]](https://www.youtube.com/watch?v=xuf1czJv-XI&list=PL5elyIkgQ961WG2IJTGh9T3W4N95blDtZ&index=7) |
| 15 mins | Walk - Run - Jog |  |