

Observable Characteristics of Good Military Posture
(View in Lateral Plane)
(Contrast with Illustration IX)

1. a. Long axis of the head is approximately vertical.
b. Head weight is centered. c. Chin is posterior to the foremost part of the front chest line.
2. a. The chest is elevated and gives the appearance of relaxation (not "thrown out").
b. Foremost part of the entire body is the "breastbone" (sternum).
c. Chest is convex forward.
3. The shoulders are slightly rounded but do not give the appearance of being stooped. Shoulders neither forward nor back.
4. Center of the upper-arm is approximately one-third the distance from back to front of the chest depth.
5. Diaphragm is arched. Three or four inches higher in front than in back.
6. The upper abdominal area curves outward and is moderately relaxed. This allows for optimal position of the visceral organs (liver, stomach, kidneys, intestines, etc.).
7. The lower abdomen is retracted, forming nearly vertical line. Power of support is from the lower abdominal muscles. This prevents "sagging" of the vital organs.
8. The "small" of the back (lumbar area) is curved slightly inward. There is an absence of "hollow back."
9. The tilt of the pelvis forms a 60 degree angle as shown by the lines A-B-C.
10. Buttocks are rounded but have no abnormal protrusion resulting from abnormal tilt of the pelvis. There are no fat accumulations.
11. Knees are neither hyperextended nor flexed. Knees are relatively straight but do not give the appearance of tension.
12. The long axis of the body is relatively straight and related parts are in alignment. Weight is borne like a telephone pole standing on end; no side tilt meaning greater ease of support. (mastoid process, acromion process, acetabulum (hip joint), center of knee joint, and point just in front of ankle joint pass through same line).
13. General appearance is one reflecting strength, control, and vitality.

