

LESSON - 10

DRILL AND MARCHING

The following skills will be learnt in this lesson:

- Savadhan, Visram, Kadam taal and Line formation.

Movements:

Drill and marching are creative expressions of body posture. They bring discipline, they contain instructions as to move while standing, sitting and in locomotions.

A. Savadhan:- Command-Class--Saav-Dhan.

Join the heels, keep the legs straight, distance between toes of both feet should be nearly 6" -7". The whole body should be straight the fist should be held against the thigh along seams of the pants, the head held high and the eyes looking straight forward.

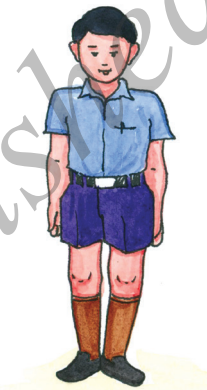


Fig. 10.1

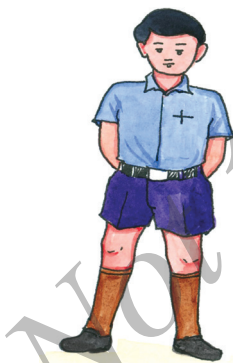


Fig. 10.2

B. Vishram:- "Command - Class Veesh---ram. lift the left leg about 6"-7" and place about 1.6 feet away from right leg. At the same time bring the hands back without losing contact with the body. lap the right palm over the left and the right thumb locks over the left thumb. The chest held high and shoulders broad. The body weight should be equally distributed on both feet.

C. Aaramse:- Command- "Class araa---se this is to provide rest in between. This must be used only in 'Vishram' position on the command 'Araamse'----relax the arms and the upper body. But do not leave the hands. Though relaxed, stand still.

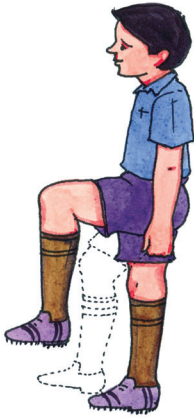
D. Kadam - tal: command - 'Class kadam --taal'

Fig. 10.3

On count one stamp the left leg on the ground and lift the right leg up and count two, stamp the right leg on the ground, and lift the left leg up. 'continue to stamp the legs rhythmically on the spot without moving forward. The hands should stay stuck to the body as in attention.

E. Tham: - Command - Class (on left leg---class---on right leg ----tham.) On the command count -1 stamp with left foot on the spot and lift the leg as usual and on count -2 join the right foot to the left and stop kadamtal.

F. Splitting the line :- for parade (teen line ban command - 1:- 'Class --- lamba dahine---chota Bayen--- mere samane --- ek line ban")

Command -2 - "Class -dahine se ek se theen tak geenti - kar"

Children counts from the right 1-2, 3, 1-2,3, till the end of the line.

Command-3 Number ek- apne jagah par, Number do- do kadam aage, Number teen, - char kadam aage, katara pahal jao, the students follow the instructions and form three lines.

Command-4 "Class dahine chalega, Dahine..., Mood, on this command the students turn to their right and form three lines taking one arm distance to their front and right side.

Activity : Ask the students to practise all the above skills at their home.
