

LESSON - 9

RHYTHMIC ACTIVITIES

HINDI LEZIEM

The following skills will be learnt in this lesson:

- Leziem skund, Leziem araam
- Char awaz, Ek Jagahe, Adi Lagau, Gaj Bel and Pavitra

Leziem is a popular rhythmic activity. It develops neuromuscular coordination and the ability to concentrate.

➤ **BASIC POSITION :**

Hold the small iron handle in the right hand and let the wooden big handle hang freely on the right side. While the performer stands in attention:



fig. 9.1

COUNT 1: Hang the leziem on the left shoulder

with wooden handle at back perpendicular to the ground and the iron handle in front.

COUNT 2: Bring down the right hand and stand in attention position.

➤ **LEZIEM SKUND :**

COUNT 1 : Hold the iron handle with right hand, with palm facing the chest.

COUNT 2 : Let the wooden handle from the left hand, bring the left hand to its attention position and let the lezeim hang down by the right thigh as shown in the figure.

fig. 9.2



fig. 9.3

Initial Position : Hoshiyar

COUNT 1 : Hold the iron handle with the right hand with palm facing the chest.



fig 9.3

COUNT 2 : Pull the leziem out from the left shoulder, hold wooden handle with the left hand and bring the leziem in front with wooden handle perpendicular to the ground and parallel to the body line. Stretch the left arm parallel to the ground in front with wooden handle in the hand. The right hand with the iron handle pulls the leziem open and bent at the elbow is held parallel to the ground as shown in the figure.



fig. 9.5

B. EXERCISES**EXERCISES 1: CHAR AVAZ****Starting position: Leziem Hoshiar.**

COUNT 1 : Bend forward bring both iron and wooden handles together near the toes, left palm facing forward and right palm facing backward. The leziem should be held parallel to the shoulder and to the ground. The legs should be strai



COUNT 2 : Slightly lift the body up and pull the iron rod up to open the leziem near the knee. The left hand holding the wooden handle should be straight.



fig. 9.7

COUNT 3 : Stand up straight bend the right elbow at 90° angle make the forearm perpendicular and upper arm parallel to the ground. Take the wooden handle held by the left hand towards the inside of the right elbow. The left arm which bent at the elbow, also be parallel to the ground.



fig. 9.8

COUNT 4 : Lift the wooden handle up and pull the iron handle down. Keep the leziem open and hold it in front of your face in such a way that you look through the leziem.



fig. 9.9

EXERCISE 2: EK JAGAHE

Starting Position: Hoshiar or last Count of Char avaz.

COUNT 1 : Swing the Leziem towards the left and bend towards the left side. Join the two handles left side of the left ankle (see the figure). The wooden handle shall be inside and the iron handle shall be outside. The wooden handle is parallel to the ground and to the shoulder line.



fig. 9.10

COUNT 2 : Swing the trunk to the right side and slightly lift the body. Open the leziem as in count No.2 of Char avaz, near the right knee.



fig. 9.11

COUNT 3: Stand up erect, keep the trunk twisted to the right and perform as was done in count no.3 of Char avaz but on the right side.



fig. 9.12

COUNT 4 : Extend the left arm straight to the right side holding the wooden handle perpendicular to the floor and pull the iron handle near the elbow of the left hand as is done in 'Hoshiar'.



fig. 9.13

COUNT 5 : Bend body towards right, joint leziem outside the right fist.

COUNT 6 : Turn trunk towards left to straighten and open the leziem.

COUNT 7 : Straighten body, bend right elbow upto 90° and hold forearm perpendicular to ground. The upper arm should be parallel to the ground. Hold the longer handle inside right hand similar to count 3.

COUNT 8 : Stretch left hand towards right side and hold leziem perpendicular to ground. Pull the short hand of leziem towards body.

NOTE : During the first four counts (1-4) the leziem and body should swing from left to right and during the second four counts (5-8). The leziem and the body should swing from right to left.

EXERCISE 3 : AADI LAGAU.

Starting position : Hoshia or last count of Ek Jaghe

COUNT 1 : As in count - 1 of 'Ek JAGHE' on the left side.



fig. 9.14

COUNT 2 : As in count -2 'EK JAGHE' on the right side. (fig. 9.11)



fig. 9.15

COUNT 3 : As in count -3 of 'EK JAGHE' the left foot should be placed across the right foot with left foot touching the ground and toe helps mentain the balance of body.



fig. 9.16

COUNT 4 : As in count -4 of 'EK JAGEHE' on the right side. There is no leg movement.



fig. 9.17

COUNT 5 : As in counts -5 'EK JAGEHE', on the right side. The left leg is carried back to its original place. The weight is on both feet.



fig. 9.18

COUNT 6 : As in count -6 of the 'EK JAGEHE' on the left side.



fig. 9.19

COUNT 7 : As in count -7 of 'EK JAGEHE' on the left side and the right leg crosses over the left foot.



fig. 9.20

COUNT 8 : As in count -8 'EK JAGEHE' on the left side. There is no movement of the leg.

NOTE : Here all the leziem actions are similar to those of 'Ek JAGEHE' on all odd counts (3, 5, 7 & 1). The Position of the leg is changed.

Exercise 4 : GAJBEL

Starting Position : Hoshiar or last count of AAdi Lagav.

COUNT 1 : Keep the left foot forward, bend forward and join both handles of leziem as in 'Char awaz' Keep the knee straight.



fig. 9.21

COUNT 2 : Open the leziem near the left knee as in count -2 of Char awaz.



fig. 9.22

COUNT 4 : Join the right foot to the left, stand up and take the wooden handle of the leziem on the forehand as in count -3 of 'Char awaz'.



fig. 9.23

COUNT 5 : As in hosiari position.

NOTE : Repeat same 1-4 counts for 5-8 counts Next 8 counts repeat the same 8 counts, but going backwards with right foot.

EXERCISE 5 : PAVITRA.

Starting Position : Pavitra hosiari

Keep right leg one step backward and lunge on left leg as in fig. Hold the leziem in loshiyar position in front of the body.



fig. 9.24

COUNT 1 : Bend forward, join the two hands together as in 'Char awaz' without changing the leg position.



fig. 9.25

COUNT 2 : Turn the trunk to the right open the leziem between both the legs.



fig. 9.26

COUNT 3 : Slightly shift the weight to the right leg, Pivot on the right heel turn to the opposite direction. Lunge on the right leg, right toe pointing in the opposite direction. The leziem position as in count -3 of Char Awaz.



fig. 9.27

COUNT 4 : Pivot on both heels and turn to original direction. Left toe pointing in the original direction, lunge on the left leg in the original direction hold the leziem as in pavitra hoshiar. (i.e. fig No. 9.24)



fig. 9.28

Activities : Ask the students to practise the exercises daily.
