

GT/T1/FD/1.10

TURNING WHEN HALTED- LEFT, RIGHT & ABOUT MURNA – THAM KAR

1. OBJECT

The object of this lesson is to teach turning at the halt.

2. NECESSITY

There are **four directions to which a flight is required to turn**. The directions are **Advance, Retire, Left and Right**. The advance direction of a flight is one facing to which a flight is formed up first. The retire direction is just the opposite side of the advance direction. The directions left and right mean turning to the left and right respectively. **Turning half to left and right is known as inclining**.

Note (i) During all turning movements the arms are to be kept close to the sides as for the position of SAV-DHAN (Attention).
(ii) The detail for turning to the left and inclining to the left is the same as for movements to the right except that the word left is to be substituted for the word right.

3. Turnings at the halt are divided into two movements' e.g the detail for turning at the halt, to the right (TRIGHT - TURN) inclining to the right/left (RIGHT/LEFT IN – CLINE) and turning about.

4. PHASES

Phase I : Left – turn
Phase II : Right – turn
Phase III : About-turn
Phase IV : Turning at halt - half right and half left

5. PHASE I: LEFT – TURN

(a) On the command, "**GINTI SE BAEN MUR - EK**" (turning to the left, by number one), a turn is to be made to the left through **90 degree**, on the left heel and the right toe, by raising the right heel and left toe, keeping both the knee straight and the body erect. On completion of this preliminary movement, the left foot is to be flat on the ground and the right heel raised. Knees are to be straight and weight of the body is to be on the left foot.

(b) On the command "**GINTI SE BAEN MUR – DO**" (by number Two) the right heel is to be brought smartly up to the left heel, at the same time, the right knee is to be bent in front of the body and the **foot raised 6 inches** from the ground.

6. PHASE II: RIGHT – TURN

(a) On the command, "**GINTI SE DHAINE MUR - EK**" (turning to the right, by number one), a turn is to be made to the right through **90 degree**, on the right heel and the left toe, by raising the left heel and right toe, keeping both the knee straight and the body erect. On completion of this preliminary movement, the right foot is to be flat on the ground and the left heel raised. Knees are to be straight and weight of the body is to be on the right foot.

(b) On the command "**GINTI SE DHAINE MUR – DO**" (by number Two) the left heel is to be brought smartly up to the right heel, at the same time, the left knee is to be bent in front of the body and the **foot raised 6 inches** from the ground.

7. PHASE III: ABOUT – TURN

(a) On the command "**GINTI SE PICHE MUR - EK**" (Turning about by number -one), a turn is to be made to the opposite direction through 180 degree, on the right heel and the left toe by raising the body and the left heel. Both the knees are to be kept straight and the body erect. On completion of this preliminary movement, the right foot is to be flat on the ground and the left heel raised. Weight of the body is to be on the right foot.

(b) On the command "**GINTI SE PICHE MUR – DO**" (by number two) the left heel is to be brought smartly up to the right heel bending the **left knee sufficiently to clear the foot** from the ground.

(c) Practice the complete movement by judging the time equivalent to two paces in quick time between two distinct movements.

8. PHASE IV: INCLINING TO THE RIGHT/LEFT

Inclining means making a turn of **45 degrees** to the right or left, as ordered. On the command, "**GINTI SE AADHA DAHINE AUR BAEN MUR-EK**" (inclining to the right or left, by numbers-one), make a turn of 45 degrees to the left in the same way as for left turn. Right incline is also done in the same manner as explained above with the only difference that the turning is to be performed to the right. Practice left and right inclined by, judging the time.

Samay ke Andaz Se Baen Murna	-	Baen Mur
" " " " Dahine Murna	-	Dahnie Mur
" " " " Aadha Baen Murna	-	Aadha Baen Mur
" " " " Aadha Dahine Murna-		Aadha Dahine Mur