

GTI/T1/FD/1.7**STEPPING FORWARD, BACKWARD AND SIDEWAYS**
AAGE, PICHHE AUR BAJU KO QADAM**1. OBJECT**

The object of this lesson is to teach to take steps forward, backward and sideways.

2. NECESSITY

Whenever it is required to align a squad or to cover a short distance or gap the squad is ordered to move a given number of paces forward, backward or sideways as required.

3. PHASES

Phase I : Taking steps forward and backward
 Phase II : Taking steps sideways

4. INSTRUCTIONAL KNOWLEDGE

(a) A formation may be moved forward or backward to a maximum of **4 paces**. This movement is to be used only when it is necessary for airmen to be moved forward or backward for a short distance on to a marker or alignment.

(b) A formation may be moved sideways to a maximum of **six paces**. This movement is to be used only when it is necessary for airmen to be moved to the left or right over a short distance to a given point or marker. Sideways march paces are of **12 inches each done** in the Cadence of quick march.

(c) Paces forward or backward and sideways are to be taught starting from one pace and when the airmen have learnt to take one pace, the number of paces to be taken is to be increased gradually till they are capable of taking the maximum number of paces (**four and six paces respectively**) efficiently.

5. PHASE I: STEPPING FORWARD AND BACKWARD

(a) On the command, "----- (1 to 4) **QADAM AGE CHAL**" (----- paces forward-march), the formation is to move forward the number of paces ordered, starting with the left foot. Arms are to be kept steady at the sides and knees straight. Steps are to be taken on the flat foot.

- (b) On the command "----- (1 to 4) **QADAM PICHE CHAL**" (---- paces backward -march), the formation is to move backward the number of paces ordered, starting with the left, keeping the arms steady at the sides and knees slightly bent. Steps are to be taken on the toes first and afterwards the heel should touch.
- (c) Paces forward or backward are to be taken in the cadence of quick time (**126 paces**) and 30 inches each.

6. PHASE II: STEPPING SIDEWAYS

- (a) On the command, " ----- (1 to 6) **QADAM DAHINE BAJU CHAL**" (--- [1 to 6] paces to the right - march) the right foot is to be placed **12 inches** to the right and the left foot brought up to it (in quick time). The necessary number of paces is to be completed in the same manner without a pause.
- (b) On the command, "----- (1 to 6) **QADAM BAEN BAJU CHAL**" [1 to 6] paces to the left - march) the left foot is to be placed **12 inches** on the left and right foot brought up to it (in quick time). Necessary number of paces is to be completed in this manner without a pause.

Note: - Timing for Stepping

<u>Forward and backward</u>	<u>Side Ways</u>
1 Step- 1-2	1 Step- 1-1
2 Step- 1,1-2	2 Step- 1-1,1-2
3 step- 1, 2, 1-2	3 step- 1-1,1-2,1-3
4 Step- 1,2,3, 1-2	4 Step- 1-1,1-2,1-3,1-4
	5 Step- 1-1,1-2,1-3,1-4,1-5
	6 step- 1-1,1-2,1-3,1-4,1-5,1-6