

| SER<br>No | CONTENT  |
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|           | <p style="text-align: center;"><b><u>LESSON PLAN : AD 8</u></b></p> <p style="text-align: center;"><b><u>NIRIKSHAN KE LIYE JANCH SHASTRA AUR BAJU SHASTRA</u></b></p> <p>Period-        One</p> <p>Type    -        Lecture / Practice</p> <p>Code    -        AD 6</p> <p>Term    -        II (SD/SW)</p> <p><b>Trg Aid</b></p> <p>1.        Rifles.</p> <p><b>Time Plan</b></p> <p>2.        (a)        Nirikshan ke liye Janch Shastra        -        20 Min</p> <p>              (b)        Janch Shastra se Baju Shastra                - 20 Min</p> <p><b><u>UDDESH</u></b></p> <p>3.        Is period mein Nirikshan ke liye Janch Shastra aur Baju Shastra ki karyawahi<br/>sihkana hai.</p> <p><b><u>TARTIB</u></b></p> <p>4.        Yeh sabak do bhagon mein chalaya jayega:-</p> <p>(a)        Bhag I-        Nirikshan ke liye Janch Shastra.</p> <p>(b)        Bhag II        -        Janch Shastra se Baju Shastra.</p> <p>(a)        <b><u>BHAG I : NIRIKSHAN KE LIYE JANCH SHASTRA</u></b></p> <p>5.        <b>Zarurat.</b> Jab rifle ke saath duty ke dauran magazine aur chamber ko check karna<br/>ho us samay nirikshan ke liye jaanch shastr ki karyawahi ke jati hai aur kote mein rifle<br/>rakhne se pahle bhi nirikshan ke liye jaanch shastr ki karyawahi ki jati hai.</p> <p>6.        Ginti aur Bayan se Namuna.</p> |

(a) Jab savdhaan position se word of command milta hai ginti se “Nirikshan ke liye Jaanch Shashtra ek” to, is word of command par rifle ko dahine hath se baen aur samne uchhalen aur dahine hath se pistol grip ko aur baen hath se forehand guard ko ek sath pakden. Is position mein dekhne ki baten, baen paon 12 inch baen taraf 4 inch age liye hue, dahine hath se pistol grip ko pakara huacharon angulian bahar se angutha andar se, baen hath se forehand guard ko pakda hu charon angulian niche se angutha upar se, barrel 45 degree par, rifle butt dahine thigh se laga hua. Baki position, vishram ki halat mein.

(b) Jab word of command milta hai “squad do’ to, baen hath se cocking handle ko pakden. Is position mein dekhne ki baten, baen hath se cocking handle ko pakda hua , baki position pahle ki tarah.

(b) (c) Jab word of command milta hai “squad teen” to, is word of command par baen hath se cocking handle ko piche khinchen aur holding opening catch lagaen. Is position mein dekhne ki baten, holding opening catch laga hua, baki position pahle ki tarah.

(d) Jab word of command milta hai “squad char” to, baen hath se cocking handle ko age karen. Is position mein dekhne ki baten, cocking handle ko age kiya hua, baki position pahle ki tarah.

(e) Jab word of command milta hai “squad panch” to, baen hath se fore hand guard ko pakden. Is position mein dekhne ki baten, No 1 ki tarah.

7. Abhyas. Ustad ke word of command pe squad isi kayawahi ka abhyas kare.

## **BHAG II : JANCH SHASTRA SE BAJU SHASTRA**

8. Zarurat. Rifle ka nirikshan ho jane ke baad, rifle ko niche lane ke liye baju shastr ki karyawahi ki jati hai.

### **9. GINTI AUR BAYAN SE NAMUNA.**

(a) Nirikshan ke liye jaanch shastr se word of command milta hai ginti se “Baju Shashtra ek” to is word of command par dahine hath ko fore hand guard par strike karen, sath hi baen paon ko savdhan position mein layen, shout karen ‘ek’. Rifle pahle ki position mein

hi rahegi. Is position mein dekhne ki baten, dahine hath se forehand guard pakda hua. Baki position savdhan.

(b) Jab word of command milta hai "squad do" to, is word of command par dahine hath se rifle ko baju shastr No 2 halat mein niche layen aur baen hath se rifle ke flash hider par strike karte hue pakden, shout karen 'do'. Is position mein dekhne ki baten. Baju shastr ke No 2 harkat ki tarah.

(c) Jab word of command milta hai "squad teen" to, is word of command par baen hath ko savdhan position mein le jaen aur dahine hath se rifle ko heel butt par sawar karen, shout karen 'teen'. Is position mein dekhne ki baten, position savdhan.

10. Abhyas. Ustad ke word of command pe squad isi kayawahi ka abhyas kare.