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	<p style="text-align: center;"><b><u>LESSON PLAN : FD 2</u></b> <b><u>SAVDHAN, VISHRAM, ARAM SE AUR MUDNA</u></b></p> <p>Period - One</p> <p>Type - Lecture and Practice</p> <p>Code - FD 2</p> <p>Term - I (SD/SW)</p> <p><b>Training Aids</b></p> <p>1. Nil.</p> <p><b>Time Plan</b></p> <p>2. (a) Savdhan, Vishram, Aram Se - 20 Min</p> <p>(b) Khade Khade Mudna - 20 Min</p> <p><b>UDDESH</b></p> <p>3. Is period mein khaali haath drill men Savdhan, Vishram, Aram Se aur Khade Khade Mudna ki karyawahi sihkana hai.</p> <p><b>TARTIB</b></p> <p>4. Yeh Sabak do bhagon mein chalaya jayega:-</p> <p>(a) Bhag I - Savdhan, Vishram, Aram Se - Bayan va Namuna.</p> <p>(b) Bhag II- Khade Khade Mudna - Bayan va Namuna.</p> <p>(a) <b><u>BHAG I : SAVDHAN, VISHRAM AUR ARAM SE</u></b></p> <p><b><u>Savdhan</u></b></p> <p>5. Zarurat. Jab drill ki koi bhi harkat karni ho toh hamesha savdhan position se hi shuru hoti hai. Iske alawa, apne se senior ke saath baat karni ho to, savdhan position se hi baat ki jaati hai.</p> <p>6. Bayan se Namuna. Jab word of command milta hai "Savdhan" to baen paon ko 6 inch uthate hue dahine paon ki aaedi ke saath baen paon ki aaedi milaen. Jab baen paon zamin par lagta hai to shout karen ek. Savdhan position mein dekhne ki baten.</p> <p>(a) Dono aedian mili hui aur toe ka angle 30 degree.</p>

(b) Dono ghutne kase hue hon.

(c) Dono baju dahine aur baen taraf pant ki silai ke saath mile hue aur mutthi kudrati taur par bandh ho.

(d) Pent kheencha hua, chhati uthi hui, kandhe pichhe kheenche hue, gardan collar ke saath mili hui, chin upar aur nigah samne.

### **SAVDHAN POSITION VISHRAM POSITION**

#### **VISHRAM AUR ARAM SE**

7. Zarurat. Jab senior ke saath baat khatam kar lete hain to, Vshram ki karyawahi ki jaati hai ya drill ki harkat khatam hone par Vishram aur Aram se ki karyawahi karte hain.

8. Bayan se Namuna. Jab Savdhan position se word of command milta hai 'Vishram' to baen paon ko 6 inch upar uthate hue, 12 inch door lejate hue zamin par rakhen aur, saath hi, dono bajuon ko pichhe le jaen, bayen haath niche aur dahina haath upar se pakden aur shouting karen ek. Is position mein dekhne ki baten:-

(a) Dono aaedion ke beech 12 inch ka fasla.

(b) Dono ghutne kase hue.

(c) Dono haath pichhe bandhe, Bayen haath niche aur dahina haath upar se , angulian niche ki taraf , dahina angutha baen anguthe ke upar se.

(d) Badan ka bojh dono paon par.

9. 'Aram se' ke word of command par, kamar ke upar wale hisse ko dheela Karen lekin, paon se harket nahin hogi.

10. Abhyas. Ustad pure squad ka ginti se 'word of command' pe durust abhyas karaen.

### **(b) BHAG II : KHADE KHADE MUDNA**

#### **Dahine Mudna**

11. Zarurat. Jab hum ek jagah par khade hon aur 90 degree par dahine taraf apni simmat aur

formation ki badli karni ho to “Dahine Mud” ki karyawahi ki jati hai.

12. Ginti aur Bayan se Namuna.

(a) Jab savdhan position se word of command milta hai ginti se mudna ‘dahine mud ek’ to is word of command par dahine paon ki aaedi aur baen paon ke panje par dahine taraf 90 degree teji se ghoom jayen aur shout karen ‘ek’. Is position mein dekhne ki baten - dahina paon pura zamin par laga hua aur, badan ka bojh dahine paon par, baen paon ka panja zamin par aur aedi uthi hui, dono tangen kasi hui hon.

(b) Jab word of command milta hai ‘do’ to is word of command par baen paon ko 6 inch upar uthate hue dahine paon ke sath savdhan position mein lagaen aur shout karen ‘do’. Is position mein dekhne ki baten - Dahine taraf 90 degree par simmat ko badli ki hue ho.

13. Abhyas. Ustad pure squad ka ginti se ‘word of command’ pe durust abhyas karaen.

#### **BAEN MUDNA**

14. Zarurat. Jab ham ek jagah par khade hon aur 90 degree par baen taraf apni simmat aur formation ki badli karni ho to “baen mud” ki karyawahi ki jaati hai.

15. **GINTI AUR BAYAN SE NAMUNA.**

(a) Jab Savdhan position se word of command milta hai ‘ginti se mudna baen mud ek’ to is word of command par baen paon ki aaedi aur baen paon ke panje ki madad se 90 degree, teji se ghoom jayen aur shouting karen ‘ek’. Is position mein dekhne ki baten - badan ka bojh baen paon par aur bane paon pura zamin par laga hua ho, dahine paon ka panja zamin par aur aaedi uthi hui ho, dono tangen kasi hui.

(b) Jab word of command milta hai ‘do’, to dahine paon ko 6 inch upar uthate hue baen paon ke sath savdhan position mein lagaen aur shouting karen ‘do’. Is position mein dekhne ki baten - baen taraf 90 degree par simmat ko badli kiye hue ho.

16. Abhyas. Ustad pure squad ka ginti se ‘word of command’ pe durust abhyas karaen.

#### **PICHHE MUDNA**

17. Zarurat. Jab ham ek jagah par khade hon aur, 180 degree par piche ki taraf apni formation

ko kayam rakhte hue simmat ko badli Karen to, “pichhe mud” ki karyawahi ki jaati hai.

18. **GINTI AUR BAYAN SE NAMUNA.**

(a) Jab Savdhan position se word of command milta hai ‘ginti se mudna pichhe mud ek’ to is word of command par dahine paon ki aaedi aur baen paon ke panje par 180 degree par teji se ghoom jayen aur shouting karen ‘ek’. Is position mein dekhne ki baten -dahina paon pura zamin par laga hua, badan ka bojh dahine paon par, baen paon ka panja zamin par aur aaedi uthi hui. Dono tangen kasi hui aur thai muscle apas men mile hue.

(b) Jab word of command milta hai ‘do’ to baen paon ko 6 inch upar uthate hue dahine paon ke saath savdhan position mein lagaen aur shouting karen ‘do’. Is position mein dekhne ki bat - 180 degree par simmat ko badli ki hui ho aur baki position savdhan.

19. Abhyas. Ustad pure squad ka ginti se ‘word of command’ pe durust abhyas karaen.

**AADHA DAHINE AUR BAEN MUDNA**

20. Zarurat. Jab khade khade squad se salute ka abhyas karwana ho ya iske alawa dahine/baen squad banana ho ya disha badal ki karyawahi karna ho toh adha dahine / baen mud ki karyawahi ki jati hai.

21. Ginti aur Bayan se Namuna. Ginti aur bayan se namuna usi tarah hai jaise aap dahine / baen mud ka namuna dekh chuke hain, sirf itna fark hai ki adha dahine / baen mudne mein 90 degree ke bajay 45 degree par dahine/ baen ko simmat ki badli Karen.

22. Abhyas. Ustad pure squad ka, ginti se, ‘word of command’ pe durust abhyas karaen.