

SER No	CONTENT
	<p style="text-align: center;"><b><u>LESSON PLAN : AD 5</u></b></p> <p style="text-align: center;"><b><u>BAGAL SHASTRA AUR BAJU SHASTRA</u></b></p> <p>Period- One</p> <p>Type - Lecture / Practice</p> <p>Code - AD 5</p> <p>Term - I (SD/SW)</p> <p><b>Trg Aid</b></p> <p>1. Rifles.</p> <p><b><u>Time Plan</u></b></p> <p>2. (a) Bagal Shastra aur Baju Shastra - 20 Min</p> <p>(b) Abhayas - 20 Min</p> <p><b><u>UDDESH</u></b></p> <p>3. Is period mein Bagal Shastra aur Baju Shastra ki karyawahi sihkana hai.</p> <p><b><u>TARTIB</u></b></p> <p>4. Yeh sabak do bhagon mein chalaya jayega.</p> <p>(a) Bhag I - Bagal Shastra.</p> <p>(b) Bhag II - Baju Shastra.</p> <p>(a) <b><u>BHAG I : BAGAL SHASTRA</u></b></p> <p>5. Zarurat. Rifle ke saath ek jagah se dusri jagah jana ho toh bagal shastr se march karke jate hain. Iske alawa, badi parades mein regiment / unit contingent, bagal shatr se march past karte hain. Quarter guard mein khada sentry Nb/Sub se Captain tak ko, bagal shatr se salute karta hai.</p> <p>6. <b><u>Bayan se Namuna.</u></b></p> <p>(a) Jab savdhan position se word of command milta hai, ginti se “bagal shastr ek” to, is</p>

word of command par dahine hath se rifle ko thoda upar uchhalen aur sath hi baen hath se forehand guard aur dahine hath se pistol grip ko ek sath pakden aur shout karen 'ek'. Is position mein dekhne ki baten, bayan hath kohni se kalai tak kamar belt ki line mein zamin ke mutabiki, charon angulion bahar se angutha andar se pakda hua. Dahine haath se pistol grip ko mazbuti se pakda hua, dahine haath sidha, baki position savdhan.

(b) Jab word of command milta hai "squad do" to, baen hath ko teji se savdhan position mein layen aur shout karen 'do'. Is position mein dekhne ki baten, rifle bagal shatr baaki position savdhan.

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

## **BHAG II : BAJU SHASTRA**

8. Zarurat. Bagal Shastr se rifle ko niche lane ke liye Baju Shastr ki karyawahi ki jati hai. Parade samapti hone ke bad bhi Bagal Shastr se Baju Shastr ki karyawahi karte hain.

9. Bayan se Namuna.

(a) Jab savdhan shastr se word of command milta hai, ginti se "Baju Shastr ek" to, is word of command par bayen hath se flash hider ke niche se barrel ko grip karen, aur shout karen 'ek'. Is position mein dekhne ki baten, baen hath se barrel ko mutthi bhar pakda hua, baen hath ki kalai chati ke sath mili hui, baki position pahle ki tarah.

(b) Jab word of command milta hai 'squad 'do' to, baen hath se rifle ko sidha niche le jayen, dahine hath ko chod kar dubara rifle ke forehand guard se savdhan position ki tarah pakden, aur shout karen 'do'. Is position mein dekhne ki baten, baen hath se flash hider U ke shape mein pakda hua, dahine hath se forehand guard ko pakda hua, charon angulian bahar se angutha andar se, savdhan position ki tarah pakda hua, rifle zamin se ek inch upar butt toe ke barabar.

(c) Jab word command milta hai "squad teen" to, is word of command par baen hath ko savdhan position mein layen aur ko dahine hath se zamin par savdhan position mein layen, aur shout karen 'teen'. Is position mein dekhne ki baten, bagal shatr ki karyawahi ki hui, baki position savdhan.

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