

SER No	CONTENT										
	<p style="text-align: center;"><u>LESSON PLAN : FD 10</u></p> <p style="text-align: center;"><u>TEJ KADAM TAAL SE KADAM BADALNA</u></p> <p>Period- One</p> <p>Type - Lecture / Practice</p> <p>Code - FD 10</p> <p>Term - II (SD/SW)</p> <p><u>Time Plan</u></p> <table><tr><td>1.</td><td>(a)</td><td>Tez Kadam Taal se Kadam Badalna</td><td>-</td><td>10 Min</td></tr><tr><td></td><td>(b)</td><td>Abhyas</td><td>-</td><td>30 Min</td></tr></table> <p><u>UDDESH:-</u></p> <p>2. Is period mein khaali haath drill Tez Kadam Taal se Kadam Badalne ki karyawahi sihkana hai.</p> <p><u>TARTIB:-</u></p> <p>3. Yeh sabak do bhag mein chalaya jayega:-</p> <p>(a) Bhag I- Tej Chal Kadam Taal se Kadam Badalna.</p> <p>(b) Bhag II - Abhyas.</p> <p>(a) <u>BHAG I : TEJ KADAM TAAL SE KADAM BADALNA</u></p> <p>4. Zarurat. Jab tej kadam taal kar rahe hon aur, agar kisi jawan ka dusre jawan se kadam tut jaye to, kadam badal ki karyawahi karke kadam milaya jata hai.</p> <p>5. Bayan se Namuna.</p> <p>(a) Jab tej kadam taal se word of command milta hai “kadam badal”, ya word of command us samay milta hai jab baen / dahina paon zamin par ho to, is word of command par jis paon ko do bar kadam taal karna ho us paon par kadam aur dusre paon par badal bola jayega (jis paon ko do bar kadam taal kiya ho us paon par shout karen baen, baen/dahina, dahina).</p> <p>(b) Word of command - tej kadam taal, baen dahina kadam badal- baen baen dahina</p>	1.	(a)	Tez Kadam Taal se Kadam Badalna	-	10 Min		(b)	Abhyas	-	30 Min
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	(b)	Abhyas	-	30 Min							

squad tham -ek-do. Is position mein dekhne ki baten, tej kadam taal se kadam badal ki karyawahi ki hui baki position savdhan.

(b)

BHAG II : ABHYAS

6. Abhyas. Ustad ke word of command pe, squad se ginti se abhyas karaen.