

SER No	CONTENT
(a)	<p style="text-align: center;"><u>LESSON PLAN : WT 5</u></p> <p style="text-align: center;"><u>LYING POSITION, HOLDING AND AIMING OF .22 RIFLE</u></p> <p>Period - One Type - Lecture/Practice Code - WT 5 Term - I / II / III (SD/SW)</p> <p><u>Training Aids</u></p> <p>1. .22 mm rifle, Magazine, Dummy Rds, Charts, Target 1X1, Sand Bag, Ground Sheet.</p> <p><u>Time Plan</u></p> <p>2. (a) Introduction & Uddeshh - 03 Min (b) Lying Position, Holding aur Aiming - 10 Min (c) Abhyas - 20 Min (d) Sankshep - 02 Min</p> <p><u>INTRODUCTION</u></p> <p>3. Rifle se kai position se fire kiya jata hai lekin, position aisi honi chahiye ki aasani se ikhithar kiya ja sake aur hathiyar par majboot pakar hasil ki ja sake. Yeh zamin ki banawat aur kudrati sidhai par nirbhar karta hai. Isliye har ek cadet ko kudrati sidhai hasil karne ka tariqa pata hona chahiye. Yeh tabhi sambhav ho sakta hai jab ek cadet squad post training ke dauran achchhi sikhlai paya ho.</p> <p><u>UDDESH</u></p> <p>4. .22 Rifle ka Lying Position, Holding aur Aiming ka Tqrika Sikhana hai.</p> <p><u>TARTIB</u></p> <p>5. Ye sabak do bhagon mein chalaya jayega :-</p> <p>(a) Bhag I -Lying Position, Holding aur Aiming ka Byan va Namuna. (b) Bhag II- Abhyas.</p> <p style="text-align: center;"><u>BHAG I : LYING POSITION, HOLDING AUR AIMING KA BYAN VA NAMUNA</u></p> <p>6. Lying Position. Lying position asani se akhtiyar ki jane wali aramdeh aur bunyadi position hai. Iss position mein badan ka khaka chhota banta hai, jis se larai ke maidan mein nichhi se nichhi aar ke piche se dushman ki najar aur fire se bachte hue dushman ke upar kargar fire dal</p>

sakte hai.

7. Position Lene Ka Tarika. Sabse pehle target ki sidh mein khare ho jaen, chalti halat mein baen paon ko thora baen aur age len, sath hi rifle ko baen hath men pakren. Iske bad daen hath se zamin ka sahara lete hue, let jaen. Rifle ko dahine rakhen aur bayen haath ki kohni ko tab tak harkat den jab tak ki target, baen kohni, dahina kandha aur dahina paon ek seedh mein na aa jae. Ab dahini kohni ko us jagah par rakhen jahan par kohni dahine aur thora kandhe ke niche ho. Dono haathon ki hatheli ko thudi ke neeche lagakar aankhen band Karen aur badan ke tanav ko mahsoos Karen, yadi badan mein tanav hai to kohni usi jagah rakhte hue badan ko aage peechhe karte hue tanav ko door Karen aur kohni ki jagah ko mark kar den.

8. Holding (Durust Pakar). Rifle ki pakar haasil karne ke liye kandhe mein le jaen. Baen haath ki kalmen wali anguli aur anguthe ke beech jo 'V' banta hai wahan par rifle ko rakhen. Hand guard niche wali hatheli ke upar aa jae. Charon angulian bahar se aur angutha andar se saath hi magazine ko kalai ke saath hona chahiye. Poori pakar ko majboot karne ke liye baen kohni ke loose mans ko zamin par jamate hue thora aage push Karen , dahine kohni ke loose mans ko kaabu rakhne ke liye kohni ko apni taraf khiche. Yadi rifle upar point kar rahi ho to dahine hath ko aage Karen. Agar niche point kar rahi ho to dahine hath ko piche Karen. Agar baen point kar rahi ho to dahine pair ko baen kare. Agar dahine point kar rahi ho to position thora dahine Karen. Khara hone ke

9. Aiming (Sisht) Lene ka Kaida. Let ke firing position ko ikhtihar karen, rifle ko seedha aur majboot pakren. Target ka khaka apne dimag mein bithayena aur koi ek aankh band karen. Rear sight aperture ke beechon beech fore sight tip ki noke ko POA par milaen aur durust sight picture haasil karein. Trigger press karne se pahle nazar fore sight ki tip par layen. Sisht main do mukhya baaten taluk rakhti hain.

(a) Sight Alignment. Jab ek firer back sight aperture ke madhya mein fore sight tip ko milata hai ,yani ki firer ki aankh, back sight aperture ka madhya aur fore sight tip ko ek line mein milane ki karwahi ko sight alignment kahte hain.

(b) Sight Picture. Durust align ki gai sight ko POA par milane ke karwahi ko sight picture kahte hain, yani ki firer ki aankh, back sight aperture ka Madhya fore sight tip aur

(b)	<p>POA tak jo farziya line banti hai use sight picture kahte hain.</p> <p><u>Durust Sisht</u></p> <p><u>BHAG II : ABHYAS</u></p> <p>10. Class ko jodi-jodi men lying position, holding aur aiming ka abhyas karao.</p> <p><u>SANKSHEP</u></p> <p>11. Drust firing tabhi mumkin hai, jab ek firer durust position, majboot pakar, durust sisht aur durust trigger operation karta hai. Is ke liye kafi abhyas karna padta hai</p> <p><u>CONFIRMATION:</u></p> <p>Q . What are the main points to be observed during snap shooting?</p> <p>Ans - (a) Accuracy is not sacrificed for speed.</p> <p>(b) There is no verbal declaration of aim, since this would cause distraction.</p> <p>(c) The butt remains in the shoulder in order to save time in re-aiming.</p>
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