

SER No	CONTENT
	<p style="text-align: center;"><u>LESSON PLAN : FD 11</u></p> <p style="text-align: center;"><u>TEENON TEEN SE EK FILE AUR EK FILE SE TEENON TEEN BANANA</u></p> <p>Period- One</p> <p>Type - Lecture / Practice</p> <p>Code - FD 11</p> <p>Term - II (SD/SW)</p> <p><u>Time Plan</u></p> <p>1. (a) Teeon Ten se Ek File Banana - 15 Min</p> <p> (b) Ek File se Teeon Ten Banana - 35 Min</p> <p><u>UDDESH</u></p> <p>2. Is period mein khaali haath drill Teeon Ten se Ek File Banana aur Ek File se Teeon Ten Banana ki karyawahi sihkana hai.</p> <p><u>TARTIB</u></p> <p>3. Yeh sabak do bhag mein chalaya jayega:-</p> <p>(a) Bhag I- Teeon Ten se Ek File Banana.</p> <p>(b) Bhag II - Ek File se Teeon Ten Banana.</p> <p>(a) <u>BHAG I : TEENON TEEN SE EK FILE BANANA</u></p> <p>4. <u>Zarurat</u>. Jab teenon teen mein march karke ja rahe hon to, kisi tang raste se ya pul ya lecture hall mein jana ho to, ek file banane ki karyawahi ki jaati hai aur jab pul ya tang raste ko cross kar liya jata hai toh ek file se teenon teen banaya jata hai.</p> <p>5. <u>Bayan</u>. Jab teenon teen se word of command milta hai “ek file bana - agli line tej chal” to, agli line (sabse baen wali line) tej chal ki karyawahi shuru karti hai. Jab agli line ka baen wala (sabse aakhiri) jawan Madhya line ke paas se gujarta hai to, madhya line tej chal ki karyawahi karti hai. Isi tarah pichhli line tej chal se karyawahi karti hai.</p> <p>6. <u>Abhyas</u>. Ustad ke word of command pe, squad se abhyas karaen.</p>

(b)

BHAG II : EK FILE SE TEENON TEEN BANANA

7. Bayan. Jab ek file se word of command milta hai “squad teeno teen banaye ga - Madhya aur pichhli line tej chal” to, Madhya aur pichhli line dono tej chal karke apni apni jagh jayenge. Rifle ke bayonet stud par charhaen. “Squad sangeen - ek-do-teen-char”. Is position mein dekhne wali baten, baen haath ki charon angulian sidhe angutha mila hua, baen baju seedha, sangeen rifle mein laga hua. “Squad savdhan” to, is word of command par rifle ko piche khinchte hue savdhan position mein layen. Is position mein dekhne ki baten, position savdhan.

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

CONFIRMATION:-

Q. 1 How many steps taken in KHULI LINE CHAL ?

Ans : 1 and Half

Q . 2. What is the Length of step in double march ?

Ans :- 30”