

SER No	CONTENT
	<p style="text-align: center;"><u>LESSON PLAN : FD 3</u> <u>KADWAR SIZING, TEEN LINE BANANA,</u> <u>KHULI LINE AUR NIKAT LINE MEN MARCH</u></p> <p>Period - One</p> <p>Type - Lecture and Practice</p> <p>Code - FD 3</p> <p>Term - I (SD/SW)</p> <p>Time Plan</p> <p>1. (a) Kadwar Sizing - 15 Min</p> <p>(b) Teen line Banana - 10 Min</p> <p>(c) Khuli Line aur Nikat Line men March -15 Min</p> <p><u>UDDESH</u></p> <p>2. Is period mein khaali haath drill men Kadwar Sizing, Teen File Banana, Khuli Line aur Nikat Line men March sihkana hai.</p> <p><u>TARTIB</u></p> <p>3. Yeh Sabak ko teen bhagon mein chalaya jayega:-</p> <p>(a) Bhag I - Kadwar Sizing.</p> <p>(b) Bhag II - Teen File Banana.</p> <p>(c) Bhag III - Khuli Line aur Nikat Line men March.</p> <p>(a) <u>BHAG I : KADWAR SIZING</u></p> <p>4. Zarurat. Kadwar sizing ki zarurat drill me hamesha hoti hai, khas kar ke Ceremonial Drill ke liye. Is men pure squad ko ke line men khada karten hai taki Lamba sabse dahine khada ho aur size wise chota uske baen khada ho. Kadwar ki hui parade aur squad, dur se dekhne main achchhe aur sundar lagte hai.</p> <p>5. <u>BAYAN.</u></p> <p>(a) Kisi bhi formation mein khade squad ko ceremonial kadwar karne ke liye word of command milta hai “squad lamba dahine -chhota baen - ek line mein kadwar khada ho”, to</p>

pura squad line tod karke, sabse lamba jawan dahine, baki uske baen khade ho jayenge.

(b) Word of command milta hai “squad ginti kar” to lambe se shuru karke - ek, do, teen, char ki ginti karen. Is ke bad word of command “visham ek kadam age aur - sam kadam piche” par No 1, 3, 5 ek kadam age lenge aur, No 2, 4, 6 ek kadam piche lenge.

(c) Is ke bad word of command milta hai “No 1 khada rahe, visham dahine aur sab baen, dahine baen mud”. Is word of command pe squad tej chal se bari bari se jawan No 1 ke piche milenge aur phir ‘in 3s’ madhya, piche aur age khade honge. Yani No1 agli line (peheli rank) ka 1 hoga, No 3 madhya line ka 1 hoga aur No 5 pichli line ka 1 hoga. No7 fir No 2 rank ka No 1 hoga. Is trah se, squad kadwar ho jata hai, jis men lambe jawan dahine aur baen hote hain aur bich men chote jawan hote hain.

6. Abhyas. Isi karyawahi ka ustad squad se ‘ginti se’ abhayas karaen.

(b) **BHAG II : TEEN LINE BANANA**

7. Zarurat. Jab nafri nau se jyada ho to teen file (line) banane ki karyawahi ki jaati hai.

8. **Bayan.**

(a) Jab word of command milta hai “no 1 line ban” to seekhe hue tarike ke mutabik karyawahi ki jayegi. Isi tarah No 2 bhi No 1 ke piche line ban karega aur fir No 3, No 2 ke ek kadam piche jaakar tham karega aur “up” bolega, milkar vishram karenge. Jab word of command milta hai ‘No 4 line ban’ to No 4 savdhan hokar march karke No 1 ke baen, baju bhar ka fasla rakhte hue tham karega, “up” bolega aur milkar vishram karenge. No 5 savdhan aur march karke No 2 ke baen aur No 4 ko cover karke tham karega, “up” bolega aur sabhi vishram karenge, no 5 line ban. Jab word of command milta hai ‘No 6 line ban’ to No 6 savdhan aur march karke No 3 ke baen aur No 5 ke cover karke tham karenge, “up” bolega aur milkar sabhi vishram karenge. Baki nafri ko line ban karne ke liye karyawahi isi tarah karte jayen.

(b) Agar squad ki nafri 11,14,17,20 ki ginti ki ho to hamesha baen se No 2 file aur madhya line mein khaali jagah rakhi jayegi. Agar squad ki nafri 10, 13, 16,19 ki ginti ki ho to baen se No 2 file madhya aur pichhli line mein khaali jagah rakhi jayegi. Agar squad do ko dahine baen ki taraf munh karna ho to word of command “squad teenon teen mein dahine / baen chalega dahine / baen mud”. Jab teen jawan age hon baki unke piche se

cover kiye hon, use teenon teen kahte hain, baki word of command aur karyawahi usi tarah hai jaise ek file mein aap ko bata diya hai. Squad line tod.

10. Abhyas. Isi karyawahi ka ustad squad se 'ginti se' abhayas karaen.

(c)

BHAG III : KHULI LINE AUR NIKAT LINE CHAL

KHULI LINE CHAL

11. **ZARURAT.** Jab squad ko shastr qawaid karana ho, ya badi paradeon mein VIP ko nirikshan karana ho toh 'khuli line' ki karyawahi ki jaati hai.

12. **GINTI AUR BAYAN SE NAMUNA.**

(a) Jab savdhan position se word of command milta hai "ginti se chalna khuli line chal - ek" to is word of command par baen paon ko 6 inch uthate hue 30 inch age dabaen aur bolen 'ek'. Is position mein dekhne wali baten - baen paon 30 inch age poora laga hua, dahine paon ka panja zamin par, aaedi uthi hui, dono tange kasi hui baki position savdhan.

(b) Jab word of command milta hai squad 'do'. Toh dahine paon ko 6 inch uthate hue 15 inch age len aur baen paon ko teji se uthate hue dahine paon ke saath savdhan position mein milaen aur shout karen 'do'. Is position mein dekhne ki baten - pahle wali jagah se 45 inch ka fasla tai kiya hua aur position savdhan.

13. Abhyas. Isi karyawahi kaustad squad se 'ginti se' abhayas karaen.

NIKAT LINE CHAL

14. **Zarurat.** Jab nirikshan ho jata to march karne se pahle 'nikat line' ki karyawahi ki jaati hai.

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

(a) Jab savdhan position se word of command milta hai "ginti se chalna -nikati line chal- ek" to is word of command par baen paon ko 6 inch upar aur age se uthate hue 30 inch pichhe dabean aur badan ka bojh baen paon par le jayen aur bolen 'ek'. Is position mein dekhne ki baten - baen paon 30 inch pichhe pura laga hua, badan ka bojh baen par, dahine paon ka eri lagi hui aur panja khara hua dono tange kasi hui baki position

savdhan.

(b) Jab word of command milta hai squad 'do'. Toh dahine paon ko 6 inch upar uthate hue baen paon se 15 inch pichhe barhaen aur bean paon ko teji se uthate hue dahine paon ke saath savdhan position mein lagean aur shout karen ek 'do'. Is position mein dekhne ki baten - pahli wali jagah se 45 inch ka fasla tai kiya hua aur position savdhan.

16. **ABHYAS**. Isi karyawahi ka ustad squad se 'ginti se' abhayas 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"