

SER No	CONTENT
	<p style="text-align: center;"><u>LESSON PLAN : FD 6</u> <u>DAHINE, BAEN, AGE AUR PICHE KADAM LENA</u></p> <p>Period- One</p> <p>Type - Lecture / Practice</p> <p>Code - FD 6</p> <p>Term - II (SD/SW)</p> <p><u>Time Plan</u></p> <p>1. (a) Dahine Baju Kadam Lena - 10 Min</p> <p> (b) Baen Baju Kadam Lena - 10 Min</p> <p> (c) Age Kadam Lena - 10 Min</p> <p> (d) Piche Kadam Lena - 10 Min</p> <p><u>UDDESH</u></p> <p>2. Is period mein khaali haath drill men Dahine, Baen, Age aur Piche Kadam Lene ki karyawahi sihkana hai.</p> <p><u>TARTIB</u></p> <p>3. Yeh sabak ko cahar bhagon mein chalaya jayega:-</p> <p>(a) Bhag I - Dahine Baju Kadam Lena - Bayan va Namuna.</p> <p>(b) Bhag II - Baen Baju Kadam Lena- Bayan va Namuna.</p> <p>(c) Bhag III- Age Kadam Lena - Bayan va Namuna.</p> <p>(d) Bhag IV- Piche Kadam Lena - Bayan va Namuna.</p> <p>(a) <u>BHAG I : DAHINE BAJU KADAM LENA</u></p> <p>4. Zarurat. Jab khade khade squad ka dahine wale squad se bagali fasla jyada ho, to usko pura karne ke liye “dahina baju kadam” lene ki karyawahi ki jaati hai. Kadam ki lambai 12 inch aur word of command se - 4 kadam tak dahina baju chal sakte hain. Lagatar word of command dekar 12 kadam tak. Agar isse jyada fasla ho toh dahine mud kar pura kiya jata hai.</p>

5. **GINTI AUR BAYAN SE NAMUNA.**

(a) Jab savdhan position se word of command milta hai “ginti se chalna - ek kadam dahina baju chal -ek” to, is word of command par dahine paon ko 6 inch upar uthate hue 12 inch ke fasle par dahine taraf dabaen aur shout karen ek. Is position mein dekhne ki baten - aaedi se aaedi ka fasla 12 inch, badan ka bojh dono paon par baki position savdhan.

(b) Jab word of command milta hai “squad do”, to is word of command par baen paon ko 6 inch upar uthate hue dahine paon ke saath savdhan position mein dabaen aur shout karen ‘do’,. Is position mein dekhne ki baten - position savdhan.

6. **ABHYAS.** Ustad ke word of command pe, squad se ginti se abhyas Karaen.

(b) **BHAG II : BAEN BAJU KADAM LENA**

7. Zarurat. Jab khade khade squad ka baen wale squad se bagali fasla jyada ho gaya ho toh usko pura karne ke liye baen baju kadam lene ki karyawahi ki jaati hai. Kadam ki lambai 12 inch aur word of command se 4 kadam tak, lagatar 12 kadam tak ja sakte hain.

8. **GINTI AUR BAYAN SE NAMUNA.**

(a) Jab savdhan position se word of command milta hai “ginti se chalna ek kadam baen baju chal - ek” to, is word of command par baen paon ko 6 inch upar uthate hue 12 inch ke fasle par baen taraf dabaen aur shout karen ‘ek’. Is position mein dekhne ki baten, aaedi se aaedi ka fasla 12 inch, badan ka bojh dono paon par, baki position savdhan.

(b) Jab word of command milta hai “squad do” to, dahine paon ko 6 inch upar uthate hue baen paon ke saath savdhan position mein lagaen. Is position mein dekhne ki baten -position savdhan.

9. **ABHYAS.** Ustad ke word of command pe, squad se ginti se abhyas Karaen.

(c) **BHAG III : AGE KADAM LENA**

10. Zarurat. Jab khade khade squad ka agle squad se thoda jyada fasla ho jaye toh fasle ko pura karne ke liye age kadam lene ki karyawahi ki jaati hai. Age kadam lene ke liye kadam ki lambai 30 inch aur aakhiri kadam 15 inch. Word of command se age teen kadam tak ja sakte hain.

11. **GINTI AUR BAYAN SE NAMUNA.**

(a) Jab savdhan position se word of command milta hai “ginti se chalna ek kadam age chal -ek” to, is word of command par baen paon ko 6 inch uthate hue 30 inch age lagaen aur agle paon par sawar ho jayen shouting karen ‘ek’. Is position mein dekhne ki baten -baen paon 30 inch par pura age laga hua, badan ka bojh baen paon par, dahine paon ka panja zamin par aaedi uthi hui, baki position savdhan.

(b) Jab word of command milta hai “squad do” to, is word of command par dahine paon ko 6 inch utha kar baen paon ke saath teji se savdhan postion mein dabaen aur shout karen ‘do’. Is position mein dekhne ki baten - position savdhan.

12. **ABHYAS.** Ustad ke word of command pe, squad se ginti se abhyas Karaen.

(d)

BHAG IV : PICHE KADAM LENA

13. Zarurat. Jab khade khade squad ka pichhle squad se thoda jyada fasla ho gaya ho toh fasle ko pura karne ke liye piche kadam lene ki karyawahi ki jaati hai. Kadam ki lambai 30 inch aur 3 kadam piche ja sakte hain.

14. **GINTI AUR BAYAN SE NAMUNA.**

(a) Jab savdhan position se word of command milta hai “ginti se chalna ek kadam piche chal - ek” to, is word of command par baen paon ko 6 inch upar uthate hue 30 inch par pura piche dabaen aur shouting karen ‘ek’. Is position mein dekhne ki baten - baen paon 30 inch par pura piche laga hua aur badan ka bojh baen paon par, dahine paon ki aaedi lagi hui aur panja khada hua, baki position savdhan.

(b) Jab word of command milta hai “squad do” to, is word of command par dahine paon ko 6 inch upar uthate hue baen paon ke saath savdhan postion mein milaen, shout karen ‘do’. Is position mein dekhne ki baten - postion savdhan.

15. **Abhyas:-** Ustad ke word of command pe, squad se, ginti se abhyas karaan.

CONFIRMATION:-

Q 1. What are the points to be observed while „Saluting”?

	<p>ANS: Bring the right hand by smart circular motion keeping all the fingers clenched together and the palm completely open, fingers, wrist and elbow in a straight line.</p> <p>(b) The top of fore finger will remain near the centre of the right eye brow.</p> <p>(c) Keep the hand in the position for the definite pause.</p> <p>(d) Cut down the hand smartly by the shortest possible route and take up the “Savdhan” position.</p>
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