

SER No	CONTENT
	<p style="text-align: center;"><u>LESSON PLAN : FD 5</u> <u>TEJ CHAL - THAM AUR DHIRE CHAL - THAM</u></p> <p>Period- One</p> <p>Type - Lecture / Practice</p> <p>Code - FD 5</p> <p>Term - I (SD/SW)</p> <p><u>Time Plan</u></p> <p>1. (a) Tej Chal -Tham - 20 Min</p> <p>(b) Dhire Chal - Tham - 20 Min</p> <p><u>UDDESH</u></p> <p>2. Is period mein khaali haath drill men Tez Chal , Dhire Chal aur Tham ki karyawahi sihkana hai.</p> <p><u>TARTIB</u></p> <p>3. Yeh sabak ko do bhagon mein chalaya jayega:-</p> <p>(a) Bhag I- Tej Chal aur Tham - Bayan va Namuna.</p> <p>(b) Bhag II- Dhire Chal aur Tham - Bayan va</p> <p style="text-align: center;"><u>NAMUNA.</u></p> <p>(a) <u>BHAG I : TEJ CHAL AUR THAM</u></p> <p>4. <u>Zarurat.</u> Discipline ko kayam rakhte ha ek jagah se dusri jagah jane ke liye ‘tej chal’ kiya jata hai. Kadam ki lambai 30 inch hoti hai. Regiment / units ki kadam ki raftaar ek minute mein 120 kadam, rifle units 140, NCC cadets 116 kadam aur NCC girls cadets 110 kadam per minute hoti hai. Lekin, shuru mein recruits 135 kadam ki raftaar se march karte hain.</p> <p>5. <u>GINTI AUR BAYAN SE NAMUNA.</u></p> <p>(a) Jab savdhan position se word of command milta hai “ginti se chalna tej chal ek” to, is word of command per baen paon ki aaedi 30 inch par age lagaen, dahina baju age kandhe ki line mein, baen baju pura piche, mutthi kudrati taur par band rakhen, yahan tak ke movement ko dekhien. Is position mein dekhne ki baten. - Baen paon ki aaedi zamin</p>

par lagi hui, panja khada, dahina paon pura zamin par, badan ka bojh, dahine paon par, dono tangen kasi hui, dahina baju age, kandhe ki line mein aur baen haath piche, mutthi kudrati taur par band, baki position savdhan.

(b) Jab word of command milta hai “squad do” to is word of command par paon aur baju ki apas mein badli Karen, shout karen ‘do’. Is position mein dekhne ki baten - dahine paon ki aaedi lagi hui, panja khada hua, bayan paon pura zamin par laga hua aur badan ka bojh baen paon par, bayan baju age dahina baju piche.

(c) Jab word of command milta hai “squad ek” to paon aur bajuon ki phir badli karen. Is position mein dekhne ki baten - jo isse pahle seekh chuke hain.

(d) Jab word of command milta hai “squad tham”. Ye word of command us samay milta hai jab bayan paon zamin par ho ya, dahina paon baen paon ko cross kar raha ho to, dahine paon ko 30 inch par pura age rakhen, shout karen ‘khaali’, phir baen paon ko upar utha kar dahine paon ke saath dabaen aur’ dahine paon ko teji se 6 inch uthate hue baen paon ke saath savdhan position par lagaen, shout karen ‘ek-do’. Is position mein dekhne ki baten - position savdhan.

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

(b) **BHAG II - DHIRE CHAL AUR THAM**

7. Zarurat. Badi parade mein, parade ke nirikshan ke liye VIP ke age jo pilot chalte hain wo dhire chal se chalte hain. Kadam ki lambai 30 inch, kadam ki raftar, 1 minute mein 70 kadam hoti hai.

8. **KADAM TOL KAR BAYAN SE NUMUNA.**

(a) Jab savdhan position se word of command milta hai, ‘kadam tol kar dhire chalna - bayan paon age’, to, is word of command par baen paon ko 15 inch age teji se, kadam tol kar ruk jayen aur shout karen age. Is position mein dekhne ki baten - dahina paon pura zamin par laga hua aur, badan ka bojh dahine paon par, bayan paon dahine paon se 15 inch age, zamin se alag, panja zamin ki taraf kheencha hua, baki position savdhan.

(b) Jab word of command milta hai “age badh” to is word of command par baen paon ko 15 inch aur age badha kar panja pahle zamin par lagaen aur shouting karen ‘badho’. Is

position mein dekhne ki baten - bayan paon pura zamin par laga hua, badan ka bojh pura baen paon par, dahine paon ka panja zamin par, aedi uthi hui, dono tangen kasi hui, baki position savdhan.

(c) Jab word of command milta hai “dahina paon age” to dahine paon ko 15 inch age baen paon se nikalen aur shout karen ‘age’. Is position mein dekhne ki baten jo aap baen paon age mein seekh chuke hain uske ulta.

(d) Jab word of command milta hai, “age badh” to dahine paon ko aur 15 inch age badha kar panja pahle zamin par lagaen aur shouting karen ‘badho’. Is position mein dekhne ki baten, baen paon ke ulta.

(e) Jab word of command milta hai “bayan paon age” to baen paon ko age len aur shout karen “age”. Is position mein dekhne ki baten jo isse pahle seekh chuke hain.

(f) Jab word of command milta hai “tham”, ya word of command us samay milta hai jab bayan paon dahine paon ko cross kar raha ho ya dahina paon zamin par laga ho toh baen paon ko 15 inch age lekar ,uthakar dabaen aur teji se dahine paon ko 6 inch uthakar baen paon ke saath milaen aur shout karen “ek-do”.

9. **ABHYAS**. Ustad ke word of command pe kadam tol kar abhyas karen.

CONFIRMATION:-

Q . 1 :) how much degree In ADHA Dahine Mur the squad turn ?

Ans : 45 degree