

SER No	CONTENT
	<p style="text-align: center;"><b><u>LESSON PLAN : FD 9</u></b> <b><u>TEZ KADAM TAAL AUR THAM</u></b></p> <p>Period- One</p> <p>Type - Lecture / Practice</p> <p>Code - FD 9</p> <p>Term - II (SD/SW)</p> <p><b><u>TIME PLAN</u></b></p> <p>1. (a) Tez Kadam Taal aur Tham- 10 Min</p> <p>(b) Abhyas - 30 Min</p> <p><b><u>UDDESH</u></b></p> <p>2. Is period mein khaali haath drill Tez Kadam Taal aur Tham ki karyawahi sihkana hai.</p> <p><b><u>TARTIB</u></b></p> <p>3. Yeh sabak do bhag mein chalaya jayega:-</p> <p>(a) Bhag I- Tej Kadam Taal aur Tham - Bayan va Namuna.</p> <p>(b) Bhag II - Abhyas.</p> <p>(a) <b><u>BHAG I : TEZ KADAM TAAL AUR THAM</u></b></p> <p>4. <b><u>Zarurat</u></b>. Covering, dressing aur fasle ko pura karne ke liye khade khade Tez Kadam Taal aur Tham ki karyawahi ki jaati hai.</p> <p>5. Bayan se Namuna.</p> <p>(a) Jab savdhan position se word of command milta hai “tez kadam taal” to, is word of command par baen paon ko teji se age aur upar uthane, aur teji se baen paon zamin par dabaen, aur aedi ko zamin par savdhan position mein layen, jab aedi jameen par lag jaati hai toh dahine paon ko teji se upar 12 inch uthate hue baen paon ki tarah jameen par lagaen. Isi tarah paon ki apas mein badli karte jayen,</p> <p>(b) Jab word of command milta hai “squad tham”, ye word of command us samay milta</p>

hai jab baen paon zamin par lag raha ho ya dahina paon pura utha hua ho to, dahine paon ko teji se savdhan position me dabaen aur shout karen 'up'.

(b)

**BHAG II : ABHYAS**

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