

# **HAND BOOK OF MASS PHYSICAL EXERCISES**



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ನಿರ್ದಾರ ಪ್ರಯತ್ನ ಜೀವಿತಕರ್ಮ ಬೆಂಗಳೂರು ಇದರ ಕಂಪನಿಯ ಅಧ್ಯಕ್ಷರಾದ ಶ್ರೀಯುತ ಡಾ. ಸಂಸೀಲನೆ ಸಚ್ಚರ್ಡೆ. ಎಂ. ರವರು ಸುಮಾರು 8 ವರ್ಷಗಳಿಂದ ನಮ್ಮ ಕಾರ್ಯ ನೀರಂತರವಾಗಿ ಕ್ರಿಯೋಪಕರಣಗಳು, ಕ್ರಾಂತಿಕಾರ್ಯ, ವಸ್ತುಸಂಪನ್ಮೂಲ, ವಸ್ತುಸಂಪನ್ಮೂಲ, ಮತ್ತು ಅಭಿವೃದ್ಧಿ ಅಂಶಗಳಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಕ್ಷಮ್ಮ ಶ್ರೀ ಸ್ವಾಮಿ ನೀರಂತರವಾಗಿ ಸಹಾಯ ಮಾಡುತ್ತಿರುತ್ತಾರೆ.

ಈ ಮಾತ್ರಾ ಸುಮಾರು 25 ಜನ ರಾಜಕ್ಯದಲ್ಲಿ ಖ್ಯಾತಿಯಲ್ಲಿ ಉಂಟಾಗಿ ಅವನ್ನು ಅಡಿ ಪ್ರಾಣ, ದ್ವಿತೀಯ, ತೃತೀಯ ಸ್ಥಾನದನ್ನು ಪಡೆದುಕೊಳ್ಳುತ್ತಾ ಅವರಿಗೆ ಚೇಳಿದ ನೀರವನ್ನು ನೀರಂತರವಾಗಿ ನೀಡುತ್ತಾ ಬಂದಿದ್ದಾರೆ. ಕೋಳಾರ ಜಿಲ್ಲೆಯಲ್ಲಿ

ಮೌಲ್ಯಮೂರ್ದಿಲನ್ನು ಒಳಗೊಂಡಿ ಮದರವಾಗಿ ಸರ್ಕಾರಿ ಪ್ರೋಥಿತಾರ್ಥಿಯಲ್ಲಿ ಏಂಜೆ ಯೋಂ ಆನ್‌ ಲಂಡಾಫ್ಸಿದ್ದಾರೆ ಈಗ 2ನೇಂದಾಗಿ ಸರ್ಕಾರಿ ಪ್ರೋಥಿತಾರ್ಥಿ ಕುರುಗಳೆನಲ್ಲಿ ಸುಮಾರು 5 ಲಕ್ಷ ರಾಜೀವಾಗಳ ಅಂತರಾಳ ವ್ಯಾಪ್ತಿಯಲ್ಲಿ ಏಂಜೆ ಯೋಂ ಆನ್‌ ನಿರ್ಮಾಣಕ್ಕಿದ್ದಾರೆ. ಕೋಳಾರಾದ್ಯಂತ ಸುಮಾರು 20 ಏಂಜೆ ಯೋಂ ಗಳನ್ನು ನಿರ್ಮಾಣಿಸುವ ಸೂರಿ ಮೊಂದಿದ್ದಾರೆ.

ಬಂದವರು, ಬಂದವರು, ಬ್ರಿಂಬಿ ಬಂದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ವಿದ್ಯಾರ್ಥಿ ವೇತನವನ್ನು ನೀಡುತ್ತಾ ಬಂದಿದ್ದಾರೆ. ಕ್ರಾಂತಿಗಳು ವಾಗ್ದಾ ಕಿಕ್ಕಣ ಕ್ಷೇತ್ರದಲ್ಲಿ ಬಂದ ಮಾತ್ರಾಗಳ ಉಳಿಗಳಿಗೆ ನೀಂತಿದ್ದಾರೆ. ಇವರ ಸಹಾಯವನ್ನು ಬಂದವಿದ್ಯಾರ್ಥಿಗಳು ಬಂದದುಕೊಂಡು ಸಾಧನೆಯ ವಾದಿಯಲ್ಲಿ ಗುರುತಿಸುತ್ತಾ ಮುಕ್ಕೆತ್ತಂದು ಆಗಿಸುತ್ತೇನೆ.

ಇವರು ವಾಗ್ದಾ ಇವರ ಶಂಕಾಂಬಿ ಮತ್ತು ನೀಡುತ್ತಾ ಪ್ರಯತ್ನ ಕ್ಷಿಂಂಡಿಜನ್ ರವರು ಮತ್ತು ಮಾರ್ಗದರ್ಶಕ ಸಮಾಜಕ ವಾಗ್ದಾ ಲೀಕ್ಸನ ಕ್ಷೇತ್ರದಲ್ಲಿ ನೀವೆಯನ್ನು ಸಲ್ಲಿಸಲು ಒಂದು ಜಾರ್ಜೀಸ್ ಸುತ್ತುತ್ತೇನೆ.



ಜಲ್ಲಾ ಉತ್ತಮ ಶಿಕ್ಷಕ ಪ್ರಶಸ್ತಿ  
ಜನ್ಯಯ ಜಲ್ಲಾ ಉತ್ತಮ ಶಿಕ್ಷಕ ರಾಜ್ಯ ಪ್ರಶಸ್ತಿ  
ನುವರ್ತ್ರೀ ರಾಜ್ಯ ಪ್ರಶಸ್ತಿ ಮರಣ್ಯತರು

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Bangarapet, Kolar Dist.

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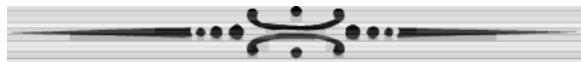
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ಉತ್ತಮ ಪ್ರಯತ್ನದಿಂದ ಮತ್ತು ವಿಶೇಷ ಶಿಕ್ಷಣದಿಂದ ಜ್ಞಾನ ಪಡುವುದು ಸಾಧ್ಯವಿಲ್ಲ.  
ಯಾವುದೇ ವಿಧಾನದಲ್ಲಿ ಉದ್ದೃತಗೊಳಿಸಿ ನಿರ್ದಿಷ್ಟ / ಬಳಸತಕ್ಕದ್ದಲ್ಲ.

# ಸಮರ್ಪಣೆ



ಪೂಜ್ಯ ತಂದೆ ತಾಯಿ  
ದೊಡ್ಡಮನಿಯಪ್ಪ ಪಿಳ್ಳಿಮ್ಮು ಗೋರಮಡಗು

ತೀರ್ಥರೂಪ ಸಮಾನರಾದ  
ಮನಿವೆಂಕಟಪ್ಪ ಲಿಂಗಮ್ಮು ಬಂಗಾರಪೇಟೆ  
ತೀರ್ಥರೂಪ ಸಮಾನ ಗುರುಗಳಾದ

ದಿವಂಗತ. ಡಾ || ಆರ್ ಶ್ರೀನಿವಾಸ್, ಮೌರ್ಖೇಸರ್

ದೃಹಿಕ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ, ಜಾನ್ಮಂಭಾರತಿ, ಬೆಂಗಳೂರು.

ಡಾ || ಪಿ.ಸಿ.ಕೃಷ್ಣಸ್ವಾಮಿ. ಮೌರ್ಖೇಸರ್

ದೃಹಿಕ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ, ಜಾನ್ಮಂಭಾರತಿ, ಬೆಂಗಳೂರು.

ಡಾ.ಪಿ.ಚಾನ್ನನ್ನ

ಪ್ರಾಂಶುಪಾಲರು. ನಾಗಾಜುನ ದೃಹಿಕ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ

ಆಂದ್ರಪ್ರದೇಶ

ಎಸ್.ಪಿ.ಕಾಗಲೆ, ನಿವೃತ್ತ ಪ್ರಾಂಶುಪಾಲರು

ಸರ್ಕಾರಿ ದೃಹಿಕ ಶಿಕ್ಷಣ ಕಾಲೇಜು. ಚಿಕ್ಕಬಳ್ಳಾಮುರ

ಕೆ.ವಿ.ವೆಂಕಟೇಶ್, ನಿವೃತ್ತ ಪ್ರಾಂಶುಪಾಲರು

ಸರ್ಕಾರಿ ದೃಹಿಕ ಶಿಕ್ಷಣ ಕಾಲೇಜು. ಚಿಕ್ಕಬಳ್ಳಾಮುರ

ಪ್ರೌ. ಎಲ್.ಆರ್. ವೈದ್ಯನಾಥನ್. ನಿವೃತ್ತ ಪ್ರಾಂಶುಪಾಲರು,

ದೃಹಿಕ ಶಿಕ್ಷಣ ಮಹಾವಿದ್ಯಾಲಯ, ಜಾನ್ಮಂಭಾರತಿ, ಬೆಂಗಳೂರು

ಹಾಗೂ ನೆಚ್ಚಿನ ಗುರುವ್ಯಂದದವರಿಗೆ



# ಶಾಲಾ ಶಿಕ್ಷಣ ಮತ್ತು ಸಾಕ್ಷರತಾ ಇಲಾಖೆ. ಕೋಲಾರ

## ಮನುದಿ



ದೃಷ್ಟಿಕ ಶಿಕ್ಷಣದ ಬೆಳವಣಿಗೆಯ ಸುವರ್ಚಾಕಾಲವಿದು. ಒಂದು ಕಾಲದಲ್ಲಿ ಸಾಹಿತ್ಯವೇ ಇಲ್ಲದ ಬೋಧಿಸಲು ಶ್ರಮ ಪಡಬೇಕಾಗಿತ್ತು. ಈಗ 6 ರಿಂದ 10 ನೇತರಗತಿಯವರೆಗೂ ಪರ್ಯ ಮುಸ್ತಕಗಳನ್ನು ಸರ್ಕಾರ ನೀಡಿದೆ. ಶಿಕ್ಷಕರು ಸಮರ್ಥವಾಗಿ ಬೋಧಿಸುತ್ತಿದ್ದಾರೆ. ಇವರ ಹೆಚ್ಚಿನ ಜಾಳನ್, ಪ್ರಚಲಿತ ಫಾಟನೆಗಳ ತಿಳಿವಳಿಕೆಗಾಗಿ ಸಾಹಿತ್ಯದ ಅವಶ್ಯಕತೆ ಇದೆ.

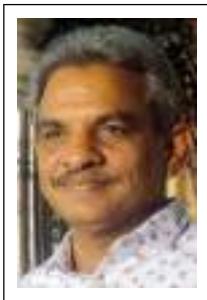
ಭಾರತ ರಾಷ್ಟ್ರ ಮಟ್ಟದಲ್ಲಿ, ಅಂತರ ರಾಷ್ಟ್ರ ಮಟ್ಟದಲ್ಲಿ ಕ್ರೀಡೆಗಳಲ್ಲಿ ಪದಕಗಳನ್ನು ಪಡೆಯಲು ಪ್ರಾಥಮಿಕ ಶಿಕ್ಷಣದಿಂದಲೇ ಮಕ್ಕಳನ್ನು ಕ್ರೀಡೆಗಳಲ್ಲಿ ತೊಡಗಿಸಿಕೊಳ್ಳುವಂತೆ ಮಾಡಿದಾಗ ಮಕ್ಕಳು ಅನಾಯಾಸವಾಗಿ ಪಡಕಗಳ ಬೇಕೆಯಾಡುತ್ತಾರೆ. ದೃಷ್ಟಿಕ ಶಿಕ್ಷಣಕ್ಕಾಗೂ ಕ್ರೀಡೆಗಳಿಗೆ ಹೆಚ್ಚಿನ ಪ್ರಾದಾನ್ಯತೆ ನೇಡಲು ಸರ್ಕಾರ ಹಲವಾರು ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ರೂಪಿಸುತ್ತಿದೆ. ಭಾರತದ ಕ್ರೀಡಾಪಟುಗಳು ಒಲಿಂಪಿಕ್ಸ್‌ನಲ್ಲಿ ಪದಕಗಳನ್ನು ಪಡೆಯುವಲ್ಲಿ ತುಂಬಾ ಶ್ರಮವಹಿಸುತ್ತಿದ್ದಾರೆ. ಪ್ರತಿಯೊಬ್ಬರು ತಮ್ಮ ಅರೋಗ್ಯಕ್ಕಾಗಿ ಕ್ರೀಡೆಗಳಲ್ಲಿ ಭಾಗವಹಿಸಬೇಕಾಗಿದೆ.

ದೃಷ್ಟಿಕ ಶಿಕ್ಷಣದ ಗುಣಮಟ್ಟ ಹೆಚ್ಚಿಸಲು ಇಂತಹ ಜಾಳನ್ ಬುತ್ತಿಗಳು ಅವಶ್ಯಕವಾಗಿದೆ. ದೃಷ್ಟಿಕ ಶಿಕ್ಷಣದ ಶಕ್ತಿ ಇಮ್ಮುದಿಗೊಳಿಸಲು ದೃಷ್ಟಿಕ ಶಿಕ್ಷಣ ಸಾಹಿತ್ಯ ಅತಿಮುಖ್ಯ ಈ ನಿಟ್ಟಿನಲ್ಲಿ ಯಾವ ಪ್ರತಿಭಾವಂತ ಬರಹಗಾರರಾದ ಡಾ. ಜ.ಎಂ.ಶ್ರೀನಿವಾಸ ದೃಷ್ಟಿಕ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕರು, ಸರ್ಕಾರಿ ಪ್ರೌಢಶಾಲೆ ಹಿರುಗಲ್ ಕೋಲಾರ ತಾಲ್ಲೂಕು ಮತ್ತು ಜಿಲ್ಲೆ, ಇವರು ಈ ಮುಸ್ತಕದಲ್ಲಿ ತಮ್ಮ ಜಾಳನವನ್ನು ತೆರೆದಿಟ್ಟಿದ್ದಾರೆ. ಸದಾಕ್ರಿಯಾಶೀಲರಾಗಿದ್ದು ಹೊಸದನ್ನು ಮುದುಕುವ, ಪರಿಶೋಧಿಸುವ, ವಿಶ್ಲೇಷಿಸುವ, ಚರ್ಚಿಸುವ ಮನೋಭಾವವನ್ನು ಹೊಂದಿರುವುದಲ್ಲದೆ. ಜಿಲ್ಲಾ ಮಟ್ಟದಲ್ಲಿ ದೃಷ್ಟಿಕ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕರಿಗೆ ತರಬೇತಿಗಳನ್ನು ನೀಡುತ್ತಿದ್ದಾರೆ. ಯೂರೋಪಿಯನಲ್ಲಿ ದೃಷ್ಟಿಕ ಶಿಕ್ಷಣಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ವಿಷಯಗಳನ್ನು ಮಕ್ಕಳಿಗೆ ಹಾಗೂ ಶಿಕ್ಷಕರಿಗೆ ತಲುಪಿಸುತ್ತಿದ್ದಾರೆ. ದೃಷ್ಟಿಕ ಶಿಕ್ಷಣ ತರಬೇತಿಗಳಾದ ಸಿ.ಪಿ.ಇಡಿ, ಬಿ.ಪಿ.ಇಡಿ, ಎಂ.ಪಿ.ಇಡಿ, ಎಂ.ಫಿಲ್, ಎನ್.ಎ.ಎಸ್ (ಶ್ರೋ-ಶ್ರೋ) ಎಂ.ಎಸ್.ಸಿ ಯೋಗ, ಯೋಗ ಶಿಕ್ಷಕರ ತರಬೇತಿ, ಪಿ.ಎಚ್.ಡಿ. ಪದವಿಯನ್ನು ಉನ್ನತ ಶೈಕ್ಷಿಕ್ಯಲ್ಲಿ ಪಡೆದಿರುತ್ತಾರೆ. ದೃಷ್ಟಿಕ ಶಿಕ್ಷಣದ ಶಿಕ್ಷಕರಿಗೆ, ಪ್ರತಿಕ್ಷಣಾಧಿಕಾರಿಗಳಿಗೆ, ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಅನುಕೂಲವಾಗಲೆಂದು ಅವರ ಜಾಳನ್‌ದಾರವನ್ನು ತೀರಿಸಲು 2008 ರಿಂದ ದೃಷ್ಟಿಕ ಶಿಕ್ಷಣ ಸಾಹಿತ್ಯದ ಮುಸ್ತಕಗಳನ್ನು ಬರೆಯುತ್ತಾ ಬಂದಿದ್ದಾರೆ. ಈಗ ಇವರು ಹೊರತರುತ್ತಿರುವ “Hand Book of Mass Physical Exercises” ಎಂಬ ಮುಸ್ತಕವನ್ನು ಹೊರತರುತ್ತಿರುವುದು ಸಂತಸದ ವಿಷಯ. ಈ ಮುಸ್ತಕವು ಆದಷ್ಟು ಬೇಗ ನಿಮ್ಮೆಲ್ಲರ ಕ್ಷೇತ್ರದಲ್ಲಿ ಎಂದು ಆಶಿಸುತ್ತಾ, ಲೇಖಕರಿಗೆ ಶುಭಕೋರುತ್ತೇನೆ.

ಶ್ರೀ ಕೃಷ್ಣಮೂರ್ತಿ,  
ಉಪನಿರ್ದೇಶಕರು  
ಶಾಲಾ ಶಿಕ್ಷಣ ಮತ್ತು ಸಾಕ್ಷರತಾ ಇಲಾಖೆ  
ಕೋಲಾರ

ಶಾಲಾ ಶಿಕ್ಷಣ ಮತ್ತು ಸಾಂಸ್ಕರಿಕ ಇಲಾಖೆ ಕೋಲಾರ

ಸಂದೇಶ



ಪ್ರಾಥಮಿಕ ಮತ್ತು ಪ್ರೌಢಶಾಲೆಗಳಲ್ಲಿ ಈಗ ವಿಡ್ಯಾಯವಾಗಿ ದೃಷ್ಟಿಕ್ಕೆ ಶಿಕ್ಷಣವನ್ನು ಬೋಧಿಸಲಾಗುತ್ತಿದೆ. ಅದ್ದರಿಂದ ದೃಷ್ಟಿಕ್ಕೆ ಶಿಕ್ಷಣದ ಸಾಹಿತ್ಯ ಕೊರತೆ ಕನ್ನಡದಲ್ಲಿ ಇದೆ. ಮಕ್ಕಳ, ದೃಷ್ಟಿಕ್ಕೆ, ಮಾನಸಿಕ ಸಾಮಾಜಿಕ, ಭಾವನಾತ್ಮಕವಾಗಿ ಬೆಳವಣಿಗೆ ಹೊಂದಲು ದೃಷ್ಟಿಕ್ಕೆ ಶಿಕ್ಷಣ ತುಂಬಾ ಮುಖ್ಯವಾಗಿದೆ. ದೃಷ್ಟಿಕ್ಕೆ ಶಿಕ್ಷಣವು ಸಾಮಾನ್ಯ ಶಿಕ್ಷಣದ ಅವಿಭಾಜ್ಯ ಅಂಗವಾಗಿ ರೂಪಗೊಂಡು, ಮಗುವಿನ ಸರ್ವಾರ್ಥಮುಖ ಬೆಳವಣಿಗೆಗಾಗಿ ಶ್ರಮಿಸಬೇಕಾಗಿದೆ. ಆಗ ಮತ್ತು ದೇಶದ ಬೆನ್ನೆಲುಬುಗಳಾದ ಇಂದಿನ ಮಕ್ಕಳು ಸದ್ಯಡವಾದ ದೇಹ, ಮನಸ್ಸು ಭಾವನೆಗಳನ್ನು ಹೊಂದಿ ಬಲಿಷ್ಠವಾದ ದೇಶವನ್ನು ಕಟ್ಟಲು ಸಾಧ್ಯ “A Sound Mind in a Sound Body” ಶಿಕ್ಷಣದ ಗುರಿಯನ್ನು ಮುಟ್ಟಲು ದೃಷ್ಟಿಕ್ಕೆ ಶಿಕ್ಷಣವು ಬುನಾದಿಯಾಗಬೇಕು. ಮಗುವಿನ ಶಿಕ್ಷಣದ ಸಂದರ್ಭದಲ್ಲಿ, ಅವನ ಬೆಳವಣಿಗೆಯಲ್ಲಿ ಕ್ರೀಡೆಗಳು ಬಹುಮುಖ್ಯ ಪಾತ್ರವಹಿಸುತ್ತವೆ, ದೃಷ್ಟಿಕ್ಕೆ ಚಟುವಟಿಕೆಗಳು, ವ್ಯಾಯಾಮಗಳನ್ನು ಮಾಡುವುದರಿಂದ ಮಗುವಿನಲ್ಲಿ ದೃಷ್ಟಿಕ್ಕೆ ಸಾಮರ್ಥ್ಯ ಬೆಳಿಯುವುದರೊಂದಿಗೆ ವೇಗ, ಕಷ್ಟವಹಿಷ್ಟತೆ, ಸಹಕಾರ, ಪ್ರೀತಿ, ತಾಳ್ಳೆ, ಚಪಲತೆ, ಶಕ್ತಿ, ನರ ಮತ್ತು ಸ್ವಾಯಂಗಳಲ್ಲಿ ಹೊಂದಾಣಿಕೆಯಾಗಿ ಆರೋಗ್ಯವಂತನಾಗಿ ಬೆಳಿಯುತ್ತಾನೆ.

ದೃಷ್ಟಿಕ್ಕೆ ಶಿಕ್ಷಣದ ಸಾಮಾಧಿಕ ವ್ಯಾಯಾಮಗಳು ಮತ್ತು ತಾಳಬಂಧ ಚಟುವಟಿಕೆಗಳ ಕ್ಷೇತ್ರದಲ್ಲಿ, ಪ್ರೌಢಶಾಲಾ ದೃಷ್ಟಿಕ್ಕೆ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕರ ನೇಮಕಾತಿಗಾಗಿ ಕ್ಷೇತ್ರದಲ್ಲಿ, ದೃಷ್ಟಿಕ್ಕೆ ಶಿಕ್ಷಣದ ಅಡಿಗಲ್ಲಾಗಳು, ಭಾರತೀಯ ಆಟ ಶೋಷಿತೋ ಮುಸ್ತಕಗಳನ್ನು ಈಗಾಗಲೇ ಹೊರತಂದಿರುತ್ತಾರೆ.

ದೃಷ್ಟಿಕ್ಕೆ ಶಿಕ್ಷಣ ಕ್ಷೇತ್ರದಲ್ಲಿ ಡಾ. ಶ್ರೀನಿವಾಸ. ಜಿ. ಎಂ. ದೃಷ್ಟಿಕ್ಕೆ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕರು ಸರ್ಕಾರಿ ಪ್ರೌಢಶಾಲೆ, ಕುರುಗಲ್, ಕೋಲಾರ ಇವರು “Hand Book of Mass Physical Exercises” ಎಂಬ ಮುಸ್ತಕವನ್ನು ಹೊರತರುತ್ತಿರುವುದು ಹಿಮ್ಮೆಯ ಸಂಗತಿ.

ಅದ್ದರಿಂದ ಎಲ್ಲರು ಈ ಮುಸ್ತಕದ ಸದುಪಯೋಗ ಪಡೆದುಹೊಳ್ಳಲಿ ಎಂದು ಹೇಳುತ್ತಾ ಲೇಖಕರಿಗೆ ಶುಭ ಹಾರ್ಯಸುತ್ತೇನೆ.

ಎಸ್.ಎನ್. ಕನ್ನಡ  
ಕ್ಷೇತ್ರ ಶಿಕ್ಷಣಾಧಿಕಾರಿಗಳು  
ಕೋಲಾರ ಶಾಲ್ಲುಕು ಮತ್ತು ಜಿಲ್ಲೆ.

## ನಮ್ಮ ಶಾಲೆಯ ಮುಖ್ಯ ಶಿಕ್ಷಕರ ಸುಡಿಗಳು



ಮಗು ತಾಯಿಯ ಗಭರ್ದಿಂದಲೇ ದೃಹಿಕ ಚಲನೆಗಳನ್ನು ಮಾಡುವುದಕ್ಕೆ ಪ್ರಾರಂಭಿಸಿ, ತನ್ನ ಜೀವನ ಅಂತ್ಯದ ಕೊನೆಯ ಕ್ಷಣಿಗಳವರೆಗೂ ಒಂದಿಲ್ಲಂದು ಶ್ರೀಯಿಯಲ್ಲಿ ತೊಡಗುತ್ತದೆ. ದೃಹಿಕ ಶಿಕ್ಷಣ ತಾಯಿಯ ಗಭರ್ದಿಂದಲೇ ಮಗುವಿಗೆ ಪ್ರಾರಂಭವಾಗುತ್ತದೆ. ಕುಳಿತುಕೊಳ್ಳುವುದು, ನಿಲ್ಲುವುದು, ನಡೆಯುವುದು, ಓಡುವುದು, ಜಿಗಿಯುವುದು, ಎಸೆಯುವುದು, ಆಟ ಆಡುವುದು ಈ ಎಲ್ಲದರಲ್ಲಿ ದೃಹಿಕ ಶಿಕ್ಷಣದ ಅರಿವು ಮಗುವಿಗೆ ಬೇಕಾಗುತ್ತದೆ. ಸಾಮಾನ್ಯ ವಿವೇಕಾನಂದರು ಹೀಗೆ ಹೇಳುತ್ತಾರೆ “**India needs play grounds, not Bhagawat Gita**” ಆಟದ ಮೈದಾನವಿಲ್ಲದ ಶಾಲೆ ಆತ್ಮವಿಲ್ಲದ ಶರೀರದಂತೆ, ಅವರು ಆಟದ ಬಯಲಿನ ಪ್ರಾಮುಖ್ಯತೆಯ ಬಗ್ಗೆ ಹೀಗೆ ಹೇಳುತ್ತಾರೆ. ನನಗೆ ನೂರು ಜನ ಕಬ್ಬಿಣಿದಂತಹ ಸ್ವಾಯಂಗಳ, ಉಚ್ಚಿನಂತಹ ನವಮಂಡಲ, ವಿದ್ಯುತ್ ಶಕ್ತಿಯತಹ ಇಚ್ಛಾ ಶಕ್ತಿಯ ಪ್ರಬುಲ ಸದ್ಯಧ ಯುವಕರನ್ನು ನೇಡಿದರೆ ನಾನು ದೇಶದ ಇತಿಹಾಸವನ್ನು ಬದಲಿಸುತ್ತೇನೆ” ಎನ್ನುತ್ತಾರೆ. ಮಗು ಮೈದಾನದಲ್ಲಿ ಆಟ ಆಡಿ ದೃಹಿಕ, ಮಾನಸಿಕ ಸದ್ಯಧತೆಯನ್ನು ಬೆಳಸಿಕೊಳ್ಳುತ್ತದೆ. ಮಕ್ಕಳು ದೇಶದ ಬೆನ್ನೆಲಬು. ಉತ್ತಮ ಆರೋಗ್ಯವನ್ನು ಪಡೆಯುವುದರ ಜೊತೆಗೆ ದೃಹಿಕ ಜ್ಞಾನವನ್ನು ಸಹ ಪಡೆದುಕೊಳ್ಳುತ್ತಾರೆ. ತಾಳ್ಳೆ ಹೊಂದಾಣಿಕೆ, ಆತ್ಮೀಯತೆ, ಸಹಕಾರ ಸೋಲು ಗೆಲುವಿನ ಸಮಾನ ಮನೋಭಾವ, ಸ್ವಧಾರಾಮನೋಭಾವ, ಕ್ರೀಡಾಮನೋಭಾವ ಬೆಳಸಿಕೊಳ್ಳುತ್ತಾರೆ. ರಾಷ್ಟ್ರಭಕ್ತಿ ಬೆಳೆಸುವಲ್ಲಿ ದೃಹಿಕ ಶಿಕ್ಷಣ ಅತ್ಯವಶ್ಯಕ. ಲೇಖಕರಾದ ಡಾ. ಶ್ರೀನಾರಾಯಣ ಜಿ.ಎಂ. ದೃಹಿಕ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕರು ಸರ್ಕಾರಿ ಪ್ರೌಢ ಶಾಲೆ, ಕುರುಗಲ್, ಕೋಲಾರ ಇವರು “**Hand Book of Mass Physical Exercises**”ಎಂಬ ಮುಸ್ತಕವನ್ನು ಹೊರತರುತ್ತಿರುವುದು ಸಂಶೋಷಿತ ವಿಚಾರ

ಲೇಖಕರು ಇನ್ನು ಹೆಚ್ಚು ಉತ್ತಮವಾದ ಕೃತಿಗಳನ್ನು ರಚಿಸಿ ಓದುಗರ ಕ್ಕೆ ಸೇರುವಂತೆ ಮಾಡಲಿ ಎಂದು ತುಂಬು ಹುದಯಿದಿಂದ ಹಾರ್ಡೆಸ್ತೇನೆ.

ಸುನಂದಮ್ಮೆ .ಕೆ. ಎಸ್  
ಮುಖ್ಯಶಿಕ್ಷಕರು  
ಸರ್ಕಾರಿ ಪ್ರೌಢಶಾಲೆ ಕುರುಗಲ್  
ಕೋಲಾರ

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## **RIBBON DRILL EXERCISE**

Ribbon position (Hold the Ribbon in the hands)

Count 1 : Stretch the hands in front of the chest.

Count 2 : Bring the hands down. Keep the hands beside the thighs

Ribbon rest

Count 1 : Stretch the hands in front of the chest.

Count 2 : Bring the hands down, Keep the hands beside the thighs.

### **EXERCISE 1**

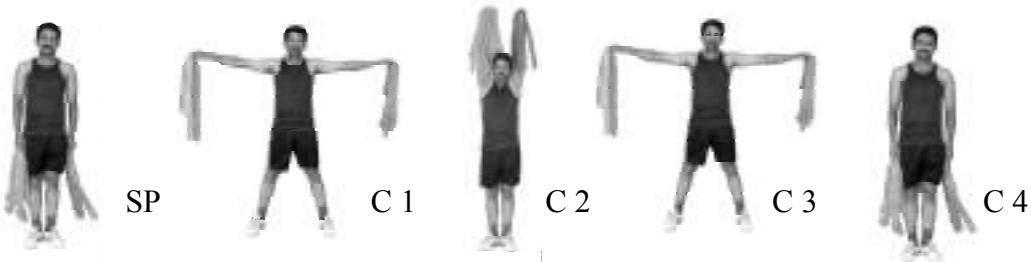
Position: Ribbon position (Hold the Ribbon in the hands)

Count 1 : Jump and spread the legs. Stretch the hands sideways shoulder level. Hands should be parallel to the ground.

Count 2 : Jump and join the legs together. Raise the hands above the head.

Count 3 : Same as count one.

Count 4 : Jump and come back to the position.



### **EXERCISE 2**

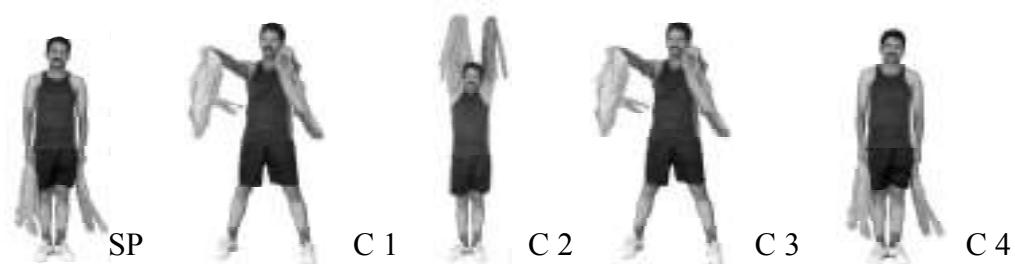
Position: Ribbon position

Count 1 : Jump and spread the legs. Stretch the hands Raise the hands in front of the chest. Hands should be parallel to the ground.

Count 2 : Jump and join the legs. Raise the hands above the head.

Count 3 : Same as count one.

Count 4 : Jump and come back to the position.



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### EXERCISE 3

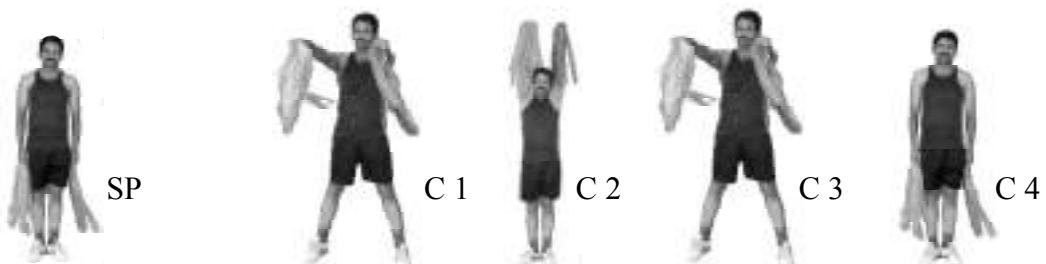
Position: Ribbon position

Count 1 : Jump and spread the legs. Raise the hands in front of the chest. Hands should be parallel to the ground.

Count 2 : Jump and join to the legs together. Raise the hands above the head.

Count 3 : Jump and spread the legs. Stretch the hands sideways shoulder level. Hands should be parallel to the ground.

Count 4 : Jump and come back to the position.



### EXERCISE 4

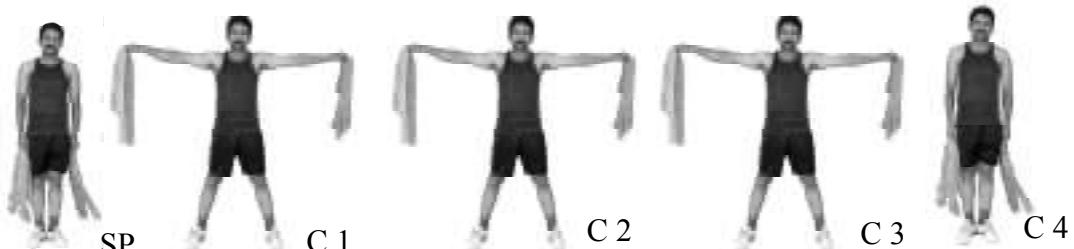
Position: Ribbon position.

Count 1 : Jump and spread the legs. Raise the hands sideways shoulder level. Hands should be parallel to the ground.

Count 2 : Fold your left elbow and rotate the left hand in front of the chest, then come back to the starting position.

Count 3 : Fold your right elbow and rotate the right hand in front of the chest, then come back to the starting position.

Count 4 : Jump and come back to the position.



### EXERCISE 5

Starting position : Ribbon position

(Hold the ribbon in the hands)

Count 1 : Jump and spread the legs, raise the hands sideways shoulder level.

Count 2 : Rotate the hands in front of the face and come back to the count one position.

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Count 3: One more round rotate the hands in front of the face and come back to the position.

Count 4 : Jump and come back to the position.



#### EXERCISE - 6

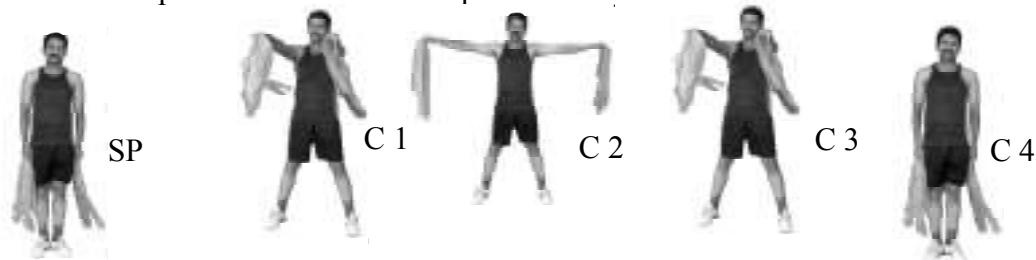
Starting position : Ribbon position( Hold the ribbon in the hands)

Count 1 : Jump and spread the legs, raise the hands in front of the chest. Hands should be parallel to the ground.

Count 2 : Stretch the hands sideways shoulder level.Hands should be parallel to the ground.

Count 3 : Bring the hands in front of the chest.

Count 4 : Jump and come back to the position.



#### EXERCISE - 7

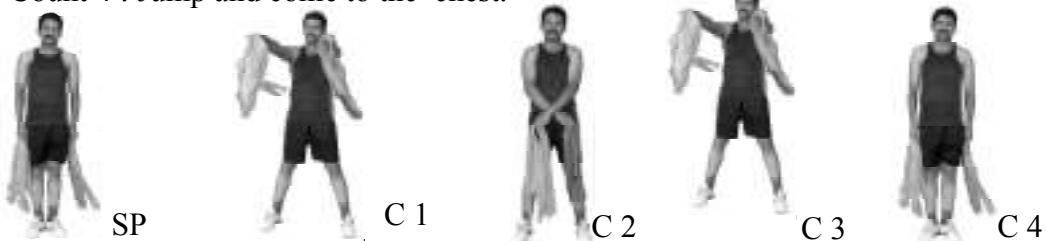
Starting position : Ribbon position

Count 1 : Jump and spread the legs, raise the hands in front of the chest, hands should be parallel to the ground.

Count 2 : Hold the hands cross in front of the thighs.Right hand should be above the left hand.

Count 3 : Raise the both hands in front of the chest.

Count 4 : Jump and come to the chest.



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### EXERCISE - 8

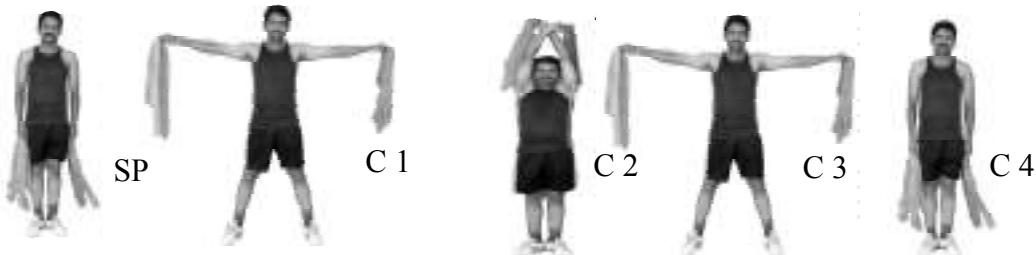
Starting position : Ribbon position

Count 1 : Jump and spread the legs.

Count 2 : Jump and join the legs, raise the hands cross above the head, right hand above the left hand.

Count 3 : Jump and do the exercise same as count one.

Count 4 : Jump and come back to the position.



### FLOWER BUNCH DRILL

#### **Flower bunch position.**

Count 1 : Raise the both shoulder level in front of the chest.Flower bunch should be vertical to the ground.

Count 2 : Hold the flower bunch in front of the thighs flower bunch should be vertical to the ground.

#### **Flower bunch rest.**

Count 1 : Raise the hands shoulder level in front of the chest.Flower bunch should be vertical to the ground.

Count 2 : Hold the flower bunch beside the thighs elbows should be straight. Flower bunch should be vertical to the ground.

### EXERCISE -1

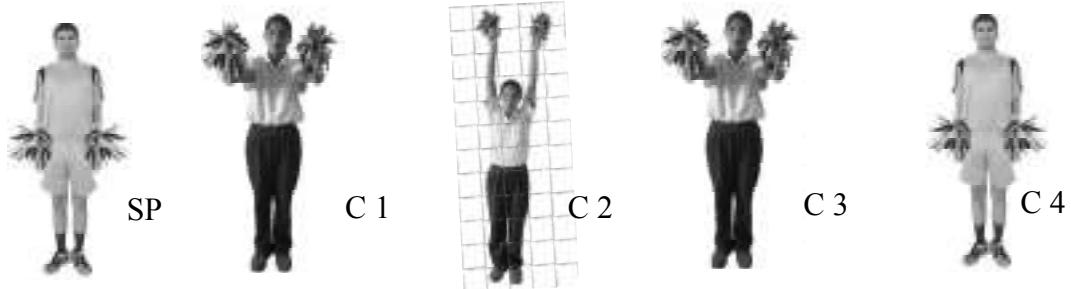
Position : Flower bunch position.

Count 1 : Raise the hands shoulder level in front of the chest.Hands should be parallel to the ground.Flower bunch should be vertical to the ground.

Count 2 : Raise the hands above the head, elbows should be straight.Flower bunch should be vertical to the ground.

Count 3 : Same as count one.

Count 4 : Come back to the position.



### EXERCISE - 2

Position : Flower bunch position.

Count 1 : Raise the hands shoulder level in front of the chest, hands should be parallel to the ground. Flower bunch should be vertical to the ground.

Count 2 : Raise the hands sideways shoulder elbows should be straight. Flower bunch should be vertical to the ground hands should be parallel to the ground.

Count 3 : Same as count one.

Count 4 : Come back to the position.



### EXERCISE - 3

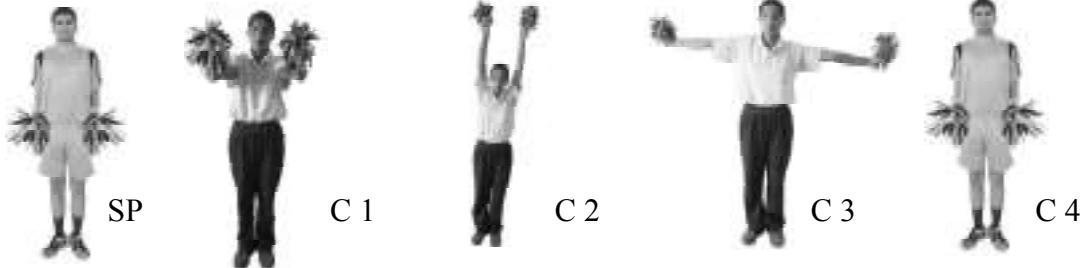
Position : Flower bunch position.

Count 1 : Raise the hands shoulder level in front of the chest, elbows should be straight. Flower bunch should be vertical to the ground.

Count 2 : Raise the hands above the head, elbows should be straight. Flower bunch should be vertical to the ground.

Count 3 : Stretch the hands sideways shoulder level elbows should be straight, flower bunch should be vertical to the ground.

Count 4 : Back to the position.



#### EXERCISE - 4

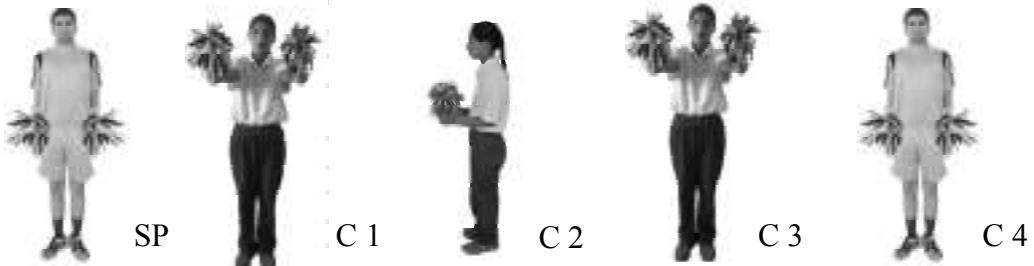
Position : Flower bunch position

Count 1 : Raise the hands shoulder level in front of the chest. Flower bunch vertical to the ground.

Count 2 : Bend the elbows and keep on the stomach forearms should be parallel to the ground. Flower bunch should be vertical to the ground.

Count 3 : Same as count one.

Count 4 : Back to the position.



#### EXERCISE - 5

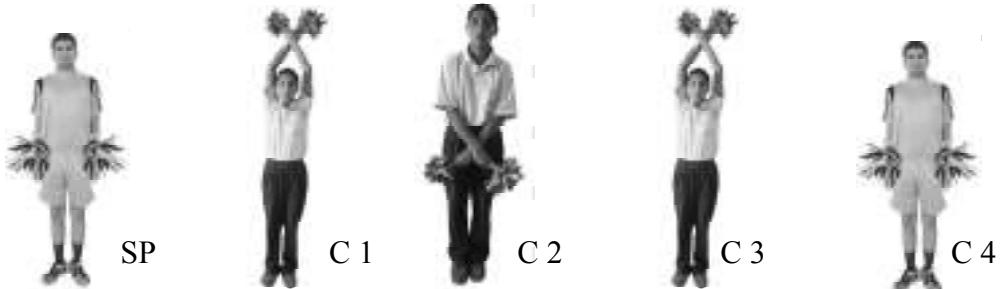
Position : Flower bunch position.

Count 1 : Raise the hands above the head and cross the hands. Left hand should be front right hand should be back.

Count 2 : Cross the hands in front of the thighs keep the right hand above the left hand.

Count 3 : Same as count one.

Count 4 : Back to the position.



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### EXERCISE - 6

Position : Flower bunch position.

Count 1 : Strech the left leg forward and raise the hands shoulder level in front of the chest flower bunch should be vertical to the ground

Count 2 : Cross the hands in front of the chest.Keep the left hand above the right hand.

Count 3 : Same as count one.

Count 4 : Back to the position.



### EXERCISE-7

Position:- Flower bunch position.

Count 1 : Raise the hands above the head. Hands should be straight. Flower bunch should be vertical to the ground.

Count 2 : Cross the hands infont of the chest. keep the left hand above the right hand.

Count 3 : Same as count one

Count 4 Back to the position.



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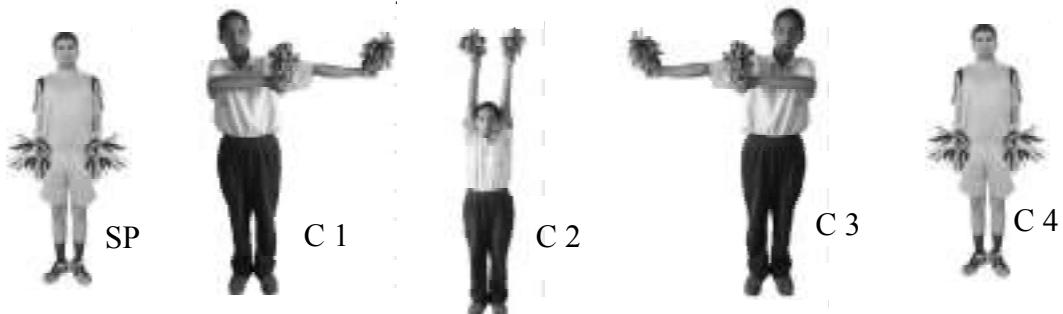
## EXERCISE - 8

Position : Flower bunch position.

Count 1 : Raise the left hand towards left side shoulder level. Left hand parallel to the ground. Bend the right hand elbow and hold in front of the chest. Raise the elbow.

Count 2 : Raise the both hands above the head. Hands should be straight. Flower bunch should be vertical to the ground.

Count 3 : Raise the right hand towards right side shoulder level. Right hand parallel to the ground , bend the left hand elbow and hold in front of the chest, raise the elbow



## BALL DRILL EXERCISE

Ball position.

Count 1: Hold the ball in front of the chest.

Count 2: Hold the ball in front of the thighs Ball rest.

Count 1: Hold the ball in front of the chest.

Count 2: Hold the ball in front of the thighs.

### Exercise-1

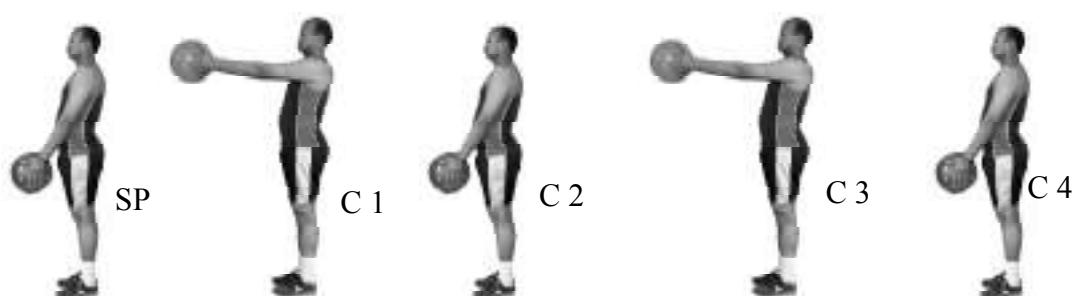
Position: Ball position

Count 1: Raise the ball shoulder in front of the chest.

Count 2: Back to the position.

Count 3: Same as count one.

Count 4: Back to the position.



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### **Exercise-2**

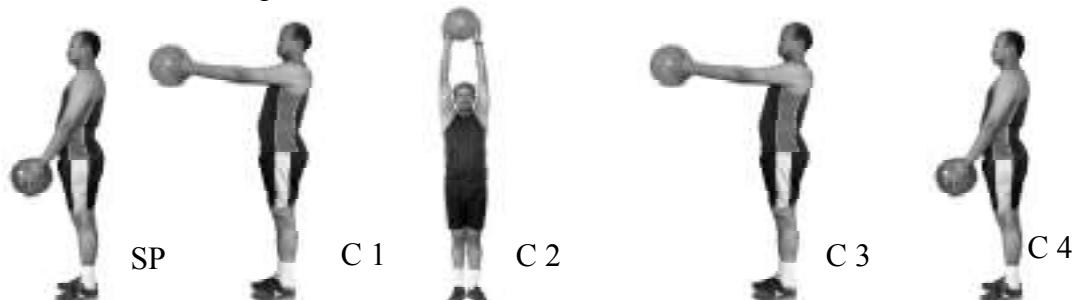
Position: Ball position.

Count 1: Raise the ball in front of the chest.

Count 2: Raise the ball above the head.

Count 3: Same as count one

Count 4: Back to the position.



### **Exercise-3**

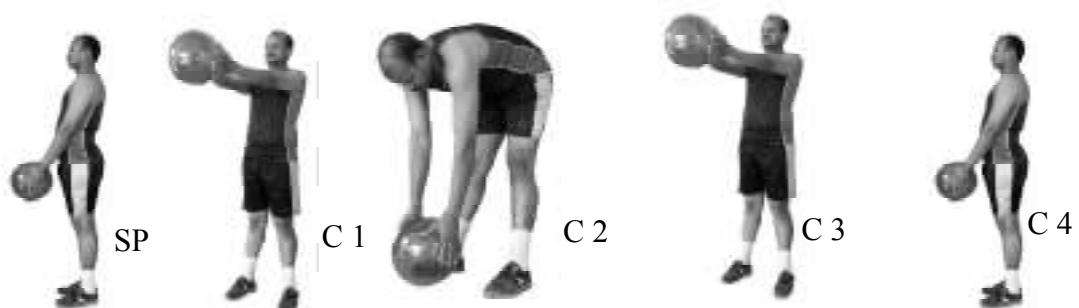
Position: Ball position.

Count 1: Spread the legs. Raise the ball in front of the chest.

Count 2: Bend forward and touch the ball to the ground.

Count 3: Same as count one.

Count 4: Back to the position.



### **Exercise-4**

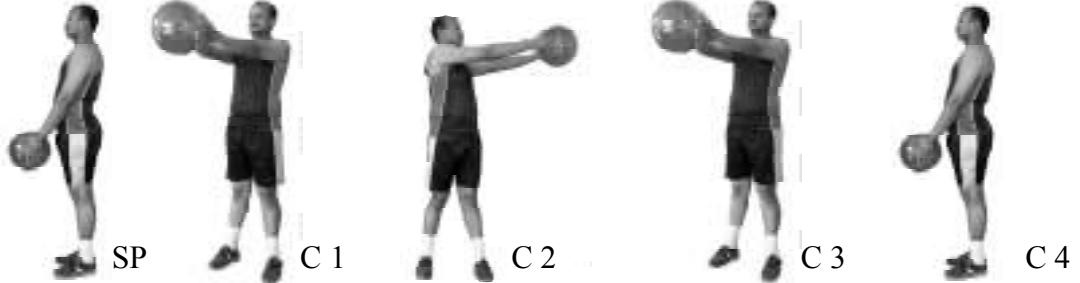
Position: Ball position.

Count1 : Jump and spread the legs.Raise the ball in front of the        chest.

Count 2: Turn your trunk towards left hold the ball in front of the chest, hands should be                                  straight.

Count 3: Same as count one.

Count 4: Back to the oposition.



### Exercise-5

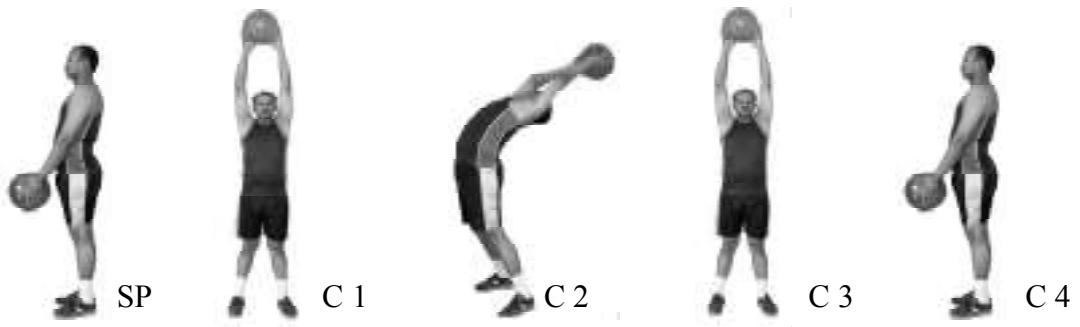
Position: Ball position

Count 1: Jump and spread the legs, Raise the ball above the head.

Count 2: Bend the trunk backward.

Count 3: Same as count one.

Count 4: Back to the position.



### Exercise-6

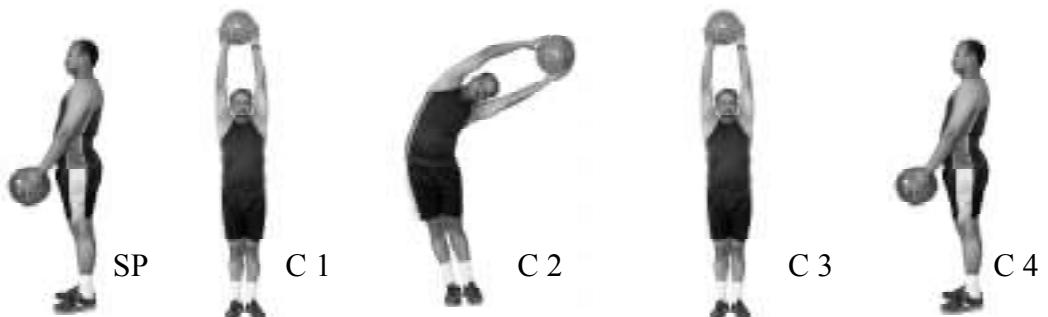
Position: Ball position.

Count 1: Raise the ball above the head.

Count 2: Bend towards left side.

Count 3: Same as count one.

Count 4: Back to the position.



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### **Exercise-7**

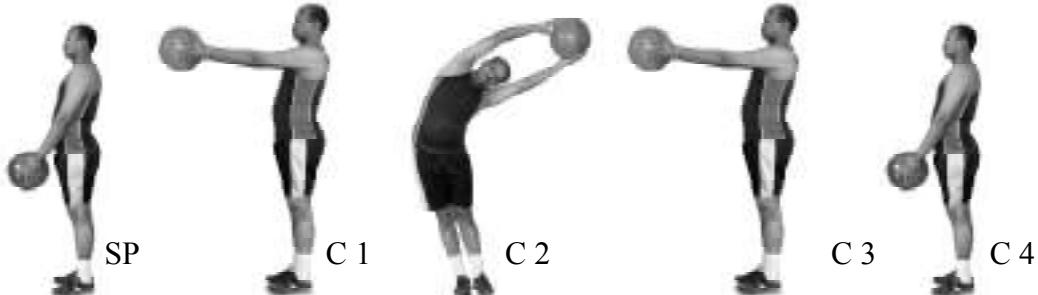
Position: Ball position.

Count 1: Raise the ball in front of chest.

Count 2: Bend the elbows and hold the ball on the chest elbows should be touch to the body.

Count 3: Raise the ball in front of the chest.

Count 4: Back to the position.



### **Exercise-8**

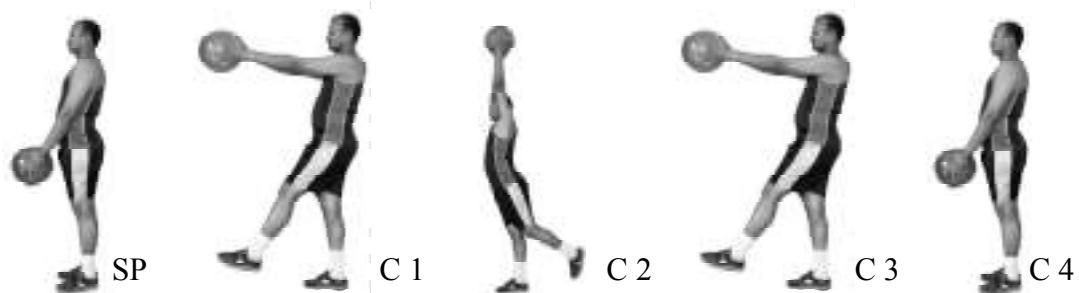
Position: Ball position.

Count 1: Stretch left leg forward and raise the ball in front of the chest.

Count 2: Stretch left leg backward and raise the ball above the head.

Count 3: Same as count one.

Count 4: Back to the position.



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## MASS PHYSICAL TRAINING EXERCISE

### Exercise - 1

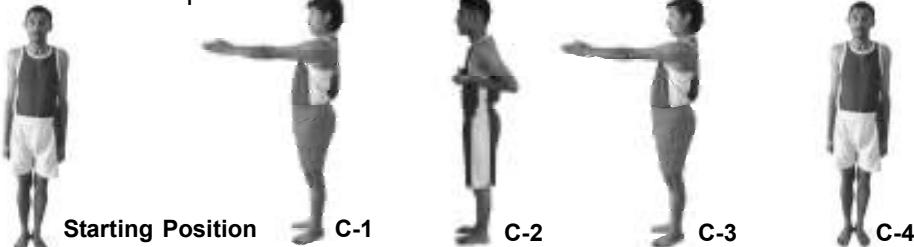
#### Position: Attention

Count 1: Raise the both hands forward shoulder level in front of the chest. Hands should be parallel to the ground. Join all fingers together palms facing each other.

Count 2: Close the fists back hold near the armpit elbows pushed back.

Count 3: stretch hands forward in front of the chest. Palms facing each other.

Count 4: Back to the position



### Exercise - 2

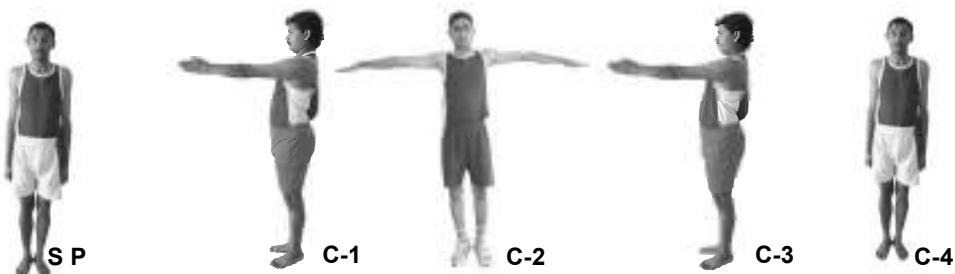
#### Position: Attention

Count 1: Raise the both hands forward shoulder level in front of the chest. Hands should be parallel to the ground. Join all fingers together palms facing each other. Chest up, look front.

Count 2: Bring hands down and raise the hands sideways shoulder level join all fingers together. Palms facing to the ground. Raise the heels.

Count 3: Bring both hands down and raise the hands in front of the chest shoulder level.

Count 4: Return to the starting position.



### Exercise - 3

#### Position: Attention

Count 1: Raise the both hands forward shoulder level in front of the chest. Hands should be parallel to the ground. Join all fingers together palms facing each other.

Count 2: Raise both arms above the head hands touch the ears. Join all fingers

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together palms facing each other. Chest up look front. Raise the heels stand on the toes.

Count 3: Same as count one

Count 4: Return to starting position



### Exercise - 4

#### Position:Attention

Count 1: Place left leg one step forward. Bend the elbows and hold near the waist.

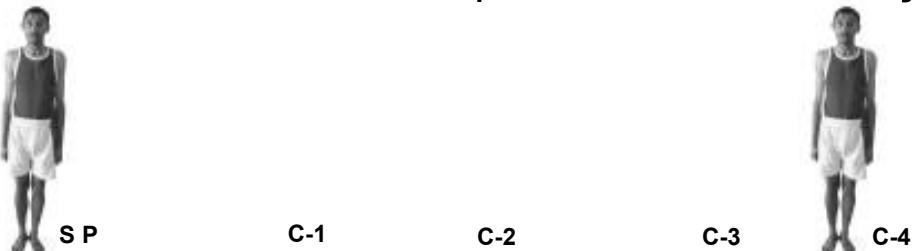
Hands should be hold like "W" shape. Fists touching to the shoulder.

Count 2: Raise the heels stand on the toes. Hands raise above the head palms facing each other join the fingers together. Elbows should be straight.

Count 3: Same as count one

Count 4: Return to the position.

**Instruction: Count 5 to 8 repeat the exercise from right leg.**



### Exercise - 5

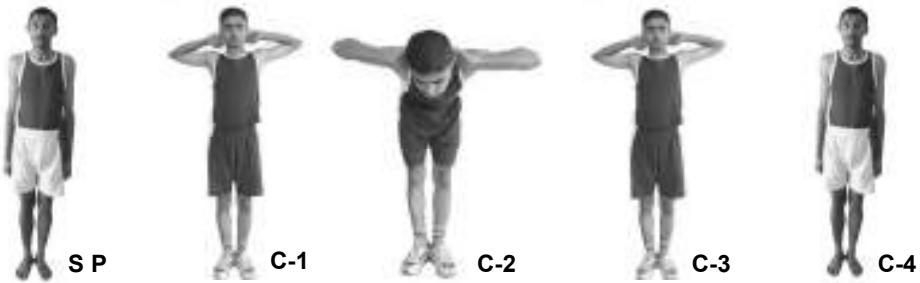
#### Position: Attention

Count 1: Bend the elbows hands place on the back neck join the fingers together. Press the elbows back. Elbows should be shoulder level.

Count 2: Bend trunk forward pressing the head back fingers on the neck.

Count 3: Same as count one

Count 4: Back to the position.



### **Exercise - 6**

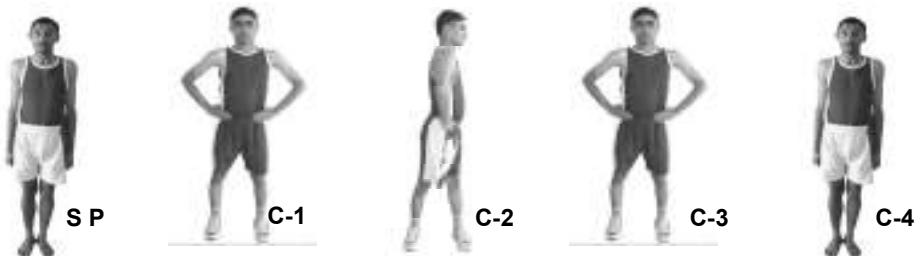
#### **Position: Attention**

Count 1: Jump and spread the legs. Place both hands on the waist. Chest up and look front.

Count 2: Twist the trunk towards left side.

Count 3: Same as count one

Count 4: Back to the position.



### **Exercise - 7**

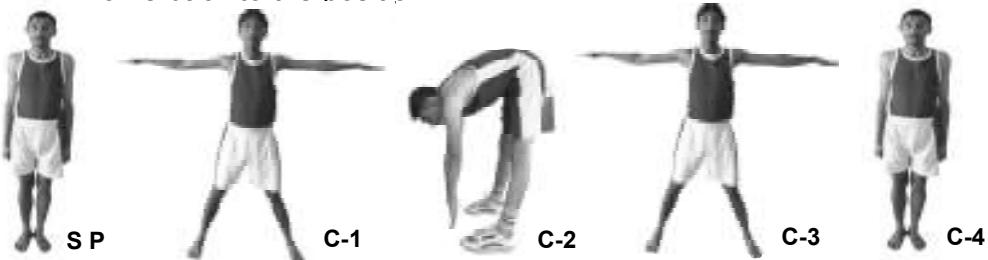
#### **Position: Attention**

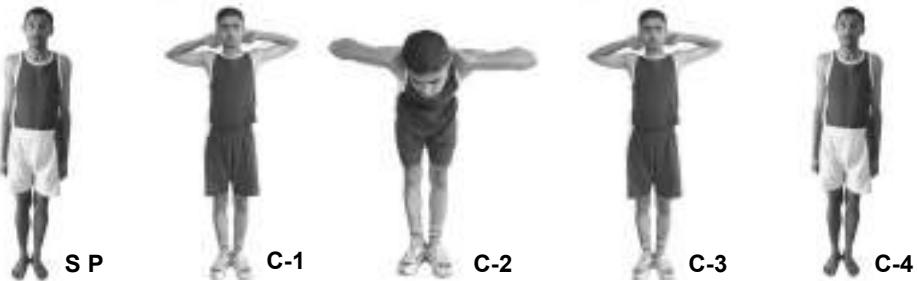
Count 1; Jump and spread the legs arms raise side wards shoulder level palms facing to the ground. Join the fingers together.

Count 2: Bend trunk forward fingers touch to the ground elbows and knees should be straight.

Count 3: Same as count one.

Count 4: Come back to the position





### **Exercise - 6**

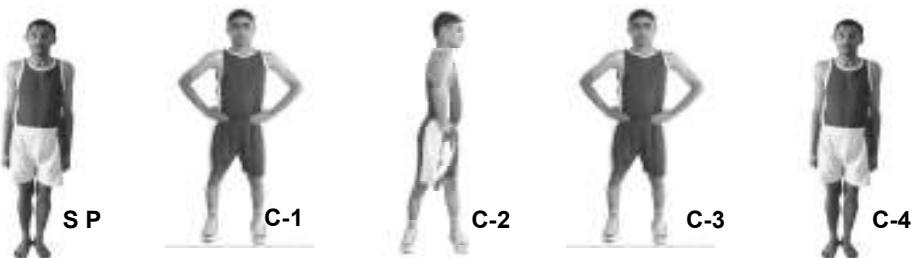
#### **Position: Attention**

Count 1: Jump and spread the legs. Place both hands on the waist. Chest up and look front.

Count 2: Twist the trunk towards left side.

Count 3: Same as count one

Count 4: Back to the position.



### **Exercise - 7**

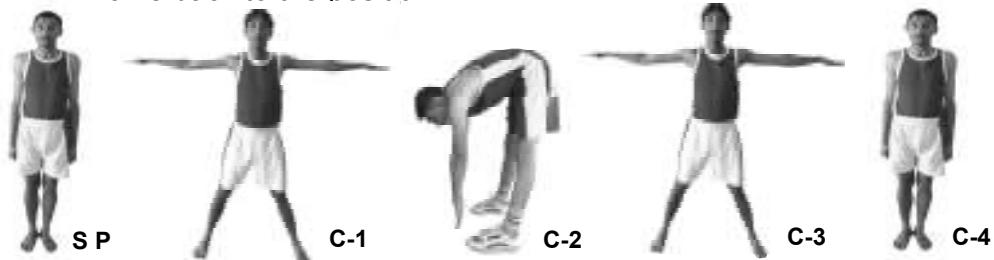
#### **Position: Attention**

Count 1; Jump and spread the legs arms raise side wards shoulder level palms facing to the ground. Join the fingers together.

Count 2: Bend trunk forward fingers touch to the ground elbows and knees should be straight.

Count 3: Same as count one.

Count 4: Come back to the position



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other join the fingers together.

Count 3: Same as count one

Count 4: Return to the position.

### Exercise - 10

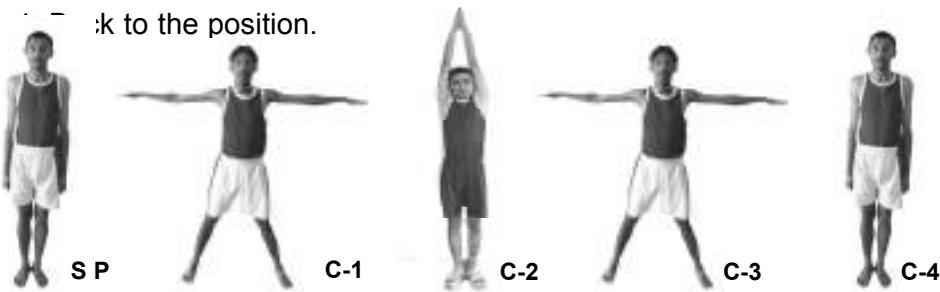
#### Position: Attention

Count 1: Jump and spread the legs raise arms side wards shoulder level palm facing to the ground. Join the fingers together.

Count 2: Take jump and join the legs raise the both arms above the head with clap.

Count 3: Same as count one.

Count 4: Return to the position.



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## MASS PHYSICAL TRAINING EXERCISE

### TABLE -2 Exercise - 1

#### Position: Attention

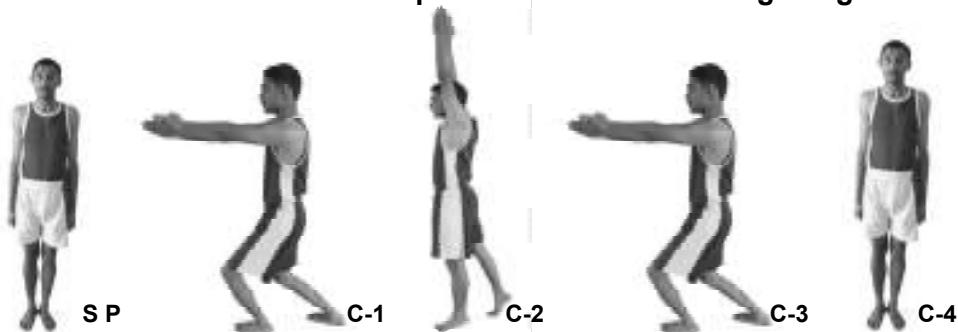
Count 1: Place left leg a step forward and bend both the knees raise both the arms in front of the chest shoulder level. Palms facing each other join the fingers together. Hands parallel to the ground.

Count 2: Raise both the heels stand on the toes raise both hands above the head. Palms facing each other

Count 3: Same as count one.

Count 4: Return to the position.

**Instruction: Count 5 to 8 repeat the exercise from right leg**



### Exercise - 2

#### Position: Attention

Count 1: Place left leg a step towards left side bend both the elbows, hand should be hold like "W" shape. Close the fist and facing towards ears.

Count 2: Raise the heels stand on the toes, raise both the arms above the head, palm facing each other, fingers straight, hands touch to the ears.

Count 3: Same as one.

Count 4: Return to the position.

**Instruction: Count 5 to 8 repeat the exercise from right leg.**



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### Exercise - 3

#### **Position: Attention**

Count 1: Place left leg a step forward, bend both the knees raise both the hands in front of the chest, palms facing each other, join the fingers. Hands parallel to the ground.

Count 2: Take right leg join with the left leg, stand in attention position.

Count 3: Place left leg one step forward, bend both the knees raise both the hands in front of the chest, palms facing each other, join the fingers. Hands parallel to the ground

Count 4: Take right leg join with the left leg, stand in attention position.

Count 5: Left leg one step back bend both the knees raise both the hands in front of the chest palms facing each other,

Count 6: Join right leg with the left leg stand in attention

Count 7: Left leg one step back bend both the knees raise both the hands in front of the chest palms facing each other,

Count 8: Join right leg with the left leg stand in attention

Count 9: Left leg sideward step, bend both the elbows and hold hands like "W" shape. Close the fist.

Count 10: Join right leg with the left leg and stand in attention position.

Count 11: Same as count nine

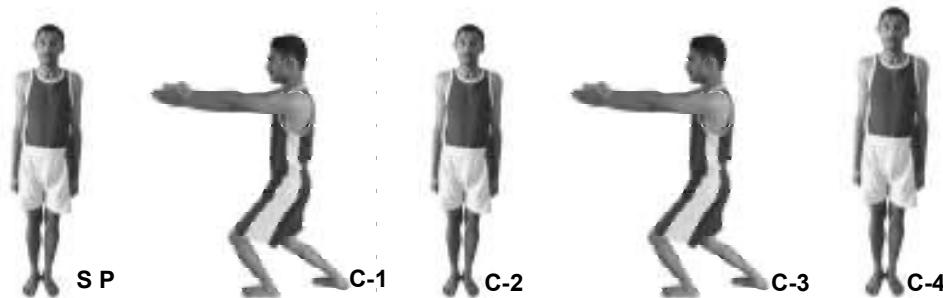
Count 12: Same as count ten

Count 13: Right leg sideward step, bend both the elbows and hold hands like "W" shape. Close the fist.

Count 14: Join left leg to the right leg, come to attention position.

Count 15: Right leg sideward step, bend both the elbows and hold hands like "W" shape. Close the fist.

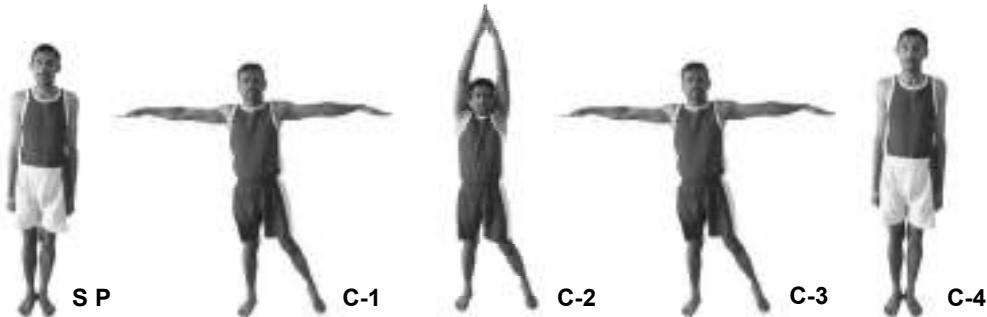
Count 16: Join left leg to the right leg, come to attention position



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### Exercise - 4



#### Position: Attention

Count 1: Left leg one step put sideward and raise the heel. Body weight on the right leg. Raise both the hands sideward shoulder level, palm facing to the ground.

Count 2: Raise both the hands above the head and clap, hands should be straight.

Count 3: Same as count one.

Count 4: Return to the starting position.

### Exercise - 5



#### Position: Attention

Count 1: Raise the heels stand on the toes. raise the hands in front of the chest shoulder level, palms facing each other.

Count 2: Sit in half squat position. Bend the elbows (chest firm) palms facing to the ground.

Count 3: Knees straight, raise the hands side wards shoulder level, palms facing to the ground.

Count 4: Return to the attention position.

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### **Position: Attention**

### **Exercise - 6**

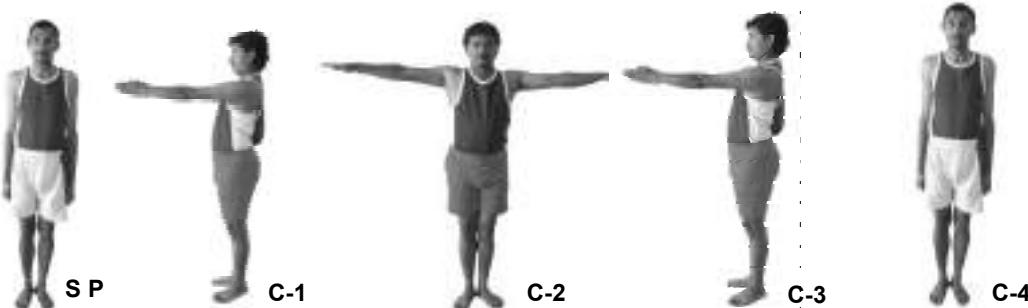
- Count 1: Join the feet together, bend both the knees and raise the hands in front of the chest shoulder level, palms facing each other.
- Count 2: Return to position.
- Count 3: Bend both the knees, hands should be raise sideward shoulder level, palms facing to the ground.
- Count 4: Return to starting position.



### **Exercise - 7**

### **Position: Attention**

- Count 1: Raise both the arms in front of the chest shoulder level palms facing each other. Hands should be parallel to the ground.
- Count 2: Bring both the arms sideward shoulder level palms facing to the ground.
- Count 3: Same as count one.
- Count 4: Return to starting position.



### **Exercise - 8**

### **Position: Attention**

- Count 1: Jump and spread the legs, bend the elbows, hold the hands like "W" shape. Close the fist, elbows near the waist.
- Count 2: Bend trunk forward and hold the ankle with the hands.

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Count 3; Same as count one.

Count 4: Return to the starting position.



### Exercise - 9

#### Position: Attention

Count 1: Turn towards right side with a jump and spread the legs, raise the arms in front of the chest shoulder level palms facing each other.

Count 2: Raise the arms above the head palms facing each other, hands touching to the ears.

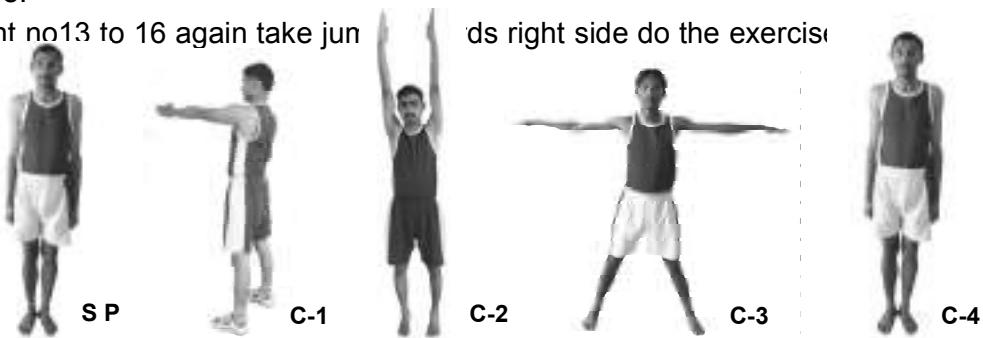
Count 3: Hands stretch sideways shoulder level palms facing to the ground.

Count 4: Take jump and come to attention position.

**Instruction: Count 5 to 8 again take jump towards right side do the exercise same as above.**

Count no 9 to 12 again take jump towards right side do the exercise same as above.

Count no 13 to 16 again take jump towards right side do the exercise same as above.



### Exercise - 10

#### Position: Attention

Count 1: Turn towards right side with a jump and spread the legs, raise the arms in front of the chest shoulder level palms facing each other.

Count 2: Bend trunk forward and arms flinging downward, fingers touching the ground. Palms facing towards the ankle.

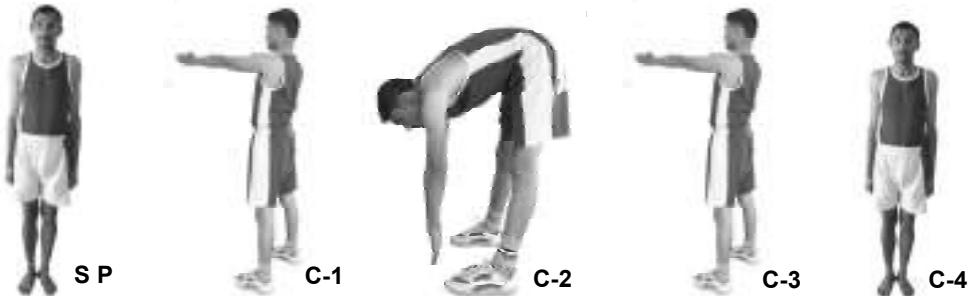
Count 3: Return to position one.

Count 4: Jump up, come to the position.

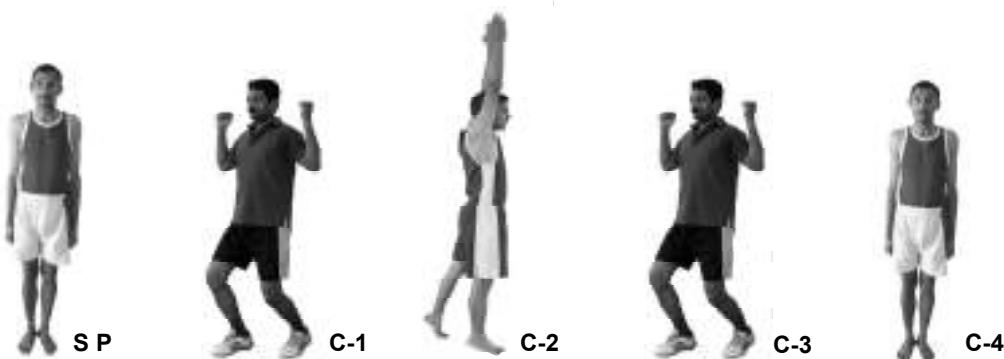
**Instruction: Count 5 to 8 again take jump towards right side do the exercise same as above.**

Count no 9 to 12 again take jump towards right side do the exercise same as above.

Count no 13 to 16 again take jump towards right side do the exercise same as above



### Exercise - 11



#### Position: Attention

Count 1: Facing right with a jump, bend both the knees, bend the elbows, hold the hand like "W" shape. Close the fist, elbows near the waist.

Count 2, Raise the heels stand on the toes, raise the both arms above the head, hands should be touch to the ears. Palms facing each other.

Count 3: Bending the right and left leg, same as count one.

Count 4: jump and return to position.

Count 5: jump towards left side left leg put one step forward bend both the knees hold both the hands like "W" shape, close the fist.

Count 6: Same as count two

Count 7: Same as count five.

Count 8: Take jump back to the position.

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**Instruction; Count 9 to 12 take jump towards left side, do the exercise same as above.**

Count 13 to 16 take jump forward, place right leg forward and do the exercise same as above.

### **Exercise - 12**

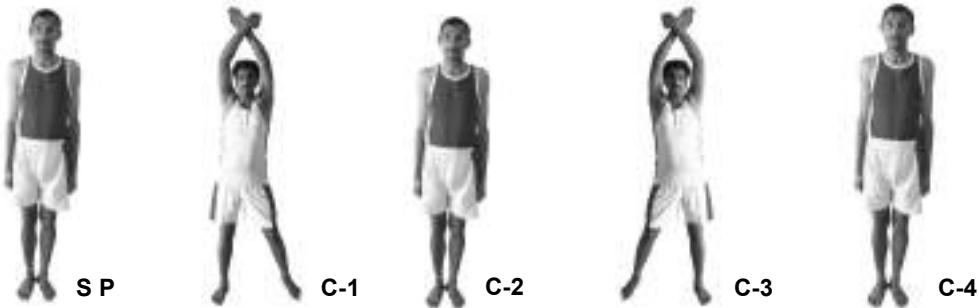
#### **Position: Attention**

Count 1: place left leg one step left side, raise the left heel, leave the body weight on the right leg. Cross the hands above the head, left hand forward, right hand backward.

Count 2: Back to attention position.

Count 3: place right leg one step right side, raise the right heel, leave the body weight on the left leg. Cross the hands above the head, left hand backward, right hand forward.

Count 4: Return to the starting position.



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## MASS PHYSICAL TRAINING SITTING EXERCISE

### Exercise - 1

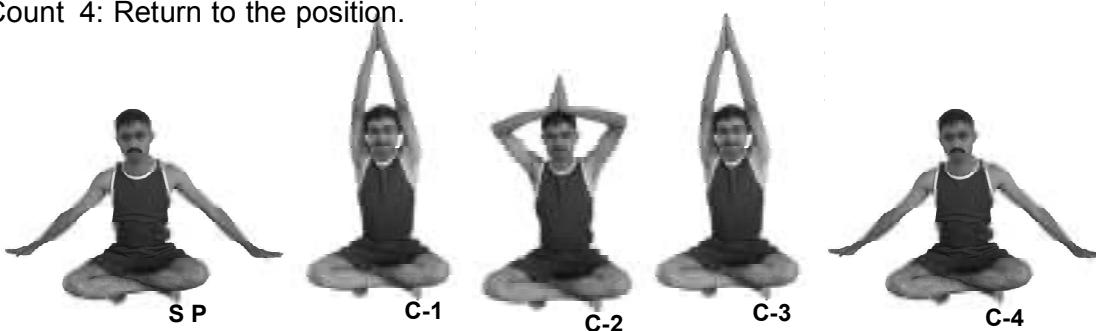
#### Position : Sit straightly cross legged sitting, hands slanting.

Count 1: Raise the hands slowly above the head, palms touching each other, elbows should be straight, fingers stretch upward.

Count 2: Bend the elbows, palms touching the head.

Count 3: same as count one.

Count 4: Return to the position.



### Exercise - 2

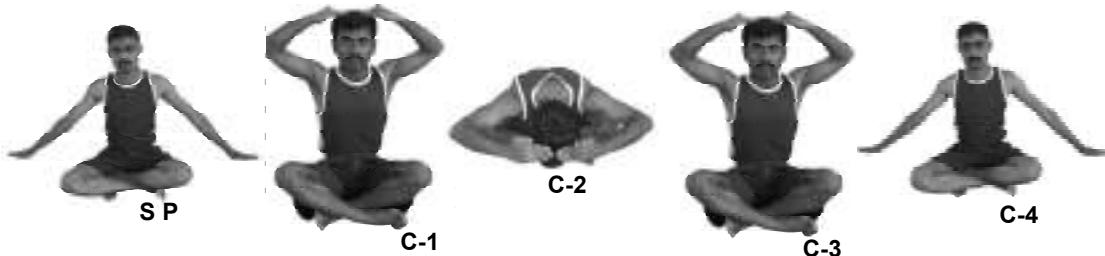
#### Position : Sit straightly cross legged sitting, hands slanting.

Count 1: Raise the hands slowly above the head, palms touching the head, bend the elbows.

Count 2: Bend the trunk forward and fore head touch to the ground.

Count 3: Same as count one.

Count 4: Return to starting position.



### Exercise - 3

#### Position : Cross legged sitting. Chest firm(elbows should be bend, palms facing down in front of the chest)

Count 1: Press the elbows back side one time. (Chest expanding action)

Count 2: Press the elbows back side second time. (Chest expanding action)

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Count 3: Press the elbows back side third time. (Chest expanding action)

Count 4: Hands forward sideward backward press.



S P

C-1, C-2, C-3

C-4

### Exercise - 4

#### Position : Cross legged sitting, hands sideward slanting.

Count 1: Hands upward down ward swing.

Count 2: Hands upward down ward swing.

Count 3: Hands upward down ward swing.

Count 4: Raise the hands above the head and clap over the head.



S P

C-1, C-2, C-3

C-4

### Exercise - 5

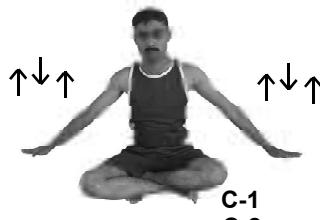
#### Position : Cross legged sitting, hands sideward slanting.

Count 1: Hands upward down ward swing.

Count 2: Hands upward down ward swing.

Count 3: Clap over the head.

Count 4: Clap over the head.



S P

C-1  
C-2

C-3  
C-4

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## INDIAN CLUBS EXERCISES

Attention : Hold the indian clubs besides the thigh upward.

Stand at ease : Hold the indian club behind, crassed. Indian clubs position.

Count 1 : Stretch both arms infront of the chest. Indian clubs should be vertical to the ground.

Count 2 : Bend both the elbows and place near the stomach. Indian clubs should be vertical to the ground.

### INDIAN CLUBS REST.

Count 1 : Stretch both arms in front of the chest. Indian clubs upward to the ground.

Count 2 : Hold both the hands beside the thigh. Indian clubs vertical to the ground.

#### EXERCISE 1

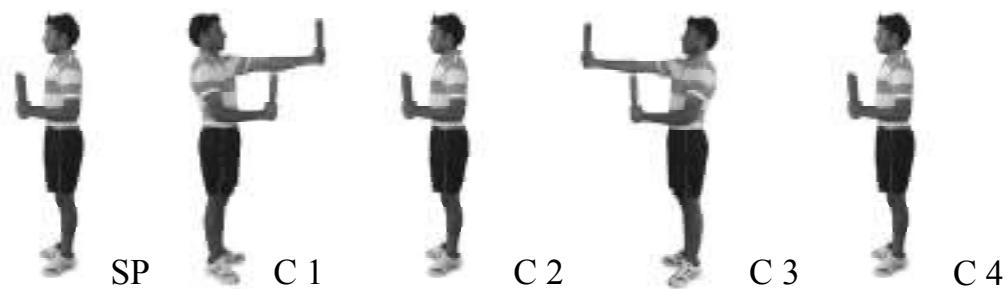
Position : Indian clubs position.

Count 1: Stretch left hand in front of the chest strightly. Indian club should be vertical to the ground. right hand bent. elbow on stomach

Count 2 : Bend left hand elbow and back to the position.

Count 3 : Stretch right hand in front of the chest, I ndian club vertical to the ground. bent left elbow on the stomach.

Count 4 : Bend right hand elbow and come to the position. I ndian clubs vertical to the ground.



#### EXERCISE 2

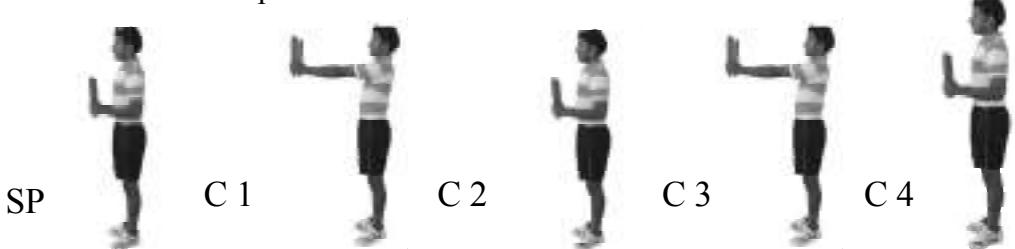
Position : Indian clubs position.

Count 1 : Raise both the arms in front of the chest. I ndian clubs should be vertical to the ground.

Count 2 : Bend both the elbows on the stomach. Indian clubs vertical to the ground.

Count 3 : Same as count one.

Count 4 : Back to the position.



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### EXERCISE 3

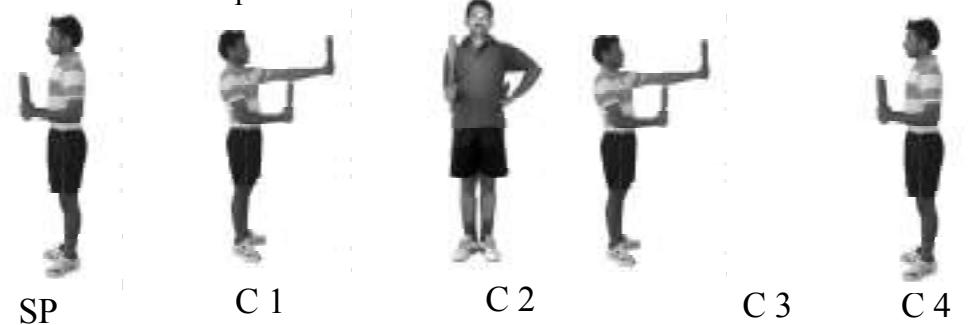
Position : Indian clubs position.

Count 1 : Raise left hand in front of the chest straightly. Indian club vertical to the ground.

Count 2 : Bend left hand elbow with Indian club left side on the waist.

Count 3 : Same as count one.

Count 4 : Back to the position.



### EXERCISE 4

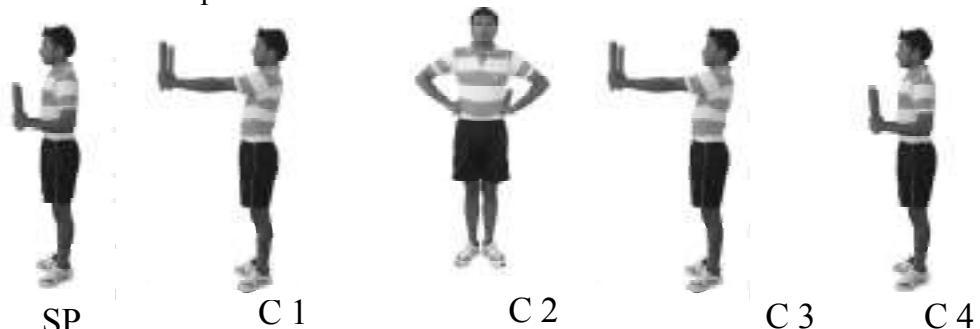
Position : Indian clubs position.

Count 1 : Stretch both the bands in front of the chest. Indian clubs vertical to the ground.

Count 2 : Bend both the elbows Indian clubs on the both sides of the waist.

Count 3 : Same as count one.

Count 4: Back to the position.



### EXERCISE 5.

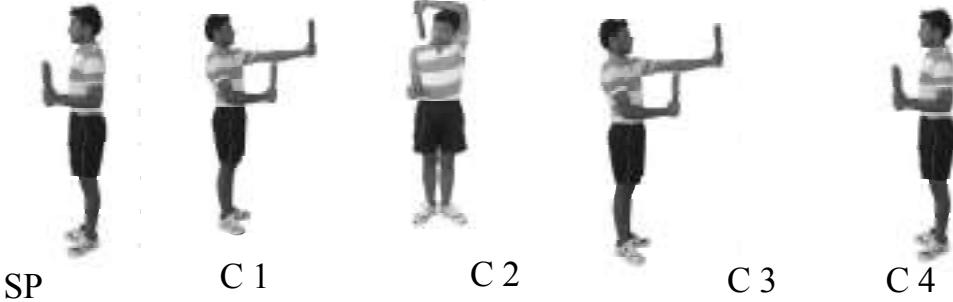
Position : Indian clubs position.

Count 1 : Stretch left hand in front of the chest. Left hand parallel to the ground.  
Indian clubs vertical to the ground.

Count 2 : Bend left hand elbow and put Indian club on the left shoulder.

Count 3 : Same as count one.

Count 4 : Back to the position.



#### EXERCISE 6

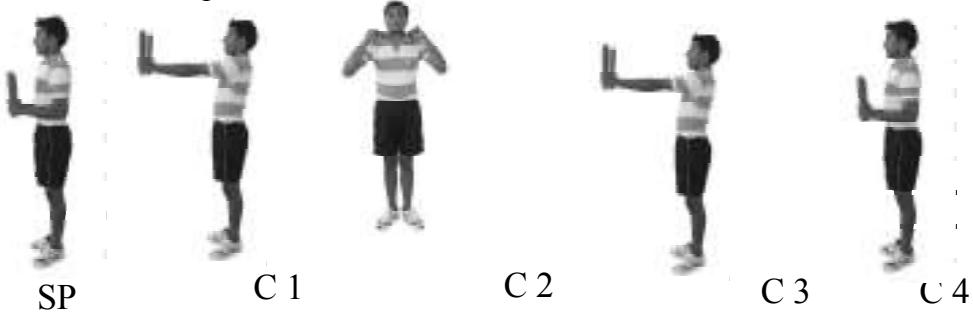
Position : Indian clubs position.

Count 1 : Raise both the hands in front of the chest. Indian clubs vertical to the ground.

Count 2 : Bend both the elbows and keep Indian clubs on the shoulders.

Count 3 : Same as count one.

Count 4 : Back to the position.



#### EXERCISE 7

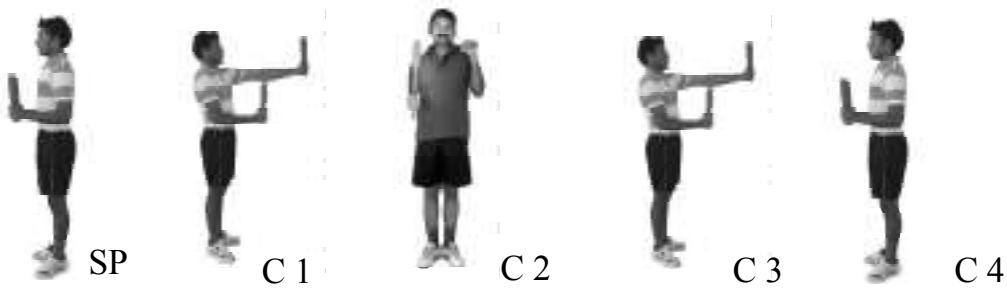
Position : Indian clubs position.

Count 1 : Raise left hand in front of the chest. Indian club vertical to the ground.

Count 2 : Rotate the Indian club around the head from right side and hold near the left ear.

Count 3 : Stretch the left hand in front of the chest.

Count 4 : Back to the position.



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#### EXERCISE 8.

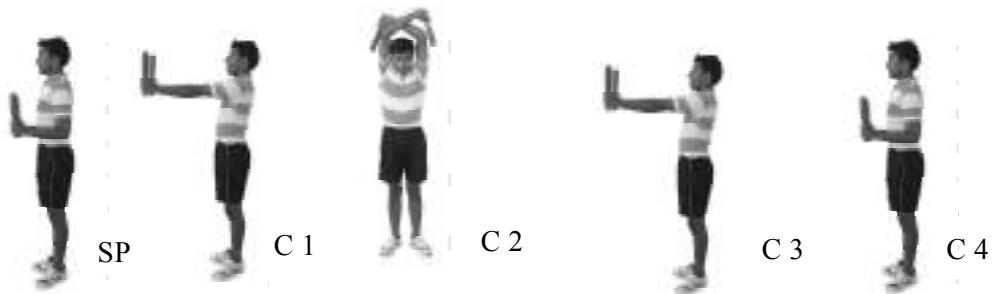
Position : Indian clubs position.

Count 1 : Raise both the hands in front of the chest. Hands should be parallel to the ground. Indian clubs vertical to the ground.

Count 2 : Rotate the Indian clubs around the head and hold the years. Elbows should be bend.

Count 3 Stretch hands forward in front of the chest.

Count 4 Back to the position.



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## HOOPS EXERCISE

### **Hoops position**

Stand in attention position hold hoops in right hand hoops should be touch to the leg and vertical to the ground

C.N.T1: Raise the Hoops in front of the chest. Hands should be shoulder level and parallel to the ground . Hoops vertical to the ground.

C.N.T2:- Hold the hoops in front of the thighs, hands should be straight.

### **HOOPS REST**

C.N.T1: Rise the hands shoulder level infront of the chest. Hoops should be vertical to the ground

C.N.T2: Come back to the attention position. Hoops touch the leg and vertical to the ground, hold hoops in right hand.

### **EXERCISE -1**

Position:- Hoops position.

C.N.T1: Hold the hoops in front of the chest. hands should be straight and shoulder level Look in to the hoops.

C.N.T2: Bend the elbows and bring back hold the hoops on the chest. hoops should be vertical to the ground.

C.N.T3: Hold the hoops in front of the chest same as count one

C.N.T4: Come back to the position.

Instruction:- From count 5 to 16 same as above.



CNT 1

CNT 2

CNT 3

CNT 4

Position

### **EXERCISE -2**

Position: Hoops position

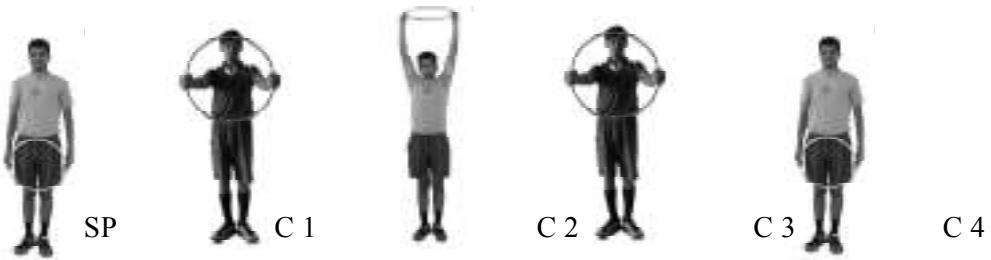
CNT1: Hold the hoops in front of the chest. Both the hands should be shoulder level and paralal to the ground. Should not bend the elbows. hoops verticval to the ground.

CNT2: Hold the hoops above the head. Both the hands should be straight and hoops parallel to the ground.

CNT3: Hold the hoops infront of the chest same as count one

CNT4: Come back to the position.

Instruction:- From count 5 to 16 same as above



### **EXERCISE -3**

**Position:** Hoops position

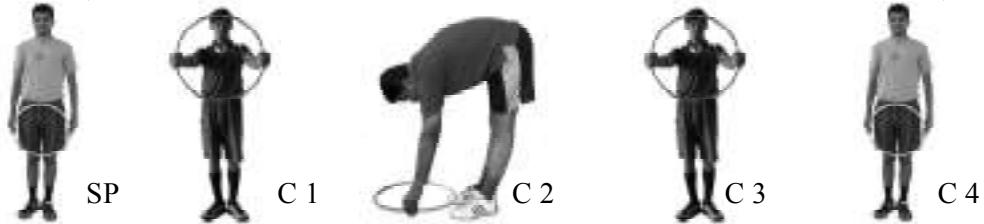
**CNT1:** Rise both the hands in front of the chest shoulder level Hoops vertical to the ground. Hold the hoops like pen.

**CNT2:** Bend trunk forward. hold the hoops infront of the ankle and parallel to the ground. Both elbows and knees should be straight.

**CNT3:** Raise the trunk up and hold the hoops infront of the chest like same as one

**CNT4:** Come back to the position.

**Instruction:-** From count 5 to 16 same as above



### **EXERCISE - 4**

**Position:** Hoops position

**CNT1:** Hold the hoops infront of the chest. Hoops vertical to the ground. Should not bend the elbows. Chest up look front.

**CNT2:** Bend the elbows like w shape. Hold the hoops on the shoulders, bend the knees.

**CNT3:** Hold the hoops infront of the chest like count one.

**CNT4:** Come back to the position.

**Instruction:-** From count 5 to 16 same as above.



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### **EXERCISE - 5**

Position: Hoops position

CNT1: Put left leg forward. Hold the hoops in front of the chest, chest up look front, should not bend the elbows it should be straight

CNT2: Hold the hoops above the head ,hands should be straight, hoops parallel to the ground.

CNT3:Same as count one

CNT4:Come back to the position.

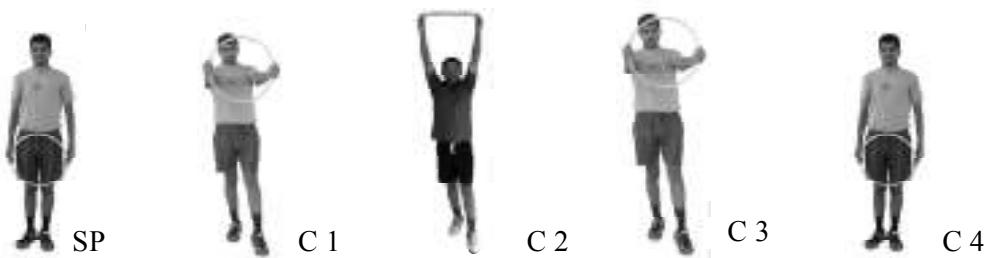
CNT5:Put right leg forward. hold the hoops in front of the chest, hands should be straight hoops vertical to the ground.

CNT6:Right leg forward, hold the hoops above the head.

CNT7:Same as count no 5

CNT8:Come back to the position.

Instruction:- From count 9 to 16 same as above



### **EXERCISE -6**

Position: Hoops position

CNT1: Put left leg forward, hold the hoops in front of the chest, hoops vertical to the ground, hands should be straight, look in to it.

CNT2: Trunk bend forward, hold the hoops on left leg foot, hoops parallel to the ground, hands should be straight.

CNT3: Same as count 1

CNT4: Come back to the position

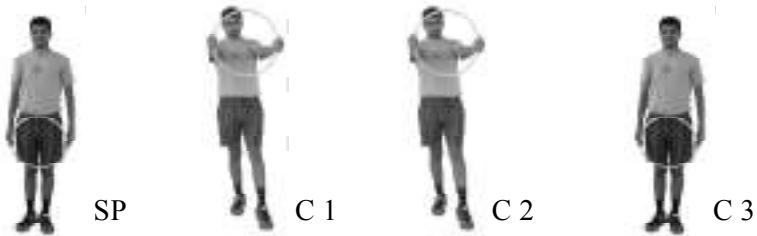
CNT5: Put right leg forward, hold the hoops in front of the chest.

CNT6: Bend the trunk forward, hold the hoops on the right leg foot, hoops parallel to the ground and little above the ground, hands and legs should be straight.

CNT7: Same as count no 5

CNT8: Come back to the position.

Instruction:- From count 9 to 16 same as above



### **EXERCISE 7**

Position: Hoops position

CNT1: Hold the hoops above the head and parala to the ground, both the hands should be stright.

CNT2: Bend the trunk towards leftside, hands should be stright.

CNT3: Sme as count no 1

CNT4: Come back to the position..

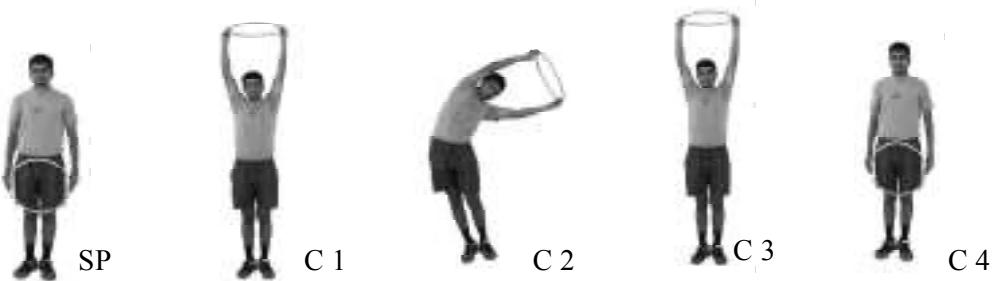
CNT5: Hold the hoops above the head hands should be stright, hoops paralal to the ground.

CNT6: Bend the trunk towards right side, hands should be stright.

CNT7: Same as count 5

CNT8: Come back to the position.

Instruction:- From count 9 to 16 same as above



### **EXERCISE -8**

Position: Hoops position

CNT1: Hold the Hoops infront of the chest, hands should be stright.

CNT2: Turn the Hoops like staring, towards rightside, hands should be stright

CNT3: Same as count 1

CNT4: Come back to the position

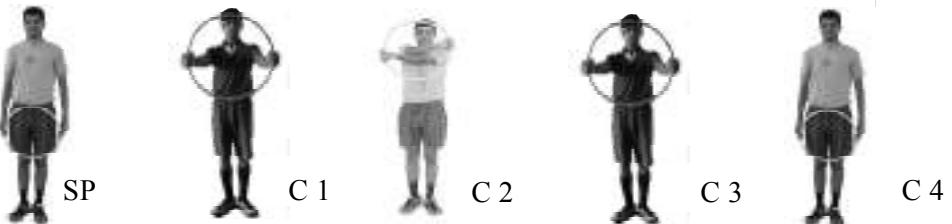
CNT5: Hold the hoops infront of the chest like verticleshape, boththe hands should be stright

CNT6: Turn the hoops like staring towards rightside, hands should be stright.

CNT7: Same as count no 5

CNT8: Come back to the position.

Instruction:- From count 9 to 16 same as above



### **EXERCISE -9**

Position: Hoops position

CNT 1: Hold the hoops infront of the chest, hands should be straight, hoops vertical to the ground.

CNT 2: Hold the hoops towards leftside, left hand should be shoulder level and straight,bend right hand elbow in front of the chest rise up hoops should be vertical to the ground.

CNT3: Same as count 1

CNT4: Come back to the position

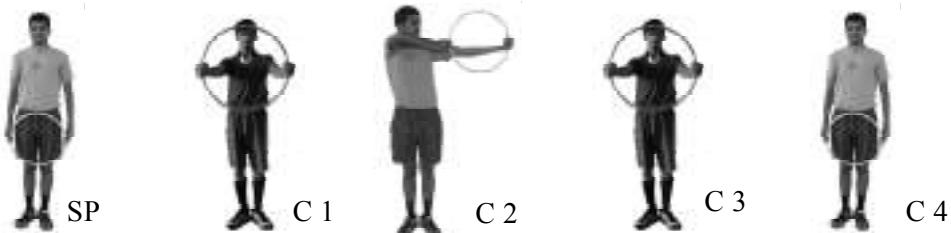
CNT5: Same as count 1

CNT6: Hold the hoops towards rightside, right hand should be shoulder level and straight bend left hand elbow infront of the chest and rise up.

CNT7: Same as count 5

CNT8: Come back to the position.

Instruction:- From count 9 to 16 same as above



### **EXERCISE -10**

Position: Hoops position

CNT1:Put left leg forward, hold the hoops infront of the chest, hands should be straight.

CNT2: Put left leg towards leftside, and hold the hoops towards leftside, left hand should be straight and shoulder level, right hand elbow should be bend infront of the chest and lift up

CNT3: Same as count 1

CNT4: Come back to the position

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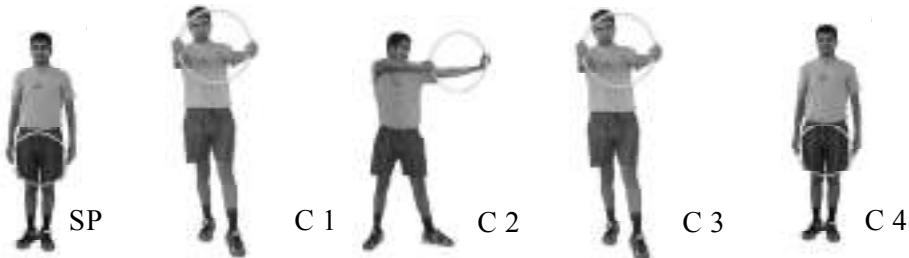
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CNT 5: Put right leg towards rightside, and hold the hoops towards rightside, hoops vertical to the ground

CNT 7: Same as count no 5

CNT 8: Come back to the position.

Instruction:- From count 9 to 16 same as above



### **EXERCISE -11**

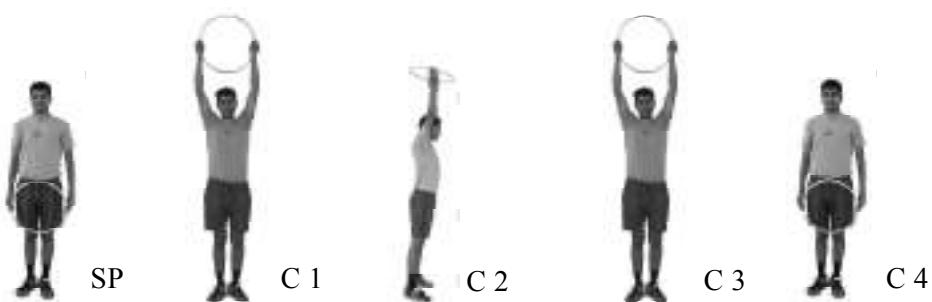
Position: Hoops position

CNT1: Hold the hoops above the head like vertical, hands should be straight.

CNT2: Hoops turn forward above the head, rist movements only, hands should be straight.

CNT3: Same as count 1

CNT4: Come back to the position (Instruction:- From count 5 to 16 sam above)



### **EXERCISE -12**

Position: Hoops position

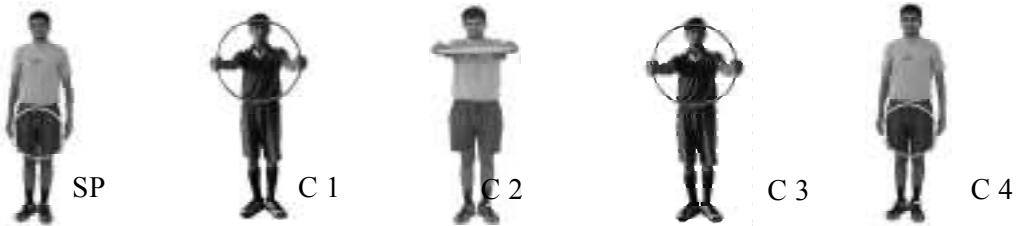
CNT1: Hold the hoops in front of the chest shoulder level vertical to the ground, hands should be straight.

CNT2: Turn the hoops forward in front of the chest, rist movement only, hands should be straight shoulder level.

CNT3 : Same as count 1

CNT4: Come back to the position

Instruction:- From count 5 to 16 same as above



### **EXERCISE 13**

Position: Hoops position

CNT1: Put left leg forward rise the hoops vertical infront of the chest shoulder level, hands should be straight.

CNT2: Put left leg backside leg should be straight, rise the hoops above the head paralal to the ground, hands should be straight.

CNT3: Same as count 1

CNT4: Come back to the position

CNT5: Put right leg forward rise the hoops vertical infront of the chest shoulder level, hands should be straight.

CNT6: Put right leg backside leg should be straight, rise the hoops above the head paralal to the ground, hands should be straight.

CNT7: Same as count 5

CNT8: Come back to the position

Instruction:- From count 9 to 16 same as above



### **EXERCISE -14**

Position: Hoops position

Position: Hoops position

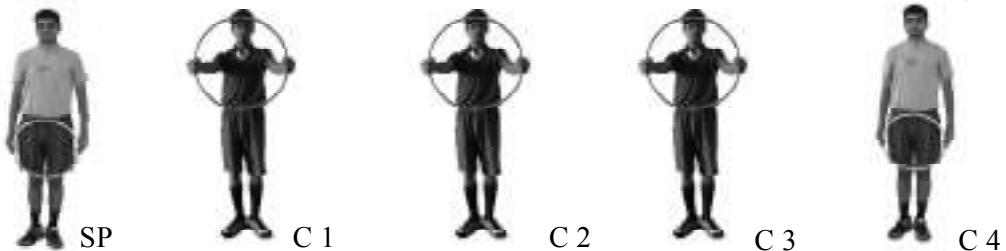
CNT1: Rise the hoops in front of the chest shoulder level vertical to the ground, hands should be straight.

CNT2: Turn the hoops forward one round and hold the hoops in front of the chest vertical to the ground shoulder level.

CNT3: Turn the hoops forward onemore round and hold the hoops in front of the chest vertical to the ground shoulder level.

CNT4: Come back to the position

Instruction:- From count 5 to 16 same as above



### **EXERCISE -15**

Position: Hoops position

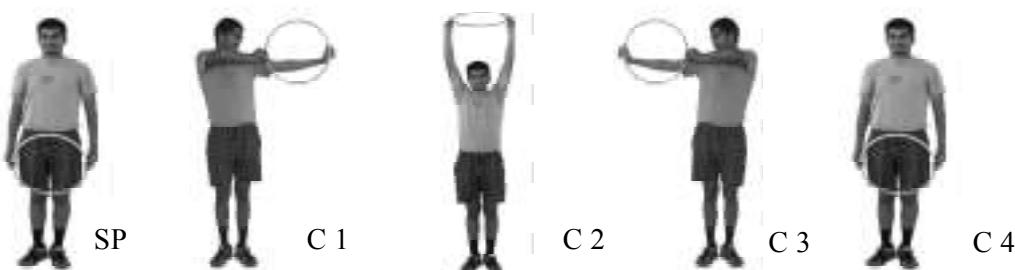
CNT1: Hold the hoops towards leftside vertical to the ground, left hand should be straight, right hand elbow should be bend in front of the chest and rise up.

CNT2: Rise the hoops above the head vertical to the ground, hands should be straight.

CNT3: Hold the hoops towards rightside vertical to the ground, righthand should be straight, left hand elbow should be bend in front of the chest and rise up.

CNT4: Come back to the position.

Instruction:- From count 5 to 16 same as above.



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## DUMB BELLS EXERCISE

**Dumb bells up**

Bend forward and take the dumb bells.

**Dumb bells down**

Bend forward and put the dumb bells down.

**Dumb bells position:**

Count 1: Hold the Dumb bells in front of the chest.

Count 2: Hold the Dumb bells beside the thighs.

**Dumb bells rest.**

Count 1: Hold the Dumb bells in front of the chest.

Count 2: Hold the Dumb bells beside the thighs.

**Exercise-1**

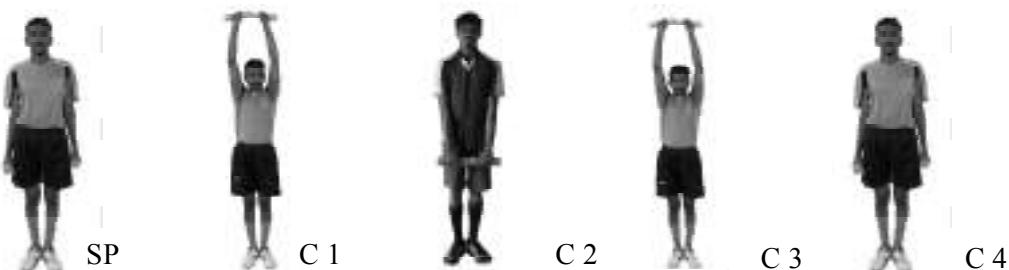
Position: Dumb bells positions. (hold the Dumb bells in the hand)

Count 1: Raise the heels up and click the Dumb bells above the head.

Count 2: Click the Dumb bells in front of the thighs.

Count 3: Same as count one.

Count 4: Back to the position.

**Exercise-2**

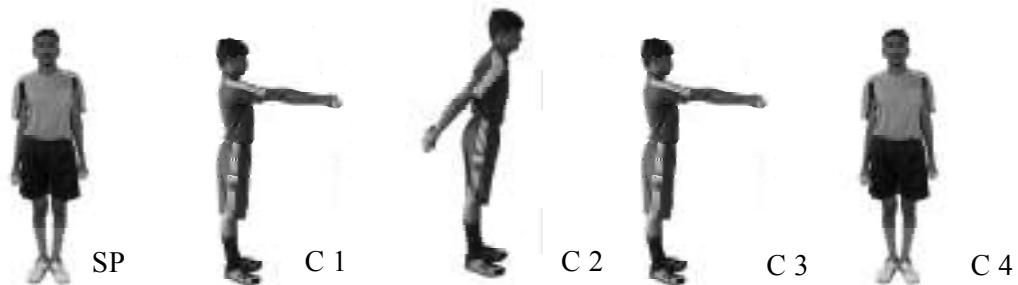
Position: Dumb bells positions.

Count 1: Raise the heels and click the dumb bells in front of the chest.

Count 2: Heels down and click the dumb bells behind the waist.

Count 3: Same as count one.

Count 4: Back to the position.



### Exercise-3

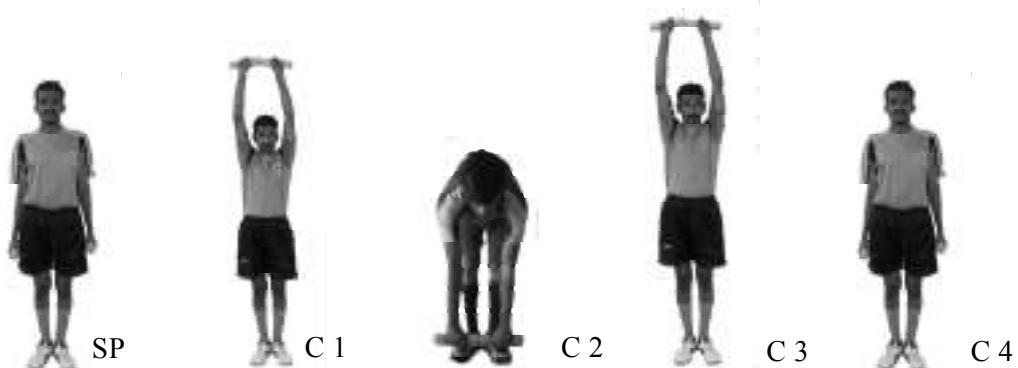
Position: Dumb bells position.

Count 1: Raise the heels and click the Dumb bells above the head.

Count 2: Bend forward and click the Dumb bells in front of the ankle.

Count 3: Same as count one.

Count 4: Back to the position.



### Exercise-4

Position: Dumb bells position.

Count 1: Put your left leg left side and bend the knee. Click the Dumb bells above the head.

Count 2: Click the dumb bells in front of the thighs.

Count 3: Join left leg to right leg, bend forward click the Dumb bells above the foot.

Count 4: Back to the position.

Count 5: Put your right leg right side and bend the knee, click the dumb bells above the head.

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- 
- Count 6: Click the dumb bells in front of the thighs.  
 Count 7: Join right leg to left leg, bend forward click the dumb bells above the foot.  
 Count 8: Back to the position. Count 3: Join left leg to right leg, bend forward click the Dumb bells above the foot.



#### Exercise-5

- Position: Dumb bells position.
- Count 1: Put your left leg forward and bend the knee. click the dumb bells above the head.  
 Count 2: Click the dumb bells under the left leg thigh.  
 Count 3: Left leg join to the right leg then click the dumb bells above the head.  
 Count 4: Back to the position.  
 Count 5: Put your right leg forward and bend the knee. click the Dumb bells above the head.  
 Count 6: Click the Dumb bells under the right leg thigh.  
 Count 7: Right leg join to the left leg then click the dumb bells above the head.  
 Count 8: Back to the position.



#### Exercise-6

- Position: Dumb bells position.
- Count 1: Turn towards your left and put left leg forward then click the dumb bells above head.  
 Count 2: Bend the trunk forward and click the dumb bells under left leg thigh.  
 Count 3: Same as count one.  
 Count 4: Back to the position.

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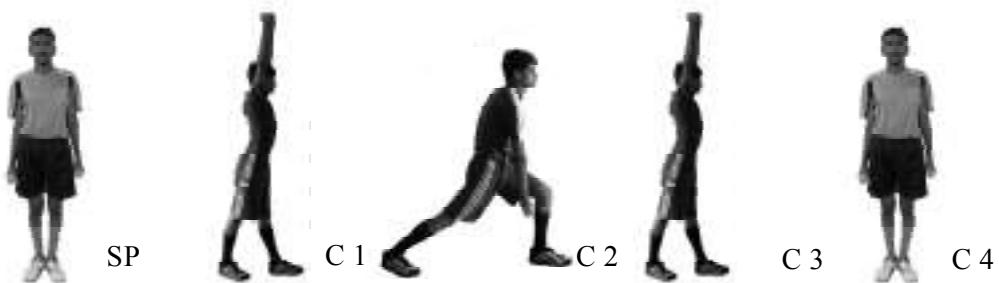
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Count 5: Turn towards your right and put right leg forward then click the dumb bells above the head.

Count 6: Bend the trunk forward and click the dumb bells under right leg thigh.

Count 7: Same as count five.

Count 8: Back to the position.



#### Exercise-7

Position: Dumb bells position.

Count 1: Raise the hells and click the dumb bells above the head.

Count 2: Raise the left leg waist level,bend the knee.Toe pointing towards the ground, click the Dumb bells under the knee.

Count 3: Same as count one.

Count 4: Back to the position.

Count 5: Same as count one.

Count 6: Raise the right leg waist level, bend the knee, click the Dumb bells under the knee.

Count 7: Same as count five.

Count 8: Back to the position.





### Exercise-8

Position: Dumb bells position.

Count 1: Turn towards your left, raise right leg heel, click the dumb bells above the head.

Count 2: Right leg join to the left leg, then click the Dumb bells in front of the thigh.

Count 3: Once again turn towards your left. Raise right leg heel. Click the dumb bells above the head.

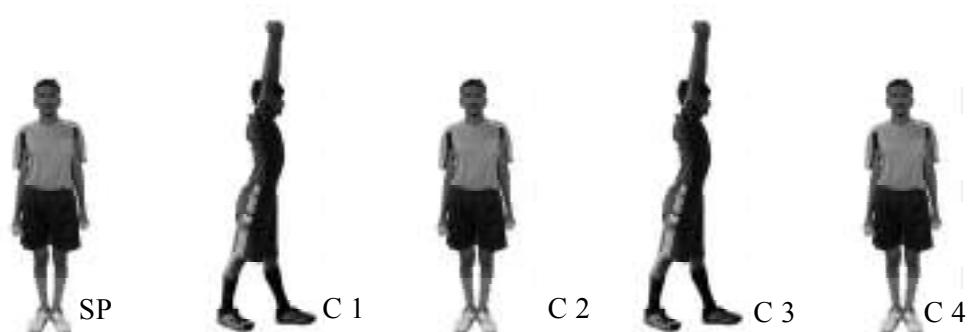
Count 4: Same as count two.

Count 5: Once again turn towards your left. (same as count one)

Count 6: Same as count two

Count 7 : Once again turn towards your left. same as count one.

Count 8 : Same as count two



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## WANDS EXERCISE

### **Wands position.**

Count 1: Hold the wand in front of the chest. Wand should be parallel to the ground.

Count 2: Hold the wand in front of the thigh, hands should be straight.

### **Wands rest**

Count 1: Raise the wand in front of the chest. Wand should be parallel to the ground.

Count 2: Hold the wand in right hand put the wand near right foot.

### **Exercise-1**

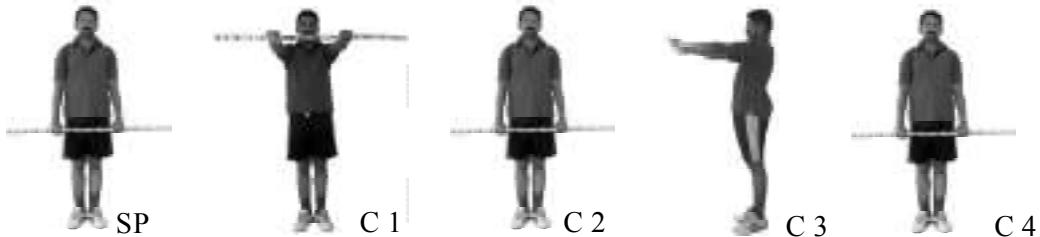
Position: Wands position.

Count 1: Hold the wand in front of the chest shoulder level. It should be parallel to the ground.

Count 2: Come back to the position.

Count 3: Same as count one.

Count 4: Back to the position.



### **Exercise-2**

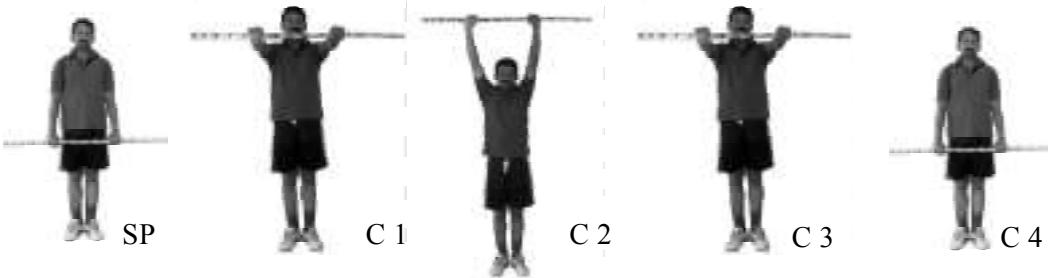
Position: Wands position.

Count1: Hold the wand in front of the chest shoulder level. It should be parallel to the ground.

Count2: Raise the wand above the head,hands should be straight ,wand parallel to the ground.

Count 3: Same as count one.

Count 4: Back to the position.



### **Exercise-3**

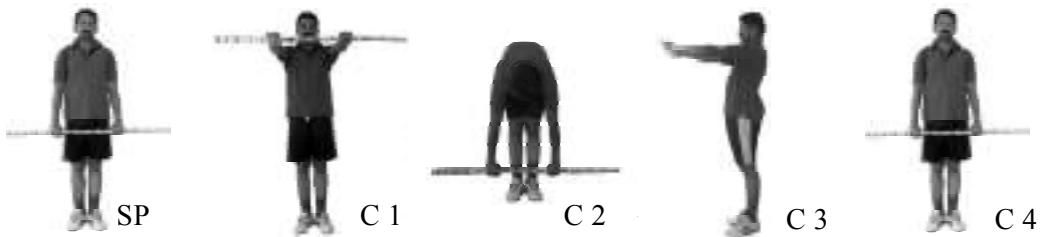
Position: Wands position.

Count 1: Hold the wand in front of the chest, hands should be parallel to the ground.

Count 2: Bend forward and hold the wand above the foot, hands should be straight.

Count 3: Same as count one.

Count 4: Back to the position.



#### **Exercise-4**

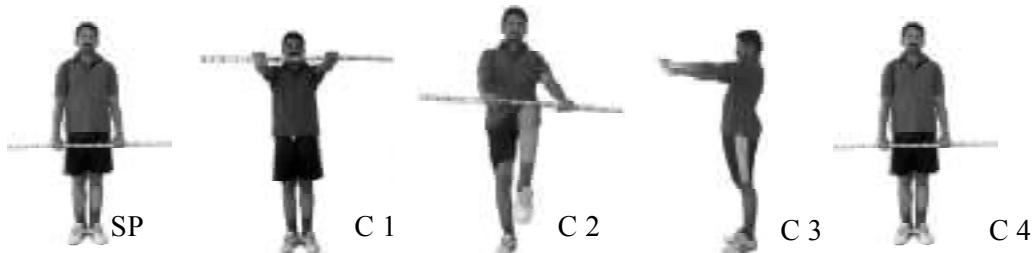
Position: Wands position

Count 1: Hold the wand in front of the chest. Hands should be parallel to the ground.

Count 2: Raise left leg waist level, knee should be bend, toe pointing towards the ground hold the wand on left leg thigh.

Count 3: Same as count one.

Count 4: Back to the position.(From count number 5 to 8 repeat the exercise from right leg)



#### **Exercise-5**

Position: Wands position.

Count 1: Hold the wand in front of the chest, hands should be parallel to the ground.

Count 2: Hold the wand behind the neck, elbows should be bend.

Count 3: Same as count one.

Count 4: Back to the position.



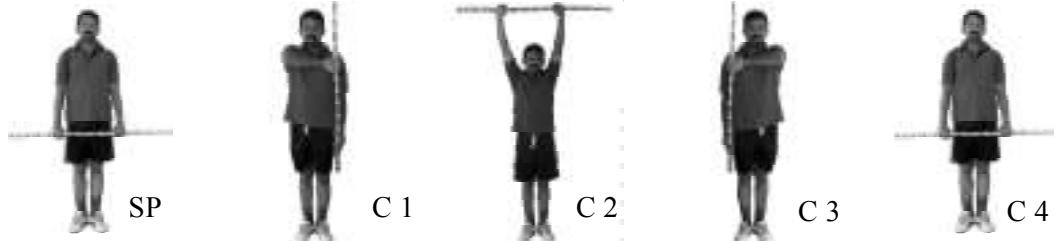
#### **Exercise-6**

Position: Wands position.

Count 1: Hold the wand near the left arm pit, wands should be vertical to the ground, left hand should be straight. Right hand should be bend and hold the wand in upward.

Count 3: Hold the wand near the right armpit. Wand should be vertical to the ground bend left hand elbow and hold the wand upward, right hand should be straight.

Count 4: Back to the position.



### **Exercise-7**

Position: Wands position.

Count 1: Hold the wand in front of the chest. Wand should be parallel to the ground.

Count 2: Hold the wand in front of the chest. Wand should be vertical to the ground. Left hand downward, right hand should be upward.

Count 3: Same as count one.

Count 4: Back to the position.

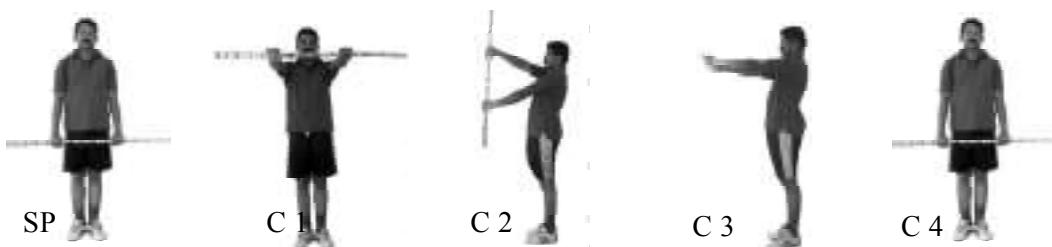
Count 5: Same as count one.

Count 6: Hold the wand in front of the chest. Wand should be vertical to the ground.

Left hand should be hold upward, right hand should be hold downward.

Count 7: Same as count one.

Count 8: Back to the position.



### **Exercise-8**

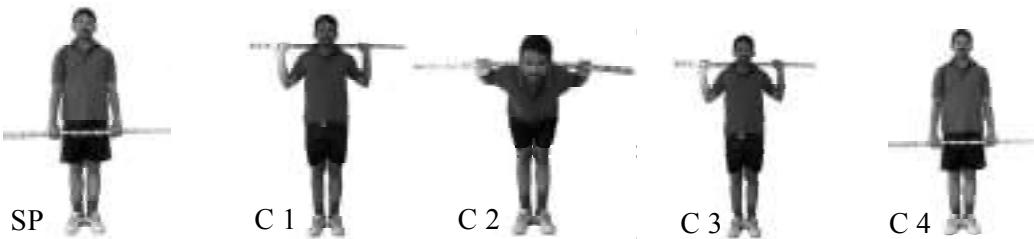
Position: Wands position.

Count 1: Hold the wand behind the neck.

Count 2: Bend forward.

Count 3: Same as count one.

Count 4: Back to the position.



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### **Exercise-9**

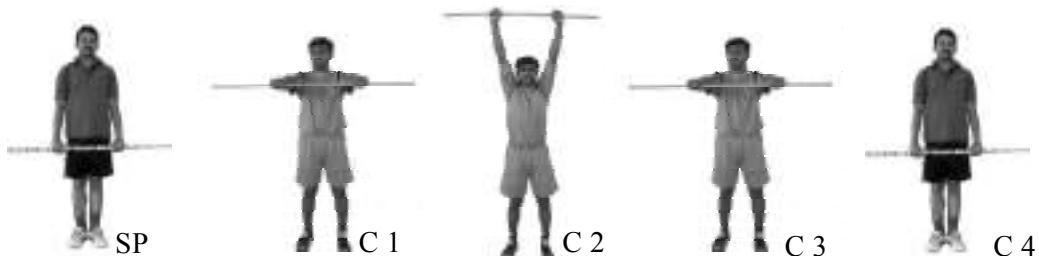
Position: Wands position.

Count 1: Jump and spread the legs, hold the wand in front of the chest.

Count 2: Raise the wand above the head. Wand should be parallel to the ground.

Count 3: Same as count one.

Count 4: Jump and come back to the position.



### **BAMBOO DRILL**

Bamboos up : Hold the bamboos in the hands. Bamboos should be parallel to the ground. Hands should be touch to the side of the body.

Bamboos down: Put both the bamboos side of the feet.

Bamboos position.

Count 1 : Raise the bamboos sideways shoulder level straightly.

Count 2 : Down the bamboos and hold the bamboos near the waist. Hands should be straight.

Bamboos rest:

Count 1 : Raise the Bamboos sideways shoulder level.

Count 2 : Hold the Bamboos near the waist, hands should be touch the side of the body.

### **EXERCISE 1**

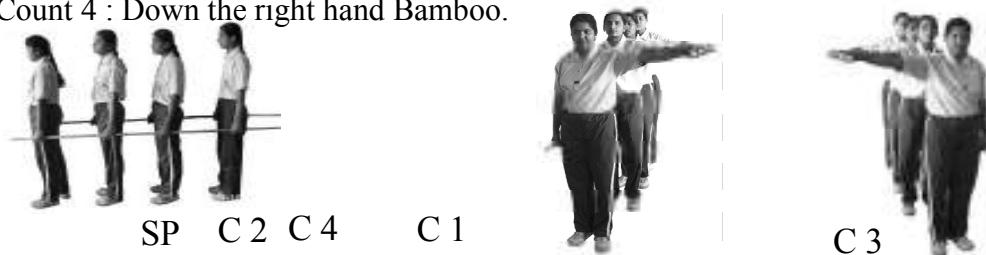
Position : Bamboos position.

Count 1 : Raise the left hand Bamboo left side shoulder level. Left hand parallel to the ground.

Count 2 : Down the left hand Bamboo.

Count 3 : Raise the right hand Bamboo right side shoulder level.

Count 4 : Down the right hand Bamboo.



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## EXERCISE 2

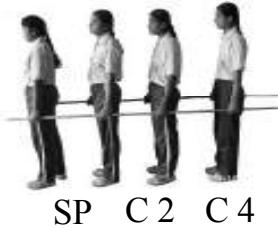
Position : Bamboo position.

Count 1 : Raise both the hands sideways shoulder level. Bamboos are parallel to the ground.

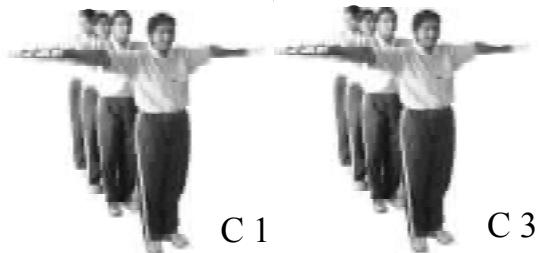
Count 2 : Back to the position.

Count 3 : Same as count one.

Count 4 : Back to the position.



SP C 2 C 4



C 1 C 3

## EXERCISE 3

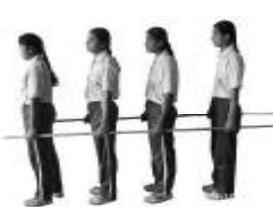
Position : Bamboos position.

Count 1 : Raise left hand bamboo left side shoulder level. Bambu should be parallel to the ground.

Count 2 : Raise the left hand Bamboo above the head.

Count 3 : Same as count one.

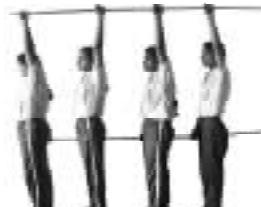
Count 4 : Back to the position.



SP C 4



C 1



C 2



C 3

## EXERCISE 4

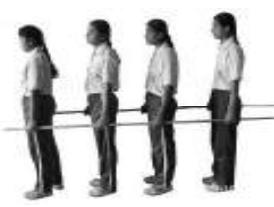
Position : Bamboos position.

Count 1 : Raise both the bamboos sideways shoulder level. Hands parallel to the ground.

Count 2 : Raise both the Bamboos above the head.

Count 3 : Same as count one.

Count 4 : Come back to the starting position.



SP C 4



C 1



C 2



C 3



### EXERCISE 6

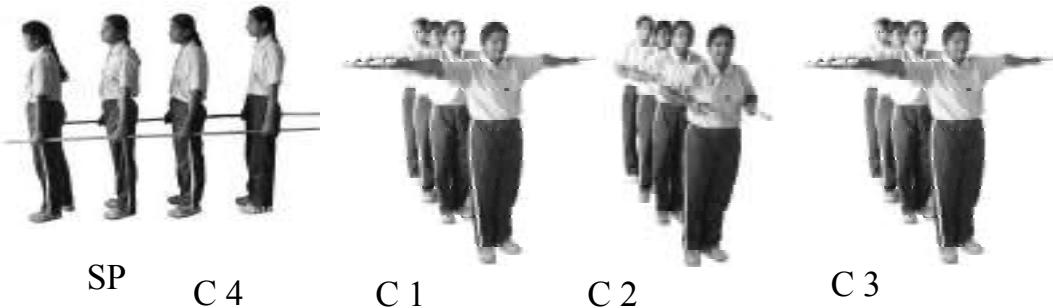
Position : Bamboos positon

Count 1 : Raise both the Bamboos sideways shoulder level.

Count 2 : Bend both the elbows and hold the Bamboos near the armpit

Count 3 : Same as count one.

Count 4 : Back to the position.



### EXERCISE 7

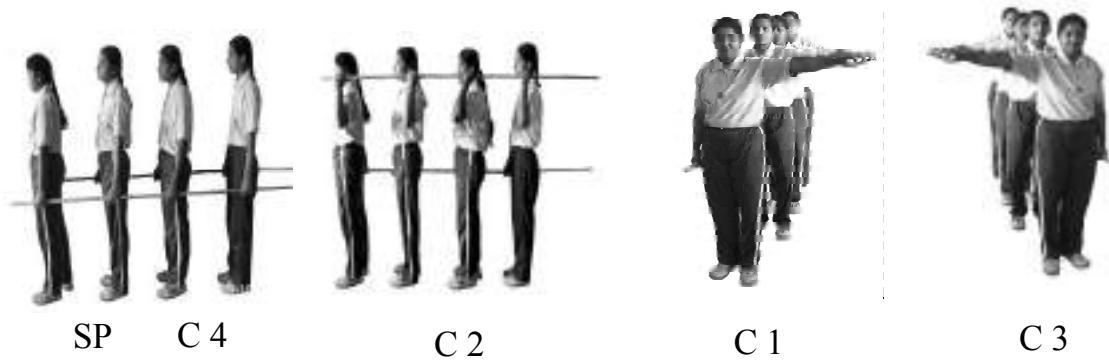
Positon : Bamboos position.

Count 1 : Raise left hand Bamboo sideways shoulder level.

Count 2 : Bend the left hand elbow and hold the Bamboo on the left shoulder.

Count 3 : Same as count one.

Count 4 : Back to the position.



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## EXERCISE 8

Position : Bamboos position.

Count 1 : Raise both the hands sideways shoulder level. Bamboos should be parallel to the ground.

Count 2 : Bend both elbows and hold the Bamboos on the shoulders.

Count 3 : Same as count one.

Count 4 : Back to the position.



## FLAG DRILL

Flag position :

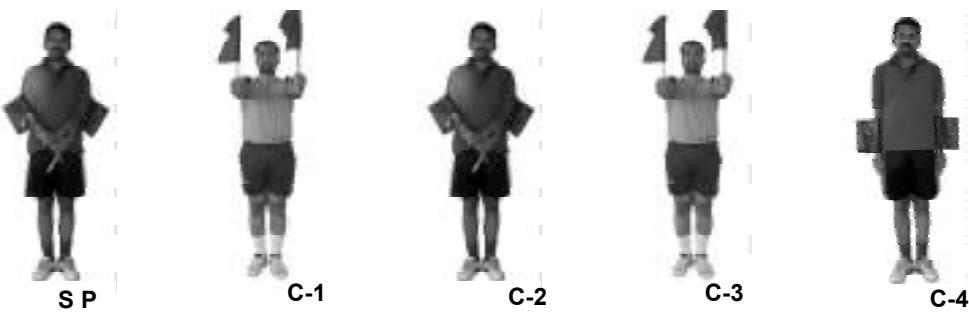
Count 1 : Stand in attention position. Raise the flags in front of the chest, hands should be straight, hands parallel to the ground. Flags should be vertical to the ground.

Count 2 : Cross the hands in front of the thighs keep the right hand above the left hand elbows should be straight.

Flags rest :

Count 1 : Raise the flags in front the chest hands should be straight and parallel to the ground. Flags should be vertical to the ground.

Count 2 : Hold flags beside the thighs, hands should be straight. Flags should be vertical to the ground.



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### **EXERCISE 1**

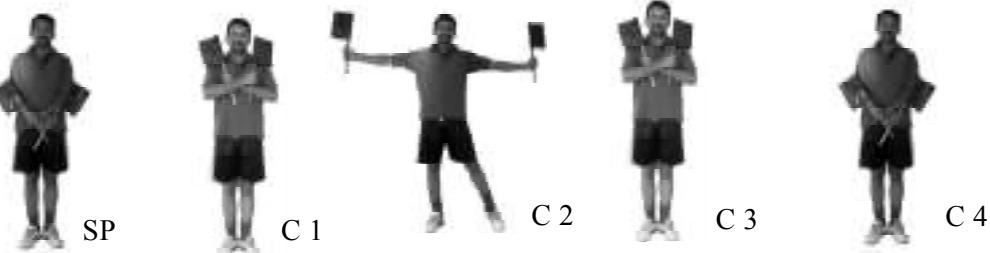
Position : Flags position

Count 1 : Cross the hands in front of the chest, elbows should be bend.Keep the right hand above the left hand.

Count 2 : Stretch the left leg towards left side raise the hands sideways shoulder level.Hands should be parallel to the ground.Flags should be vertical to the ground.

Count 3 : Same as count one.

Count 4 : Back to the position.(From count number 5 to 8 repeat the exercise from right leg)



### **EXERCISE -2**

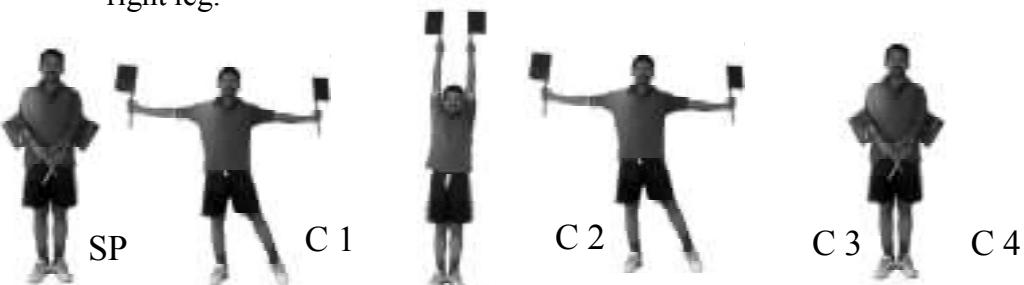
Position : Flags position.

Count 1 : Stretch left leg towards left side left heel up the hands should be parallel to the ground.Flags should be verticalto the ground.

Count 2 : Raise the hands above the head.Join the leg hands should be straight, flags should be vertical to the ground.

Count 3 : Same as count one.

Count 4 : Back to the position ( From count number 5 to 8 repeat the exercise from right leg.



### **EXERCISE -3**

Position : Flags position.

Count 1 : put your left leg forward, raise your hands shoulder level in front of the chest. Hands should be parallel to the ground. Flags should be vertical to the ground.

Count 2 : Stretch both hand sideways shoulder level, left hand flag should be turn down

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ward. Right hand flag should be up.

Count 3 : same as count one.

Count 4 : Back to the position. (From count number 5 to 8 repeat the exercise from right leg)



#### EXERCISE -4

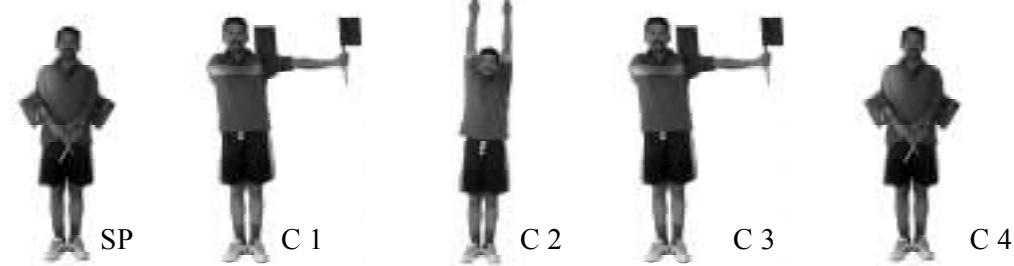
Position : Flags position.

Count 1 : Raise left hand towards left side shoulder level. Bend right hand elbow in front of the chest. Elbow should be raised up.

Count 2 : Raise both the hands above the head, flags should be vertical to the ground, hands should be straight.

Count 3 : Same as count one.

Count 4 : Back to the position.



#### EXERCISE - 5

Position : Flags position.

Count 1 : Put your left leg forward, bend the knee, keep your hands back side one above the other. Flags facing upward. Back leg should be straight.

Count 2 : Bend the right knee and put on the ground. Bend the left leg knee, body weight rest on the right knee and left leg toe. Hands raise upward.

Count 3 : Same as count one.

Count 4 : Back to the position.(From count number 5 to 8 repeat the exercise from right leg)



### EXERCISE - 6

Position : Flags position.

Count 1 : Put your left leg forward and bend the knee.Raise your hands shoulder level in front of the chest.Flags should be vertical to the ground.

Count 2 : Bend the right leg knee and put on the ground.Left leg knee should be bend.Raise your hands above the head.Flags should be vertical to the ground.

Count 3 : Same as count one.

Count 4 : Back to the position.

(From count number 5 to 8 repeat the exercise from right leg)



### EXERCISE - 7

Position : Flags position.

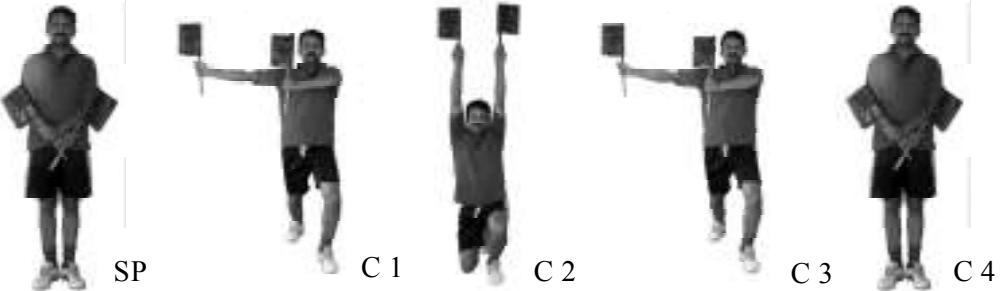
Count 1 : Put your left leg forward and bend the knee, raise the both hands shoulder level in front of the chest.Flags should be vertical to the ground.

Count 2 : Bend the right knee and put on the ground.Left leg knee should be bend. Raise the hands above the head. Flag should be vertical to the ground.

Count 3 : Same as count one.

Count 4 : Back to the position.

(From count number 5 to 8 repeat the exercise from right leg)



### EXERCISE -8

Position : Flags position.

Count 1 : Put your left leg forward and bend the knee.Raise right hand sideways shoulder level.Flag should be vertical to the ground.Bend left hand elbow and hold in front of the chest.Elbow should be raise up. Flag should be vertical to the ground.

Count 2 : Bend right leg knee and put on the ground bend left leg knee raise both the hands above the head . Flags should be vertical to the ground.

Count 3 : Same as count one.

Count 4 : Back to the position.

(From count number 5 to 8 repeat the exercise from right leg)



### FLOWER STICK DRILL

Flower stick position

Count 1 : Raise both the hands in front of the chest.Flower sticks should be vertical to the ground.

Count 2 : Hold both the hands side of the thighs. Flower stick rest

Count 1 : Raise both the hands in front of the chest, flower sticks vertical to the ground.

Count 2 : Hold both the hands side of the thighs, elbows should be straight, flower sticks should be vertical to the ground.

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### **EXERCISE - 1**

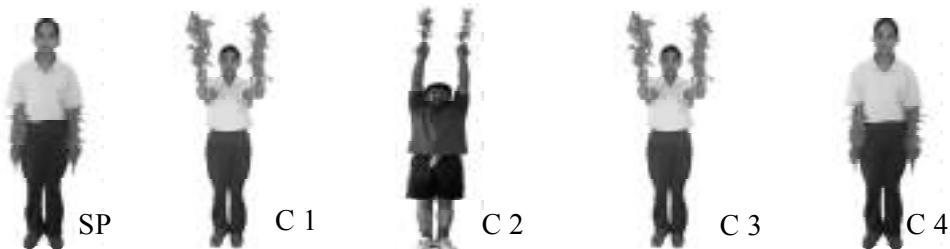
**Position :** Flower stick position

**Count 1 :** Raise both the hands in front of the chest. Hands should be parallel to the ground flower sticks should be vertical to the ground.

**Count 2 :** Raise both the hands above the head, elbows should be straight, flower sticks should be vertical to the ground.

**Count 3 :** Same as count one.

**Count 4 :** Back to the position.



### **EXERCISE - 2**

**Position :** Flower stick position

**Count 1 :** Raise both the hands in front of the chest. Hands should be parallel to the ground.

**Count 2 :** Stretch both the hands sideway. Hands should be parallel to the ground, elbow should be straight, flower sticks should be vertical to the ground.

**Count 3 :** Same as count one.

**Count 4 :** Back to the position.



### **EXERCISE - 3**

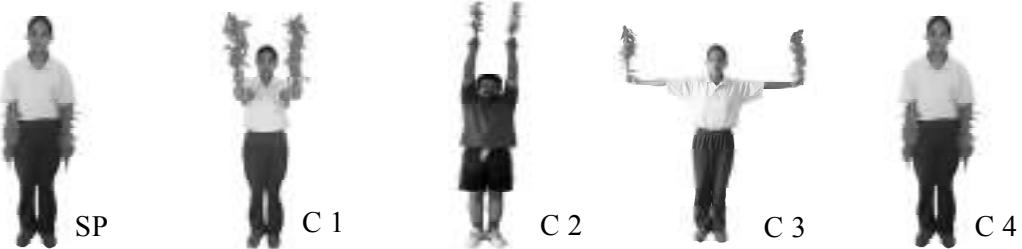
**Position :** Flower stick position.

**Count 1 :** Raise both hands in front of the chest, elbows should be straight, flower sticks should be vertical to the ground hands should be parallel to the ground.

**Count 2 :** Raise both the hands above the head elbows should be straight. Flower sticks should be vertical to the ground.

**Count 3 :** Stretch both the hands sideway, hands parallel to the ground. Flower sticks should be vertical to the ground.

**Count 4 :** Back to the position.



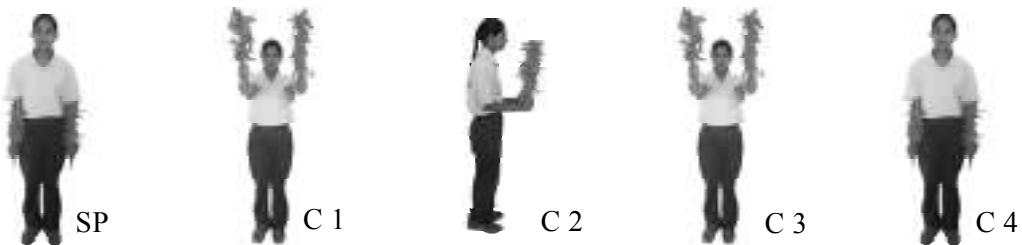
#### EXERCISE - 4

Position : Flower stick position.

Count 1: Turn towards your left side. Raise the hands shoulder level in front of the chest, hands should be parallel to the ground ,Flower sticks should be vertical to the ground.

Count 2 : Bend the elbow and hold the flower sticks in front of the abdomen.

Count 3 : Turn towards your rightside



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## STEP DANCE

### SINGLE ROCKING

POSITION : Place both the hands on waist. Stretch left leg forward little above the ground.

Count 1 : Jump on the right leg take front left leg and put beside the right leg place.

Count 2 : Jump on the left leg take front right leg and put beside the left leg place.

Count 3 : Same as count one.

Count 4 : Same as count two.

Count 5 : Same as count one.

Count 6 : Same as count two.

Count 7 : Same as count one.

Count 8 : Same as count two.

Count 9 : Same as count one.

Count 10 : Same as count two.

Count 11 : Same as count one.

Count 12 : Same as count two.

Count 13 : Jump and spread the legs. place both the hands on the waist.

Count 14 : Jump and join the legs.

Count 15 : Stretch the right leg back.

Count 16 : Stretch the right leg front.

Instruction : Remaining 16 counts do the exercise from the right leg.

### DOUBLE ROCKING

Position : Step dance position.

Count 1 : Jump on the right leg take front. left leg place near the right leg.

Count 2 : Jump on the left leg behand the right leg knee and kick forward.

Count 3 : Jump from join the right leg to the left leg.

Count 4 : Jump from right leg bend the left leg knee and kick forward.

Count 5 : Jump and join the left leg to the right leg.

Count 6 : Jump from left leg bend the right leg knee and kick forward.

Count 7 : Jump and join the right leg. beside the left leg.

Count 8 : Jump from right leg bend the left leg knee and kick forward.

Count 9 : Jump and join the left leg beside the right leg.

Count 10 : Jump from left leg bend right leg knee and kick forward.

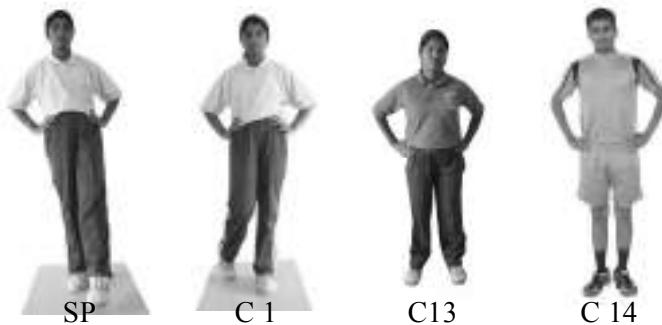
Count 11 : Jump and place the right leg beside the left leg.

Count 12 : Jump on the right leg bend the left knee and kick forward.

Count 13 : Jump and spread both the legs.

Count 14 : Jump and join the legs.

Count 15 : Stretch the right leg back.



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Count 16 : Stretch the right leg forward.

Instruction : Remaining 16 counts do the exercise from the right leg.

### **TOE TOUCH**

Position : Step dance position.

Count 1 : Jump on the right leg take front left leg bend the knee and place behind the right leg heel, left leg toe on the ground. hands on the hips.

Count 2 : Jump on the right leg stretch the left leg forward place the heel on the ground. toe should be up knee should be straight.

Count 3 : Same as count one.

Count 4 : Same as count two.

Count 5 : Same as count one.

Count 6 : Same as count two.

Count 7 : Same as count one.

Count 8 : Same as count two.

Count 9 : Same as count one.

Count 10 : Same as count two.

Count 11 : Same as count one.

Count 12 : Same as count two. SP



C 1

C 13

C 14

Count 13 : Jump and spread the legs.

Count 14 : Jump and join the legs.

Count 15 : Stretch the right leg back.

Count 16 : Stretch the right leg front hands on the hips.

Instruction : Remaining 16 counts do the exercise from the right leg.

### **ALTERNATE TOE TOUCH.**

Position : Step dance position.

Count 1 : Jump on the right leg bend the left leg knee place behind the right leg heel, left toe on the ground, hands on the hips.

Count 2 : Jump on the right leg stretch left leg forward keep heel on the ground toe pointing upward.

Count 3 : Jump on the left leg. bend the right knee and place the right leg toe behind the left leg heel.

Count 4 : Jump on the left leg stretch the right leg forward keep heel on the ground. toe facing upward.

Count 5 :Jump on the right leg bend the left leg knee place the toe behind the right leg heel.

Count 6 : Jump on the right leg stretch left leg forward place heel on the ground toe facing upward.

Count 7 : Jump on the left leg right leg toe keep behind the left heal.

Count 8 : Jump on the left leg stretch right leg forward keep heel on the ground.

Count 9 : Same as count five.

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Count 10 : Same as count six.  
Count 11 : Same as count seven.  
Count 12 : Same as count eight.  
Count 13 : Jump and spread the legs.  
Count 14 : Jump and join the legs.  
Count 15 : Stretch right leg backward.  
Count 16 : Stretch right leg forward.

Instruction : Remaining 16 counts do the exercise from the right leg.

### **TOE HEAL**

Position : Step dance position.

Count 1 : Jump on right leg toe keep left leg toe in front of the right leg toe. bend left leg knee.

Count 2 : Jump on right leg toe keep left leg heal towards left side.

Count 3 : Same as count one.

Count 4 : Same as count two.

Count 5 : Same as count one.

Count 6 : Same as count two.

Count 7 : Same as count one.

Count 8 : Same as count two.

Count 9 : Same as count one.

Count 10 : Same as count two.

Count 11 : Same as count one.

Count 12 : Same as count two.

Count 13 : Spread the both legs. SP

C 1

C 2

C 13

C 14

Count 14 : Join both legs.

Count 15 : Stretch right leg backward.

Count 16 : Stretch right leg forward.

Instruction : Remaining 16 counts do the exercise from right leg.

### **ALTERNATIVE TOE HEAL**

Position : Step dance position.

Count 1 : Jump from right leg keep left leg toe beside the right leg toe, bend the knee  
keep hands on the hips.

Count 2 : Jump on right leg keep left leg heal towards leftside, knees should be  
straight.

Count 3 : Jump on left leg keep right leg toe beside the left leg feet, bend the knee,  
hands on the hips.

Count 4 : Jump on the left leg keep right leg heal towards right side knee should be  
straight.

Count 5 : Same as count one.

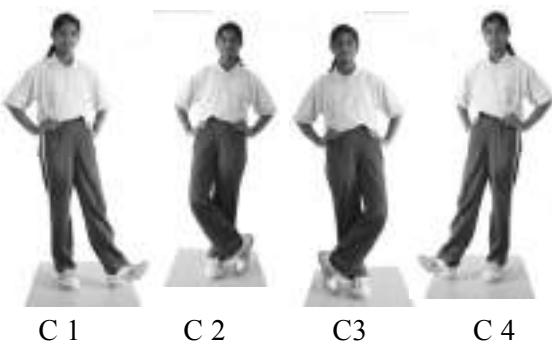
Count 6 : Same as count two.

Count 7 : Same as count three.

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Count 8 : Same as count four.  
Count 9 : Same as count one.  
Count 10 : Same as count two.  
Count 11 : Same as count three.  
Count 12 : Same as count four.  
Count 13 : Jump and spread the legs.  
Count 14 : Jump and join the legs.  
Count 15 : Stretch the right leg back.  
Count 16 : Stretch the right leg front.



### TOE HEAL SIDE KICK

Position : Step dance position.  
Count 1 : Jump on right leg left leg toe keep behind the right leg heal hands on the hips.  
Count 2 : Jump on right leg left leg heal keep forward .  
Count 3 : Jump on right leg, left leg toe keep right leg beside.  
Count 4 : Jump on right leg keep left leg heal towards leftside.  
Count 5 : Same as count one.  
Count 6 : Same as count two.  
Count 7 : Same as count three.  
Count 8 : Same as count four.  
Count 9 : Same as count one.  
Count 10 : Same as count two.  
Count 11 : Same as count three  
Count 12 : Same as count four.  
Count 13 : Jump and spread the legs.  
Count 14 : Jump and join the legs.  
Count 15 : Stretch the right leg back.  
Count 16 : Stretch the right leg front.



C 1

Instruction : Remaining 16 counts do the exercise from the right leg.

### ALTERNATIVE TOE HEAL SIDE KICK.

Position : Step dance position.  
Count 1 : Jump on right leg keep left leg toe behind the right leg heal, hands on hips.  
Count 2 : Jump on right leg place left leg heal front.  
Count 3 : Jump on right leg keep left toe beside the right leg.  
Count 4 : Jump on right leg keep left leg heal towards left side.  
Count 5 : Jump on left leg keep right leg toe behind the left leg heal, hands on hips  
Count 6 : Jump on left leg keep right leg heal front.  
Count 7 : Jump on left leg keep right leg toe beside the left leg.  
Count 8 : Jump on left leg keep right leg heal towards right side.

## ಪುಸ್ತಕವನ್ನು ಕುರಿತು

ಸಾಮಾಂಜಿಕ ವ್ಯಾಯಾಮಗಳು ಮತ್ತು ತಾಳಬದ್ಧ ಚಟುವಟಿಕೆಗಳಾದ ಮಾಸ್ ಪಿ.ಟಿ. ವ್ಯಾಯಾಮ ಪಟ್ಟಿಗಳು, ಉಪಕರಣ ವ್ಯಾಯಾಮಗಳು, ಏರೋಬಿಕ್ ಮುಂತಾದ ಚಟುವಟಿಕೆಗಳನ್ನು ಬರೆದು ದೃಷ್ಟಿಕೆ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕರಿಗೆ ಕಲಿಯಲು ಅನುಕೂಲ ಮಾಡಿಕೊಡುವ ಪ್ರಯತ್ನವನ್ನು ಇವರು ಮಾಡಿದ್ದಾರೆ.

ಅಶೋಕ್ ಸಿ.ಆರ್., ಶಿಕ್ಷಣಾಧಿಕಾರಿಗಳು

ಶಾಲಾಶಿಕ್ಷಣ ಮತ್ತು ಸಾಕ್ಷರತಾ ಇಲಾಖೆ, ಕೋಲಾರ.

\* \* \* \* \*

ಸಾಮಾಂಜಿಕ ವ್ಯಾಯಾಮಗಳು ಮತ್ತು ತಾಳಬದ್ಧ ಚಟುವಟಿಕೆಗಳನ್ನು ಶಾಲೆಯಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಕಲಿಸಿ ಶಾಲೆಯನ್ನು ವರ್ಣಿಸಿತ್ತಾಗಿ ಮಾಡಲು ಅನುಕೂಲವಾಗುತ್ತದೆ. ಅಂಗ್ರೇಜ್ ಭಾಷೆಯಲ್ಲಿ ದೃಷ್ಟಿಕೆ ಶಿಕ್ಷಣ ಚಟುವಟಿಕೆಗಳ ಪುಸ್ತಕಗಳೇ ವಿರಳ ಅಂತಹುದರಲ್ಲಿ ಈ ಪುಸ್ತಕವು ದೃಷ್ಟಿಕೆ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕರಿಗೆ ಜಾನ್ಯ ದಾಹವನ್ನು ತೀರಿಸಿ ಅಗತ್ಯತೆಗಳನ್ನು ಪೂರ್ಣವಾಗಿ ಸೂಚಿಸುತ್ತದೆ.

ಶಂಕರೇಗೌಡ ಜಿ. ಆರ್., ವಿಷಯ ಪರಿವೇಶದ್ವರು

ಶಾಲಾಶಿಕ್ಷಣ ಮತ್ತು ಸಾಕ್ಷರತಾ ಇಲಾಖೆ, ಕೋಲಾರ.

\* \* \* \* \*

ಈ ಪುಸ್ತಕ ದೃಷ್ಟಿಕೆ ಶಿಕ್ಷಣಕ್ಕೆ ನಿಜವಾದ ಕ್ರಿಯಾಶೀಲ ಚಟುವಟಿಕೆಗಳತ್ತ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಸೇಳಿಯಲು ಮತ್ತು ಅದರತ್ತ ಒಲವು ಮಾಡಿಸಲು ಸಹಾಯಕಾರಿಯಾಗಿದೆ. ಇಂತಹ ಪುಸ್ತಕಗಳು ದೃಷ್ಟಿಕೆ ಶಿಕ್ಷಣ ಕ್ಷೇತ್ರಕ್ಕೆ ಮತ್ತು ಸಮಾಜಕ್ಕೆ ಉತ್ತಮ ಕೊಡುಗೆಯಾಗಿ ಪ್ರತಿಬಿಂಬಿಸಲಿವೆ.

ಶತೀವಧನ, ಕೆ.ಎಸ್., ವಿಷಯ ಪರಿವೇಶದ್ವರು

ಶಾಲಾಶಿಕ್ಷಣ ಮತ್ತು ಸಾಕ್ಷರತಾ ಇಲಾಖೆ, ಕೋಲಾರ.

\* \* \* \* \*

ಈ ಪುಸ್ತಕದಲ್ಲಿ ಮೂಡಿಬಂದಿರುವ ಪ್ರತಿಯೊಂದು ಚಟುವಟಿಕೆಗಳು ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ, ಶಿಕ್ಷಕರಿಗೆ, ಉದ್ಯೋಗಸ್ಥರಿಗೆ ಮತ್ತು ನಾಗರಿಕರಿಗೂ ಸಹಾಯವಾಗುವುದರಲ್ಲಿ ಸಂಶಯವಿಲ್ಲ. ಏರೋಬಿಕ್ ಮತ್ತು ಸ್ಪೆರ್ ಡ್ಯಾನ್ಸ್ ನಂತಹ ಇತರೆ ಚಟುವಟಿಕೆಗಳಿಂದ ಸಾಮಾಜಿಕ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡುವಲ್ಲಿ ಈ ಪುಸ್ತಕವು ಸಹಕಾರಿಯಾಗಲಿದೆ.

ಗಾಯಿತ್ರಿ ಪಿ.ವಿ., ವಿಷಯ ಪರಿವೇಶದ್ವರು

ಶಾಲಾಶಿಕ್ಷಣ ಮತ್ತು ಸಾಕ್ಷರತಾ ಇಲಾಖೆ, ಕೋಲಾರ.

ಸರಳಭಾಷೆ, ಜಿತ್ತು ಸಹಿತ ಆಕರ್ಷಕ ನಿರೂಪಣೆಯನ್ನು ಒಳಗೊಂಡಿರುವ ಈ ಕೃತಿಯಲ್ಲಿ ಉದಯೋನ್ನಿಂದಿನ ಲೇಖಕರ ಸಂಶೋಧನಾತ್ಮಕ ಪರಿಶ್ರಮ ಅಡಗಿದೆ. ತರಬೇತಿ ನೀಡುವವರಿಗೆ ಸಂಜೀವಿನಿಯಂತೆ ಕಾರ್ಯನಿರ್ವಹಿಸುತ್ತದೆ. ದೃಷ್ಟಿಕ್ಕಾಗಿ ಶಿಕ್ಷಣ ಶಿಕ್ಷಕರು ಓದಿ ಪ್ರಾಯೋಗಿಕವಾಗಿ ಶಾಲೆಯಲ್ಲಿ ಬಳಸಿಕೊಳ್ಳು ಸಹಾಯಕವಾಗಿದೆ.

**ಕೃಷ್ಣಪ್ರಪಂಚ**, ವಿಷಯ ಪರಿವೀಕ್ಷರು  
ಶಾಲಾಶಿಕ್ಷಣ ಮತ್ತು ಸಾಕ್ಷರತಾ ಇಲಾಖೆ, ಕೋಲಾರ

\* \* \* \* \*

ಈ ಪುಸ್ತಕ ದೃಷ್ಟಿಕ್ಕಾಗಿ ಶಿಕ್ಷಕರಿಗೆ ಮಾರ್ಗದರ್ಶನವನ್ನು ನೀಡುವುದಲ್ಲದೆ. ಅವರ ಕ್ರಿಯಾಶೀಲತೆಯನ್ನು ಉತ್ತಮ ಪಡಿಸಿಕೊಂಡು ಮಕ್ಕಳಿಗೆ ಬೋಧನೆ ಮಾಡಲು ಉತ್ತಮವಾದ ಪುಸ್ತಕವಾಗಿದೆ. ಈ ಕೃತಿದಿಯಲ್ಲಿ ಎಲ್ಲಾ ಬಗೆಯ ಚಟುವಟಿಕೆಗಳನ್ನು ಹೂಡಿಕರಿಸಿದೆ.

### **ಮಂಜುನಾಥ್**

ದೃಷ್ಟಿಕ್ಕಾಗಿ ಶಿಕ್ಷಣ ವಿಷಯ ಪರಿವೀಕ್ಷರು  
ಶಾಲಾಶಿಕ್ಷಣ ಮತ್ತು ಸಾಕ್ಷರತಾ ಇಲಾಖೆ, ಕೋಲಾರ

\* \* \* \* \*

ಮಕ್ಕಳು ಶಾಲೆಯಲ್ಲಿ ಅಧ್ಯಯನದ ಬಗ್ಗೆ ಆಸಕ್ತಿ ಬೆಳಸಿಕೊಳ್ಳಲು, ಮಾನಸಿಕವಾಗಿ ಉಲ್ಲಾಸದಿಂದಿರಲು, ಶಾಲೆಯ ಎಲ್ಲಾ ಕಾರ್ಯಕ್ರಮಗಳು ವರ್ಣರಂಜಿತವಾಗಿ ಮೂಡಿಬರಲು, ಈ ಪುಸ್ತಕ ಮನರಂಜನೆಯೋಪಾದಿಯಲ್ಲಿ ಮೂಡಿಬಂದಿದೆ.

### **ಮುರಳಿ ಮೋಹನ್ ಎ,**

ಜಿಲ್ಲಾಧ್ಯಕ್ಷರು, ದೃಷ್ಟಿಕ್ಕಾಗಿ ಶಿಕ್ಷಣ ಶಿಕ್ಷರ ಸಂಘ  
ಕೋಲಾರ

\* \* \* \* \*

ಶಾಲಾ – ಕಾಲೇಜುಗಳಲ್ಲಿ ದೃಷ್ಟಿಕ್ಕಾಗಿ ಶಿಕ್ಷಣ ಕಡ್ಡಾಯವಾಗಿದೆ ಮತ್ತು ಅಭ್ಯಾಸ ಪಟ್ಟಿಯನ್ನು ನಿಗದಿ ಮಾಡಲಾಗಿದೆ. ಆದ್ದರಿಂದ ಎಲ್ಲಾ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೂ ಮತ್ತು ಶಿಕ್ಷಕ ವ್ಯಂದದವರಿಗೂ ಇಂಥಾ ಚಟುವಟಿಕೆಗಳ ಕೃತಿದಿಯ ಅವಶ್ಯಕವಾಗಿ ಬೇಕಾಗಿದೆ. ಈ ಕೃತಿದಿಯ ಹೆಚ್ಚು ಹೆಚ್ಚು ಓದುಗರ ಕ್ಷೇತ್ರದಲ್ಲಿ ಹಾರ್ಡ್‌ಸ್ಟ್ರೆನ್ಸ್‌ನೇ.

### **ನಾಗರಾದಿಜ್**

ತಾಲ್ಲೂಕು ಅಧ್ಯಕ್ಷರು, ದೃಷ್ಟಿಕ್ಕಾಗಿ ಶಿಕ್ಷಣ ಶಿಕ್ಷರ ಸಂಘ  
ಕೋಲಾರ