

Chapter - 9

MARCHING

Good marching calls for correct carriage, well co-ordinated easy movement and develops a sense of rhythm and posture. The standard of marching attained by a class is therefore, a useful indication of the value of the general physical training. Marching should be purposeful and should give a feeling of exhilaration. It is an important factor in obtaining a good class spirit, helps in developing the disciplined attitude, alertness of mind, punctuality, leadership, rhythmic sense and patriotic feelings among the students. It is required at each stage of physical training, being a compulsory element for different purposes/occasions. In this chapter, various important aspects of marching have been explained, which may be useful for the students in many ways.

9.1 Savdhan (Attention)

The command "Savdhan" (Attention) is the most important position in drill and calls for a position of readiness and alertness from the class as a whole. It implies the effort of each child to assume the most correct standing position of which it is capable. It demands an attentive attitude of mind and a readiness to move in response to further directions. The constant practice of this position, rightly interpreted, cultivates in the children the ability to acquire and maintain good posture. The position is described in the following manner :

Heels must be together and in a line. Toes should be turned out equally forming an angle of 30 degree. Knees should be straight without stiffness. Body should be erect resting equally on hips, chest lifted, arched and shoulder square. Arms should be hanging from the shoulders straight with hands closed with body and fingers slightly clinched, backs of fingers touching

the thighs and thumbs to the front and close to the fore fingers. Neck should be erect. Head should be balanced evenly on the neck with eyes looking at their own height and straight to the front. The weight of the body should be balanced evenly on both feet. The breathing must not in any way be restricted and no part of the body should be either drawn in or pushed out.

9.2 Vishram (Stand at ease)

This is a position which may be used occasionally when for any special reason, a short pause is required in the continuity of the work. It gives the teacher an added opportunity to give explanations, corrections or demonstrations. The position is described as :

The left foot should be carried 12" to the left so that the weight of the body rests equally on both feet. At the same time carry the hands behind the back and place the back of the right hand in the palm of the left, right thumb over the left grasping it lightly keeping both arms straight at the elbows. The fingers should be fully extended and held close.

9.3 Aramse (Stand easy)

In this position, relax the limb. Head and body may move but the pupil will not move his feet. Talking, turning back and using handkerchief are not permitted. This position may be used with advantage during drill periods for giving students short rests.

9.4 Jaise The (As you were)

When a teacher is not satisfied with a particular action of a student during a drill period, he should bring his class back to the *original position* by using this word of command.

9.5 Line Barr (Form Line)

This command is used for getting all students in a line. At this word of command, students come into Savdhan position at the places wherever they are standing and march forward towards

the instructor and the right marker halts 81 cm. away. The rest, line up to the left of the right marker his belt and take Savdhan position. Those who get the position on line come to at ease position. This will naturally be successive from the right to the left.

9.6 Ek line Ban

At this command, the squad will fall in one line. Before this command, the instructor will call out a student who will be Dahine Darshak (right guide).

At the command, the rest of the students take Savdhan position and march forward and get into line on the left side of the 'Dahine Darshak'. While doing so they will take shoulder length distance between each other, by dressing up to the right.

The whole procedure will be followed by the class in the quickest possible time without any confusion. The class should be trained to form line in such a way that the shortest will be on the right and the tallest on the left.

9.7 Do/Tin line Ban

At this command, the class forms into 2/3 rows. The first row being in line with Dahine Darshak No. two and three behind Dahine Darshak, taking an arms distance from the 1st. The remaining line/lines are behind first row at a distance of 84 cms. in between. The blank file, if any will always be on the left side.

9.8 Saj Ja (Dress Up)

At the command Saj Ja, each student will take up his dressing in line by moving with short quick steps and repeating the movements as described under Dahine Saj. As soon as he takes proper dressing, he should stand in 'Savdhan' position. In short, this command combines the movements under two commands viz.

- (i) Dahine Saj
- (ii) Samne Dekh

9.9 Dahine Saj (Right Dress)

At the command Dahine Saj, all students except the right marker (Dahine Darshak) will take a short sharp step of 15" forward with left foot bringing the right foot near the left foot bringing the right foot near the left, pause and turn head and eyes smartly to the right and at the same time, boys in the front rank only extend their right arms at shoulder level, with fingers half closed, knuckles touching the arms of the student on his right. He should then take up his cressing in line by moving with short quick steps until he can see the lower part of the face of the boy two places away from him. Fist and shoulders should be kept square to the front. Care should be taken to move the body backward or forward quick to get proper dressing. The right hand students of the centre and rear rank place themselves 30" from the rank in front, each individual of these ranks covering correctly by glancing out of the corner of his eye.

9.10 Baen Saj (Left Dress)

At the command Baen Saj, the whole movement should be carried out to the left turning, head and eyes to the left and extending left arms as described in Dahine Saj.

9.11 Samne Dekh (Eyes Front)

This command is given when the students are in Dahine/Baen Dekh position. On this command, the student should turn his head and eyes smartly to the front and take simultaneously 'Savdhan' position.

9.12 Dahine Dekh / Baen Dekh

At this command, the boys either in marching action or in Savdhan position, turn their heads right or left as the case may be. The leader only salutes in this position. The rest of the class only turn their heads except the Dahine Darshak.

This command is given to show respect of the class to the senior officer or distinguished visitor.

9.13 Ginti Kar (Numbering)

At this command, the students from right should start calling out numbers such as Ek, Do, Tin, Char (One, Two, Three, Four) etc. While doing so, he will keep his head steady and continue to look to the front.

9.14 Qadam Tal (Mark Time)

At the command "Qadam Tal", the student should raise the left knee so that the top of the thigh is parallel to the ground, the lower leg is perpendicular to the ground (cell in line under the knee). At this time, the balance of the body will be on the right leg alone. On count no. Ek (One), the left leg comes down, the ball of the foot first touching the ground and simultaneously right leg goes up on count no. Do (Two). Similarly the left leg goes up and the alternative action continues. The body should be in 'Savdhan' position.

9.15 Dahine Mur (Right Turn)

This is a two count movement - Standing at Savdhan.

Ek (One) - Student should turn through 90 degrees to the right on the right heel and left toe, raising the right toe and left heel. In doing so, the weight of the body is kept on the right foot. On completion of the movement, the right foot must be flat on the ground and the left leg rear of the right with heel raised, both knees straight and the weight of the body on the right foot. The hands must be held close to the side and should not be allowed to wave about.

Do (Two) - Student should bring the left foot smartly to the right, lifting it (6") 15 cm. clearly off the ground, the thigh parallel to the ground, toe pointing to the ground and after doing so, getting into Savdhan position, joining the left foot with the right foot.

9.16 Baen Mur (Left Turn)

Repeat the movement in two counts to the left, on left heel and right toe.

9.17 Adha Dahine/Baen Mur

At this command, the student should take half right turn or left turn through an angle of 45 degree, as the case may be. The movement is of two counts as in full right/left turn movement.

9.18 Pichhe Mur

Ek (One) - At this command, the student will turn by the right through an angle of 180 degree with toe of the left foot and heel of the right foot and maintain the balance by touching the thigh together.

Do (Two) - He should then raise his left foot about six inches off the ground and bring it smartly to the right foot and get into Savdhan position. While doing this movement the weight of the body should be on the right foot.

9.19 Baith Jao

At this command, the class will take a sitting position quickly with legs crossed, right ankle over left and hands straight with fists closed to the front on both knee. The body should be straight with head erect and eyes to the front.

9.20 Khare Ho

At this command, the class should get up quickly with a jump, coming to the Vishram position.

9.21 Ek Line mein Kadvar Jama Hon

At this command, the class will stand in single line with tallest on the right and shortest on the left.

9.22 Tartib Ho

When this command is given, that student whose number is called out, raises his left fore arm parallel to the ground, keeping left elbow straight with the body and palm of the hand to the right, fingers extended and closed together.

This command is given to identify odd numbers or even numbers or also an individual who has been given a particular number.

9.23 Tej Chal (Quick March)

Ek (One) - The student should swing the left leg forward. The foot should be carried straight to the front and placed upon the ground with the knee straight and only heel touching the ground 76 cms. or according to height. At the same time he should swing his right arm forward in the natural way, hands reaching as high as the waist belt in front and to the rear, keeping fingers slightly clenched.

Do (Two) - Repeat the movement by swinging right leg forward and reversing the position of arms.

Continue the movement alternately at repeated commands Ek - Do, Ek - Do. The body should be erect but loose, knees tight and elbows straight.

Note : In Tej Chal, the pace should be of 76 cms. swing of arms should be up to belt line; however, it is recommended that the free swing extending upto shoulder line may be practiced.

9.24 Tham (Halt)

The command Tham is given as the right foot passes the left. At this command the student should check the forward movement as the left foot comes to the ground. Bring the right foot in line with the left foot and cut both hands smartly to the sides. The student should stand firm in Savdhan position.

9.25 Dhire Chal

At the command Dhire Chal, the student should swing forward his left leg, with foot slightly onward, the toe pointing towards the ground and the remaining part of the body absolutely erect, arms by the side. The length of the step should approximately 38 cm. weight of the body on the right leg.

Ek - At the count Ek, he will further move his left leg another 38 cms. and place it on the ground, toe touching the ground first and at the same time he will bring his right leg forward by 38 cms. ahead of the left foot.

Do - At count Do, the right leg will be on the ground and the left leg should be moved forward 38 cms. ahead of the right leg. In the same way, he will continue to march by counts.

During Dhire Chal, the balance of the body should be on alternate legs. He must not move his hands at any stage during the movement of the feet.

9.26 Daur Ke Chal

At this command, the student will step off with the left foot and double on the toes with easy swinging strides, inclining the body slightly forward but maintaining its correct carriage. The feet must be picked up clearly from the ground at each pace and the thigh, the knee and the ankle joints must all work freely and without stiffness. The whole body should be carried forward by a thrust from the rear foot without unnecessary effort. The heels must not be raised towards the seat but the foot carried straight to the front and the toes placed lightly on the ground. The arms should swing easily from the shoulders and should be bent at the elbows, the forearm forming an angle of about 135 degree with the upper arm, fists clenched slightly, back of the hands outwards and the arms swinging sufficiently clear of the body to allow full freedom for the chest. The shoulders should be kept steady and square to the front and the head erect.

9.27 Dhire Chal mein Tham

The cautionary command 'Squad' is given when the right foot crosses the left. The final command 'Tham' is given when the right foot touches the ground. Complete on full pace of thirty inches with the left foot, bend the right knee and bring the right foot with the left in double time so as to assume the position of 'Savdhan' the time being a sharp 'one-two'.

9.28 Dhire Chal mein Qadam Tal

While the squad is in slow motion, this command is given, when the right foot crosses left foot. At the command, the right foot should touch the ground at the same time, the left foot, instead of advancing further, is raised up in the position of 'Qadam Tal'. The students will repeat the action alternately at the same place till further order.

9.29 Dhire Qadam - Tal se Age Barh

The command Age Barh may be given to continue the marching in Dhire Chal. When the right foot is up, the command 'Barh' is given. As soon as the right foot touched the ground, he will advance with his left leg for marching in Dhire Chal.

9.30 Dhire Chal mein Dahine Mur

This command is given when the class is to change its direction. The word 'Dahine' is said when the right foot crosses the left leg and the command Mur is given when the left foot crosses the right foot. The student should bring up his left foot and make a check in the shape of 'T' with his right foot. The toe of the right foot will be touching the middle part of the left foot. He turns to the right through 90 degree and at the same time his right foot will come forward in the position of Dhire Chal and he will march ahead.

9.31 Dhire Chal mein Baen Mur

The above similar action is carried out except that the opposite leg is to be used while turning.

9.32 Dhire Chal mein Pichhe Mur

This command is given when the class is to change the direction to its opposite, while in Dhire Chal movement. Complete the pace with the right foot, then start to turn with the left foot, the turn being completed in three beats of Dhire Chal time. After completing the turn about, the students will at once move forward the fourth pace being a full one and take with the right foot.

9.33 Tej Chal mein Qadam Tal

This command is given to maintain proper dressing between the students when the class is marching in Tej Chal.

The command is given when the left foot touches the ground. The student should step forward with his right foot. He then brings forward his left foot and will raise it above the ground as in Kadam Tal and then join the same with right foot with both hands on the sides, continue the movement alternately. The class is ready for dressing.

9.34 Tej Chal mein Tham

This order is given to halt the class when it is marching in Tej Chal. When the heel of the right foot touches the ground, the command Tham should be carried out by the students.

At this command, the students should start quick march in quick time, checking with right foot and advancing with left.

9.35 Tej Chal mein Dahine Mur

The command 'Dahine' is given when the left foot crosses the right and command 'Mur' is given when the right foot crosses the left. The student should bring up his left foot and check it with right foot in the 'T' shape (as in Daur Chal mein Tham). He turns to the right in 90 degree and at the same time, he comes into Tej Chal position with right foot and left arm in front. The hands will come down to the sides with the body at the time of check position.

9.36 Tej Chal mein Baen Mur

Repeat the same action as in Tej Chal mein Dahine Mur except that the word of command and action will be on reverse feet.

9.37 Tej Chal mein Pichhe Mur

Repeat the same action as in Dhire Chal mein Baen Mur except that the timing will be that of 'Tej Chal'.

9.38 Dhire Chal se Tej Chal

When the right foot crosses the left leg, the command Tej and when the left foot crosses the right foot the command 'Chal' is given and simultaneously the right foot is started with the left foot and the position of Tej Chal is acquired at once advancing with the left foot.

9.39 Daur Chal mein Qadam Tal

At this command, the boys should take proper dressing while they are in Daur ke Chal action. As for 'Tej Kadam Tal' except that the ball of the foot only is put to the ground and the arms are kept to the side in the bent position and to the front. The rate of Daur ke Chal is maintained (140 steps per minute).

9.40 Daur Chal mein Tham

At this command, the class should get into 'halt' position. The word of command is given as the left foot leaves the ground after which three more paces are taken. These three paces are required to check the more rapid movement of the body before gaining Savdhan position which is due on fourth count.

9.41 Dhire Chal se Tej Chal mein Aa

The command is given when the class is to change into quick march from slow march. At the command, the right foot should be stumped to the left and position of quick march should be taken and marching should be continued accordingly.

9.42 Tej Chal se Dhire Chal mein Aa

This command is given when the class is to change into slow march from quick march. At the command, the right foot is stumped to the left and hands are on both sides. Thereafter, the left foot comes forward as in slow march and the movement is continued.

9.43 Chhota Qadam

This command is given when the speed of class is to be reduced slightly. The word 'Chhota' is said while left foot touches the ground and the right foot is up. At the command 'Qadam' step the right foot forward at a distance of 53 cm. instead of 76 cm. and continue the movement.

9.44 Lamba Qadam

The command 'Lamba' is said when the left foot touches the ground and the right foot is up. At the command Qadam, step the right foot forward at a distance of 84 cm. instead of 76 cms. and continue the movement.

9.45 Qadam Badal

The word Qadam Badal Ek (given when the right foot reaches the ground). Complete the pace with the left foot so that the left foot is flat on the ground and 76 cm. in front of the right foot. The right arm is raised in front and the left arm in rear of the body.

Do - Bend the right knee so that the foot is placed flat on the ground with the hollow of the heel of the left foot and the arms are out to the sides, shoot the left foot forward, taking the position of Tej Chal.

9.46 Khuli Line Chal

To inspect the squad for Squads Drill, it is necessary for the squad to take (Khuli Line) the front rank takes one and half paces forward, the rear rank one and half paces to the rear and the centre rank stands fast.

On command 'Chal' the front rank "shoot the left foot forward" a full pace and then "shoot the right foot forward" a short pace of 38 cm. and then bring the left foot smartly to the side of the right. Arms are to be kept to the side through out. The rear rank confirms to the rear. In "Nikat-Line-Chal" the reverse of the above takes place.

9.47 Squad Age Barhega - Age Chal / Squad Pechhe Lautega - Pichhe Chal

This order is given when the Squad is standing in attention. Generally, the order is given by saying Ek Qadam, Do Qadam, Age Barhna aur Pichhe Lautna. As soon as the order is given, the squad will take one step forward or backward with the left foot and then the right foot will join the left foot as in Savdhan position, only on the command Ek Kadam Age. The squad will take another step on the forward or backward, if the squad had to go forward or backward two steps and close up with the left.

9.48 Do Qadam Dahine / Baen Chal

In Baen Chal, the student will first place his left foot to the left side (30 cm.) and then will close his right foot to the left foot. He will repeat movement once again.

At the command Do Qadam Dahine Chal, the student will repeat the movement as described above, but to the right. The movement may be repeated for more steps - maximum for 12 steps.

9.49 Dahine aur Baen Ghoom

At this command, the class changes its direction to the right or left when marching.

The inner man will wheel on the circumference of the circle 4 feet in diameter and will change direction through 90 degree. The speed of the wheel is governed by the ability of the outside man to keep pace by stepping out. The man on the inner flank

will glance outwards from the corner of his eye and will adjust his pace accordingly, whereas the outer lines will look inwards for dressing in columns.

If the class is halted or ordered to mark time when only a part of the boys have wheeled into a new direction, the boys who have not yet wheeled will cover off on those who have moved to their places, by the shortest route.

9.50 Tin Tin Mein Tej Chal (Dahine Se / Baen Se)

At this command, the class starts marching in threes in the usual marching position.

9.51 Samne Salute

Ek (One) - The student should swing his right hand smartly and bring it with a circular motion to the head, palm to the front, fingers extended and close together, point of the forefinger, one inch above the right eye, thumb close to the forefinger, elbow in line and nearly square with the shoulder, tips of the fingers, wrist and elbow in a straight line.

Do (Two) - At this count, students should cut their right hand quickly to its original position in the shortest way.

9.52 Dahine Salute - Salute ! / Baen Salute - Salute !

The command is given when the class is marching. The word Dahine Salute aur Baen Salute - Ek is given when the left foot touches the ground. Complete the next pace with the right foot and freeze with right foot forward, heel on the ground, toe raised, arms at the maximum extent of the swing.

Shoot the left foot forward and complete the next pace with left foot, heel on the ground, toe raised, bring the right arm smartly to the position of the salute, turn the head and eyes to the right, cut the left hand to the side as for the position of attention.

As the left foot comes to the ground and the salute is made, the class shouts 'UP' keep left arm still to the side, maintaining the correct position of the salute and without swinging the shoulder complete the next pace with the right foot and shout 'Do'.

The orders do (two), tin (three), char (four), panch (five), chhe (six) should be given in succession, once space with the right foot.

At the count chhe (six), class complete the pace with the right foot. As the heel touches the ground, turn the head and eyes to the front, cut the right arm away to the side and shout nichhe (down).

At the count saat (seven), continue marching in quick time, swing the arms and shout swinging on the first pace.

NOTE : Beginners will continue to call out the time.

9.53 Dahine aur Baen Disha Badal

At this command, the right/left guide of the marching squad stamps his left or right foot on the ground and turns to the right/left side and does qadam tal after moving three steps in the directions. Other students will turn half right/left and change the direction of their marching and will fall in right side of the right guide.

9.54 Swasthan (Break off)

At this command, the class will turn to the right, pause for two seconds and then break the ranks leaving the ground in quick time but in an orderly way.

9.55 Tin Quami Naare Lagayenge

At the command "Bharat Mata Ki" the students should raise their right hand by bending it at the elbow, fists closed and then pushing it forcibly upwards in the shortest way. At the same time, they would shout 'Jai'. Thereafter they should bring

their hands down in the shortest way in Savdhan position. This action should be repeated thrice along with the slogan 'Bharat Mata Ki Jai'. The second slogan must be louder and the third one the loudest.

9.56 Officer ko Patrika Dena aur Inam Lena

This is not a command but a procedure to be followed while approaching an officer or distinguished guest.

The student goes marching and halts smartly three paces in front of the officer. He salutes him and take one step forward. He should step forward. He should take the patrika or letter from his left hand with the right hand crossing it over in front, offer it to the officer and finally get into Savdhan position. Then he should get one step backward, salute him for the second time, take about turn and march back to his original position.

If a student is to receive a prize from the officer, he should follow the above procedure except that he should receive the prize instead of handing over the letter.