;q–!^

v]n v]ndf of]u

1 Minute Silence

Homework Check

-e|ftf b'Zo+t of]uLsf] v]n v]ndf of]u VCD df cfwfl/t 5 .\_

-Plyground df v'nf v'nf a;]/ ;fy ;fy} af]Ng] / ug]{\_

g x]/–x]/–x]/ v/fa -@\_

v/faL s;}sf] xg'{ x'Gg -@\_

o;}sf] gfd] of]u xf] -#\_

g ;'g–;'g–;'g g/fd|f] -@\_

g/fd|f] s;}sf] ;'Gg' x'Gg -@\_

o;}sf] gfd of]u xf] -#\_

g ;f]r–;f]r–;f]r v/fa -@\_

s;}sf] g/fd|f] ;f]Rg' x'Gg -@\_

o;}sf] gfd of]u xf] -#\_

g af]n–af]n–af]n g/fd|f] -@\_

g/fd|f] s;}nfO{ afNng' x'Gg -@++\_

o;}sf] gfd of]u xf] -#\_

g u/–u/–u/ g/fd|f] -@\_

g/fd|f] s;}sf] ug'{ x'Gg -@\_

o;}sf] gfd of]u xf] -#\_

cfFvfx? :j:y /fVgsf nflu arfpgsf nflu

s]xL x'G5 cfFvfdf -@\_

x'G5 x'G5 bfh' x'G5 -@\_

cfFvf lkl/Ss kf]N5 -@\_

slxn] sxL t b'V5 -@\_

kfgL 6k6k v:5 -@\_

cln cln sd b]lvG5 -@\_

xfdLn] s] ug]{ xf] -#\_

6L jL x]g'{ x'b}g -@\_

;'t]/ k9g' x'b}g -@\_

xfdLn] s] ug]{ xf] -#\_

a|]8–lal:s6 vfg' x'Gg -@\_

rfFSn]6 6lkm vfg'[ x'Gg -@\_

ca s] vfG5f}+ t gfgLx? -#\_

;AhL /f]6L vfg] xf] -@\_

kfns d]yL Nofpg] xf] -@\_

ufh/ d"nL vfg] xf] -@\_

xfdLn] s] ug]{ xf] -#\_

lrof lkpg' x'b}g-@\_

b'w dxL lkpg] xf] -@\_

dDdLnfO{ eGg] xf] -@\_

kfkfnfO{ eGg] xf] -@\_

xfdLn] s] ug]{ xf] -#\_

lr;f] kfgL lnP/ -@\_

cfFvfdf l58\sf}+ af/ af/ -@\_

Hofbf xf]Og $÷% af/ -@\_

xfdLn] s] ug]{ xf] -#\_

cfFvfsf] Exercise ug]{ xf] -@\_

d]/f] ;fydf ug'{ n –Right cf}nf ;Dd'v

1st Exercise is left, Right, up, Down

s] xf] gfgLx?===========

Left–l6s–l6s–l6s, l6s–l6s–l6s, l6s–l6s–l6s, 6f /f /f /f

Right– l6s–l6s–l6s, l6s–l6s–l6s, l6s–l6s–l6s, 6f /f /f /f

up– tf] /f] /f],===============/f] /f] / /f

Down– tf] /f] /f],===============/f] /f] / /f

2nd Exercise is Clockwise and Anti Clockwise

Clockwise– /] df–df, /] df–df, – /] df–df, /]===========

Anti Clockwise– sf6sf] sf7L, sf7Ldf 3f]8f, 3f]8fsf] b'ddf df¥of] xyf}8f ,bf}8\of], bf}8\of], bf}8\of], s'n]nd\ 7f]s]/ bf}8\of] Repeat

Palming ug]{ ca -@\_

-b'a} xTs]nfx?nfO{ cfk;df /u8\g'nfO{ elgG5 Palming ug{]\_

s;/L==========

-xTs]nfx? /u8\b}\_

!–@–#–$ efO{x? agf} xf]lzof/–-@\_

%–^–&–\* -xTs]nfx? cfFvfdf /fVb}\_

xTs]nfx? cfFvfdf , cfFvfx aGb, dg Psbd zfGt, –d zfGt :j?k cfTdf x"F ======Ps rlDsnf] tf/f x'F=======kljq / lbJo 5' ========u'0f / zlQmsf] k"+h x"F======

ca o:tf] xfdLn] ug]{ xf]

cfFvfnfO{ arfpg] xf] lk8fnfO{ eufpg] xf]

dDdLnfO{ atfpg] xf] kfkfnfO{ atfpg] xf]

;a}nfO{ atfpg] xf]

Commentry k"mnsf]

sNkgf ug'{xf];\– d Pp6f auf}+rfdf k'lu;s]=============rf/}lt/ leGg leGg k|sf/sf /+uL–lj/+uL k"mnx? kmlqmosf 5g ================Pp6f w]/} /fd|f] ;'ulGwt u'nfasf] k"mn d}n] b]v]===========dnfO{ nfUg yfNof] ls d g} Tof] ;'Gb/ u'nfasf] k"mn x"F===========ddf klg u'0fx?sf] ;'uGw 5 =========of] ;+;f/ klg eujfgsf] Pp6f au}+rf g} xf]======o;df a:g] xfdL ;a} leGg leGg /+u–?ksf ;'ulGwt k"mng} xf}+==========k/dfTdfsf] kfngfdf kln/x]sf 5f}+=========x/]s k"mnsf] cfˆgf] dxTj x'G5 ==========;a} k"mnx?sf] sf/0f g} au}+rfsf] zfef x'G5=============Pp6f klg k"mn olb sd eof] eg] o;sf] ;'Gb/tfdf sdL cfp5==============d ;a} k"mnx?nfO{ dfof u5{' ====dnfO{ klg ;a}n] w]/} dfof u5{g=======;a} k"mnx? w]/} g} v'zL eP/ d':s'/fO{ /x]sf 5g ========.

-s]xL ;do cfkm'nfO{ k"mn ;Dem]/ o;} ?kdf dgnfO{ Psfu| u/ \_

uLt

xfdL xf}+ k"mn ;a} ;bf d:s'/fp5f}+ afF6]/ v'zL xfdL gfRb} uLt ufp5f}+

xfdL xf}+ k"mn ;a} ;bf d:s'/fp5f}+ k|e' Kof/df x's]{sf /Tg xfdL cd'No

w/tLsf] ;'v–;d[l4 zf]ef xfdL /Ifs t'No cfFvfåf/f :jl0f{d ;+;f/ b]vfp5f}+

afF6]/ v'zL xfdL gfRb} uLt ufp5f}++ xfdL xf}+ k"mn ;a} ;bf d:s'/fp5f}+

cfFvfn] h] eG5 xfdL dWo x/ aRrf ;a} /fd|f] nfU5 ha of] lbn 5 ;Rrf

hLjgsf] of] ;fFrf] /x:o ;'gfp5f}+ afF6]/ v'zL xfdL gfRb} uLt ufp5f}++

xfdL xf}+ k"mn ;a} ;bf d:s'/fp5f}+

Commentry tf/fx?sf

sNkgf ug'{xf];\– d 3/sf] 5tdf 5'======cfsfdf tf/fx?nfO{ x]l//x]sf] 5'==========;a} tf/fx? rlDs/x]sf 5g========oL slt zfGt 5g\============ ;b} d':s'/fp5g========= Pp6f tf/f w]/} /fd|f] nflu /x]sf]5==========of] t ;a} eGbf leGg 5 / rlDsnf] klg 5=======dnfO{ nfU5 d g} x'F Tof] rlDs/x]sf] tf/f=============d]/f] leq u'0fsf] rds 5 ========d ;f/f ;+;f/df ;Totf, lbJotf, dw'/tf, :g]x, ;xof]usf] k|sfz km}nfO{ /x]sf] 5'=========c? tf/fx?sf] dfemdf d w]/} k|]d / Pstfsf] ;fydf /xG5'===========. -slx ;do cfk'mnfO{ rlDsnf] tf/f sf] ?kdf cg'ej ug'{xf];\\_

uLt

xfdL w/tLsf tf/f xf}+, hf] ljz]if ;+;f/df 5f}+

;Gtfg xfdL k/dlktfsf bLkLt, lgisfd 5f}+

6'lqmP/ lub{}gf}+ xfdL, rlDsG5f}+ pTsif{df

1fg ;"o{sf] ls/0f lnP/ dfu{ b[i6f ljdz{df

cGof}ndf hLjgsf] gfj xfdL kf/ t/fpg]5f}+

;Gtfg xfdL k/dlktfsf bLkLt, lgisfd 5f}+

xfdL w/tLsf tf/f xf}+, hf] ljz]if ;+;f/df 5f}+

df]6f] kftnf] uf]/f] sfnf] lgw{g xf] of wgjfg

p+r–gLr lxGb' s] d'l:nd ;femf] of a'l4dfg

cfˆgf] lgd{ntfsf sf/0f xfdL ;a}sf] lk|o 5f}+

;Gtfg xfdL k/dlktfsf bLkLt, lgisfd 5f}+

xfdL w/tLsf tf/f xf}+, hf] ljz]if ;+;f/df 5f}+

xf]djs{

* o; ;qsf] d'Vo s'/fx?nfO{ ljBfyL{ :jo+ cfˆgf] gf]6a'ssf] s'g} Pp6f k]hdf n]Vg]5g
* l5d]sdf ;–;fgf afn–aflnsfx?nfO{ v]n v]ndf of]u l;vfp