

# SAMATĀ

Samatā are orders for physical uniformity. It is very necessary to maintain discipline in a Shakha. Samatā teaches us how to control ourselves and to be in harmony with others. There are several types of SAMATĀ. The Prathmik Samatā consists of the following basic orders which are to be mastered by the Shikshaks and Shiksharthis before studying ĀCHAR VIBHĀG and other Shareerik subjects.

1. Daksha, Aram, Swastha, Ekshah Sampat, Samyak, Dakshina/Vāma Druk Et Purodruk.
2. Puras/Prati/Dakshina/Wama sara, Sankhya, Ganavibhag, Amshabhag, Ganabhag, Dwi/Tri/Chatus/Eka Tati.
3. Sthir Vartan, Mitakal and Stabha.
4. Mitakal Vartan, Prachala and Stabha.
5. Prachala Vartan and revision.

## 1 DAKSHA

Stand smartly with heels together and the feet forming a 30 degrees angle between them. The knees should be stretched and pressed in with the legs, thigh and hip muscles tensed, the body straight with equal weight on the feet. The shoulders should be in one straight line, slightly pulled backwards, with the chest in natural position. The arms should be stretched downwards, touching the sides of the trunk, without any bends in the elbows. The fists to be in natural position with the groove between the first finger and thumb aligned to the seam of the trousers. The neck should be stretched with the head centrally balanced, looking directly in front. Breathing should be normal.

## 2 ĀRAM

From the Daksha position slide the left leg 30 cm. on the left hand side maintaining equal weight on both feet. Simultaneously take the arms at the back, the right hand resting on the left palm with the right thumb over the left thumb. The arms and the fingers should be stretched.

## 3 SWASTHA

Without moving the legs and bearing in mind the rules of ĀRAM, the body above the waist can be moved only when necessary. However, as soon as SAVADHĀN is called the rules of ĀRAM will re-apply.

- In shakhas this particular order should be used more often so that the Āram sthiti is always fully complied with.
- Talking is forbidden in SWASTHA.

## 4 SAVADHĀN

Movements to be stopped and to come to previous position. Also used to draw attention or before an order is given.

## 7 PURAS SARA, PRATI SARA, DAKSHIN SARA, VĀMA SARA

While going backwards or forwards, the movement starts with the left leg. In any of these movements, the arms should not be moved. No more than four steps can be taken at any one time and the stepping distance should be 75 cms.

- Note it is EKA, DWI, TRI and CHATUSH that are used instead of Ek, Dou, Teen and Char.

### (i) PURAS SARA / PRATI SARA

When the order of Puras sara is given all s'sevaks shall take (1- Eka, 2-Dwi, 3-Tri or 4-Chatush) steps forward. When the order of Prati sara is given all s'sevaks shall take steps backwards. Complete the movement by bringing the feet together at the end.

### (ii) DAKSHIN SARA / VĀMA SARA

When the order Dakshin Sara is given all s'sevaks shall move their right leg 30 cm. to the right and then the left leg is brought together to come in Daksha. When the order of Vāma sara is given all s'sevaks shall move 30 cm. to the left and then bring the right leg together to come into Daksha. This movement can be repeated up to four times depending on the order given.

## 8 MAKING A COUNT

### (i) SANKHYĀ

The count is made starting from the right hand side, the first swayamsevak counting EK, the one on his left calling DO, the next TEEN and so on in a loud and clear voice whilst looking in front.

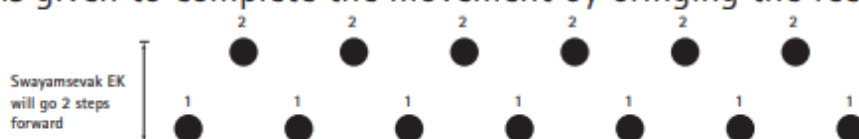
## 9 SPLITTING THE LINE INTO TWO GROUPS

### (i) GANA VIBHĀG

As in Sankhyā, but call out EK, DOU, EK, DOU.....

### (ii) DWI TATI

All EK-numbered s'sevaks shall move two steps forward with the other s'sevaks remaining still. See diagram below. The Ankatal used is Ek, Dou and the last count Teen is given to complete the movement by bringing the feet together.



## 12 VARTAN (Turning from standing position)

YATI - The technique of turning shall be done in three counts (EK-EK-DOU) which are given in a similar manner to marching counts. In Vibhāgashaha, the counting is as follows:

1. Carry out the first move as described below.
  2. Remain still.
  3. Carry out the second move as described below.
- The second count (EK) is known as YATI (=pause).

### (i) DAKSHINA VRUT / VĀMA VRUT

When turning right, turn 90 degrees using the right heel and the ball of the left foot, whilst keeping the knees stretched and the trunk should remain erect. The right foot should be flat on the ground while the left heel remains raised, maintaining the balance on the right leg. In the second move the left foot should be brought together with the right foot ending in the Daksha position. Vāma Vrut is the same as above except you use the left heel and the right ball of the foot to turn.

### (ii) DAKSHINĀRDHA VRUT / VĀMARDHA VRUT

As above, except the turn is only 45 degrees.

### (iii) ARDHA VRUT

As above, except turn 180 degrees from the right hand side.

## 5 EKASHAHA SAMPAT

All the s'sevaks shall do Daksha and come walking in front of the shikshak to form one straight line. The first s'sevak shall stand three steps away directly facing the shikshak. All the other s'sevaks shall stand on the left of this first s'sevak. The first s'sevak shall do Āram. The next s'sevak ensures Samyak on the right and then shall do Āram. This sequence is continued until the final s'sevak is in Āram. Note each s'sevak occupies space of about 60 cm. See diagram below.

