Part 3

Physical Training Activities

Chapter 5 – Conditioning Drills 1, 2 and 3

Chapter 6 – The Military Movement Drill

Chapter 7 – Running
Ability Group Run
Speed Running: 30:60s, 60:120s and 300-yard Shuttle Run

Chapter 8 – Foot Marching

Chapter 9 – Obstacle Negotiation

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CHAPTER 5

CONDITIONING DRILLS

Conditioning drills exercise all of the major muscle groups of the body. The conditioning drills are listed below:

Conditioning Drill 1	Conditioning Drill 2
1. **The Bend and Reach** 4-count, slow (10 repetitions) 2. **The Rear Lunge** 4-count, slow (10 repetitions) 3. **The High Jumper** 4-count, moderate (10 repetitions) 4. **The Rower** 4-count, slow (10 repetitions) 5. **The Squat Bender** 4-count, slow (10 repetitions) 6. **The Windmill** 4-count, slow (10 repetitions) 7. **The Forward Lunge** 4-count, slow (10 repetitions) 8. **The Prone Row** 4-count, slow (10 repetitions) 9. **The Bent-leg Body Twist** 4-count, slow (10 repetitions) 10. **Push-up** 4-count, moderate (10 repetitions)	1. **The Push-up** 4-count, moderate (10-20 repetitions) 2. **The Sit-up** 4-count, moderate (10-20 repetitions) 3. **The Straight-arm Pull** 2-count, moderate (5 repetitions) 4. **The Pull-up** 2-count, moderate (5 repetitions) 5. **The Leg Tuck** 2-count, moderate (5 repetitions) **Conditioning Drill 3** 1. **The Power Jump** 4-count, moderate (5-10 repetitions) 2. **The V-up** 4-count, moderate (5-10 repetitions) 3. **The Mountain Climber** 4-count, moderate (5-10 repetitions) 4. **The Leg Tuck and Twist** 4-count, moderate (5-10 repetitions) 5. **The Single-leg Push-up** 4-count, moderate (5-10 repetitions)

Figure 5-1.

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Conditioning Drill 1

Conditioning Drill 1 consists of ten exercises that develop strength, endurance and mobility. All of the exercises in the drill are conducted in cadence and are always performed in the sequence listed. Teach soldiers using five repetitions of each exercise and perform five repetitions during warm-up and cool-down and ten repetitions during PT activities. To perform more than ten repetitions, repeat the drill in its entirety. Precise execution should never be sacrificed for speed.

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Conditioning Drill 1

Exercise 1: The Bend and Reach

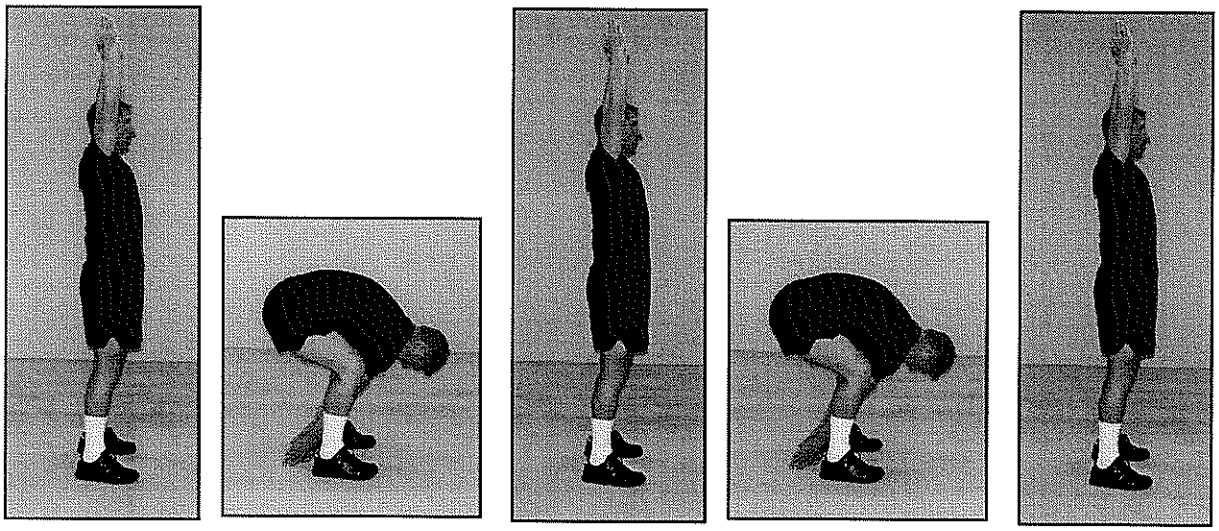
Purpose: This exercise develops the ability to squat and reach through the legs. It also serves to prepare the spine and extremities for more vigorous movements, moving the hips and spine through full flexion.

Starting Position: Straddle stance with arms overhead.

Cadence: SLOW.

Count:

1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach as far as possible between the legs.
2. Return to the starting position.
3. Repeat count one.
6. Return to the starting position.



Starting Position **Count 1** **Count 2** **Count 3** **Count 4**

Check Points:

- From the starting position, ensure that soldiers have their hips set, their abdominals tight, and their arms fully extended overhead.
- The neck flexes to allow the gaze to the rear. This brings the head in line with the bend of the trunk.
  - The heels and feet remain flat on the ground.
  - On counts two and four, do not go past the starting position.

Precautions: To protect the back, **this exercise is always performed at a slow cadence**. Move into the count one position in a slow, controlled manner. Do not bounce into or out of this position in a ballistic manner, as this may place an excessive load on the back.

Conditioning Drill 1

Exercise 2: The Rear Lunge

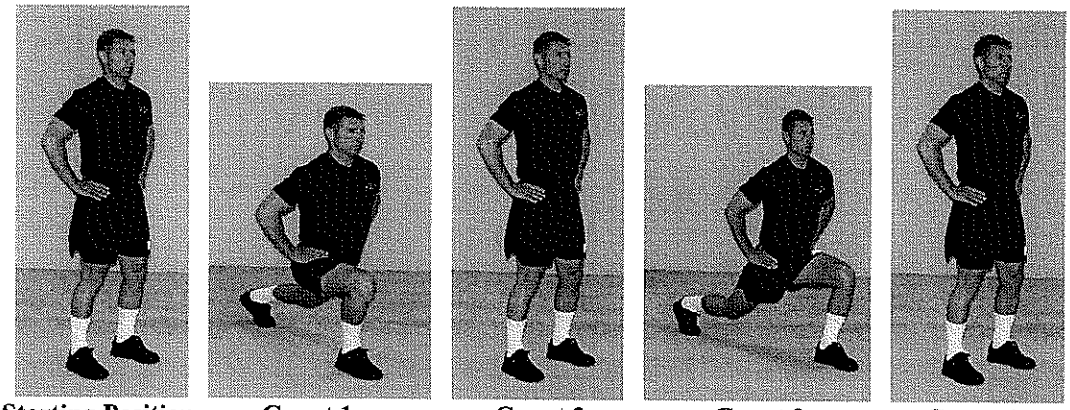
Purpose: This exercise promotes balance, opens up the hip and trunk on the side of the lunge and develops leg strength.

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW.

Count:

1. Take an exaggerated step backward with the left leg, touching down with the ball of the foot.
2. Return to the starting position.
3. Repeat count one with the right leg.
4. Return to the starting position.



Starting Position **Count 1** **Count 2** **Count 3** **Count 4**

Check Points:

- ❑ Maintain straightness of the back by keeping the abdominal muscles tight throughout the motion.
- ❑ After the foot touches down, allow the body to continue to lower. This promotes flexibility of the hip and trunk.
- ❑ On counts one and three, step straight to the rear, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts one and three.
- ❑ Keep the rear leg as straight as possible but not locked.

Precautions: On counts one and three, move into position in a slow, controlled manner. If the cadence is too fast, it will be difficult to go through a full range of motion.

Conditioning Drill 1

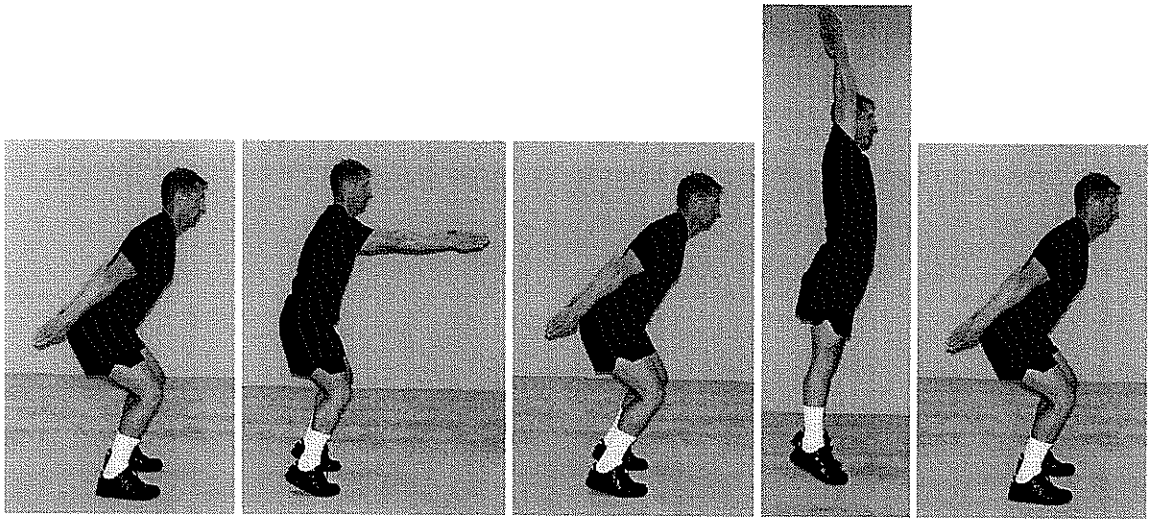
Exercise 3: The High Jumper

Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength.

Starting Position: Forward Leaning Stance.
Cadence: **MODERATE.**

Count:

1. Swing arms forward and jump a few inches.
2. Swing arms backward and jump a few inches.
3. Swing arms forward and vigorously overhead while jumping forcefully.
4. Repeat count two. On the last repetition, return to the starting position.



Starting Position **Count 1** **Count 2** **Count 3** **Count 4**

Check Points:

- ❑ At the starting position, the shoulders, the knees, and the balls of the feet should form a straight vertical line.
- ❑ On count one, the arms are parallel to the ground.
- ❑ On count three, the arms should be extended fully overhead. The trunk and legs should also be in line.
- ❑ On each landing, the feet should be directed forward and maintained at shoulder distance apart. The landing should be "soft" and proceed from balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

Precautions: N/A.

Conditioning Drill 1

Exercise 4: The Rower

Purpose: This exercise improves the ability to move in and out of the supine position to a seated posture. It coordinates the action of the trunk and extremities while challenging the abdominal muscles.

Starting Position: Supine position, arms overhead, feet together and pointing upward. The chin is tucked and the head is 1-2 inches above the ground. Arms are shoulder-width, palms facing inward with fingers and thumbs extended and joined.

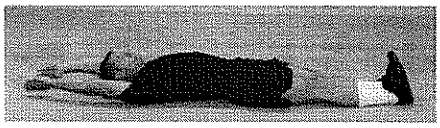
Cadence: **SLOW.**

Count:

1. Sit up while swinging arms forward and bending at the hip and knees. At the end of the motion, the arms will be parallel to ground, palms facing inward.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.

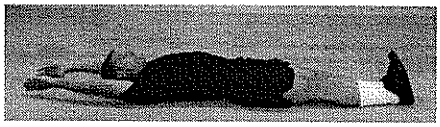
Starting Position

Count 1



Count 2

Count 3



Count 4

Check Points:

- At the starting position, the low back must not be arched excessively off the ground. To prevent this, tighten the abdominal muscles to tilt the pelvis and low back toward the ground.
- At the end of counts one and three, the feet are flat and pulled near the buttocks. The legs stay together throughout the exercise and the arms are parallel to the ground.

Precautions: Do not arch the back to assume the positions on counts one and three.

Conditioning Drill 1

Exercise 5: The Squat Bender

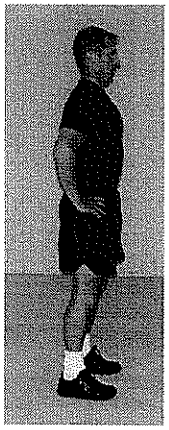
Purpose: This exercise develops strength, endurance and flexibility of the lower back and lower extremities.

Starting Position: Straddle stance with hands on hips.

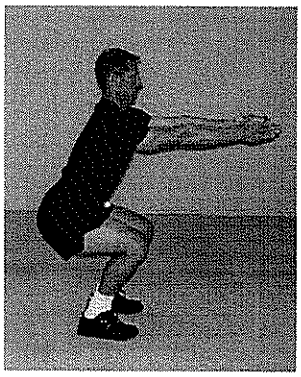
Cadence: **SLOW**.

Count:

1. Squat while leaning slightly forward at the waist with the head up and extend the arms to the front, with arms parallel to the ground and palms facing inward.
2. Return to the starting position.
3. Bend forward and reach toward the ground with both arms extended and palms inward.
6. Return to the starting position.

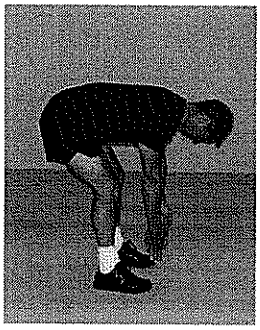


Starting Position



Count 1

Count 2



Count 3

Count 4

Check Point:

- At the end of counts one, the shoulders, knees and balls of the feet should be aligned. The heels remain on the ground and the back is straight.
- On count three, round the back slightly while bending forward, keeping the head aligned with the spine.

Precautions: **This exercise is always performed at a slow cadence**. Allowing the knees to go beyond the toes on count one increases stress to the knees

Conditioning Drill 1

Exercise 6: The Windmill

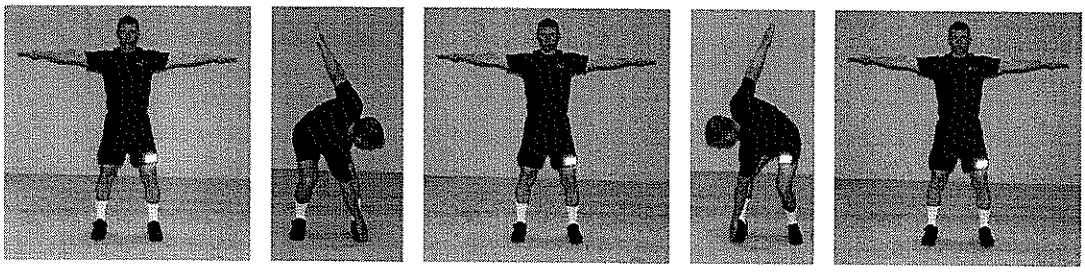
Purpose: This exercise develops the ability to safely bend and rotate the trunk. It conditions the muscles of the trunk, legs, and shoulders.

Starting Position: Straddle stance with arms sideward, palms facing down.

Cadence: **SLOW**.

Count:

1. Bend the hips and knees while rotating to the left. Reach down and touch the outside of the left foot with the right hand. The left arm is pulled rearward to maintain a straight line with the right arm.
2. Return to the starting position.
3. Repeat count one to the right.
4. Return to the starting position.



Starting Position **Count 1** **Count 2** **Count 3** **Count 4**

Check Points:

- From the starting position, feet are straight ahead, arms parallel to the ground, hips set, and abdominals tight.
- On counts one and three, ensure that the knees bend during the rotation. Head and eyes are directed to the left foot on count one and the right foot on count three.

Precautions: **This exercise is always performed at a slow cadence**.

Conditioning Drill 1

Exercise 7: The Forward Lunge

Purpose: This exercise promotes balance and develops leg strength.

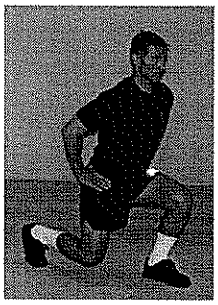
Starting Position: Straddle stance with hands on hips.

Cadence: **SLOW.**

Count:

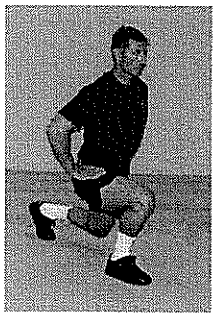
1. Take an exaggerated step forward with the left leg, allowing the left knee to bend until the thigh is parallel to the ground. Lean slightly forward, keeping the back straight.
2. Return to the starting position.
3. Repeat count one with the right leg.
4. Return to the starting position.

Starting Position



Count 1

Count 2



Count 3

Count 4

Check Points:

- ❑ Keep the abdominal muscles tight throughout the motion.
- ❑ On counts one and three, step straight forward, keeping the feet directed forward. When viewed from the front, the feet maintain their distance apart both at the starting position and at the end of counts one and three.
- ❑ On counts one and three, the rear knee may bend naturally but do not touch the ground. The heel of the rear foot should be off the ground.

Precautions: On counts one and three, move into position in a controlled manner. Spring off of the forward leg to return to the starting position. This avoids jerking the trunk to create momentum.

Conditioning Drill 1

Exercise 8: The Prone Row

Purpose: This exercise develops strength of the back and shoulders.

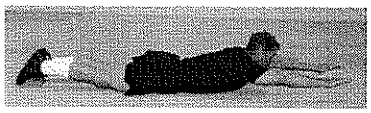
Starting Position: Prone position with the arms overhead, palms down 1-2 inches off the ground and toes pointed to the rear.

Cadence: SLOW.

Count:
1. Raise the head and chest slightly while lifting the arms and pulling them rearward. Hands make fists as they move toward the shoulders.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.

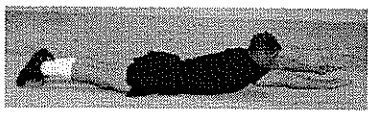
Starting Position

Count 1



Count 2

Count 3



Count 4

Check Points:
- ❑ At the starting position, the abdominal muscles are tight and the head is inline with the spine.
- ❑ On counts one and three, the forearms are parallel to the ground and slightly higher than the trunk.
- ❑ On counts one and three, the head is raised to look forward but not skyward.
- ❑ Throughout the exercise, the legs and toes remain in contact with the ground.

Precautions: Prevent overarching of the back by maintaining contractions of the abdominal and buttocks muscles throughout the exercise.

Conditioning Drill 1

Exercise 9: The Bent-leg Body Twist

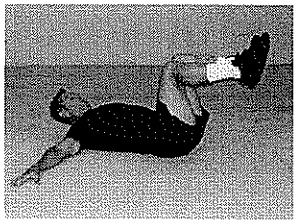
Purpose: This exercise strengthens trunk muscles and promotes control of trunk rotation.

Starting Position: Supine position with the hips and knees bent to 90-degrees, arms sideward, palms down with fingers spread. Legs and feet are together.

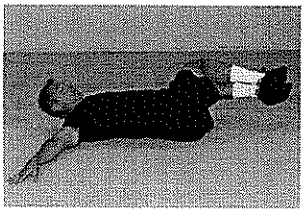
Cadence: **SLOW.**

Count:

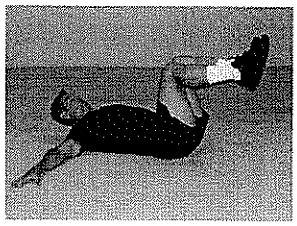
1. Rotate the legs to the left while keeping the upper back and arms in place.
2. Return to the starting position.
3. Repeat count one to the right.
6. Return to the starting position.



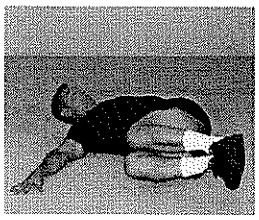
Starting Position



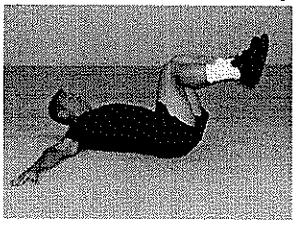
Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ Tighten the abdominal muscles in the starting position and maintain this contraction throughout the exercise.
- ❑ The head should be off the ground with the chin slightly tucked.
- ❑ Ensure that the hips and knees maintain 90-degree angles.
- ❑ Keep the feet and knees together throughout the exercise.
- ❑ Attempt to rotate the legs to about 8-10 inches off the ground. The opposite shoulder must remain in contact with the ground.

Precautions: **This exercise is always performed at a slow cadence**. Do not rotate the legs to a point beyond which they can no longer maintain contact with the ground with the opposite arm and shoulder.

Conditioning Drill 1

Exercise 10: The Push-up

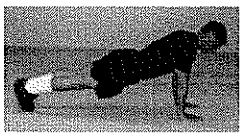
Purpose: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk.

Starting Position: Front Leaning Rest position.

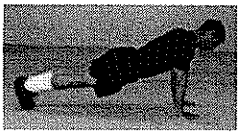
Cadence: **MODERATE.**

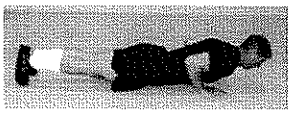
Count:

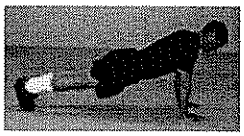
1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
2. Return to the starting position.
3. Repeat count one.
7. Return to the starting position.


Starting Position

Count 1


Count 2


Count 3

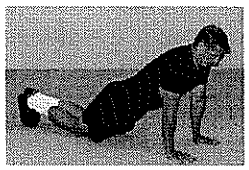

Count 4

Check Points:

- ❑ The hands are directly below the shoulders with fingers spread (middle fingers point straight ahead).
- ❑ On counts one and three the upper arms stay close to the trunk, elbows pointing rearward.
- ❑ On counts two and four the elbows straighten but do not lock.
- ❑ The trunk should not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: N/A.

Variation: Soldiers should assume the six-point stance on their knees when unable to perform repetitions correctly to cadence.



Conditioning Drill 2

Conditioning Drill 2 consists of five exercises that develop upper body strength, endurance, and mobility. As in Conditioning Drill 1, all exercises are to be performed in the sequence listed . Push-ups and Sit-ups are performed in cadence starting with ten (4-count) repetitions and progressing to 20 (4-count) repetitions. The Straight-arm Pull, Pull-ups and The Knee Raise are performed in cadence for five (2-count) repetitions using spotters and progressing to five (2-count) repetitions unassisted.

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Conditioning Drill 2

Exercise 1: The Push-up

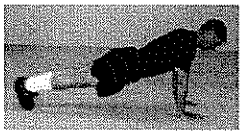
Purpose: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk.

Starting Position: Front Leaning Rest position.

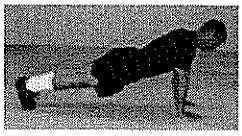
Cadence: **MODERATE.**

Count:

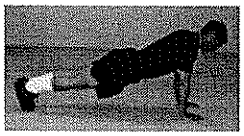
1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
2. Return to the starting position.
3. Repeat count one.
8. Return to the starting position.


Starting Position

Count 1


Count 2

Count 3

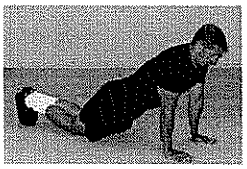

Count 4

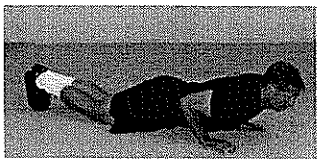
Check Points:

- ❑ The hands are directly below the shoulders with fingers spread (middle fingers point straight ahead).
- ❑ On counts one and three the upper arms stay close to the trunk, elbows pointing rearward.
- ❑ On counts two and four the elbows straighten but do not lock.
- ❑ The trunk should not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: N/A.

Variation: Soldiers should assume the six-point stance on their knees when unable to perform repetitions correctly to cadence.





Conditioning Drill 2

Exercise 2: The Sit-up

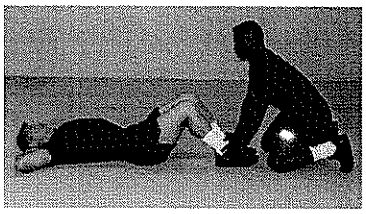
Purpose: This exercise strengthens the abdominal and hip-flexor muscles.

Starting Position: Supine position with hands behind head, fingers interlaced and knees bent at 90-degrees. Feet are together or up to twelve inches apart and flat on the ground. Hands are touching the ground.

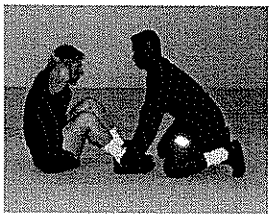
Cadence: **MODERATE.**

Count:

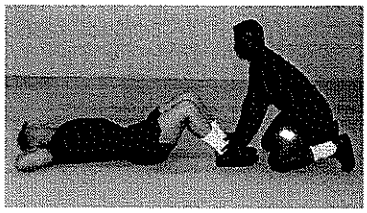
1. Raise the upper body to the vertical position so that the base of the neck is above the base of the spine.
2. Return to the starting position in a controlled manner until the bottom of the shoulder blades touch the ground. The head and hands need not touch the ground.
3. Repeat count one.
4. Repeat count two and return to the starting position at the completion of the final repetition.



Starting Position

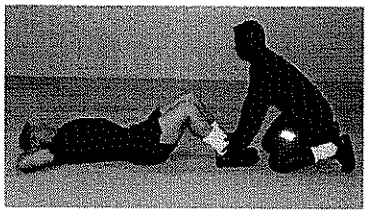


Count 1



Count 2

Count 3



Count 4

Check Points:

- ❑ The hands are behind the head with the fingers interlaced.
- ❑ Feet are together or up to twelve inches apart and both heels must remain in contact with the ground throughout the exercise.
- ❑ On counts one and three do not raise the hips or arch the back to assume the vertical position.

Precautions: Soldiers should not jerk on the head or neck to assume the vertical position.

Conditioning Drill 2

Exercise 3: The Straight-arm Pull

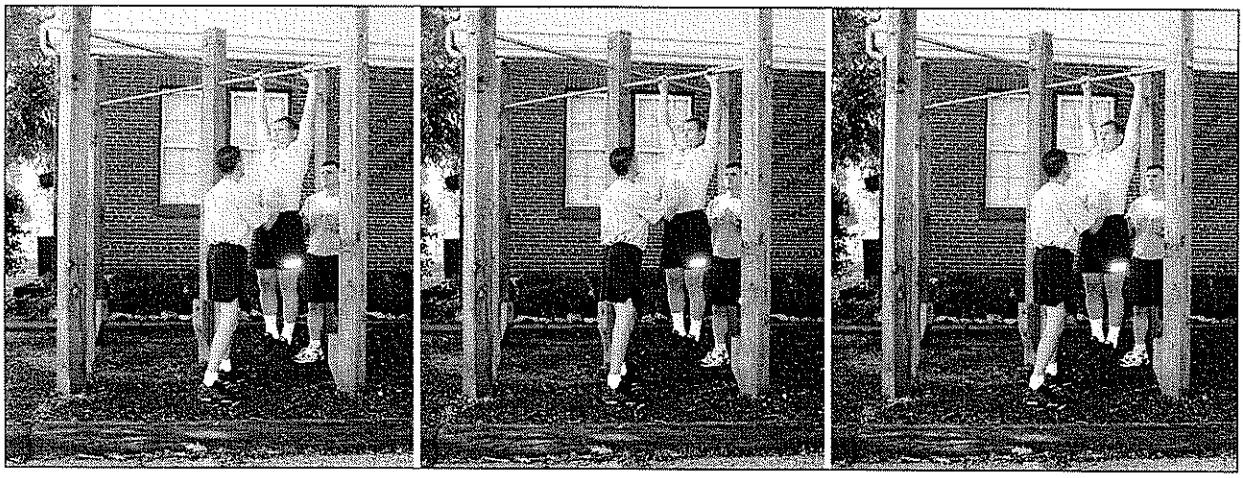
Purpose: This exercise develops the ability to initiate the pull-up motion by isolating the muscles of the shoulder and upper back.

Starting Position: Extended hang using the overhand grip.

Cadence: **MODERATE.**

Count:

1. Keeping the arms straight, pull upward with the shoulders and upper back muscles.
2. Return to the starting position.



Starting Position **Count 1** **Count 2**

Check Points:

- ❑ Throughout the exercise, arms are shoulder width, palms facing away from the body, with thumbs around the bar.
- ❑ Throughout the exercise, keep arms straight, but not locked.
- ❑ On count 1, pull the body up by engaging the shoulder muscles (squeeze the shoulder blades together.

Conditioning Drill 2

Exercise 4: The Pull-up

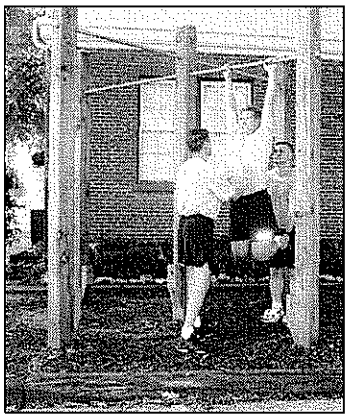
Purpose: This exercise strengthens the forearm, arm and back muscles.

Starting Position: Extended hang using the overhand grip with the thumbs around the bar.

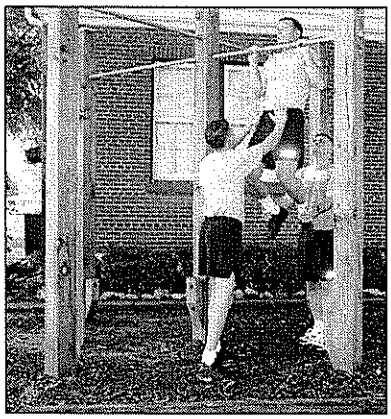
Cadence: **MODERATE.**

Count:

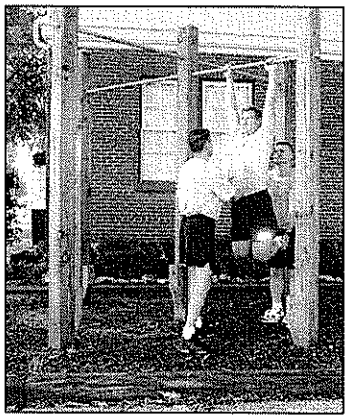
1. Pull the body upward keeping the body straight until the chin is above the bar.
2. Return to the starting position in a controlled manner.



Starting Position



Count 1



Count 2

Check Points:

- ❑ Throughout the exercise keep the feet and legs together.
- ❑ Throughout the exercise, arms are shoulder width, palms facing away from the body, with thumbs around the bar.
- ❑ Avoid kipping or swinging to achieve the up position.

Precautions: Spotters standing to the front and rear of the exerciser are used to ensure precision and safety by assisting soldiers when fatigued or unable to properly execute the desired number of repetitions. As soldiers become more proficient, they will need less assistance and will eventually be able to perform the exercises unassisted. Spotters must provide as much or as little assistance as needed so that the exercise is performed with precision.

Conditioning Drill 2

Exercise 5: The Leg Tuck

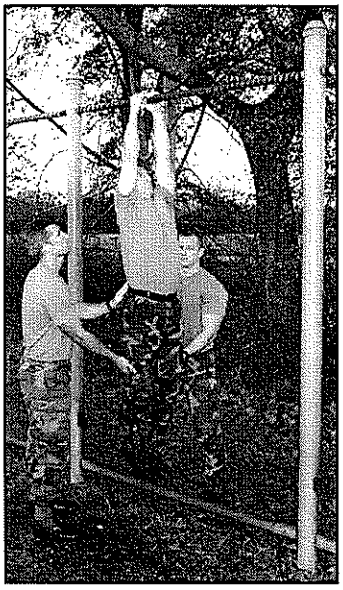
Purpose: This exercise develops the abdominal, hip flexor, and grip strength essential to climbing a rope..

Starting Position: Extended hang using the alternating grip, left or right.

Cadence: **MODERATE.**

Count:

1. Pull up with the arms and raise the knees toward the chest until the elbows touch the thighs just above the knees.
2. Return to the starting position.



Starting Position

Count 1

Count 2

Check Points:

- ❑ Throughout the exercise keep the feet together.
- ❑ On count one, the thighs and elbows touch just above the knees.

Precautions: Spotters standing to the front and rear of the exerciser are used to ensure precision and safety by assisting soldiers when fatigued or unable to properly execute the desired number of repetitions. As soldiers become more proficient, they will need less assistance and will eventually be able to perform the exercises unassisted. Spotters must provide as much or as little assistance as needed so that the exercise is performed with precision.

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Conditioning Drill 3

Conditioning Drill 3 consists of five higher-level exercises that develop more complex motor skills while challenging strength, endurance and mobility at a higher intensity. All of the exercises in the drill are conducted to cadence and are always performed in the sequence listed. Exercises are performed to cadence for five (4-count) repetitions, progressing to ten repetitions. Precise execution should never be sacrificed for speed.

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Conditioning Drill 3

Exercise 1: The Power Jump

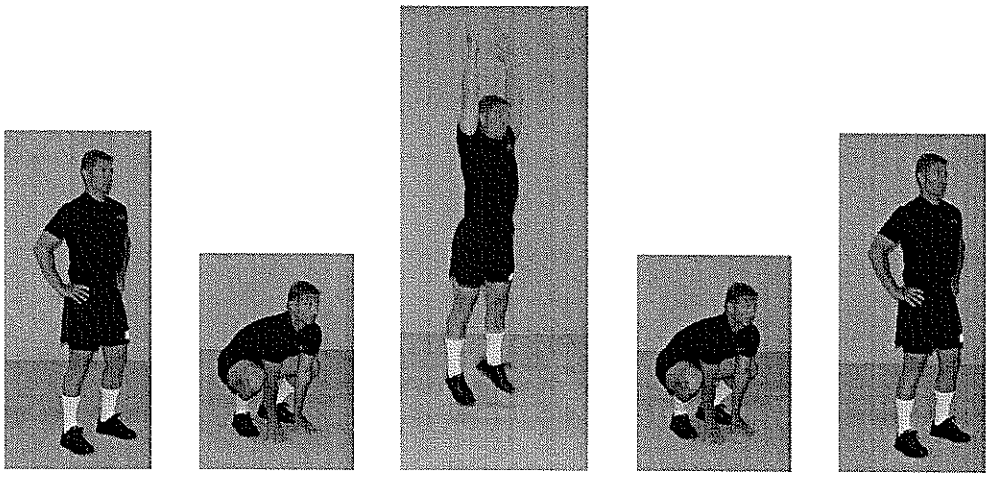
Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength.

Starting Position: Straddle stance with hands on hips.

Cadence: **MODERATE.**

Count:

1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach to the ground, touching with the palms of the hands.
2. Jump forcefully into the air, vigorously raising arms overhead with palms facing inward.
3. Control the landing and repeat count 1.
5. Return to the starting position.



Starting Position **Count 1** **Count 2** **Count 3** **Count 4**

Check Points:

- At the starting position, tighten the abdominals to stabilize the trunk.
- On counts one and three, keep the back generally straight with the head up and eyes forward.
- On count two the arms should be extended fully overhead. The trunk and legs should also be in line.
- On each landing, the feet should be directed forward and maintained at should distance apart. The landing should be "soft" and proceed from balls of the feet to the heels. The vertical line from the shoulders through the knees to the balls of the feet should be demonstrated on each landing.

Precaution: N/A.

Conditioning Drill 3

Exercise 2: The V-Up

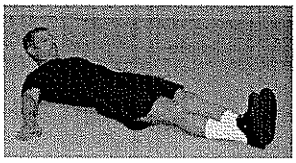
Purpose: This exercise develops the abdominal and hip flexor muscles while enhancing balance.

Starting Position: Supine, arms on ground 45-degrees to the side, palms down with fingers spread. The chin is tucked and the head is 1-2" off the ground.

Cadence: **MODERATE.**

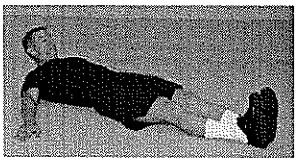
Count:

1. Raise straight legs and trunk to form a V-position, using arms as needed.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.

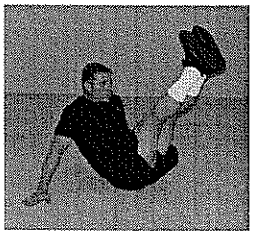


Starting Position

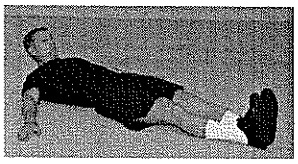
Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ At the starting position, tighten the abdominal muscles to tilt the pelvis and the lower back toward the ground.
- ❑ On counts one and three, the knees and trunk are straight with the head in line with the trunk.

Precautions: To protect the spine, do not jerk the legs and trunk to rise to the V-position.

Conditioning Drill 3

Exercise 3: The Mountain Climber

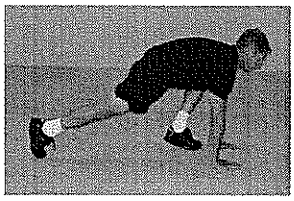
Purpose: This exercise develops the ability to quickly move the legs to power out of the front leaning rest position.

Starting Position: Front leaning rest position with the left foot below the chest and between the arms.

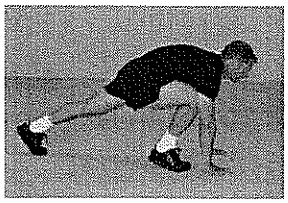
Cadence: **MODERATE.**

Count:

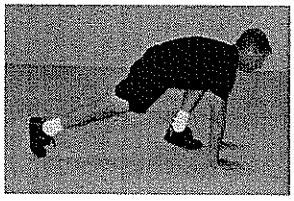
1. Push upward with the feet and quickly change positions of the legs.
2. Return to the starting position.
3. Repeat the movements in count 1.
4. Return to the starting position.



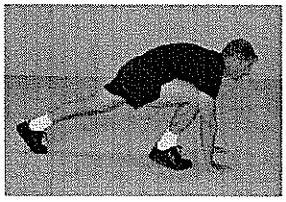
Starting Position



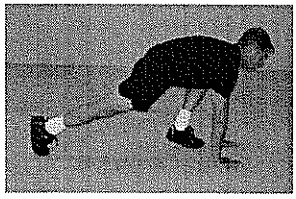
Count 1



Count 2



Count 3



Count 4

Check Points:

- The hands are directly below the shoulders with fingers spread (middle fingers point straight ahead) with the elbows straight, not locked.
- The trunk must not sag. To prevent, tighten the abdominal muscles and maintain this contraction throughout the exercise.
- The head is aligned with the spine and the eyes are directed to a point approximately two feet in front of the body.
- Throughout the exercise, remain on the balls of the feet.
- Move the legs straight forward and backward, not at angles.

Precautions: N/A .

Conditioning Drill 3

Exercise 4: The Leg Tuck and Twist

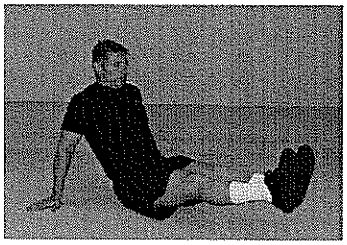
Purpose: This exercise develops trunk strength and mobility while enhancing balance.

Starting Position: Seated with trunk straight but leaning backward 45-degrees, arms straight, and hands on ground 45-degrees to the rear, palms down with fingers spread. Legs are straight, extended to the front and 8-12 inches off the ground.

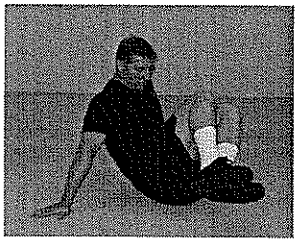
Cadence: **MODERATE.**

Count:

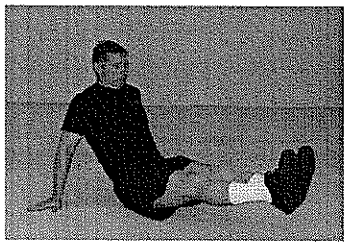
1. Raise legs while rotating on to the left buttock and draw the knees toward the left shoulder.
2. Return to the starting position.
3. Repeat count one in the opposite direction.
4. Return to the starting position.



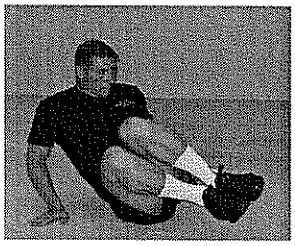
Starting Position



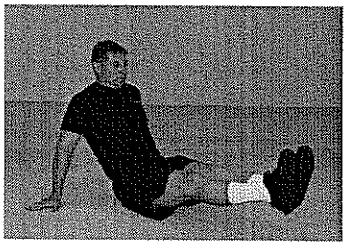
Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ At the starting position, tighten the abdominals to stabilize the trunk.
- ❑ On all counts, the legs and knees stay together.
- ❑ On counts one and three, the head and trunk remain still as the legs move.
- ❑ On counts one and three, the legs are tucked (bent) and aligned diagonal to the trunk.

Precautions: To protect the back on counts one and three, do not jerk the legs and trunk to achieve the end position.

Conditioning Drill 3

Exercise 5: The Single-leg Push-up

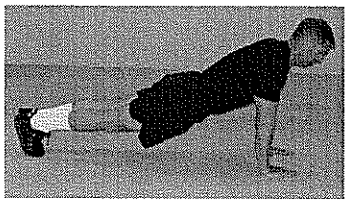
Purpose: This exercise strengthens muscles of the chest, shoulders, arms, and trunk. Raising one leg while maintaining proper trunk position makes this an excellent trunk stabilizing exercise.

Starting Position: Front Leaning Rest Position.

Cadence: MODERATE.

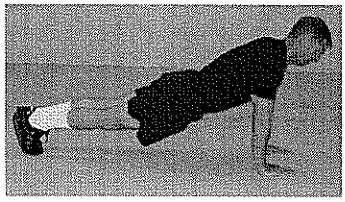
Count:

1. Bend the elbows, lowering the body until the upper arms are parallel with the ground while raising the left leg until 8-10 inches off the ground.
2. Return to the starting position.
3. Repeat count one, bringing the right leg to 8-10 inches off the ground.
4. Return to the starting position.

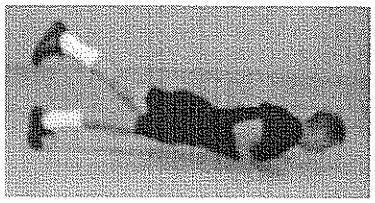


Starting Position

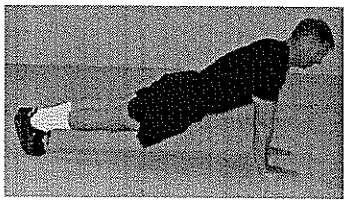
Count 1



Count 2



Count 3



Count 4

Check Points:

- ❑ Perform a squat thrust to move into the front leaning rest, maintaining the body straight from head to heels. Body weight is supported on the hands and balls of the feet.
- ❑ The fingers should be extended and spread so that the middle fingers point straight ahead and are directly in line with the shoulders.
- ❑ On counts one and three, the upper arms stay close to the trunk.
- ❑ On counts two and four, the elbows straighten but do not lock.
- ❑ On counts one and three, the raised leg is straight and aligned with the trunk with the toe pointed to the rear.
- ❑ The trunk must not sag. To prevent this, tighten the abdominal muscles while in the starting position and maintain this contraction throughout the exercise.

Precautions: Do not jerk the leg to be raised past straight alignment with the trunk, as this may place undue stress on the back.

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CHAPTER 6

MILITARY MOVEMENT DRILLS

Military Movement Drills are essential to developing mobility. Mobility is movement proficiency and functionally applies the components of strength and endurance. The drills described in this chapter are designed to enhance running form and individual movement efficiency. Soldiers must be able to control their body movements, as well as manipulate another soldier's body weight. Regular performance of military movement drills enhances a soldier's ability to successfully complete common tasks such as move under direct fire, move over, through or around obstacles, and transport a casualty using a one-man carry as referenced in STP 21-1 SMCT.

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Military Movement Drill 1

The purpose of Military Movement Drill 1 is to dynamically prepare the body for more vigorous activities and develop motor efficiency. Any level area of adequate size is appropriate for conducting the movement drill. Beware of hazards, such as holes, uneven terrain and rocks. Use caution when conducting Military Movement Drill 1 on wet terrain. This drill is conducted using the extended rectangular formation performed by rank. Military Movement Drill 1 consists of three exercises performed at 25-yard intervals: verticals, laterals and the shuttle sprint.

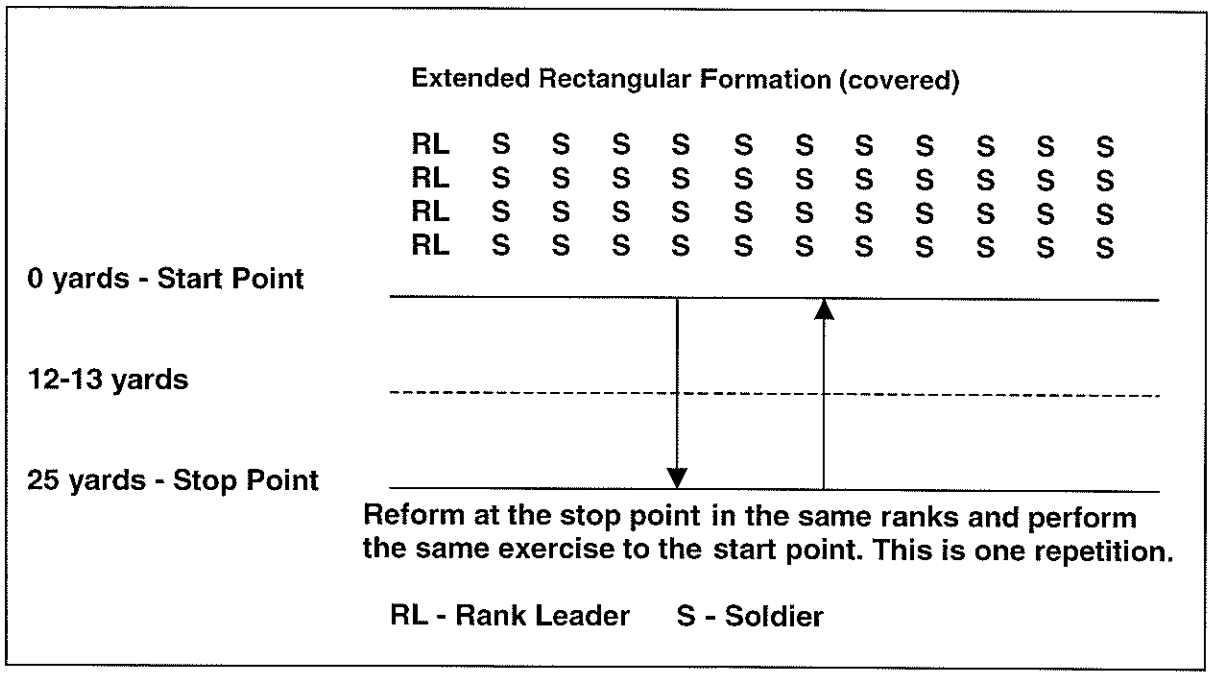


Figure 6-1.

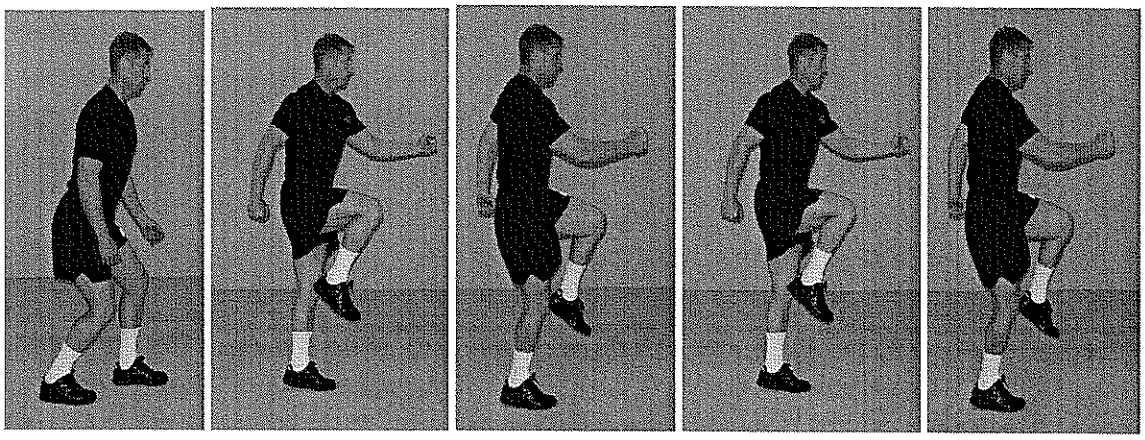
Military Movement Drill 1

Exercise 1: Verticals

Purpose: This exercise helps to develop proper running form.

Starting Position: Staggered Stance.

Movement: Bring the hips quickly to 90-degrees of bend without raising the knees above waist level. Ground contact should be primarily with the balls of the feet. When the left leg is forward, the right arm swings forward and the left arm swings to the rear. When the right leg is forward, the left arm swings forward and the right arm swings to the rear.



Starting Position

Checkpoints:

- ❑ Arm swing is strong and smooth with the forward arm at 90-degrees and the rearward arm relatively straight.
- ❑ Arm swing is from front to rear, not side to side, with the upper part of the forward arm reaching parallel to the ground as it swings to the front.
- ❑ Keep a tall stance with a stable, upright trunk. The back remains perpendicular to the ground. There should not be any back swing of the legs.

Precautions: N/A.

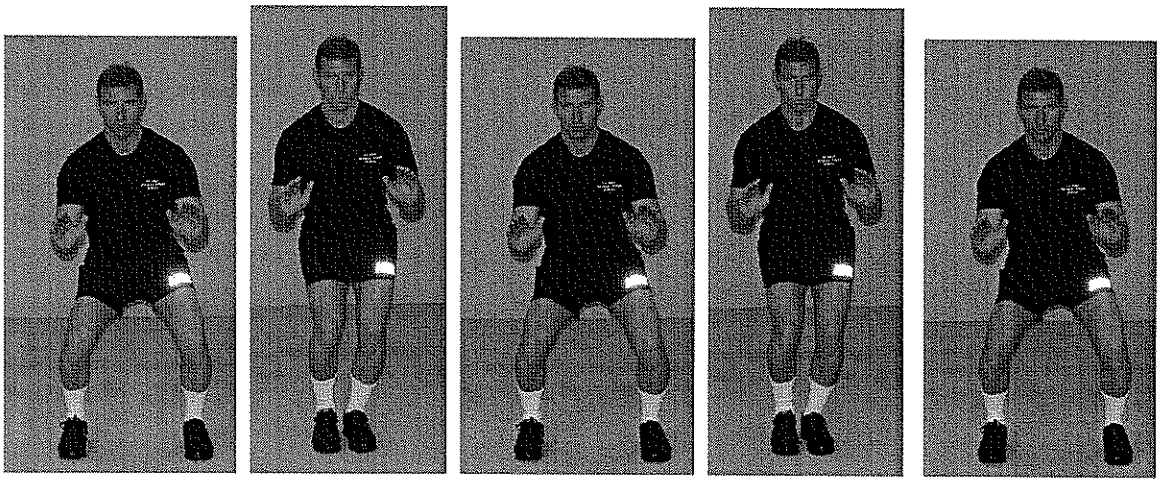
Military Movement Drill 1

Exercise 2: Laterals

Purpose: This exercise develops the ability to move laterally.

Starting Position: Straddle Stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees and palms facing forward. Face perpendicular to the direction of movement.

Movement: Step to the side by rising slightly and bringing the trailing leg to the lead leg. Quickly hop to the side and land back in the crouch with the feet shoulder width apart. Always face the same direction so that the first 25-yards is moving to the left and the second 25-yards is moving to the right.



Starting Position ⟶

Checkpoints:

- ❑ Pick the feet up with each step. Avoid dragging the feet along the ground.
- ❑ Crouch slightly while keeping the back straight.
- ❑ Avoid hitting the feet and ankles together on each step.
- ❑ Rank leaders will face their rank throughout the exercise.

Precautions: N/A.

Variation: Soldiers may perform this exercise holding a weapon at port arms.

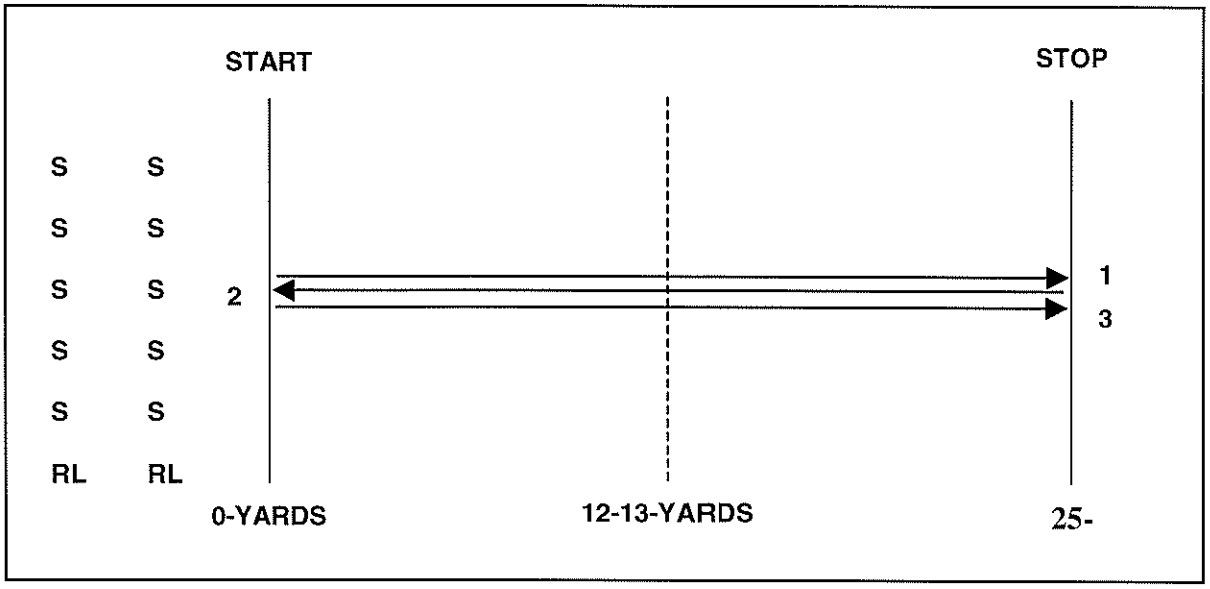
Military Movement Drill 1

Exercise 3: The Shuttle Sprint

Purpose: This exercise develops anaerobic endurance, leg speed, and agility.

Starting Position: Staggered Stance.

Movement: Run quickly to the 25-yard mark. Turn clockwise while planting the left foot and bending and squatting to touch the ground with the left hand. Run quickly back to the starting line and plant the right foot, turn counter-clockwise and touch the ground with the right hand. Run back to the 25-yard mark gradually accelerating to near maximum speed.



Checkpoints:

- ❑ Soldiers should slow their movement before planting feet and changing direction.
- ❑ Soldiers should squat while bending the trunk when reaching to touch the ground as they change direction.
- ❑ Soldiers touch the ground with their left hand on the first turn, then with their right hand on the second turn.
- ❑ Accelerate to near maximum speed during the last 25-yard interval.

Precautions: Soldiers should use caution when performing this exercise on wet terrain.

CHAPTER 7

RUNNING

Running is a vigorous activity that contributes to the overall conditioning of the soldier by developing endurance and speed. Endurance spans a continuum between aerobic and anaerobic systems. Aerobic endurance involves performing low to moderate intensity activities for a long duration. Anaerobic endurance involves performing high intensity activities for a short duration. Aerobic training alone does not fully prepare soldiers for the functional endurance and strength requirements of common soldier physical tasks. In order to train the complete spectrum of endurance, both aerobic sustained running (ability group runs) and anaerobic speed running (30:60s/60:120s) and 300-yard shuttle run must be performed. The following running activities described in this section may be performed individually or collectively.

Sustained Running Form

Running form varies from soldier to soldier. Anatomical variations cause a variety biomechanical manifestations. Many individual variations may be successful. Attempts to force soldiers to conform to one standard may do more harm than good. However, there are some basic guidelines that may improve running efficiency without overhauling the natural stride. Generally, the form and technique for all types of running is fairly constant. The following information addresses optimal running form for the major body segments. Refer to Figure 7-1.

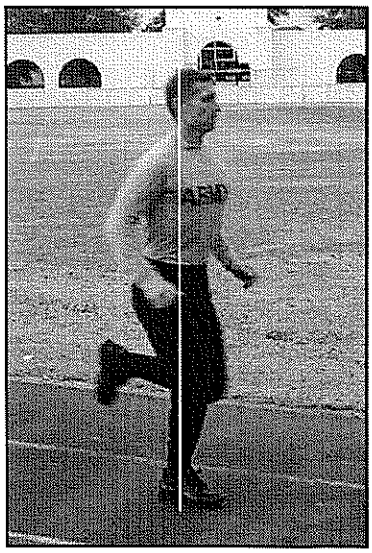


Figure 7-1.

Head

The head should be held high, with the chin neither pointing up nor down. Allowing the head to ride forward puts undue strain on the muscles of the upper back.

Shoulders

The shoulders should assume a neutral posture, neither rounded forward nor forcefully arched backward. Rounding the shoulders forward is the most common fault in everyday posture as well as with running. This is usually associated with tightness of the chest and shoulder muscles. Another problem occurs when the shoulders start to rise with fatigue or increased effort. This position not only wastes energy, but can also adversely affect breathing.

Arms

Throughout the arm swing, the elbows should stay at roughly a 90-degree bend. The wrists stay straight and the hands remain loosely cupped. The arm swing should be free of tension, but do not allow the hands to cross the midline of the body.

Trunk and Pelvis

The trunk should remain over its base of support, the pelvis. A common problem with fatigue is allowing the trunk to lean forward of the legs and pelvis. This forces the lower back muscles to expend too much energy resisting further trunk lean to the front.

Legs

For distance running, much of the power is generated from below the knee. Energy is wasted as the knees come higher and the large muscles of the hips and thighs are engaged. Practice getting a strong push-off from the ankle of the back leg. This helps to naturally lengthen the stride. Lengthening the stride by reaching forward with the front leg will be counterproductive.

Feet

The feet should be pointed directly forward while running. With fatigue and certain muscle imbalances, the legs and feet may start to rotate outward. This may hinder performance and create abnormal stresses that contribute to injury.

Breathing

Breathing should be rhythmic in nature and coordinated with the running stride.

Ability Group Run

Ability group runs (AGRs) train soldiers in groups of near-equal ability. Each ability group runs at a prescribed pace intense enough to produce a training effect for that group and each soldier in it. Leaders should program these runs for specific lengths of time, not miles to be run IAW the AGR training progression chart. See Figure 7-2. This training method provides a challenge for each ability group while controlling injuries.

To assign soldiers to ability groups utilize 1-mile run assessment times from session 2, week 1. Soldiers running the 1-mile in 6:30 and faster will be assigned to ability group A. Soldiers running the 1-mile from 6:31 to 7:30 will be assigned to ability group B. Soldiers running the 1-mile from 7:31 to 8:30 will be assigned to ability group C. Soldiers running the 1-mile in 8:31 and slower will be assigned to ability group D.

AGRs must be conducted at the intensity specified in the AGR training chart.

- **Because soldiers progress at different rates, they should move to faster groups when they are ready.**
- Those who have difficulty maintaining the specified pace within an ability group should be placed in a slower ability group.
- Supervision will prevent a constant shifting of soldiers between groups due to lack of individual effort.

The frequency of AGRs is one or two times per week. **AGR, speed running, and foot marching (greater than 5 Km) should not be conducted on the same or consecutive days. The running duration is determined by time, <u>not</u> distance as specified in the AGR training progression chart.** All ability groups begin running with 20 minutes and progress to 30 minutes of continuous running during the training cycle. The running progression for ability groups A, B, C and D can be found in the Figure 7-2 and the PT schedule in Chapter 16, Physical Training Schedules. An ability group progression chart is provided in Appendix A, PT Leader Drill Cards.

Ability Group Running

Ability Group	A	B	C	D
Week 1	NO AGR	NO AGR	NO AGR	NO AGR
Week 2	20 min @ 6:45 per mile pace	20 min @ 7:45 per mile pace	20 min @ 8:45 per mile pace	20 min @ 9:00 per mile pace
Week 3	20 min @ 6:45 per mile pace	20 min @ 7:45 per mile pace	20 min @ 8:45 per mile pace	20 min @ 9:00 per mile pace
Week 4	20 min @ 6:45 per mile pace	20 min @ 7:45 per mile pace	20 min @ 8:45 per mile pace	20 min @ 9:00 per mile pace
Week 5	25 min @ 6:45 per mile pace	25 min @ 7:45 per mile pace	25 min @ 8:45 per mile pace	25 min @ 9:00 per mile pace
Week 6	25 min @ 6:45 per mile pace	25 min @ 7:45 per mile pace	25 min @ 8:45 per mile pace	25 min @ 9:00 per mile pace
Week 7	25 min @ 6:45 per mile pace	25 min @ 7:45 per mile pace	25 min @ 8:45 per mile pace	25 min @ 9:00 per mile pace
Week 8	25 min @ 6:30 per mile pace	25 min @ 7:30 per mile pace	25 min @ 8:30 per mile pace	25 min @ 8:45 per mile pace
Week 9	25 min @ 6:30 per mile pace	25 min @ 7:30 per mile pace	25 min @ 8:30 per mile pace	25 min @ 8:45 per mile pace
Week 10	25 min @ 6:30 per mile pace	25 min @ 7:30 per mile pace	25 min @ 8:30 per mile pace	25 min @ 8:45 per mile pace
Week 11	30 min @ 6:30 per mile pace	30 min @ 7:30 per mile pace	30 min @ 8:30 per mile pace	30 min @ 8:45 per mile pace
Week 12	30 min @ 6:30 per mile pace	30 min @ 7:30 per mile pace	30 min @ 8:30 per mile pace	30 min @ 8:45 per mile pace
Week 13	30 min @ 6:30 per mile pace	30 min @ 7:30 per mile pace	30 min @ 8:30 per mile pace	30 min @ 8:45 per mile pace
Week 14	30 min @ 6:30 per mile pace	30 min @ 7:30 per mile pace	30 min @ 8:30 per mile pace	30 min @ 8:45 per mile pace

Soldiers running the one-mile in 6:30 and faster will be assigned to ability group A.
Soldiers running the one-mile from 6:31 to 7:30 will be assigned to ability group B.
Soldiers running the one-mile from 7:31 to 8:30 will be assigned to ability group C.
Soldiers running the one-mile in 8:31 and slower will be assigned to ability group D.

Figure 7-2.

Speed Running

Speed running is based on the training principle that a greater amount of intense work can be performed if the work is interspersed with periods of recovery. This has readiness implications, since improvements in physical fitness are affected to a greater extent by the intensity of training than by the frequency or duration of the training. During speed running, soldiers perform a work interval in a specified time for a specific number of repetitions. The work intervals are followed immediately by an active recovery interval. Multiple work intervals cause the onset of fatigue many times during a single training session. Speed running improves the resistance to fatigue of the active muscles by repeatedly exposing them to high intensity effort. As a result of their increased anaerobic and aerobic endurance, soldiers will be able to sustain performance of physically demanding tasks at a higher intensity for a longer duration. The training stimulus associated with speed running occurs from the combination of work and recovery. A very short recovery period may not allow the body to recover sufficiently to perform the next work interval at the desired intensity. A very long recovery period may allow the body to recover too much and some of the training effect would be lost. Generally, duration of the recovery period depends on the intensity and duration of the work interval. An appropriate work to recovery ratio for improving soldier physical fitness is 1:2. Speed running has three variables: work duration, recovery duration, and the number of repetitions. The speed running activities appropriate for soldiers to improve physical fitness are 30:60s and 60:120s. A Speed Running chart is provided in Figure 7-3 and Appendix A, PT Leader Drill Cards.

30:60s

Soldiers will perform 30:60s, adhering to a work to recovery ratio of 1:2. During the work interval, soldiers will sprint for 30 seconds. During the recovery interval, soldiers will walk for 60 seconds. This is one repetition of a 30:60. All ability groups should run at a slow pace (jog) ¼ mile prior to beginning 30:60s. Soldiers in ability groups A and B will begin with 6 repetitions and progress to 10 repetitions. Soldiers in ability groups C and D will begin with 4 repetitions and progress to 8 repetitions. The 30:60 running progression for ability groups A, B, C and D can be found in the PT schedules in Section 7. Ability groups C and D will complete 30:60s approximately three minutes ahead of ability groups A and B. The soldiers in ability groups C and D will continue to walk until ability groups A and B have completed their 30:60s. All ability groups should walk a minimum of 3 minutes prior to performing additional activities or Cool-down.

60:120s

Soldiers will perform 60:120s, adhering to a work to recovery ratio of 1:2. During the work interval, soldiers will sprint for 60 seconds. During the recovery interval, soldiers will walk for 120 seconds. This is one repetition of a 60:120. All ability groups should run at a slow pace (jog) ¼ mile prior to beginning 60:120s. Soldiers in ability groups A and B will begin with 6 repetitions and progress to 10 repetitions. Soldiers in ability groups C and D will begin with 4 repetitions and progress to 8 repetitions. The 60:120 running progression for ability groups A, B, C and D can be found in the PT schedules in Section 7. Ability groups C and D will complete 60:120s approximately six minutes ahead of ability groups A and B. The soldiers in ability groups C and D will continue to walk until ability groups A and B have completed their 60:120s. All ability groups should walk a minimum of 3 minutes prior to performing additional activities or Cool-down.

Speed Running

Ability Group	A	B	C	D
Week 1	30:60s 6 reps	30:60s 6 reps	30:60s 4 reps	30:60s 4 reps
Week 2	30:60s 8 reps	30:60s 8 reps	30:60s 6 reps	30:60s 6 reps
Week 3	30:60s 8 reps	30:60s 8 reps	30:60s 6 reps	30:60s 6 reps
Week 4	30:60s 10 reps	30:60s 10 reps	30:60s 8 reps	30:60s 8 reps
Week 5	30:60s 10 reps	30:60s 10 reps	30:60s 8 reps	30:60s 8 reps
Week 6	60:120s 6 reps	60:120s 6 reps	60:120s 4 reps	60:120s 4 reps
Week 7	60:120s 6 reps	60:120s 6 reps	60:120s 4 reps	60:120s 4 reps
Week 8	60:120s 8 reps	60:120s 8 reps	60:120s 6 reps	60:120s 6 reps
Week 9	60:120s 8 reps	60:120s 8 reps	60:120s 6 reps	60:120s 6 reps
Week 10	60:120s 10 reps	60:120s 10 reps	60:120s 8 reps	60:120s 8 reps
Week 11	60:120s 10 reps	60:120s 10 reps	60:120s 8 reps	60:120s 8 reps
Week 12	60:120s 10 reps	60:120s 10 reps	60:120s 8 reps	60:120s 8 reps
Week 13	60:120s 10 reps	60:120s 10 reps	60:120s 8 reps	60:120s 8 reps
Week 14	60:120s 10 reps	60:120s 10 reps	60:120s 8 reps	60:120s 8 reps

All ability groups should run at a slow pace (jog) ¼ mile prior to beginning 60:120s.

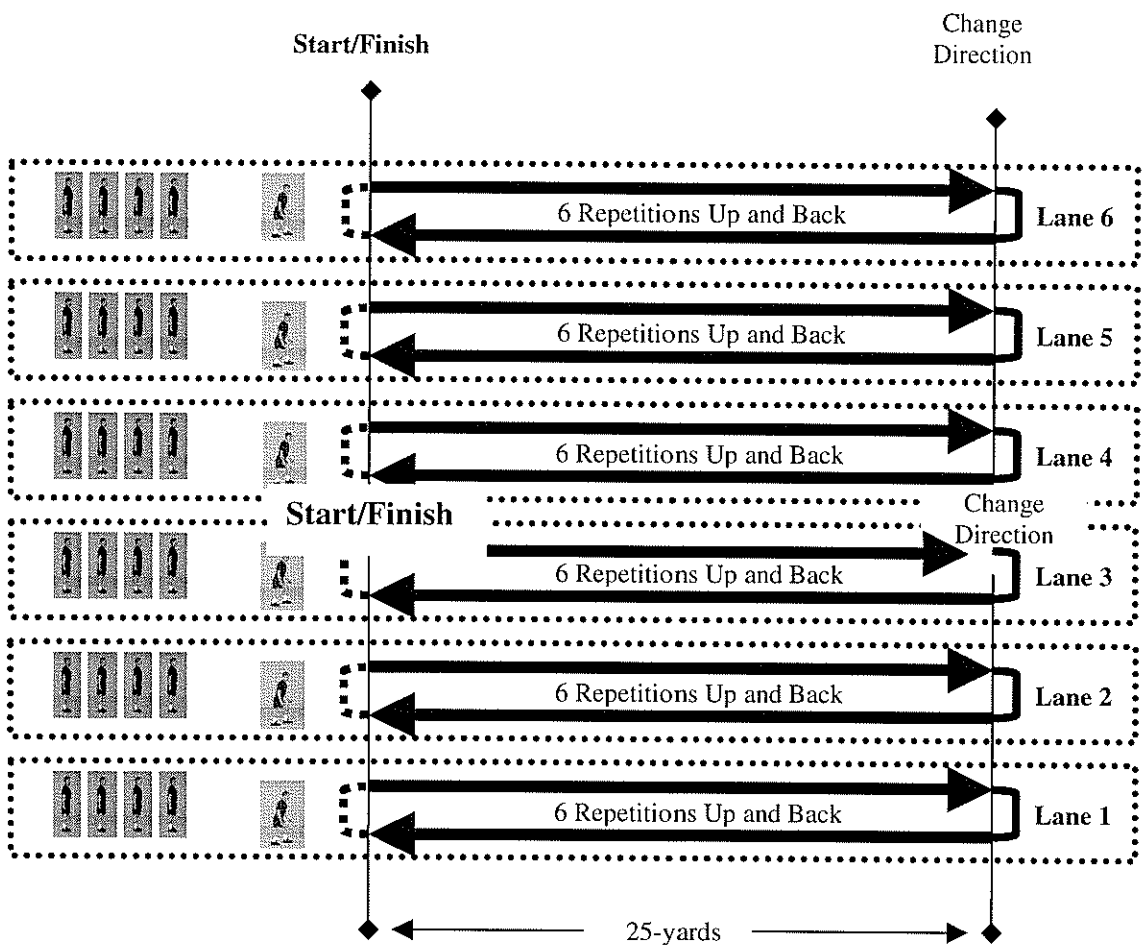
Walk a minimum of 3 minutes prior to performing additional activities or Cool-down.

Figure 7-3.

The 300-yard Shuttle Run

The 300-yard shuttle run develops the ability to repeatedly sprint after changing direction. It is an indicator of the soldier's anaerobic endurance, speed, and agility. The 300-Yard Shuttle Run is conducted from the extended rectangular formation (covered) as shown in Figure 7-4. On the command, ***"Ready,"*** one soldier in each column will move behind the starting line and assume the ready position (staggered stance). On the command, **"GO,"** the soldier will sprint to a line 25-yards from the starting line. They must touch the line or beyond it with the left hand, then return to touch the starting/finish line with the right hand. **This is considered one repetition**. The soldier will perform six repetitions alternating touching the lines with opposite hands. On the last (sixth) repetition, the soldier will sprint past the starting/finish line without touching it. The PT leader and assistant instructors (AIs) will ensure that soldiers sprint in their own lanes and run with their heads up to watch for other soldiers who may be moving in an opposite direction.

300-yard Shuttle Run



Checkpoints:

- ❑ Soldiers should slow their movement before planting feet and changing direction.
- ❑ Soldiers should both bend the trunk and squat when reaching to touch the ground as they change direction.
- ❑ Soldiers touch the ground with their left hand on the first turn, then with their right hand on the second turn and continue to alternate hand touches on each turn.
- ❑ Soldiers must sprint with their heads up and watch for other soldiers who may be moving in an opposite direction.

Figure 7-4.

CHAPTER 8

FOOT MARCHING

Foot marching as a movement component of maneuver, is a critical soldier physical requirement. Soldier physical capabilities are severely challenged during foot marching. Leaders must understand and consider the myriad of demands placed on the physical capabilities of soldiers. The duration and intensity of the foot march; influenced by factors such as soldier's load, rate of march, terrain and environment directly impact foot march performance. A successful foot march is accomplished when soldiers arrive at their destination, at the prescribed time, physically able to execute their tactical mission.

Terrain marches apply the "Train as You Fight" concept to PT. Foot movement through local training areas, over hills and around obstacles improves mobility, endurance and the ability to stop, start and rapidly change direction. Terrain marches are conducted with small unit integrity. This type of foot movement is best performed by squads and sections. Distances are covered at an intensity relative to the terrain. Small unit leaders will form the unit in single file and maintain an interval suitable for the terrain and environmental conditions. Soldiers should perform terrain marches in BDUs and well-fitting boots, carrying a fighting load and progressing to approach march load. The intensity of exercise contributes more toward the improvement of physical fitness than does the duration.

Foot marching should be included as a train as you fight component of individual and unit PT. The discussion thus far has provided leaders the purpose and desired conditions for successful foot marches and clarified the key factors of load, rate of march time and distance as they effect the strength, endurance and mobility of soldiers. Warm-up prior to conducting a foot march is essential for the reduction of injuries. Proper progression regarding distance, while maintaining consistency in the load carried and rate of march is a primary factor for injury control for soldiers. Initially, only the time or distance to be marched is progressively increased from week to week. Foot marching is a sound way to strengthen the feet and legs. Running alone does not suffice as the sole aerobic endurance activity. Conditioning and movement drills strengthen the arch, ankle, calf, knee and hip musculature in order to withstand the dynamic forces of foot marching under load.

Foot marching should be conducted regularly under loads concurrent with Army fighting load and approach march load guidelines. Foot marches can be conducted as a PT activity. This approach to foot marching avoids the cumulative effects of lower injury trauma often associated with the conduct of foot marching as a additional physical training activity. Soldiers are expected to achieve the PT foot march assessment standard of 2.4 miles or 4 km in 1 hour under fighting load and progress to the Army foot march assessment standard of 4 km in 1 hour under approach march load IAW FM 21-18.

When planning foot marches, from a tactical perspective, leaders must have a clear understanding of soldier's ability to perform critical common tasks while under load. For this discussion, **load** is defined in much broader terms than just what a soldier carries. It is of critical importance due to its direct impact on the required distance and rate of march. Current Army doctrine limits the load carried by the soldier to the mission-essential equipment required by soldiers to fight, survive, and complete their combat mission.

The load is divided into "**fighting load**" and "**approach march load**". The fighting load is carried when enemy contact is expected and consists of the soldier's clothing, kevlar, load bearing equipment (LBE), weapon, bayonet, and ammunition. Current Army doctrine recommends no more than 48 lbs (or 30% body weight) for the fighting load. These load weights include all clothing and equipment that are worn and carried. The approach march load is carried for extended operations when the soldier must carry enough equipment and munitions for fighting and existing until resupply. The approach march load consists of the fighting load plus rucksack (assault pack), sleeping roll, extra clothing, extra rations, and extra ammunition. Current Army doctrine recommends no more than 72 lbs (or 45% body weight) for the approach march load.

Rate of march is directly impacted by the distance marched and the load a soldier must carry and is a significant factor when planning tactical or training foot marches. Appropriately designed physical training, properly utilizing foot marching as an endurance and strength activity, will progressively increase soldier physical abilities in regard to functional capacity for long duration aerobic activity. In fact, recent studies have shown that through a progressive increase in load, rate of march and required distance during the PT program, improvements in functional capacity were similar to those of a control group performing the traditional recruit training program involving only long distance running.

The commander considers all the factors that affect his mission accomplishment. The load, or rate of march, for his unit should be determined with the knowledge of his units physical capabilities, as well as the critical components of time and distance which will place his unit at its destination in the shortest time in combat-ready condition. Unit SOP's based on realistic performance oriented training, will usually state rates for marches on roads and cross-country, over normal terrain, under daylight or limited visibility. Rates of march, for physically capable soldiers under these conditions with fighting load are shown in Figures 8-1 through 8-4.

DAY/ROAD (Rate of March = 4 kph)			
DISTANCE	MARCH TIME	REST TIME	TOTAL TIME
4 km	1:00	0:00	1:00
8 km	2:00	0:15	2:15
12 km	3:00	0:30	3:30
16 km	4:00	0:45	4:45
20 km	5:00	1:00	6:00
24 km	6:00	1:15	7:15
28 km	7:00	1:30	8:00
32 km	8:00	1:45	9:45

Figure 8-1.

LIMITED VISIBILITY/ROAD (Rate of March = 3.2 kph)			
DISTANCE	MARCH TIME	REST TIME	TOTAL TIME
4 km	1:15	0:00	1:15
8 km	2:30	0:30	3:00
12 km	3:45	:45	4:30
16 km	5:00	1:15	6:15
20 km	6:15	1:30	7:45
24 km	7:30	1:45	9:15
28 km	8:45	2:00	10:45
32 km	10:00	2:30	12:30

Figure 8-2.

DAY/CROSS-COUNTRY (Rate of March = 2.4 kph)			
DISTANCE	MARCH TIME	REST TIME	TOTAL TIME
4 km	1:40	0:00	1:40
8 km	3:20	0:45	4:05
12 km	5:00	1:15	6:15
16 km	6:40	1:30	8:10
20 km	8:20	2:00	10:20
24 km	10:00	2:30	12:30
28 km	11:40	2:45	14:25
32 km	13:20	3:15	16:35

Figure 8-3.

LIMITED VISIBILITY/ CROSS-COUNTRY (Rate of March = 1.6 kph)			
DISTANCE	MARCH TIME	REST TIME	TOTAL TIME
4 km	2:30	0:30	3:00
8 km	5:00	1:15	6:15
12 km	7:30	1:45	9:15
16 km	10:00	2:30	12:30
20 km	12:30	3:00	15:30
24 km	15:00	3:45	18:45
28 km	17:30	4:15	21:45
32 km	20:00	5:00	25:00

Figure 8-4.

Maintaining adherence to these rates of march, and utilization of the techniques of a reliable pace setter and proper halts, will enable all soldiers to physically train to a foot march readiness standard. Foot march training at too fast of a progression, increases the potential for injury. Using a pacesetter and planned halts effectively monitor the rate of the foot march. The pacesetter is an experienced soldier, carrying the same load as the majority of the other soldiers, and marching from 4 to 10 meters at the head of the column. The pace of the column must be governed by the most heavily loaded element. The pacesetters primary duty is to maintain the rate of march ordered by the column commander. He does this by establishing his pace (length of step) and cadence (number of steps per minute) to obtain the prescribed rate of march. The rate of march is the regulated speed of a column or element that is established by the individual in the lead element to maintain the prescribed average speed. For a foot march, the normal pace is 30 inches at a cadence of 106 steps per minute. The pacesetter should be of medium height so that average strides might be taken. Over or under striding tends to quickly tire the leg muscles and affects the efficiency of marching troops. The leader marching at the head of the column supervises the pacesetter to ensure that the pacesetter takes average strides and maintains a uniform cadence.

Distance is a fact derived from mission analysis and METT-TC. The current location of the unit and the distance required to march to a new location is a fact. The leader determines the rate of march based on the time available, the known distance and type of terrain (factors of METT-TC). The foot march tables previously listed above provide planning guidance. Leaders will assign a rate of march based on the specified tasks in the mission statement or scheme of maneuver. Load and rate of march are tactical planning factors that are inversely proportional. Studies have shown that as load increases the rate of march decreases. Increasing both load and rate of march has shown to increase the risk of injury.

During a foot march, halts are enforced routinely to rest personnel and adjust equipment. Units that foot march on a regular basis normally regulate halts by SOP. Under normal physical training for foot marching, the soldiers will be capable of sustaining the rates of march described with a 15-minute halt after 60 minutes of marching. Halts are taken to ensure the arrival of the unit in effective fighting condition.

Nutritional Considerations

Maintaining adequate carbohydrate reserves and preventing dehydration are significant challenges for soldiers during foot marching. Maintenance of a high carbohydrate (60 percent of caloric intake) diet with adequate protein, fat, and fluid intake is recommended to ensure that soldiers are sufficiently fueled prior to the foot march. Foot marches that last more than 90 minutes require soldiers to intake foods and fluids before, during, and after the march to re-hydrate and replenish carbohydrates, water, and electrolytes. The following nutritional guidelines should be considered when performing foot marches over 90 minutes in duration:

- The goal during the march is to keep the body in normal balance by consuming enough fluid to match sweat losses and enough carbohydrate to provide energy and help maintain blood sugar levels. Research has shown that endurance can be increased by eating 100-300 calories of carbohydrate per hour during activities of 90 minutes or more in duration.
- At least 16 ounces (about half of a one-quart canteen) of water should be consumed before the foot march. Fluids should also be consumed at regular intervals (8-10 ounces every 15-20 minutes), particularly when in a hot environment. In addition to plain water, a sports drink containing carbohydrate and electrolytes (sodium and potassium) can be consumed, starting early in the foot march. The ideal fluid replacement beverage is one that tastes good to the soldier, does not cause gastrointestinal discomfort, promotes rapid fluid absorption, and provides energy and electrolytes. The beverage should contain a small amount of sugar, about 50-80 calories per 8 ounces (4%-8% solution) and a small amount of sodium and potassium.
- Solid energy bars that are high in carbohydrate, vitamins, and electrolytes are also beneficial and convenient for foot marching. Ensure that adequate amounts of water are ingested with the consumption of energy bars for best results.
- After the foot march, the priority should be to replace fluids lost by sweating. Choices include fruit juices, fruit, high carbohydrate sports drinks, and water. Soldiers should drink at least 16 ounces of water immediately after the foot march and continue to drink at least 8 ounces every 15-20 minutes. Soldiers should also consume carbohydrate-rich foods and beverages (0.5 grams per pound of body weight) within the first two hours after the foot march. The body is more receptive to replacement of muscle glycogen (carbohydrate) immediately after strenuous activity. Recovery foods should also include some protein. A good ratio is to consume 1 gram of protein for every 4 grams of carbohydrate.

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CHAPTER 9

OBSTACLE NEGOTIATION

Obstacle course running develops physical capacities and fundamental skills and abilities that are important to soldiers in combat operations. Soldiers must be able to crawl, creep, climb, walk, run and jump in order to accomplish certain missions. Further, carrying full field equipment, they must be able to do all these things for long periods of time without exhaustion or injury, even after fatigue has set in.

Conditioning and Confidence Obstacle courses as prescribed in this chapter and that comply with installation safety requirements and this chapter. Soldiers will wear BDUs and boots. Considerable time and effort must be expended to teach soldiers how to correctly negotiate conditioning and confidence obstacles. Soldiers are required to receive instruction for each obstacle negotiated, have each obstacle demonstrated to standard by a PT leader or AI and be allowed to practice obstacle negotiation prior to course negotiation. **Conditioning obstacle courses may be run for time. Confidence obstacle courses incorporate complex obstacles that involve height and <u>will not</u> be run for time.** PT leaders will ensure that AIs are positioned at each conditioning and confidence obstacle to ensure proper negotiation and soldier safety. PT leaders are required to perform risk management procedures as specified by their installation. One of the objectives of PT is to develop soldiers who are proficient in military physical skills (such as running, jumping, climbing, and carrying). Fast and skillful execution of these skills may mean the difference between the success and failure of combat missions.

RUNNING

Running is used to develop endurance. Soldiers should be exposed to running in various situations: on roads, over rough ground, up and down hills, across country, and over low obstacles.

JUMPING

In long jumping, the takeoff foot is planted firmly and the spring comes from the extension of this leg as the other leg reaches for the far side of the obstacle (like a ditch). The arms are forcible raised forward and upward to assist in propelling the body. Landing may be on one or both feet, depending upon the length of the jump. In jumping downward from a height, the jumper should aim his feet at the desired landing spot and jump with the knees slightly bent, feet together, and the trunk inclined slightly forward. As the feet strike the ground, the shock is absorbed by bending the knees into a full squatting position. If the height is too great or the ground too hard to absorb the shock, then the jumper should execute a forward roll or side roll, thus absorbing some of the shock.

DODGING

In combat situations it is often necessary to change directions quickly. To dodge while running, the lead foot (left foot if the direction is to the right, and right foot if the direction is to the left is firmly planted on the ground. The opposite foot is moved in the new direction. The knees are flexed slightly during the movement and the balanced center of gravity is low. The head and trunk are quickly turned in the new direction at the instant of directional change.

CLIMBING AND SURMOUNTING

The soldier should know how to effectively climb and surmount various types of obstacles.

VERTICAL CLIMBING A ROPE OR POLE

The techniques are similar, whether climbing a rope or pole. The hands grasp the rope or pole overhead with the palms toward the face, and the body is pulled upward with the arms and shoulders assisted by the feet, which grip and assist by pushing downward. If shoulder-girdle strength and body coordination are not adequate to permit alternating hands, the arms act together in pulling upward.

CLIMBING OVER A WALL

When going over a wall, the body is as close to the top as possible to maintain a low silhouette (in combat operations, it is important to offer as small a target as possible, and in preparation for going over the wall, the rifle is slung across the back so that the hands are free). There are two methods commonly used for surmounting a wall of moderate height and one method for dropping from it.

CHINNING

Approach the wall at either a walk or a slow run. Jump upward and grasp the top of the wall and chin yourself upward until it is possible to change into a pushup. Place the chest on the wall and kick vigorously upward and over with both legs. A creeping motion with the toes against the wall will help the upward progress of the chinning and pushing up.

CREEPING

Approach the wall either at a walk or a slow run. Jump upward and grasp the top of the wall. Make contact with both knees and start a creeping motion upward. As the knees reach their limit of upward motion, place both feet against the wall and continue with a walking, creeping motion until one leg can be thrown over the top of the wall. Make sure a creeping walk is used.

RUN, JUMP, AND VAULT

Approach the wall at a run, jump forward and upward at it, and place one foot against it as high up as possible. Use the foot in contact with the wall to help push the body upward while grasping the top of the wall with the hands. Pull the body up with the arms, assisted by pressure from the foot against the wall, and swing the legs over, propelling the body over the wall.

HOOK AND SWING

Approach the wall at a run and jump forward and upward. Hook one elbow over the wall, locking the arm in place by pulling up until the top of the wall is underneath the armpit. Grasp the top of the wall with the other hand. Draw the leg that is closer to the wall up toward the abdomen as far as possible. Then, swing the outside leg over the wall. The body is then carried over with a rolling motion. Soldiers who are unable to draw up the leg as described can use a variation of this leg action. While hanging with both legs fully extended, start a swinging motion with the legs together. When the legs have enough momentum, swing the outside leg over the wall with a vigorous kick, and then follow with the body.

DROPPING

Execute all drops from the wall in the same manner. Place one hand against the far side of the wall while the other hand grasps the top. From this position, roll over the wall and vault away from it with the legs swinging clear. As the body passes over the wall and drops, face the wall. This keeps the rifle and other equipment clear. Balance is maintained by retaining a grasp on the top of the wall as long as possible.

CLIMBING LADDERS AND CARGO NETS

Rope ladders, stationary vertical ladders, and cargo nets require the same general climbing technique. Grasp the side supports firmly in the hands about shoulder height and place the feet on a rung, which will cause the body to be extended. To move up, obtain a higher grasp and move the opposite leg up a rung. The body is elevated as the knee straightens.

TRAVERSING HORIZONTAL OBJECTS BY HAND

Traversing horizontal objects puts stress on the arms and shoulder-girdle area, when the feet are suspended in the air and the arms and shoulders support body weight.

TRAVERSING HORIZONTAL ROPES OR PIPES

The hands grasp the horizontal support overhead with the palms facing. To propel the body forward, one hand is released and moved forward to secure a new grasp. At the same time, the opposite side of the body is swung forward. The other hand is then released and moved forward, as the soldier continues to move.

TRAVERSING HORIZONTAL LADDERS

The movement is the same as used in traversing a rope or pipe. The hands, however, are placed on the rungs palms forward; otherwise, the technique is the same.

VAULTING

Vaulting is employed to overcome low barriers or fences. The object to be surmounted is approached at an angle. The hand on the side next to the obstacle is placed on top of the obstacle, and with a straight-arm movement the body weight is pushed upward. At the same time, the leg on the side next to the obstacle is thrown upward and over the top, followed by the other leg. In landing, the weight comes down on the leading leg first, followed by regaining the balance on both legs. The free arm serves as a balance. A direct (front) approach can also be used, at which time both legs go over the object together.

BALANCING

Balancing the body while walking or running on a narrow object, as when crossing obstacles, is a skill, which requires practice and confidence. Balance is required in negotiating a log placed across a stream, or in crossing any narrow beam or rail. To perform this skill, place the feet on the object to be crossed, hold the arms to the side at shoulder level, and fix the eyes on the object approximately 5 yards in front of the feet. Walk the object by placing first one foot and then the other in the center of the object, thereby moving forward, using the arms to aid in maintaining balance.

CRAWLING

Crawling in combat situations is a useful skill. Crawling may be in the high or low stance.

HIGH CRAWL

The soldier moves on his hands and knees, moving one hand and the opposite knee and then continuing to move the hands in alternation with the knees.

LOW CRAWL

The soldier is in the prone position. Pulling with both arms and pushing with one leg accomplish forward movement. The other leg is dragged behind. The legs are alternated frequently to avoid fatigue.

THROWING

Throwing may be from the kneeling or standing position. The object to be thrown is held in the throwing hand and the throwing arm is bent at the elbow; the hand is then moved to the rear until it is behind the ear. The body is turned so that the lead foot and balance (other) arm point toward the target. The balance arm is used to sight over and align the throwing hand with the target. When properly aligned, the elbow is move rapidly forward until it is at a point just in front of the body, where the arm is straightened and the wrist "snapped." This whip motion propels the object to the target. Underhand throws get momentum by the thrower bending his knees and swinging the throwing arm to the rear. As the knees are straightened, the arm is forcefully swung forward from the shoulder and the object is released.

FALLING

Injuries may be avoided if soldiers are taught to fall properly by using body momentum to their advantage during a fall rather than resisting it. If enough momentum is present, as in falling while running or in jumping from a height, the soldier can extend his hands to catch his weight and at the same time duck the head and forward roll onto his feet. The key to falling without injury from the standing position is relaxation and rolling the body to take the momentum of the fall on the outside of one leg, hip, and buttock.

Types of Obstacle Courses.

The conditioning course has low obstacles that must be negotiated quickly. Running the course challenges the soldier's basic motor skills and physical condition. After soldiers receive instruction and practice negotiation skills, they may run the course against time.
The confidence course has higher more difficult obstacles than the conditioning course. It gives soldiers confidence in their mental and physical abilities and cultivates their spirit and daring. Soldiers are encouraged but not forced to negotiate each obstacle. Unlike conditioning courses, confidence courses are not run against time.
Conditioning obstacle courses are typically not standardized due varying topographical conditions. However, individual obstacles within the conditioning course are standardized for both construction and negotiation. Commanders should use ingenuity in constructing courses, making good use of streams, hill, trees, rocks and other natural obstacles. Since conditioning courses are run against time, they should not be made dangerous.

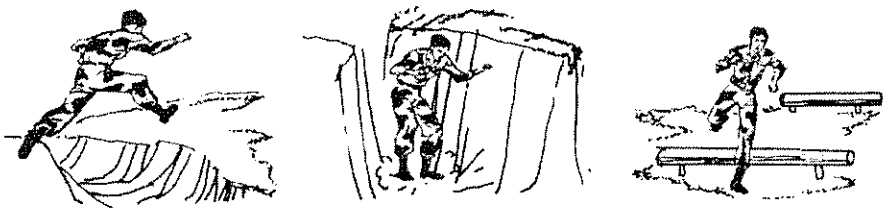
Conditioning Courses should be developed based on the following guidelines:

1. Courses should be horseshoe-shaped with route signs and the finish close to the start.
2. Total course distance ranges from 300 to 450 yards.
3. Courses contain 15 to 25 obstacles placed 20 to 30 yards apart.
4. Obstacles are arranged so that those that exercise the same muscle groups are separated and not performed consecutively.
5. Obstacles must be solidly built with no sharp points or corners and landing pits must be filled with sawdust or ground tires.
6. Lanes will be wide enough for 6 to8 soldiers to run course at the same time and avoid congestion.
7. Courses will be built and marked so soldiers can not sidestep the obstacles or detour around them.
8. To minimize the possibility of falls and injures due to fatigue, the last two or three obstacles should not be too difficult or involve high climbing.

TYPES OF CONDITIONING OBSTACLES

OBSTACLES FOR JUMPING

These obstacles include ditches soldiers can clear with one leap, trenches they can jump into and out of or hurdles.

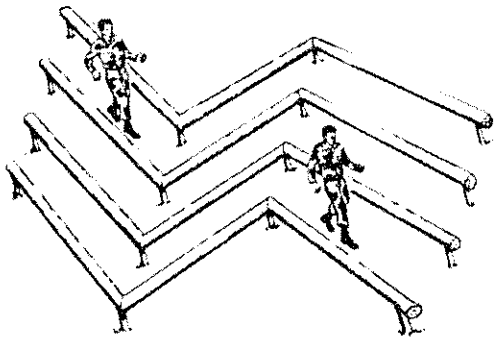


DITCH TRENCH HURDLES

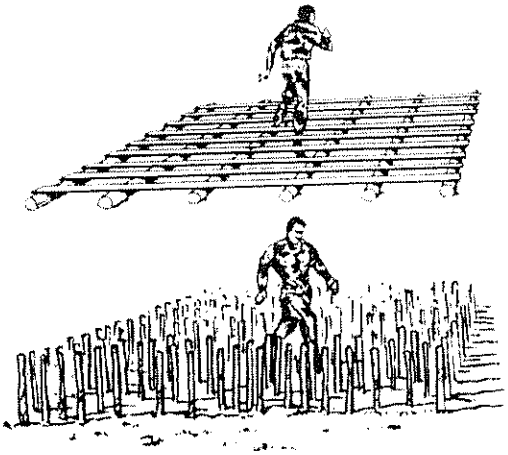
Figure 9-1.

Obstacles for Dodging

These obstacles include mazes or lanes for change of direction. The maze is constructed from posts set in the ground at irregular intervals. The spaces between the posts are narrow so that soldiers must pick their way carefully through and around them. Lane guides are built to guide soldiers in dodging and change of direction.



LANES TO GUIDE
CHANGE OF DIRECTION

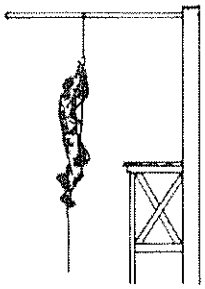


MAZES TO CAUSE
CHANGE OF DIRECTION

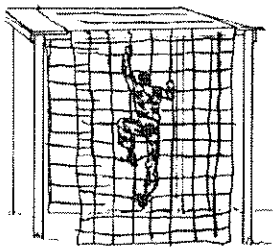
Figure 9-2.

Obstacles for Vertical Climbing and Surmounting

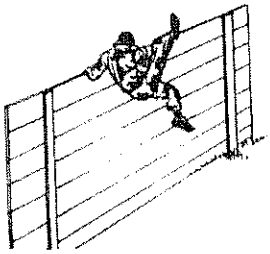
These obstacles include climbing ropes 1 1/2 inches in diameter (plain or knotted), cargo nets, walls (7 or 8 feet high), or vertical poles (6 to 8 inches in diameter and 15 feet high).



CLIMBING ROPE



CARGO NET



WALL

POLE

Figure 9-3.

Obstacles for Horizontal Traversing

These obstacles include ladders, ropes, pipes or beams positioned 8 to 10 feet off the ground. These obstacles may be traversed using the arms only or a combination of arms and legs.

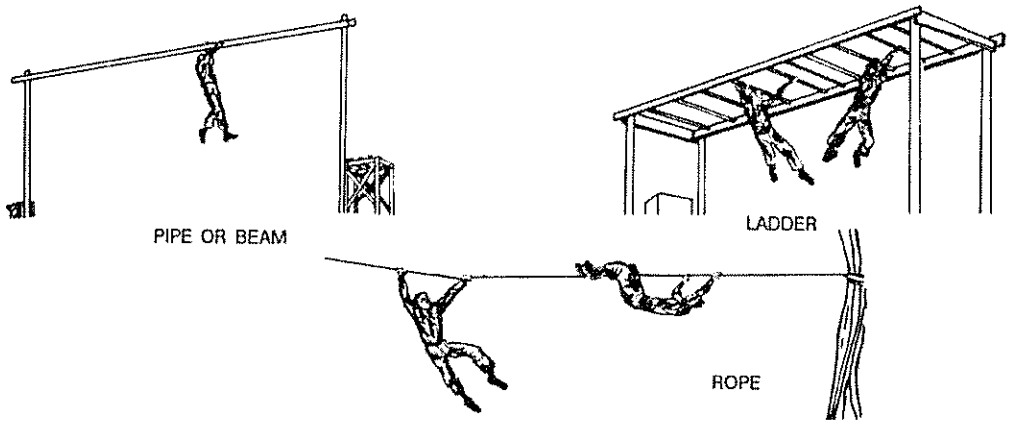


Figure 9-4.

Obstacles for Crawling

These obstacles include large pipe sections (tunnels 4 feet in diameter and 8 feet long), low rails (8 inch diameter log, 8 feet long and 2 feet off the ground) and wire (all wire lanes will be 10 feet wide, 30 **feet long and 2 feet off the ground).**

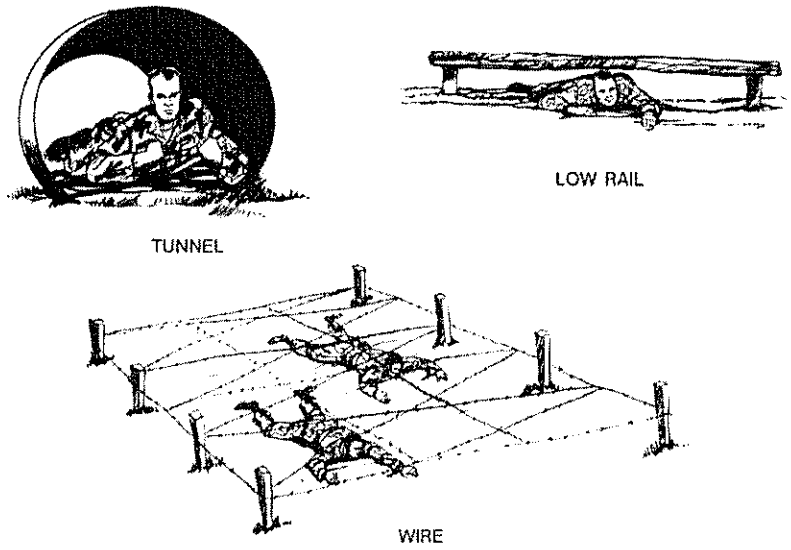


Figure 9-5.

Obstacles for Vaulting

These obstacles include fences or low walls (3 to 31/2 feet high).

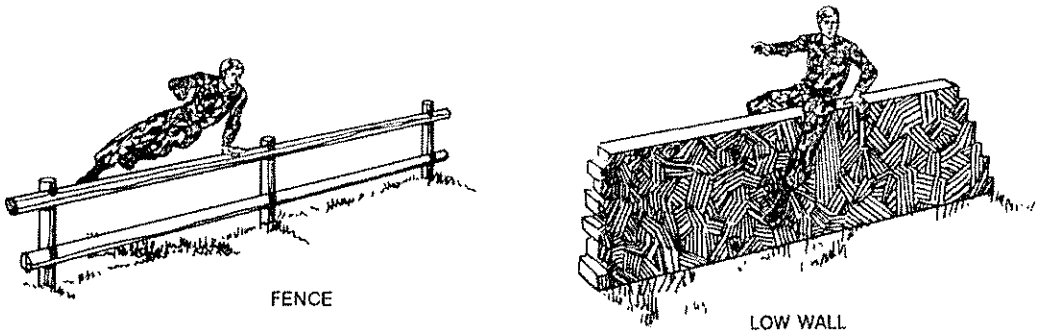


Figure 9-6.

OBSTACLES FOR BALANCING

These obstacles include beams, logs or planks that span water obstacles or dry ditches (2 feet deep).

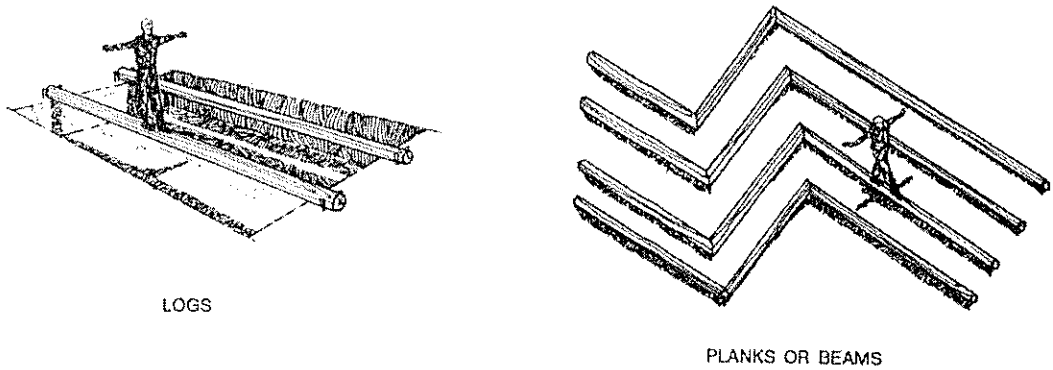


Figure 9-7.

NEGOTIATION STANDARDS FOR CONDITIONING COURSES

LANES TO GUIDE CHANGE OF DIRECTION

To successfully negotiate this obstacle you must enter and exit the change of direction lanes while running, using the following technique. To change direction while running, plant your lead foot (left foot if the direction is to the right; right foot if the direction is to the left) firmly on the ground. Then, move your opposite foot in the new direction. Your knees are flexed slightly and your center of gravity is low. Turn your head and trunk quickly in the new direction at the instant of the directional change.

DITCH

To successfully negotiate this obstacle you must jump over the ditch while running and use the following technique. When jumping over a ditch, your takeoff foot is planted firmly and the spring comes from the extension of this leg as your other leg reaches for the opposite side of the ditch. Raise your arms forcibly forward and upward to assist in propelling your body. Your landing maybe on one or both feet, depending on the length of the jump.

CLIMBING ROPE

To successfully negotiate this obstacle you must climb the rope, using the following technique. Grasp the rope overhead with your hands keeping your palms toward your face, then pull your body upward with your arms and shoulders. To assist with your feet on a knotted rope, squeeze the rope and push off the knot with the bottoms of the feet. To continue climbing, re-grasp the rope overhead, then raise your legs at the hips and reposition your feet as mentioned above. Continue this technique until reaching the top of the rope. Touch the beam above the anchor point and descend the rope to the ground.

LOGS

To successfully negotiate this obstacle you must walk or run the log using the following technique. Place your feet on the log to be crossed, hold your arms at your sides at shoulder level and fix your eyes on the log approximately five yards in front of your feet. Walk or run the log by placing first one foot then the other in the center of the log, moving forward using your arms to maintain balance.

HORIZONTAL LADDER

To successfully negotiate this obstacle you must traverse the ladder using the following technique. Grasp the first rung overhead with your palms facing forward and suspend your body. To propel your body forward, release one hand and move forward to secure a new grasp. At the same time, swing the opposite side of your body forward. Release your other hand and move it forward to re-grasp another rung. Continue this technique, grasping each and every rung, until you reach the last rung. Suspend your body from the last rung, then drop to the ground.

ALTERNATE HIGH STEPPING

To successfully negotiate this obstacle you must enter and exit the maze while running and use the following technique. Run on the balls of the feet and raise the knees up high with each step while crossing over the obstacles and placing the each foot in adjacent grid squares.

HORIZONTAL ROPE
To successfully negotiate this obstacle you must traverse the rope using the following technique. Reach up and grasp the rope with your hands and swing your legs up to assume the position used when climbing a vertical rope. Leading with your head, traverse the rope horizontally by pulling with your arms. Your feet and legs are used to secure your position on the rope and may also be used assist in your movement as in the vertical rope climb. To complete negotiation of this obstacle one hand must touch the post securing the end anchor point.

WIRE
To successfully negotiate this obstacle you must enter and exit using the low crawl technique. Low crawl - Start in the prone position. To move forward, pull with both arms and push with one leg. Your other leg is dragged behind. Your legs are alternated frequently to avoid fatigue. Continue this technique until your body has cleared the low wire.

CARGO NET
To successfully negotiate this obstacle you must approach the net while running. Leap to grasp the rope rungs overhead and step up on the lower rope rungs. You may use either of the following methods to climb the cargo net: The first technique would be to perform alternating arm and leg movements (i.e. Reach up with your right arm to grasp a higher rung while simultaneously stepping up with your left leg). The second technique would be to grasp and step with the same side arm and leg, ascending the rope in a crawling fashion. Continue this technique to the top of the net, then propel your body over the platform and descend the net on the other side using a similar technique.

FENCE
To successfully negotiate this obstacle you must use the following technique. Vaulting - Approach the fence at an angle, your hand on the side next to the fence is placed on top of the fence and with a straight arm movement push your body weight upward. At the same time, your leg on the side next to the fence is thrown upward and over the top, followed by your other leg. In landing, your weight comes down on the landing leg first, followed by regaining your balance on both legs. Your free arm also serves as a balance. A direct front approach, can also be used, at which time both legs go over the fence together.

TRENCH
To successfully negotiate this obstacle you must use the following technique. Jump downward into the trench, aiming your feet at the desired landing spot with your knees slightly bent, feet slightly apart and trunk inclined slightly forward. As your feet strike the ground, absorb shock by bending your knees to a squatting position. If the height is too great or the ground too hard to absorb the shock, then you should land with your feet together and execute a forward or side roll to absorb some of the shock. To exit the trench, use one of the following techniques: Approach the trench wall at a run, jump forward and upward at it and place one foot against the trench wall as high as possible. Use your foot in contact with the wall to help push your body upward while grasping the top of the trench with your hands. Pull your body up with your arms, assisted by the pressure of your foot against the wall and swing your legs over to propel yourself out of the trench. Using the second technique, approach the trench wall at a run and jump forward and upward. Hook one elbow over the top of the trench, locking your arm in place by pulling up until the top of the trench is under your armpit. Grasp the top of the trench with your other hand. Draw your leg that is closest to the trench wall up toward your abdomen as far as possible, then swing the outside legs over the top of the trench. Your body is then carried over with a rolling

motion. Soldiers who are unable to draw up the leg as described can use a variation of this leg action. While hanging with both legs fully extended, start a swinging motion with your legs together. When your legs have enough momentum, swing your outside leg over the trench wall with a vigorous kick, then follow with your body to exit the trench.

LOW RAILS
To successfully negotiate this obstacle you must use the low crawl technique to move under the low rails.

PLANKS AND BEAMS
To successfully negotiate this obstacle you must use the same technique listed to traverse the logs.

WALL
To successfully negotiate this obstacle you may use either of the following techniques to surmount the wall. Run, jump and vault. When using this method approach the wall at a run, jump forward and upward at it and place one foot against the wall as high as possible. Use your foot in contact with the wall to help push your body upward while grasping the top of the wall with your hands. Pull your body up with your arms, assisted by the pressure of your foot against the wall and swing your legs over to propel yourself over the wall. The second technique is the Hook and swing - Approach the wall at a run and jump forward and upward. Hook one elbow over the wall, locking your arm in place by pulling up until the top of the wall is under your armpit. Grasp the top of the wall with your other hand. Draw your leg that is closest to the wall up toward your abdomen as far as possible, then swing the outside leg over the wall. Your body is then carried over with a rolling motion. A variation of this leg action can be used by soldiers who are unable to draw up the leg as described. While hanging with both legs fully extended, start a swinging motion with your legs together. When your legs have enough momentum, swing the outside leg over the wall with a vigorous kick, then follow with your body. To drop from the wall to the ground, place one hand against the far side of the wall while the other hand grasps the top. From this position, roll over the wall and vault away from it with your legs swinging clear. As your body passes over the wall and drops, face the wall. Balance is maintained by retaining your grasp on the top of the wall as long as possible and then drop to your feet.

DITCH
To successfully negotiate this obstacle you must use the technique previously listed for the ditch in (2) above.

LOW WALL
To successfully negotiate this obstacle use the vaulting techniques described for negotiation of the fence in (10) above.

HURDLE
To successfully negotiate this obstacle you may leap over the hurdle one leg at a time or step on the hurdle with one leg and leap down from the hurdle with the other or both legs to the ground.

PLATFORM
To successfully negotiate this obstacle, surmount the platform by using the support beams to step up and pull you to the top. When jumping down from the platform to the ground, perform the same technique used for jumping downward from a height as in negotiating the Trench in (11) above.

TUNNEL
To successfully negotiate this obstacle, two crawling methods may be used. High crawl – This technique is performed on your hands and knees. Propel yourself forward by moving one hand forward while simultaneously moving your opposite knee forward. Continue moving on your hands and knees in an alternating fashion. The second technique is the Low crawl – Start in the prone position. To move forward, pull with both arms and push with one leg. Your other leg is dragged behind. Your legs are alternated frequently to avoid fatigue. Continue this technique until exiting the tunnel.

LANES TO GUIDE CHANGE OF DIRECTION
To successfully negotiate this obstacle see (1) above.

CONDUCTING THE CONDITIONING OBSTACLE COURSE

Before soldiers run the conditioning obstacle course in its entirety, they should be taken to each obstacle and instructed in the proper negotiation techniques previously mentioned. In each case the techniques should be explained in detail with emphasis on avoidance of injury. All soldiers should be given the opportunity to practice on each obstacle until they become proficient at negotiation. Before the course is run against time, several practice runs should be run at a slower pace. During such practice runs, PRT leaders and AIs observe their performance and make appropriate corrections. Soldiers should never be permitted to run conditioning obstacle courses for time until they have mastered all obstacles thoroughly. The best method of timing soldiers on the obstacle course is to have the timer stand at the finish and call out minutes and seconds as each soldier crosses the finish line. If soldiers fail to negotiate an obstacle a predetermined penalty (5 to 10 seconds) should be assessed.

CONFIDENCE OBSTACLE COURSES

Confidence obstacle courses challenge soldiers' strength, endurance and mobility while instilling self-confidence and promoting teamwork. Soldiers do not negotiate these obstacles at high speed or against time. Obstacles vary in difficulty, with some very high obstacles. Safety nets are provided for these high obstacles. Soldiers may skip any obstacle they are unwilling to attempt. PRT leaders and AIs should encourage, but not force soldiers to attempt every obstacle. Fearful soldiers should be encouraged to negotiate the easier obstacles before attempting the higher more difficult ones. Some of the higher, more difficult obstacles may be negotiated as a group effort, with stronger soldiers assisting those unable to negotiate the obstacles by themselves. Gradually, as their confidence and negotiation skills improve, the weaker soldiers will be able to successfully negotiate all obstacles individually. PRT leaders and AIs should be available to assist soldiers in proper obstacle negotiation throughout the course. At no time are PRT leaders or AIs to try to make obstacles more difficult to negotiate by shaking ropes, rolling logs, and so forth. This practice destroys confidence and greatly jeopardizes safety. Confidence obstacle

courses must be constructed IAW Folio Number 1, "Training Facilities", Corps of Engineers Drawing number 28-13-95. Contact your installation Directorate of Public Works for blueprints. The Army's standardized confidence obstacle course consists of 24 obstacles, grouped into color-coded quadrants with six obstacles in each. Negotiation becomes more difficult beginning with the Black Quadrant followed by the Blue Quadrant, White Quadrant and Red Quadrant. All soldiers will begin confidence course obstacle negotiation in the Black Quadrant. Soldiers will progress to the more difficult quadrants (Blue, White and Red) when they become proficient and successfully negotiate obstacles in the previous quadrants.

TYPES OF CONFIDENCE COURSES OBSTACLES

BLACK QUADRANT

HIGH STEP OVER

Soldiers step over each bar: they either alternate legs or use the same leg each time while making an effort not to use their hands. (Shorter soldiers may be required to use hands). Soldiers must be spaced so as to prevent kicking each other.

THE SWINGER

Obstacle no longer used. TRADOC Regulation 350-6, Appendix K.

LOW WIRE

Soldiers move forward under wire, on their backs while raising wire with their hands to clear their bodies while moving to the end of the obstacle.

THE SWING, STOP AND JUMP

Soldiers gain momentum with a short run, grasp the rope, and swing their bodies forward to the top of the wall. They release the rope while standing on the wall and jump to the ground.

SIX VAULTS

Soldiers vault over each log using one or both hands.

EASY BALANCER

Soldiers walk up one incline log and down the one on the other side to the ground. Running is not authorized.

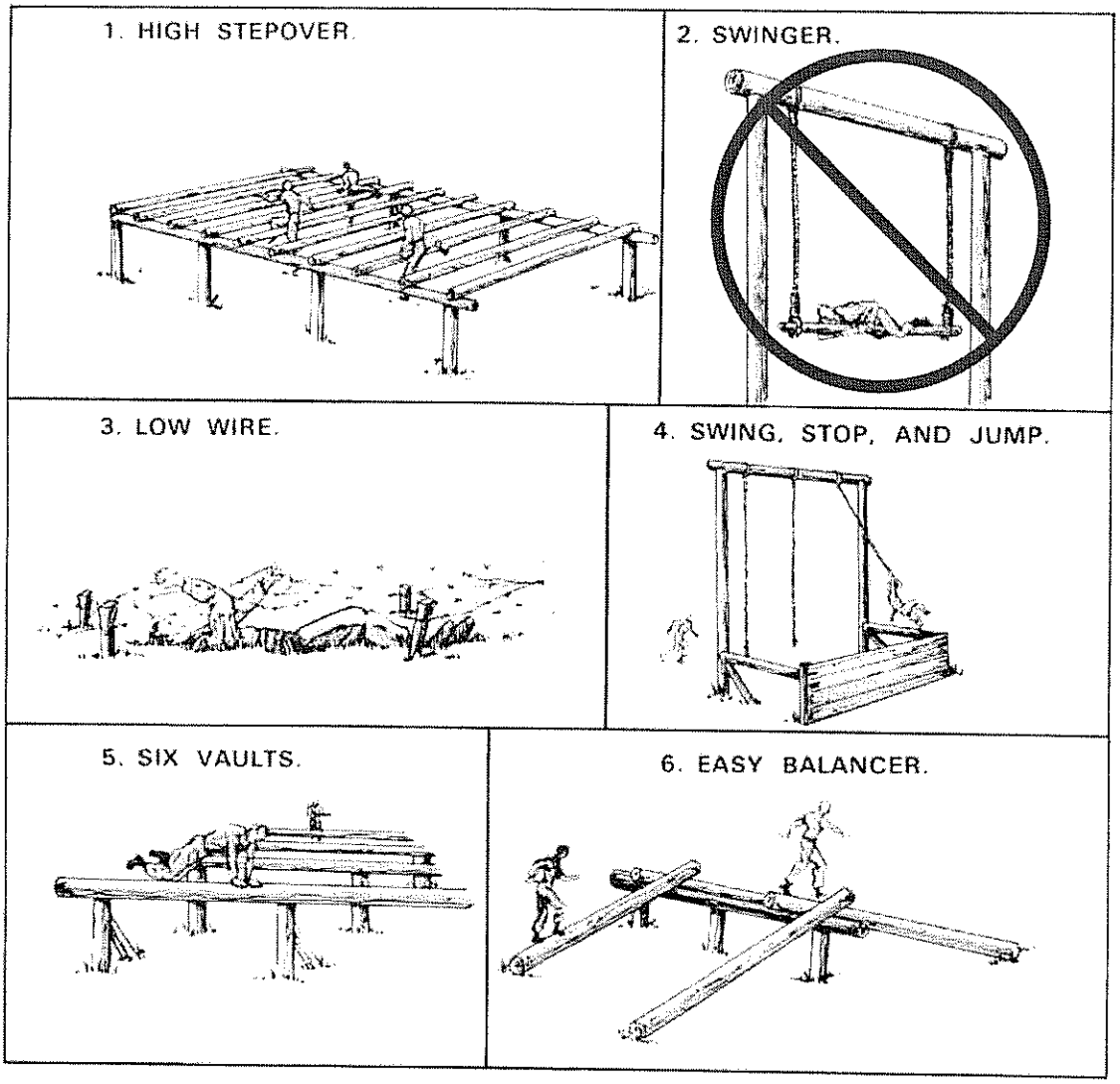

1. HIGH STEPOVER.
2. SWINGER.
3. LOW WIRE.
4. SWING, STOP, AND JUMP.
5. SIX VAULTS.
6. EASY BALANCER.

Figure 9-8.

BLUE QUADRANT

THE BELLY BUSTER.
Soldiers vault, jump or climb over a moving log.

REVERSE CLIMB
Soldiers approach the underside of the climbing ladder, climb up to and over the top of the ladder, then climb down the opposite side.

THE WEAVER
Soldiers move from one end of the obstacle to the other by weaving their bodies under one bar and over the next.

HIP-HIP
Soldiers step over each bar by either alternating legs or using the same leg each time while making an effort not to use their hands.

BALANCING LOGS
Soldiers walk or run along logs while maintaining their balance.

ISLAND HOPPERS
Soldiers jump from one log to another until obstacle is negotiated from near to far side.

BLUE QUADRANT

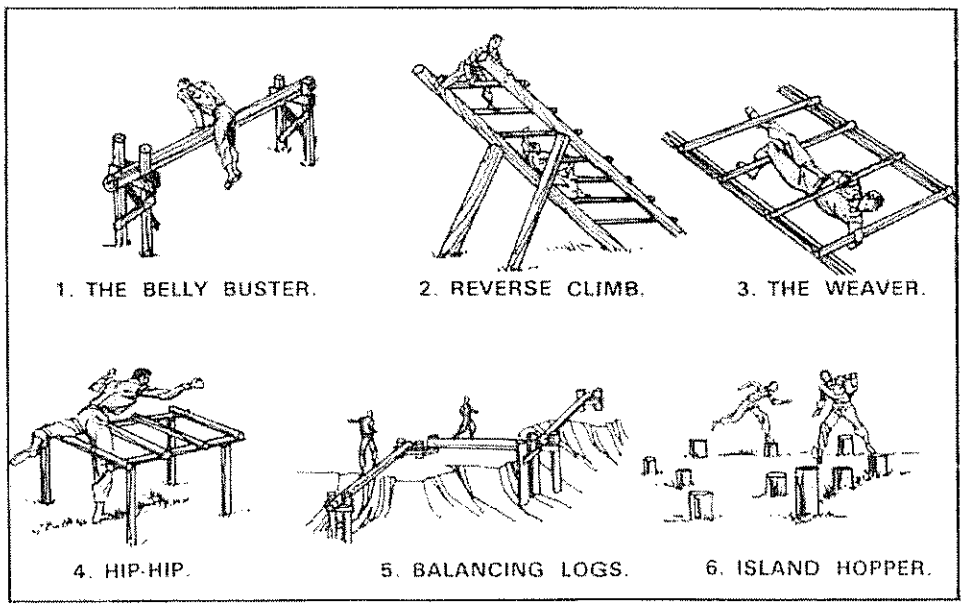


Figure 9-9.

WHITE QUADRANT

THE TOUGH NUT
Soldiers step over each "X" in each lane.

THE SLIDE FOR LIFE
Soldiers climb the tower, mount the center of the platform, grasp rope firmly with hands and perform a heel hook. Soldiers begin traversing down the rope by moving hand-over-hand and reaching with the legs. Soldiers brake by use of hands, legs and feet. Soldiers traverse rope to a marked release point. Soldiers dismount the rope by removing their legs from the rope, hanging with arms fully extended and drop to the ground landing on their feet. If during negotiation, the soldier's legs come off the rope, soldiers should attempt to heel hook and lock legs back on the rope. Soldiers must be instructed on proper technique for landing in the net if they should fall from the obstacle. Soldiers need to draw their knees towards their chest, tuck their chin and attempt to land on their back or side. Only one soldier is allowed on the rope at a time. This obstacle is dangerous if the rope is wet. This obstacle requires one instructor on the platform and one at the release point. Net will extend from below the platform to the release point.

LOW BELLY OVER
Soldiers mount the low log and jump onto the high log. they grasp over the top of the log with both arms, keeping the belly area in contact with it. Soldiers swing their legs over the log, then lower themselves to the ground.

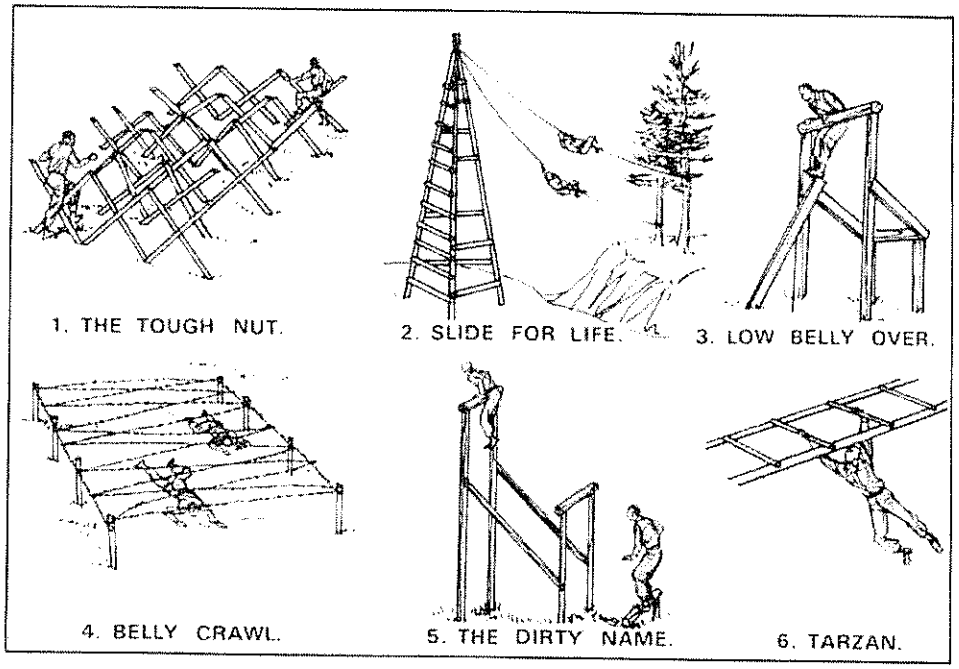
BELLY CRAWL
Soldiers move forward under the wire on their stomachs, to the end of the wire obstacle.

THE DIRTY NAME
Soldiers mount the low log and jump onto the high log. Soldiers swing their legs over the top log, then lower themselves to the ground.

THE TARZAN
Soldiers mount the lowest log and maintain balance while walking the length of it. Soldiers then mount the higher log and maintain balance until they reach the horizontal ladder. Soldiers then step onto the foot blocks and grasp the first rung of the ladder. Begin traversing the ladder by releasing one hand at a time and swinging forward, grasping a more distant rung each time. Upon reaching the last rung, soldiers hang with arms fully extended and drop to the ground landing on their feet.

WHITE QUADRANT

Figure 9-10.



RED QUADRANT

INCLINING WALL

Soldiers approach the underside of the wall, jump up and grasp the top and pull themselves over the top. Soldiers slide or jump down the incline to the ground.

SKYSCRAPER

A team of soldiers (4+) jump or climb to the first floor and either climb the corner posts or help one another to higher floors. All climbing from the second to the fourth floor is accomplished only on sides containing safety nets. Crash pads are positioned on the non-climbing sides of the obstacle. The top of the obstacle is off limits and will not be negotiated. Only one team should be on the obstacle at a given time. Soldiers descend from floor to floor individually or as a team. Soldiers should not jump to the ground from above the first floor. Soldiers must be instructed on proper technique for landing in the net if they should fall from the obstacle. Soldiers need to draw their knees towards their chest, tuck their chin and attempt to land on their back or side.

JUMP AND LAND

This obstacle is no longer authorized for use.

CONFIDENCE CLIMB

Soldiers climb the vertical ladder to the second rung from the top, climb over the rung and descend the other side. Only one soldier is allowed on the obstacle at a time. An instructor is harnessed in at the top of the obstacle to assist soldiers with obstacle negotiation. Soldiers must be instructed on proper technique for landing on the pad if they should fall from the obstacle. Soldiers need to draw their knees towards their chest, tuck their chin and attempt to land on their back or side. Pads will be placed at the base of the obstacle on both climbing sides.

BELLY ROBBER

Soldiers step on the lower log and assume a prone position on the horizontal logs. Soldiers crawl over the logs to the opposite end of the obstacle. Rope gaskets must be attached to the ends of the logs to keep the hands from being pinched and to ensure logs cannot fall from the perpendicular cradle.

THE TOUGH ONE

Soldiers climb the cargo net up and over at the low end of the obstacle (13 ft.). Soldiers move across the top of the logs and climb the ladder and over the log at the high end (33 ft.). An instructor is harnessed in at the high end of the obstacle to assist soldiers with obstacle negotiation. Soldiers then climb down the cargo net to the ground. Net will extend from below the log walk and crash pads are positioned at the base of each cargo net. Soldiers must be instructed on proper technique for landing in the net if they should fall from the obstacle. Soldiers need to draw their knees towards their chest, tuck their chin and attempt to land on their back or side.

Red Quadrant

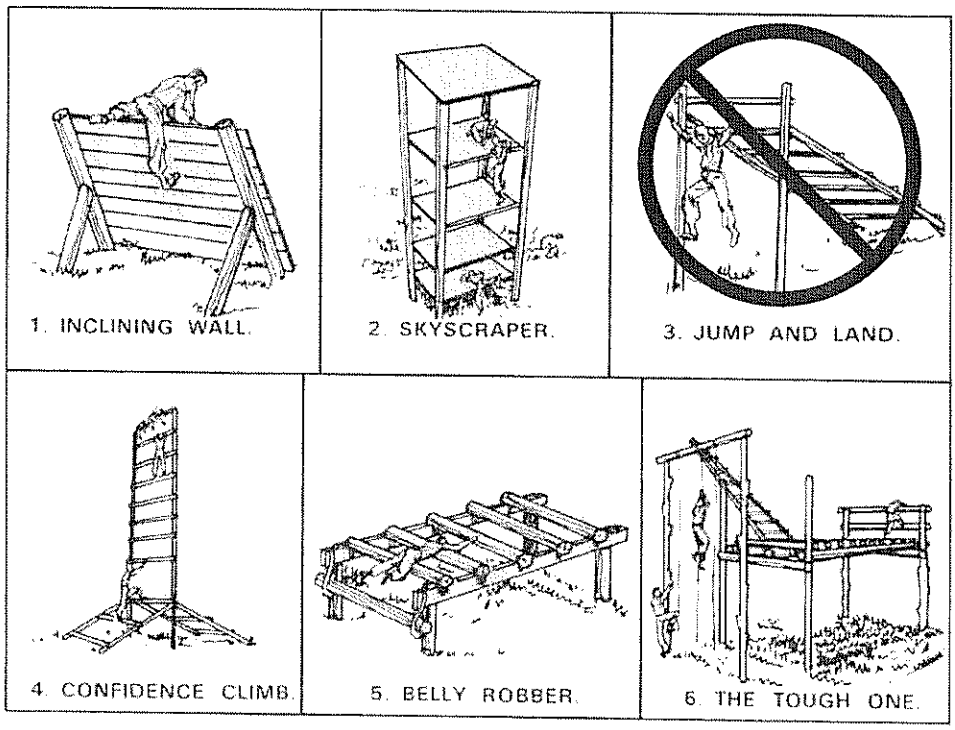


Figure 9-11.

SUMMARY

Obstacle courses provide soldiers with an activity that challenges their strength, endurance and mobility while honing critical combat skills and instilling confidence. They are an integral part of the PT program and should be performed regularly. Confidence obstacle course negotiation is high-risk training. PT leaders must follow appropriate risk management and safety practices.

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