

FORMAT	ANNOTATED FORMAT	EXAMPLE, ORAL (ATTACK)	EXAMI (DE
<b>c. Tasks to Combat Support Units.</b>	<p>c. Tasks to Combat Support Units. A platoon may receive an attachment of CS units; for example, an engineer squad. List tasks to CS units in subparagraphs in the order they appear in the task organization. List only those specific tasks that must be accomplished by these units not specified elsewhere.</p>	<p>"Tasks to combat support units: Mortars will occupy firing position, vicinity of GL167828 NLT 150425R Jun91.</p>	
<b>d. Coordinating Instructions</b>	<p>d. Coordinating Instructions. the details of coordination and control applicable to two or more units in the platoon. Items that may be addressed Include- Priority Intelligence requirements, Intelligence requirements, and reporting tasks. Mission-oriented protective posture level (see Section XI). Troop safety and operational exposure guidance (see Section XI).</p>	<p>Coordinating Instructions. Order of march for Company C is 1st Platoon, CP, 2d Platoon, Mortars, 3d Platoon. "Order of march for the platoon is 1st Squad, HQ, 2d Squad, 3d Squad. Movement formation is platoon file, traveling. "LD time 142300RJun91. Depart the AA at 142130 Jun91. MOPP1 In affect "Platoon rehearsal for key leaders, 1300. Company rehearsal, 1400. "Consolidation is LAW terrain model.</p>	<p>"Coordinating responsible for and tactical(F directly to the coordinate the "ADA weapon "Priority of work "Security: 20% until 112 50% until defe</p>

Example operation order (continued)

FORMAT	ANNOTATED FORMAT	6-19 EXAMPLE, ORAL (ATTACK)	EXAMPLE, O (DEFEND)
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Engagement and disengagement criteria and instructions.  
 Fire distribution and control measures.  
 Consolidation and reorganization instructions (other than SOP items).  
 Reporting requirements; for example, crossing PLs or check points.  
 Terrorism and counterterrorism Instructions.  
 Specified tasks that pertain to more than one squad or element.  
 Rules of engagement  
 Order of march and other movement Instructions (consider an annex).

"Timing:	"Timing:
1300 Plt rehearsal	10 Jun 1
1400 Co rehearsal	11 Jun C
1700 Inspection	0700 Ch
1730 Chow	1000 Ins
1830 Rest	1700 Ch
2100 Night rehearsal	2 Jun 05
0045 Stand-to	0700 Ch
0115 Final Inspection	0900 Fin:
0200 LD time	positions
0515 Assault time	1000 defe
	to improv
	required.

**4. SERVICE SUPPORT**

4. SERVICE SUPPORT include CSS instructions and arrangements supporting the operation that are of primary Interest to the platoon. Include changes to established SOPs or a previously Issued order. Paragraph 4 Is often Prepared and issued by the PSG.

"Service support'	"Service :
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Example operation order(continued)

<b>FORMAT</b>	<b>ANNOTATED FORMAT</b>	<b>6-20 EXAMPLE, ORAL (ATTACK)</b>	<b>EXAMPL (DEF</b>
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<b>a. General.</b>	a. General. Reference the SOPs that govern the sustainment operations of the unit. Provide current and proposed company trains locations, casualty and damaged equipment collection points, and routes to and from them.	"Company trains will be located at trail Intersection, vicinity of GL161823 after seizure of OBJ FOX.	"Company the road In of GL1184
<b>b. Material and Services. (1) Supply</b>	b. Material and Services: (1) Supply. Include Information on all classes of supply of Interest to the platoon. When applicable.		"Class 1, 1 then MRE-
<b>(2) Transportation.</b>	list constraints and limitations, specific operating hours, distribution methods or schedules and other Information which alters the standard manner in which supplies are managed, controlled, handled, or distributed.		"Class IV, arrive at ot ing. PSG, I ready to as
<b>(3) Services.</b>	(3) Services. Include Information or Instructions that prescribe the type of service available, designation, and location of the facility and schedule for service.		

Example operation order (continued)

FORMAT	ANNOTATED FORMAT	6-21 EXAMPLE, ORAL (ATTACK)	EX/ (
<b>(4) Maintenance</b>	(4) Maintenance. Include any Information that differs from the		

established SOP on maintenance of weapons and equipment

**(5) Medical Evacuation.**

(5) Medical evacuation. Identify procedures for evacuation of wounded if they differ from the SOP

"Company casualty collection points we located along the Infiltration lane. Platoon CCP after seizure of OBJ CAT will be directly behind the BTR position.

"The Platoon here. The allocated company find a route trains to our ambulance litter evacuation

**d. Personnel.**

d. Personnel. Identify the EPW collection point and any additional Instructions on EPW handling not covered in the SOP

"Company expects to receive some replacements late 15 Jun. We should receive two 11B10s. "EPW collection point will be behind 1st Squad on the objective.

"The Chaplain national sergeant at 2000 today the number to the PSG information

**e. Miscellaneous.**

e. Miscellaneous. Include Instructions for the destruction of supplies and any other Information not covered elsewhere.

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Example operation order (continued)

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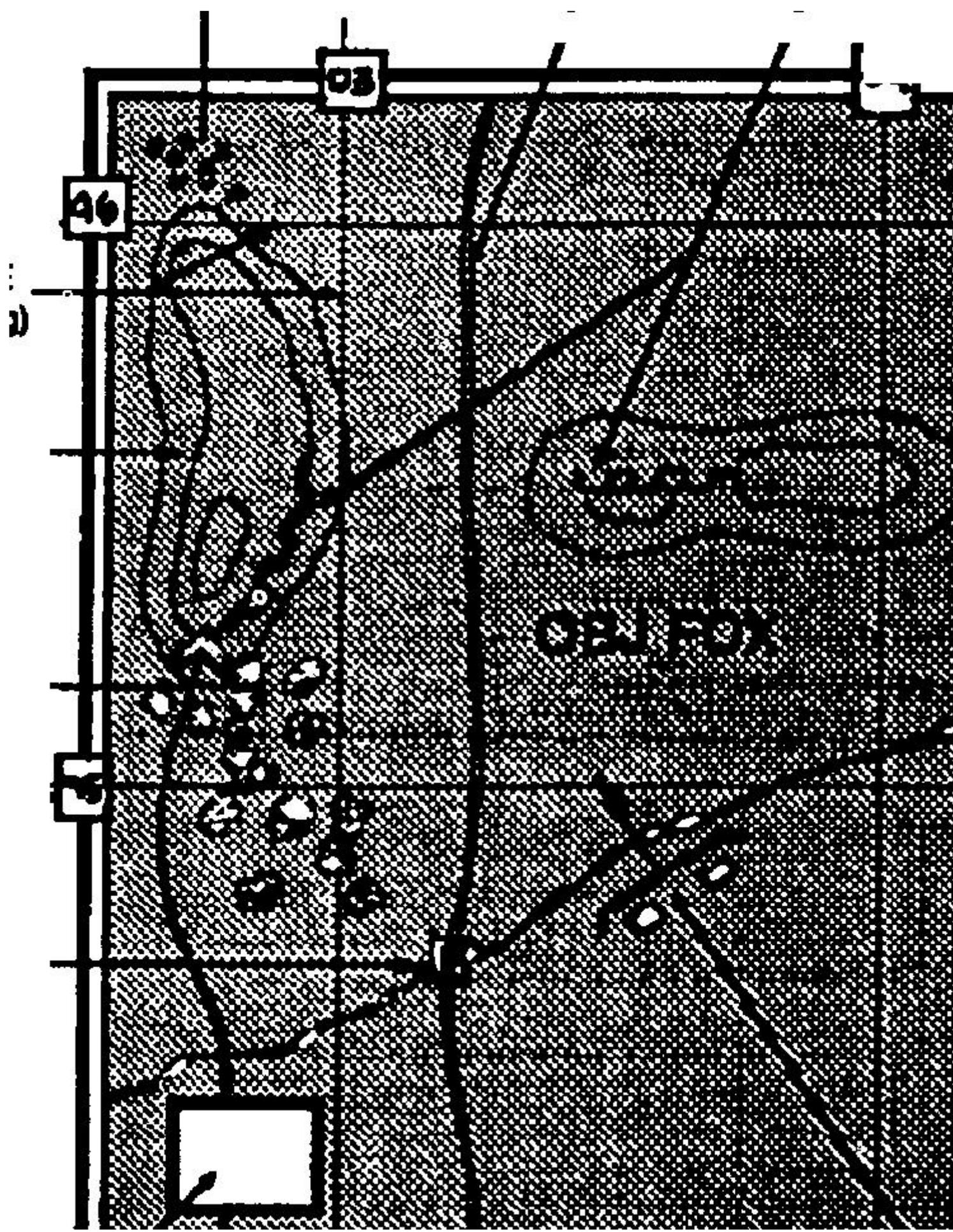
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DIRECTION OF ATTACK BASE OF FIRE  
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Terrain model techniques.

6-24





## GALLANT LANCER

### PROBLEM SOLVING

Solutions to problems result from a logical and orderly process that consists of.

(1) Recognizing and defining the problem.

(2) Gathering the facts and making assumption needed to determine the scope of and solution to the problem.

(3) Developing possible solutions to the problem.

(4) Analyzing and comparing possible solutions.

(5) Selecting the best solution to the problem and course of action.

(6) Make a plan.

(7) Put plan into action.

The problem solving process is continuous. Although some actions occur in sequence and others take place concurrently. Time available, urgency of the situation and the judgment of the leader all effect the approach to the process.

GALLANT LANCER

THE 16 LEADERSHIP DIMENSIONS

1. Oral Communications.
2. Written Communications.
3. Oral Presentation.
4. Initiative.
5. Sensitivity.
6. Influence.
7.  
    Planning and Organizing.
8. Delegation.
9. Administrative Control.
10. Problem Analysis.
11. Judgment.
12. Decisiveness.
13. Technical Competence.
14. Physical Stamina.
15. Mission Accomplishment.
16. Followership.

LEADERSHIP ATTRIBUTES

	AS A LEADER YOU MUST	EXAMPLES
BE	1. Be committed to the Professional Army Ethic.	- Loyalty to the nation's ideals, loyalty to unit, selfless service, personal responsibility.
	2. Possess Professional Character Traits.	- Courage, competence, candor. commitment, and integrity.
	3. Know the four factors of leadership situation.	- Follower, leader, communication, and situation.
	4. Know yourself	- Strengths and weaknesses of your character, knowledge, and skills.
	5. Know human nature	- Human needs and emotions. - How people respond to stress.
KNOW	6. Know your job.	- Strengths and weaknesses of the character, knowledge, and skills of you people. - Technical and tactical proficiency.
	7. Know your unit.	- How to develop necessary individual and team skills How to develop cohesion. How to develop discipline.
DO	8. Provide direction.	Goal setting, problem solving, decision making, and planning.
	9. Implement.	- Communicating, coordinating, supervising, and evaluating.
	10. Motivate.	- Applying principles of motivation such as developing morale and esprit in your unit; teaching, coaching, and I counseling.

## PATROLLING

Patrols are missions to gather information or to conduct combat operations. Infantry squads conduct three types of patrols: reconnaissance, combat, and tracking.

## PLANNING CONSIDERATIONS

### ORGANIZATION

To accomplish the patrolling mission, a squad must perform specific tasks; for example, secure itself, danger area crossings, or rally points; reconnoiter the patrol objective; breach, support, or assault. As with other missions, the leader tasks elements in accordance with his estimate of the situation. Where possible, in assigning tasks, the leader should maintain fire team integrity. The chain of command continues to lead its elements during a patrol. The terms "element" and "team" refer to the fire teams, or buddy teams that perform the tasks as described. Squads and fire teams may perform more than one task in an assigned sequence; others may perform only one task. The leader must plan carefully to ensure that he has identified and assigned all required tasks in the most efficient way.

a. Headquarters Element. The headquarters consists of the squad leader and RATELO.

b. Aid and Litter Team. Aid and litter teams are responsible for treating and evacuating casualties.

mission

c. Enemy Prisoner of War Team. EPW teams are responsible for controlling enemy prisoners IAW the five S's and the leader's guidance.

d. Surveillance Team. The surveillance team keeps watch on the objective from the time that the leader's reconnaissance ends until the unit deploys for actions on the objective. They then join their element.

e. En Route Recorder. The en route recorder records all information collected during the

f. Compass Man. The compass man assists in navigation by ensuring the lead fire team leader remains on course at all times. Instructions to the compass man must **include an initial azimuth with** subsequent azimuths provided as necessary. The compass man should preset his compass on the initial azimuth before moving out, especially if the move will be during **limited visibility conditions**. The squad leader should also designate an alternate compass man.

g. Pace Man. The pace man maintains an accurate pace at all times. The squad leader should designate how often the pace man is to report the pace to him. The pace man should also report the pace at the end of each leg. The leader should also designate an alternate pace man.

## INITIAL PLANNING AND COORDINATION

Leaders plan and prepare for patrols using the troop leading procedure and the estimate of the situation. Leaders identify required actions on the objective, then plan backward to the departure from friendly lines and forward to the reentry of friendly lines. They normally receive the OPORD in the battalion or company CP where communications are good and key personnel are available. Because patrols act independently, move beyond the direct-fire support of the parent unit, and operate forward of friendly units, coordination must be thorough and detailed. Leaders use checklists to preclude omitting any items vital to the accomplishment of the mission.

a. Items coordinated include -

- o Changes or updates in the enemy situation.
- o Best use of terrain for routes, rally points, and patrol bases.
- o Light and weather data.
- o Changes in the friendly situation.
- o The attachment of soldiers with special skills or equipment; for example, engineers, sniper teams, scout dog teams, FOs, or interpreters
- o Use and location of landing zones.
- o Departure and reentry of friendly lines.
- o Fire support on the objective and along the planned routes, including alternate routes.
- o Rehearsal areas and time. The terrain for the rehearsal should be similar to that at the objective, to include buildings and fortification if necessary. Coordination for rehearsals includes security of the area, use of blanks, pyrotechnics, and live ammunition.
- o Special equipment requirements.
- o Transportation support, including transportation to and from the rehearsal site.
- o Signal plan--call signs, frequencies, code words, pyrotechnics, and challenge and password.

b. The leader coordinates with the unit through which his platoon or squad will conduct its forward and rearward passage of lines.

c. The leader also coordinates patrol activities with the leaders of other units that will be patrolling in adjacent areas at the same time.

## COMPLETION OF THE PLAN

As the leader completes his plan, he considers the following:

a. Essential and Supporting Tasks. The leader ensures that he has assigned all essential tasks to be performed on the objective, at rally points, at danger areas, at security or surveillance locations, along the route(s), and at passage lanes.

b. Key Travel and Execution Times. The leader estimates time requirements for movement to the objective, leader's reconnaissance of the objective, establishment of security and surveillance, completion of all assigned tasks on the objective, movement to an objective rally point to debrief the platoon, and return to and through friendly lines.

c. Primary and Alternate Routes. The leader selects primary and alternate routes to and from the **objective**. The return routes should differ from the routes to the objective.

d. Signals. The leader should consider the use of special signals. These include arm-and-hand signals, flares, voice, whistles, radios, and infrared equipment. All signals must be rehearsed so that all soldiers know what they mean.

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Primary and Alternate Routes

e. Challenge and Password Forward of Friendly Lines. The challenge and password from the SOI must not be used beyond the FEBA.

(1) The platoon can use the odd-number system. The leader specifies an odd number. The challenge can be any number less than the specified number. The password will be the number that must be added to it to equal the specified number.

(2) The platoon leader can also designate a running password. This code word alerts a unit that friendly soldiers are approaching in a less than organized manner and possibly under pressure. This may be used to get soldiers quickly through a compromised passage of friendly lines. The running password is followed by the number of soldiers approaching ("Moosebreath five"). This prevents the enemy from joining a group in an attempt to penetrate a friendly unit.

f. Location of Leaders. The leader considers where he and other key leaders should be located for each phase of the patrol mission.

g. Actions on Enemy Contact. Unless required by the mission, the platoon avoids enemy contact. The leader's plan must address actions on chance contact at each phase of the patrol mission. The squad's ability to continue the mission will depend on how early contact is made,

whether the patrol is able to break contact successfully (so that its subsequent direction of movement is undetected), and whether the patrol receives any casualties as a result of the contact.

(1) The plan must address the handling of seriously wounded soldiers and KIA.s.

(2) The plan must address the handling of prisoners who are captured as a result of chance and are not part of the planned mission.

h. Contingency Plans. The leader leaves for many reasons throughout the planning, coordination, preparation, and execution of his patrol mission. Each time the leader departs without radio or wire communications, he must issue a five-point contingency plan. The contingency plan includes -

- o Where the leader is going.
- o Who he is taking with him.
- o The amount of time he plans to be gone.
- o The actions taken if the leader does not return.
- o The unit's and the leader's actions on chance contact while the leader is gone.

#### DEPARTURE FROM FRIENDLY LINES

a. Coordination. The leader must coordinate with the commander of the forward unit and the leaders of other units that will be patrolling in the same of adjacent areas. The coordination include SOI information, signal plan, fire plan, running password, procedures for departure and reentry lines. dismount points, initial rally points, departure and reentry points, and information about the enemy.

(1) The leader provides the forward unit leader with the unit identification, the size of the patrol, the departure and return times, and the area of operation.

(2) The forward unit leader provides the leader with the following:

- o Additional information on terrain.
- o Known or suspected enemy positions.
- o Likely enemy ambush sites.
- o Latest enemy activity.
- o Detailed information on friendly positions and obstacle locations. This includes the location of Ops.
- o Friendly unit fire plan.
- o Support that the unit can provide; for example, fire support, litter teams, guides, communications, and reaction fire.

b. Making contact with friendly guides at the contact point.

o Making contact with friendly guides at the contact point. o Moving to the coordinated initial rally point. o Completing final coordination.

- o Moving to and through the passage point.
- o Establishing a security-listening halt beyond the friendly unit's final protective fires.

## RALLY POINTS

The leader considers the use and locations of rally points. A rally point is a place designated by the leader where the patrol moves to reassemble and reorganize if it becomes dispersed.

a. Selection of Rally Points. The leader physically reconnoiters routes to select rally points whenever possible. He selects tentative points if he can only conduct a map reconnaissance. He confirms them by actual inspection as the platoon moves through them. **Rally points** must -

- o Be easy to find.
- o Have cover and concealment.
- o Be away from natural lines of drift.
- o Be defensible for short periods.

b. Types of Rally Points. The most common types of rally points are initial, en route, objective, reentry, and near- and far-side rally points. Soldiers must know which rally point to move to at each phase of the patrol mission. They should know what actions are required there and how long they are to wait at each rally point before moving to another.

(1) Initial rally point. An initial rally point is a place inside of friendly lines where a unit may assemble and reorganize if it makes enemy contact during the departure of friendly lines or before reaching the first en route rally point. It is normally selected by the commander of the friendly unit.

(2) En Route rally point. The leader designates en route rally points every 100 to 400 meters (based on the terrain, vegetation, and visibility). When the leader designates a new en route rally point, the previously designated one goes into effect. This precludes uncertainty over which one soldiers should move to if contact is made irremediately after the leader designates a new rally point. There are three ways to designate a rally point:

- (a) Physically occupy them for a short period. This is the preferred method.
- (b) Pass by at a distance and designate using arm-and-hand signals.
- (c) Walk through and designate using arm-and-hand signals.

(3) Objective rally point. The objective rally point (ORP) is a point out of sight, sound, and small-arms range of the objective area. It is normally located in the direction that the platoon plans to move after completing its actions on the objective. The ORP is tentative until the objective is pinpointed. Actions at or from the ORP include -

- o Reconnoitering the objective.
- o Issuing a FRAGO.
- o Disseminating information from reconnaissance, if contact was not made.



- Making final preparations before continuing operation; for example, recamouflaging; preparing demolitions; lining up rucksacks for quick recovery; preparing EPW bindings, first aid kits, and litters; and inspecting weapons.
- Accounting for soldiers and equipment after actions at the objective are complete.
- Reestablishing the chain of command after actions at the objective are complete.

(a) Occupation of an ORP by a squad. In planning the occupation of an ORP, the squad leader considers the following sequence:

- o Hat beyond sight, sound, and small-arms weapon range of the tentative ORP (200 to 400 meters in good visibility; 100 to 200 meters in limited visibility).
- Position security.
- Move forward with a compass man and one member of each fire team to confirm the location of the ORP and determine its suitability. Issue a five-point contingency plan before departure.
- Position the Team A soldier at 12 o'clock, and the Team B soldier at 6 o'clock in the ORP. Issue them a contingency plan and return with the compass man.
- Lead the squad into the ORP, position Team A from 9 to 3 o'clock and Team B from 3 to 9 o'clock.

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#### **EIRocon element moves to check ORP**

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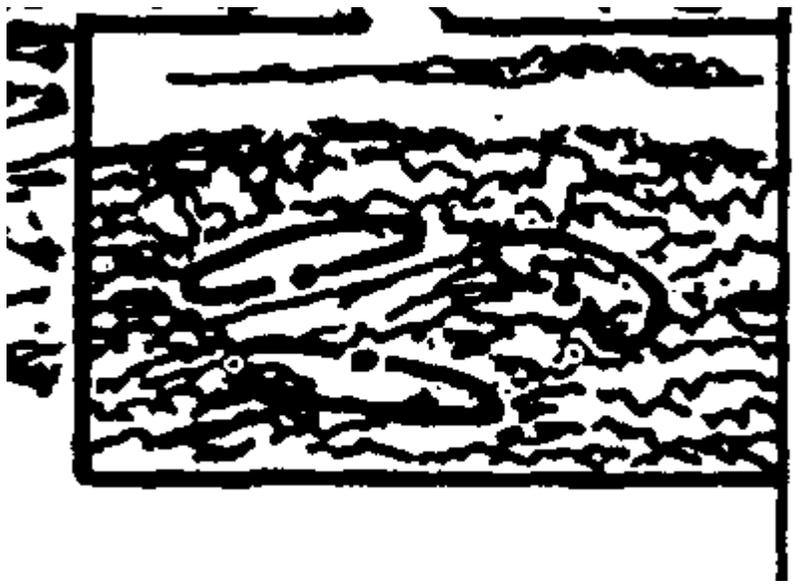
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Objective Rally Point

6-33





NOTE: The squad may also occupy the ORP by force. This requires more precise navigation, but eliminates separating the squad.

(4) Reentry rally point. The reentry rally point is located out of sight, sound, and small-arms weapons range of the friendly unit through which the platoon will return. This also means that the RRP should be outside the final protective fires of the friendly unit. The patrol occupies the RRP as a security perimeter.

(5) Near- and far-side rally points. These rally points are on the near and far side of danger areas. If the patrol makes contact while crossing the danger area and control is lost, soldiers on either side move to the rally point nearest them. They establish security, reestablish security, reestablish the chain of command, determine their personnel and equipment status, and continue the patrol mission, link up at the ORP, or complete their last instructions.

#### LEADER'S RECONNAISSANCE OF THE OBJECTIVE

The plan must include a leader's reconnaissance of the objective once the squad establishes the ORP. During his reconnaissance, the leader pinpoints the objective; selects security, support, and assault positions for his squads and fire teams; and adjusts his plan based on his observation of the objective. Each type of patrol requires different tasks during the leader's reconnaissance. The leader must plan time to return to the ORP, complete his plan, disseminate information, issue orders and instructions, and allow his squads to make any additional preparations.

#### REENTRY OF FRIENDLY LINES

The patrol leader's initial planning and coordination must include the reentry of friendly lines. The patrol leader should consider the following sequence.

#### WARNING

Reentry of friendly lines at night is dangerous and should only be attempted when it is essential to the success of the patrol.

a. The patrol halts in the RRP and establishes security.

b. The patrol leader radios the code word advising the friendly unit of its location and that it is ready to return. The friendly unit must acknowledge the message and confirm that guidelines are waiting before the patrol moves from the RRP.

(1) If radio communications are not possible, the patrol leader, RATELO, and a two-man (buddy team) security element move forward and attempt to contact an OP using the challenge and password. The OP notifies the friendly unit that the patrol is ready to return and requests a guide.

(2) If the patrol leader cannot find an OP, he moves with the RATELO and security element to locate the coordinated reentry point. He must move straight toward (and away from) friendly lines, never parallel to them. All lateral movement should be outside of small-arms weapons range.

c. Once the friendly unit acknowledges the return of the patrol, the leader issues a five-point contingency plan and moves with his RATELO and a two-man (buddy team) security element on a determined azimuth and pace to the reentry point.

d. The leader uses far and near recognition signals to establish contact with the guide.

e. The leader signals the platoon forward (radio) or returns and leads it to the reentry point. He may post the security element with the guide at the enemy side of the reentry point.

f. Each soldier is counted and identified as he passes through the reentry point.

g. The guide leads the patrol to the assembly area.

h. The leader reports to the command post of the friendly unit. He tells the commander everything of tactical value concerning the friendly unit's area of responsibility.

i. The leader rejoins the patrol in the assembly area and leads it to a secure area for debriefing.

## DEBRIEFING

Immediately after the squad returns, personnel from higher headquarters conduct a thorough debrief. This may include all members of the platoon or the leaders, RATELOs, and any attached personnel. Normally the debriefing is oral.

## RECONNAISSANCE PATROL

The three types of reconnaissance patrols are area, zone, and route. Reconnaissance patrols provide timely and accurate information on the enemy and terrain. They confirm the leader's plan before it is executed. The commander must inform the leader of the specific information requirements for each mission.

## ORGANIZATION

Besides the common elements, reconnaissance patrols have a reconnaissance team and a reconnaissance and security team.

a. Reconnaissance Team. Reconnaissance teams reconnoiter the objective area once the security teams are in position. Normally these are two-man teams (buddy teams) to reduce the possibility of detection.

b. Reconnaissance and Security Team. R&S teams are normally used in a zone reconnaissance, but may be useful in any situation when it is impractical to separate the responsibilities for reconnaissance and security.

## AREA RECONNAISSANCE

A zone reconnaissance is conducted to obtain information on enemy, terrain, and routes within a specified zone. Zone reconnaissance techniques include the use of moving elements, stationary teams, or a series of area reconnaissance actions.

a. Moving Elements. The leader plans the use of squads of fire teams moving along multiple routes to cover the entire zone. Methods for planning the movement of multiple elements through a zone include the fan, the box, converging routes, and successive sectors.

(1) Fan method. The leader first selects a series of ORPs throughout the zone. The platoon establishes security at the first ORP. Each R&S team moves from the ORP along a different fanshaped route that overlaps with others to ensure reconnaissance of the entire area. The leader maintains a reserve at the ORP. When all R&S teams have returned to the ORP, the patrol collects and disseminates all information to every soldier before moving on to the next ORP.

(2) Box method. The leader sends his R&S teams from the ORP along routes that form a boxed-in area. He sends other teams along routes through the area within the box. All teams meet at a link-up point at the far side of the box from the ORP.

### R&S TEAMS ADJACENT ROUTES

### PLANNED ROUTE

### TO NEXT ORP

ORP

Fan Method

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Box Method

(3) Converging routes method. The leader selects routes from the ORP through the zone to link-up point at the far side of the zone from the ORP. Each R&S team moves along a specified route and uses the fan method to reconnoiter the area between routes. The leader designates a time for all teams to link-up.

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OR.

Converging Routes Method

6-37



(4) Successive sector method. The leader may divide the zone into a series of sectors. Within each sector, the patrol uses the converging routes method to reconnoiter to an intermediate link-up point where it collects and disseminates the information gathered to that point before reconnoitering the next sector.

RENDEZVOUS POINT

ORP

QRP

RENDEZVOUSNT

## ROUTE RECONNAISSANCE

### Successive Sector Method

A route reconnaissance is conducted to obtain detailed information about one route and all the adjacent terrain or to locate sites for emplacing obstacles. A route reconnaissance is oriented on a road; a narrow axis, such as an infiltration lane; or a general direction of attack. A route reconnaissance results in detailed information about trafficability, enemy activity, and aspects of adjacent terrain from both the enemy and friendly viewpoint. In planning a route reconnaissance the leader considers the following.

a. The preferred method for conducting a route reconnaissance is the fan method described above. The leader must ensure that the fans are extensive enough to reconnoiter intersecting routes beyond direct-fire range of the main route.

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Route Reconnaissance Using Fans

b. The platoon should use a different return route.

c. If all or part of the proposed route is a road, the leader must treat the road using a covered and concealed route. When required, reconnaissance and security teams move close to the road to reconnoiter key areas.

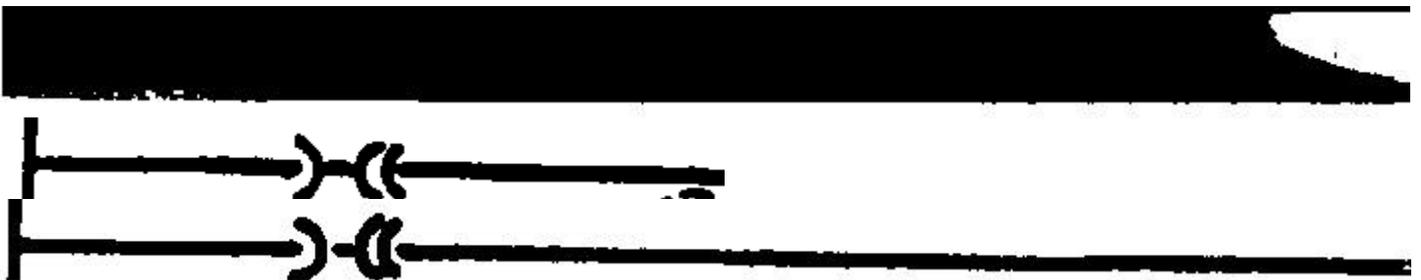
**PATROL BASES**

A patrol base is a position set up when a squad or platoon conducting a patrol halts for an extended period. Patrol bases should be occupied no longer than 24 hours, except in an emergency. The squad never uses the same patrol base twice. Squads use patrol bases -

- To stop all movement to avoid detection.
- To hide during a long, detailed reconnaissance of an objective area.
- To eat, clean weapons and equipment, and rest.
- To plan and issue orders.
- To reorganize.
- To have a base from which to conduct several consecutive or concurrent operations such as ambush, raid, reconnaissance, or security.

**SITE SELECTION**

The leader selects the tentative site from a map or by aerial reconnaissance. The site's suitability must be confirmed; it must be secured before occupation. Plans to establish a patrol base must include selecting an alternate patrol base site. The alternate site is used if the first site is unsuitable or if the patrol must unexpectedly evacuate the first patrol base.



## PLANNING CONSIDERATIONS

Leaders planning for a patrol base must consider the mission and passive and active security measures.

a. Mission. A patrol base must be located so it allows the unit to accomplish its mission.

b. Security Measures. Security measures involve the following.

(1) The leader selects-

- o Terrain that the enemy would probably consider of little tactical value.
- o Terrain that is off main lines of drift.
- o Difficult terrain that would impede foot movement such as an area of dense vegetation, preferably bushes and trees that spread close to the ground.
- o Terrain near a source of water.
- o Terrain that can be defended for a short period and that offers good cover and concealment.

(2) The leader plans -

- o Observation posts.
- o Communication with observation posts.
- o Defense of the patrol base.
- o Withdrawal from the patrol base to include withdrawal routes and a rally point. or rendezvous point of alternate patrol base.
- o A security system to make sure that specific soldiers are awake at all times.
- o Enforcement of camouflage, noise, and light discipline.
- o The conduct of required activities with minimum movement and noise.

(3) The leader avoids -

- o Known or suspected enemy positions.
- o Built-up areas.
- o Ridges and hilltops, except as needed for maintaining communication.
- o Roads and trails.
- o Small valleys.

## PATROL BASE ACTIVITIES

If the leader determines that he will be able to use the locations as a patrol base, he gives the following information to his team leaders. The leader also disseminates other information such as daily challenge and password, frequencies, call signs. Team leaders return to their teams, give out information, and begin the priorities of work as stated by the leader. The patrol base must be sterilized upon departure.

a. Security. Only one point of entry and exit is used. Noise and light discipline are maintained at all times. Everyone is challenged. Squad leaders supervise the placement of aiming stakes and

ensure Claymores are put out. Each squad establishes an OP **and may quietly** dig hasty fighting positions. Squad leaders prepare and turn in sector sketches to include range cards.

b. Alert Plan. The leader states the alert posture (for example, 50 percent of 33 percent) and the stand-to time for day and night. He sets up the plan to ensure positions are checked periodically, Ops are relieved periodically, and ensure that at least one leader is up at all times.

c. Withdrawal Plan. The leader designates which signal to use if contact is made (for example, colored star cluster), the order of withdrawal if forced out (for example, teams not in contact will move first), and the rendezvous point for the squad (if the squad is not to link up at an alternate patrol base).

d. Maintenance Plan. The leader ensures that machine guns, other weapon systems, communication equipment, NVIs are not broken down at the same time for maintenance. Redistribute ammunition.

e. Sanitation and Personal Hygiene Plan. The leader ensures the slit trench is dug and marked at night with a chemical light inside the trench. Leaders designate urine areas. All soldiers accomplish the following daily: shave, brush teeth; wash face, hands, armpits, groin, and feet; and darken (polish) boots. Soldiers ensure that no trash is left behind.

f. Mess Plan. No more than half of the squad eats at one time.

g. Water Supply. The leader organizes a watering party. They carry canteens in an empty rucksacks.

## COMBAT PATROL

Combat patrols are conducted to destroy or capture enemy soldiers or equipment; destroy installations, facilities, or key points; or harass enemy forces. They also provide security for large units. The two types of combat patrol missions are ambush and raid.

## ORGANIZATION

Besides the common elements, combat patrols also have the following elements and teams.

a. Assault Element. The assault element seizes and secures the objective and protects special teams as they complete their assigned actions on the objective.

b. Security Element. The security element provides security at danger areas, secures the ORP, isolates the objective, and supports the withdrawal of the rest of the platoon once it completes its assigned actions on the objective. The security element may have separate security teams, each with an assigned task of sequence of tasks.

c. Support Element. The support element provides direct fire support and may control indirect fires for the platoon.

d. Breach Element. The breach element breaches the enemy's obstacles when required.

e. Demolition Team. Demolition teams are responsible for preparing and exploding the charges to destroy equipment, vehicles, or facilities on the objective.

f. Search Team. The assault element may comprise two-man (buddy teams) or four-man (fire team) search teams to search bunkers, buildings, or tunnels on the objective. **These teams may** search the objective or kill zone for casualties, documents, or equipment.

## TASKS TO SUBORDINATE UNITS

Normally the platoon headquarters element controls the platoon on a combat patrol mission. The platoon leader must make every attempt to maintain squad and fire team integrity as he assigns tasks to subordinate units.

a. The platoon leader must consider the requirements for assaulting the objective; supporting the assault by fire, and securing the platoon throughout the mission.

(1) For the assault on the objective, the leader must consider the required actions on the objective, the size of objective, and the known or presumed strength and disposition of the enemy on and near known or presumed strength and disposition of the enemy on and near the objective.

(2) The leader must consider the weapons available, and the type and volume of fires required to provide fire support for the assault on the objective.

(3) The leader must consider the requirement to secure the platoon at points along and route, at danger areas, at the ORP, along enemy avenues of approach into the objective, and elsewhere during the mission.

b. The leader must assign additional tasks to his squads for demolition, search of enemy killed and captured, guarding EPWs, treatment and evacuation (litter teams) of friendly casualties, and other tasks required for successful completion of the patrol mission.

c. The platoon leader must determine who will control any attachments of skilled personnel or special equipment.

## LEADER'S RECONNAISSANCE OF THE OBJECTIVE

In a combat patrol, the leader has additional considerations for the conduct of his reconnaissance of the objective from the ORP. He is normally the assault element leader. He should also take the support element leader, the security element leader, and a surveillance team (a two-man from the **assault element**).

a. The leader should designate a release point halfway between the ORP and the objective. Squads and fire teams separate at the release point and move to their assigned positions. The release point should have wire communications with the ORP and be set up so that other elements can tie into a hot loop there.

b. The platoon leader should confirm the location the objective and determine that it is suitable for the assault or ambush. He notes the terrain and identifies where he can place mines or Claymores to cover dead space. He notes any other features of the objective that may cause him to alter his plan.

c. If the objective is the kill zone for an ambush, the leader's reconnaissance party should not cross the objective, to do so will leave tracks that may compromise the mission.

d. The platoon leader should post the surveillance team and issue a five-point contingency plan before returning to the *ORP*.

## AMBUSH

An ambush is a surprise attack from a concealed position on a moving or temporarily halted target, Antiarmor ambushes are established when the mission is to destroy enemy armored or mechanized forces. Ambushes are classified by category -- hasty or deliberate; type -- point or area; and formation -- linear or L-shaped. The leader uses a combination of category, type, and formation in developing his ambush plan.

a. Planning. The key planning considerations include --

- Covering the entire kill zone by fire.
- Using existing or reinforcing obstacles (Claymores and other mines) to keep the enemy in the kill zone.
- Protecting the assault and support elements with mines, Claymores, or explosives.
- Using security elements or teams to isolate the kill zone.
- Assaulting into the kill zone to search dead and wounded, assemble prisoners, and collect equipment. (The assault element must be able to move quickly through its own protective obstacles).
- Timing the actions of all elements of the platoon to preclude loss of surprise.
- Using only one squad to conduct the entire ambush and rotating squads over time from the *ORP*. This technique is useful when the ambush must be manned for a long time.

b. Formations. The leader consists the linear or L-shaped formations in planning an ambush.

(1) Linear. In an ambush using a linear formation, the assault and support elements deeply parallel to the enemy's route. This positions both elements on the long axis of the kill zone and subjects the enemy to flanking ability to maneuver against the platoon, or in open terrain provided a means of keeping the enemy in the kill zone can be effected.

**FLANKS RESTRICTED BY TERRAIN, MINES, MANTRAPS, OR COMBINATION.**

**TRAPS PS**  
**SECURITY ISECURITY**  
**TEAM ACCESSLAN TEAM**  
**ASSAULT ELEM**

**PALLY POINT**

**I&**  
**SECURITYTEAM**

Linear Ambush Formation

(2) L-shaped. In an L-shaped ambush, the assault element forms the long leg parallel to the enemy's direction of movement along the kill zone. The support element forms the short leg at one end of and at right angles to the assault element. This provides both flanking (long leg) and enfilading fires (short leg) against the enemy. The L-shaped ambush can be used at sharp bend in a trail, road, or stream. It should not be used where the short leg would have to cross a straight road or trail.

**LIMIT OF ADVANCE**

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**OAR On OAR \*SL OGRN OR**  
**LEFT FLANK**  
**SECURITY**  
**TEAM**

**EPW/SEARCH**  
**DEMOTM**  
**AID/UTTER**

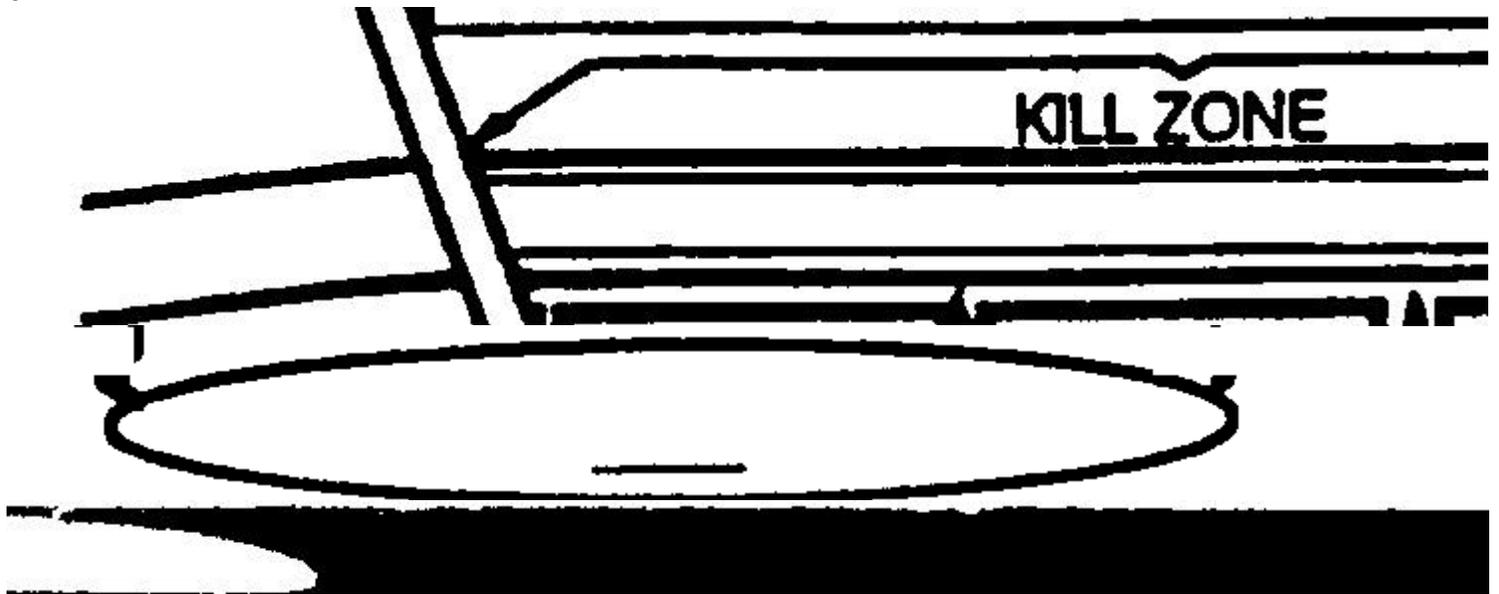
**TEAM A ASSAULT ELEMENT**

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**OR**  
**OGRN**  
**TEAM B**  
**SECURITY**  
**TEAM**

**MG**  
**TEAM**

L-Shaped Ambush Formation



## HASTY AMBUSH

A platoon or squad conducts a hasty ambush when it makes visual contact with an enemy force and has time to establish an ambush without being detected.

The actions for a hasty ambush must be will rehearsed so that soldiers know what to do on the leader's signal. They must also know what action to take if detected before they are ready to initiate the ambush. The conduct of a hasty ambush is discussed below. In planning and rehearsing a hasty ambush the platoon leader should consider the following sequence of actions.

- a. Using visual signals, any soldier alerts the platoon that an enemy force is in sight. ne soldier continues to monitor the location and activities of the enemy force until he is relieved by his team or squad leader.
- b. The platoon or squad baits and remains motionless.

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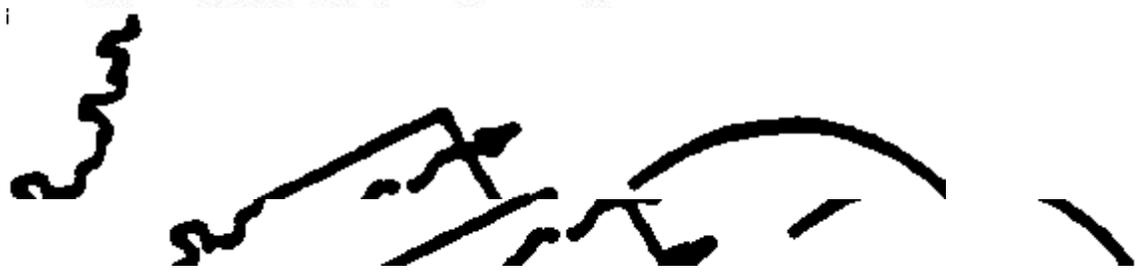
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Squad Hasty Ambush

6-45



c. The leader determines the best nearby location for a hasty ambush. He uses arm-and-hand signals to direct soldiers to covered and concealed positions. The leader designates the location and extent of the kill zone.

d. Security elements move out to cover each flank and the rear. The leader directs the security elements to move a given distance, set up, and rejoin the platoon on order or, after the ambush (the sound of firing ceases). At squad level, the two outside buddy teams normally provide flank security as well as fires into the kill zone. At platoon level, fire teams make up the security elements.

e. Soldiers move quickly to covered and concealed positions, normally 5 to 10 meters apart. Soldiers ensure that they have good observation and fields of fire into the kill zone.

f. The leader initiates the ambush when the majority of the enemy force enters the kill zone. (If time and terrain permit, the squad or platoon may place out Claymores and use them to initiate the ambush).

NOTE: If the enemy detects a soldier, the soldier initiates the ambush by firing his weapon and alerting the rest of the platoon, saying ENEMY RIGHT (LEFT OR FRONT).

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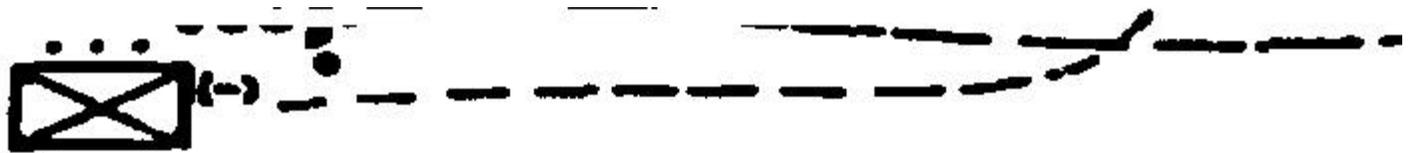
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Platoon Hasty Ambush

g. Leaders control the rate and distribution of fires. The leader orders cease **fire when the enemy** force is destroyed or ceases to resist. Directs the assault element to move into the kill zone and conduct a hasty search of the enemy soldiers. All other soldiers remain in place to provide security.

6-46





h. The security elements rejoin the platoon after the assault element has **cleared through the kill zone**. The platoon withdraws from the ambush site using a covered and concealed route. The platoon returns to the ORP in effect, collects and disseminates all information, reorganizes as necessary and continues the mission.

## DELIBERATE AMBUSH

In a point ambush, soldiers deploy to attack an enemy in a single kill zone. **The platoon leader** should consider the following sequence of actions when planning a deliberate point ambush:

a. The security or surveillance team(s) should be positioned first. The support element should be in position before the assault element moves forward of the release point. The support element must overwatch the movement of the assault element into position.

b. The platoon leader is the leader of the assault element. He must check each soldier once they establish the assault position. He signals the surveillance team to rejoin the assault element.

(1) Actions of the assault element should include --

- Identify individual sector of fire as assigned by the platoon leader. Emplace aiming stakes.
- Emplace Claymores and other protective devices.
- Emplace Claymores, mines, or other explosives in dead space within the kill zone.
- Camouflage positions.
- Take weapons off SAFE. Moving the selection lever on the weapon causes a metallic click that could compromise the ambush if soldiers wait until the enemy is in the kill zone. This must be the last action performed by all soldiers before waiting to initiate the ambush.

(2) Actions of the support element include --

- Identify sectors of fire for all weapons, especially machine guns. Emplace limiting stakes to prevent friendly fires from hitting the assault element in an L-shaped ambush.
- Emplace Claymores and other protective devices.

c. Instructions to security teams must include how to notify the platoon leader of the enemy's approach into the kill zone (SALUTE report). The security element must also keep the platoon leader informed if any enemy forces are following the lead forces.

d. The platoon leader must determine how large an element his ambush can engage successfully. He must be prepared to let units pass that are too large. He must report to higher headquarters any units that pass his ambush unengaged

e. The platoon leader initiates the ambush. He may use a command detonated Claymore. He must also plan a backup method for initiating the ambush should the primary means fail. This

should also be a casualty -- producing device such as a machine gun. This information must be passed out to all soldiers and practiced during rehearsals.

f. Soldiers must have a means of engaging the enemy in the kill zone during periods of limited visibility if it becomes necessary to initiate the ambush then. Use of tracers must be weighed against how it might help the enemy to identify friendly positions. The platoon leader may use handheld or indirect illumination flares.

g. The platoon leader should include indirect fire support as a part of his plan. Indirect fires can cover the flanks of the kill zone to help compromised or the platoon must depart the ambush site under pressure.

h. The platoon leader must have a good plan to signal the advance of the assault element into the kill zone to begin its search and collection activities. Smoke may not be visible to the support element. All soldiers must know and proactive relaying this signal during rehearsals.

i. The assault element must be prepared to move across the kill zone using individual movement techniques if there is any return fire once they begin to search. Otherwise the assault element moves across by bounding fire teams. Other actions in the kill zone include the following:

(1) Collect and secure all EPWs and move them out of the kill zone before searching bodies. Establish a location for EPWs and enemy wounded who will not be taken back that provides them cover, yet allows them to be found easily by their units.

(2) Search from one side to the other and mark bodies that have been searched to ensure the area is thoroughly covered.

(3) Use the two-man search technique.

(a) As the search team approaches a dead enemy soldier, one man guards while the other man searches. First, he kicks the enemy weapon away. Second, he rolls the body over (if on the stomach) by laying on top and when given the go ahead by the guard (who is positioned at the enemy's head), the searcher rolls the body over on him. This done for protection in case the enemy soldier has a grenade with the pin pulled underneath him.

(b) The searchers then conduct a systematic search of the dead soldier from head to toe removing all **papers and anything new (different type rank, shoulder boards, different unit patch, pistol, weapon, or NVD)**. They note if the enemy has a fresh or shabby haircut and the condition of his uniform and boots. They take note of the radio frequency, SOI, and maps. Once the body has been thoroughly searched, the search team will continue in this manner until all enemy personnel in and near the kill zone has been searched. Enemy bodies should be marked (for example, fold arms over chest) to avoid duplication

(4) Identify and collect equipment to be carried back. Prepare it for transport. (Clear all weapons and place them on SAFE).

(5) Identify and collect remaining equipment by destruction. The demolition team prepares **dual-primed explosives** (C4 with two M60 fuse lighters and time fuse) and awaits the signal to initiate. This is normally the last action performed before departing the objective and may signal the security elements to return to the ORP.

(6) **Treat friendly** wounded first, then enemy wounded, time permitting.

j. The flank security teams may also place out antiarmor mines after the ambush has been initiated if the enemy is known to have armor capability. If a flank security team makes contact, it fights as long as possible without becoming decisively engaged. It uses a prearranged signal to let the platoon leader know it is breaking contact. The platoon leader may direct a portion of the support element to assist the security team in breaking contact.

k. The platoon leader must plan the withdrawal from the ambush site:

(1) Elements normally withdraw in the reverse order that they established their positions.

(2) The elements may return first to the release point, then to the ORP, depending on the distance between elements.

(3) The security element at the ORP must be alert to assist the platoon's return to the ORP. It maintains security for the ORP while the rest of the platoon prepares to leave.

1. Actions back at the ORP include accountability of personnel and equipment and recovery of rucksacks and other equipment left at the ORP during the ambush.

## AREA AMBUSH

In an area ambush, soldiers deploy in two or more related point ambushes. The platoon leader should consider the following sequence of actions when planning a deliberate area ambush.

a. A platoon is the smallest unit to conduct an area ambush. Platoons conduct area ambushes where enemy movement is largely restricted to trails or streams.

# CWTOING AMBUSH

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## Area Ambush

b. The platoon leader should select one principal ambush site around which he organizes outlying ambushes. These secondary sites are located along the enemy's most likely approach to and escape from the principal ambush site. Squad-sized elements are normally responsible for each ambush site. They establish an area ambush as described above.

c. The platoon leader must determine the best employment of his machine guns. He normally positions them both with the support element of the principal site.

d. Squads responsible for outlying ambushes do not initiate their ambushes until after the principle one is initiated. They can engage to prevent enemy forces from escaping or reinforcing.

6-50



ADDITIONAL RE-ENFORCEMENT TRAINING

TITLE

Camouflage Self and Individual Equipment  
Use a Map Overlay  
Use Challenge and Password  
Practice Noise, Light, and Litter Discipline  
Protect Yourself Against Heat  
Give First Aid For Heat Injury  
Protect Yourself Against Biting Insects  
Protect Yourself Against Diarrhea and Dysentery  
Practice Personal Hygiene to Maintain Fitness  
Place a Radio Set, AN/PRC-77 Into Operation  
Place a Telephone Set, TA-312/PT or TA-I/PT, Into Operation  
React to Flares  
React to Indirect fire

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## CAMOUFLAGE SELF AND INDIVIDUAL EQUIPMENT

### PERFORMANCE MEASURES

#### 1. Camouflage yourself and your individual equipment.

- a. Cover shiny and shadow areas of face with paint sticks.

NOTE: Generally, you should darken high points, such as your chin, nose, cheekbones, etc.

- b. Roll down shirt sleeves.
- c. Cover the exposed skin on the neck, throat, ears, and back of hands with the same colors used to cover face.
- d. Camouflage helmet with camouflage cover, sandbags, burlap, and other material.
- e. Change the outline and cover shining parts of the weapon and load bearing equipment using burlap, sandbags, cloth strips, or camouflage sticks.
- f. Remove or conceal all shiny objects, such as watches and rings.
- g. When applicable, cover the uniform with white cloth strips or snow camouflage whites in snow covered terrain.

#### 2. Camouflage equipment

- a. Hide the equipment by positioning it --
  - Under the natural cover whenever possible.
  - Within natural shadows, whenever possible.
  - In natural or constructed depressions in the ground.
  - So that it is concealed by existing vegetation whenever possible.
  - Under camouflage nets or natural camouflage materials to break up the outline of the equipment.

REFERENCES:            FM 5-20  
                              FM 5-34  
                              FM 21-75  
                              TEC Lesson 937-061-0032-F

## USE A MAP OVERLAY

### PERFORMANCE MEASURES

#### 1. Check the composition of an overlay to make sure it --

- a. Contains grid register marks. Marks in opposite corners of the overlay are used to position the overlay on top of the map.
- b. Presents information pertaining to a specific mission or operation using common military symbols.
- c. Reflects marginal information including the title and objective, time and date, mapreference, author, legend, and any nonstandard graphic symbols used or other additional information. Marginal information is usually placed as close as possible to the lower right-hand corner.
- d. Displays the security classification. This must correspond to the highest classification of either the map or information contained on the overlay. If the map and information are unclassified, this will be stated

#### 2. Use an overlay

- a. Secure a copy of the map sheet listed in the marginal information.
- b. Locate the grid intersection on the map that correspond to the grid register marks in the opposite corner of the overlay.
- c. Place the overlay on top of the map so that the grid register marks match exactly with the grid intersections.
- d. Interpret map symbols.
- e. Identify map locations that pertain to graphic information either by coordinate or terrain features. You can see the map through the semitransparent overlay material.
- f. Locate the points and areas identified from the map and overlay on the ground.

## USE CHALLENGE AND PASSWORD

### PERFORMANCE MEASURES

#### 1. If one person desires to pass:

- a. On seeing or hearing someone approach your position, cover him with your weapon and command the person to halt before that person gets close enough to pose a threat. Use a clear voice, just loud enough to be heard.
- b. Seeing the stranger halt, keep him covered and, without exposing your position, ask "Who is there?" Again, use a clear voice just loud enough to be heard so the enemy will not overhear if nearby.
- c. When the stranger identifies himself, such as "Private Willard, messenger." You order him to "Advance to be recognized."
- d. Maintain your concealed position and keep the stranger covered with your weapon. When the stranger gets within 2 or 3 meters of you, again order him to halt.
- e. Issue the challenge in a soft voice and wait for the stranger to reply with the correct password. On hearing the correct password, give permission to pass if you have no other reason for doubt. If doubt still exists, demand further identification or ask a question only a friendly person would be able to answer.

#### 2. If a group desires to pass:

- a. The procedure and precaution for a group are almost the same as for one person. On seeing or hearing a group approach, order them to halt before they are close enough to pose a threat.
- b. The leader of the group should identify the group, such as, "Friendly patrol." Since you do not want the whole group to advance on you at once, order, "Advance one man to be recognized"
- c. When the leader has come forward to be recognized, give him the challenge and get the password in reply.
- d. Maintain your concealed position and keep
- d. Once you are satisfied that the leader is friendly, have the rest of the patrol advance one by one and ensure the leader identifies each person.
- e. Disarm and detain any person(s) not able to identify themselves to leader's satisfaction. Then notify your immediate superior.

## PRACTICE NOISE. LIGHT. AND LITTER DISCIPLINE

Ensure that --

1. Noise is kept at a minimum.
2. No light is visible to the enemy.
3. The area is free of litter and other evidence of the unit's presence.

## PERFORMANCE MEASURES

### 1. Noise discipline.

- a. Avoid all unnecessary vehicle and foot movement
- b. Tape or otherwise secure metal parts (for example, weapon slings, canteen cups, identification tags) to prevent them from making noise during movement. Be careful not to restrict moving parts of weapons if doing so would prevent their operation.
- c. Talk only when necessary to conduct or explain operations, Use radios only when necessary Keep the radio volume low so that the radio can only be heard by the operator.

### 2. Light discipline.

- a. Smoke only when concealed from enemy view. Smoking at night should be restricted since the enemy can see and smell it. Smoking during the day also permits the enemy to smell the smoke.
- b. Use flashlights or other light sources only if they are filtered and concealed, such as under a poncho.
- c. Cover anything that reflects light (for example, metal surfaces, vehicles, glass).
- d. Use all available natural concealment, and camouflage all vehicles and equipment.

### 3. Litter discipline.

- a. Take all litter (empty food containers, empty ammunition cans or boxes, old camouflage) to established collection points when occupying a position.
- b. Carry all litter during movement until it can be disposed of without leaving any trace of the unit's passage.

REFERENCE: FM 21-75

# PROTECT YOURSELF AGAINST HEAT

## PERFORMANCE MEASURES

1. Drink sufficient amounts of water.

a. Use the heat condition table as a guide.

### Heat Condition Table

Heat Condition Category	Temperature Index (F)	Water Intake Quarts/Hour	Work/Rest Cycle Min
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3  
4  
5\*\*

78-81.9	At least 1/2	Continuous	
82-84.9	At least 1/2	50/10	
85-87.9	At least 1	45/15	
88-89.9	At least 1 1/2		30/30
90 & Above	More than 2		20/40

\* MOPP gear or body armor adds at least 10 degrees F to the Wet Bulb Globe Temperature (WBGT) Index.

\*\* Suspend physical training and strenuous activity. If operational (non-training) mission requires strenuous activity, enforce water intake to minimize expected heat injuries.

b. Overdrink water before combat operations.

(1) Maintain excess water in your system for strength and alertness,

(2) Protect yourself from dehydration and heat injuries associated with wearing full chemical protective gear.

2. Rest whenever possible.

a. Take rest breaks in accordance with the heat condition table as the tactical situation permits.

b. Use rest breaks to drink water and to cool off.

3. Eat meals.

a. Eat regular meals daily to replace salt lost through heavy sweating.

b. Eat something at each meal, even if you are not hungry.

REFERENCES: FM 21 -10  
FM 21-11

6-56





GIVE FIRST AID FOR HEAT INJURIES  
PERFORMANCE MEASURES

1. Identify the type of heat injury.

a. Heat cramps.

- (1) Muscle cramps of the arms, legs, or abdomen
- (2) Excessive sweating.
- (3) Thirst.

b. Heat exhaustion. (The first five occur often. The others occur sometimes). (1) Profuse sweating with pale, moist, cool skin (2) Headache. (3) Weakness. (4) Dizziness. (5) Loss of appetite. (6) Heat cramps. (7) Nausea--with or without vomiting. (8) Urge to defecate. (9) Chills (goose flesh). (10) Rapid breathing. (11) Tingling of the hands and/or feet. (12) Confusion.

c. Heat stroke. (1) Flushed, hot, dry skin. (2) Headache. (3) Dizziness.

- (4) Nausea.
- (5) Confusion.
- (6) Weakness.
- (7) Loss of consciousness.
- (8) Seizures.
- (9) Weak and rapid pulse and breathing.

2. Treat with the proper first aid for the heat injury.

a. Heat cramps.

- (1) Move the casualty to a cool or shady area or improvise shade.
- (2) Loosen the casualty's clothing unless in a chemical environment
- (3) Have the casualty slowly drink at least one canteen of cool water.
- (4) Seek medical aid if the cramps continue.

b. Heat exhaustion

- (1) Move the casualty to a cool or shady area or improvise shade.
- (2) Loosen or remove the casualty's clothing and boots unless in a chemical environment.
- (3) Pout water on **the casualty and fan** him or her unless in a chemical environment.
- (4) Have the casualty slowly drink at least one canteen of cool water.
- (5) Elevate the casualty's legs.
- (6) Monitor the casualty until the symptoms are gone or medical aid arrives.

c. Heat Stroke

**WARNING:** Heat stroke must be considered a medical emergency which may result in death if treatment is delayed. Cooling measures will be started immediately and will be continued during evacuation.

- (1) Move the casualty to a cool or shady area or improvise shade.

- (2) Loosen the casualty's clothing unless in a chemical environment.
- (3) Immerse the casualty in cool water or pour water on him or her.
- (4) Elevate the casualty's legs.
- (5) If the casualty is conscious, have him or her slowly drink at least one canteen of cool water

NOTE: Watch the casualty closely for life-threatening conditions, check for other injuries and seek medical aid. (See task, Evaluate a Casualty).

REFERENCES:

FM 21-11.

STP 21-1-SMCT (081-831-1008, Give First Aid for Heat Injuries).

## PROTECT YOURSELF AGAINST BITING INSECTS

### PERFORMANCE MEASURES

1. Apply insect repellent.

- a. On all exposed skin except the eyes.
- b. To the ankles.

NOTE: Blouse the uniform inside the boots to further reduce insects getting inside the clothing.

2. Clean and inspect yourself

- a. Wash yourself daily or as often as the tactical situation permits

NOTE: Be sure to wash the groin and armpits.

- b. Use the buddy system to check for ticks and for insect bites.

NOTE: Use insecticide powder, cream, or shampoo when prescribed by medical personnel.

3. Clean and inspect your clothing.

- a. Wash your uniform to remove arthropods and their eggs. Use available military laundry service or scrub it yourself with soap and water.
- b. Use insecticide powder to dust uniform seams if necessary.
- c. To areas of the uniform that fit tight enough for mosquitoes to bite through.

NOTE: Repeat the above application every two hours during strenuous activity and soon after any activity that washes away biting or stinging insects.

### REFERENCES:

- FM 21-10
- FM 21-11

## PROTECT YOURSELF AGAINST DIARRHEA AND DYSENTERY

### PERFORMANCE MEASURES

1. Identify the indications of diarrhea and dysentery.

NOTE: Diarrhea is an intestinal disorder characterized by abnormally frequent and watery bowel movements.

NOTE: Dysentery is an infectious disease characterized by stomach pain and diarrhea with passage of mucus and blood.

2. Obtain food and drink from an approved source.

a. Obtain food, drink, and ice only from medically approved sources.

NOTE: Do not obtain food, drink, and ice from vendors unless they have been approved by medical personnel.

b. Obtain food from the dining facility when possible.

3. Wash your hands for at least 30 seconds.

a. After using the latrine.

b. Before touching eating utensils or food.

c. After eating.

4. Wash your mess kit.

a. In a mess kit laundry.

b. With treated water or disinfectant solution.

5. Dispose of food waste properly,

a. Covered container.

b. Plastic bags.

c. Bury.

### REFERENCES:

FM 21-10

FM21-11

## PRACTICE PERSONAL HYGIENE TO MAINTAIN FITNESS

### PERFORMANCE MEASURES

#### 1. Prevent skin infections.

a. Bathe frequently. Take a full bath at least once every week. If showers or baths are not available, use a washcloth daily to wash --

(1) Your genital area.

(2) Your armpits.

(3) Your feet.

(4) Other areas where you sweat or which become wet (between thighs or (for females) under breasts).

b. Keep skin dry.

(1) Use foot powder on your feet (especially if you have had fungal infections in the past).

(2) Use talcum powder in areas where wetness is a problem. (Cornstarch may be used as a substitute for talcum powder).

c. Change to clean clothing after a full bath.

(1) Wear loose-fitting uniforms to allow for better ventilation and blood circulation.

(2) Wear proper clothing.

NOTE: Do not wear nylon or silk-type undergarments. Cotton undergarments allow more evaporation of moisture.

d. Shave facial hair at least once every 48 hours (male only) to allow a tight fit of the protective mask

#### 2. Practice oral hygiene.

a. Brush your teeth after every meal, if possible.

b. Use dental floss at least once a day.

c. Rinse your mouth with potable water after brushing and flossing.

#### 3. Dispose of waste.

a. For human waste --

(1) Use unit latrine.

(2) Use cat-hole latrine.

(a) Use only on the march.

(b) Cover immediately after use.

b. For other waste --

(1) Bury--less than one week in the field.

(2) Incinerate--longer than one week in the field

REFERENCES: FM21-10,FM21-11

6-64



## PLACE A RADIO SET, AN/PRC-77 I?

### PERFORMANCE MEASURES

#### WARNING

Operation and maintenance personnel should be familiar with the requirements of TB SIG 291 before attempting installation or operation of radio sets/antennas. Injury or death could result from failure to comply with safe practices.

1. Assemble Radio Set, AN/PRC-77.
  - a. Install battery, BA-55981U or BA-4386.

#### WARNING

BA-55981U contains pressurized sulfur dioxide gas which is toxic. Do not abuse the battery in any way which might cause it to rupture.

- b. Connect the battery case, CY-2562, to RT-841/PRC.
    - c. Connect the desired antenna:
      - (1) Use AT-271 A/PRC, 10 FT whip, when maximum range is required.
      - (2) Use AT-892/PRC for normal operation.
    - d. Connect handset, H-I 89/GR, to one of the AUDIO connectors.

2. Inspect equipment and note deficiencies IAW TM 11 -6820-667-12.

- a. Check the antenna installation
    - (1) Ensure the antenna is connected finger-tight to the antenna mount.
    - (2) Ensure the antenna base is connected hand-tight to the antenna mount.
  - b. Ensure the battery is properly seated in the battery box.

#### WARNING

Ensure that the air vent on the battery box is clean and tight to prevent buildup of battery gases and a possible explosion.

- c. Check the AN/PRC-77's transmitter, RT-841, to ensure that:
        - (1) All knobs and switches are held firmly in place.
        - (2) Frequency indicator glass is intact.



(3) Power and antenna caps are attached.

(4) Rubber audio caps are attached.

d. Perform maintenance checks to ensure that:

(1) Antenna is not broken.

(2) Antenna connection and mount are clean.

(3) Battery box is clean.

(4) Waterproof seal is intact.

(5) Battery box latches are not broken.

(6) Connector pins are clean.

(7) O-ring is in place.

(8) Rubber cover on the PUSH-TO-TALK switch is not torn and the switch can be depressed.

(9) Deficiencies are reported to the supervisor.

3. Operate the radio.

a. Extend the antenna so it is above the ground and free of power lines, brush and trees.

b. Apply power to the radio set by turning the ON/OFF switch to the ON position (a running noise should be heard).

c. Ensure that the radio is on the proper operating frequency. (See task, *Determine Call Signs, Frequencies, and Item Numbers*).

d. Establish radio contact. (See Task, *Communicate on a Tactical Radio*).

(1) To transmit, depress PUSH-TO-TALK switch on the microphone and talk into the microphone. Release the PUSH-TO-TALK switch when through talking.

(2) To receive, ensure that the volume is turned up so that you can hear the incoming message

#### REFERENCES:

DA Pam 738-750

FM 24-18

TM 11-5820-667-12

TB SIG 291





## PLACE A TELEPHONE SET, TA-312/PT OR TA-I/PT INTO OPERATION

### PERFORMANCE MEASURES

1. Ensure that safety procedures are followed IAW the appropriate technical manual.

2. Telephone Set TA-312/PT.

a. Installation inspection:

(1) Ensure the telephone set is securely in place.

(2) Ensure the wires (WD- I /TT) have been stripped so they make contact with binding post.

(3) Ensure the binding posts have enough tension to hold wires.

(4) Ensure that two batteries (BA-30) are installed.

(5) For local battery operation, ensure the SELECTOR switch is in local battery (LB)

position.

NOTE: Usually the TA-312 is used in Local Battery operation. This is when two or more phones are connected to each other without going through a switchboard or the switchboard does not provide any power. If the switchboard does provide the common-battery signaling power, the SELECTOR switch is in common-battery signaling (CBS) position. If the switchboard provides all the power, the batteries are not needed and the SELECTOR switch is in the common battery (CB) position.

(6) Ensure the EXTERNAL-INTERNAL (EXT-INT) switch is in the INT position.

b. Operations inspection:

(1) Turn the handcrank rapidly a few times.

(2) Remove the headset from the retaining cradle and wait for the distant party to answer..

(3) Press the PRESS-TO-TALK switch to talk and release it to listen.

(4) When the call is ended, replace the headset in the retaining cradle.

c. Maintenance inspection:

(1) Ensure the telephone set is not dirty,

(2) Determine that the switches do not stick



(3) Ensure that the battery compartment connectors are not loose, terminals are not corroded, and the batteries are not leaking.

(4) Ensure that the headset retaining springs are not loose or broken.

(5) Ensure the rubber cover on the PRESS TO-TALK switch is not tom or missing.

(6) Report deficiencies found during your inspection to your supervisor.

### 3. Telephone Set, TA-I/PT.

#### Installation inspection:

(1) Ensure the telephone is securely in place.

(2) Ensure the wires have been stripped so that they make contact with the binding posts.

(3) Ensure the binding posts have enough tension to hold wires.

#### b. Operations inspections:

(1) Press the generator lever in firmly to signal the distant party, and then release the lever. Be sure that the PRESS-TO-TALK switch is not depressed.

(2) Listen for the distant party to answer.

(3) Push the PRESS-TO-TALK switch to speak and release it to listen,

#### c. Maintenance inspection:

(1) Determine that the telephone set is not dirty, cracked, or chipped.

(2) Ensure the PRESS-TO-TALK switch is not broken and the rubber cover is not tom.

(3) Ensure the generator lever is not broken and the cover is not tom or missing.

(4) Report deficiencies that you found to your supervisor.

#### REFERENCES:

DA Pam 738-750

TC 24-20

TM 11-5805-201-12

TM 11-5805-243-13

## REACT TO FLARES

### PERFORMANCE MEASURES

1. Move out of the illuminated area when a ground flare is ignited.
  - a. When alone, reorient yourself and continue mission.
  - b. As member of a combat element, regroup (by SOP or as instructed) and continue mission.
2. Assume a prone position (behind concealment when available) before an overhead flare with warning bursts. Close your nonshooting eye to protect your night vision; observe with your shooting eye.
3. Assume the prone position, making maximum use of nearby cover and concealment and shadows until the flares bum out. Close one eye to protect your night vision; observe with the other. Crouch low until flare bums out when crossing wire obstacles where the prone position is not possible.
4. Use maneuver (select temporary position, rush, low crawl, as specified in applicable tasks) as you would during daylight when ground or overhead flares burst while you are under direct enemy fire, or when the burst is followed by direct enemy fire.

REFERENCE: FM 21-75

6-70



## REACT TO INDIRECT FIRE

### PERFORMANCE MEASURES

1. Keep alert for incoming artillery, mortars, rockets, and so on if there is a possibility of an indirect fire attack. There may be a warning before the first shell explodes in your area such as --
  - a. The sound of incoming shells.
  - b. A shouted warning of "Incoming"!
  - c. The sound of shells passing overhead or exploding nearby.
2. Shout or repeat, "Incoming"! when you hear any of the above warnings. This is the procedure to alert other personnel of incoming indirect fire. Indirect fire is normally from artillery, mortars, rockets, or similar weapons.
3. Look to Your fire team or squad leader before taking any other actions.
4. Shout "Incoming"! when you hear any of the warnings in paragraph 1. If you are not moving, remain in your defensive position, taking advantage of any available cover. If you are not in a defensive position, look for and move to cover from indirect fire. Any movement away from your defensive position could tell the enemy your exact location.

NOTE: Incoming indirect fire (zeroed in on your position) can be an indicator of a coming attack by ground forces.

5. Shout "Incoming"! when you hear any of the warnings in paragraph 1. If you are moving, follow your squad or team leader's actions. If you can see or hear your squad or team leader, run out of the impact area in the direction and distance he orders. If you cannot see or hear your squad or team leader, run out of the impact area IAW your unit SOP. In the absence of an SOP, always move out in the direction you are traveling.

REFERENCE: FM 21-75



ANNEX A  
PROGRAM OF INSTRUCTION

1. Implement an Individual Fitness Program
2. ID/Wear of the Uniform
3. Customs/Traditions of the Service
4. Conduct Drill and Ceremonies
5. Professional Ethics and Officership
6. After Action Review
7. Code of Conduct
8. Officer and NCO Responsibilities
9. Organization and Role of the Army
10. Land Navigation
11. First Aid
12. Individual Tactical Techniques
13. Night Operations
14. NBC Defense Training
15. Radio and Wire Communications
16. Infiltration Course
17. Troop Leading Procedures
18. Military Leadership
19. Cadet Cominon Task Test
20. Basic Rifle Marksmanship
21. U.S. Weapons
22. Water Survival
23. Rappelling
24. Stream Crossing
25. Obstacle Course
26. Confidence Course
27. Field Tactical Course
28. Patrolling
29. Leadership Reaction Course
30. Branch Orientation
31. SIMNEVUCOFT Familiarization
32. Perform Squad Formations/Movement Techniques and Battle Drill
33. Inprocessing
34. Camp Commander Orientation
35. Hometown News Release/Photographs/Unit Photographs
36. Post Tour
37. Movement
38. Commanders Time
39. Outprocessing
40. Maintenance of Equipment
41. Basic Camp Briefing
42. Guidon Ceremony
43. Camp Commander Final Orientation
44. Graduation Geremony



- 45. Scholarship Briefing
- 46. Cadet Leaders Time

A-2



ANNEX B

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ARMY PHYSICAL FITNESS TEST





Summary. This pamphlet provides training programs to help you improve your performance on the Army Physical Fitness Test (APFT).

**Applicability.** This pamphlet applies to all Army personnel, including personnel of the Army National Guard and the U.S. Army Reserve.

**Interim changes.** Interim changes to this pamphlet are not official unless they are authenticated by The Adjutant General. Users will destroy interim changes on their expiration dates unless sooner superseded or rescinded.

**Recommended changes and comments.** The proponent of this pamphlet is the U.S. Army Soldier Support Center. Users are invited to send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms) directly to the Commandant, U.S. Army Soldier Support Institute, ATTN: ATSG-PF, Fort Benjamin Harrison, IN 46216-5690.

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# YOU AND THE APFF

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## Chapter 1

### Introduction

#### PURPOSE

These soldiers who are not physically fit cannot perform all aspects of their duties; consequently, the overall mission of the Army suffers. The Army conducts physical fitness training which serves to ensure that every soldier is fit and can perform his/her mission. It also monitors this fitness through the Army Physical Fitness Test (APFT). After all, one of the most critical assets of the Army is the physical fitness of its soldiers. This pamphlet is designed to help you prepare for the APFT and increase fitness levels. The contents may be incorporated into other Army publications.

#### REFERENCES

The following references are cited in this pamphlet: DA Pamphlet (Pam) 350-18, The Individual's Handbook on Physical Fitness. Field Manual (FM) 21-20, Physical Fitness Training, 1985 revision.

#### EXPLANATION OF ABBREVIATIONS AND ACRONYMS

The following abbreviations and acronyms are used in this pamphlet:

APFT - Army Physical Fitness Test

DA - Department of the Army

FC - field circular

FM - field manual

HQ - headquarters

NCO - noncommissioned officer

PAM - pamphlet

TRADOC - United States Army Training and Doctrine Command

US - United States

## Chapter 2

### Before You Start

The APFT is designed to determine your level of fitness. It measures your muscular strength and endurance and cardiorespiratory endurance in three events: push-ups, sit-ups, and the 2-mile run. To obtain better scores, you should work harder on those events, provide adequate rest for recovery, and eat properly to get adequate nutrients. As you continue to exercise, you need to increase the workload gradually by --

Performing more repetitions or sets of repetitions.

Increasing the resistance or difficulty of the exercise (using weight or stressing the negative, also known as the lowering phase, and changing the exercise position) until you reach the level of performance you desire.

Shortening the rest break between sets.

0 Increasing the running distance, time, or pace.

All the above methods apply to the **overload** principle, which refers to working the muscles beyond conditions they normally encounter in their daily activities. On the day after a hard exercise session, rest by not doing any exercises that use the same muscle groups you worked the day before. Of course, you may exercise different muscle groups or participate in sports if you wish. Do not overload too much too soon by doing work you are not ready to perform. If you do, your chance of injury increases. Do not underload, either, by not doing enough work. If you do, you will not progress.

### \*SIT-UPS USING WVG FIT3

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### MODIFIED PUSH-UPS

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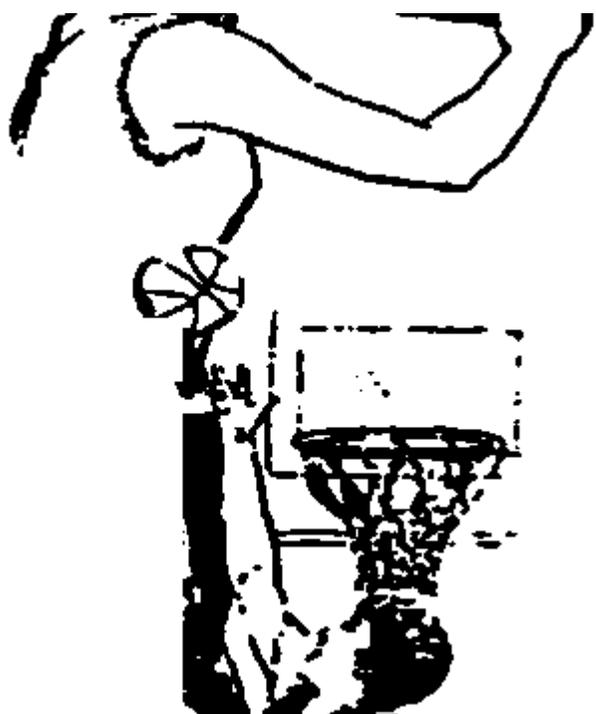
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B-5





To improve in a specific event (push-up, sit-up, or 2-mile run), you must practice that event or perform exercises that are similar to it.

Swimming, cycling, and fast walking are good change-of-pace exercises which you may use between hard workouts; however, they will not necessarily help you run faster.

*Refer to FM 21-20, DA Pam 350-18, and your battalion master fitness trainer or physical activities specialist for more details on training programs.*

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## Chapter 3

### Before and After Vigorous Activity

Begin all vigorous activity with a warm-up phase. The warm-up phase, which consists of a warm-up activity and static stretching, prepares the body for vigorous activity by gradually increasing the heart rate and warming the muscles and tendons so they can work more efficiently. It also minimizes your chances of injury.

Always warm up before you begin any exercise or physical activity session. Slowly jog or briskly walk until you start to sweat. Remember, the lower the temperature you work in, the longer it will take to warm up. Do not rush through the warm-up phase.

Complete all vigorous activity with a cool-down phase. The cool-down phase consists of walking for about 5 minutes or until your heart rate falls below 100 beats per minute, then repeating the stretching exercises you did during the warm-up phase. These actions help return the body's systems back to normal, maintain flexibility, and relieve immediate muscle tightness. Always cool down after any vigorous exercise or physical activity session.

Shown below are basic stretches to use for both the warm-up and the cool-down. **Perform some** static (nonbouncing) stretches for the muscles you will exercise during each APFT event **or exercise** session. Hold each position at the point of mild discomfort for 10 to 60 seconds.

### STRETCHES FOR THE RUN.

HAMSTRINGS

GROIN AREA

~;CALF

110

STRETCH FOR SIT-UPS:

### STRETCHES FOR PUSH-UPS:

TRICEPS

CHEST &  
SHOULDERS

HIP FLEXORS

You can find more examples of stretches in FM 21-20 and DA Pam 350-18.

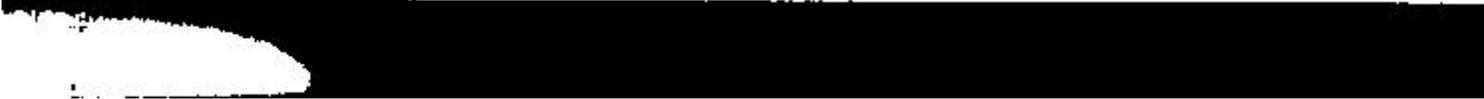


## Chapter 4

### Evaluating Yourself

After you warm up, give yourself an APFT pretest or use the number of repetitions for push-ups and sit-ups and the time for the 2-mile run that you scored on your record APFT if the test was given within the past month. Remember to give yourself a 10- to 20-minute rest between each two events. You should give yourself diagnostic APFTs about 4 weeks **apart** to measure your progress. Do not test yourself for 3 weeks before a record APFT to provide adequate time for recovery and to reduce the chance of injury. Furthermore, it is recommended that you do not perform any PT the day before and only an easy session of PT two days before the APFT.

Now that you know what you can do, look at your APFT Scorecard or check with your unit training noncommissioned officer (NCO) to see what you must do. Determine how much more than the bare minimum you want to perform. This is your goal.



## Chapter 5

### Ways to Improve Push-Ups

For best results you should do push-up-type exercises three to four times per week. Allow at least 1 day but not more than 2 days for rest between sessions to ensure progress. If you do these exercises more often, your muscles may not have enough time to become stronger through recovery.

When performing the push-up-type exercises --

Make a habit of using the correct form.

Use the same rhythm as you would for the APFT, especially when doing regular push-ups.

Do not hold your breath at any time. You may find it easier to exhale as you push up.

When you can perform 3 sets of at least 20 repetitions for the exercises mentioned in this chapter, move to a more difficult exercise.

0

Rest 1 or 2 minutes between the sets of an exercise.

To add variety to these exercises, try to perform as many correct repetitions of the regular pushup as possible within a certain time period, such as 20 seconds, 30 seconds, 45 seconds, and so forth. Complete the push-up to the count of two and lower to the count of four. (This technique emphasizes the *negative* phase of the exercise). Perform each repetition as slowly as possible. Do not worry if you cannot do many. Change the position of your hands by either placing them close together in a comfortable position or moving them far apart. Try using a variation of this and/or a different hand placement for each of the three sets.

B-9



## UNDER THE CHIN

### HAND POSITION - VARIATIONS

#### O~EXTENDED ~PAST 13TH SHOULDER WIDTH

To start, perform the regular push-up only twice a week. When you are within 3 weeks of the APFT, perform them three times a week.

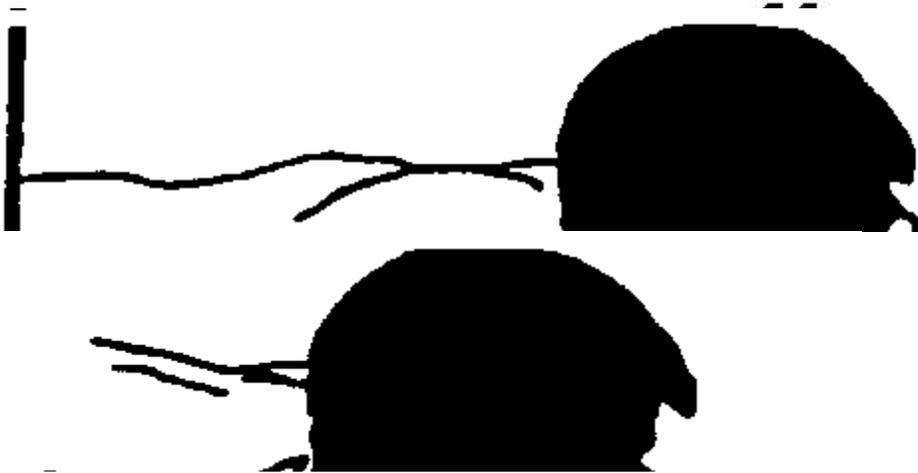
Below is the recommended sequence of exercises to improve your push-up performance. Start with the exercise that comes closest to your present ability and physical exercises in the privacy of your room or house without any special equipment.

#### MODIFIED PUSH-UP (HANDS ON OBJECT)

Keep your body straight. Keep the balls of your feet on the ground and place your hands on the wall, desk, chair, or step of a staircase.

This exercise involves the same action as the regular push-up. You can gradually increase difficulty and intensity by placing your hand at lower levels. Doing push-ups between chairs adds another challenge and increases your range of motion if you lower yourself as far as possible.

B - 10





MODIFIED PUSH-UP  
(KNEES ON GROUND)

This exercise is the same as the regular push-up except that your knees are on the ground. Do not let your lower legs or feet touch the ground at any time during the exercise.

REGULAR PUSH-UP

B - 12

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Perform this exercise the same way you would for the APFT. Once you know the maximum number of push-ups you can perform in 2 minutes, take half that number and use it for the number of repetitions to perform for each of the three sets.

### **NEGATIVE PUSH-UP**

Oak

When you are unable to do any more of the regular push-ups required for a set, rest your knees on the floor and return to the starting position by lifting your knees off the ground; supporting points are now your toes and hands. Let yourself down slowly to the count of eight. Repeat this procedure until you can no longer control the downward motion. This exercise works the same muscles used in the regular push-up; however, it works them more by stressing the lowering portion of the exercise.

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### **MODIFIED PUSH-UP (FEET ON OBJECT)**

Keep your body straight. Keep your hands on the ground and your feet on a chair, step, bed, or some other object. To increase difficulty and intensity, gradually elevate your feet. Doing push-ups between two chairs with your feet elevated adds another challenge and increases the range of motion

B - 13



if you lower yourself as far as possible. This exercise involves the same action as the regular pushUP.

DIP

IX

Start with your arms straight at your sides. Place your hand on the seats of two chairs that are a little more than shoulder width apart. You may place your hands on the seat of one chair, a bench, or a bed placed right behind you if you wish. Keep your legs straight in front of you with your heels on the floor.

Bend your elbows and slowly lower yourself until your buttocks just touch the floor. Raise yourself by straightening your elbows.

## **WEIGHT TRAINING**

The following exercises are done with a weight machine or free weights. For safety purposes you should use the weight machines unless you have a partner to help you use free weights.

You can use the methods described here without using any previous methods. You can also use them to supplement your training.

Beginners should start by using the lightest plate on the machine. Raise the weight to the count of two and lower the weight to the count of four. This will allow you to get used to the exercise and to concentrate on using correct form. Add one weight plate after every three sessions until only 8 to 12 repetitions can be performed. If you have a limited amount of time to exercise, do just one set. If time is not a problem, you can gradually work up to performing three sets, resting 1 to 2 minutes between sets. You can get descriptions of these exercises from fitness personnel in the Army fitness facilities and from your unit master fitness trainer.

The following exercises use the same muscles as those used for the push-up. Perform them in the order listed.

B - 15



BENCH PRESS  
(CHEST AND BACK OF UPPER ARMS)

MILITARY PRESS  
(SHOULDER AND BACK OF UPPER ARMS)

TRICEPS EXTENSION  
(BACK OF UPPER ARMS)

B - 16



The following exercises use muscles opposite the ones used in the push-up. They can help you develop better overall upper body strength. Perform them in the order listed.

LAT PULL-DOWN  
(MIDDLE BACK)

SEATED ROWING  
(MIDDLE BACK)

B - 17

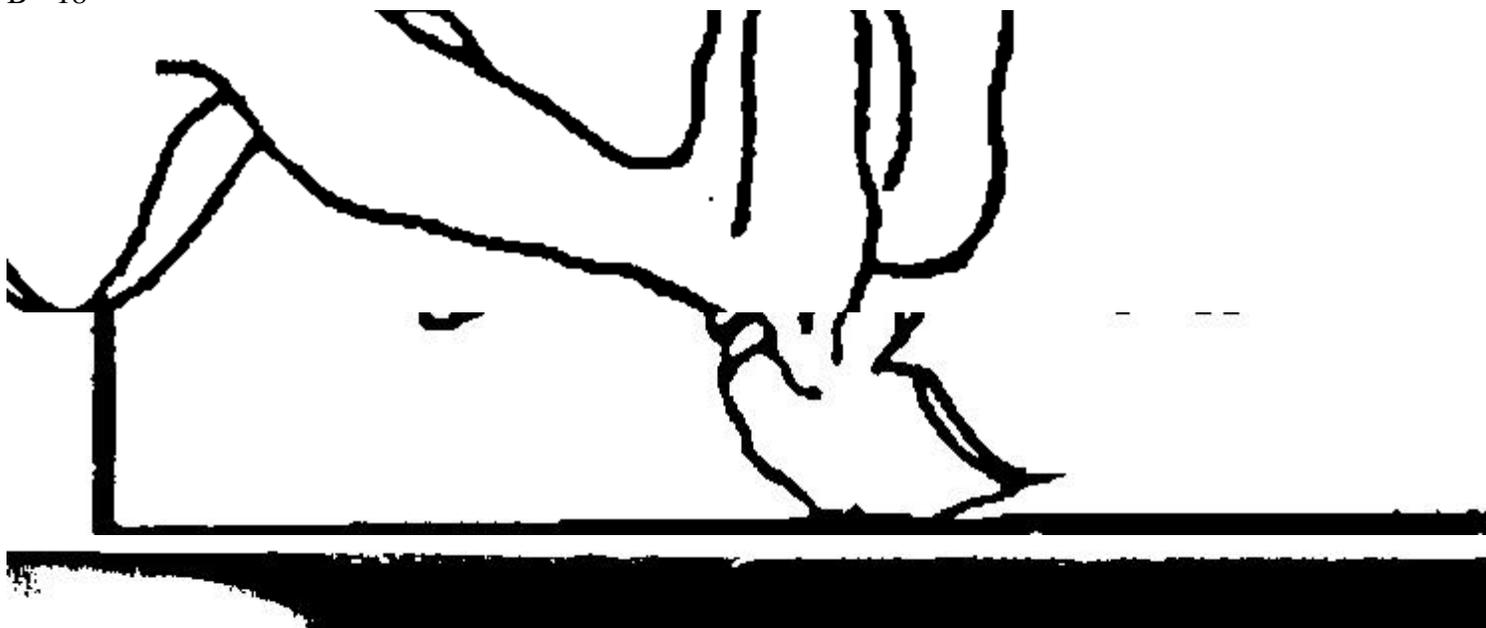


PULL-UP/CHIN-UP  
(MIDDLE BACK AND  
FRONT OF UPPER ARMS)

Do negatives by starting in the up position and slowly lowering to the straight-arm hand to the count of eight.

UPRIGHT ROWING  
(UPPER BACK AND SHOULDERS)

B - 18





**ARM CURIL  
(FRONT OF UPPER ARMS)**

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L C=

To do negatives for some of these exercises by yourself, use from one-half of two-thirds of the weight you regularly use. This will allow you to raise the weight with both arms and lower it with one. Make sure you alternate arms. A partner can help you raise the weight, especially if you use free weights.

**PUSH-UP HINTS FOR THE APFT**

You can get a higher score on the push-up portion of the APFT if you --

Keep your body straight and rigid and work at a rhythmic pace.

Do as many repetitions as possible during the first 45 to 60 seconds.

Always breathe. Do not hold your breath.

Change your hands to narrower or wider positions after you tire; then try to do more push-ups.

Stretch your shoulder and arm muscles before and after doing your push-ups.

B - 20

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## Chapter 6

### Ways To Improve Sit-Ups

Abdominal exercises also should be performed three to four times a week with at least 1 day but not more than 2 days of rest between sessions.

When you do the sit-ups or curl-ups described below--

Place a towel or some other soft material under your tailbone or use a mat.

Cross your arms over your chest and place each hand on the opposite shoulder, or place your hands on your stomach and your chin on your chest. Either position makes you use your abdominal muscles more and keeps you from pulling on your head to gather momentum.

Do not anchor your feet if you can avoid doing so. Anchoring them works your hip flexor muscles more than the abdominal muscles, especially when the back comes off the ground.

Make a habit of using the correct form.

Use the same rhythm as you would for the APFT, especially when doing regular sit-ups.

Do not hold your breath at any time. You may find it easier to exhale as you sit up.

When you can perform three sets of at least 20 repetitions of the exercises in this section, move to a more difficult one.

Rest 1 or 2 minutes between sets of an exercise.

To add variety to these exercises, refer to the same item in chapter 5. Disregard those ways that require a change of hand placement. Repositioning the feet has no training effect.

Below is the recommended sequence of exercises to improve your sit-up performance. Start with the exercise that comes closest to your present ability and physical condition. Remember, you can do these exercises in the privacy of your room or house without any special equipment.

## CURL-UP

Lie on your back with your feet as close to your buttocks as possible. Tilt your hips so that your lower back lies flat on the floor. Raise your head and shoulders until you feel your abdominal muscles tighten. Keep your lower back in contact with the ground.

For a variation, as you raise your head and shoulders, twist at the waist so that your left shoulder goes toward your right knee. Return to the starting position and twist in the opposite direction. This is one repetition.

B - 22



## **REGULAR SIT-UP**

Perform this exercise the same way you would for the APFT. Once you know the maximum number you can perform in 2 minutes, take half that number and use it for the number of repetitions to be done for each of the three sets.

As a variation, use the same action you use in the curl-up variation.

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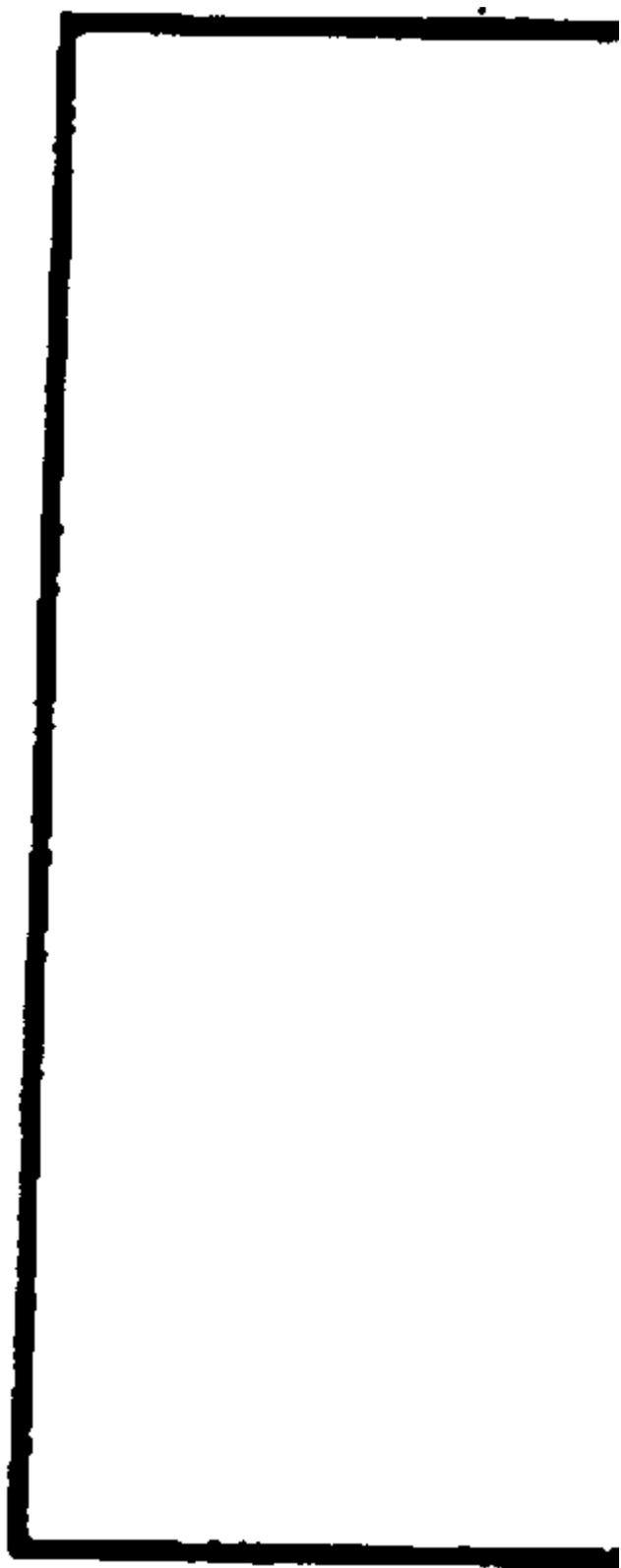
## **NEGATIVE SIT-UP**

When you are unable to do any more of the sit-ups required for a set, use your hands and arms to get into the up position.

Once in the up position, place your hands on the back of your head. Slowly lower yourself by letting your lower back, middle back, and then upper back touch the ground. You should use an eight count to go from the up to the down position. Repeat this exercise until you can no longer control the downward motion. This exercise works the same muscles used in the regular sit-up; however, it works them more by stressing the lowering portion of the exercise.

B - 23





For the exercises below you need special equipment. This is available at a fitness facility or perhaps in your home.

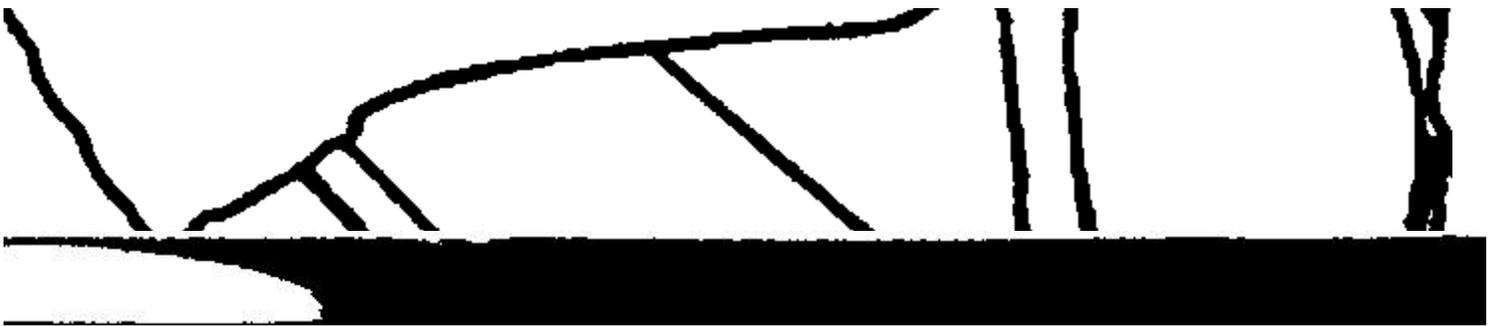
### MODIFIED CURL-UP (LEGS ON OBJECT)

Lie on your back with your feet and lower legs resting on a chair or bed or held off the ground. Your lower legs should be approximately parallel with the ground. The action is the same as that used in the curl-up.

As a variation, use the same action you use in the curl-up variation.

### SLANT BOARD

B - 24



Lie on a slant board with your feet higher than your head. Keep your knees bent if possible and anchor your feet. (You must anchor your feet for this exercise). Use the same action you use in the curl-up. To gradually increase the difficulty and intensity, raise the board a notch at a time.

#### WEIGHT TRAINING

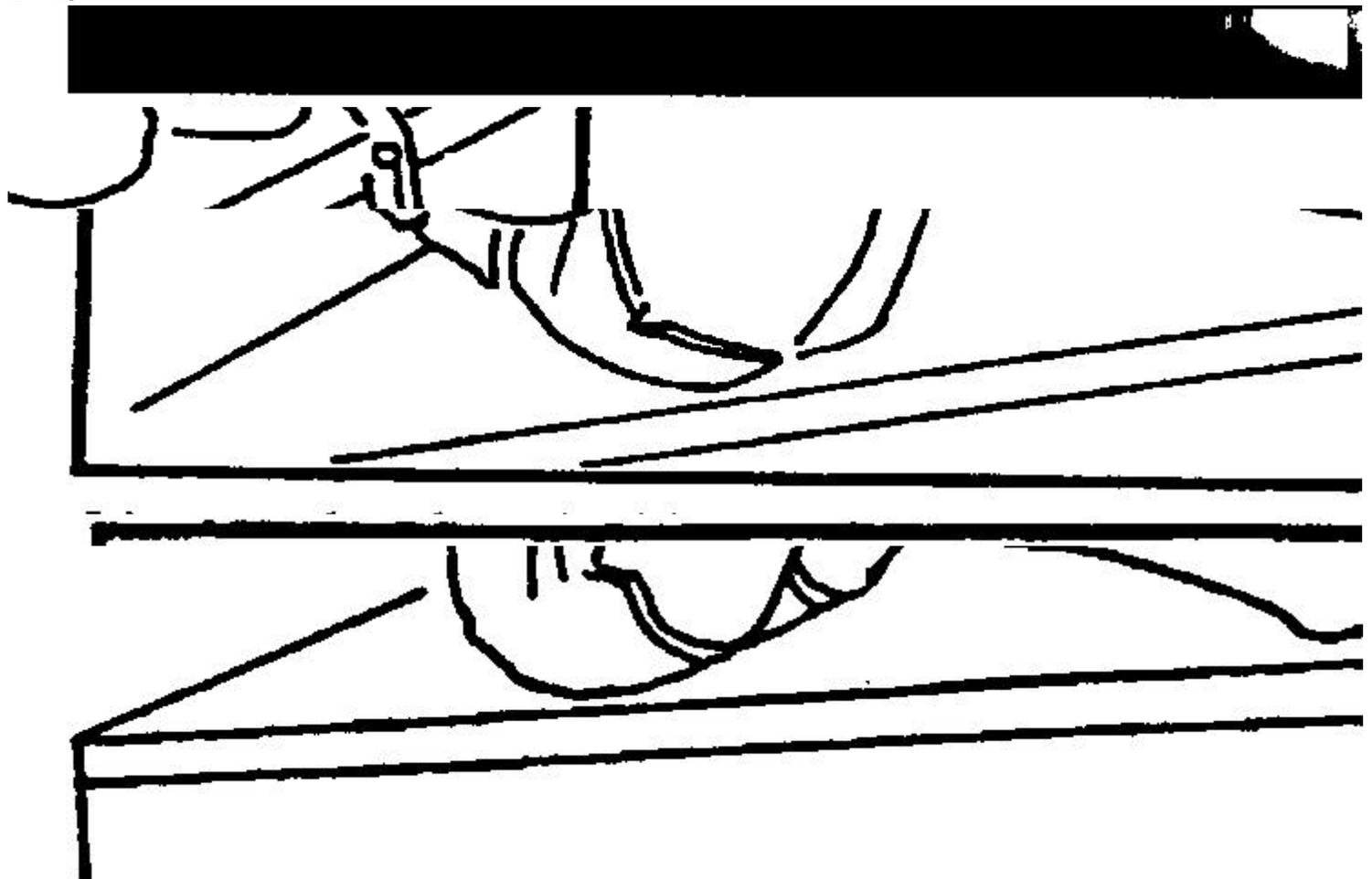
Do any of the exercises previously mentioned with a weight held on your chest. The action is the same as any of the abdominal exercises previously described.

As a variation, use the same action you use in the curl-up variation.

#### SIT-UP HINTS FOR THE APFT

You can get a higher score on the sit-up portion of the APFT if you--

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Pace yourself to take advantage of the full 2 minutes.

Concentrate on maintaining rhythm.

Do not rest in the down position; if you do, it is harder to do the next repetition.

Stretch the abdominal and hip flexor muscles before and after the exercise

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## Chapter 7

### Ways To Improve The 2-Mile Run

You can improve your running performance by increasing the duration (time or distance), the frequency (number of workouts per week, also referred to as quantity work), and the intensity (pace, also referred to as quality work).

#### INCREASING QUANTITY WORK

You must increase your cardiorespiratory endurance before you work on increasing your pace. You should build a base of quantity work by gradually increasing over a 3- to 4- month period the duration and frequency of your running.

Below is the recommended sequence of goals to improve your running. Start with the goal that comes closest to your present ability and physical condition.

##### First Goal

Complete the 2-mile run without walking. You will probably have to slow your pace to achieve this goal.

##### Second Goal

Increase the distance gradually. When you can comfortably complete 2 miles, add another quarter mile each week or two until you can complete 3 miles. The reason is to provide extra endurance. You "I probably have to slow your pace to complete the increased distance without walking.

##### Third Goal

Increase the frequency of your running gradually. Increase the number of days you run per week. For example, run four days instead of three days per week with a rest day between running days; or you may run two consecutive days, rest one day, run two days, and rest two days. You can even run five days in a row if you alternate hard days with easy days by using a slower pace and shorter distance.

Once you have established a good running base through your quantity work, you should be ready to do some quality work by increasing the intensity of your running. Because this type of running is very demanding, you should do it only once a week. It is recommended that you spend at least 3 weeks running 3 miles a session before you start this type of running. Also, do these runs toward the middle of your weekly schedule for a "change of pace".



## **INCREASING QUALITY WORK**

There are two methods of exercising that you can use to increase your pace: speed play and interval training.

### **Speed Play**

During your run, quicken your pace for a certain time (30 seconds to 6 minutes) or distance (50 yards to 1 mile); then slow down until your breathing rate returns to what it was before the faster pace, and then quicken your pace again. You may vary the times or distances throughout the run. These are not all-out runs because you do not stop or walk afterward; rather, you continue to run.

### **Interval Training**

This involves running a certain distance at a faster pace. The distances most often used in this type of training are miles, half miles, and quarter miles. You need a measured distance, such as a quarter-mile track, an APFT course, or some other measured course. You must run the distance you choose for the number of times needed to equal 2 miles (2 x 1 mile, 4 x 1/2 mile, or 8 x 1/4 mile). The pace you use should be intense enough to make your breathing slightly more rapid than it is during a normal run. You should finish the distance without being totally out of breath. Between runs you recover by walking or jogging slowly until your breathing returns to that of an easy run.

## **WEIGHT TRAINING**

You can strengthen your leg muscles with exercises that use a weight machine or free weights. As mentioned earlier, you should use the weight machines if you do not have a training partner. Follow the same training guidelines shown in the section on weights with push-ups. You should do exercises with weights after you run to prevent a negative effect on your pacing. You should not run while holding weights or wearing ankle weights for the same reason.

The exercises below are for leg strengthening.

LEG PRESS  
(FRONT OF UPPER LEGS AND BUTTOCKS)

LEG EXTENSION  
(FRONT OF UPPER LEGS)

tic

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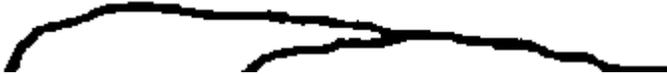


LEG CURL  
(BACK OF UPPER LEGS)

6

HEEL RAISE  
(BACK OF LOWER LEGS)

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TOE RAISE  
(FRONT OF LOWER LEGS)

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## 2-MILE RUN HINTS FOR THE APFT

You can get a better score on the 2-mile run portion of the APFT if you--

Keep time when you practice so that you know how long it takes you to run each quarter mile for the 2 miles; when you take the APFT, stay with those times. (If you still have energy for the last quarter to half mile, speed up and score your best).

Run with someone of equal or slightly better ability.

Do not run too fast at the start; if you do, you may not be able to finish.

Breathe naturally, rhythmically, and deeply; do not take quick, shallow breaths.

Move your arms back and forth faster to help you increase your pace.

Do not stop or sit down after the run. You should continue to walk for 5 to 10 minutes to keep blood from pooling in your legs and causing dizziness.

Stretch the muscles of your legs and lower back before and after you run.

## Chapter 8

### Additional Training Suggestions

You have just read about exercises that can help you increase your performance on your job as well as on the APFT. Adding variety to your program reduces boredom and keeps your muscles from adapting to a certain exercise routine. You may change the sequence in which you work specific body areas. Instead of always doing push-ups and sit-ups and then running, you may change to running, sit-ups, and then push-ups. If you want to do additional exercises for the front of the **upper arms and the back** but do not have time during the same workout session, you may do them on alternate days.

Since you should do three sets of an exercise for the abdominal muscles and the muscles used for push-ups, you may change the exercise for each set during an exercise session. For example, to improve your abdominal muscles, you may do curl-ups, sland board exercises, and regular sit-ups. To improve the muscles used for push-ups, you may do push-ups with your feet or hands on an object; you may also do dips, bench presses, or triceps extensions.

You may also use different exercises at each session. For example, on Monday do regular situps, regular push-ups, and a 3-mile run. On Wednesday do 1/2-mile intervals, dips, and modified curl-ups. On Friday do modified push-ups with your feet on an object, then a 2-mile run followed by curl-ups.

Develop a program to meet your needs and stay with it. Don't give up! No one said it would be easy. Remember, you are a winner in your own right. "Be all that you can **be**"--**FIT TO WIN!**

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## CHALLENGER BUDDY CODE

Buddies watch out for each other, everywhere and everytime.

Use the buddy system at all times--at training, in the barracks, and during free time.

Do assist when your buddy needs help. Coach, encourage, and correct when necessary.

Demonstrate by your words and actions that the buddy system is the cornerstone of the chain of command.

Your buddy is your responsibility--take care of him/her, and he/she will take care of you.

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[REDACTED]