



Force Fitness Instructor Course 1-24 Welcome Aboard Letter

Ladies and Gentlemen,

On behalf of the Director of The Martial Arts & Fitness Center of Excellence, welcome to the Force Fitness Instructor Course (FFI) 1-24 convening on 2 October 2023. The Command Screening Checklist can be found at <https://www.fitness.marines.mil/MAFCE/> "Force Fitness Instructor."

Pertinent Information:

- Report date (travel day): 1 October 2023
- Convene date (check-in): 2 October 2023
- Graduation date: 16 November 2023

Course Prerequisites:

- Sergeant or above
- 1st Class PFT/CFT (highly recommend it be monitored by a FFI or MAIT)
- Rank appropriate resident or nonresident PME complete prior to attending
- Shoulder injury free within the last six months and back to full duty
- Concussion and broken bones free within the last six months
- No stitches/staples on the body
- No dental surgery within 48 hours of reporting to course
- Free of contagious diseases, i.e. hepatitis, HIV/AIDS
- Full duty status
- 12-months remaining on contract upon completion of the course
- Not pending any legal action or appointments
- PFT, CFT and BCP Marine Net courses completed

No pre-requisites are waived and will result in dis-enrollment should a Marine not meet the minimum requirements

*Mess hall meals are available for purchase if necessary (we will not be issuing meal cards). You will be receiving a "FD" Fitness Report upon graduation from the course. Please present a copy of your "TD" Fitness Report MROW upon check-in.

*SERVICE UNIFORMS ARE NOT REQUIRED.



Course Check-In:

Ensure you read and familiarize yourself with both the Anatomy & Physiology and Biomechanics & Kinesiology material prior to attending the course. I would like to inform you that not only is the FFI Course physically challenging, but it is even more academically challenging. You will receive a plethora of exams, quizzes, and performance evaluations throughout your tenure at the Force Fitness Instructor Course. It is highly recommended that every Marine have a laptop/tablet to access course documents on the Google Drive. The student pre-reads for classes Anatomy & Physiology I & II, and Biomechanics & Kinesiology I & II can be found at <https://www.fitness.marines.mil/MAFCE/> "Force Fitness Instructor."

On 2 October 2023 at 0530, in green-on-green PT gear (warming layers authorized), all students are required to check in to Raider Hall at 24191 Gilbert Road Quantico, Virginia 22134. If you are unable to make this time due to travel delays please call/text the Course Chief, Staff Sergeant Pavao.

All Marines are required to reserve lodging for the duration of the course. Marines must contact Liversedge Hall Lodging (703) 784-3149, to book a reservation. If vacancies are not available, Marines must obtain a letter of non-availability/CNA prior to reserving lodging off-base. All Marines need to call/email the Course Chief if any issues arise. Graduation will be in Woodland MARPAT Utilities. If there are issues the day prior to check-in or the day of check-in, please call the numbers listed below. Welcome aboard FFIC 1-24!

Respectfully,

Staff Sergeant Pavao, Jack M.

Office-703-432-6465 Cell-401-835-8341

Course Chief, Force Fitness Instructor Program

Martial Arts & Fitness Center of Excellence

E-mail currently down, email Sgt Spencer at Christopher.m.spence@usmc.mil