**BASIC STANDARDS FOR MCMAP PHYSICAL CONDITIONING DRILLS FOR BELT TRAINING**

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| **MARTIAL ARTS DRILL** |
| **Procedure/****Technique** | **Basic****Tan Gray**  | **Intermediate****Green Brown** | **Advanced****1stBlack MAIT** |
| Movement Techniques | 20M 30M | 30M 40M | 40M 50M |
| Exercise | 15 reps max | 25 reps max | 35 reps max |
| Physical Technique | 5 reps/30 sec | 10 reps/1 min | 20 reps/2 min |
| Equipment | Boots FlackCammies Jacket | Helmet LBV Rifle  | 25lb Pack |

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| **PHYSICAL TRAINING INTEGRATION DRILLS** |
| **Procedure/****Technique** | **Basic****Tan Gray**  | **Intermediate****GreenBrown** | **Advanced****1stBlack MAIT** |
| Movement Techniques | 20M 30M | 30M 40M | 40M 50M |
| Exercise | 15 reps max | 25 reps max | 35 reps max |
| Physical Technique | 5 reps/30 sec | 10 reps/1 min | 20 reps/2 min |
| Rough Terrain | 1.5mi 2mi | 2.5mi 3mi | 3.5mi 4mi |
| Obstacle Course | 1 2 | 3 4 | 5 |
| Equipment | Boots FlackCammies Jacket | Helmet LBV Rifle  | 25lb Pack |

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| **FIELD EXERCISE** |
| **Procedure/****Technique** | **Basic****Tan Gray**  | **Intermediate****Green Brown** | **Advanced****1stBlack MAIT** |
| Movement Techniques | 20M 30M | 30M 40M | 40M 50M |
| Exercise | 15 reps max | 25 reps max | 35 reps max |
| Physical Technique | 5 reps/30 sec | 10 reps/1 min | 20 reps/2 min |
| Equipment | Boots FlackCammies Jacket | Helmet LBV Rifle  | 25lb Pack |

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| **MARTIAL ARTS DEPLOYED DRILL** |
| **Procedure/****Technique** | **Basic****Tan Gray**  | **Intermediate****Green Brown** | **Advanced****1stBlack MAIT** |
| Movement Techniques | 20M 30M | 30M 40M | 40M 50M |
| Exercise | 15 reps max | 25 reps max | 35 reps max |
| Equipment | Boots FlackCammies Jacket | Helmet LBV Rifle  | 25lb Pack |
| Physical Technique | 5 reps/30 sec | 10 reps/1 min | 20 reps/2 min |

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| **AQUATIC CONDITIONING** |
| **Procedure/****Technique** | **Basic****Tan Gray**  | **Intermediate****Green Brown** | **Advanced****1stBlack MAIT** |
| Movement Techniques | 20M 30M | 30M 40M | 40M 50M |
| Exercise | 15 reps max | 25 reps max | 35 reps max |
| Equipment | B U Cammies Boots | Helmet Rifle  | 25lb Pack |
| Physical Technique | 5 reps/30 sec | 10 reps/1 min | 20 reps/2 min |
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