**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 Flack  Cammies 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 Flack  Cammies 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 Flack  Cammies 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 Flack  Cammies 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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