



Force Fitness Instructor Course **SOI-E Mobile Training Team** **Welcome Aboard Letter**

On behalf of the Director of The Martial Arts & Fitness Center of Excellence, welcome to Force Fitness Instructor (FFI) Course Mobile Training Team 1-26 convening on 16 March 2026.

Pertinent Information:

- Convene date (check-in): **0600 16 March 2026, SOI-E Ivy Hall Auditorium**
- Graduation date: **24 April 2026**

Course Prerequisites:

Any Marine currently the rank of Sergeant and above, possessing any MOS can attend this course if they meet the following conditions.

- a. Proof of the selection to Sergeant.
- b. Written endorsement from Commanding Officer.
- c. Current 1st class PFT/CFT. PFT/CFT will be verified at the start of the course.
- d. Rank appropriate non-resident PME complete prior to attending the course.
- e. 12 months remaining on contract upon completion of the course.
- f. Not pending any legal action or appointments.
- g. Assigned as Command Physical Training Representative
- h. Possesses active government email account.
- i. Within height and weight standards.

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

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.

Course Check-In:

On **16 March 2026 at 0600, in green-on-green PT gear** (warming layers authorized), all students are required to check in to **SOI-East HQ Ivy Hall**. If you are unable to make this time due to travel delays please call/text the Course Chief, Gunnery Sergeant Ludwig at (619) 913-4617.

- A validation PFT and CFT will be ran on March 17 and March 19, respectively.
- All students will be required to complete the obstacle course 3 times in less than 15:00.

Welcome aboard FFIC MTT 1-26!

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Martial Arts & Fitness Center of Excellence