

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

<b>MARTIAL ARTS DRILL</b>					
<b>Procedure/ Technique</b>	<b>Basic Tan</b>	<b>Gray</b>	<b>Intermediate Green Brown</b>	<b>Advanced 1<sup>st</sup>Black</b>	<b>MAIT</b>
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 Cammies Jacket	Flack	Helmet Rifle	LBV	25lb Pack

<b>PHYSICAL TRAINING INTEGRATION DRILLS</b>					
<b>Procedure/ Technique</b>	<b>Basic Tan</b>	<b>Gray</b>	<b>Intermediate GreenBrown</b>	<b>Advanced 1<sup>st</sup>Black</b>	<b>MAIT</b>
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 Cammies Jacket	Flack	Helmet Rifle	LBV	25lb Pack

<b>FIELD EXERCISE</b>						
<b>Procedure/ Technique</b>	<b>Basic</b>		<b>Intermediate</b>		<b>Advanced</b>	
	<b>Tan</b>	<b>Gray</b>	<b>Green</b>	<b>Brown</b>	<b>1<sup>st</sup>Black</b>	<b>MAIT</b>
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 Cammies Jacket	Flack	Helmet Rifle	LBV	25lb Pack	

<b>MARTIAL ARTS DEPLOYED DRILL</b>						
<b>Procedure/ Technique</b>	<b>Basic</b>		<b>Intermediate</b>		<b>Advanced</b>	
	<b>Tan</b>	<b>Gray</b>	<b>Green</b>	<b>Brown</b>	<b>1<sup>st</sup>Black</b>	<b>MAIT</b>
Movement Techniques	20M	30M	30M	40M	40M	50M
Exercise	15 reps max		25 reps max		35 reps max	
Equipment	Boots Cammies Jacket	Flack	Helmet Rifle	LBV	25lb Pack	
Physical Technique	5 reps/30 sec		10 reps/1 min		20 reps/2 min	

<b>AQUATIC CONDITIONING</b>						
<b>Procedure/ Technique</b>	<b>Basic</b>		<b>Intermediate</b>		<b>Advanced</b>	
	<b>Tan</b>	<b>Gray</b>	<b>Green</b>	<b>Brown</b>	<b>1<sup>st</sup>Black</b>	<b>MAIT</b>
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	