

**MCO 1510.32C**

# **RECRUIT TRAINING**



Signed 5 Oct 99

J. E. RHODES

By direction

MARINE CORPS ORDER 1510.32C

From: Commandant of the Marine Corps  
To: Distribution List

Subj: RECRUIT TRAINING

Ref: (a) MCO 1510.89  
(b) MCO 1553.1B  
(c) MCO 1553.2  
(d) MCO 1510.115  
(e) MCO 6100.3J  
(f) MCO 6100.10B  
(g) MCO 1500.52A  
(h) MCO 3574.2H  
(i) MCO P1900.16E

Encl: (1) Individual Training Standards for Recruits

1. Purpose. To provide policy and instructions for the conduct of recruit training.
2. Cancellation. MCO 1510.32B.
3. Background. The purpose of recruit training is to transform civilians into Marines. In 1996, the Commandant of the Marine Corps (CMC) directed that recruit training increase to a 12 week regimen for males and females. This increase would give some time back to the Drill Instructors to teach, mold, and mentor their recruits. Over 50 hours of instruction, discussion, and training were dedicated to imbuing recruits with core values. The most notable enhancement to recruit training is the addition of "The Crucible Event" that tests the mettle of every recruit and is the defining moment of recruit training.
4. Scope. Recruit training is the second phase of a four phase transformation process (recruiting, recruit training, unit cohesion/stability, and sustainment), which produces basically trained Marines who can succeed on the battlefield, in garrison and society. The process transforms civilians into United States Marines by instilling high standards of discipline, personal conduct, morality and professional skill.

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5. Summary of Revision. This Order revises and updates the superseded version. It should be reviewed in its entirety.

6. Objectives. The Program of Instruction (POI) consists of teaching recruits the Individual Training Standards listed in the enclosure. The overall objectives of recruit training are as follows:

a. Discipline. Achieve a state of discipline which assures respect for authority; instant, willing obedience to orders; and the self-reliance to maintain or improve those traits which exemplify a Marine: obedience, fidelity, and zeal.

b. Military Bearing. Properly wear and maintain uniforms, practice personal hygiene, and demonstrate military presence. Have the personal awareness that being a Marine is a 24 hours a day, 7 days a week, way of life.

c. Esprit de Corps. Acquire the common "warrior spirit" of the Marine Corps that inspires enthusiasm, devotion, pride, initiative, determination, and a burning desire to work with and for others toward excellence in common goals.

d. Character Development. Instill an understanding of and belief in our Core Values of honor, courage, commitment and those principles essential to values-based decision-making, while stressing teamwork and leadership.

e. Individual General Military Subjects (IGMS). Achieve mastery in IGMS exams (i.e., Marine Corps History, Drill, Troop Information, etc.).

f. Individual Combat Basic Tasks (ICBT). Demonstrate proficiency in ICBT in order to function as a rifleman (i.e., Marksmanship, First Aid, Nuclear, Biological, and Chemical Warfare, etc.).

g. Physical Fitness. Achieve and maintain physical fitness, endurance, and proper weight distribution and promote the concept of fitness and wellness as a way of life.

7. Organization and Responsibilities

a. General. The Commanding Generals (CG) of Marine Corps Recruit Depot (MCRD), Parris Island and MCRD, San Diego are responsible to the CMC for the overall accomplishment of recruit training. The recruit training curriculum and processes will be standardized between the two depots, excluding differences justified by variations in facilities, climate, or geography. Differences are approved by the CG, Marine Corps Combat Development Command (MCCDC (C462)). To ensure standardization of entry-level training, compatibility with the Marine Battle Skills Training (MBST) continuum, and adherence to the Systems Approach to Training (SAT) process, CG MCCDC exercises technical direction and coordination over the Recruit Training POI based upon input from the CG's, MCRD, San Diego and Parris Island. In turn, the CG's, MCRD's, execute the POI per formal school and standing operating procedures (SOP).

b. Formal School Procedures. CG's of the MCRD's will use the SAT Guide, the Marine Corps Automated Instructional Management System (MCAIMS), training standards and common management actions established by references (a) through (d).

c. SOP's. The depot CG's will provide local detailed policies and supporting procedures for the overall conduct of recruit training in appropriate SOP's to ensure standardization of execution and evaluation of training.

8. Cycle of Recruit Activity. The processing, forming, training, and outposting periods constitute the cycle of recruit activity.

a. Processing. Includes certain accession, receiving, and administrative procedures commencing with the recruit's arrival at the depot. During the processing period, recruits will function in an environment of minimal stress, and the following activities will be completed:

(1) Prompt and accurate data update of the Student Entry-Level Management System (SELMS). SELMS records will be the initial basis for Marines' Joint Uniform Military Pay System/Manpower Management System (JUMPS/MMS) records.

(2) Haircuts (male only). Class on appropriate hair styles (females only).

(3) Initial medical and dental examinations. Recruits will not be subjected to any form of physical conditioning, swimming evaluation, running, or unnecessary stress prior to receiving a medical examination.

(4) Review all classification tests and enlistment contracts.

(5) Provide initial indoctrination into the military way of life, appropriate instruction on Marine Corps and recruit training regulations, and personal assistance agencies available to the Marine recruit.

(6) Initial clothing and equipment issue. Additionally, during this process recruits will be fitted for gas masks and kevlar helmets. The sizes of these items will be recorded in the JUMPS/MMS.

(7) Urinalysis testing.

(8) Confirm prior testing for the Human Immunodeficiency Virus (HIV) antibody or administer the required tests.

(9) Complete the Initial Strength Test: (minimum scoring)

(a) Males: 1.5 mile run in 13 minutes 30 seconds, 2 dead hang pull-ups, and 44 crunches in 2 minutes.

(b) Females: 1.5 mile run in 15 minutes, flexed arm hang time of 12 seconds, and 44 crunches in 2 minutes.

b. Forming. Occurs between the completion of the processing period and the start of the regular training schedule as processed recruits are formed into platoons. Forming varies in duration, depending upon how long it takes to amass a full recruit series or company to begin training and when recruits report to the depot. Initial housekeeping tasks, elementary training, and the actions listed in subparagraph 8a, when not previously completed, will be accomplished during this period. Every effort will be made to expedite commencement of the training period. The combined period for processing and forming should not exceed 11 days.

c. Training. Is comprised of 64 training days, plus a " Team Week" ( i. e., mess and maintenance training). Initial training focuses on building discipline, physical fitness, a knowledge of General Military Skills, drill, and water survival. Additional training weeks include: Rifle Pre-Qualification Training and Rifle Qualification Week; Field Firing and Field Training; The Crucible Event (Week 11); and Transition Week (Week 12).

(1) Week 11. During Week 11 recruits will be challenged during the Crucible Event. The Crucible Event is a 54-hour field event that tests the mettle of every recruit, focusing on the importance of teamwork and adaptive problem solving in overcoming adversity. The Crucible Event is designed around Core Value Stations, Warrior Stations, the Confidence Course, Reaction Course, and Movement Course as well as other various mentally and physically challenging events. A final foot march will conclude with a Morning Colors Ceremony, the Marine Corps Emblem Ceremony, and a "Warriors' Breakfast."

(2) Transition Week. During Transition Week, the recruit is no longer referred to as a recruit. They are Marines; as such they are treated as Marines and given the opportunity to polish and hone those qualities expected of a Marine during the conduct of daily activities. During this week the new Marines are given 1 hour extra free time each evening and wear the rank insignia of the grade to which they were either guaranteed upon enlistment, or earned during recruit training.

d. Outposting. One day which includes all final administrative procedures and a formal graduation. Marines will be allowed one day of travel in addition to any graduation leave authorized between recruit training and their next school or command.

## 9. Graduation

### a. Graduation Criteria

(1) Pass the Physical Fitness Test (Meet established weight or body fat standards), per references (e) and (f).

(2) Qualify at the Combat Water Survival 4 level or higher, per reference (g).

- (3) Qualify with the service rifle, per reference (h).
- (4) Pass the battalion commander's inspection.
- (5) Achieve mastery in the IGMS and ICBT Exams.
- (6) Complete the Crucible.

b. Recycles. When a recruit fails to master a graduation requirement, he/she must either be recycled or be required to undergo additional instruction in order to correct the deficiency. The objective is to provide these recruits an opportunity to achieve the standards necessary for graduation. Every attempt will be made to allow recruits to master required subjects/skills in order to graduate. Depot CG's will establish procedures to ensure the most efficient remedial training system.

c. Waivers. Depot CG's are granted waiver authority for those unique cases in which an otherwise fully qualified recruit could be technically barred from graduation.

d. Separation. When attempts to bring deficient recruits to satisfactory levels of knowledge, conditioning, discipline, or skill have failed, separation of the recruit will be accomplished per reference (i).

10. Meritorious Recognition. The CG's, MCRD's are encouraged to meritoriously promote recruits who have consistently demonstrated superior performance in the following areas and have no nonjudicial punishment infractions.

- a. Physical Fitness
- b. Marksmanship
- c. Leadership
- d. Motivation
- e. Academics
- f. Field Skills

#### 11. Training Execution

a. General. All who are associated with recruit training must ensure this vital process is conducted in a professional manner. Hazing, maltreatment, abuse of authority, or other illegal alternatives to leadership are counterproductive practices and are expressly forbidden. Marines

in supervisory positions are strictly charged to treat all recruits firmly, fairly, and with dignity and will be held accountable for their actions.

b. Taining Day. A training day is one on which formal training per the approved POI takes place. (They will be numbered consecutively from the first training day, and will not include processing days, forming days, Sundays, holidays, or " Team Week" days.) The length of a training day is defined as the period of time beginning with the first period of instruction and ending with the conclusion of the last period of instruction. In this regard, the training day can include nonacademic hours as well as academic hours. The length of the training day will not normally exceed 10 hours with the exception of weapons and field/combat training, and the Crucible Event. The training day includes time scheduled for the noon meal, but does not include basic daily routine (BDR); i.e., other meals, barracks cleanup, devotional services.

(1) Academic Hours. These are the hours used to master military knowledge and skills identified in the recruit training POI. The number of hours devoted to the mastery of the learning objectives within each subject area will be determined by the CG's, MCRD San Diego, and Parris Island. CG MCCDC (C46) will approve the POI.

(2) Nonacademic Hours. These are the hours in the training day that are not used for academic instruction.

(a) Administrative Time. This is the time required to accomplish nonacademic administrative requirements such as haircuts, exchange calls, storage of personal effects, yearbook/photos, blood donations, inoculations, preparation of military identification cards, rifle and equipment issue, clothing appointments, movement time, dental recall, preparation of hometown news releases, pay, issuance of orders, and making transportation arrangements.

(b) Senior Drill Instructor (SDI) Time. This is time periodically scheduled during the training day to accomplish ancillary tasks such as weapons maintenance, training review, extra instruction, and inspection preparations.

(c) Meals. Normally one hour is set aside for the noon meal during the training day. Other meals are considered as a part of the BDR. Recruits will be afforded at least 20 minutes to consume each meal.

(3) BDR. This term is used to account for the period of time in the morning, between reveille and the first training activity of the day, and in the evening, between the last training activity of the day and taps.

(4) Sleep. Recruits will normally be permitted eight hours of uninterrupted sleep per night. Depot CG's, however, are authorized to reduce sleep to seven hours. The only exceptions to the aforementioned policy can occur when a recruit is required to perform guard duty, fire/security watch, mess duty, or when the series/company is engaged in night events as set forth in the POI. Under such circumstances, the hours of sleep may be reduced to a minimum of six hours. When such a deviation is authorized, the eight-hour sleep regimen will be restored as

soon as possible after the event/circumstances no longer exist. During the Crucible Event, recruits will normally receive four hours of sleep per night.

(5) Free Time

(a) The purpose of free time is to allow recruits to read, write letters, watch instructional television (ITV), and to take care of other personal needs. It is a period when no training is received by recruits and no instruction is conducted by (DI). It is intended to be a relief period from close, constant association for both recruits and DI's and to take care of personal hygiene and other personal needs. Each recruit will be afforded one hour of uninterrupted free time each evening, beginning on the first training day, while in garrison, Monday through Saturday, and four hours on Sundays and holidays while in garrison, as set forth in the BDR. Company commanders may authorize two hours of free time on Saturdays. Company commanders may suspend free time for recruits as a result of punishment imposed by administrative or legal proceedings. Mail will be passed out by the DI's prior to free time.

(b) During this period, the duty DI will normally be in the duty hut and available to provide any assistance that might be requested. DI's will neither solicit recruits to come forward nor will they carry out any duties other than those normally associated with a duty preserving good order within the unit.

(6) Sunday/Holiday Routines. Between reveille and the noon meal, the time not actually used by recruits for church call, morning police, or morning meal will be considered as free time. On non-religious holidays, free time may be scheduled during the morning or afternoon, with Commander's Time scheduled during the remainder of the day. Sundays / Holidays are not training days as defined in paragraph 11b.

(7) Recruit Rights. The following rights are fundamental to the welfare of all recruits and will not be denied:

(a) Eight hours of uninterrupted sleep, except under the conditions described in paragraph 11b (4).

(b) One hour of free time daily, except under the conditions described in paragraph 11b (5), and during processing, forming, weapons and field/combat training, and the Crucible Event.

(c) 20 minutes to consume each meal.

(d) Attend sick call.

(e) Attend scheduled religious services.

(f) Request mast via the chain-of-command.

(g) Make and receive emergency phone calls.

(h) Receive mail on the day it is received by the parent company except for Sundays, holidays, and during the Crucible Event.

(i) Send mail without fear of censorship.

(j) Make head calls.

(k) Use medication prescribed by a certified military medical officer.

(l) Visitation. Depot SOP's will establish when, where, and under what circumstances recruits may receive visitors. The SOP will give special consideration for recruits in Medical Rehabilitation Platoon that have demonstrated the appropriate level of maturity to have visitors on Sunday. The right to receive visitors as specified in the depot SOP's will not be subject to additional limitations by DIs.

## 12. Personnel Qualification

a. CG's of MCRD's will establish a training course for officers assigned to recruit training duties. This course will be indoctrination to the recruit training process and the depot's facilities and will include, at a minimum, the following list:

- (1) Cardio-Pulmonary Resuscitation.
- (2) Detecting the onset of medical problems, i.e. heat casualty.
- (3) Knowledge of the depot Recruit Training SOP's/Recruit Training POI.
- (4) Individual counseling techniques.
- (5) Stress management.
- (6) Drill and ceremonies.
- (7) Physical training.
- (8) Suicide awareness.

b. DI's must successfully complete the course of instruction at DI School. DI's assigned to subsequent tours aboard the MCRD's must, at a minimum, successfully complete the DI School Drill Instructor Refresher Course.

c. Non-DI Recruit Supervisors. Depot CG's will establish, conduct, and certify annually all non-DI recruit supervisors to include both enlisted and civilian personnel. Non-DI recruit supervisors are generally defined as field and weapons training, maintenance, food service and those other personnel as designated by MCRD's in respective SOP's.

d. Instructional Management Training Criteria. All instructors at formal schools should be conversant with the SAT process through their attendance at an appropriate Instructional Management School (IMS) course. At MCRD's, permanently assigned platform instructors and all formal school academic staff must satisfactorily complete this requirement. DI's and Primary Marksmanship Instructors (PMI's) receive this training as part of their formal school training and are not required to attend IMS. Key billets requiring this training will be identified in respective MCRD SOP's.

### 13. Supervision

(a) Recruit training cadre must pay strict attention to the supervisory requirements necessitated by the uniqueness of recruit training. Supervision is the key to proper execution and safe conduct of training. Depot SOP's will address, in detail, responsibilities and expectations of supervisors for all required recruit activities.

(b) Recruit supervisors, at all levels, will be constantly alert for recruits with physical, mental, or other difficulties. Recruits who make suicidal ideations or gestures will remain in the presence of a DI, or officer until the proper counsellings have been completed and entries are made in the recruit's folder. The recruit will be escorted to the Mental Health Unit and delivered to the appropriate personnel. Supervisors who respond to suicide attempts will activate the appropriate level medical response, provide first aid until medical personnel arrive, and then notify the chain of command. Recruits demonstrating injury, illness, or other maladies will be queried regarding the nature of their problem and afforded counseling or direction regarding its proper resolution. Additionally, a formal hygiene inspection will be conducted each evening prior to taps. At least once each week, a hygiene inspection will be conducted by a company officer.

(c) Each recruit will receive an individual interview from an officer, at least once during the training cycle. This interview will provide the recruit the opportunity to discuss personal problems, performance levels, and to voice grievances without fear of reprimand, intimidation, or repercussions.

(d) Appropriate representation from the recruit chain of command will be present when the platoon is delivered to the training company.

14. Action

a. The CG MCCDC will:

(1) Exercise technical direction and coordination over recruit training per the SAT Guide, MCAIMS, and references (a) through (d).

(2) Approve and publish the Recruit Training POI and Course Descriptive Data that reflect the policy established in this Order.

(3) Sponsor a biannual Course Content Review Board (CCRB).

b. The CG MCRD/Eastern Recruiting Region, Parris Island and the CG MCRD/Western Recruiting Region, San Diego will:

(1) Conduct recruit training per this Order and the recruit training POI.

(2) Produce and submit updates and/or requested revisions of the POI using MCAIMS to CG MCCDC (C46) for approval.

(3) Provide representation at the biannual CCRB's.

(4) Conduct periodic Commanders' Conferences to ensure close consultation and coordination exists between the depots.

(5) Maintain a regular program of exchange visits between subject matter experts to ensure continuing standardization of recruit training.

c. Commands and activities external to the recruit depots are invited to forward recommended changes directly to CG MCCDC with copies to each MCRD, AC/S, and G-3.

14. Reserve Applicability. This Order is applicable to the Marine Corps Reserve.

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By direction

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INDIVIDUAL TRAINING STANDARDS  
FOR RECRUITS

DUTY AREA 1 - MILITARY JUSTICE AND THE LAW OF WAR

TASKS:

- PVTX.01.01 Explain the purpose of the Uniform Code of Military Justice (UCMJ).
- PVTX.01.02 Identify offenses punishable under UCMJ.
- PVTX.01.03 Explain the forms of punishment that may be imposed for violations of the UCMJ.
- PVTX.01.04 Explain the major differences among the three types of Courts-Martial.
- PVTX.01.05 Explain the rights of the accused before judicial and nonjudicial proceedings.
- PVTX.01.06 Explain the purpose of nonjudicial punishment (NJP).
- PVTX.01.07 Explain the procedures for Request Mast.
- PVTX.01.08 Explain the five types of discharges which may be awarded a Marine upon separation.
- PVTX.01.09 Explain the nine principles of the Law of War.

DUTY AREA 2 - MARINE CORPS ORGANIZATION, HISTORY, CUSTOMS, AND COURTESIES

TASKS:

- PVTX.02.01 Explain the Marine Corps mission.
- PVTX.02.02 Identify significant events in Marine Corps History.
- PVTX.02.03 Identify the historical significance of Marine Corps uniform items.
- PVTX.02.04 Explain common terms, sayings, and quotations used in the Marine Corps.
- PVTX.02.05 Perform required military courtesies and honors.
- PVTX.02.06 Describe the three sizes of National Ensigns.
- PVTX.02.07 Explain the customs of the Marine Corps.
- PVTX.02.08 Identify the location of the Marine Divisions, Air Wings, and Force Service Support Groups (FSSG).
- PVTX.02.09 Describe the Marine Air-Ground Task Force (MAGTF) organizations.
- PVTX.02.10 Explain the three classifications of Marine Corps awards.

DUTY AREA 3 - CLOSE ORDER DRILL

TASKS:

- PVTX.03.01 Explain the purpose of Close Order Drill.

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- PVTX.03.02 Perform individual drill movements.
- PVTX.03.03 Participate in unit drill (Platoon Level).

#### DUTY AREA 4- MARINE CORPS UNIFORMS, CLOTHING, AND EQUIPMENT

##### TASKS:

- PVTX.04.01 Mark individual clothing.
- PVTX.04.02 Maintain clothing and equipment.
- PVTX.04.03 Stand a personnel inspection.
- PVTX.04.04 Stand a clothing and equipment inspection.
- PVTX.04.05 Wear uniform.
- PVTX.04.06 Maintain a professional personal appearance.
- PVTX.04.07 Maintain standards for civilian attire.

#### DUTY AREA 5 - MARINE CORPS GENERAL LEADERSHIP

##### TASK:

- PVTX.05.01 Explain the objectives of leadership.

#### DUTY AREA 6 - SUBSTANCE ABUSE

##### TASKS:

- PVTX.06.01 Explain the Marine Corps policy on the use of illegal drugs.
- PVTX.06.02 Explain programs created to combat the use of illegal drugs.
- PVTX.06.03 Explain the Marine Corps policy on alcohol abuse.
- PVTX.06.04 Describe indicators of alcohol abuse.
- PVTX.06.05 Identify the medical hazards of tobacco use.

#### DUTY AREA 7 - TROOPS INFORMATION

##### TASKS:

- PVTX.07.01 Explain education programs.
- PVTX.07.02 Describe authorized absence procedures.
- PVTX.07.03 Describe agencies that provide assistance.
- PVTX.07.04 Describe the factors affecting career development.
- PVTX.07.05 Explain the Marine Corps policy on sexual harassment.
- PVTX.07.06 Explain the Marine Corps policy on equal opportunity.
- PVTX.07.07 Explain the Marine Corps position on fraternization.
- PVTX.07.08 Identify means of protection from sexually transmitted diseases (STD).
- PVTX.07.10 Describe Occupational Field (OCCFLD) and Military Occupational Specialty (MOS) structure.

ENCLOSURE (1)

PVTX.07.11 Explain the issues concerning pregnancy and parenthood.

#### DUTY AREA 8 - COMBAT LEADERSHIP

##### TASKS:

- PVTX.08.01 Define the term combat.
- PVTX.08.02 Identify the nine elements usually encountered in a combat environment.
- PVTX.08.03 Identify the five stresses a Marine may expect to experience in combat.
- PVTX.08.04 Explain the characteristics that enable Marines to overcome fear.

#### DUTY AREA 9 - MILITARY SECURITY AND INTERIOR GUARD

##### TASKS:

- PVTX.09.01 Explain the duties of the interior guard.
- PVTX.09.02 Explain the eleven general orders.
- PVTX.09.03 Stand a sentry post.
- PVTX.09.04 Identify the organization of the interior guard.
- PVTX.09.05 Explain deadly force.
- PVTX.09.06 Describe the key characteristics of terrorism.
- PVTX.09.07 Describe measures of self-protection against terrorist attacks.

#### DUTY AREA 10 - CODE OF CONDUCT

##### TASKS:

- PVTX.10.01 Explain the six articles of the Code of Conduct.
- PVTX.10.02 Explain the rights of a prisoner of war (POW).
- PVTX.10.03 Explain the obligations of a POW.

#### DUTY AREA 11 - INDIVIDUAL WEAPONS

##### TASKS:

- PVTX.11.01 Perform weapons handling procedures with the M16A2 service rifle.
- PVTX.11.02 Perform preventive maintenance on the M16A2 service rifle.
- PVTX.11.03 Engage targets with the M16A2 service rifle at the sustained rate.
- PVTX.11.04 Zero the M16A2 service rifle.
- PVTX.11.05 Engage stationary targets with the M16A2 service rifle at known distances.
- PVTX.11.06 Engage targets of limited exposure (time) with the M16A2 service rifle.
- PVTX.11.07 Engage targets during low light and darkness with the M16A2 service rifle.
- PVTX.11.08 Engage targets with the M16A2 service rifle while wearing the field protective mask.

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- PVTX.11.09 Engage multiple targets with the M16A2 service rifle.
- PVTX.11.10 Engage moving targets with the M16A2 service rifle.
- PVTX.11.11 Engage targets at unknown distances with the M16A2 service rifle.

DUTY AREA 14 - TACTICAL MEASURES

TASKS:

- PVTX.14.01 Prepare individual combat equipment for tactical operations.
- PVTX.14.02 Execute individual movement in a field environment.
- PVTX.14.03 React to indirect fire.
- PVTX.14.04 Assume field firing positions.
- PVTX.14.05 React to enemy direct fire.
- PVTX.14.07 Camouflage self and individual equipment.
- PVTX.14.12 Employ techniques of unaided night vision.
- PVTX.14.17 Cook a Meal, Ready-to-Eat (MRE).
- PVTX.14.18 Erect basic individual shelters.

DUTY AREA 16 - NBC DEFENSE

TASKS:

- PVTX.16.04 Maintain the M40 field protective mask.
- PVTX.16.05 Don the M40 field protective mask with hood.

DUTY AREA 17 - FIRST AID AND FIELD SANITATION

TASKS:

- PVTX.17.01 Apply basic first aid.
- PVTX.17.02 Perform basic first aid preventive measures.
- PVTX.17.03 Practice basic field sanitation.
- PVTX.17.04 Transport casualties using manual carries and improvised stretchers.

DUTY AREA 20 - PHYSICAL FITNESS

TASK:

- PVTX.20.01 Maintain physical fitness.

DUTY AREA 22 - COMBAT WATER SURVIVAL

TASK:

- PVTX.22.01 Apply combat water survival skills.

ENCLOSURE (1)

DUTY AREA 01 - BASIC CLOSE COMBAT SKILLS

CC01.01.01 Execute the basic warrior stance.

CC01.01.02 Execute punches.

CLOSE COMBAT INDIVIDUAL TRAINING TASKS  
FOR RECRUITS

CC01.01.03 Execute falls.

DUTY AREA 02 - FIGHTING WITH THE RIFLE AND BAYONET

CC01.02.01 Execute bayonet techniques.

DUTY AREA 03 - CLOSE COMBAT OFFENSIVE SKILLS

CC01.03.01 Execute strikes.

CC01.03.02 Execute chokes.

CC01.03.03 Execute throws.

DUTY AREA 04 - CLOSE COMBAT DEFENSIVE SKILLS

CC01.04.01 Execute counters to strikes.

CC01.04.02 Execute counters to chokes and holds.