

# **COMMANDO SYLLABUS**

## **SUGGESTIONS RELATED TO IMPROVEMENT OF FIRING OF TRAINEES**

01.	Instructors trained in "Shooting skill course" will conduct firing of trainees during the course.
02	More emphasis to be given to ABCDEFG drill at the firing range. A. Actual fire B. Buddy C. Cone fire D. Dismantling E. Emergency. F. Freezing G. Ground(use of ground)
03	A FIRING DATA CARD on the lines of health card is recommended to be maintained by each trainee based on which efforts should be made to improve their firing skill.
04	After introductory fire, BALL & DUMMY exercises are recommended to be carried out to segregate trainees based on the mistakes committed like FLINCH, BUCK, JERK. Trainees should be divided into groups, based on particular mistakes being committed and accordingly relevant corrective exercises be administered.
06	NOT MORE THAN 40 personnel to be allowed for firing practices at one firing range in a day.
07	Weapon training, Musketry & firing practices should be done religiously.
08	Dry practice on blank target be carried out, one week prior to actual practice, so that the firer understands the correct sight alignment and its importance.

## **BLOCK TIME TABLE (COMMANDO COURSE)**

1.	Duration of Training	08 Weeks
2.	Total working days in a week for campus training	06 Days
3.	Total Nos of weeks for Campus Training	07 Weeks
4.	Total working days during the course for campus training	42 Days (Excluding Jungle Survival)
5.	Jungle Survival	01 Week- Total 126 Pds. (21 Pds x 06 days = 126 Pds)
6.	<b>Working periods in a day</b>	<b>18</b>
7.	Duration of a period	40 Minutes
8.	Number of day periods during the course	574
09	Number of night periods during the course	182
10	<b>Total number periods in training</b>	<b>(574+182+126)=882</b>

### **Note:-**

The personnel coming for the course are normally found to be overweight. But in the commando course the participants have to run with a back pack along with the Rifle and have to run from the day one, it is observed that the overweight participants are susceptible to knee injuries. So, before sending the participants the unit must keep this aspect in mind to avoid injuries.

# BLOCK SYLLABUS

SL NO	SUBJECT	DAY	NIGHT	TOTAL PDs	
<b>01</b>	<b>PHYSICAL TRAINING &amp; ENDURANCE</b>	<b>178</b>	<b>21</b>	<b>199</b>	
	(a) 10 KM. CCR	12	4	16	
	(b) Tactical P.T.	21	----	21	
	(c) Commando P.T.	59	--	59	
	(d) 15 km run and walk in FSMO	10	04	14	
	(e) 20 km run and walk in FSMO	10	05	15	
	(f) 40 km run and walk in FSMO	18		18	
	(g) UAC (It will also be practiced during Tactical PT & commando PT session.)	10	----	10	
	(h) BPET Endurance	16	----	16	
	(i) BOAC	16	08	24	
	(j) Swimming Practice ( water tactic)	06	----	06	
<b>02</b>	<b>MAP READING</b>	<b>31PDs</b>	<b>14PDs</b>	<b>45PDs</b>	
	(a) Compass And Service Protractor	03	-----	03	
	(b) Ground To Map & Map To Ground	03	04	7	
	(c) Finding Own Position	05	-----	05	
	(d) Setting of gps, position format, map datum and finding own position.	05	-----	05	
	(e) Finding co-ordinate, navigation and making tracks through GPS	03	04	07	
	(f) Introduction and application of google earth	02	03	05	
	(g) Terra Explorer	02	03	05	
	(h) GPS babel, map source, making of Kml/kmz and exchange of files	03	-----	03	
	(i) Sight and go, track-back and Share wirelessly with GPS	05	-----	05	
<b>03</b>	<b>TACTICS</b>	<b>114 PDs</b>	<b>61 PDs</b>	<b>175 PDs</b>	
	(a) Formations Of Movement	12	08	20	
	(b) Multiple small party movement & co-ordination	08	06	14	
	(c) Planning of Ops	08	06	14	
	(d) Map/Google Earth/Sand Model Briefing	06	04	10	
	(e) cover fire & move	04	03	07	
	(f) Tactical Withdrawal	06	04	10	
	(g) Stay Behind Teams	06	02	08	
	(h) Disintegration of large team into small teams & reaction	08	06	14	
	(i) Approach To Target	08	06	14	

	(j) Sleeping camp attack, post protection	10	04	14	
	(k) Terrain, route & target analysis, cleaning	04	-----	04	
	(l) Obstacles	08	-----	08	
	(m) TEWT	06	-----	06	
	(n) Naxal Ambush Patterns	16	08	24	
	(o) Anti Hijack Operation	04	04	08	
<b>04</b>	<b>ALLIED</b>	<b>39 PDs</b>	<b>12 PDs</b>	<b>51 PDs</b>	
	(a) Guerilla Supply System	04	-----	04	
	(b) Guerilla Warfare	10	06	16	
	(c) Prevention Against Malaria	02	---	02	
	(d) Symptoms And Prevention Against dehydration	02	----	02	
	(e) Casualty Evacuation	04	---	04	
	(f) First Aid	02	---	02	
	(g) Use Of Tracker Dogs	02	-----	02	
	(h) Clandestine Contact And communication	04	02	06	
	(i) Human Rights	04	-----	04	
	(j) Helicopter sanitization and security of funnel area	03	02	05	
	(k) Camouflage and concealment (practical)	02	02	04	
<b>05</b>	<b>EXPLOSIVE/IED</b>	<b>26 PDs</b>	<b>-----</b>	<b>26 PDs</b>	
	(a) Accessories	04	-----	04	
	(b) Initiation	02	-----	02	
	(c) IED and BDS	04	-----	04	
	(d) LM/CM Detection And Reaction (P)	04	-----	04	
	(e) LM/CM Precaution	02	-----	02	
	(f) Electric/Non Electric Initiation practical	04	-----	04	
	(g) Booby Traps	02	-----	02	
	(h) Trip Flare	02	-----	02	
	(i) How to make IEDs	02		02	
<b>06</b>	<b>FIRING &amp; MUSKETRY</b>	<b>97</b>	<b>50</b>	<b>147</b>	
<b>07</b>	<b>COMMUNICATION</b>	<b>05 PDs</b>	<b>01 PDs</b>	<b>06 PDs</b>	
	(a) Field Communication & Discipline	01	01	02	
	(b) Familiarization with communication sets	02	-----	02	
	(c) Use of DMR sets	02	---	02	
<b>08</b>	<b>WEAPON HANDLING</b>	<b>08 PDs</b>	<b>6 PDs</b>	<b>14 PDs</b>	
	(a) AKM/AK-47 Rifle	02	02	04	
	(b) Pistol	01	01	02	
	(c) UBGL	01	01	02	

	(d) MP-5	01	01	02	
	(e) MMG/AGS/CGRL	03	01	04	
<b>09</b>	<b>CLIMBING &amp; RAPPELING</b>	<b>09</b>	<b>08</b>	<b>17</b>	
<b>10</b>	<b>CASE STUDIES</b>	<b>08</b>		<b>08</b>	
<b>11</b>	<b>URBAN WARFARE</b>	<b>23 PDs</b>	<b>09 PDs</b>	<b>32 PDs</b>	
	(a) Room Intervention	03	02	05	
	(b) Close Quarter Battle (CQB)	02	-----	02	
	(c) Anti Hostage Operations	02	01	03	
	(d) Cut off/cordon at a particular house in locality.	02	01	03	
	(e) Move And Fire	04	02	06	
	(f) Use of federal riot gas gun/stun grenade and smoke screen	02		02	
	<b>(g) Heli slithering, one building to another</b>	<b>02</b>	<b>01</b>	<b>03</b>	
	(h) Hand and feet building climb with weapon	02	02	04	
	(i) Crowd Management	02		02	
	(j) Searching house/building through dog squad	02	-----	02	
<b>12</b>	<b>JUNGLE SURVIVAL</b>	<b>21 PDs x 06 DAYS</b>		<b>126</b>	
<b>13</b>	<b>FINAL TEST</b>	<b>36</b>		<b>36</b>	
	<b>TOTAL</b>	<b>574</b>	<b>182</b>	<b>756</b>	

# DETAILED SYLLABUS

<b>01</b>	<b>PHYSICAL TRAINING &amp; ENDURANCE (199 PDs)</b>					
<b>(A)</b>	<b>10 KM CCR - (16 PDs).</b>					
<b>SL NO.</b>	<b>CODE</b>	<b>MODE</b>	<b>SUBJECT</b>	<b>DAY</b>	<b>NIGHT</b>	<b>TOTAL</b>
1	CCR-1-16	P	Cross country running (10 kms) (16 pdsx40 minutes=640 minutes i.e.8 minute x10 kms = 80 minutes = 8 times)	16	-----	16
			<b>TOTAL</b>	<b>16</b>	<b>-----</b>	<b>16</b>
<b>(B)</b>	<b>TACTICAL P.T. – (21 PDs).</b>					
1	PT- 1-4	P	Road run and walk	04	-----	04
2	PT- 5-7	P	Push-Up, Bench Press	03	-----	03
3	PT- 8-12	P	Beam exercise	05	-----	05
4	PT- 13-17	P	Log exercise	05	-----	05
5	PT-18-21	P	Rope climbing exercise	04	-----	04
			<b>TOTAL</b>	<b>21</b>	<b>-----</b>	<b>21</b>
<b>(C)</b>	<b>COMMANDO P.T. – (59 PDs).</b>					
1	CPT-I-13	P	Walk, Jog, Sprint & Run	13	-----	13
2	CPT- 14-23	P	Vaults & Agility, Rope, Beam and GR Work	10	-----	10
3	CPT- 24-34	P	Free Standing Exercise Variation Table	11	-----	11
4	CPT-35-46	P	Strengthening & Relax Exercise	12	-----	12
5	CPT-47-59	P	Strengthening Exercise (Pull-Up & Sit-Ups)	13	-----	13
			<b>TOTAL</b>	<b>59</b>	<b>-----</b>	<b>59</b>
<b>(D)</b>	<b>15 KM. RUN AND WALK IN FSMO – (14PDs)</b>					
1	SM-1-14	P	Speed march 15 Kms. with 12 Kg.weights with personal weapon. (14 pdsx40 minutes=560 minutes i.e.9 minute x15 kms = 135 minutes = 4 times)	10	04	14
			<b>TOTAL</b>	<b>10</b>	<b>04</b>	<b>14</b>
<b>(E)</b>	<b>20 KM. RUN AND WALK IN FSMO – (15 PDs)</b>					
1	SM- 1-15	P	Speed march 20 Kms. with 15 Kg weights with personal weapon. (15 pdsx40 minutes=600 minutes i.e.9 minute x20 kms = 180 minutes = 3 times)	10	05	15
			<b>TOTAL</b>	<b>10</b>	<b>05</b>	<b>15</b>

<b>(F)</b>	<b>40 KM. SPEED MARCH IN FSMO – (18 PDs)</b>					
1	SM- 1-18	P	Speed march 40 Kms. with 15 Kg weights with personal weapon. (18 pdsx40 minutes=720 minutes i.e.10 minutes x40 kms = 400 minutes = 2 times)	18	-----	18
			<b>TOTAL</b>	<b>18</b>	<b>-----</b>	<b>18</b>
<b>(G)</b>	<b>UAC – (10 PDs)</b>					
1	UAC-1-2	D/P	Vulnerable parts of human body	02	-----	02
2	UAC-3-4	D/P	Correct stance in UAC	02	-----	02
3	UAC-5-6	D/P	Procedure of hand and foot movements	02	-----	02
4	UAC-7-8	D/P	Hits, blows and punches	02	-----	02
5	UAC-9-10	D/P	Self defense and kicks	02	-----	02
			<b>TOTAL</b>	<b>10</b>	<b>-----</b>	<b>10</b>
<b>(H)</b>	<b>BPET ENDURANCE- (16 PDs)</b>					
1	BPET-1-16	P	05 Kms. Run with 10 Kg load and Rifle, Push-Up, Sit-Up, 60 Mtrs. Sprint, fireman lift for 100 Mtrs. and 09 feet ditch.	16	-----	16
			<b>TOTAL</b>	<b>16</b>	<b>-----</b>	<b>16</b>
<b>(I)</b>	<b>BOAC- (24 PDs)</b>					
1	BOAC-1-24	P	Standard BOAC	16	08	24
			<b>TOTAL</b>	<b>16</b>	<b>08</b>	<b>24</b>
<b>(J)</b>	<b>SWIMMING PRACTICE - (06 PDs)</b>					
1	SW 1-6	P	Swimming ka abhays	06	-----	06
			<b>TOTAL</b>	<b>06</b>	<b>-----</b>	<b>06</b>

<b>02</b>	<b>MAP READING- (45 PDs)</b>					
1	MR-1-3	L/P	Compass and service protractors	03	-----	03
2	MR-4-10	L/P	Ground to Map and Map to Ground	03	04	07
3	MR-11-15	L/P	Finding own position	05	-----	05
4	MR-16-20	L/P	Setting of GPS, position format, Map datum and finding own position	05	-----	05

5	MR-21-27	L/P	<i>Finding co-ordinate, navigation and making tracks through GPS</i>	03	04	07
6	MR-28-32	L/P	<i>Introduction and application of Google Earth</i>	02	03	05
7	MR-33-37	L/P	<i>Terra Explorer</i>	02	03	05
8	MR-38-40	L/P	<i>GPS babel, Map source, making of KML/KMZ and exchange of files</i>	03	-----	03
9	MR-41-45	L/P	<i>Sight and go, track back and share wirelessly with GPS</i>	05	-----	05
			<b>TOTAL</b>	<b>31</b>	<b>14</b>	<b>45</b>

<b>03</b>	<b>TACTICS- (175 PDs)</b>					
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1	FC-1-20	L/P	Formations of movement	12	08	20
2	FC-21-34	L/P	Multiple small party movement and co-ordination	08	06	14
3	FC-35-48	L/P	Planning of OPs	08	06	14
4	FC-49-58	L/P	Map/Google Earth/Sand model briefing	06	04	10
5	FC-59-65	L/P	<i>Cover, fire and move</i>	04	03	07
6	FC-66-75	L/P	Tactical withdrawal	06	04	10
7	FC-76-83	L/P	Stay behind teams	06	02	08
8	FC-84-97	L/P	Disintegration of large team into small teams and reaction	08	06	14
9	FC-98-111	L/P	Approach to target	08	06	14
10	FC-112-125	L/P	Sleeping camp attack, post protection	10	04	14
11	FC-126-129	L/P	Terrain, routes and target analysis, cleaning	04	-----	04
12	FC-130-137	L/P	Obstacles	08	-----	08
13	FC-138-143	L/P	TEWT	06	-----	06
14	FC-144-167	L/P	Naxal ambush patterns	16	08	24
15	FC-168-175	L/P	Anti hijack operation	04	04	08
			<b>TOTAL</b>	<b>114</b>	<b>61</b>	<b>175</b>

<b>04</b>	<b>ALLIED- (51 PDs)</b>					
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1	AD- 1-4	L	Guerrilla supply system	04	-----	04
2	AD-5-20	L/P	Guerrilla Warfare	10	06	16
3	AD-21-22	L	Stress Management	02	-----	02
4	AD-23-24	L	Symptoms and prevention against dehydration	02	-----	02
5	AD-25-28	L	Casualty Evacuation	04	-----	04
6	AD-29-30	L	First-Aid	02	-----	02
7	AD-31-32	L	Use of Tracker Dogs	02	-----	02
8	AD-33-38	L/P	Clandestine contact and Communication	04	02	06
9	AD-39-42	L	Human Rights	04	-----	04

10	AD-43-47	L/P	Helicopter Sanitization and Security of Funnel Area	03	02	05
11	AD-48-51	L/P	Camouflage and Concealment (Practical)	02	02	04
			<b>TOTAL</b>	<b>39</b>	<b>12</b>	<b>51</b>
<b>05</b>	<b>EXPLOSIVE/IED- (26 PDs)</b>					
01	IED-1-4	L	Accessories	04	-----	04
02	IED-5-6	L	Initiation	02	-----	02
03	IED-7-10	L	IED And BDS	04	-----	04
04	IED-11-14	L	LM/CM Detection and Reaction(P)	04	-----	04
05	IED-15-16	L	LM/CM Precaution	02	-----	02
06	IED-17-20	L	Electric/Non electric Initiation Practical	04	-----	04
07	IED-21-22	L	Booby Traps	02	-----	02
08	IED-23-24	L	Trip Flare	02	-----	02
09	IED-25-26	L	How to make IEDs	02	-----	02
			<b>Total</b>	<b>26</b>	-----	<b>26</b>
<b>06</b>	<b>FIRING&amp; MUSKETRY - (126 +21=147 PDs)</b>					
1	MUS-1-3	L/P	Determining the master eye	03	-	03
2	MUS-4-6	L/P	Various firing positions	03	-	03
3	MUS-7-9	L/P	Fundamentals of accurate firing (HAT)	03	-	03
4	MUS-10-12	L/P	Perfect shooting sequence	03	-	03
5	MUS-13-17	L/P	Major shooting mistakes and their corrective measures	05	-	05
6	MUS-18-20	L/P	ARCF	03	-	03
	MUS-21-22	L/P	Range card	02	-	02
7	MUS-23-24	L	Fundamental of accurate firing.	2	----	2
8	MUS-25-43	L/P	Musketry before each firing as per fundamental of accurate firing.	15	4	19
9	F-44-79	L/P	5.56 INSAS Rifle Firing (Quick response shooting, head shot practice, geometrical fire, fire and move, night fire, Combat reload, transactional drill & both open eye) . (25+20=45 Rounds)	24	12	36
10	F-80-113	L/P	AK-47 Firing (Deliberate, head shot practice, snap shooting, fire and move and night fire, Combat reload, transactional drill & both open eye)). (25+20 =45 Rounds)	24	10	34
11	F-114-127	L/P	Pistol Firing (Grouping, deliberate fire, quick reflex shooting, head shot). (25 Rounds)	10	4	14
12	F- 128-147	L/P	Field firing of UBGL & Demo of support weapon	10	10	20
			<b>Total</b>	<b>107</b>	<b>40</b>	<b>147</b>

<b>07</b>	<b>COMMUNICATION- (06 PDs)</b>					
1	CMN-1-2	L/P	Field communication and discipline	01	01	02
2	CMN-3-4	L	Familiarization with communication sets	02	-----	02
3	CMN-5-6	L/P	Use of DMR sets	02	--	02
			<b>Total</b>	<b>05</b>	<b>01</b>	<b>06</b>
<b>08</b>	<b>WEAPON HANDLING- (14 PDs)</b>					
<b>(A)</b>	<b>AKM/AK-47- (04 PDs)</b>					
1	AKM-1-2	D	AKM/AK-47 Rifle ke Magazine ka bharna, khali karna, laying position aur <i>durust</i> pakad hasil karna	01	01	02
2	AKM-3-4	P	AKM/AK-47 Rifle shist lena aur fire karna, chal roken tatha unko door karna.	01	01	02
			<b>Total</b>	<b>02</b>	<b>02</b>	<b>04</b>
<b>(B)</b>	<b>PISTOL- (02 PDs)</b>					
1	P-1	D	9MM Pistol ko bharna, ready, make safe aur fire karne ka tarika sikhana.	01	-	01
2	P-2	P	9MM Pistol ki chal, padne wali roke aur unhe dur karna.	-	01	01
			<b>Total</b>	<b>01</b>	<b>01</b>	<b>02</b>
<b>(C)</b>	<b>UBGL- (02 PDs)</b>					
1	UBGL-1	D	UBGL se parichaya, vishestayain, kholna, jodna aur safai karna.	01	---	01
2	UBGL-2	P	UBGL ko AK-47 Rifle par fix tatha unfix karna, bharna, khali karna, direct wa indirect fire karna.	---	01	01
			<b>Total</b>	<b>01</b>	<b>01</b>	<b>02</b>
<b>(D)</b>	<b>MP-5- (02 PDs)</b>					
1	MP-5-1	D	Introduction and technical data of MP-5 Rifle. MP-5 ka kholna, jodna aur safai karna	01	-----	01
2	MP-5-2	P	MP-5 ka bharna, shist lena aur fire karna.	---	01	01
			<b>Total</b>	<b>01</b>	<b>01</b>	<b>02</b>
<b>(E)</b>	<b>MMG/AGS/CGRL- (04 PDs)</b>					
1	MMG-1-2	D/P	MMG ki vishestayain, gun ko mount karna, dismount karna, side ka lagana, action aur fire.	01	01	02
2	AGS-3	D	30MM AGS ko mount karna, optical side, PAG-17 ka lagana, bharna aur khali karna.	01	-----	01
3	CGRL-4	D	CGRL ka parichay, firing position, side ka lagana, bharna aur khali karna.	01	---	01
			<b>Total</b>	<b>03</b>	<b>01</b>	<b>04</b>

<b>09</b>	<b>CLIMBING AND RAPPELING- (17 PDs)</b>					
1	CR-1-17	D/P	Climbing and rappelling	09	08	17
			<b>Total</b>	<b>09</b>	<b>08</b>	<b>17</b>
<b>10</b>	<b>CASE STUDIES- (08 PDs)</b>					
1	CS-1-8	L	Case studies (Recent case studies from all the theaters)	08	-----	08
			<b>Total</b>	<b>08</b>	-----	<b>08</b>
<b>11</b>	<b>URBAN WARFARE- (32 PDs)</b>					
1	UW-1-5	L/D	Room Intervention	03	02	05
2	UW-6-7	L	Close Quarter Battle (CQB)	02	-----	02
3	UW-8-10	L/D	Anti hostage operations	02	01	03
4	UW-11-14	L/D	Cut off/Cordon at a particular house in locality	02	01	03
5	UW-15-20	L/D	Move and fire	04	02	06
6	UW-21-22	L	Use of federal riot gas gun/Stun grenade and smoke screen	02	-----	02
7	UW-23-25	L/D	Heli slithering, one building to another	02	01	03
8	UW-26-29	L/D	Hand and feet building climb with weapon	02	02	04
9	UW-30-	L/P	Crowd management	02	-----	02
10	UW-31-32	L	Searching house/building through Dog squad	02	-----	02
			<b>Total</b>	<b>23</b>	<b>09</b>	<b>32</b>

<b>12</b>	<b>JUNGLE SURVIVAL- 06 DAYS (21 PDs x 06 Days = 126 PDs)</b>	
1	DAY- 1	JUNGLE SURVIVAL, LIVING OFF THE LAND TACTICAL WALKS, WALK WITH LESS NOISE. PRACTICE SILENCE DRILL, USE OF ALL COMMUNICATION SIGNS AND SIGNALS, NO NOISE. FREEZE DRILLS, SHOOTER MADE TO WAIT IN ALL STANCES PATIENTLY FOR HIS TARGET TO EMERGE. TAKE AIM WHEN TARGET APPEARS. COOKING ONLY ONCE A DAY AT BUDDY LEVEL.
2	DAY- 2	TACTICAL MOVEMENT BY NAVIGATION DURING DAY & NIGHT, LRP OF 20 KMS, TRAINEES TO BE PRACTICED IN FOLLOWING TACTICAL DRILLS, LISTENING DRILLS & OBSERVATIONS BOUND CLEARING DRILL OBSTACLE CROSSING / CLEARING DRILLS AMBUSH AND COUNTER AMBUSH 3DRILL, CLOVER AND MAD MINUTE CONCEPT WITH AGGRESSION AND HEAVY VOLUME OF FIRE FROM AREA WEAPONS LIKE 51 MM MORTAR, CGRL AND RIFLE GRENADE TO BE USED INTENDEM TO BREAK THE AMBUSH.
3	DAY- 3	EXERCISE STALKING AND CAMOUFLAGE AND CONCEALMENT. EXERCISE OBSERVATION WILL BE PRACTICED AND REHEARSED. TEAM A TO CAMOUFLAGE AND HIDE, TEAM B TO OBSERVE. TRAINEES WILL BE TRAINED IN LOCATING TAIL TALE SIGNS, TRACK, PURSUIT DRILLS, COMPOSITION OF TRACKING TEAM. NO COOKING PERMITTED.
4	DAY-4-5	<p>EXERCISE RAID (48 HRS EXERCISE).</p> <p>ALL MOVEMENT WILL BE CARRIED OUT AT NIGHT FOR SURPRISE &amp; STEALTH. DURING DAY – NO ACTIVITY.</p> <p>TRAINEES TO UNDERTAKE TWO NIGHTS APPROACH MARCH COVERING DISTANCE OF 30 KMS. FIRST NIGHT, MARCH UPTO 15 TO 20 KMS AND TAKE HARBOUR /LUP, PROPER CAMP SECURITY WILL BE ESTABLISHED, SITING OF SENTRIES, WIRE OBSTACLES, TRIP FLARES, LISTENING POSTS, LINK PATROLS, CONSTRUCTION OF TEMPORARY BUNKERS / MORCHAS FROM LOCAL MATERIAL CAMOUFLAGE &amp; CONCEALMENT OF BUNKERS / MORCHAS. ACTUAL RAID WILL BE CARRIED OUT ON DAY 5. NO MOVEMENT DURING DAY. ALL MOVEMENT AND OPS WILL TAKE PLACE DURING NIGHT AFTER LAST LIGHT. PROPER NARRATIVE FOR EXERCISE ALONGWITH REQUIREMENT WILL BE PREPARED AND DISTRIBUTED IN SYNDICATES.</p> <p>REQUIREMENT WILL BE DISCUSSED ON SAND MODEL/ENLARGEMENT.</p> <p>TRAINEES/SYNDICATE LEADERS WILL BE GIVEN PRACTICE TO BRIEF ON SKTECH /XEROX COPY OF MAP. CASUALTY EVACUATION DRILL DURING WITHDRAWAL AFTER RAID WILL BE PRACTICED.</p>
5	DAY-6	<p>EXERCISE AMBUSH-COUNTER AMBUSH.</p> <p>DISTRIBUTION OF NARRATIVE AND REQUIREMENT SYNDICATE WISE / TEAM WISE.SAND MODEL / ENLARGEMENT DISCUSSION.BRIEFING BY SYNDICATE / TEAM LEADERS ON SKETCH / MAP (XEROX COPY)</p> <p>PREPARATION FOR OPSALL MOVEMENT WILL BE CARRIED OUT AT NIGHT.NO COOKING PERMITTED. DRY/ COOKED FOOD TO BE PROVIDED.</p> <p>WILL BE CONDUCTED AS A TWO WAY EXERCISE. ONE TEAM WILL UNDERTAKE TACTICAL PATROLLING AND OTHER TEAM TO LAY AMBUSH.SEPARATE TEAMS OF INSTRUCTORS WILL BE ACCOMPANYING BOTH THE TEAMS TO NOTE DOWN THEIR OBSERVATION.TEAM ‘A’ WILL UNDERTAKE TACTICAL PATROLLING AND TEAM ‘B’ WILL LAY AMBUSH. TEAM ‘A’ TO BREAK AMBUSH USING CLOVER FORMATION AND MAD MINUTE CONCEPTS ALONG WITH HEAVY VOLUME OF FIRE FROM AREA WEAPON LIKE RIFLE GRENADE, CGRL, 51 MM MORTAR FIRING IN TENDEM AS REFLEXIVE FIRST RESPONSE. AFTER COUNTER AMBUSH HOT PURSUIT DRILL WILL BE PRACTICED COVERING 5 TO 6 KMS DISTANCE.</p> <p>PRACTICE OF BATTLE INOCULATION.</p>

<b>13</b>	<b>FINAL TEST- (36 PDs)</b>					
1	TEST-1-36	TEST	FINAL TEST.	36	-----	36
			<b>Total</b>	<b>36</b>	-----	<b>36</b>

# TEST POLICY

Test will be divided into three parts:-

Part – I	i)Out-Door Assessment	100 Mks
	ii)Written Assessment	100 Mks
Part – II	Physical Assessment	100 Mks
Part – III	Firing Assessment	300 Mks
	<b>Total</b>	<b>600 Mks</b>

## PART-I

### Out-Door Assessment

- i) Application of tactical : (100 Mks)  
(Knowledge & Participation  
in campus & jungle camp)

**Note:- Minimum 60 marks will be required to pass in tactical  
Application and participation.**

- ii) Written Test/Assessment : (100 Mks)

The written test will be 60% objective and 40% descriptive.  
It is compulsory to obtain minimum 40 marks in written test.  
Written test will be conducted after completion of course.

## PART-II

### PHYSICAL ASSESSMENT : (100 Mks)

#### a) Running Against Time (RAT) 3.2 KM : 30 Marks

Running Against Time (RAT)

3.2 Km. Run	MALE Timing (in min)	MARKS	FEMALE Timing (in min)	MARKS
PHANTOM	Below 14:30	30	Below 19 : 00	30
SUPERMAN	14 31 to 16 : 00	26	19:01 to 20:00	26
SUPER BOY	16:01 to 17:30	22	20:01 to 20:40	22
EXCELLENT	17:31 to 19:00	20	20:41 to 21:20	20

#### **Instructions:-**

- i) Dress code for RAT Dangri, anklet and jungle shoes with 05 Kg. weight.  
ii) Final marks be calculated on the basis of average marks of last 4 practices.  
iii) Marks will be calculated as per chart appended above.

**b) Middle Distance (CCR-10 KMs) -30 Marks.**

10 KMs Run	MALE Timing (in min)	MARKS	FEMALE Timing (in min)	MARKS
PHANTUM	Below 52 Minutes	30	Below 58:00	30
SUPERMAN	52:01 to 54:00	26	58:01 to 60:00	26
SUPERBOY	54:01 to 56:00	22	60:01 to 62:00	22
EXCELLENT	56:01 to 58:00	20	62:01 to 64:00	20
VERY GOOD	58.01 to 60.00	16	64.01 to 66.00	16

**Instructions:-**

- i) Dress code for RAT Dangri, anklet and jungle shoes with 10 Kg. weight.
- ii) Final marks be calculated on the basis of average marks of last 4 practices.
- iii) Marks will be calculated as per chart appended above.

**c) BOAC - 40 Marks.**

BOAC	MALE Timing (in min)	MARKS	FEMALE Timing (in min)	MARKS
PHANTUM	Below 12 Minutes	40	Below 16:00	40
SUPERMAN	12:01 to 13:30	36	16:01 to 18:00	36
SUPERBOY	13:31 to 15:00	32	18:01 to 20:00	32
EXCELLENT	15:01 to 17:00	30	20:01 to 22:00	30

**Instruction:-**

- i) BOAC will be in 'B' Scale and rifle.
- ii) Two minutes will be added as penalty in the overall timing for bypassing or not crossing any obstacle.
- iii) Final scoring of marks will be calculated on the basis of average marks of last 4 BOAC practices.
- iv) Any trainee if does not clears up 2 or more than obstacles he will be treated as failed, irrespective of time taken by his to complete the BOAC. Failures will not be awarded any marks.

# PART-III

## FIRING ASSESSMENT: (300 Mks)

### FIRING PRACTICE OF 5.56 MM INSAS RIFLE

SL NO	PRACTICE	TYPE OF TARGET	DISTANCE IN METER	NO OF ROUNDS	POSITION	HPS	QUALIFYING SCORE	METHOD OF SCORING	REMARK
1	Fire and move	Fig.11 target marked with 8 x 12 rectangles.	100 to 50 Mtrs.	10	As per layout of ground(may be standing, kneeling, sitting and laying	20	12	02 points per hit in rectangle and 01 point for outside the rectangle	Firer will stand at 100 Mtrs. Range on the word fire, they will load weapons and carry out fire and move drill up to 50 Mtrs. <b>(PRACTICE FIRE)</b>
2	Night fire	Hig.11	50 Mtrs.	10	Laying	20	12	Per hit-02 points	The target to be illuminated with the help of firing para bom or lalten/torch covered with colour paper. <b>(PRACTICE FIRE)</b>
3	Grouping fire	4 x4	100 Mtrs	10	Laying	20	12	1"- 2" Gp-10 Pts. 3"- 4" Gp-08 Pts 5"- 6" Gp-06 Pts.	Firer is exposed to different geometrical shapes and he fires on the shape shown to him on that target. Each geometrical target is 12 x 12. <b>(TEST FIRE)</b>
4	Head shot practice (Deliberate)	Disc. tgt (05 discs of different colour will be placed on the disc target)	100 Mtrs	10	Kneeling	20	12	Per hit-02 points	<b>(A)</b> The firer remains ready in kneeling position with the rifle loaded with 05 rounds in the Magazine.  <b>(B)</b> The firer is shown the disc of particular colour, on the order fire, the firer will fire on the disc of colour shown to him. <b>(TEST FIRE)</b>
5	quick response shooting (timed fire)	fig.11	100 mtrs	10	standing unsupported	20	12	02 points per hit on head and 01 point anywhere on the target.	<b>(TEST FIRE)</b>
	<b>Total</b>	-----	-----	<b>50 (Practice Fire- 25 Rds, Test Fire- 25 Rds)</b>	-----	<b>100</b>	<b>60</b>	-----	-----

## FIRING PRACTICE OF 7.62 x 39 MM AK-47/AKM RIFLE

SL NO	PRACTICE	TYPE OF TARGET	DISTANCE IN METERS	NO OF ROUNDS	POSITION	HPS	QUALIFYING SCORE	METHOD OF SCORING	REMARK
1	Fire and move	Fig.11 target marked with 8 x 12 rectangles.	100 to 50 Mtrs.	10	As per lay out of ground(may be standing,kneeling,sitting and laying	20	12	02 points per hit in rectangle and 01 point for outside the rectangle.	Firer will stand at 100 Mtrs. Range on the word fire, they will load weapons and carry out fire and move drill up to 50 Mtrs. <b>(PRACTICE FIRE)</b>
2	Night fire (single shot) (deliberate)	Fig.11	50 Mtrs.	10	Laying unsupported	20	12	Per hit-02 points	The target to be illuminated with the help of firing para bom or lalten/torch covered with colour paper. <b>(PRACTICE FIRE)</b>
3	Grouping fire	4 x4	100 Mtrs	10	Laying	20	12	1"- 2" Gp-10 Pts. 3"- 4" Gp-08 Pts 5"- 6" Gp-06 Pts.	<b>(TEST FIRE)</b>
4	Head shot practice (deliberate)	Disc. Tgt (05 discs of different colour will be placed on the disc target)	100 Mtrs	10	Kneeling	20	12	Per hit-02 points	<b>(A)</b> The firer remains ready in kneeling position with the rifle loaded with 05 rounds in the Magazine. <b>(B)</b> The firer is shown the disc of particular colour, on the order fire, the firer will fire on the disc of colour shown to him. <b>(TEST FIRE)</b>
5	Snap shooting	Fig-12	100 Mtrs	10	Laying unsupported	20	12	Per hit-02 points	<b>(A)</b> On the order fire firer takes his rifle to the shoulder, cock and fire 05 rounds on the target. <b>(B)</b> Three exposures of four seconds each to be controlled from butt with any interval of 07 seconds in between every two exposures. <b>(TEST FIRE)</b>
	<b>Total</b>	---	----	<b>50 (Practice Fire- 25 Rds, Test Fire- 25 Rds)</b>	----	<b>100</b>	<b>60</b>	----	----

## FIRING PRACTICE OF 9MM PISTOL

SL NO	PRACTICE	TYPE OF TARGET	DISTANCE IN METER	NO OF ROUNDS	POSITION	HPS	QUALIFYING SCORE	METHOD OF SCORING	REMARK
1	Deliberate fire	Fig.11 marked with 8 x 12 rectangle	20 Mtrs	15	Standing	30	18	02 points for every hit in 8 x 12 rectangles and 01 point per hit on the target.	<b>(PRACTICE FIRE)</b>
2	Head shot (deliberate)	Disc. tgt (05 discs of different colour will be placed on the disc target)	20 Mtrs	15	Standing	30	18	Per hit- 02 points	(A) The firer remains ready in standing position with the Pistol loaded with 05 rounds in the Magazine. (B) The firer is shown the disc of particular colour, on the order fire, the firer will fire on the disc of colour shown to him. <b>(PRACTICE FIRE)</b>
3	Grouping (own time)	Fig-11	10 Mtrs.	05	Standing	10	06	(a) 01" to 02" gp- 10 points. (b) 03" to 04" gp- 08 points. (c) 05" to 06" gp- 06 points.	(A) Size of the group to be recorded and points be awarded. (B) If grouping is above 04", another chance to be given till grouping attended. <b>(TEST FIRE)</b>
4	Quick reflex shooting	Fig.11 marked with 6 x 8 rectangle	20 Mtrs	15	Standing	30	18	02 points per hit in 6 x 8 rectangles and 01 point per hit in anywhere in target.	<b>(TEST FIRE)</b>
	<b>TOTAL</b>	---	---	<b>50(Practice Fire- 25 Rds, Test Fire- 25 Rds)</b>	---	<b>100</b>	<b>60</b>	---	---

**Note: - It is compulsory to obtain minimum 60% marks in firing.**

## **PASS MARKS**

SL NO	SUBJECT/EVENTS	PASS %
1	Out-Door Assessment	60 %
2	Written Assessment	40%
3	Physical Assessment	60%
4	Firing Assessment	60%

**NOTE:-** Aggregate both in outdoor and indoor should be 50% in each subject.

## **GRADING PATTERN**

The grading will be awarded for written Assessment as per following pattern:-

Marks	Written Assessment
80% and above	'I'
70% & above but below 80%	'A'
60% & above but below 70%	'B'
40% & above but below 60%	'C'

The grading will be awarded for physical Assessment as per following pattern:-

Marks	Physical Assessment
80% and above	'I'
75% & above but below 80%	'X'
70% & above but below 75%	'Y'
60% & above but below 70%	'Z'

## **COMPOSITION OF BOARD OF OFFICERS FOR FINAL TEST**

The B.O.O will be detailed by training institution as per following composition:-

Presiding Officer : Commandant  
Member-I : Dy. Comdt.  
Member-II : AC/Inspector

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# **PHANTUM-SUPERMAN-SUPERBOY CLASSIFICATION.**

## **CHIN-UPs**

<b>CHIN-UPs</b>	<b>MALE</b>	<b>FEMALE</b>
PHANTUM	15	12
SUPERMAN	13	10
SUPERBOY	11	08
EXCELLENT	10	07

## **PUSH-UP**

<b>PUSH-UP</b>	<b>MALE</b>	<b>FEMALE</b>
PHANTUM	100	80
SUPERMAN	85	70
SUPERBOY	75	60
EXCELLENT	60	50

## **SIT-UP**

<b>SIT-UP</b>	<b>MALE</b>	<b>FEMALE</b>
PHANTUM	100	80
SUPERMAN	85	70
SUPERBOY	75	60
EXCELLENT	60	50

## **VERTICAL ROPE**

PHANTUM	Climbing up & down in "L" shape
SUPERMAN	Climbing up in "L" shape & down straight
SUPERBOY	Climbing up & down in first class
EXCELLENT	Climbing up & down in second class

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