

APPENDIX II

CORE AND SUPPLEMENTARY ACTIVITIES FOR FLIGHT PREPARATORY AND WAR TRAINING SERVICE SCHOOLS

ALL-OUT EFFORT ACHIEVEMENT STANDARDS*

<i>Strength</i>						
Achievements	Muscle Groups	Flight Prep.	W.T.S. Schools	Pre-Flight	Primary	Classification
Chins	Biceps	5	7	10	12	Core
Neck Pull-ups	Biceps	3	5	8		Core
Dips	Triceps	4	6	12	12	Core
Push-ups	Triceps	20	25	40	40	Core
Extension Press-ups	Shoulders and back	2 sec.	3 sec.	5 sec.	7 sec.	Core
V-Position	Abdominal	1 min.	1 min. 30 sec.	2 min.	2½ min.	Core
V-Roll	Abdominal	1	3	5	7	Core
Leg Lifts—Sit-ups	Abdominal	20/20	25/25	35/35	40/40	Core
Half Lever Sit-ups,	Abdominal	3	4	5	6	Core
Back arched	Abdominal	15	20	35	40	
Squat Jumps	Legs	30	40	60	70	Core
Burpees	Legs and back	20	25	40	Supplementary 50	Core
Push-up (slap chest)	Triceps	10	15	25	35	Core
Various types of chins	Biceps					Supplementary
<i>Climbing Standards</i>						
Rope Climb 20'	Biceps	15 sec.	12 sec.	10 sec.	9 sec.	Core
Cargo Nets (up and down)						
<i>Flexibility Standards</i>						
Trunk Extension	Flexibility	15"	15"	15"	15"	Core
Trunk Flexion	Flexibility	10"	10"	10"	10"	Core
Shoulder Flexibility		10"	10"	12"	12"	Core
<i>Agility</i>						
Skip over Leg	Agility	Forward	Agility Forward Backward	Forward Backward	Forward Backward (2)	Core
<i>Hanging Requirements</i>						
Skin the Cat		1	4	5	6 Supplementary	Core
Monkey Hang			1	1	1 supplementary	Core
Belly Grind		1	3	4-6	6-8	Core
<i>Supporting Requirements</i>						
Dips		4	5	12	12	Core
Squat Balance		Correct Form	Touch Knees	Touch Knees (2)	5	Core
Grasshopper Walk		Forward	Forward	Forward Backward	Forward Backward 10 dips	Core

* See description of All-Out Activities in Chapter XIII and pp. 308, 323, 391, 399, 460 and syllabus.

SKILLS AND EVENTS IN FLIGHT PREPARATORY AND WAR TRAINING SERVICE SCHOOL PROGRAMS

Rope Climbing*

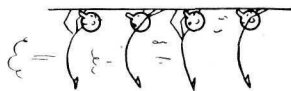
Vertical Rope

- Leg Around Secure
- Leg Around Climb
- Leg Around Descent
- Cross Leg Climb (Shinny up)
- Cross Leg Secure
- Cross Leg Descent
- Stirrup Climb

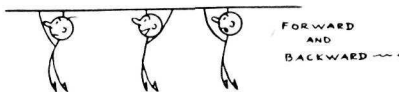
- Stirrup Descent
- Stirrup Secure
- Standing Tie-in
- Sitting Tie-in
- Instep Squeeze
- Inverted Hand and Secure
- Rocking Chair

Horizontal Rope

Hand follow hand grip



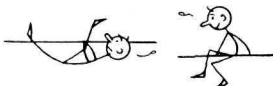
Hand over hand



Hand and leg (sloth walk)



Side seat



Front lying



Oblique Rope

Hand follow hand



Hand over hand

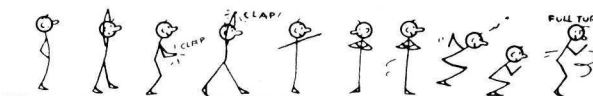


Sloth walk

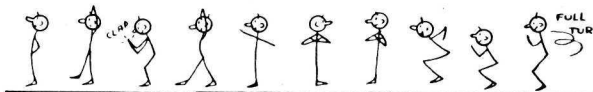


Jumps**

Forward jumps



Backward jumps



Tumbling

Mimetic Locomotion

Frog jump



* Refer to Chapter IX and pp. 168, 305, 310, 334, 397 and Syllabus.

** Refer to Chapter X and p. 214 and Syllabus.

Squirrel jump



Seal crawl



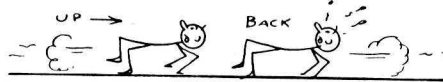
Bear walk



Duck walk



Crab walk



Elephant walk

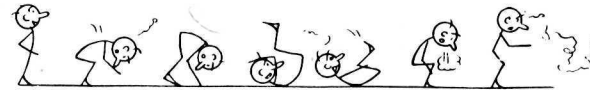


Tumbling Stunts

Forward roll



Forward roll from stand



Running forward roll



Shoulder roll



Backward roll from squat position



Backward roll from stand



Forward roll from stand to lying on back



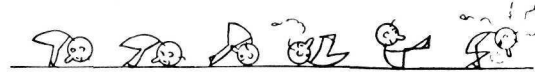
Forward roll clasping shins



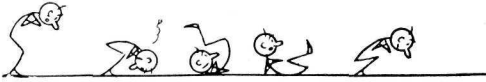
Forward roll clasp hands under thighs



Forward roll grasping toes



Forward roll with arms folded



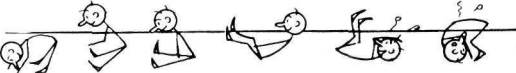
Forward roll using one foot



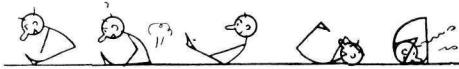
Frog head balance and forward roll



Backward roll from stride stand



Backward roll with feet together and legs straight (Kip position)



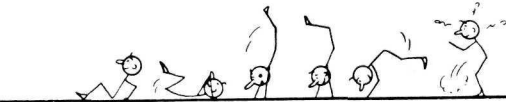
Sideward roll



Fish flops



Momentary hand balance, snap down to stand



Breakfalls*

Crouch fall forward



Crouch fall backward



Drag fall forward



Knee chest fall forward



Head tuck fall

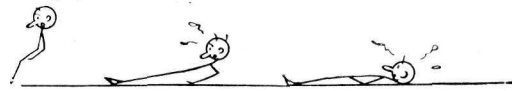


* Refer to Chapter V and Syllabus.

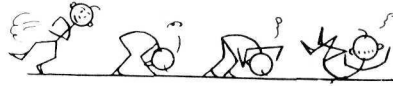
Shoulder tuck forward



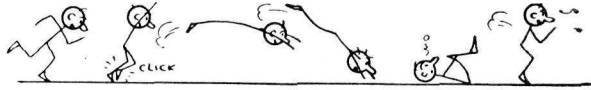
Backward fall



Sideward fall

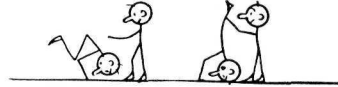


Trip fall



Balancing Activities*

Partner armstand



Frog head balance



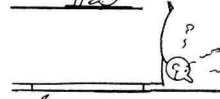
Frog hand balance (squat balance)



Head balance



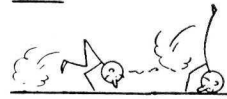
Hand balance



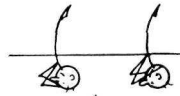
Head balance, arms folded



Press from frog head balance to head balance



Elbow balance (Hands under head and behind head)



Forearm (tiger) balance



Forward roll to head balance



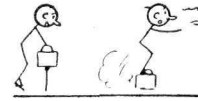
Handwalk



* See Chapter X.

Vaulting Activities*

Jump to squat stand



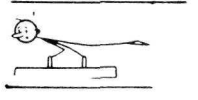
Squat vault



Straddle stand



Low front vault



High front vault



Wolf vault



Straddle vault



Knee stand dismount



Fencers' vault



Thief vault



Swan dive and catch



Vaulting routine



Balance Beam**

Travel in side straddle seat



Travel in cross straddle seat



* See Chapter VIII.

** See Chapter X and Syllabus.

Travel in side seat



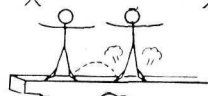
Walking forward



Travel, stepping sideways



Jumping sideways



Hopping forward on one foot



Running forward



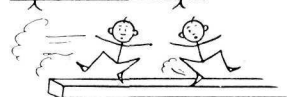
Cat walk



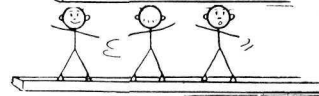
Duck walk forward



Duck walk sideways



Pirouettes



Passing—One sit—One step over



Passing in standing position



Trampoline Activities*

Controlled bounce



Sit drop



Knee drop



* See Chapter XII and Syllabus.

Three-quarters forward turnover piked



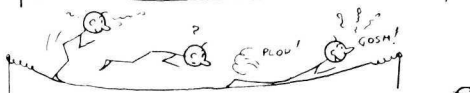
Three-quarters forward turnover tucked



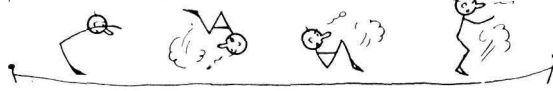
Back drop



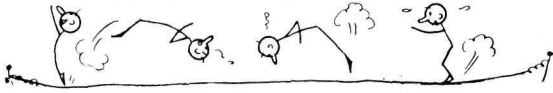
Front drop (Elementary form)



Forward tucked turnover to stand (Forward somersault)



Backward open turnover to stand (Backward somersault)



SUPPLEMENTARY MATERIAL FOR PARTNER STUNTS (DOUBLES BALANCING AND DOUBLES TUMBLING) AND PYRAMIDS*

Backward roll over back



Back to back toss



Double turnover holding waists



Double roll forward and backward (Monkey roll)



Triple lateral rolls or parallel rolls



Snap over



Belly Swan balance



* See Chapter X.

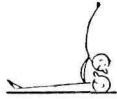
Shoulder, hand, knee balance



Chest stand



Low shoulder to shoulder balance



Low hand to hand balance



Chest balance on partner's back



Foot to hand balance



Thigh mount facing in—Hand to neck and foot to thigh



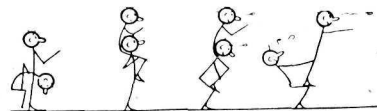
Thigh mount facing in—Jump to thighs



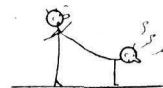
Thigh mount facing out—Jump to thighs



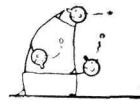
Thigh mount facing out—Neck to crotch



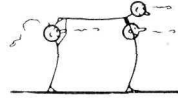
Two men pyramid



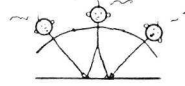
Three men pyramid—Kneeling



Three men pyramid—Standing



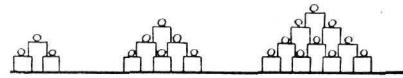
Three men fan pyramid



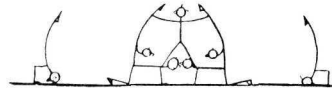
Three men pyramid—Hand balance



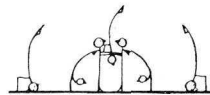
Squash pyramid



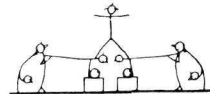
Seven man pyramid (low)



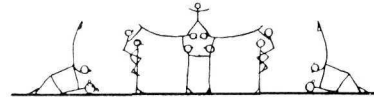
Seven man pyramid (high)



Nine men pyramid



Thirteen men pyramid



**WORK IN THREES
WHEN PRACTICING
DOUBLES!**