

805P-COM-1116
Perform the Guerilla Drill (GD)
Status: Approved

Security Classification: U - Unclassified

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD1 - This training product has been reviewed by the training developers in coordination with the U.S. Center for Initial Military Training, Ft Eustis, VA foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

Conditions: The Guerilla Drill provides an advanced method of developing leg power, coordination, and the ability to lift and carry another Soldier. The Soldier is provided a PRT area IAW ATP 7-22.02, an approved PRT plan, a PRT Instructor, and in a uniform designated by the PRT Instructor during scheduled unit PRT. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standards: Perform the Guerilla Drill (GD) completing all the prescribed exercises as planned so each exercise is performed in the proper sequence, using movements precisely as described. Exercises must be performed without causing injury and without errors, while utilizing the GO & NO-GO criteria, approved PRT plan, and ATP 7-22.02, "Holistic Health and Fitness Drills and Exercises."

Special Conditions: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue: None

DANGER

Sudden cardiac event could occur during the execution of this drill. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

WARNING

- Injury may occur from improper execution of exercises in this drill. It is important that each exercise in this drill be executed IAW ATP 7-22.02.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and PRT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and PRT Instructor need to monitor as per their Deliberate Risk Assessment.

CAUTION

Conduct visual reconnaissance of training area before execution of this drill.

Remarks: None

Notes:

(1) In the Sustaining Phase, the Guerilla Drill provides an advanced method of developing leg power, coordination, and the ability to lift and carry another Soldier. The three exercises in the Guerilla Drill are always performed in order, at quick time, and with careful attention to precise movement skill. When Soldiers can precisely execute the drill across the 25-meter course, they can progress up to three sets of the drill.

(2) All exercises in the Guerilla Drill (GD) can be viewed on YouTube using the following links:

GD-1: <https://www.youtube.com/watch?v=kNB3ojAtjp4>

GD-2: <https://www.youtube.com/watch?v=1zMW2qBn6qE>

GD-3: <https://www.youtube.com/watch?v=jW3KvNqrrpU>

Performance Steps

1. Perform the Shoulder Roll.

Note:

- (1) The Shoulder Roll is the first exercise in Guerilla Drill. This exercise develops the Soldier's ability to safely fall and roll up to a standing position.
- (2) Video of Guerilla Drill (GD), Exercise 1: <https://www.youtube.com/watch?v=kNB3ojAtjp4>



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Shoulder Roll



GUERRILLA DRILL (GD)

<https://www.youtube.com/watch?v=kNB3ojAtjp4>
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1

Exercise 1 Guerilla Drill (GD)

- a. On the command, "Starting Position, MOVE," assume the correct starting position: Straddle Stance position.
 - b. Movement:
 - (1) Step forward with the left foot, squat down, and make a wheel with the arms by placing the left hand on the ground with the fingers facing to the rear; the right hand is also on the ground with the fingers facing forward.
 - (2) Tuck the chin to avoid injury to the neck.
 - (3) Push off with the right leg and roll over the left shoulder along the left side of the body.
 - (4) Roll to the opposite side, step forward and switch hand and leg positions.
 - c. Continue alternating shoulder rolls until across the 25-meter line.
- ### 2. Perform the Lunge Walk.
- Note:
- (1) The Lunge Walk is the second exercise in the Guerilla Drill. This exercise develops the leg power needed to move under control in a crouch. This strength improves other movements to and from the ground.
 - (2) Video of Guerilla Drill (GD), Exercise 2: <https://www.youtube.com/watch?v=1zMW2qBn6qE>



Lunge Walk

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Lunge Walk



GUERRILLA DRILL (GD)

<https://www.youtube.com/watch?v=1zMW2qBn6qE>
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2

Exercise 2 Guerrilla Drill (GD)

a. On the command, "Starting Position, MOVE," assume the correct starting position: Straddle Stance position.

b. Movement:

(1) Step forward with the left foot, stepping as in a Lunge and swinging the opposite arm until the upper arm is parallel to the ground.

(2) Lightly touch the knee of the rear leg to the ground with each step.

(3) Step forward and under the body with the right leg, avoiding raising the trunk. Avoid swinging the leg out to the side to clear the ground.

c. Continue alternating leg and arm movements until crossing the 25-meter line.

3. Perform the Soldier Carry.

Note:

(1) The Soldier Carry is the third exercise in the Guerilla Drill. This exercise develops the Soldier's ability to safely carry a conscious or unconscious Soldier of comparable size. Soldier A is the Soldier performing the carry. Soldier B is the Soldier being carried.

(2) Video of Guerilla Drill (GD), Exercise 3: <https://www.youtube.com/watch?v=jW3KvNqrrpU>



Soldier Carry

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Soldier Carry



3

Exercise 3 Guerilla Drill (GD)

- a. On the command, "Starting Position, MOVE," assume the correct starting position: Soldier B is in the Prone position with arms overhead. Soldier A is in the Straddle Stance position at the feet of Soldier B.
- b. From the starting position, Soldier A steps over Soldier B, squats, reaching under the armpits and in front of the top of the chest of Soldier B. Soldier A clasps his or her hands together.
- c. Soldier A stands, leaning or stepping backwards to lift Soldier B backwards until Soldier B's legs are locked straight. Soldier A steps forward to continue to lift Soldier B up onto his or her feet.
- d. Soldier A separates Soldier B's legs with his or her feet.
- e. Soldier A lifts one of Soldier B's arms overhead and steps under that arm toward the front of Soldier B and turns to face him or her from the side.
- f. Soldier A places one leg between and under Soldier B's legs and squats deeply, allowing Soldier B to drape over his or her back.
- g. Soldier A grasps the back of the far leg of Soldier B and stands up, lifting Soldier B off the ground.
- h. Soldier A, using the hand of the arm that is between Soldier B's legs, grasps Soldier B's forearm and carries Soldier B at quick time to the 25-meter line.
- i. After Soldier A places Soldier B's feet back on the ground, the Soldiers switch roles and return to the start.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score the Soldier "GO" if all performance measures are passed (P). Score the Soldier "NO GO" if any performance measure is failed (F). If the Soldier scores "NO GO," show the Soldier what was done wrong and how to do it correctly.

Evaluation Preparation: Any dry, level area of adequate size is satisfactory for the performance and evaluation of the Guerilla Drill (GD). The uniform should be appropriate for the activity that follows the Guerilla Drill (GD). For example, when the activity includes Climbing Drill 2 (CL2), ACUs with boots will be worn.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Performed the Shoulder Roll.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: Straddle Stance position.			
b. Movement:			
(1) Stepped forward with the left foot, squatted down, and made a wheel with the arms by placing the left hand on the ground with the fingers facing to the rear; the right hand was also on the ground with the fingers facing forward.			
(2) Tucked the chin to avoid injury to the neck.			
(3) Pushed off with the right leg and roll over the left shoulder along the left side of the body.			
(4) Rolled to the opposite side, stepped forward and switched hand and leg positions.			
c. Continued alternating shoulder rolls until across the 25-meter line.			
2. Performed the Lunge Walk.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: Straddle Stance position.			
b. Movement:			
(1) Stepped forward with the left foot, stepping as in a Lunge and swinging the opposite arm until the upper arm was parallel to the ground.			
(2) Lightly touched the knee of the rear leg to the ground with each step.			
(3) Stepped forward and under the body with the right leg, avoiding raising the trunk. Avoided swinging the leg out to the side to clear the ground.			
c. Continued alternating leg and arm movements until crossing the 25-meter line.			
3. Performed the Soldier Carry.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: Soldier B was in the Prone position with arms overhead. Soldier A was in the Straddle Stance position at the feet of Soldier B.			
b. From the starting position, Soldier A stepped over Soldier B, squatted, reached under the armpits and in front of the top of the chest of Soldier B. Soldier A clasped his or her hands together.			
c. Soldier A stood, leaned or stepped backwards to lift Soldier B backwards until Soldier B's legs were locked straight. Soldier A stepped forward to continue to lift Soldier B up onto his or her feet.			
d. Soldier A separated Soldier B's legs with his or her feet.			
e. Soldier A lifted one of Soldier B's arms overhead and stepped under that arm toward the front of Soldier B and turned to face him or her from the side.			
f. Soldier A placed one leg between and under Soldier B's legs and squatted deeply, allowing Soldier B to drape over his or her back.			
g. Soldier A grasped the back of the far leg of Soldier B and stood up, lifting Soldier B off the ground.			
h. Soldier A, using the hand of the arm that is between Soldier B's legs, grasped Soldier B's forearm and carried Soldier B at quick time to the 25-meter line.			
i. After Soldier A placed Soldier B's feet back on the ground, the Soldiers switched roles and returned to the start.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary	Source Information
	ATP 7-22.02	Holistic Health and Fitness Drills and Exercises	Yes	Yes	
	FM 7-22	Holistic Health and Fitness	Yes	No	

TADSS : None

Equipment Items (LIN): None

Materiel Items (NSN) :

Step ID	NSN	LIN	Title	Qty
1.	6250-00-334-6183		CONE,SAFETY	4
2.	6250-00-334-6183		CONE,SAFETY	4
3.	6250-00-334-6183		CONE,SAFETY	4

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to the current Environmental Considerations manual and the current GTA Environmental-related Risk Assessment card.

Safety: In a training environment, leaders must perform a risk assessment in accordance with current Risk Management Doctrine. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW current CBRN doctrine. GD exercises lose much of their value unless performed exactly as prescribed. Precision should never be compromised for speed of movement. Moving too fast will not allow Soldiers to perform the exercises with proper technique and may lead to injury. All movement in the carry position is performed at quick time. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender
- Level of conditioning of each Soldier in the unit
- Equipment condition (if applicable)

Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

Prerequisite Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1120	Perform Preparation Drill (Modified)	805P - Physical Readiness (Individual)	Approved

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1107	Perform the Push-Up and Sit-Up Drill (PSD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1109	Perform Conditioning Drill 1 (CD1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1110	Perform Conditioning Drill 2 (CD2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1111	Perform Conditioning Drill 3 (CD3)	805P - Physical Readiness (Individual)	Approved
805P-COM-1121	Perform Conditioning Drill 1 (Modified)	805P - Physical Readiness (Individual)	Approved

Supported Individual Tasks : None

Supported Collective Tasks : None

Knowledges :

Knowledge ID	Knowledge Name
805P-K-0124	Preparation Drill (PD)
805P-K-0112	Army PRT Related Policies and Regulations
805P-K-0125	Recovery Drill (RD)
805P-K-0111	Army Terminology and Acronyms
805P-K-0142	Guerrilla Drill (GD)

Skills :

Skill ID	Skill Name
805P-S-0103	Ability to form and ask questions
805P-S-0119	Perform basic drill and ceremonies
805P-S-0120	Perform Preparation Drill (PD)
805P-S-0138	Perform Guerrilla Drill (GD)
805P-S-0121	Perform Recovery Drill (RD)

ICTL Data : None