

805P-COM-0014
Perform Climbing Drill 1 (CL1)
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: Climbing Drills (known as (CL) provide a broad variety of pulling exercises to improve upper body strength and endurance. The Soldier is provided climbing bars 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 Climbing Drill 1 (CL1) 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.
- Two spotters are used during CL1 to ensure precision, adherence to proper cadence, and safety by assisting Soldiers who are unable to properly perform the desired number of repetitions. All Soldiers performing CL1 are required to use spotters, unless they demonstrate the ability to perform 5 repetitions of an exercise unassisted. The Soldier then gives a verbal cue "no spot needed." As Soldiers develop more strength, they will require less assistance from the spotters.

Remarks: None

Notes:

(1) Climbing Drills (known as (CL) provide a broad variety of pulling exercises to improve upper body strength and endurance. This range of exercises allows Soldiers to pull up as well as onto and over obstacles. These drills also involve spotters whose skill and strength will play an important role in the safety and success of the Soldier in training, testing, and combat situations. Spotters assist when exercisers cannot perform 5 repetitions of all exercises unassisted. Spotters provide the least amount of assistance possible to ensure that the exercise is completed safely and through the greatest range of motion. Too much assistance from a spotter may lead to an inadequate improvement in performance by the exercising Soldier.

(2) All exercises in the Climbing Drill 1 (CL1) can be viewed on YouTube using the following links:

CL1-1: <https://www.youtube.com/watch?v=l4sSHikWrsI>

CL1-2: <https://www.youtube.com/watch?v=GQ3mJH2sQmo>

CL1-3: <https://www.youtube.com/watch?v=qtW5d6thITQ>

CL1-4: https://www.youtube.com/watch?v=vBj_uKGQc-8

CL1-5: <https://www.youtube.com/watch?v=GeYNLMFXbdM>

Performance Steps

1. Perform the Straight-Arm Pull.

Note:

- (1) The Straight-Arm Pull is the first exercise in Climbing Drill 1. This exercise develops the Soldier's ability to initiate the pull-up motion, maintain grip, and contract upper back and shoulder muscles.
- (2) Video of Climbing Drill 1 (CL1), Exercise 1: <https://www.youtube.com/watch?v=I4sSHikWrsI>

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Straight-Arm Pull

CLIMBING DRILL 1 (CL1)



<https://www.youtube.com/watch?v=I4sSHikWrsI>

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Exercise 1
Climbing Drill 1 (CL1)

1

- a. Assume the correct starting position: Straight-Arm Hang using the closed overhand grip.

Note:

- (1) If the Soldier states "No spotter needed," the two spotters are not required. Otherwise, the spotters assume the Straddle Stance position with staggered legs in front and behind the exerciser.
- (2) The front spotter places palms toward the exerciser at chest height to support the exerciser if his or her grip fails.
- (3) The rear spotter places palms toward the exerciser at chest height to support the exerciser if his or her grip fails. The rear spotter assists in guiding the exerciser to the foot pegs on the climbing bar.

b. Move from the starting position (on the command, "UP"), keep the arms straight, and pull the body up with the effect of raising the head between the arms. The chest will move up toward the bar and the shoulder blades will move together.

- c. Return to the starting position (on the command, "DOWN").

- d. Repeat the exercise 5-10 times.

2. Perform the Heel Hook.

Note:

- (1) The Heel Hook is the second exercise in Climbing Drills 1 and 2. This exercise develops the Soldier's ability to pull up and hook the legs onto a ledge, rope, or rail.
- (2) Video of Climbing Drill 1 (CL1), Exercise 2: <https://www.youtube.com/watch?v=GQ3mJH2sQmo>



Heel Hook

CLIMBING DRILL 1 (CL1)

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Heel Hook

<https://www.youtube.com/watch?v=GQ3mJH2sQmo>

2

Exercise 2 Climbing Drill 1 (CL1)

a. Assume the correct starting position: Straight-Arm Hang using the closed overhand grip.

Note:

- (1) If the Soldier states, "No spotter needed," the two spotters are not required. Otherwise, the spotters assume the Straddle Stance position with staggered legs on either side of the exerciser.
- (2) Each spotter prepares to assist by positioning one hand behind and off the back of the knee and the low back. They will be prepared at all times to assist in the movement and catch the exerciser if his or her grip fails.

b. Flex the elbows (on the command, "UP"), knees, and hips to raise both feet above the bar, crossing one ankle over the other.

c. Return to the starting position (on the command, "DOWN").

d. Repeat the exercise 5-10 times.

Note: The spotters may assist in guiding the exerciser to the foot pegs after the command "DOWN" prior to the command "DISMOUNT."

3. Perform the Pull-Up.

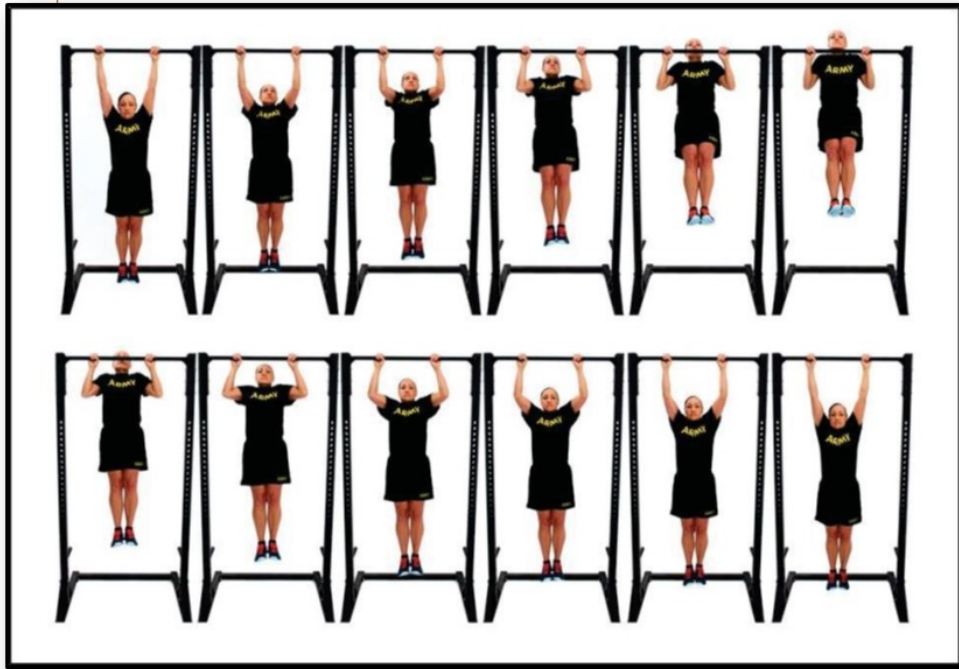
Note:

- (1) The Pull-Up is the third exercise in Climbing Drills 1 and 2. This exercise develops the Soldier's ability to pull up without using the legs.
- (2) Video of Climbing Drill 1 (CL1), Exercise 3: <https://www.youtube.com/watch?v=qtW5d6thITQ>



Pull-Up

CLIMBING DRILL 1 (CL1)



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<https://www.youtube.com/watch?v=qtW5d6th1tQ>

Exercise 3 Climbing Drill 1 (CL1)

a. Assume the correct starting position: Straight-Arm Hang using the closed overhand grip.

Note:

- (1) If the Soldier states, "No spotter needed," the two spotters are not required. Otherwise, the spotters assume the Straddle Stance position with staggered legs in the front and back of the exerciser.
- (2) The front spotter places palms toward the exerciser at chest height to support the exerciser if his or her grip fails.
- (3) The rear spotter holds the exerciser's feet against his or her thighs or abdomen to support the movement up. Once the Soldier is up, the rear spotter stops assisting.

b. Flex the elbows (on the command, "UP"), raising the body in a straight line until the head is above the bar.

c. Return to the starting position (on the command, "DOWN").

d. Repeat the exercise 5-10 times.

Note: The spotters may assist in guiding the exerciser to the foot pegs after the command "DOWN" prior to the command "DISMOUNT."

4. Perform the Leg Tuck.

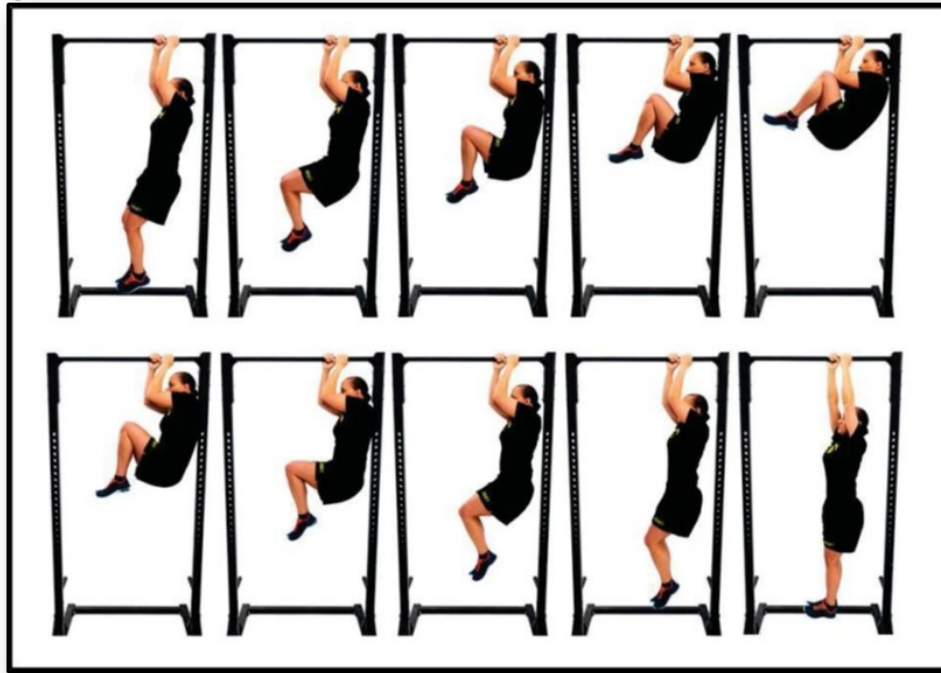
Note:

- (1) The Leg Tuck is the fourth exercise in Climbing Drills 1 and 2. This exercise combines upper body and abdominal strength to develop the Soldier's ability to hang while moving the legs into different support positions for climbing.
- (2) Video of Climbing Drill 1 (CL1), Exercise 4: https://www.youtube.com/watch?v=vBj_uKGQc-8



Leg Tuck

CLIMBING DRILL 1 (CL1)



https://www.youtube.com/watch?v=vBj_UkGQc-8

Exercise 4 Climbing Drill 1 (CL1)

a. Assume the correct starting position: Straight-Arm Hang using the closed alternating overhand grip.

Note:

(1) If the Soldier states, "No spotter needed," the two spotters are not required. Otherwise, the spotters assume Straddle Stance positions on either side of the exerciser.

(2) Each spotter prepares to assist by positioning one hand behind and off the back of the knee and the low back. He or she will be prepared at all times to assist in the movement and catch the exerciser if his or her grip fails.

b. Flex the elbows (on the command, "UP") and hips raising the legs until the thighs touch the elbows.

c. Return to the starting position (on the command, "DOWN").

d. Repeat the exercise 5-10 times.

Note: The spotters may assist in guiding the exerciser to the foot pegs after the command "DOWN" prior to the command "DISMOUNT."

5. Perform the Alternating Grip Pull-Up.

Note:

(1) The Alternating Grip Pull-Up is the final exercise in Climbing Drills 1 and 2. This exercise develops the Soldier's ability to pull up and hook the legs onto a ledge, rope, or rail.

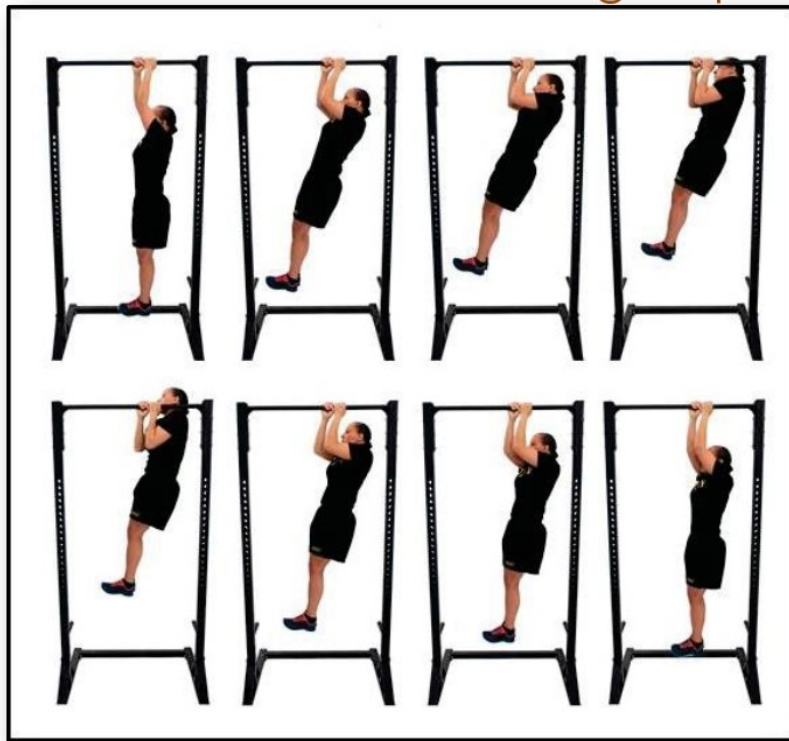
(2) Video of Climbing Drill 1 (CL1), Exercise 5: <https://www.youtube.com/watch?v=GeYNLMFXbdM>



Alternating Grip Pull-Up

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Alternating Grip Pull-Up



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CLIMBING DRILL 1 (CL1)

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

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Exercise 5 Climbing Drill 1 (CL1)

a. Assume the correct starting position: Straight-Arm Hang using the closed alternating grip. This positions the Soldier perpendicular to the bar.

Note:

- (1) If the Soldier states, "No spotter needed," the two spotters are not required. Otherwise, the spotters assume the Straddle Stance position with staggered legs in the front and back of the exerciser.
- (2) The front spotter places palms toward the exerciser at chest height to support the exerciser if his or her grip fails.
- (3) The rear spotter holds the exerciser's feet against his or her thighs or abdomen to support the movement up. Once the Soldier is up, the rear spotter stops assisting.

b. Flex the elbows (on the command, "UP"), raising the body up so that the head moves to the side of the bar.

c. Return to the starting position (on the command, "DOWN").

d. Repeat the exercise 5-10 times.

Note: The spotters may assist in guiding the exerciser to the foot pegs after the command "DOWN" prior to the command "DISMOUNT."

(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 Climbing Drill 1 (CL1) to include climbing bars/pods for all exercises. The Soldier should wear APFU. The uniform should be appropriate for the activity that follows Climbing Drill 1 (CL1). For example, when the activity includes Climbing Drill 2 (CL2) or the Guerrilla Drill (GD), ACUs with boots will be worn.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Performed the Straight-Arm Pull.			
a. Assumed the correct starting position: Straight-Arm Hang using the closed overhand grip.			
b. Moved from the starting position (on the command, "UP"), kept the arms straight, and pulled the body up with the effect of raising the head between the arms. The chest moved up toward the bar and the shoulder blades moved together.			
c. Returned to the starting position (on the command, "DOWN").			
d. Repeated the exercise 5-10 times.			
2. Performed the Heel Hook.			
a. Assumed the correct starting position: Straight-Arm Hang using the closed overhand grip.			
b. Flexed the elbows (on the command, "UP"), knees, and hips and raised both feet above the bar, crossing one ankle over the other.			
c. Returned to the starting position (on the command, "DOWN").			
d. Repeated the exercise 5-10 times.			
3. Performed the Pull-Up.			
a. Assumed the correct starting position: Straight-Arm Hang using the closed overhand grip.			
b. Flexed the elbows (on the command, "UP"), raising the body in a straight line until the head was above the bar.			
c. Returned to the starting position (on the command, "DOWN").			
d. Repeated the exercise 5-10 times.			
4. Performed the Leg Tuck.			
a. Assumed the correct starting position: Straight-Arm Hang using the closed alternating overhand grip.			
b. Flexed the elbows (on the command, "UP") and hips raising the legs until the thighs touched the elbows.			
c. Returned to the starting position (on the command, "DOWN").			
d. Repeated the exercise 5-10 times.			
5. Performed the Alternating Grip Pull-Up.			
a. Assumed the correct starting position: Straight-Arm Hang using the closed alternating grip. This positioned the Soldier perpendicular to the bar.			
b. Flexed the elbows (on the command, "UP"), raising the body up so that the head moved to the side of the bar.			
c. Returned to the starting position (on the command, "DOWN").			
d. Repeated the exercise 5-10 times.			

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
No materiel items specified				

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. SPOTTING:

Two spotters are used during CL1 to ensure precision, adherence to proper cadence, and safety by assisting Soldiers who are unable to properly perform the desired number of repetitions. A Soldiers performing CL1 are required to use spotters, unless they demonstrate the ability to perform 5 repetitions of an exercise unassisted. The Soldier then gives a verbal cue "no spot needed." As Soldiers develop more strength, they will require less assistance from the spotters.

SPOTTING THE STRIGHT-ARM PULL, PULL-UP, AND ALTERNATING GRIP PULL-UP:

The front spotter assumes a staggered stance with the palms toward the exerciser at approximately chest level. The front spotter's primary role is to support the exerciser if their grip fails. The rear spotter assumes a staggered stance and holds the Soldiers feet on their thighs or abdomen. The hands are placed above the ankles to hold them securely. The role of the rear spotter is to provide a stable base for the exerciser to push against with his legs. When spotting is performed correctly, the rear spotter will neither have to lift nor go up and down with the exerciser. The rear spotter must anticipate the last repetition and release the Soldier when the "down" command is given before the "dismount" command. Soldiers are required to use the foot pegs when mounting and dismounting the bar. This is done to ensure safety and to reduce injuries. Jumping from the mounted position causes compression to the spine and other joints of the body, possibly resulting in injury.

SPOTTING HEEL HOOK AND LEG TUCK:

One spotter stands on each side of the exerciser in the straddle stance. The rear hand of each spotter is placed in the small of the back and the forward hand is placed beneath the thigh above the back of the knee. Both hands remain in contact with the exerciser throughout the exercise. The rear hand is used primarily to prevent the exerciser from swaying, while the forward hand helps lift the legs into the "up" position. Soldiers are required to use the foot pegs when mounting and dismounting the bar. This is done to ensure safety and to reduce injuries. Jumping from the mounted position causes compression to the spine and other joints of the body, possibly resulting in injury.

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-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1138	Perform The Recovery Drill (Modified)	805P - Physical Readiness (Individual)	Approved
805P-COM-1120	Perform Preparation Drill (Modified)	805P - Physical Readiness (Individual)	Approved

Supported Individual Tasks : None

Supported Collective Tasks : None

Knowledges :

Knowledge ID	Knowledge Name
805P-K-0135	Push-Up and Sit-Up Drill (PSD)
805P-K-0124	Preparation Drill (PD)
805P-K-0141	Climbing Drill 2 (CL 2)
805P-K-0140	Climbing Drill 1 (CL 1)
805P-K-0128	Conditioning Drill 1 (CD 1)

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)
805P-K-0130	Conditioning Drill 3 (CD 3)
805P-K-0129	Conditioning Drill 2 (CD 2)

Skills :

Skill ID	Skill Name
805P-S-0131	Perform Push-Up and Sit-Up Drill (PSD)
805P-S-0103	Ability to form and ask questions
805P-S-0136	Perform Climbing Drill 1 (CL 1)
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)
805P-S-0137	Perform Climbing Drill 2 (CL 2)
805P-S-0124	Perform Conditioning Drill 1 (CD 1)
805P-S-0126	Perform Conditioning Drill 3 (CD 3)
805P-S-0125	Perform Conditioning Drill 2 (CD 2)

ICTL Data : None