

Summary Report for Individual Task
805P-COM-1114
Perform Climbing Drill 1 (CL1)
Status: Approved

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

Destruction Notice: None

Foreign Disclosure: FD5 - This product/publication has been reviewed by the product developers in coordination with the Ft Jackson, SC foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

Condition: Given a Physical Readiness Training (PRT) area, approved PRT plan, PRT Instructor, 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.

Standard: Perform the Climbing Drill 1, completing all the prescribed exercises so each exercise is performed:

- (1) in the proper sequence.
- (2) using movements precisely as described.
- (3) using the correct cadence.
- (4) without causing injury to personnel.
- (5) in accordance with FM 7-22, Chapter 9.

Special Condition: 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 PRT drill. It is important that each exercise in this drill be executed IAW FM 7-22.
- 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: None

Performance Steps

1. Exercise 1: Perform the Straight-Arm Pull IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: Throughout the exercise, keep the arms shoulder width, palms facing away from the body, with the thumbs around the bar.

CHECK POINT 2: Throughout the exercise, keep the elbows straight, but not locked.

CHECK POINT 3: On count 1, pull the body up by engaging the shoulder muscles (squeeze the shoulder blades together).

EQUIPMENT: Climbing Bars as specified in FM 7-22, Appendix, B.



UNCLASSIFIED

Straight-Arm Pull



Starting Position

Count 1

Count 2

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Exercise 1

Climbing Drill 1, Exercise 1

- Assume the correct starting position: extended hang using the overhand grip.
 - Count 1: Keep the arms straight, pull the body upward using the shoulders and upper back muscles only.
 - Count 2: Return to the starting position.
 - Perform the Straight-Arm Pull using a MODERATE cadence.
2. Exercise 2: Perform the Heel Hook IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: On count 1, initiate movement by first pulling with the arms.

CHECK POINT 2: Secure the feet over the bar by crossing one foot over the other at the ankles.

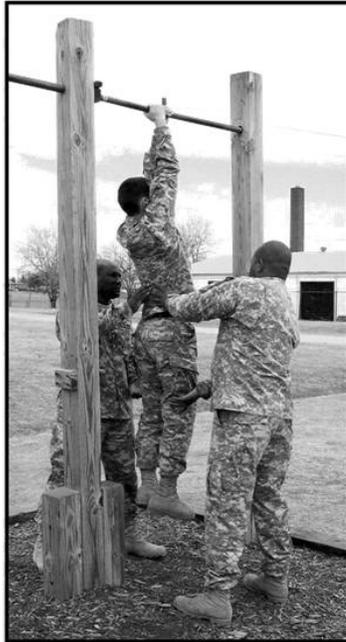
CHECK POINT 3: On count 2, fully extend the arms to return to the starting position.

EQUIPMENT: Climbing Bars as specified in FM 7-22, Appendix, B.



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Heel Hook



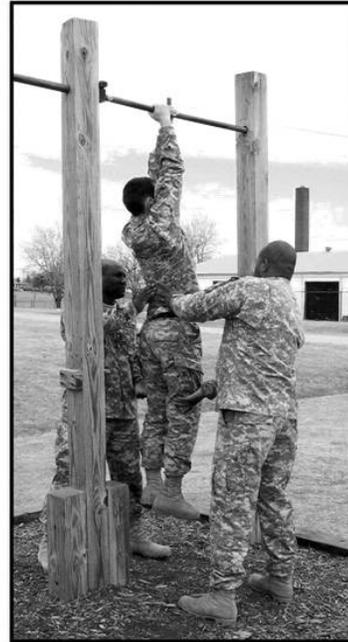
Starting Position

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Count 1

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Count 2

3

Exercise 2

Climbing Drill 1, Exercise 2

- a. Assume the correct starting position: extended hang using the alternating grip, left or right.
 - b. Count 1: Pull with the arms and curl the lower body toward the bar. Raise the feet above the bar and interlock them securely around the bar.
 - c. Count 2: Return to the starting position.
 - d. Perform the Heel Hook using a SLOW cadence.
3. Exercise 3: Perform the Pull-Up IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: Throughout the exercise, keep the feet together.

CHECK POINT 2: Throughout the exercise, keep the arms shoulder-width, palms facing away from the body, with the thumbs around the bar.

EQUIPMENT: Climbing Bars as specified in FM 7-22, Appendix, B.



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Pull-Up



Starting Position

Count 1

Count 2

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Exercise 3

Climbing Drill 1, Exercise 3

- a. Assume the correct starting position: extended hang using the overhand grip.
- b. Count 1: Keep the body straight and pull upward with the arms until the chin is above the bar.
- c. Count 2: Return to the starting position.
- d. Perform the Pull-Up using a MODERATE cadence.

4. Exercise 4: Perform the Leg Tuck IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: Throughout the exercise, keep the feet together.

CHECK POINT 2: On count 1, the thighs and elbows touch just above the knees.

EQUIPMENT: Climbing Bars as specified in FM 7-22, Appendix, B.



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Leg Tuck



Starting Position



Count 1



Count 2

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Exercise 4

Climbing Drill 1, Exercise 4

- Assume the correct starting position: extended hang using the alternating grip, left or right.
- Count 1: Pull up with the arms and raise the knees toward the chest until the elbows touch the thighs just above the knees.
- Count 2: Return to the starting position.
- Perform the Leg Tuck using a SLOW cadence.

5. Exercise 5: Perform the Alternating Grip Pull-Up IAW FM 7-22, Chapter 9.

Note:

CHECK POINT 1: When using the left alternating grip, Soldiers touch the left shoulder to the bar on count 1. If the right alternating grip is used, Soldiers touch the right shoulder to the bar on count 1.

CHECK POINT 2: On count 2, the arms were fully extended to return to the starting position.

CHECK POINT 3: Keep the feet together, throughout the exercise.

EQUIPMENT: Climbing Bars as specified in FM 7-22, Appendix, B.



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Alternating Grip Pull-Up



Starting Position



Count 1



Count 2

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Exercise 5

Climbing Drill 1, Exercise 5

- Assume the correct starting position: extended hang using the alternating grip, left or right.
- Count 1: Keep the body straight, pull upward, allowing the head to move to the left or right side of the bar, and touch the left or right shoulder to the bar.
- Count 2: Return to the starting position.
- Perform the Alternating Grip Pull-Up using a MODERATE cadence.

(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 CL1. Soldiers should wear ACUs with boots or the IPFU. The uniform should be appropriate for the activity that will precede or follow CL1. For example, when the activity is Climbing Drill 2 (CL2) or the Guerrilla Drill (GD), ACUs with boots will be worn.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Exercise 1: Performed the Straight-Arm Pull.			
a. Assumed the correct starting position: extended hang using the overhand grip.			
b. Count 1: Kept the arms straight, pulled the body upward using the shoulders and upper back muscles only.			
c. Count 2: Returned to the starting position.			
d. Performed the Straight-Arm Pull using a MODERATE cadence.			
2. Exercise 2: Performed the Heel Hook.			
a. Assumed the correct starting position: extended hang using the alternating grip, left or right.			
b. Count 1: Pulled with the arms and curled the lower body toward the bar. Raised the feet above the bar and interlocked them securely around the bar.			
c. Count 2: Returned to the starting position.			
d. Performed the Heel Hook using a SLOW cadence.			
3. Exercise 3: Performed the Pull-Up.			
a. Assumed the correct starting position: extended hang using the overhand grip.			
b. Count 1: Kept the body straight and pulled upward with the arms until the chin was above the bar.			
c. Count 2: Returned to the starting position.			
d. Performed the Pull-Up using a MODERATE cadence.			
4. Exercise 4: Performed the Leg Tuck.			
a. Assumed the correct starting position: extended hang using the alternating grip, left or right.			
b. Count 1: Pulled up with the arms and raised the knees toward the chest until the elbows touched the thighs just above the knees.			
c. Count 2: Returned to the starting position.			
d. Performed the Leg Tuck using a SLOW cadence.			
5. Exercise 5: Performed the Alternating Grip Pull-Up.			
a. Assumed the correct starting position: Extended hang using the alternating grip, left or right.			
b. Count 1: Kept the body straight, pulled upward, allowing the head to move to the left or right side of the bar, and touched the left or right shoulder to the bar.			
c. Count 2: Returned to the starting position.			
d. Performed the Alternating Grip Pull-Up using a MODERATE cadence.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages	Yes	Yes

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 FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT. Individuals instructing this task must ensure they are familiar with FM 7-22, Appendix D, pages D-1 thru D-5, Environmental Considerations prior to training this task.

Safety: In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. 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 FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological,

Radiological, and Nuclear Decontamination. SPOTTING: (FM 7-22, Chapter 9)

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: (See FM 7-22, Chapter 9)

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: (See FM 7-22, Chapter 9)

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-1110	Perform Conditioning Drill 2 (CD2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1109	Perform Conditioning Drill 1 (CD1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Reviewed

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed

Supported Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1116	Perform the Guerrilla Drill (GD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Reviewed

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-1111	Perform Conditioning Drill 3 (CD3)	805P - Physical Readiness (Individual)	Approved
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1106	Perform the Strength Training Circuit (STC)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1110	Perform Conditioning Drill 2 (CD2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1105	Perform the Shoulder Stability Drill (SSD)	805P - Physical Readiness (Individual)	Reviewed

Supported Collective Tasks : None