

CLIMBING DRILL EXECUTION: (For CL1) The PI will assume the Position of Attention and command "FALL IN." The members of the formation form in a file as show in Figure 1, Section 1. The PI then commands "The Straight Arm Pull." The formation will respond "The Straight Arm Pull." The PI will then command "Starting Position, MOVE." On the command of execution "MOVE," the Soldiers will move forward. The first Soldier will pass beneath the bar and turn around executing an About Face and assume the forward safety position. The exerciser assumes the starting positions as previously described. The next Soldier in line, assumes the rear safety position. The PI then commands "In Cadence" the formation responds "In Cadence." Then the PI commands "EXERCISE" On the command "EXERCISE" the exerciser executes the upward movement of the exercise. The PI then commands "UP", which terminates the upward movement. all exercisers return to the starting position, the PI then commands "DOWN", thus terminating the downward movement, and the formation sounds off with the number of repetitions performed. The PI continues to command "UP" and "DOWN" in this manner for the prescribed number of repetitions and at the appropriate cadence. When signaling the termination of an exercise the PI must raise the inflection of their voice, that is increasing the pitch and volume of their count, and these counts must remain uniformly high WITHOUT variation of high to low. At the conclusion of these commands all members sound off with "HALT." The PI then commands "DISMOUNT." On the command "DISMOUNT" the two safeties maintain their hands in a relative position to the exerciser to potentially prevent a fall or injury until the exerciser's feet are on the ground. Having observed that all exercisers are on the ground the PI commands "Position of Attention, MOVE." and all three personnel resume the Position of Attention, with the exerciser directly beneath the bar. The PI then commands "Starting Position, MOVE." On the command of execution "MOVE" the previous forward safety marches around by the most direct route to resume a position at the end of the file and assumes the Position of Attention. The previous exerciser will execute one step forward, turn around, and provide the forward safety of the next exerciser. The next Soldier mounts the bar, and the following Soldier assumes the rear safety position. (This process of rotation and commands continues until the next Soldier to mount the bar has already completed the exercise (the first exerciser). On the command "Starting Position, MOVE" the first exerciser will not mount the bar, but will stand fast at the Position of Attention. The previous forward safety will return to the end of the file. The last exerciser will take one step forward, turn around, and remain at the Position of Attention. Once the PI has observed that no Soldiers have mounted the bar on the command "Starting Position, MOVE." The PI gives the command for the next exercise in the Drill. At the conclusion of the last exercise the PI gives necessary instructions for the next activity (e.g. "Move to the PT stand") and commands "FALL OUT." to terminate the Drill. NOTE: If using a line of straight bars, the sequence, commands, and execution is conducted the same, except all Soldiers form on the same side of the bars, opposite the PI. Once the forward safety is complete, on the command "Starting Position, MOVE." the forward safeties file in an orderly manner around the outside of the bars and resume their previous files on the far side at the Position of Attention.

