

## CHAPTER THREE: Drill and turnout

Lesson  
100

### Turnout - Care and cleaning of uniform

- All cadets are issued with full uniform which includes everything except boots.
- The uniform is the same as the British Army wears and is known as HTP-PCS.
- HTP = Multi Terrain Pattern - This is the camouflage pattern on clothing.
- PCS = Personal Clothing System - This is the name of the clothing system.



- HTP-PCS Combat jacket - worn for fieldcraft, shooting and as a warm top layer

"Shaping a beret involves dunking the new beret into warm and then cold water repeatedly until thoroughly soaked (avoid getting the leather band wet). It is then placed on the head and pulled over to the right side to create the correct shape. This should then be left to dry naturally before wearing.

## CHAPTER THREE: Drill and turnout

Lesson  
101

### Turnings at the halt - Right (Left) turn

To learn how to turn correctly, we can break the movement into two parts:

Start in the 'Attention' position

Introductory: "TURNING BY NUMBERS"

#### Cautionary: "RIGHT TURN"

Executive: "ONE"

- Turn through 90 degrees to the right, using the right heel and left toes.
- Keep the weight of the body on the right foot.
- Keep both knees braced back, and body upright.
- At the end of the movement the right foot is flat on the ground and the left leg is to the rear with the heel raised.



#### Cautionary: "SQUAD"

Executive: "TWO"

- Lift the left knee, then drive the left foot to the ground to resume the position of attention.



NOTE 1: When repeating the sequence use the commands, "Squad - One" "Squad - Two"

NOTE 2: When turning to the left, follow instructions above, but reverse all actions.

### Words of command for complete movement:

"TURNING AT THE HALT"

"RIGHT" (or LEFT)

"TURN"

# Paperback Fitness Training Manual

**Padhraic Smyth**



## **Paperback Fitness Training Manual:**

*Doc Frog's Physical Training Manual* David Rutherford,2014-02-01 In his first field manual for kids Navy SEAL and behavioral training specialist David Rutherford ignites his fight against childhood obesity David introduces Doc Frog a special operations superhero character to guide kids to living a healthy active lifestyle Doc Frog s Physical Training Manual is a Navy SEAL fitness book for kids With professional comic book quality illustrations demonstrating step by step instructions Doc Frog s Recruits are challenged to incorporate physical training good nutrition and a positive motivational attitude as an integral part of their everyday lives David and Doc Frog s mission is to sharpen children s physical fitness and self confidence emphasizing the importance of living the Team Life

**Basic Training** Jon Giswold,2014-03-18 A beautifully illustrated indispensable guide for anyone embarking on a fitness program Basic Training by Jon Giswold is an introductory guide to achieving health and fitness for men This user friendly source of information techniques and images will enable and inspire any man to achieve a healthy body and a fit lifestyle Divided into three sections Motivation Action and Lifestyle this book explains the basic elements of health and fitness and how to combine aerobic activities with a weight program that will give you the body you want and the energy to make life enjoyable Clearly illustrated by the vivid photographs of David Morgan Basic Training is the perfect exercise book for anyone seeking information and inspiration to begin a personalized training routine today

**The Total Fitness Manual** Gold's Gym,2017-01-03 Get in shape in no time with this definitive guide to fitness strength training and nutrition by the fitness experts at the world renowned Gold s Gym The Total Fitness Manual has everything here you need to get fit and stay fit for life Take the 12 Week Body Transformation Challenge for dramatic proven results or create your own fitness routine from this book s wealth of information on resistance training cardio nutrition flexibility and more Cardio With cardio machines classes swimming or running you have more choices than ever for getting a heart pumping workout and this book outlines your options to help you select the best for your needs Getting Strong Whether you are looking to tone up or bulk up using bodyweight alone gym machines or a home barbell set you need to know the correct techniques to avoid injury and know what exercises work which muscles Nutrition Hydration and diet are just as important as getting to the gym Gold s Gym is here to ensure you have enough calories to burn have the best post workout snacks find the best protein shake for you utilize crucial hydration tips and more Recovery Stretch properly and know when to schedule a rest day to stay injury free The Twelve Week Challenge Gold s Gym annually challenges its members to commit to achieving their goals in just three months For the first time this program is available in a book with clear instructions and advice on how to tailor the program to your fitness journey You can also gain inspiration from success stories from past Challenge winners So pick up your copy of the Total Fitness Manual and get training today

**Dr. Jordan Metzl's Workout Prescription** Jordan Metzl,2016-12-13 Dr Jordan Metzl s Workout Prescription is a compressed workout guide designed for busy professionals in today s world who have little time for fitness and want to

maximize results In this book Dr Jordan Metzl explains the science of the compressed high intensity workout and provides a series of progressive workouts ranging from 10 to 30 minutes that can be done anytime anywhere using minimal equipment This book also guides you through topics like motivation goals and the importance of proper recovery Dr Metzl s high intensity workout combined with a scientifically designed and periodized training schedule delivers maximum results in minimum time in a unique and compelling way that is equally effective for men and women children and adults *Runner's World Complete Book of Running* Editors of Runner's World Maga,2009-12-22 Revised and updated edition of the popular book on everything you ned to know about running *Fitness for Life* Matt Roberts,2002 A must have fitness manual by one of the most respected names in fitness Looking for the best way to get fit and healthy and stay that way Do what celebrities like Sting and Sandra Bullock have done team up with Matt Roberts Following up his bestselling 90 Day Fitness Plan *Fitness for Life* presents this renowned trainer s 20 revolutionary programs for diet detox and exercise including real life before and after case studies exercise assessments nutritional guidance and more than 90 strength and stamina building resistance exercises For men and women at any stage of life Matt Roberts *Fitness for Life* is an invaluable guide to the best ways to get and keep the body you want **The Biggest Loser Fitness Program** Biggest Loser Experts and Cast,Maggie Greenwood-Robinson,2007-09-18 Thanks to The Biggest Loser NBC s unscripted hit show dozens of overweight contestants have improved their health with dramatic weight loss transformations Thousands of inspired fans of the show have undergone personal weight loss journeys using the tools and tips provided by the show s experts and medical professionals Now the workout moves used by the show s trainers to train and tone the Biggest Losers on television are available for you to use at home or in the gym The trainers will reveal The most efficient and effective move for a toned belly Time saving workouts designed for today s busy schedules Beginner and advanced modifications Sensible and real life eating advice from the show s nutrition experts Not all of us can be on television but everyone can use this fitness program for improved health and weight loss Complete with advice from the Biggest Losers themselves and built in motivation from the show s trainers and experts The Biggest Loser Fitness Program will inspire you to fight fat and beocme the biggest loser *The Women's Health Big Book of Pilates* Brooke Siler,Editors of Women's Health Maga,2013-10-22 Celebrity trainer and Pilates guru Brooke Siler teams up with the editors of Women s Health to offer a comprehensive authoritative manual on this proven fitness philosophy Trained by Joseph Pilates prote ge Romana Kryzanowska Brooke is an unparalleled expert and one of the most sought after teachers for her signature body re shaping techniques Combining the best of flexibility and strength training Pilates is the path to the lean fit body every woman craves and the Women s Health Big Book of Pilates guides readers in every step and leg lift of the way Using the body as the ultimate fitness vehicle Pilates transforms bodies in record time From moves targeting trouble zones to cardio circuits that blast fat all over this go to manual covers everything including How to incorporate Pilates at work in travel and in your daily routine What props to use to best boost your workout

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