USAREC Pamphlet 601-25

Personnel Procurement

In-Service Special Forces Recruiting Program (Officer and Enlisted)

Headquarters
United States Army Recruiting Command
Fort Knox, Kentucky 40121-2726
25 April 2001

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History. The pamphlet revises USAREC Pam 601-25.

Summary. This pamphlet provides information to officers and enlisted soldiers on how to volunteer for Special Forces assessment, training, and assignment.

Applicability. This pamphlet is applicable to all active duty enlisted and officers considering volunteering for Special Forces training and assignment.

Proponent and exception authority. The proponent of this pamphlet is the Commander of the United States Army Recruiting Support Brigade. The proponent has the authority to approve exceptions to this pamphlet that are consistent with controlling law and regulation. Proponent may delegate the approval authority, in writing, to the executive officer within the proponent agency in the grade of lieutenant colonel.

Suggested improvements. The proponent agency of this pamphlet is the Office of the Commander of the United States Army Recruiting Support Brigade. Users are invited to send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms) directly to Cdr, RS Bde (RCRS-SORC), Fort Knox, KY 40121-2726.

Distribution. Distribution of this pamphlet had been made in accordance with USAREC Pam 25-30, distribution special. Special equals one to each In-Service Special Forces applicant.

For the Commander:

DAVID L. SLOTWINSKI Colonel, GS Chief of Staff

Official:

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^{*}This pamphlet supersedes USAREC Pamphlet 601-25, 26 February 1996.

Chapter 1

Introduction

- **1-1. Purpose.** This pamphlet provides information to officers and enlisted soldiers on how to volunteer for Special Forces (SF) assessment, training, and assignment. This pamphlet addresses the Special Forces Assessment and Selection (SFAS) Course and the Special Forces Qualification Course (SFQC). The SFAS Course determines which soldiers have what it takes to successfully complete the SFQC. The SFQC develops highly confident and capable soldiers for assignment to a Special Forces Operational Detachment "A".
- **1-2. Explanation of abbreviations.** Abbreviations used in this pamphlet are explained in the glossary.
- **1-3**. **References.** For related publications and blank forms see appendix A.
- **1-4. SF volunteer.** Soldiers volunteer for SF for many reasons. Among them are:
- a. Training. SF soldiers are provided outstanding career opportunities. SF soldiers are afforded educational development with less time in service (TIS) than almost all other military occupational specialties (MOS's).
- b. Adventure. SF soldiers are afforded opportunities not available to soldiers in conventional units and are deployed worldwide.
- c. Service to Country. Unit and individual SF actions have contributed many courageous and daring exploits to the pages of American history, SF soldiers serve with distinction:
 - (1) He wears the Green Beret.
 - (2) He wears the SF Tab.
 - (3) He wears the silver wings of a parachutist.
- **1-5. Volunteering for SF.** Many soldiers decide, for one reason or another, to voluntarily withdraw from the SFAS Course. All soldiers should seek out as many sources as possible prior to deciding to apply. The SFAS Course will definitely be one of the most challenging programs, both internally and physically, you have ever attended.
- a. Soldiers who are serious about their careers and want to become members of the SF are encouraged to apply.
- b. Figure 1-1 outlines the planned SF training flow from the time you are recruited until the time you complete language training.

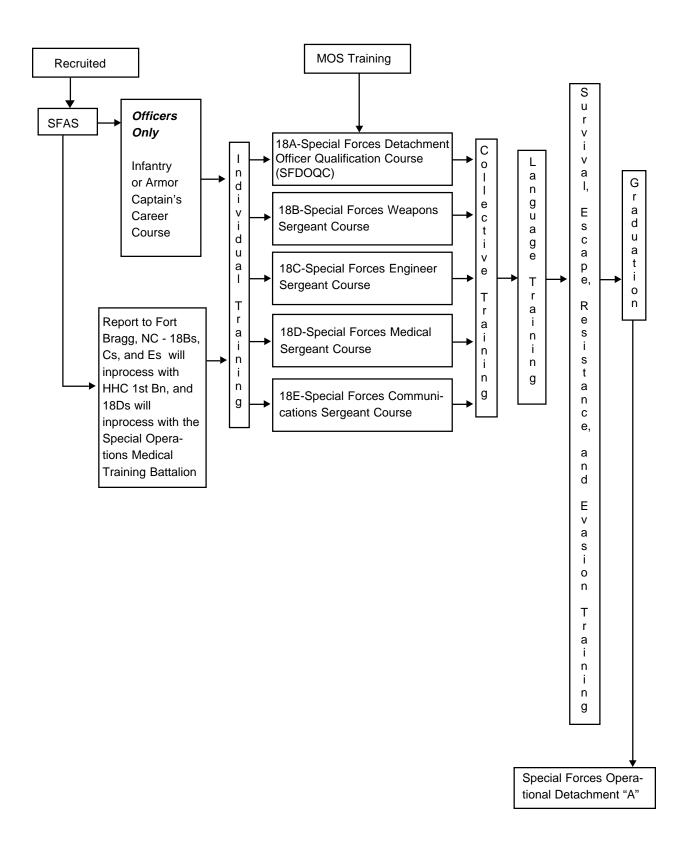


Figure 1-1. SF training flow

Chapter 2

SFAS Course and SFQC

2-1. What is SFAS?

- a. The career management field (CMF) 18 includes positions concerned with the employment of highly specialized elements to accomplish specifically directed missions in times of peace and war. Many of these missions are conducted at times when employment of conventional military forces is not feasible or is not considered in the best interest of the United States. Training for and participation in these missions are arduous, somewhat hazardous, and are often sensitive in nature. For these reasons it is a prerequisite that every prospective "Green Beret" successfully complete the 24-day SFAS Course. See figure 2-1 for the SFAS Course overview.
- b. The SFAS Course assesses and selects soldiers for attendance at the SFQC. This course allows the SF an opportunity to assess each soldier's capabilities by testing his physical, emotional, and mental stamina. The SFAS Course also allows each soldier the opportunity to make a meaningful and educated decision about SF and his career plan.
- c. All candidates participate in a variety of activities designed to place them under various forms of physical and mental stress. It assesses potential and qualities through behavioral observation, analysis via performance measure, and recording data. All tasks are performed in a neutral environment with limited information and no performance feedback.

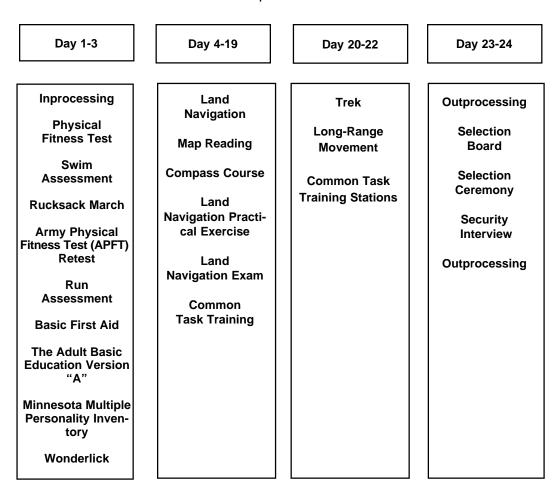


Figure 2-1. SFAS overview

2-2. Most common mistakes in the SFAS Course.

- a. Going to the SFAS Course without receiving an SFAS recruiter briefing.
- b. Forgetting your medical records. You will be dropped from the SFAS Course.
- c. Failing the APFT at the SFAS Course.
- d. Showing uncontrollable fear in the water during the 50-meter swim assessment.
- e. Listening and/or participating in the dissemination of inaccurate information of what to expect during SFAS.
- f. Concealing prohibited items during inprocessing. You will be dropped from the SFAS Course.
 - g. Showing inconsistency during rucksack marches and runs.
 - h. Giving up on the obstacle course.
- i. Not being able to do at least six pull-ups from a dead hang. This may show a lack of upper body strength.
 - j. Giving up on yourself. Don't quit, let the assessors assess you.
- k. Negative thoughts. Don't doubt yourself, believe in yourself, don't evaluate yourself out of the SFAS Course.
 - I. Not taking proper care of your feet.
 - m. Falling asleep when you are not supposed to.
 - n. Losing your weapon.
- o. Not giving 100 percent. The assessors are trained to identify soldiers that are not pulling their weight.
 - p. Whining and complaining; nobody likes it and it doesn't help.
 - q. Arguing with the cadre. It will not be tolerated and you will be terminated.
 - r. Failure to follow instructions. Pay attention to detail.
 - s. Losing your temper. Maintaining your bearing is essential to success.
 - t. Not being flexible. Anything and everything may go wrong, deal with it.
- u. Using shortcuts or cheating. Don't compromise your integrity, you will be dropped from the SFAS Course for integrity violations.

- v. Always the first one to sit or lay down on a break.
- w. Always the last one to get up when the break is over.
- **2-3. Recruitment criteria for selection to the SFAS Course.** All prospective applicants must meet these selection criteria.
 - a. The following criteria is required for all applicants (officers and enlisted):
 - (1) Must be an active duty male soldier.
 - (2) Must be a U.S. citizen (nonwaiverable).
 - (3) Must be airborne qualified or volunteer for airborne training.
- (4) Must be able to swim 50 meters wearing boots and battle dress uniform (BDU) prior to beginning the SFQC. All soldiers will be given a swim assessment at the SFAS Course to determine whether he is a swimmer or nonswimmer.
- (5) Must score a minimum of 206 points on the APFT, with no less than 60 points on any event, using the standards for age group 17 to 21.
 - (6) Must be able to meet medical fitness standards as outlined in AR 40-501.
 - (7) Must be eligible for a SECRET security clearance.
- (8) No solider, regardless of MOS or basic branch will be recruited if he is unable to reclassify from his current MOS or basic branch into CMF 18.
 - (9) Not currently serving in a restricted MOS or branch.
 - b. Additional criteria exclusive to enlisted applicants:
- (1) Enlisted applicants must be in the pay grade of E-4 to E-7. Successful completion of the SFAS Course is a prerequisite to the SFQC.
 - (2) Must be a high school graduate or have a general educational development certificate.
 - (3) Must have a general technical score of 100 or higher.
 - (4) Stabilization of current drill sergeants and detailed recruiters will not be broken.
- (5) Specialists, corporals, and sergeants that successfully complete the SFAS Course will normally have their retention control points waived to attend the SFQC. Upon successful completion of SFQC, they will be allowed continued service. Staff sergeants approaching their retention control points will not be allowed to apply. Sergeants first class must have no more than 12 years TIS and 9 months time in grade when applying for the SFAS Course and they must be either airborne or ranger qualified. Sergeants first class must attend the SFAS Course within 90 days of volunteering and also be able to have a permanent change of station (PCS) to the SFQC within 6 months of selection from the SFAS Course.

- (6) Soldiers on assignment will not be allowed to attend the SFAS Course without their branch's prior approval. Soldiers on orders to a short tour area will be allowed to attend the SFAS Course if a deferment is not required. These individuals will be scheduled for the next available SFQC after their date eligible for return from overseas. Soldiers who volunteer for the SFAS Course prior to receiving assignment notification will be deferred to allow for SFAS Course attendance.
- (7) Outside continental United States based soldiers may attend the SFAS Course in a temporary duty (TDY) and return status anytime during their tour. Upon successful completion of the SFAS Course, soldiers will be scheduled for the next available SFQC provided they have completed at least two-thirds of their overseas assignment obligation and have received approval from the United States Total Army Personnel Command (PERSCOM) for curtailment of the remainder of their overseas tour obligation. Soldiers serving on a short tour will not have their assignment curtailed.
- (8) Continental United States based soldiers may attend the SFAS Course in a TDY and return status anytime during their tour. Upon successful completion of SFAS, soldiers will be scheduled to attend SFQC ensuring that they will have completed at least 1 year time on station prior to PCS.
 - (9) Must have a minimum of 24 months remaining TIS upon completion of the SFQC.
 - c. Additional criteria exclusive to officer applicants:
- (1) Have at least a SECRET security clearance prior to final packet approval and meet eligibility criteria for a TOP SECRET clearance.
- (2) Have completed the Officer Basic Course and have been successful in your branch assignments prior to application for SF.
- (3) Have a Defense Language Aptitude Battery (DLAB) score of 85 or higher (or a Defense Language Proficiency Test (DLPT) of a minimum of 1/1 reading and listening score).
 - (4) Have a minimum of 36 months remaining TIS upon completion of SFDOQC.
 - d. All applicants must not:
 - (1) Be barred to reenlistment or be under suspension of favorable personnel action.
- (2) Have been convicted by court-martial or have disciplinary action noted in their official military personnel fiche under the provisions of the Uniform Code of Military Justice (Article 15). This provision can only be waived by the Commanding General, United States Army John F. Kennedy Special Warfare Center and School (USAJFKSWCS) on a case-by-case basis.
- (3) Have been terminated from SF, ranger, or airborne duty, unless termination was due to extreme family problems or a medical condition that has been resolved.
- (4) Have 30 days or more lost time under United States Code 972 within current or preceding enlistment.

2-4. Stress in the SFAS Course.

- a. The purpose of the SFAS Course is to identify soldiers who have potential for SF training. The course assesses physical fitness, motivation, and ability to cope with stress. Activities in this phase include psychological tests, physical fitness test, swim assessment, runs, obstacle courses, ruckmarches, and military orienteering exercises. At the end, a board meets to select those soldiers who will attend the SFQC.
- b. When you report to Fort Bragg, North Carolina, you should be ready to meet the rigors of the SFAS Course, both physically and mentally. Any of the following might cause you stress while attending the SFAS Course:
 - (1) Wife not in agreement with you.
 - (2) Financial problems at home.
 - (3) Medical problems with yourself or family.
 - (4) Not sure SF is what you want.
 - (5) Low self-esteem or lack of motivation.
 - (6) Not in top physical shape for the SFAS Course.

2-5. SFQC and SFDOQC.

- a. General. CMF 18 is subdivided into five accession MOS's. They are: 18A, Detachment Commander; 18B, SF Weapons Sergeant; 18C, SF Engineer Sergeant; 18D, SF Medical Sergeant; and 18E, SF Communications Sergeant. Each SF volunteer receives extensive training in a specialty which prepares him for future assignment in an SF unit. SF units are designed to operate either unilaterally or in support of and combined with native military and paramilitary forces. Levels of employment for Special Operations forces include advising and assisting host governments, involvement in continental United States based training, and direct participation in combat operations.
- b. Purpose. The SFQC and SFDOQC teach and develop the skills necessary for effective utilization of the SF solider. Duties in CMF 18 primarily involve participation in Special Operations interrelated fields of unconventional warfare. These include foreign internal defense and direct action missions as part of a small operations team or detachment. Duties at other levels involve command, control, and support functions. Frequently, duties require regional orientation to include foreign language training and in-country experience. SF places emphasis not only on unconventional tactics, but also on knowledge of waterborne, desert, jungle, mountain, or arctic operations.
- c. Training. After successful completion of the SFAS Course, officers who have not already attended their Captain's Career Course will do so in Infantry or Armor. For the enlisted soldier, the SFQC is currently divided into three phases. The phases are: Individual Skills, MOS Qualification, and Collective Training. The enlisted applicant's SFQC training will be scheduled upon successful completion of the SFAS Course.
 - (1) Individual Skills Phase. During this period, soldiers inprocess and are trained on com-

mon skills for CMF 18 skill level three. Training is 40 days long and is taught at the Camp Rowe Training Facility. The training covered during this phase includes land navigation (cross-country) and small unit tactics. This phase culminates with a special operations overview.

- (2) MOS Qualification Phase. For the enlisted soldier, the decision upon which of the four specialties you will receive training will be made based on your background, aptitude, and desire and the needs of CMF 18. Training for this is 65 days and culminates with a mission planning cycle. During this phase soldiers are trained in their different specialties:
- (a) 18A SF Detachment Commander. Training includes: Teaching the officer student the planning and leadership skills he will need to direct and employ other members of his detachment. Training is conducted at Fort Bragg, North Carolina, and is 26 weeks long.
- (b) 18B SF Weapons Sergeant. Training includes: Tactics, antiarmor weapons utilization, functioning of all types of U.S. and foreign light weapons, indirect fire operations, manportable air defense weapons, weapons emplacement, and integrated combined arms fire control planning. Training is conducted at Fort Bragg, North Carolina, and is 26 weeks long.
- (c) 18C SF Engineer Sergeant. Training includes: Construction skills, field fortifications, and use of explosive demolitions. Training is conducted at Fort Bragg, North Carolina, and is 26 weeks long.
- (d) 18D SF Medical Sergeant. Training includes: Advanced medical procedures to include trauma management and surgical procedures. Training is conducted at Fort Bragg, North Carolina, and is approximately 59 weeks long.
- (e) 18E SF Communications Sergeant. Training includes: Installation and operation of SF high frequency and burst communications equipment, antenna theory, radio wave propagation, and SF communication operations procedures and techniques. Training culminates with an around-the-world communications field performance exercise. Training is conducted at Fort Bragg, North Carolina, and Camp Gruber, Oklahoma, and is 34 weeks long.
- (3) Collective Training Phase. During this 38-day period, soldiers are trained in Special Operations classes, direct action isolation, air operations, unconventional warfare classes, Isolation training, and culminates with operation ROBIN SAGE.
- (4) Language Training. After completion of the Collective Training Phase all soldiers will attend SF Language School at the Special Operations Academic Facility, Fort Bragg, North Carolina.

Chapter 3

Application Procedures

Section I. Enlisted

- **3-1. Documentation.** The following lists all documentation necessary to be considered for attendance at the SFAS Course. Reproduced copies must be clear and legible. There is no requirement for a DA Form 4187 (Personnel Action) for this application unless you are on orders for reassignment. See figure 3-1 for an enlisted application checklist.
 - a. Volunteer statement. See figure 3-2 for sample enlisted volunteer statement.
- b. A current copy of your DA Form 2A (Personnel Qualification Record, Part I Enlisted Peacetime) and DA Form 2-1 (Personnel Qualification Record Part II) or enlisted record brief (ERB) for enlisted applicants.
- c. DA Form 873 (Certificate of Clearance and/or Security Determination) or statement from S2 if security clearance is not reflected on your DA Form 2A. A security clearance is not a prerequisite for SFAS Course attendance but if you are selected for SFQC training you must have at least an interim SECRET clearance prior to being scheduled for training.
- d. SF physical. Original DA Form 2808 (Report of Medical Examination) and DD Form 2807-1 (Report of Medical History) along with all supporting documents.
- e. Current APFT. All applicants are required to score a minimum of 206, graded in the age group of 17 to 21. The APFT uniform is BDUs and running shoes.
- f. If your DA Form 2A, DA Form 2-1, or ERB does not have all of your Armed Services Vocational Aptitude Battery scores, you must furnish an official document showing your Armed Services Vocational Aptitude Battery results.
- **3-2. Personnel records**. All enlisted personnel should ensure your DA Form 2A, DA Form 2-1, and your ERB reflect all schools that you successfully completed or include a copy of either the service school academic record or diploma.
- **3-3. Applications.** Completed applications should be forwarded to the recruiting station responsible for servicing your designated area as listed in table 3-1. For information on the recruiting station responsible for your area call (910) 432-2177 or 1-800-USA-ARMY, extension 498. Your application will be forwarded to the Special Operations Recruiting Company, Operations Section, for final review and formal scheduling for attendance at the SFAS Course.

Section II. Officers

- **3-4. Documentation.** The following lists all documentation necessary to be considered for selection by the Special Forces Branch, PERSCOM. See figure 3-3 for an officer application checklist.
 - a. Volunteer statement. See figure 3-4 for sample officer volunteer statement.
 - b. A current copy of your officer record brief (ORB).
 - c. Resume. See figure 3-5 for sample resume.

- d. DA Form 873 or statement from S2 if security clearance is not annotated on your ORB.
- e. SF physical. Original DD Form 2808 and DD Form 2807-1 along with all supporting documents.
- f. Current APFT (within 6 months of application date). All applicants are required to score a minimum of 206, scored in the age group of 17 to 21. The APFT uniform is BDUs and running shoes.
- g. DLAB. You must score a minimum of 85 on the DLAB. (If you do not score 85 or better, ask your recruiter for a DLAB waiver.) If you do not attain a minimum score of 85, this may be waiverable for selection consideration and SFAS Course attendance.
- **3-5. Personnel records.** All officer applicants should ensure your ORB reflects the listed selection criteria or include a copy of either the service school academic record or diploma.
- **3-6. Applications.** Completed applications should be forwarded to the recruiting station responsible for servicing your designated area. Your application will be forwarded to the Special Operations Recruiting Company, Operations Section, for review and then forwarded to the Special Operations Proponency Office coordinator for final review and submission to PERSCOM.
- **3-7. Target year group.** Current target year group officers are strongly encouraged to apply early, usually prior to June in the fiscal year (FY) in which you will be considered for SF assessment, training, and duty. Target year group selection boards are usually held immediately following the captain's promotion board of each FY.
- **3-8. Out of year group.** Officers not in the target year group may apply at any time for immediate consideration for SF assessment, training, and duty.

Table 3-1 Addresses

Recruiting Station	Areas of Responsibility
Fort Bragg Recruiting Station Commander, USAJFKSWCS ATTN: AOJK-SP-R Fort Bragg, NC 28310-5000	Fort Belvoir Fort Detrick Fort Drum Fort Eustis Fort Lee Fort McNair Fort Meade Fort Monmouth Fort Myer Fort Story Aberdeen Proving Grounds Walter Reed Army Medical Center West Point

Table 3-1 Addresses—continued

Recruiting Station	Areas of Responsibility
Europe Recruiting Station HHC, 1st PERSCOM ATTN: SF Recruiting APO AE 09081	All U.S. Forces Europe
Fort Lewis Recruiting Station P.O. Box 33903 Fort Lewis, WA 98433-0903	Fort Greely Fort Irwin Fort Lewis Fort Richardson Fort Wainwright Hawaii Johnston Atoll
Fort Carson Recruiting Station P.O. Box 13056 Fort Carson, CO 80913	Fort Carson Fort Huachuca Fort Leavenworth Fort Riley Fort Sill White Sands Missile Range
Korea Recruiting Station PSC 450, Box 447 APO AP 96206	All U.S. Forces Korea and Japan
Fort Campbell Recruiting Station 6909 A Shau Valley Road Fort Campbell, KY 42223-0577	Fort Campbell Fort Knox Fort Leonard Wood
Fort Hood Recruiting Station P.O. Box 5577 Fort Hood, TX 76544-0577	Fort Bliss Fort Hood Fort Sam Houston
Fort Benning Recruiting Station ATTN: RCRS-SORC-BE Fort Benning, GA 31905	Fort Benning Fort Gillem Fort McPherson Fort Polk Fort Rucker Camp Merrill Eglin Air Force Base (Camp Rudder) Puerto Rico Redstone Army Arsenal
Fort Stewart Recruiting Station Building 132 (Coastal Utilities) Fort Stewart, GA 31314	Fort Gordon Fort Jackson Fort Stewart Hunter Army Airfield MacDill Air Force Base

NOTE: If an applicant wishes to apply, and does not see his post or installation listed above, he may send his completed application to Commander, USAJFKSWCS, ATTN: AOJK-SP-R (Operations), Fort Bragg, NC 28310, for forwarding to the appropriate SF recruiting station.

Attend an SF briefing.
Volunteer statement (see fig 3-2).
Current copy of ERB and DA Form 2-1 (less than 3 months from application date).
APFT. 17 to 21 year old age group within last 6 months.
SF physical. DD Form 2808 and DD Form 2807-1. Submit original DD Form 2808 and DD Form 2807-1 plus other supporting documents. The SF physical is good for 2 years for the SFAS Course. It must not expire prior to your completion of the SFAS Course.
Strongly Recommended Items (Optional)
Airborne school verification (if applicable, not required for SFAS Course attendance).
Primary Leadership Development Course verification (if applicable, not required for SFAS Course attendance).
DLAB. Your education center can assist you with this requirement.
DLPT. If you can speak a foreign language you are encouraged to take the DLPT. This exam will show your proficiency in that specific language. Successful ratings may shorten your training in the SFQC.
The ability to perform a minimum of 6 pull-ups from a dead hang.
The Adult Basic Education Version "A."
Items You Must Bring to the SFAS Course
Medical records. You are required to bring these with you to the SFAS Course.
Preparatory physical training (PT) train-up program (see chap 4). Strongly encourage that you follow this program. Many of the soldiers that were selected stated that they followed the train-up program.

Figure 3-1. Enlisted application checklist

(APPROPRIATE LETTERHEAD)

AOJK-SP-R	Date	
MEMORANDUM FOR Commander, USAJFKSWCS, ATTN: AOJK-	SP-R, Fort Bragg, NC 28307-5000	
SUBJECT: Special Forces Volunteer Statement (Enlisted)		
1. I hereby volunteer for Special Forces (SF) training under the pro- already airborne qualified, I volunteer for airborne training and und disqualify me from SF training and duty.		
2. I have met criteria listed in AR 614-200, chapter 5, and PERSCO	M message.	
3. Upon successful completion of the Special Forces Assessment and command, I agree to reenlist or extend my enlistment to meet the 36-5 and PERSCOM retention message.		
4. Are you currently on assignment or have you received notification date? Where are you PCS'ing to? Course without their branch's prior approval (DA Form 4187 (Perso receiving assignment notification will be deferred to allow for SFAS (SFQC will take precedence over any assignment conflict. Stabilization	Soldiers on assignment may not be allowed to attend the SFAS nnel Action)). Soldiers who volunteer for the SFAS Course prior to Course attendance. For SFAS Course graduates, assignment to the	
5. Have you been convicted by a court-martial or have disciplinary file? Yes No If so, why and when did you receive the A		
6. Soldiers that have disciplinary action noted in their official military the Commanding General, United States Army Special Warfare Cer	iter and School on a case-by-case basis.	
7. I am aware that, if so determined by the appropriate SF command	er, I may be declared unsuitable for further SF training(Initials).	
8. Have you ever applied for and/or attended the SFAS Course or toutcome How many times have you attended the second course or toutcome		
9. Have you attended an SF briefing? Yes No If so,	when and where?	
10. Which SFAS class do you wish to attend?		
11. Upon successful completion of the SFAS Course, I request reclassification from my present PMOS of to PMOS: 18B-Weapons; 18C-Engineer; 18D-Medical; 18E-Communications (list in preference order). 1 2 3 4 (All must be listed) My GT score is:		
Last Name First Name		
Signature Social Securit Unit, Post, and ZIP Code		
Unit, Post, and ZIP Code Home Telephone (E-mail Home Telephone (E-mail Home Telephone () Beeper/Cell	
****DATA REQUIRED BY THE PRIVACY ACT OF 1974****		
AUTHORITY: Title 10, USC 3013. PRINCIPAL PURPOSE: To serve as application for Special Force ROUTINE USES: To provide a record of the individual's Special F MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT ON to disclose requested information will have a negative impact on	s training. orces application. INDIVIDUAL NOT PROVIDING INFORMATION: Voluntary; failure	

Figure 3-2. Sample enlisted volunteer statement

Volunteer statement (see fig 3-4).
Current ORB with all completed courses or appropriate academic service record or diploma.
 Security clearance verification. Usually listed on the ORB. If not listed on the ORB, get a memorandum from your S2 stating your level of clearance.
Resume (see fig 3-5).
DLAB results. If you have taken the DLPT and scored at least a 1/1 you may submit this in lieu of the DLAB.
APFT. Scored in the 17 to 21 year old age group.
SF physical. DD Form 2808 and DD Form 2807-1. Submit original DD Form 2808 and DD Form 2807-1 plus other supporting documents. The physical is good for 2 years and must carry you through the completion of the SFAS Course.
Medical records. You must bring your medical records with you when reporting in for the SFAS Course.

Figure 3-3. Officer application checklist

(APPROPRIATE LETTERHEAD)

AOJK-SP-R		Date	
		: AOJK-SP-R, Fort Bragg, NC 28307-50	00
SUBJECT: Special Forces Volun	teer Statement (Officer)		
	d understand that failure to	ssignment. If not already airborne qualified successfully complete airborne training v	
		ve you ever been convicted by a court-mart n and what type of disciplinary action?	
		al military personnel file may not apply. Th nited States Army Special Warfare Center a	
4. I am aware that, if so determing further SF training(Initial)		commander, I may be declared unsuitable	for
		se or the SFQC? Yes No you attended the SFAS Course?	
6. Have you attended an SF brief	ing? YesNo	If so, when and where?	
7. Upon successful completion of to SF Branch upon graduation fro		st a branch transfer from	_
Last Name	First Name	Rank	
Social Security Number	Year Group	BranchBD	
Unit, Post, and ZIP Code			
Duty Telephone ()	Home Telephone ()	Beeper/Cell ()	
E-mail Address			
Home Address			
Signature			
****DAT/	A REQUIRED BY THE PRIVACY	/ ACT OF 1974****	
AUTHORITY: Title 10, USC 3013.			
PRINCIPAL PURPOSE: To serve as a ROUTINE USES: To provide a record MANDATORY OR VOLUNTARY DISCI	of the individual's Special Force LOSURE AND EFFECT ON IND		

Figure 3-4. Sample officer volunteer statement

Unit Address Rank/Name Home Address **Duty Telephone** SSN Telephone DSN/Commercial **OBJECTIVE: Why SF?** CAREER HIGHLIGHTS: Do not repeat information from your ORB. Expound on unique assignments and/or duties. ENLISTED EXPERIENCE: If applicable. LANGUAGE TRAINING/PROFICIENCY: FOREIGN TRAVEL: ATHLETICS: **EDUCATION: CURRENT PROJECTS: HOBBIES/INTERESTS:** KEEP IN MIND THAT THIS IS JUST A SAMPLE FORMAT. USE WHAT IS APPLICABLE TO YOU AND TAILOR ACCORDINGLY.

Figure 3-5. Sample resume format for officer applicants

Chapter 4

Preparatory PT for the SFAS Course

- **4-1. General.** The purpose of this information is to assist prospective SFAS candidates in attaining and maintaining a high state of physical fitness prior to attendance at USAJFKSWCS SFAS Program and subsequently the SFQC.
- **4-2. USAJFKSWCS** preparatory training program. This program is physically and mentally demanding. To accomplish physical-related goals set by SFAS, applicants must be in good physical condition upon arrival at Fort Bragg. Soldiers attending the SFAS Program will perform physical tasks that will require them to climb obstacles (by use of a rope) 20 to 30 feet high, swim while in uniform, and travel great distances cross-country while carrying a rucksack with a minimum of 50 pounds. The SFAS Program requires upper and lower body strength and physical endurance to accomplish daily physical-oriented goals on a continuous basis for 24 days. Below is a recommended 5-week PT program consisting of realistic physical and mental goals relative to physical requirements set by the USAJFKSWCS SFAS committee (if you have time, work out more than 5 weeks prior to arrival).
- **4-3. Stages of physical fitness.** Attaining physical fitness is not an overnight process; the body must go through three stages:
- a. The first is the toughening stage, which lasts about 2 weeks. During this time the body goes through a soreness and recovery period. When a muscle with poor blood supply (such as a weak muscle) is exercised, the waste products produced by the exercise collect faster than the blood can remove them. This acid waste builds up in the muscle tissue and irritates the nerve in the muscle fiber causing soreness. As the exercise continues, the body is able to circulate the blood more rapidly through the muscles and remove the waste material, which causes soreness to disappear.
- b. The slow improvement stage is second stage in attaining physical fitness. As the body passes through the toughening stage and continues into the slow improvement stage, the volume of blood circulating in the muscle increases and the body functions more efficiently. In the first few weeks the improvement is rapid, but as a higher level of skill and conditioning is reached, the improvement becomes less noticeable. The body reaches its maximum level of performance between 6 and 10 weeks. The intensity of the program and individual differences account for the variance in time.
- c. The sustaining stage is the third stage during which physical fitness is maintained. It is necessary to continue exercising at approximately the same intensity to retain the condition developed.
- **4-4. Physical workouts.** Physical workouts should be conducted a minimum of 4 days a week; work out hard one day, easy the next. A hard and easy workout concept will allow maximum effort for overloading both the muscle groups and cardiorespiratory system; it will also prevent injury and stagnation in the program. For example: Monday, Wednesday, and Friday--Hard workouts (overloading of muscles) (Saturday used for extra long workouts). Sunday, Tuesday, and Thursday--Easy workouts. This is the time to practice swimming and work on overall fitness; sprints, pull-ups, push-ups, and especially stretching.
- a. Prior to each workout, 10 to 15 minutes should be devoted to performing stretching exercises. Additionally, the USAJFKSWCS Surgeon recommends a well-balanced diet be incorporated with this recommended PT program and that daily fluid (water) intake be increased.

- b. Week 1. (Only hard workout days are listed here. Make up your own workouts on your "easy" days.)
 - (1) Day 1: See what you can do. Do the best you can do.
 - (a) APFT (maximum performance in all events, see what you can do).
- (b) One hundred-meter swim (nonstop, any stroke, do not touch the side or bottom of the pool).
- (c) Forced march with 30-pound rucksack, 3 miles in 45 minutes (along a road) or 1 hour if cross-country. (Wear well broken-in boots with thick socks.)
 - (2) Day 2:
 - (a) Three sets of push-ups (maximum repetitions in one-half minute period).
 - (b) Three-mile run (moderate 8- to 9-minute mile pace).
 - (c) Rope climb or three sets of pull-ups (as many as you can do).
- (d) Forced march with 30-pound rucksack, 5 miles in 1 hour and 15 minutes (along a road) or 1 hour and 40 minutes (cross-country).
- (3) Day 3: Forced march with 30-pound rucksack, 5 miles in 1 hour and 15 minutes (along the road) or 1 hour and 40 minutes (cross-country).
 - c. Week 2.
- (1) Day 1: Repeat of day 3, week 1 (forced march), extend distance to 8 miles with 35-pound rucksack in 2 hours (along a road) or 2 hours and 40 minutes (cross-country).
 - (2) Day 2:
- (a) Three sets of push-ups, pull-ups, sit-ups (maximum repetitions in 35-second period three times).
 - (b) Run 5 miles (moderate 8- to 9-minute mile pace).
- (c) Three sets of squats with 35-pound rucksack (50 each set). Go down only to the point where the upper and lower leg forms a 90-degree bend at knee.
- (3) Day 3: Forced march with 35-pound rucksack, 10 miles in 3 hours (along a road) or 4 hours (cross-country).
 - d. Week 3.
 - (1) Day 1:
 - (a) Four sets of push-ups, pull-ups, and sit-ups (maximum repetitions in 40-second period).
 - (b) Run 4 miles (fast to moderate 7- to 8-minute mile pace.)

- (c) Four sets of squats with 40-pound rucksack.
- (2) Day 2: Forced march 12 miles with 40-pound rucksack in 4 hours (along a road) or 4 hours and 40 minutes (cross-country).
 - (3) Day 3:
 - (a) Four sets of push-ups, sit-ups, pull-ups (maximum repetitions in 45-second period).
 - (b) Run 6 miles (fast to moderate 7- to 8-minute pace).
 - (c) Four sets of squats with 40-pound rucksack.
 - e. Week 4.
- (1) Day 1: Forced march 14 miles with 50-pound rucksack in 4 hours (along a road) or 4 hours and 40 minutes (cross-country).
 - (2) Day 2:
 - (a) Four sets of push-ups, sit-ups, and pull-ups (maximum repetitions in 1-minute period).
 - (b) Run 6 miles (fast to moderate 7- to 8-minute mile pace).
 - (c) Four sets of squats with 50-pound rucksack.
- (3) Day 3: Forced march 18 miles with 50-pound rucksack in 4 hours and 45 minutes (along a road) or 6 hours (cross-country).
 - f. Week 5.
 - (1) Day 1:
 - (a) Run 3 miles (fast 6- to 7-minute mile pace).
 - (b) Five hundred-meter swim (nonstop, any stroke, but not on your back).
- (2) Day 2: APFT. You should be able to achieve a score of at least 240 (minimum of 70 points in any one event) in the 17 to 21 year age limit. If not, work out harder.
- (3) Day 3: Forced march 18 miles with 50-pound rucksack in 4 hours and 30 minutes (along a road) or 6 hours (cross-country).

4-5. Considerations.

- a. For forced marches, select boots that are comfortable and well broken-in (not worn out). Wear lightweight fatigues and thick socks (not newly issued socks). Army issue boots are excellent if fitted properly.
- b. Utilize map and compass techniques whenever possible during forced march cross-country workouts.
 - c. Insoles specifically designed to absorb shock will reduce injuries.

- d. Practice proper rucksack marching and walking techniques:
- (1) Weight of body must be kept directly over feet, and sole of shoe must be flat on ground taking small steps at a steady pace.
- (2) Knees must be locked on every step in order to rest muscles of the legs (especially when going uphill).
 - (3) When walking cross-country, step over and around obstacles; never step on them.
- (4) When traveling up steep slopes, always traverse them; climb in zigzag pattern rather than straight up.
- (5) When descending steep slopes, keep the back straight and knees bent to take up shock of each step. Dig in with heels on each step.
- (6) Practice walking as fast as you can with rucksack. Do not run with a rucksack. When testing, you may have to trot to maintain time, but try not to do this during training, it may injure you.
- (7) A good rucksack pace is accomplished by continuous movement with short breaks (5 minutes) every 6 to 8 miles.
- (8) If you cannot ruckmarch, then do squats with your rucksack. (One hundred repetitions, five times or until muscles fatigue.)
- e. On each day (not listed in training program) conduct less strenuous workouts such as biking and short or slow runs. To complement push-up workouts, weight lifting exercises should be included (for development of upper body strength) in easy day workout schedule. Swim as often as you can (500 meters or more).
- f. Once a high level of physical fitness is attained, a maintenance workout program should be applied using the hard and easy workout concept. Once in shape, stay in shape. Do not stop this 5-week program. If you have met all the goals, then modify program by increasing distance and weight and decreasing times. Be smart, don't injure yourself.

4-6. Final notes.

- a. Do not expect to get "free" time from your unit to work out so you can come to the SFAS Course. The responsibility to get in shape is yours and yours alone. Work out on your own time if that is all you have. If you go to the field, work on strengthening drills: Push-ups, sit-ups, pull-ups, squats (with extra weight) when you can, as often as you can. The mission is to get in shape.
 - b. Eat things that are good for you and stay away from junk food and fat foods.
- c. You need to be in very good shape and able to carry a rucksack day after day for the entire time you are at the SFAS Course. This is an assessment of you. We do not teach or coach you to get through the SFAS Course. You will be challenged.
- d. The Army Research Institute (ARI) has been able to closely correlate performance on the APFT and a 4-mile rucksack march with success in the SFAS Course. ARI evaluated the cumulative APFT score (17 to 21 age group standard) with the percent of candidates who started the SFAS Course and who passed the course. The average PT score for the SFAS Course graduates

is 250. The average APFT results are depicted below:

APFT Score	Percent Passing Course
206-225	31
226-250	42
251-275	57
276 or highe	r 78

The higher the APFT score, the better the percent that passed the course. You need to be in top physical condition and you should do well in the SFAS Course.

e. ARI evaluated the ability of SFAS students to perform a 4-mile ruckmarch in BDU, boots, M-16, load bearing equipment, and a 45-pound rucksack. The overall average 4-mile ruckmarch time for graduates is 61 minutes. The average results are depicted below:

Ruckmarch Time (Minutes)	Percent Passing Course
54 and less	81
55-64	63
65-74	34
75-84	10

The less time to complete a 4-mile ruckmarch, the better the percent who passed the course. The soldiers who prepare for SFAS through PT should succeed at the SFAS Course.

Chapter 5

Reporting Information for the SFAS Course

5-1. General.

- a. All incoming applicants will report to HHC, 1st Battalion, 1st Special Warfare Training Group (Airborne), Building D-2007, Corner of Gruber Road and Mosby Street, Fort Bragg, North Carolina, no later than 2300 on the final reporting date (see strip map at fig 5-1). Applicants will have in their possession 10 copies of TDY orders, complete packing list items (see table 5-1), medical records, and SF PT Handbook.
- b. The HHC, 1st Special Warfare Training Battalion (Airborne) area is located across from the SF Museum near the intersection of Reilly Road and Gruber Road. For more information contact the 1st Special Warfare Training Group (Airborne) Headquarters S1 at DSN 239-5650 or 3453 or commercial (910) 432-5650 or 3453. After duty hours, local number is 396-4888 or 7707.
- c. In case of a real emergency during your TDY at Fort Bragg, North Carolina, your family members are to contact the 1st Special Warfare Training Group (Airborne) HHC at DSN 239-9526 or 6278 or commercial (910) 432-4411. After duty hours, staff duty noncommissioned officer is commercial (910) 396-4888 or 7707.
 - d. Because your period of TDY at the SFAS Course is so short, there will be no incoming mail.
- e. Do not report to Camp Mackall, North Carolina (SFAS Headquarters) for any reason. HHC, 1st Battalion, 1st Special Warfare Training Group (Airborne) will provide transportation.

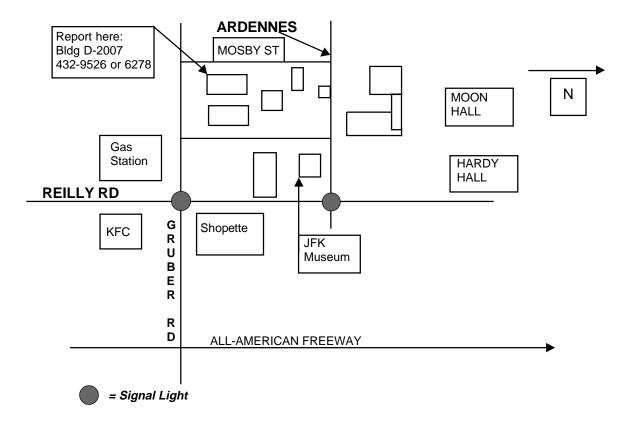


Figure 5-1. Strip map to HHC 1st Special Warfare Training Battalion (Airborne)

5-2. Travel information.

- a. Travel is authorized in civilian clothing but will not be worn in the training area. You should bring at least \$100 minimum.
- b. Due to some incidents of lost luggage, it is highly recommended that you carry at least one complete uniform and your medical records on the plane with you.
- c. Government rations and quarters will be available during the SFAS Course. Meal cards will be issued during inprocessing.
- d. Although the SFAS Course is a TDY and return course, the SFQC requires the soldier to make a PCS move. It is to your benefit to begin organizing your personal affairs in preparation of this PCS move.
- **5-3. Orders for the SFAS Course.** Headquarters, United States Army Special Operations Command will publish orders for all SFAS classes and disseminate to all units concerned. The orders will be published approximately 45 days prior to each SFAS class and then weekly or biweekly, as necessary, as soldiers are confirmed for the SFAS Course. Orders are not to be published without official notification from the Special Operations Recruiting Company. Soldiers assigned to Fort Bragg are not required to have a DD Form 1610 (Request and Authorization for TDY Travel of DOD Personnel) but will be issued attachment orders.

Table 5-1 SFAS packing list

1. All candidates will be issued TA-50. It is unauthorized to bring extra TA-50 to the SFAS Course.

Following are required items to be brought to the SFAS Course. There are no exceptions and no substitutions.

Medical records

- 4 pair** BDUs
- 5 each Army issue brown t-shirts
- 1 each Army issue PT uniform to include sweat top and bottoms
- 1 each Army issue black belt
- 6 pair socks, wool Army issue (green or black)
- 5 pair Army issue brown underwear
- 1 each** cap, BDU
- 1 pair running shoes (no black running shoes)
- 2 pair socks, white cotton
- 1 each** field jacket, BDU with liner
- 2 pair boots, Army issue combat or jungle only
- 1 pair gloves, black leather Army issue with green wool liners
- 1 each* cap, wool, black
- 1 each* pile cap, BDU
- 1 pair* underwear, cold weather (wool or polypro)
- 1 each personal hygiene items
- 2 each Army issue brown towels
- 1 pair shower shoes
- 1 each sewing kit
- 3 each pens and pencils
- 1 each notebook per candidate only (no larger than 4" x 6")

Table 5-1 SFAS packing list—continued

1 each shoe shine kit

1 each laundry soap

2 pair eyeglasses (if worn) (no contact lenses)

1 each wristwatch

1 each laundry bag

1 each duffel or kit bag

1 each \$100 cash (do not bring more than \$100)

- * Items are required for classes from 15 October through 15 April.
- ** No rank, branch insignia, or other badges authorized for wear. U.S. Army and name tapes may be worn if desired.
- 2. Following items are commonly brought to the SFAS Course and are authorized for use by candidates attending the SFAS Course. Any item that is not listed below will be confiscated by SFAS cadre and not returned.

Book (one per candidate) (only bible, ranger handbook, or novel)

Boot insoles and laces

Cotton tipped applicators

Clothespins

Curlex

Cravats

Foot powder

Gauze pads

Penlights with batteries

Insect repellent

Lip balm

Map cases and notebook covers

Moleskin

Pace cords

Pocket knife/tool (one per candidate) (with blade no longer than 3 inches)

Safety pins

Scissors, small

Security locks

Skin lotion

Sunscreen

Tobacco products

Trash bags

Vaseline

Visine eye drops

Zip lock bags (large and small)

550 cord

Green duct tape

Black electrical tape

3. Following items are unauthorized for use at the SFAS Course. SFAS cadre will confiscate these items.

Nylon, class A, ploypro or gortex socks

Polypro or flight gloves

Black or brown glove inserts

Blousing rubbers

A7A belts

Flex ties

Table 5-1 SFAS packing list—continued

Tupperware

Protractors

Chem-lights

lodine tablets

Motrin

Any type of pain reliever

Playing cards

Gortex clothing

Tincture benzene

Sleeping mats

Sunglasses (only prescription allowed)

Snap links

Ski mask

Spandex underwear

Baby wipes

Black running shoes

Extra TA-50

NBC 258 decon box

Flare container

Electric razor

Reflective belts

Maps

Watch compass

Hair clippers

Civilian bags

Camel backs

Any knife blade over 3 inches

Cough drops

Appendix A

References

Section I Related Publications

AR 40-501

Standards of Medical Fitness.

AR 614-200

Enlisted Assignments and Utilization Management.

Section II

Related Forms

DA Form 2A

Personnel Qualification Record, Part I - Enlisted Peacetime.

DA Form 2-1

Personnel Qualification Record - Part II.

DA Form 873

Certificate of Clearance and/or Security Determination.

DA Form 4187

Personnel Action.

DD Form 1610

Request and Authorization for TDY Travel of DOD Personnel.

DD Form 2807-1

Report of Medical History.

DD Form 2808

Report of Medical Examination.

Glossary

APFT

Army physical fitness test

ARI

Army Research Institute

BDU

battle dress uniform

CMF

career management field

DLAB

Defense Language Aptitude Battery

DLPT

Defense Language Proficiency Test

ERB

enlisted record brief

FY

fiscal year

MOS

military occupational specialty

ORB

officer record brief

PCS

permanent change of station

PERSCOM

United States Total Army Personnel Command

PT

physical training

SF

Special Forces

SFAS

Special Forces Assessment and Selection

SFDOQC

Special Forces Detachment Officer Qualification Course

SFQC

Special Forces Qualification Course

TDY

temporary duty

TIS

time in service

USAJFKSWCS

United States Army John F. Kennedy Special Warfare Center and School