CHALLENGE YOURSELF

PREREQUISITES

APFT: 52 push-ups, 62 sit-ups

14:54 2-mile run

7 deadhang pull-ups

500m swim in ACUs

5-mile run in 40:00 on day two

VERITAS ET LIBERTAS

U.S. ARMY JOHN F. KENNEDY SPECIAL WARFARE CENTER AND SCHOOL

SPECIAL FORCES COMBAT DIVER QUALIFICATION COURSE