

OBSTACLE TRAINING

Q 1. What is the objective of Obstacle training in NCC.

Ans. The objective of the obstacle course training in NCC is to make the cadets physically tough, to develop a very high degree of confidence and inculcate the qualities of patience & courage to face challenges.

Q 2. Name the ten obstacles in Standard Obstacle course.

Ans.

- (i) Straight Balance
- (ii) Clear Jump
- (iii) Zig-zag Balance
- (iv) High Wall
- (v) Double Ditch
- (vi) Right Hand Vault
- (vii) Left Hand Vault
- (viii) Gate Vault
- (ix) Ramp
- (x) Straight Balance

Q 3. Write down any 05 benefits of Obstacle course training.

Ans.

- (a) Ensures physical fitness
- (b) Ensures agility
- (c) Ensures mental robustness
- (d) Coordination and balance of mind and body
- (e) Improves risk taking ability
- (f) Evaluating problem solving skills
- (g) Over all team spirit.