



# OBSTACLES TRAINING



# Unit 12 (Topic) : Obstacles Training

Lesson Code : OT1

**Content** : Obstacle Training

**Comprehension** : Be acquainted with about Obstacle Training.

**Analysis** : Evaluate how each of the obstacle is to be crossed and safety measures to be taken during each obstacle.

**Synthesis** : Comprehend the role of this exercise in overall character enhancement of cadets.

## Introduction

- ❖ One of the training activities during camp.
- ❖ Not only makes the cadets physically strong but also develops a very high degree of confidence and develops the qualities of patience and courage to face all types of challenges and barriers in life.
- ❖ The NCC cadets are required to cross consists of ten obstacles.
- ❖ The obstacles, depending upon the structure are constructed of wood, bricks, concrete and mud. Each obstacle is placed at a distance of about 30 feet from each other.

## OBSTACLES

1. Straight Balance
2. Clear Jump
3. Gate Vault
4. Zig-Zag Balance
5. High Wall
6. Double Ditch
7. Right Hand Vault
8. Left Hand Vault
9. Ramp
10. Straight Balance.

## OTHERS

Safety Measures

Benefits of OT

Conclusion

Comprehension Questions

## QUIZ



# 1. Straight Balance

Straight Balance is a wooden slab of 3 inches thick , 4 inches wide and 12 feet (ft) long, which is placed 1½ ft above ground level.

A cadet crosses this obstacle running, keeping his arms open and balancing his body.



## 2. Clear Jump

Its structure is just like a straight bar of 18 ft long. This wooden bar is placed 2 ft above the ground. Cadet has to jump over it without touching or using any part of the body.



### 3. Gate Vault

This is a wooden structure which has two parallel bars at a height of 3 ft and 5 ft respectively, both 18 ft long. One has to cross the gate by holding upper beam with both hands and by putting one's feet on 3 ft bar and jump across.





## 4. Zig-Zag Balance

It is a Zig-Zag like structure made of wooden bar which is 18 ft in length and 3 inch width. The height of the bar above the ground is  $1\frac{1}{2}$  ft at the beginning and gradually increases to  $3\frac{1}{2}$  ft in the end. The Cadet has to run over the obstacle with open hands and balance the body similar to straight balance and cross it.





## 5. High Wall

High Wall is 6 feet high and 12 feet long bricked wall with plaster on both sides. For crossing this obstacle, a cadet has to run, jump, kick the wall with one leg and take leap putting both hands on the wall and then push his body upwards and jump over the other side.



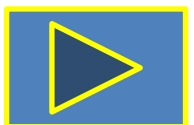
## 6. Double Ditch

The obstacle is made up of two similar ditches each of approximately 8 ft in long, 6 ft wide and 3-4 ft deep separated by a small gap of approximately 4 feet. The cadet has to jump across the two ditches by jumping over the first ditch, placing one foot on the gap and jumping across the second ditch.



## 7. Right Hand Vault

This wooden slab is 3 ½ ft above the ground and 18 feet long. The cadet is required to jump over using the right hand as support on the beam, throwing both legs up and jump across.





## 8. Left Hand Vault

This wooden structure is 3 ½ ft above the ground just like Right Hand Vault. The Cadet is required to jump over using the left hand as support on the bar, throwing both legs up and jump across.



## 9. Ramp

It is 15 feet long, 18 feet wide and 4 ½ feet high sloppy hillock. For crossing it, a cadet has to crawl and climb over the ramp and take long jump after reaching the top and then landing on ground with both the feet.



## 10. Straight Balance

It is piece of wooden 3 inches thick, 4 inches wide and 12 ft in length, which is above the ground level. A cadet crosses this obstacle running, keeping his arms open and balancing his body.





# Safety Measures

Following safety measures must be ensured during the conduct of Obstacle Course training

- Suitable and physically fit cadets only to be selected
- Training to be given first in PT dress, later on with packs and weapon .
- Emphasis to be given on closing of individual timings and later team timings
- Wet and slippery obstacles and area to be avoided
- Obstacles to be done under supervision of qualified instructors and correct technique only to be used
- Arrangement of first aid to be ensured



# Benefits

Benefits of Obstacles courses are as under

- Ensures physical fitness
- Ensures flexibility
- Ensures mental strength
- Coordination and balance of mind and body.
- Improves risk taking ability.
- Evaluating problem solving skills
- Over all team spirit.



# Conclusion

- The training in NCC is comprehensive
- The basic training of regular Defence services (Army, Navy and Air force) is given to the students
- The cadets receive training throughout the NCC course
- Intensive training is given to cadets in the camps especially in Thal Sainik Camps
- Obstacle course is one such training activity conducted that makes the NCC cadets physically fit and mentally tough
- Obstacle training increases agility, courage, patience and increases their confidence

HOME





# Comprehension Questions

**Q.1.** Answer the following in about 15 words:

- (a) How many obstacles are there in the standard obstacle course?
- (b) What is clear jump?

**Q.2.** Answer the following in about 50 words:

- (a) Write about three types of vaults.
- (b) Write about any two obstacle courses.

**Q.3.** Answer the following in about 75 words:

- (a) What are the benefits of obstacle courses?
- (b) How do you differentiate between right hand vault and left hand vault?

**Q.4.** Answer the following in about 150 words.

- (a) What safety measures must be ensured during the conduct of obstacle course training to cadets?



## Comprehension Questions Cont.

**Q.5.** Answer the following in about 250 words.

(a) Write in detail about different types of obstacle courses.

**Q.6. HOTS (Higher Order Thinking Skills)**

(a) An obstacle training prepares you to face challenges of life. How far do you agree with this statement? Support your answer with suitable example.

(b) What values did you pick up or reflect during the performance of various obstacle courses? Discuss any 4 values?

Next Slide



## Activities

- ❑ A group of children from your school wish to join NCC. Tell them about the obstacle training course and which obstacles they will be taught to overcome.
- ❑ NCC cadets are given intense training to overcome obstacles. As NCC cadets make models of any two obstacles that you have been taught. Use waste material to make the model.



# Sample Questions and Answers

1. What is the aim of obstacle training?

It helps the cadets in developing and promoting physical fitness, self confidence, determination and quick reflexes.

2. Name any six standard training obstacles?

Clear Jump, Zig zag balance, High wall, Right Hand Vault, Left Hand Vault, Ramp.

3. Give the measurement of any four standard training obstacles.

Straight balance : Length 12' 0" Height 1' 6"

Clear Jump : Height 2' 0"

Gate vault : Height 5' 0"

Zig zag balance : Length 18' Height 1' 6"



*QUIZ*

*A*

*B*

*C*

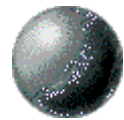
HOME

**Q1.** Whack one of the following is not a standard training obstacles?

1. Clear Jump
2. Zig zag balance
3. High Jump
4. Ramp.



# ANSWER



3. High Jump



## Q2. Choose the correct answer

A cadet crosses straight balance obstacle by

1. walking, keeping his arms open and balancing his body
2. walking, keeping his arms closed and balancing his body
3. running, keeping his arms closed and balancing his body
4. running, keeping his arms open and balancing his body

*ANS*





# ANSWER

- 4. running, keeping his arms open and balancing his body

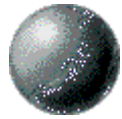


**Q3.** Give the measurement of Clear Jump training obstacle

1. Height 2' 5"
2. Height 2' 0"
3. Height 3' 0"
4. Height 3' 5"



# ANSWER



**2. Height 2' 0"**

HOME

