



German Armed Forces Proficiency Badge 2015



Information Briefing



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German Armed Forces Proficiency Badge 2015



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German Armed Forces Proficiency Badge 2015

**The German Armed Forces Proficiency Badge
(German: *Abzeichen für Leistungen im Truppendienst*)
is a decoration of the Bundeswehr, the Armed Forces of the
Federal Republic of Germany.**

The decoration can be awarded to all Soldiers.

**In the United States Military, the German Armed Forces Proficiency Badge is one of
the few approved foreign awards,
and it is one of the most sought after awards to achieve.**



German Armed Forces Proficiency Badge 2015

SUMMARY of ALL EVENTS

BFT = Basic Fitness Test (3 events in 90 min)

11 x 10-meter
sprint test

→ Minimum pass
Requirements
max. 60 sec

Chin-up test
(flexed-arm hang)

Minimum pass
Requirements
5 sec

1000 m
Run

Minimum pass
Requirements
max. 6min 30 sec

Minimum test requirements have to be met, independently of age or gender. If testee does not meet the minimum pass requirements or one or more test events, the BFT will be deemed failed. No additional scoring will take place on the same day. ↗

Military Training Part (5 events)

100 Swim in Uniform

4 min
then
undress in
water

First Aid Test

GO or NO GO
Event
NOT older than
3 years

NBC MOPP Test

GO or NO GO
Event
NOT older than
1 year

Pistol Qualification

6 Hits for Gold
5 Hits for Silver
4 Hits for Bronze

Road March

7.5 miles Gold
5.6 miles Silver
3.75 miles Bronze



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Regulation

1. The testing for the German Armed Forces Proficiency Badge (GAFPB) must be administered by a qualified German Physical Training (PT) instructor.
2. Listed single events can be supervised and conducted by CERTIFIED US military personnel.
 - First Aid Training or Test
 - NBC 9 sec Protection Mask and MOPP4 Test
 - Pistol Qualification



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1



2



3



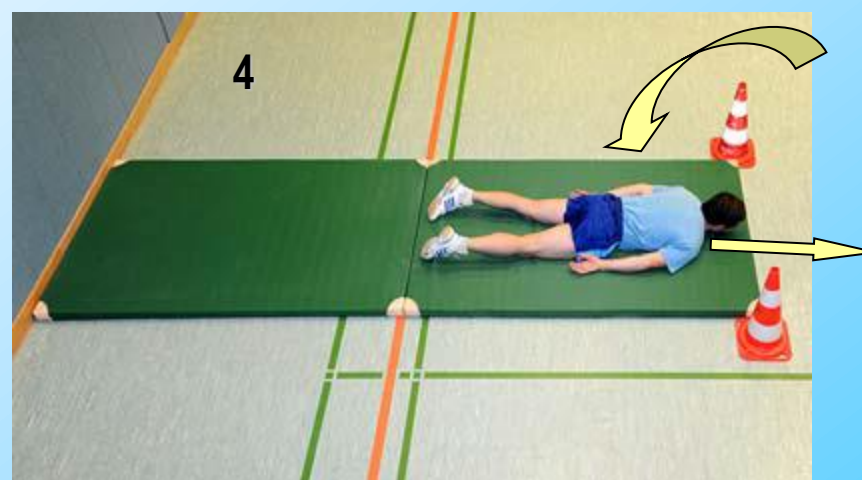
Sequence

To provide a standardized test environment, the sequence of tests has been predefined and is binding for all testers.



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BFT = 11 x 10 meter sprint test



Finish Line after Sprint 11 -----

Event

The testee starts from a prone position (head showing in the direction of the run) and negotiates, as fast as possible, a cone positioned 10 (ten) meters away.

As soon as testee gets back to the start point, he briefly assumes a prone position, claps his hands behind his back, jumps up onto his feet and sprints again.

The aim is to run five and a half laps in the fastest time possible.



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BFT = 11 x 10 meter sprint test basic score points

Fair

Satisfactory

Good

Very Good

Time in sec	Points
60	100
59	117
58	133
57	150
56	167
55	183

Time in sec	Points
54	200
53	217
52	233
51	250
50	267
49	283

Time in sec	Points
48	300
47	317
46	333
45	350
44	367
43	383

Time in sec	Points
42	400
41	417
40	433
39	450
38	467
37	483
36	500
35	517

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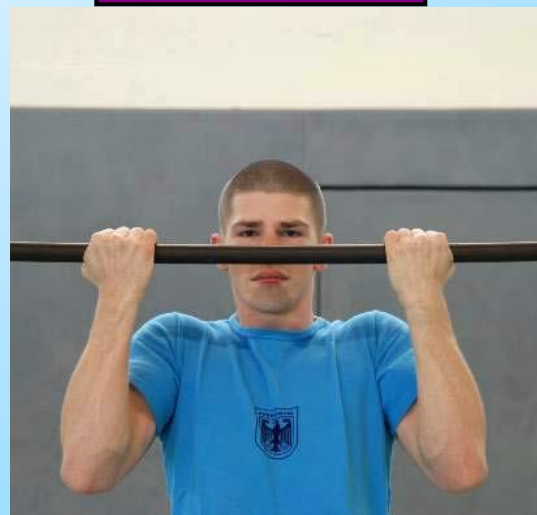
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Chin-up test (flexed-arm hang)

Chin-up test
Start Position



Chin-up test
Finish Position



Event

- The testee holds himself in the end position of a pull-up as long as possible.
- Testee's evaluation will be based on the length of the time he can hold himself in this position.
- Testee steps off the squat box and the instructor pulls it back, testee will hold himself up with his chin above the bar (chin-up end position; elbow joints flexed to the maximum, shoulders at the height of the bar).
- Once testee's feet step off the squat box, timekeeping will start. Once the testee's chin is below the bar, timekeeping will stop. Testee's time will be recorded in seconds and tenths of a second.



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Chin-up test (flexed-arm hang)

Fair	
Time in sec	Points
5	100
6	105
7	110
8	115
9	120
10	125
11	130
12	135
13	140
14	145
15	150
16	155
17	160
18	165
19	170
20	175
21	180
22	185
23	190
24	195

Satisfactory	
Time in sec	Points
25	200
26	205
27	210
28	215
29	220
30	225
31	230
32	235
33	240
34	245
35	250
36	255
37	260
38	265
39	270
40	275
41	280
42	285
43	290
44	295

Good	
Time in sec	Points
45	300
46	305
47	310
48	315
49	320
50	325
51	330
52	335
53	340
54	345
55	350
56	355
57	360
58	365
59	370
60	375
61	380
62	385
63	390
64	395

Very Good	
Time in sec	Points
65	400
66	405
67	410
68	415
69	420
70	425
71	430
72	435
73	440
74	445
75	450
76	455
77	460
78	465
79	470
80	475
81	480
82	485
83	490
84	495
85	500
86	405
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1000 Meter Run

1000 m
Run

Minimum pass
Requirements
max. 6min 30 sec



Event

Testee completes the 1000-meter run in the shortest time possible.

Test sequence

For the 1000-meter (or 1-K) run, the track ideally should be 400 meters long.

The runner starts at the 200-meter mark. So measured from the start/finish line, the runner must run two complete laps of the race. Once he has crossed the finish line, the tester records the runner's time to the second.

In total 2 ½ Laps.

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Fair		
Time in sec	Min : sec	Points
390	06:30	100
389	06:29	102
388	06:28	104
387	06:27	105
386	06:26	107
385	06:25	109
384	06:24	111
383	06:23	113
382	06:22	115
381	06:21	116
380	06:20	118
379	06:19	120
378	06:18	122
377	06:17	124
376	06:16	125
375	06:15	127
374	06:14	129
373	06:13	131
372	06:12	133
371	06:11	135
370	06:10	136
369	06:09	138
368	06:08	140
367	06:07	142
366	06:06	144
365	06:05	145
364	06:04	147
363	06:03	149
362	06:02	151
361	06:01	153
360	06:00	155
359	05:59	156
358	05:58	158
357	05:57	160
356	05:56	162
355	05:55	164
354	05:54	165
353	05:53	167
352	05:52	169
351	05:51	171
350	05:50	173
349	05:49	175
348	05:48	176
347	05:47	178
346	05:46	180
345	05:45	182
344	05:44	184
343	05:43	185
342	05:42	187
341	05:41	189
340	05:40	191
339	05:39	193
338	05:38	195
337	05:37	196
336	05:36	198

Satisfactory		
Time in sec	Min : sec	Points
335	05:35	200
334	05:34	202
333	05:33	204
332	05:32	205
331	05:31	207
330	05:30	209
329	05:29	211
328	05:28	213
327	05:27	215
326	05:26	216
325	05:25	218
324	05:24	220
323	05:23	222
322	05:22	224
321	05:21	225
320	05:20	227
319	05:19	229
318	05:18	231
317	05:17	233
316	05:16	235
315	05:15	236
314	05:14	238
313	05:13	240
312	05:12	242
311	05:11	244
310	05:10	245
309	05:09	247
308	05:08	249
307	05:07	251
306	05:06	253
305	05:05	255
304	05:04	256
303	05:03	258
302	05:02	260
301	05:01	262
300	05:00	264
299	04:59	265
298	04:58	267
297	04:57	269
296	04:56	271
295	04:55	273
294	04:54	275
293	04:53	276
292	04:52	278
291	04:51	280
290	04:50	282
289	04:49	284
288	04:48	285
287	04:47	287
286	04:46	289
285	04:45	291
284	04:44	293
283	04:43	295
282	04:42	296
281	04:41	298

Good		
Time in sec	Min : sec	Points
280	04:40	300
279	04:39	302
278	04:38	304
277	04:37	305
276	04:36	307
275	04:35	309
274	04:34	311
273	04:33	313
272	04:32	315
271	04:31	316
270	04:30	318
269	04:29	320
268	04:28	322
267	04:27	324
266	04:26	325
265	04:25	327
264	04:24	329
263	04:23	331
262	04:22	333
261	04:21	335
260	04:20	336
259	04:19	338
258	04:18	340
257	04:17	342
256	04:16	344
255	04:15	345
254	04:14	347
253	04:13	349
252	04:12	351
251	04:11	353
250	04:10	355
249	04:09	356
248	04:08	358
247	04:07	360
246	04:06	362
245	04:05	364
244	04:04	365
243	04:03	367
242	04:02	369
241	04:01	371
240	04:00	373
239	03:59	375
238	03:58	376
237	03:57	378
236	03:56	380
235	03:55	382
234	03:54	384
233	03:53	385
232	03:52	387
231	03:51	389
230	03:50	391
229	03:49	393
228	03:48	395
227	03:47	396
226	03:46	398

Very Good		
Time in sec	Min : sec	Points
225	03:45	400
224	03:44	402
223	03:43	404
222	03:42	405
221	03:41	407
220	03:40	409
219	03:39	411
218	03:38	413
217	03:37	415
216	03:36	416
215	03:35	418
214	03:34	420
213	03:33	422
212	03:32	424
211	03:31	425
210	03:30	427
209	03:29	429
208	03:28	431
207	03:27	433
206	03:26	435
205	03:25	436
204	03:24	438
203	03:23	440
202	03:22	442
201	03:21	444
200	03:20	445
199	03:19	447
198	03:18	449
197	03:17	451
196	03:16	453
195	03:15	455
194	03:14	456
193	03:13	458
192	03:12	460
191	03:11	462
190	03:10	464
189	03:09	465
188	03:08	467
187	03:07	469
186	03:06	471
185	03:05	473
184	03:04	475
183	03:03	476
182	03:02	478
181	03:01	480
180	03:00	482
179	02:59	484
178	02:58	485
177	02:57	487
176	02:56	489
175	02:55	491
174	02:54	493
173	02:53	495
172	02:52	496
171	02:51	498
170	02:50	500



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Scoring after having met all single-event pass requirements

How to tally score points

Single-event results (individual test times) are translated into a graduated point-score system. Testees who meet the minimum pass requirements (100 points respectively) are awarded basic points [per event]. The better the testees performance, the more points are awarded for the respective events.

For the event-specific basic point scores see the respective score table 1 - 3 (11 x 10-meter sprint test, flexed-arm hang, 1000-meter run).

Providing "handicaps"

Equal chances

Based on age-grading and physical-ability considerations, a "handicap" is provided to soldiers, taking into account age and/or gender.

Age grading

Testees who are 35 years old or younger will not be age-graded. Those who are 36 years old or older will be age-graded. Basic score points will be increased by 0.5 percent per year of age.

The age-grading "handicap" is calculated based on the actual age reached by a testee in a given year.

Age-graded "handicap" (36 years or older) = basic score points X (actual age minus 35 years) X 0.005



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Scoring after having met all single-event pass requirements

Gender grading

BFT scores have been normalized to take into account the physical abilities of male soldiers. Therefore male soldiers will not be provided any other type of "handicap" [besides age grading].

Each female (F) soldier will be provided an event-related "handicap". The "handicap" is

- 15 percent for the sprint test (F) = basic score points X 0.15)
- 40 percent for the flexed-arm hang (chin-up) (F) = basic score points X 0.4)
- 15 percent for the 1000-meter run (F) = basic score points X 0.15)

Single-event score

You earn scores for each event plus, if applicable, age-graded and gender-graded points.

- Event-score points = basic score points + age-graded points + gender-graded points

Points Rating

100 – 199	Fair (4.49 - 3.5 range)
200 – 299	Satisfactory (3.49 - 2.5 range)
300 – 399	Good (2.49 - 1.5 range)
≥ 400	Very Good (1.49 - 1.0 range)

Overall rating

The BFT overall rating is the averaged value calculated from the single ratings. To provide better accuracy, calculate up to two (2) decimal points.



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Scoring after having met all single-event pass requirements

Overall rating

The BFT overall rating is the averaged value calculated from the single ratings. To provide better accuracy, calculate up to two (2) decimal points.

Example:

- sprint test / Event-score points = basic score points + age-graded points + gender-graded points = 405
 - flexed-arm hang test / Event-score points = basic score points + age-graded points + gender-graded points = 500
 - 1000-meter run / Event-score points = basic score points + age-graded points + gender-graded points = 300
- Total = 1205

Averaged value from the 3 single ratings: = $1205 : 3 = 401,66 = \text{GOLD}$

Points Rating

100 – 199 Fair	
200 – 299 Satisfactory	BRONZE
300 – 399 Good	SILVER
>400 Very Good	GOLD



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SUMMARY of ALL EVENTS

Military Training Part (5 events)

100 Swim in Uniform

4 min
than
undress in
water

First Aid Test

GO or NO GO
Event
CLS-NOT older
than 3 years

NBC MOPP Test

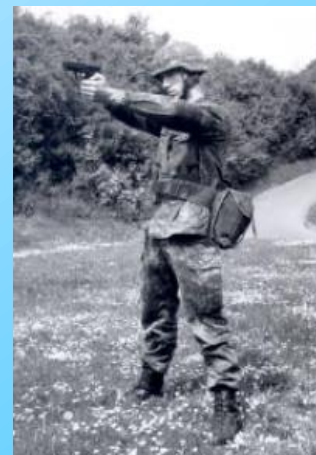
GO or NO GO
Event
NOT older than
1 year

Pistol Qualification

6 Hits for Gold
5 Hits for Silver
4 Hits for Bronze

Road March

7.5 miles Gold
5.6 miles Silver
3.75 miles Bronze



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100 m SWIM in UNIFORM (4 min)

100 Swim in Uniform



4 min
than
undress in
water



Minimum test requirements have to be met, independently of age or gender. If testee does not meet the minimum pass requirements of 4 min, the swim test will be deemed failed. No additional scoring will take place on the same day.



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100 m SWIM in UNIFORM (4 min)

Task: SWIM 100 METERS in UNIFORM (4 min)

Conditions: Given a Pool, a measured distance of 100 meters, APPROPRIATE SAFETY GEAR + Lifeguard, Testee WEARING UNIFORM (Jacket + Pants, without BOOTS) and a BATHING SUIT underneath.

Standards: Successfully Swim 100 meters in the Time of 4 Minutes and directly after, without taking a break or holding on to the edge of the pool, Testee has to get undressed in deep water.

----- NO SPECIAL SWIM STYLE IS SPECIFIED -----



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100 m SWIM (4 min) in Uniform

AGE	MALE	FEMALE
ALL	04:00 min	04:00 min

Minimum test requirements have to be met, independently of age or gender. If testee does not meet the minimum pass requirements of 4 min, the swim test will be deemed failed. No additional scoring will take place on the same day.

NO Time Limit to get Undressed
If you hold on to the edge you will be disqualified !



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FIRST AID TRAINING

**EVERYONE APPROVED
(G1 CAC / IMSD)**

First Aid Test

**GO or NO GO
Event
CLS - NOT older
than
3 years**





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FIRST AID TRAINING

The training is not necessary if the testee has undergone a combat life saver training (CLS) in the last 3 years or has a first aid certificate equivalent to CLS or higher not older than 3 years

Task: FIRST AID TRAINING
(equivalent US training = Combat Life Saver - CLS)

Conditions: Testee has to receive CLS training / equivalent US training or a written test in accordance with US regulations for CLS training.

STANDARDS: SUCCESSFULLY SCORE AT LEAST 70% OR HIGHER ON WRITTEN TEST.



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NBC Training / MOPP4

NBC MOPP Test



GO or NO GO
Event
NOT older than
1 year

EVERYONE APPROVED
(G1 CAC / IMSD)



Minimum test requirements have to be met, independently of age or gender. If testee does not meet the minimum pass requirements for putting on the protective mask in max. 9 sec, and can not proceed to MOPP4 correctly, the NBC test will be deemed failed. No additional scoring will take place on the same day.



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NBC Training / MOPP4

Task: Put on protective mask in 9 sec and proceed to MOPP 4

Conditions: The over garment, over boots, field gear, protective mask and gloves are worn in accordance with US regulations.

Standards:

Instructor will declare NBC Alert, testee has to put on the protective mask in max 9 sec and then proceed to MOPP4.

Personnel completely encapsulate themselves by closing their over garments, adjusting all drawstrings to minimize the likelihood of any openings, and putting on their protective gloves. MOPP4 is used when the highest degree of protection is required, or if CB agents are present but the actual hazard is not determined.

Reference FM 3-11.4 CHAPTER IV.



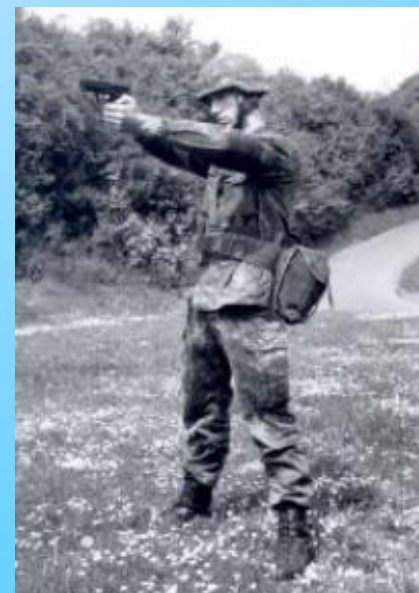
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PISTOL QUALIFICATION

Pistol Qualification



6 Hits for Gold
5 Hits for Silver
4 Hits for Bronze



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PISTOL QUALIFICATION

- Task:** Fire a 9mm Pistol and qualify in **BRONZE, SILVER or GOLD**
- Conditions:** Given a 9mm Pistol, a Pistol Range of 25m,
6x Rounds of Ammunition, (3 times opportunity)
3 Target Groups- each with 2 Targets / 6x Targets in total,
appropriate Safety Gear,
Testees Wearing Battle Dress Uniform, Gear and Helmet.
- Standards:** Successfully hit (first shot double action),
Distance 25m, **EACH TARGET TO QUALIFY FOR GOLD.**

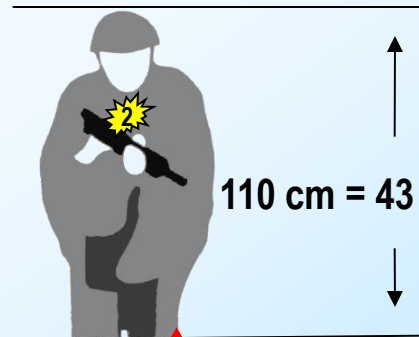


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PISTOL QUALIFICATION



2 x rounds in 6 sec
first shot
single action



110 cm = 43 inch



2 x rounds in 6 sec
first shot
single action



2 x rounds in 6 sec
first shot
single action



**use pop up targets for each position 6 sec
25 meter target distance**



prone position



kneeling position



standing position



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PISTOL QUALIFICATION



2 x rounds in 6 sec



2 x rounds in 6 sec



2 x rounds in 6 sec



4 BRONZE

5 SILVER

6 GOLD

FAIL

ALL 3 TARGET GROUPS HAVE TO HAVE AT LEAST 1 HIT



prone position



kneeling position



standing position





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ROAD MARCH

Task: March a given Distance

Conditions: 3.75 miles, 5.6 miles or 7.5 miles Track,
15kg (35 lb) Ruck- Sack
Testee is wearing Battle Dress Uniform

Standards: **SUCCESSFULLY MARCH THE DISTANCE IN AT LEAST
10min PER KILOMETER**

6 km	60 min	BRONZE
9 km	90 min	SILVER
12 km	120 min	GOLD



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GENERAL INFORMATION

All Soldiers and cadets must have identification.

Parking area TBD

Please be on time; at least 30 min prior

Work: 573-882-0643 or simmonsjl@missouri.edu



German Armed Forces Proficiency Badge 2015

Certification and Report of Results for the German Armed Forces Proficiency Badge (GAFPB)

US-POC

Name, Rank, Unit, Phone number and Email

Information about the applicant

Rank, First name, Name

Unit

Date of Birth

Sex

☐ Male

☐ Female

Applicant is qualified in term of expertise and character

Commander or First Sergeant

Phone No:

☐ Yes ☐ No

Date, Location,

Name, Rank (Print) + Signature

General military results

1	First Aid Training	Certified by Proctor-No, Name, Rank (Print) + Signature	
	Date (copy of certificate required)	Unit	
2	NBC MOPP Test	Certified by Proctor-No, Name, Rank (Print) + Signature	
	Date	Unit	
3	Pistol Shooting	Certified by Proctor-No, Name, Rank (Print) + Signature	
	Date	Result	Location

+ Physical Fitness (Supervised only by GAFCOM US/CA)

1	Ruck March	Name (print) + Signature German Instructor	
	Result 6km 9km 12km	Date	Certified by Proctor-No, Name, Rank (Print) + Signature,
2	100 m SWIM in UNIFORM	Name (print) + Signature German Instructor	
	Time	Undress passed <input type="checkbox"/> Yes <input type="checkbox"/> No	Date
3	Basic Fitness Test	Name (print) + Signature German Instructor	
	Date:		
	Discipline	Result	Points
	11x10 Meter Sprint		
	Chin-up test		
	1000 Meter Run		
	Averaged value		

The applicant has been awarded the GAFPB

☐ Bronze

☐ Silver

☐ Gold

☐ Gold with Number _____



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BUNDESWEHR **URKUNDE**

CERTIFICATE

*THE GERMAN ARMED FORCES BADGE
FOR MILITARY PROFICIENCY*

in

Gold

is being awarded
to

Cadet Arie Emde

in recognition of having met the requirements
as set forth by the German Armed Forces



German Army Liaison Staff USA CAC
Heeresverbindungsstab USA CAC
Fort Leavenworth, KS



Carsten Tieder
COL (GS)
German Liaison Officer



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Questions ????



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