

Training Programme for Commando Course w.e.f. 1.9.06 to 30.11.06

Total No. of Day	=	91		
Holidays including Sunday	=	22		
Total Working Days	=	69		
Period per Day	=	8		
Night Period	=	20		
Total No. of Period	=	69 x 8=552	- 20	= 532

Distribution of Periods

<u>S. No.</u>	<u>Subject</u>	<u>Periods</u>	
		<u>Day</u>	<u>Night</u>
1.	Physical Training	60	----
2.	Weapon Trg.	68	---
3.	Field Craft & Tactics	70	04
4.	Commando Opr. Theory	40	04
5.	MAP Reading	14	04
6.	Explosive	20	---
7.	Un Armed Combat	40	---
8.	VIP Security	20	---
9.	Building Climbing & Resque Opr.	20	---
10.	Misc. Subject	25	---
11.	Field Exercise & Firing	30	08
12.	Samvedi Police	24	
13.	Samvedi in Hindi & English	24	
13.	Resque Operation and Disaster Management	05	
14.	Maintance, Game & Library	52	
14.	Final Test	20	---
	G. Total	532	20

Subject wise Details

1. Physical Training

60 Periods.

- i) P.T.
- ii) Strength Exercise
- iii) Obstacles Crossing Trg.
- iv) Running & Speed March 10,15,20 Kms. & 30 Kms.
- v) Swimming & Life Saving
- vi) Battle proficient efficiency test (BPET)
 - i) 5KM Race- 25 Mi upto 30 years & above -27mins.
 - ii) Monkey Crawl- weight 20' & height 12'
 - iii) Vertical rope 20'
 - iv) 9' Ditch cross- cross
 - v) 60 mtr sprint- 9seconds, 10 seconds.
- vii) Physical Proficient efficiency test (PPET)
 - i) 2.4000mtrs. race – 9 minutes & 9.50 minutes.
 - ii) Chin up - 10 & 9
 - iii) Sit up - 40 & 35
 - iv) Shuttle race -5mtrs. -17 & 16
 - v) 100 mtrs. Sprint – 13 seconds & 14 seconds.

2. Weapon Trg.

68 Periods

- i) General Data, its characteristics, handling, stripping and assembling, stoppage & IAD of 7.62 mm SLR, .303 & 7.62mm LMG, 9mm Sten & Carbine, 9mm Pistol, .38 Revolver, GF Rifle, HE-36 Grenade, AKM rifle & 5.56mm INSAS.

3. Field Craft & Tactics

70 + 4 Periods

- i) Field Craft
 - a) Camouflage & Concealment Technique.
 - b) Night Observation & Indication of TGT.
 - c) Judging distance methods.
 - d) Fire Order
 - e) Stalking Procedure.
 - f) Selection of Fire Position
 - g) Movements.
- ii) Tactics
 - a) Formation and movements
 - b) Patrolling/Fighting in built up area.

- c) Surveillance Technique.
- d) Ambush and Counter Ambush Drill.
- e) Raid on hide out.
- f) Chance encounter operation
- g) Searching Procedure
- h) Naka-Bandi
- i) A film on Naka-Bandi

4. Commando Opr. Theory 40 + 4 Periods.

- a) Terrorism , Tactics, Originators, Motivates, methods, Terrorist groups in India.
- b) Interrogation Techniques.
- c) Kidnapping & Hostage Situation
- d) Infiltration & Exfiteration.
- e) Escape & Evasion.

5. MAP Reading 14 + 4 Periods

Introduction, Different types of technical terms & Topographical Terms, Compass, Service Protector, Setting of Map, find out own position with the help of local details, conventional signs & night navigation etc.

6. Explosive & Bomb 20 Periods.

- i) Introduction def. Types, physical & Chemical Characteristics, handling storage & transportation measures.
- ii) Accessories.
- iii) IEDS.
- iv) Anti Sabotage Measures
- v) Film on Bomb Disposal Drill & Explosive.

7. Un Armed Combat 40 Periods

- i) Flexible & Reflexes movements.
- ii) falls, throws & Stances, blocks, punches, kicks &stances.
- iii) Offensive & defensive movements.
- iv) Film on UAC

8. VIP Security: = 20 periods

- i) Basic Principles of VIP-Security.
- ii) Types of Threats for VIP.
- iii) Characteristic of a Gunman and his duties.
- iv) Duties of sentry at residence & Office .
- v) Organization of CAR – Cade & Duties of Pilot, Escorts and Tail – Car.
- vi) Deployment and Precautions during journey by Road, Water, Train and Air.
- vii) Security arrangements at Residence, Office, Public functions.
- viii) Role of contingency arrangement in VIP Security .
- ix) Relevance of Intelligence and technical support in VIP Security.
- x) Film on VIP Security.

9. Climbing & Resque Operation . 20 Periods

- i) Building Climbing Techniques.
- ii) Rock Climbing
- iii) Film on Rock Climbing & Building Climbing.

10. Misc. Subject 25 Periods.

- i) Intelligence Collection
- ii) Lecture on Human Rights
- iii) Lecture on First Aid.

11. Field Exercise & Firing 30 + 8 Periods.

- i) Field Craft & Minor Operations
- ii) Speed March (30 KM)
- iii) Practice & Final/test Firing

12. Final Test 20 Periods

- i) Outdoor Subject Tests
- ii) Written Test

13. Rescue Operation & Disaster Management 5 Periods.

- i) Aim of Rescue operation
- ii) Emergency Entry
- iii) Casualty Handling
- iv) Rescue from flood.
- v) Rescue from earth quack.
- vi) Types of Ropes & knots.

14.	Samvedi Police	24 Periods
	i) Social, cultural & literary knowledge	
15.	Maintance, game & library	52 Periods
16.	Samvedi in Hindi, English Language	24 Periods

Sd/-
Dy. Director,
Haryana Police Academy,
Madhuban.

Endst. No. _____ / Trg. dated _____.

A copy of above is forwarded to the following for
information and necessary action :-

1. CDI
2. ASI Ranbir Singh

For Director,
Haryana Police Academy,
Madhuban.