

INTRODUCTION

- One of the training activities during camp
- The NCC cadets are required to cross consists of ten obstacles.
- 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 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 -Zig Balance
5. Double Ditch
6. Right Hand vault
7. Left Hand Vault
8. High Wall
9. Ramp
10. Straight Balance

1. STRAIGHT BALANCE



Straight balance is a wooden slab of 3 inches thick, 4 inches wide and 12 feet long, which is placed 1 1/2 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. ZIGZAG



It is a Zig-zag like structure made of wooden but which is 18 ft in length and 3 inch width. The height of the Bar above the ground is 1 half ft at the beginning and gradually increase to 3 half 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.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 di

6. RIGHT HAND VAULT



This wooden slab is 3 1/2 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.

7. LEFT HAND VAULT



This wooden structure is 3 1/2 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.

8. 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.

9.RAMP



It is 15 feet long , 18 feet wide and 4 1/2 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



Straight balance is a wooden slab of 3 inches thick, 4 inches wide and 12 feet long, which is placed 1 1/2 ft above ground level.

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