



**JA  
HIND**



# CHAPTER OT-1

## OBSTACLE TRAINING

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# ABOUT OBSTACLE TRAINING

The obstacle training is a very important part of NCC training. This training not only make the cadets physically tough but also develops a very high degree of confidence and inculcate the qualities of courage and patience to face challenges in life.



The obstacle training is imparted to NCC cadets to ensure physical fitness, agility of body, mental robustness, coordination and balance of body and mind. It also improves the risk taking ability, problem solving skills and inculcates the overall team spirit in the cadets.



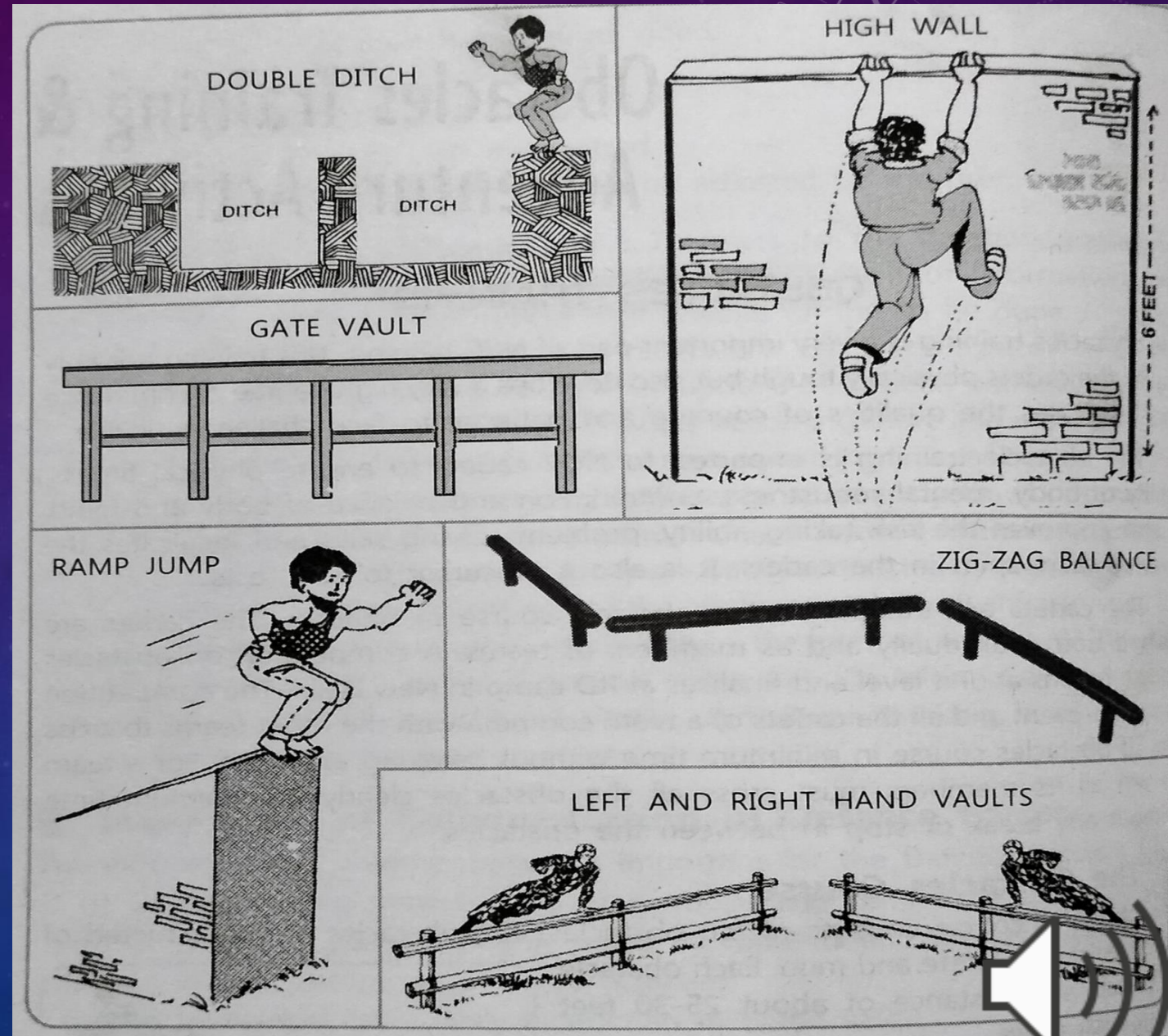
# THE OBSTACLE COURSE

The obstacle course consists of nine obstacles. The obstacles are constructed of wood, bricks, concrete and mud. Each obstacle is placed at a distance of about 25-30 feet from each other.



# THE NINE OBSTACLES ARE:-

1. STRAIGHT BALANCE
2. CLEAR JUMP
3. ZIG-ZAG BALANCE
4. HIGH WALL
5. DOUBLE DITCH
6. RIGHT HAND VAULT
7. LEFT HAND VAULT
8. GATE VAULT
9. RAMP JUMP



# STRAIGHT BALANCE

This obstacle consists of a wooden plank of 3 inches thickness, 4 inches width and 12 ft in length, placed 1 ½ feet above ground level. A cadet has to cross it running, keeping his arms open and balancing his body throughout the obstacle.





# CLEAR JUMP

This obstacle is a straight wooden beam fixed 2 ½ feet from the ground. A cadet has to cross it by jumping over it without touching it.



# ZIG-ZAG BALANCE

This obstacle is a structure of wooden beam which is 18 feet in length, 3 inch in width and fixed 1 ½ feet above the ground in a ZIG-ZAG manner. A cadet has to cross it lengthwise with open hands, balancing the body throughout the obstacle.



# HIGH WALL

This obstacle is a 6 feet high and 12 feet long plastered wall. A cadet has to run, jump, take a leap putting both hands on the wall and pushing his body upwards to jump over to the other side of the wall.



# DOUBLE DITCH

This obstacle consists of two ditches each of 6-8 feet in length, 4-5 feet wide and 3-4 feet deep separated by a small gap of 9-12 inch. A cadet has to jump across the first ditch, place one foot on the small gap in between and jump across the second ditch without stopping.



# RIGHT HAND VAULT

This obstacle is a wooden structure fixed 3 ½ feet above the ground and is 18 feet long. A cadet is required to jump over it using the right hand as support, swinging both legs up and jump across the beam.



# LEFT HAND VAULT

This obstacle is a wooden structure fixed 3 ½ feet above the ground and is 18 feet long. A cadet is required to jump over it using the left hand as a support throwing both legs up and jump across the beam.



# GATE VAULT

This obstacle is a wooden structure with two beams fixed at a height of 3 ft and 5 ft respectively, both 18 feet long. A cadet has to cross the gate by holding the upper beam with both hands and by passing his feet through 3 feet gate and jump across the vault.



# RAMP JUMP

This obstacle is a 15 feet long, 18 feet wide and 4 ½ feet high ramp. A cadet has to run in and climb over it, take a long jump on reaching the top and land on a pit on both the feet together.





THANK YOU

