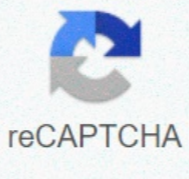




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## Compo 2 army

≡ Menu The Army Combat Fitness Test (ACFT) is the newly-developed fitness test that will replace the Army Physical Fitness Test (APFT). The ACFT will consist of six events: 3-Repetition Maximum Deadlift (MDL), Standing Power Throw (SPT), Hand Release Push-up (HRP), Sprint-Drag-Carry (SDC), Leg Tuck (LTK), and 2-Mile Run (2MR). Scoring for the ACFT will be age and gender neutral. Standards for the ACFT correspond to each Soldier's respective MOS physical demand category - Moderate (Gold), Significant (Grey), or Heavy (Black), as well as unit requirements. Information on this page was last updated on 14 October 2019. Implementation Timeline The general timeline for ACFT implementation is as follows. For full information, refer to HQDA EXORD 219-18 (note: link accessible from .mil networks only). The ACFT was field tested at 63 battalion-sized units and one Army command headquarters. Data and lessons learned from the field tests directed adjustments to the standards and administration procedures leading to Phase 2. Phase 2 - Full Operational Capability - Initial (FOC-Initial): FY 20 (1 October 2019) The ACFT is currently being implemented Army-wide, with the legacy APFT continued for record test purposes. COMPO 1 (Regular Army) units will conduct the ACFT twice; COMPO 2 and 3 units (Army National Guard/Army Reserve) will conduct the ACFT once. During this time, the ACFT will also be incorporated into applicable regulations, publications, forms, records, and school courses. Phase 3 - Full Operational Capability (FOC): FY 21 (1 October 2020) The ACFT is adopted as the Army test of record. Policy regarding physical profiles and alternate events developed during the field tests will be published no later than 1 October 2020. Scoring Notes The latest public guidance released by CIMT has expanded upon the scoring guidance slightly. Based on requirements by unit and/or individual occupational physical demands Maintains occupational fitness requirements for close combat battalion and below units regardless of age or gender (Black & Grey categories) A Note About Physical Demand Categories The Army has not yet released clear guidance regarding whether all Soldiers will be scored based on their individual MOS physical demand category, or a unit-based physical demand standard (e.g., all members of an infantry battalion being held to the Black/Heavy standard). Per the official Army ACFT frequently asked questions, "field testing will allow the Army to determine whether to administer the test based on unit occupational physical demands or by a Soldier's military occupational specialty." Physical demand categories for each MOS/AOC are established in PAM 611-21. It is worth noting that PAM 611-21 is a living document. Physical demands are established for each MOS/AOC based (theoretically) on the individual critical tasks associated with that MOS. Accordingly, these physical demand categories change as ICTLs are changed/updated or re-assessed. As we adopt these categories for the APFT, it is unclear how a Soldier will be scored if they enter their MOS under one physical demand category, but that category is later changed. I have provided copies of the physical demand categories in the resources below (current as of the last update of this site); links to the authoritative PAM 611-21 are also provided. Alternate Events The Army has announced an alternate ACFT for Soldiers on permanent physical profiles. The three mandatory ACFT events are the 3-rep maximum deadlift (MDL), the spring-drag-carry (SDC), and either the 2-mile run or an alternate aerobic event. The three alternate aerobic events will be the 15,000-meter hike, 5,000-meter row, and 1,000-meter swim. According to the latest guidance, these will be scored events, and not GO/NO-GO events like the current APFT alternate aerobic events. There are no exceptions to the modified ACFT testing sequence or protocol. Soldiers on a permanent profile must be cleared by the medical provider before taking the modified ACFT. For more information, see the official video announcing the alternate ACFT assessment. The alternate assessment, including the additional aerobic test events, do not apply to Soldiers with temporary profiles. Soldiers on temporary profiles are expected to recon, retrain, and pass the full six-event ACFT. The Army has not yet released score tables for the alternate aerobic events. However, Soldiers with permanent profiles must at a minimum achieve the GOLD level for the 3-Repetition Maximum Deadlift, the Sprint-Drag-Carry and the aerobic event. The 60%/GOLD level for each of the alternate aerobic events is 25 minutes. Army Combat Fitness Test (ACFT) Resources I have made an effort to identify the most current and authoritative resources concerning the ACFT. For your convenience, these resources are available below. Information regarding the ACFT is subject to change during the field testing period. Please contact me if you have received newer information through official channels. Official Additional Disclaimer This website is privately owned and operated. The contents of this site, including words, images, and opinions, are unofficial and not to be considered as the official views of the United States Army, or Department of Defense. This site is not endorsed by United States Army, or Department of Defense. Users accept and agree to this disclaimer in the use of any information obtained from this website. Chapter Three BUILDING the FORCE 3-1. GENERAL. This chapter describes the TAA process and identifies results of TAA-03 force structure requirements and resourcing by component for calendar year (CY) 1997-2003. It also addresses TAA-05 force structure initiatives. Watercraft doctrine is the basis for the development of the guidelines used in the TAA process. The training directorate at CASCOM is responsible for writing and maintaining watercraft doctrine. A. Army force structure requirements, i.e., the types and quantity of table of organization and equipment (TOE) units, are determined during TAA, a biennial process that determines what doctrinal forces are needed in scenarios specified by the Defense Planning Guidance (DPG). The DPG provides the National Force Projection Strategy and resource priorities for program development. These broad, high level issues are refined into greater specificity and addressed in The Army Plan, the Army's blueprint of the future that sets total Army goals and establishes priorities for dollars and manpower. CINC priorities and concerns also play a role in developing the Army strategy for organizing and equipping Army forces. The primary means of incorporating CINC requirements is the Joint Requirements Oversight Council, chaired by the Vice Chairman of the Joint Chiefs of Staff. The Army's force structure must provide essential support and minimize risk for the warfighting CINC. Figure 3-1 graphically depicts this process. Future structure must also provide a continuous training base in the event of total mobilization. Figure 3-1 B. There are two phases in the TAA process: 1) The first phase identifies the doctrinally required wartime combat support (CS) and combat service support (CSS) forces needed by the Army to support allotted combat forces in scenarios specified by the DPG. All force structure requirements are driven by approved Army doctrine. TAA force requirements are identified through the use of Training and Doctrine Command (TRADOC) developed, and HQDA approved, allocation rules that are used by the Concepts Analysis Agency in several computer models. Requirements are expressed in terms of level 1, fully modernized units; e.g., with units organized at 100 percent of required personnel and the most modern equipment. After the results of phase 1 are approved by HQDA, unit requirements compete for resourcing during phase II. 2) The second phase determines what units will be "resourced." Decisions made during this phase include component (Active, Guard, or Reserve; see Table 3-1) and authorized level of organization (ALO). Army watercraft units are resourced in either Component (Compo) 1 (Active Army) or Compo 3 (United States Army Reserve [USAR]). Watercraft units formerly in the Army National Guard were transferred to the USAR by the 1994 Army National Guard/United States Army Reserve off-site agreement. Typically, most CSS units are resourced at less than level 1, fully modernized units, because of Army manpower ceilings. Requirements for units that are not resourced during this phase are documented as Compo 4 units – valid requirements but unresourced – an accounting mechanism that allows the Army leadership to assess risk. Table 3-1. Component Breakout COMPO level Component 1 Active Component (AC) 2 National Guard (NG) 3 Army Reserve (USAR) 4 Unresourced (recognized, but unresourced requirements) 3-2. TRANSPORTATION WATERCRAFT FORCE STRUCTURE. TAA determines Army watercraft unit requirements that, in turn, determines the required quantity of each type of watercraft. TAA-03 watercraft unit requirements are shown in Table 3-2 (p. 3-4). TAA-05 is currently ongoing. A major change to TAA-05 scenarios is the modeling of water main supply routes (MSRs). This may directly influence, an increase requirements i.e., the LSV because of its efficiency in moving high volume tonnage. TAA-05 requirements will be based on allocation rules that employ watercraft units to discharge prepositioned maneuver and support force equipment (AWR-3); support reception, staging, and onward movement of forces in the theaters; and sustainment of combat operations through completion of the campaign plans specified in the DPG scenarios. The allocation rules for use in TAA-05 were reviewed at the Army-wide Study Advisory Group III (SAG III) requirements conference in October 1996. TAA-05 phase I results will be available after the General Officer Study Advisory Group (GOSAG) scheduled for December 1996. Phase II resourcing decisions are scheduled for the 3rd Quarter, FY97. "...Balance is the key word. It really describes the challenge we face in the Army today." Dennis J. Reimer, General, United States Army, Chief of Staff Table 3-2. Army Watercraft Force Structure Requirements (TAA-03) Type unit TAA-03 required TAA-03 resourced Compo 4 AC1 (ALO) RC1 (ALO) LSV DET 13 6 7 5 (1) 1 (1) HEAVY BOAT CO 4 4 0 2 (3) 2 (3) MEDIUM BOAT CO 4 4 0 1 (3) 3 (3) COMPOSITE BOAT CO2 1 1 0 1 (8) 0 LARC-LX DETS 5 5 0 2 (1) 3 (1) FLOAT CRAFT CO 4 4 0 2 (1) 2 (1) CAUSEWAY CO 2 2 0 1 1 FC MAINT CO 4 2 2 1 (1) 1 (1) PORT CONSTR CO 3 3 0 1 (1) 2 (1) Note 1. Projected ALOs. Note 2. Recognized as CINC-unique requirements (Panama). 3-3. ARMY WATERCRAFT UNITS AND THEIR MISSIONS. A. LSV detachments carry cargo and/or equipment throughout a theater of operations or intratheater routes not otherwise serviced by the Military Sealift Command (MSC). LSV detachments also assist in roll-on/roll-off (RO/RO) or LOTS operations, particularly with container-handling equipment, vehicular, and other oversize/overweight cargo. B. Heavy boat companies provide and operate landing craft to transport personnel, containers, vehicles, and outsize cargo in offshore discharge operations. The heavy boat company also augments lighterage service in a port or harbor, in inland or coastal waters, or between islands. The company also provides lighterage service required in joint amphibious or other waterborne tactical operations. The task craft is the Landing Craft, Utility (LCU). C. Medium boat companies provide and operate landing craft to move personnel and cargo in Army water terminal operations and waterborne tactical operations. It also augments naval craft in joint amphibious operations when required. The task lighter is a Landing Craft, Mechanized (LCM). D. Lighter, Amphibious, Resupply, Cargo (LARC) detachments provide the Army's only amphibious lighterage service primarily for heavy, outsize, or bulky equipment. Provides critical capability to place beach preparation equipment ashore. The task vessel is the LARC. E. Floating Craft Companies are capable of heavy tows within a harbor area or limited offshore towing between terminals, berthing and unberthing ocean going vessels and heavy lifts beyond the capability of a ship's gear. The task vessels, are the 128' large tug (LT), small (or pusher) tug, floating crane, and dry and liquid cargo barges. F. Causeway companies provide the Army with the capability to transfer cargo between ships or from ship to shore. Causeway systems provide the essential interface between Army lighterage and RO/RO ships. The task craft are RO/RO discharge facilities (RDFs), causeway ferry's (CFs) and floating causeways (FCs). G. Floating craft maintenance companies provide in theater general support maintenance to all types of Army watercraft. The floating machine shop (FMS) augmented by the Barge Conversion Deck-Enclosure Kit (BCDK), provides maintenance and repair parts support. The Containerized Maintenance Facility (CMF) will replace the FMS and BCDK. 3-4. SUMMARY. Doctrine drives force structure requirements, which, in turn, determines equipment (watercraft) required quantities. All Army watercraft requirements that are resourced are either Active Army or USAR units. TAA-05 requirements will be determined by doctrinally based allocation rules. TAA-05 resourcing decisions will be available in the summer of 1997. "Our Army is changing! We must not fear the change - rather, we must engage it - lead it - take it to a rational, well formed future...[We have] an absolutely key role in 'seeing' that future and in keeping us a trained and ready force as we head toward it. We will fill that role." William W. Hartzog, General, United States Army, Commander, Training and Doctrine Command By Capt. Steven L. Wesolowski, Division West, First Army Public Affairs FORT HOOD, TX – For a career that started with the Massachusetts Army National Guard and involved five overseas combat tours since 1991, now totaling over 31 years of military service as a Civilian-Soldier, Maj. Gen. Richard F. Johnson achieved another milestone as he recently took command of First Army Division West. First Army Division West's "Longhorns" receive what several colleagues have observed to be an invaluable leader to one of the U.S. Army's oldest and highly respected organizations. When Johnson joined the Longhorn division to lead the mission as the first-ever Commanding General from the National Guard component in the normally Active-duty billet, Johnson brought his Guard perspective to the Total Force partnership mission, and ensuring a seamless transition of Active Duty, National Guard, and U.S. Army Reserve Soldiers to fulfill global force requirements. Johnson completed his duties and responsibilities as the Deputy Director of the National Guard Bureau (NGB) in Arlington, VA. He took command from Maj. Gen. Frank W. Tate on Dec. 14, 2020. Johnson and Tate worked together on assignments several years before while at the 101st Airborne Division. Now, Johnson is looking forward to continuously building new partnerships across the Total Army when it comes to Soldier readiness for global deployments, while keeping Soldiers safe from the COVID-19 pandemic. "It is wonderful to be here at Fort Hood, and while it's a pinnacle time for our nation's ongoing efforts for a full recovery from the COVID-19 virus, our mission at Division West remains no change," said Johnson during his first few days of command. "It is a privilege to be First Army's Division West commander as we all continue to work together, further defining and expanding our main efforts as the division that can prepare and provide realistic training for all Army National Guard (compo 2) and U.S. Army Reserve (compo 3) units to meet a force readiness for any mission." Division West comprises five brigades, along with supporting elements from the 85th U.S. Army Reserve Support Command (85th USAR SPT CMD), each with training battalions consisting of Soldiers designated as Observer, Coach, Trainers (OC/T) that directly carry out the mobilization and demobilization for assigned Soldiers arriving to their training grounds. 166th Aviation Brigade, alongside its neighbors from 120th Infantry Brigade local to Division West Headquarters, both manage extensive training requirements for units mobilizing at North Fort Hood, TX. 5th Armored Brigade conducts OC/T operations at Fort Bliss, TX, while the 181st Infantry Brigade conducts its training support at Fort McCoy, WI, and the 189th Combined Arms Training Brigade (CATB) at Joint Base Lewis-McChord, WA. Other colleagues from Division West staff and brigades take notice of how Johnson brings a new perspective and direct approach to what Army National Guard and U.S. Army Reserve Soldiers go through once they are called up to Active Duty service for the nation's military engagements, whether the requirements are peacetime or wartime. "Having Maj. Gen. Johnson come in from the Pentagon and the National Guard side of the Army really allows us as a division, and for First Army, to get a fresh set of 'eyes' on how we're doing current operations, working our training, and building partnerships with our mission out there," said Command Sergeant Major Kevin M. King, commanding sergeant major for Division West. "So, this really gives us the view all the way from the strategic level, and how that's impacting us at the tactical level with our training units on out there. It's very refreshing to read into a different side of the story," King added. This is especially important, due to many Aviation assets residing in the Guard and Reserve. "Our mission is to train all army aviators and technicians that come from all components when they are ordered to Active Duty. From this, we do everything we can to take care of all them the same way we take care of our own, so that they can focus on their upcoming mission on-hand," said Col. Jennifer A. Reynolds, commander of 166th Aviation Brigade, Division West, commenting from the aviators' perspective. "To the Army, aviation units are exceptionally high demand, but low-density assets. And with these units coming in from every state, where they are already spread out far and wide, that can create challenges on them coming together as a team," said Reynolds. Currently, the 40th Expeditionary Combat Aviation Brigade, composed of Soldiers from numerous National Guard aviation regiments from across the country, were undergoing their early phases of training by the 166th Aviation Brigade. "Fortunately, it is impressive seeing how so many leaders from each state are able to quickly identify and work with each other, resulting in a big difference when they leave together for their mission," she added. "Maj. Gen. Johnson readily gets this, and because of the energy he brings to the job, to include his experience and genuine interest to making sure we get after the resources needed for these complex mission sets, it's only going to make us better at our job as an Active Duty unit." While OC/Ts are currently assigned to numerous training missions at installations assigned to Longhorn division, there are only two that remain active with non-stop rotations of mobilization events, otherwise known as Mobilization Force Generation Installations (MFGIs). Fort Hood and Fort Bliss are these MFGIs that provide deploying units with the most intense training environments necessary for continuing missions in Europe and the Middle East. "There is no better timing for Maj. Gen. Johnson to lead our organization," says Col. Brian P. Wolford, commander of 120th Infantry Brigade, Division West. "Whether it's Operation Atlantic Resolve or Inherent Resolve, we've got a mix of compo 2 and 3 units that are on a Title-10 deployment any given time throughout the year." "From reassuring our allies or messaging our foes about the U.S. Army's capabilities, it's actually our Army National Guard and Army Reserve who are in the forefront of those efforts, and Maj. Gen. Johnson brings with him that credibility and legitimacy to serve responsibly over our continued partnerships to meet pre-mob and post-mob qualitative training," Wolford added. The terrorist attacks of September 11th, 2001, brought a renewed emphasis on the Total Force concept to fulfill deployment requirements, said Wolford. "Before 9/11, there really weren't many Guard and Reserve units activated for overseas duty," Wolford said. "As the last 20 years have shown in our nation's wars and conflicts, 75% of the sustainment and support units were made up of both components. Without them, there would be no Army." Wolford has embraced the Total Force concept within his own formation. "In addition to how Longhorn division works, it's really the same way I approach the 120th mission. I don't see a 'compo 1, 2, or 3' when working with our partners," said Wolford. "Instead, I see a fellow American who is wearing a U.S. patch on their right sleeve in the same color uniform as me, who is going to a job that any given geographic, combatant commander needs them to do. So, it really doesn't matter who they are and where they come from, but it's really the professionalism and unique experiences they are bringing from their state communities to the fight, and I think Maj. Gen. Johnson will easily become the face of that for our division as well." Soldiers of the 189th Combined Arms Training Brigade also reacted to the historic placement of a member of the National Guard as the commander of First Army Division West. "We are excited for the opportunity to serve under a commanding general from the National Guard, and value the perspective and unique experience he brings to the mission," said Sgt. 1st Class Efrain Gutierrez, an OC/T and Operations NCO for 3rd Battalion, 364th Brigade Engineer Battalion, 189th CATB. "We look forward to fully understanding his vision and seeing the impacts it will have on the way we train our partnered units." "Maj. Gen. Johnson's experience in civilian law enforcement, and as a business owner, could bring a new approach to modernization and personnel management," said Lt. Col. Gregory A. Jenemann, battalion commander of the 3rd Battalion, 358th Infantry Regiment, 189th CATB. "The Army has consulted and contracted with civilians for decades, but this puts our division commander with years of civilian experience in a position to lead change for the organization." "A commander who is an experienced Guardsman will provide valuable insight into our partners' support requirements," said Lt. Col. Bowe T. Avril, battalion commander of the 2nd Battalion, 357th Infantry Regiment, 189th CATB. "Our next challenge will be returning to optimal readiness as the country returns to the previously established norms of in-person work and internet-classroom schooling. There will be greater demands on our partner Reserves and Guardsmen's time, while we continue our high state of preparedness for contingencies and war. We will do this the same way we have met all other challenges and adapt to change; by knowing our Soldiers through intimate leadership, and shared dedication to the mission. Our responsibility is to ensure the Total Army is ready for any threat. We are excited to be led by a commander who personifies the professionalism of our organization." "Our division commander is in a very unique situation to impact change where necessary for our compo 2 and 3 mobilizations, but also inspire all of our OC/Ts throughout the division to learn how to become masters of their craft," said Mr. Philip D. Calahan, deputy chief of staff for First Army Division West. "Mass is one of the nine principles of war, and will become a requirement for successful large-scale mobilizations when called upon. From well-done After Action Reviews to the fundamentals of marksmanship, OC/Ts demonstrating these skills to Soldiers undergoing mobilization will allow them to achieve decisive results for tomorrow's conflicts." Division West continues to carry a strong tradition of being the Active Duty component that specializes in producing readied multi-component army forces under the oldest and long-established First Army, a recognized corps unit under U.S. Army Forces Command, U.S. Army.

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