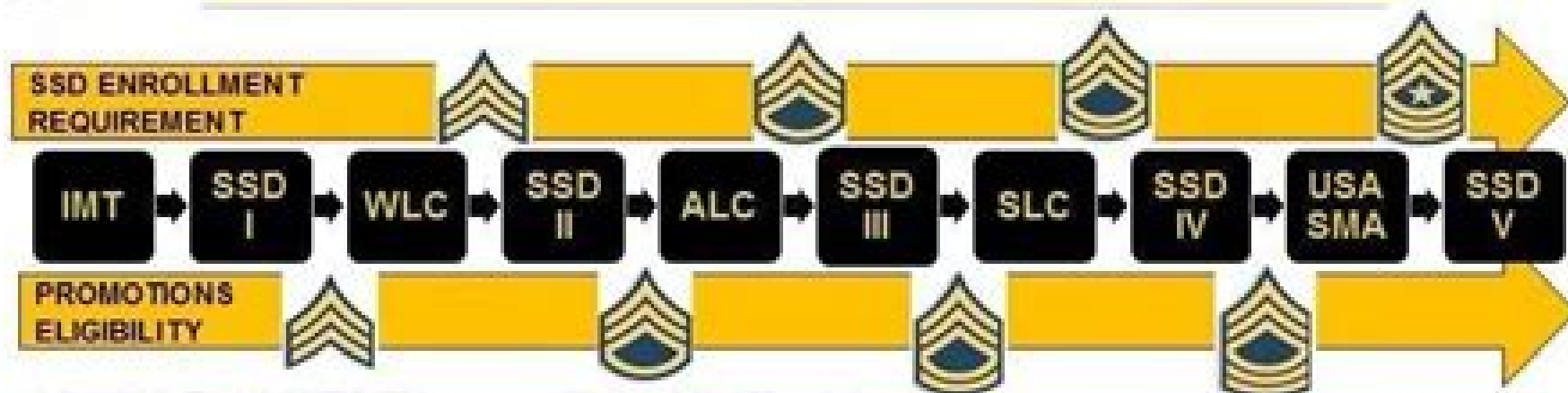




Promotions / SSD / NCOES Synchronization



- ALARACT 126 / 2014 was published 15 May 14
- Effective 1 Oct 14, SSD II replaces ALC Common Core and is a requisite to attend ALC
- Effective 1 Oct 14, the NCOES and SSD training paths will be progressive and sequential:
 - ✓ SSD I – automatic enrollment after completion of IMT
 - ✓ SSD II – enrollment upon graduation of WLC and promotion to SGT
 - ✓ SSD III – enrollment upon graduation of ALC and promotion to SSG
 - ✓ SSD IV – enrollment upon graduation of SLC and promotion to SFC
 - ✓ SSD V – enrollment upon promotion to SGM
- Effective 1 February 2015, SSD will be formally linked to promotion eligibility:
 - ✓ SSD I is currently required before recommendation to SGT
 - ✓ 1 February 2015, SSD II will be required before recommendation to SSG
 - ✓ SSD III is currently required before consideration for selection to SFC
 - ✓ SSD IV is currently required before consideration for selection to MSG

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"Total Army, Total Victory"

Army Ssd 1 Guide

**United States. Bureau of Naval
Personnel**



Army Ssd 1 Guide:

Enlisted Soldier's Guide Thomas Gills, 2017-04-01 Updated edition of the essential guide for enlisted soldiers in the U S Army This military reference guide completely revised for the current army is targeted at young men and women who have enlisted in the U S Army or are thinking about doing so The book is a must have resource for a successful career or tour as an American soldier and covers duties and responsibilities promotion and career opportunities real world issues customs and traditions uniforms and insignia pay and benefits physical fitness and personal and family matters

Publications

Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More, 2019-03-05 Over 600 total pages CONTENTS Army Combat Fitness Test Training Guide Version 1 2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1 4 Army Combat Fitness Test CALL NO 18 37 September 2018 FM 7 22 ARMY PHYSICAL READINESS TRAINING October 2012 IOC TESTING ACFT EQUIPMENT LIST 1 X LANE REQUIREMENT Version 1 1 4 September 2018 ACFT Field Test Highlight Poster Final OVERVIEW The Army will replace the Army Physical Fitness Test APFT with the Army Combat Fitness Test ACFT as the physical fitness test of record beginning in FY21 To accomplish this the ACFT will be implemented in three phases Phase 1 Initial Operating Capability IOC includes a limited user Field Test with approximately 60 battalion sized units from across all components of the Army While the ACFT is backed by thorough scientific research and has undergone several revisions there are still details that have not been finalized The ACFT requires a testing site with a two mile run course and a flat field space approximately 40 x 40 meters The field space should be grass well maintained and cut or artificial turf that is generally flat and free of debris While maintaining testing standards and requirements commanders will make adjustments for local conditions when necessary The start and finish point for the two mile run course must be in close proximity to the Leg Tuck station When test events are conducted indoors the surface must be artificial turf only Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint Drag Carry When environmental conditions prohibit outdoor testing an indoor track may be used for the 2 Mile Run The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes There should not be more than 4 Soldiers per testing group for the SPT HRP and SDC The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group Concerns related to Soldiers graders or commanders will be addressed prior to test day The number of lanes varies by number of Soldiers testing A 16 lane ACFT site will have the following ACFT specific test equipment requirements 16 hexagon trap bars 60 pounds each with a set of locking collars While all NSN approved hexagon bars must weigh 60 pounds there is always a small manufacturer s production tolerance The approved weight tolerance for the hexagon bar is 2 pounds 58 62 pounds Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars On average hexagon bar collars weigh 2 0 pounds per pair and are considered incidental to the totalweight of the MDL weight Approximately 3 000 lbs of bumper

plates 16 x 10 lb medicine ball 16 x nylon sled with pull straps 32 x 40 lb kettle bells Permanent or mobile pull up bars 16 x pull up bars at approximately 7 5 feet off the ground with step ups for shorter Soldiers Common unit equipment for set up and grading 16 stop watches 8 x 25m tape measures 8 x wooden or PVC marking sticks for the SPT One stick for every two lanes 70 x 18 traffic cones 50 field dome cones A soft flat dry test area approximately 40m x 40m on grass or artificial turf half of a soccer or football field A site that is free of any significant hazards A preparation area can be same as briefing area to conduct Preparation Drill A generally flat measured running course with a solid improved surface that is not more than 3 percent uphill grade and has no overall decline start and finish must be at the same altitude TC 7-21.13 The Soldier's Guide Headquarters Department of the Army,2017-09-27 This training circular is meant to be a reference for subjects in which all Soldiers must maintain proficiency regardless of rank component or military occupational specialty MOS It condenses information from Army Doctrine Publications ADPs Army Doctrine Reference Publications ADRPs Field Manuals FMs Training Circulars TCs Army Regulations ARs and other Army publication sources It addresses general subjects and is not all inclusive or intended as a stand alone document This guide offers Soldiers a ready reference on many subjects The Soldier s Guide describes the Army Values Army Ethic the fundamental obligations of a Soldier and the basics of leadership The principal audience for TC 7 21 13 is all Soldiers of the Army Profession but primarily those from ranks of PVT thru SPC TC 7 21 13 applies to the Active Army Army National Guard ARNG United States Army Reserve USAR and Army civilians unless otherwise stated *Contractors Guide; Research and Development in the U.S. Army* United States. Dept. of the Army. Office, Chief of Research and Development,1959 The Army Combat Fitness Test U. S. Army,2020-02-29 Our nation s greatest assets our Soldiers face a dynamic competitive and lethal operational environment OE that has evolved in recent years one in which our adversaries will employ a mix of traditional unconventional and hybrid strategies Our Army s physical readiness program must evolve to keep pace with the demands of modern war our physical fitness test must evolve as well Based on results of years of scientific study the Secretary and Chief of Staff of the Army have directed replacement of the Army Physical Fitness Test APFT While the legacy APFT is an acceptable test for measuring general fitness it does not adequately assess the domains of combat physical fitness The six event Army Combat Fitness Test ACFT was developed to better predict a Soldier s readiness for the demands of the modern battlefield Like combat the ACFT is both age and gender neutral The desired end states of ACFT implementation are an increase in physical readiness Guide to Federal Records in the National Archives of the United States: Record groups 171-515 United States. National Archives and Records Administration,1995 **Indian Army List January 1919 – Volume 2** Army Headquarters, India,2012-02-03 Volume 2 of 4 The January and July issues of the Indian Army List contain not only the distribution of officers on the active list of the Army in India including officers of British army regiments battalions etc stationed in India but are supplemented by the addition of Orders of Knighthood Honours and Awards including Foreign Orders by the non effective officer list and the War Services of

officers of the Indian Army Details of each officer include dates of birth except for wartime commissioned officers date of first commission of appointment to the Indian Army and dates of promotion Officers are grouped according to their rank and by seniority within that rank and are again shown under their regiments battalions In the case of British units their date of arrival in India is shown and with Indian units their date of formation and changes in title since plus details of the backgrounds of men recruited e g Sikhs Punjabis Dogras Rajputs etc This army list also includes all native Viceroy Commissioned Officers Subadar Majors Subadars and Jemadars and their war services Major HQs and their staffs divisional and brigade commanders and their staffs schools colleges Administrative Departments of the Army are all shown Non regular Indian Defence Force units such as 22nd Bengal and North Western railway Battalion and the Indian Army Reserve of Officers are all there along with British Warrant Officers serving in departments of the Indian Army In 1914 there were 116 Indian and 10 Gurkha Regiments all with one battalion apart from the cavalry 32 Indian and one Gurkha regiment had been formed and the majority of the original regiments had raised second and sometimes third battalions This splendid four volume work reflects the tremendous contribution made by the Indian Army to the Empire s war effort A full index is included

Rikugun: Guide to Japanese Ground Forces 1937-1945 Leland Ness, 2015-06-19 Rikugun Guide to Japanese Ground Forces 1937 1945 is the first nuts and bolts handbook to utilize both the voluminous raw allied intelligence documents and postwar Japanese documentation as primary sources This first volume covers the tactical organization of Army and Navy ground forces during the 1937 45 war Using the wartime Imperial Japanese Army IJA mobilization plans and the Unit Organization Tables Unit Strength Tables and Unit History Tables compiled by the War Ministry and the 1st Demobilization Bureau during and after the war a complete picture of IJA ground forces through the war is presented The evolution of the Japanese force structure is examined including infantry armor cavalry artillery and naval ground combat units from battalion to division level each thoroughly discussed and illustrated with tables of organization and equipment and mobilization data This forms the framework for any discussion of the Imperial Japanese Army s capabilities and intentions

Welfare and Recreation Manual United States. Bureau of Naval Personnel, 1945 **Guide to Federal Archives Relating to the Civil War** Kenneth White Munden, Henry Putney Beers, 1962

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1. Understanding the eBook Army Ssd 1 Guide
 - The Rise of Digital Reading Army Ssd 1 Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Army Ssd 1 Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Army Ssd 1 Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Army Ssd 1 Guide
 - Personalized Recommendations
 - Army Ssd 1 Guide User Reviews and Ratings
 - Army Ssd 1 Guide and Bestseller Lists
5. Accessing Army Ssd 1 Guide Free and Paid eBooks
 - Army Ssd 1 Guide Public Domain eBooks
 - Army Ssd 1 Guide eBook Subscription Services
 - Army Ssd 1 Guide Budget-Friendly Options
6. Navigating Army Ssd 1 Guide eBook Formats

- ePub, PDF, MOBI, and More
- Army Ssd 1 Guide Compatibility with Devices
- Army Ssd 1 Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Army Ssd 1 Guide
 - Highlighting and Note-Taking Army Ssd 1 Guide
 - Interactive Elements Army Ssd 1 Guide
- 8. Staying Engaged with Army Ssd 1 Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Army Ssd 1 Guide
- 9. Balancing eBooks and Physical Books Army Ssd 1 Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Army Ssd 1 Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Army Ssd 1 Guide
 - Setting Reading Goals Army Ssd 1 Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Army Ssd 1 Guide
 - Fact-Checking eBook Content of Army Ssd 1 Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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