

INDIVIDUAL OBSTACLES

I.O. also known as Individual Obstacles is one of the tasks of the GTO series, generally conducted on the first day of GTO testing. Sometimes it could be conducted on the second day, depending on the weather and mood of the officer. As the name suggests this task is performed by each member of the group, individually.

The purpose of this test is to check ability, physical toughness, stamina level, courage, determination, acrophobia (fear of heights), it also checks how fast you can make choice and execute it. There are total 10 tasks and time bound is 3 min. one can repeat the task if he is able to complete all 10 obstacles before 3 min. all obstacles are marked from 1 to 10, more task a candidate complete more his marks will be. You need to maintain a good stamina level. It is not necessary to start the tasks from 1st, but it is left to the wish of the candidate where does he want to start from. Army and Navy SSB has same IO tasks but there are few differences between I.O. in army and air force selection centres.



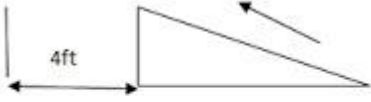
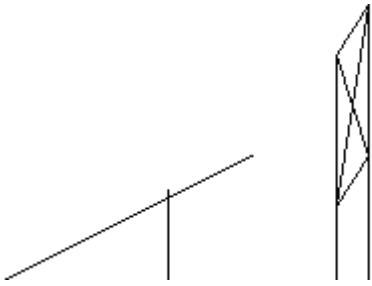
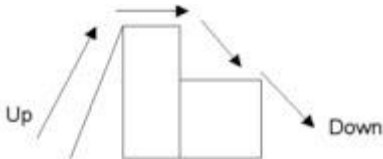
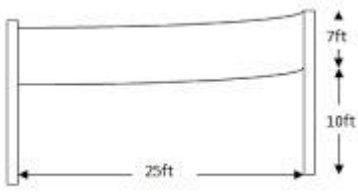
Figure 14: Candidate Performing High Jump During Individual Tasks

Total Marks : 55

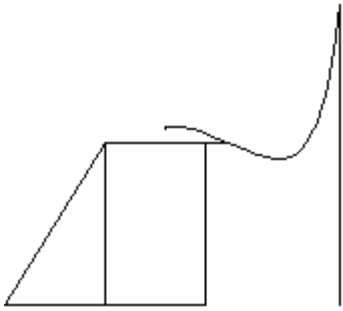
Time : 3 mins

Obstacles : 10

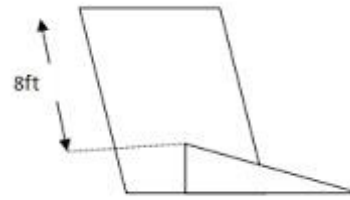
These tasks are:-

Army	Air Force
1. Jumping over a slide:- This is the 1 pointer task which is the simplest. You have to run on the slope of an inclined plane and jump across a line which is marked at approximately 4ft from the end of the plane. 	
2. Long jump:- It consists jump across a 6 ft.* 3ft. drum. For male and for girls the length is slightly less.	2. High jump:- It is a simple 3ft high jump. You can use free style for making the jump. There will be sand on the other side of the bar to avoid injury in case you happen to fall.
3. Zig-Zag Balance:- it include walk over a zig-zag balance and completion of walk and land properly. it is not used in air force. 	3. Walking a wooden log:- Walking on a cylindrical log of length approximately 6ft. The pole will be 4ft above the ground level.
4. High Screen jump:- candidate need to run over a slide and over a screen placed after slide. 	4. Jumping platforms: You have to climb a platform of 12 ft and then take two jumps. The first jump is to the lower platform which will be at 8ft from the ground. The second one is to the ground. 
5. Burma bridge: You need to walk between two ropes for a distance of 25 ft. The two ropes will be tied on poles at a height of 10 ft. This obstacle starts shaking as you begin to move so maintain your body balance. it is also most time consuming task. 	
6. Tarzan swing:-in this candidate climb to a platform near 10-12 ft at height then taking a rope in hand he need to swing like Tarzan and to land after a	6. Climbing the wall: Run up the slope of an inclined plane and climb over a wall of 8 ft. this wall is actually a wooden screen.

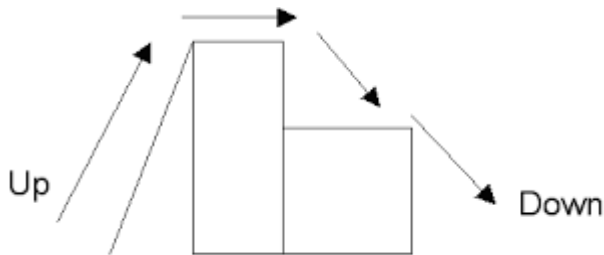
mark on the land. Tarzan swing is not in air force.



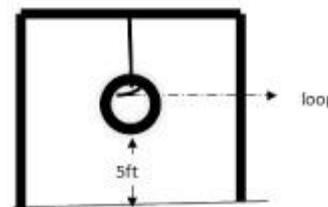
The best way is to put your one foot on top of the wall and get yourself rolled over to the other side.



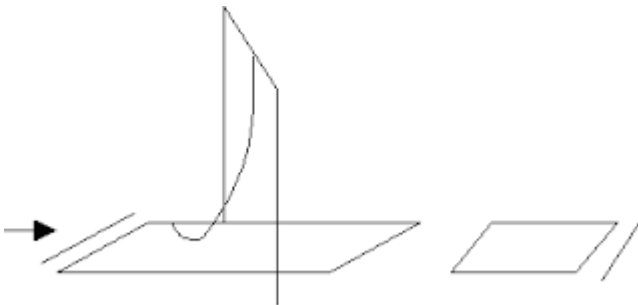
7. Jumping platforms: This can be difficult if you are scared of heights but it is easily doable. You have to climb a platform of 12 ft and then take two jumps. The first jump is to the lower platform which will be at 8ft from the ground. The second one is to the ground.



7. Jumping through a tyre: Jump through a big tyre with your feet first. The tyre is hung from a post at a height of 5 ft. There will be a small loop in the rope which can be used to hold and pull yourself up to get into the tyre. This is not in army.

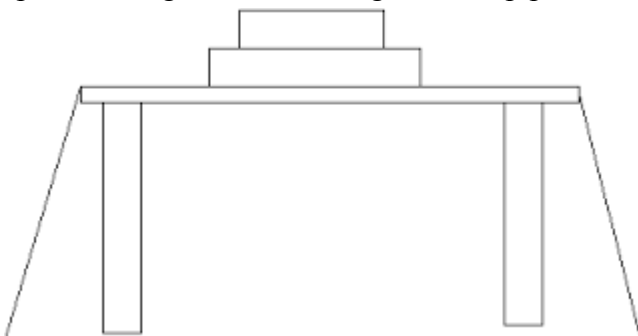


8. Double Ditch:- it have two ditch of 8ft.*3ft. and 4ft.*3ft. candidate need to cross the 1st ditch with the help of a rope and the second one with jump. This is not used in air force.

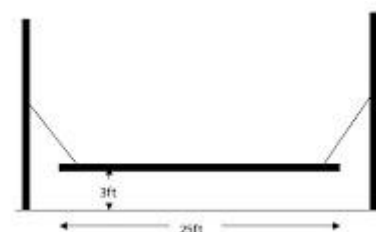


8. Tiger leap: You have to climb up a platform of 9ft and leap a distance of 4ft to catch a rope and get down by the rope. It is important to catch the rope at chest level so that you don't slide down and get cuts. In air force height of tiger leap is more than that of Army. it is for 10 points in army but here it is for 8 points.

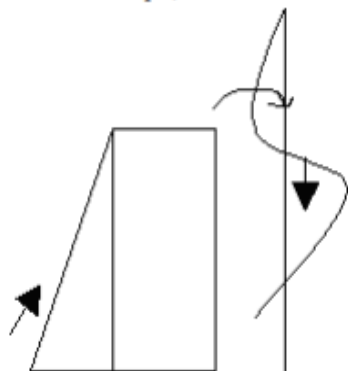
9. Commando walk:- it consist walk from any side up and down from another, maintain balance. Sometimes instructions are given to shout some specific things while standing on the top platform.



9. Monkey crawl: You have to move on a wooden log of 25 ft in length hung from rope suspenders at 3 ft above the ground level. You can choose either to slide on the log or get underneath it and crawl with both your hands and feet. But since it is suspended from ropes, as soon as you climb on it the whole set up starts to swing from side to side. Not used in army.



10. **Tiger leap**:-walk up a podium, leap and catch hold of a rope, then to climb down.



10. **Rope climbing**: You have to climb up a vertical rope to touch the post at a height of approximately 4 to 5 metre and then to come back. Not used in army.

