

6. Individual Obstacles

There are a total of 10 obstacles in order of difficulty. Each obstacle is marked with number. The individual obstacles are designed to test the nimbleness, physical fitness, boldness, courage, determination and confidence of the candidate. It is advisable that all the obstacles may be done in an organised way. These should never be done in a haphazard way. If the candidate cannot do any obstacle in the first instance, he should not waste the time on that, he should skip over to the next. However he can do that after completing the others. The candidate should have the confidence to cross all the obstacles. All the obstacles have been designed in such away that a man of average physique can do easily.

The candidates are advised to do the obstacles in a systematic way, courageously, correctly, at one go and with the confidence, rather than showing hurry to repeat the obstacles. The candidate can repeat if he gets time after doing all the obstacles needfully.

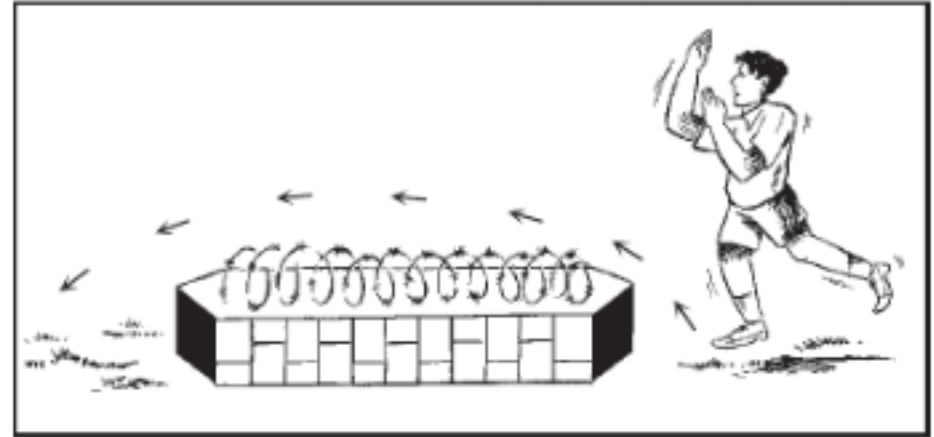
There are following types of individual obstacles which are to be done by a candidate within three minutes. Remember 3 minutes are sufficient. A person of normal physique can complete all the obstacles within 3 minutes easily—

- (a) Crossing a ditch 7' long usually covered with barbed wire.
- (b) Walking-over the inclined ballies.
- (c) Crossing-over the a horizontal balli.
- (d) Monkey crawling.
- (e) Climbing a wall (8 feet high).
- (f) Passing through a tyre.
- (g) Jumping-over a board from a sloping plank.
- (h) Tarzan swing or Tarzan jump.
- (i) Rope climbing.
- (j) Walking-over parallel ropes.

The moment GTO says start, you should start quickly from obstacle No. 1 and keep on doing with the nearest obstacle and complete needfully within three minutes. If the time permits, you can repeat the obstacles.

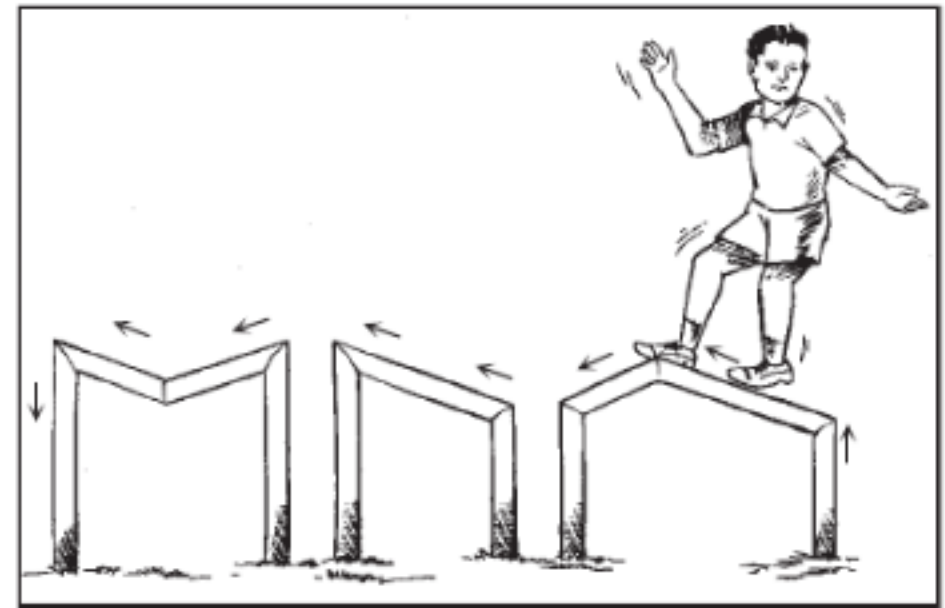
This book contains 10 sketches in respect of all the obstacles with suggested techniques to be applied to cross the obstacles easily and correctly. The candidates will understand automatically when they go through these sketches and the hints.

1. Long jump 7' ditch



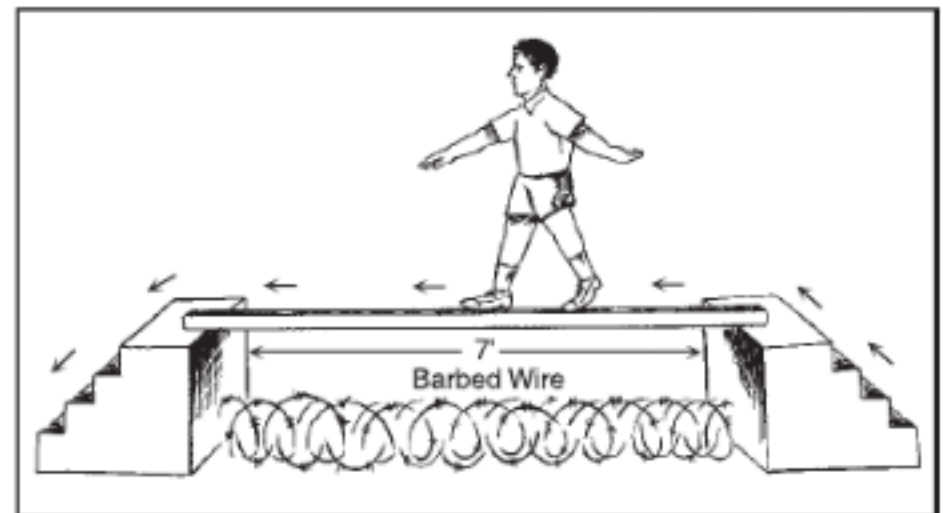
Hints—Run up about 50 yards. See at the end of the obstacle and cross with confidence and firm determination. Candidate of normal physique can easily cross it.

2. Walking over inclined ballies/structures



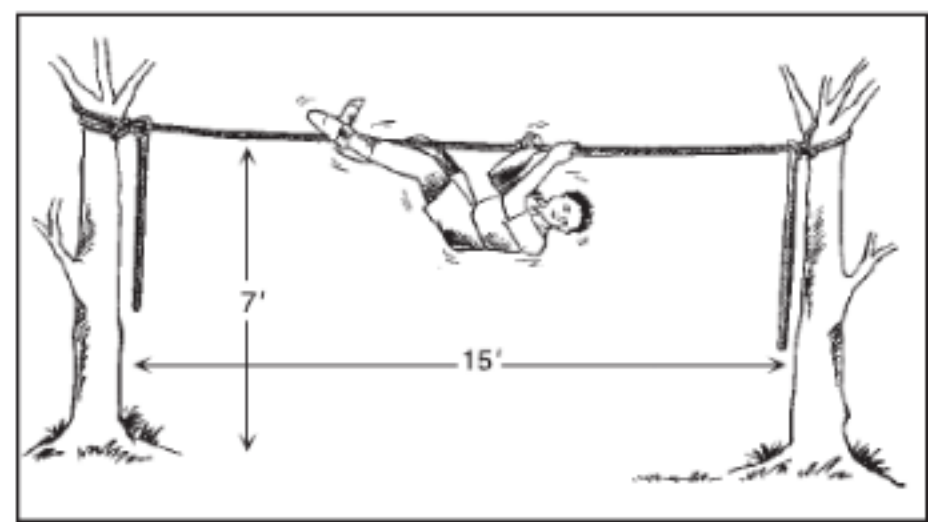
Hints—While crossing these inclined structures, the candidate has to maintain the balance of body. It is better that the candidate should go over these structures as quickly as possible maintaining the balance of the body every time.

3. Cross over a horizontal beam



Hints—It again involves balanced walking. Look to the balli and keep on walking with the balance of body. Do not see on the ground. Do not stop in between. Keep moving till you cross the beam.

4. Monkey crawl



Hints—The candidate will climb with the help of vertical rope, catch the parallel rope with the grip of his feet, lift the body upward and put the heels over the rope one by one and start crawling as fast as possible. Move your hands and feet forward alternately while crawling. Need not look down to the ground. When you reach at the end of the parallel rope hang your body, catch hold of the vertical rope with the firm grip of the feet, then shift your hands to the vertical rope and come down in a natural manner.

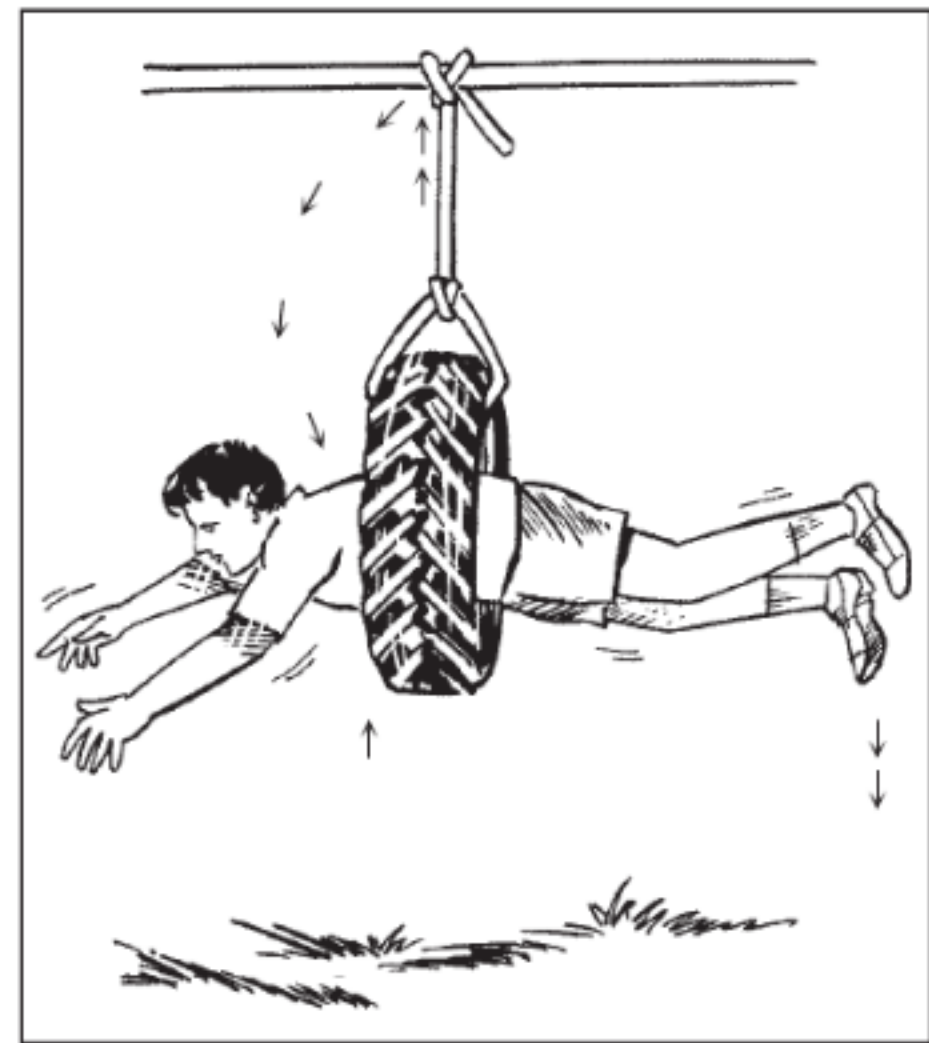
5. Wall climbing – 8’ feet high



Hints—Little run, jump and get on up the wall with a sudden jerk. Once you get up the wall,

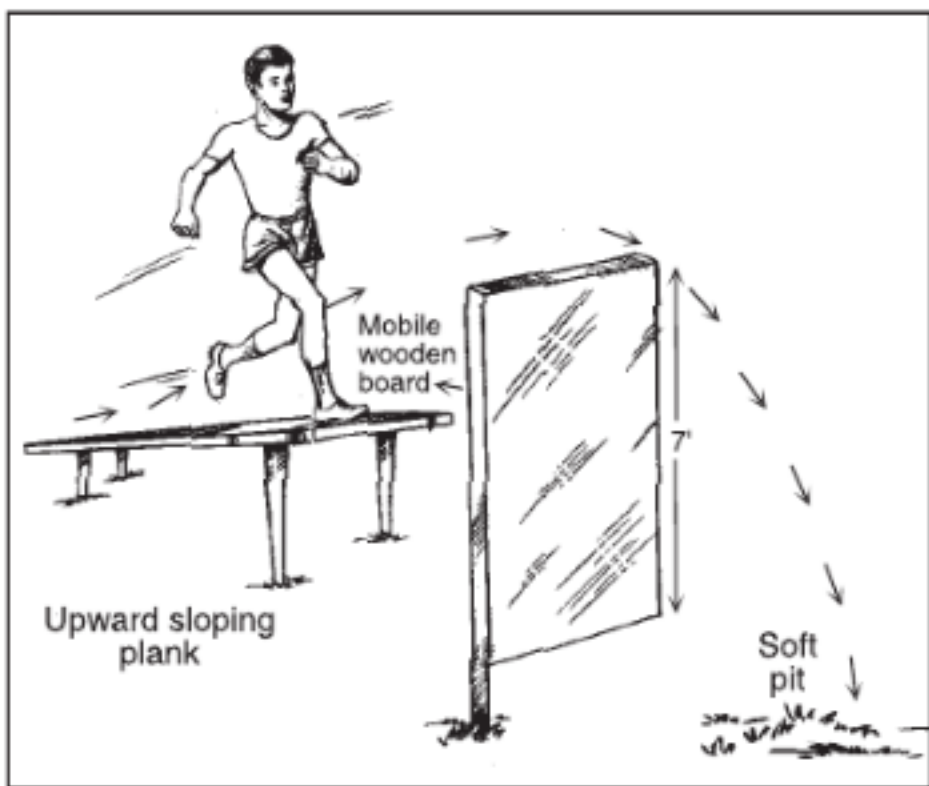
pull your body, try to get one of the feet on the top. Come on the top and jump over the other side.

6. Passing through a tyre



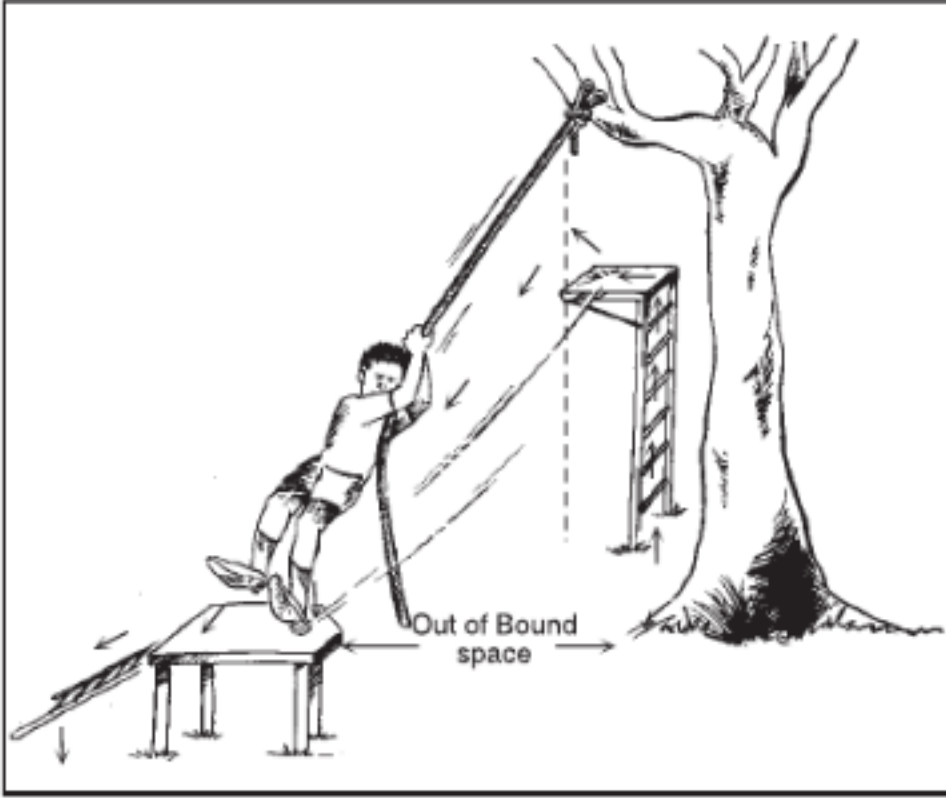
Hints—Hold the rope above the tyre firmly. Pull the body upward. Put the legs inside the tyre and slide the body towards the otherside and get down.

7. Jumping over a board from a Sloping Plank



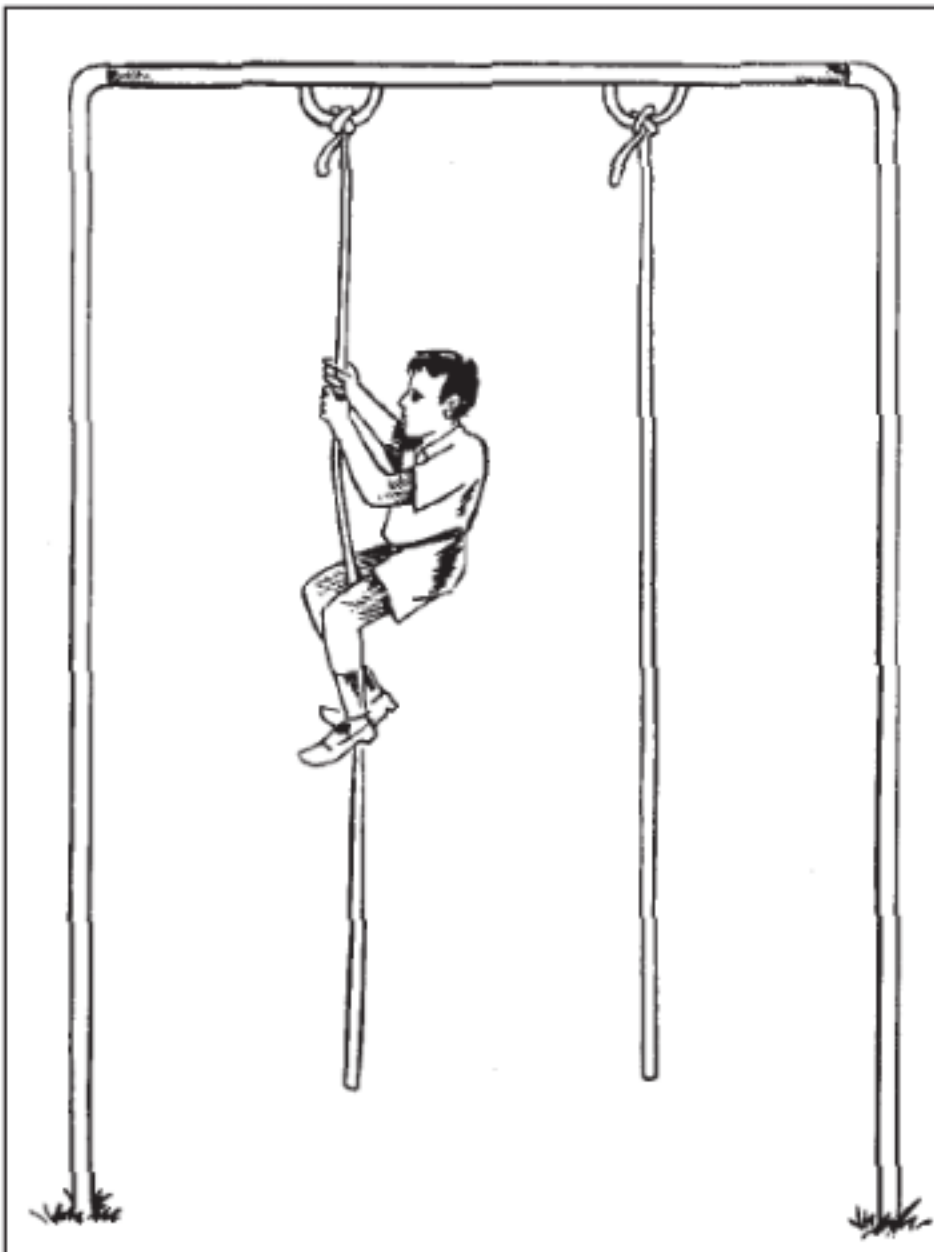
Hints—Run upward over a sloping plank. When you reach about the top of the plank take a long and high swing jump beyond the board. This you should do in one go.

8. Tarzan swing or jump



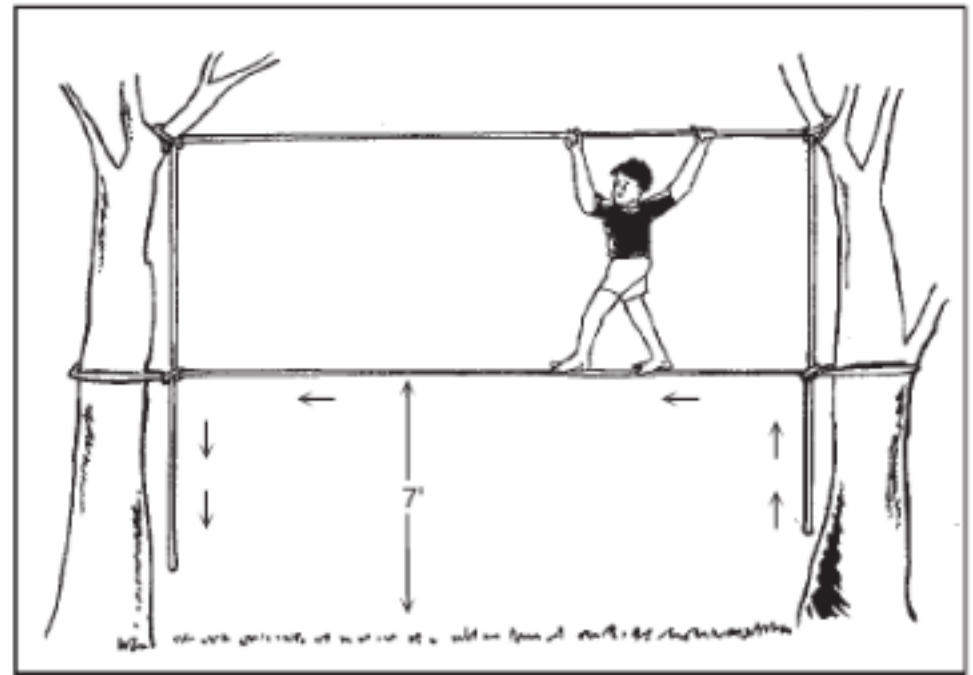
Hints—Take a confident jump on the rope and catch it firmly and come down by swing and steadily making use of grip by feet. Do not slide down the rope. Release the rope when you have reached the farthest end and take a confident jump maintaining your momentum.

9. Rope climbing



Hints—Catch the rope firmly, pull up the body with jerk, use the grip of feet and knees and climb up by moving hands and feet step by step alternately. Come down step by step by exchanging the grips by both hand as well as feet. Do not slide down.

10. Walking over parallel ropes



Hints—This obstacle is again a balanced walking exercise over a rope. The candidate has to climb over the parallel rope through vertical rope hanging above the ground. Hold the rope over the head. Slide your hands over your head and the feet on the lower rope simultaneously. Maintain the momentum of your balanced move. Get down from the coming hanging rope as per the technique explained against monkey crawl.