



MARINES
THE FEW. THE PROUD.®

MARINE CORPS LEADERSHIP AND PHYSICAL FITNESS WORKSHOPS

LEADERSHIP WORKSHOP

This workshop introduces participants to the fundamental principles of Marine Corps leadership, which are applicable not only on the battlefield, but in the classroom, the boardroom and throughout daily life.

LEADERSHIP REACTION COURSE

A course in which students take turns solving a problem. This develops a sense of responsibility and urgency, and the importance of both leading as well as following. This is intended to be a positive, reinforcing exercise and usually students are able to successfully learn from each other.

ETHICS DISCUSSION

Discuss ethical problems with relevance to the class, group or organization. Inspire and motivate through stories about overcoming challenges.

COMBAT FITNESS TEST

The test simultaneously prepares teams for short, explosive efforts and develops endurance for the long haul. The CFT consists of three events:

- an 880-yard "movement to contact" run
- two minutes of lifting a 30-pound ammo can over the head, earning points for the number done in the time limit
- the "maneuver under fire" drill is part obstacle course, part conditioning and part combat test:
 - 25-yard crawl
 - hauling a simulated casualty using two different carries: drag and fireman's carry over 75 yards zigzagging through cones
 - sprint while carrying two 30-pound ammo cans over 75 yards through the same cones
 - throwing a dummy hand grenade into a marked circle 22.5 yards away
 - 3 pushups and a sprint with the ammo cans to the finish line

**SCHEDULE YOUR WORKSHOP BY CONTACTING,
THE USMC OFFICE OF DIVERSITY AT
MCRCDIVERSITY@MARINES.USMC.MIL
OR 571-991-1576**

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