

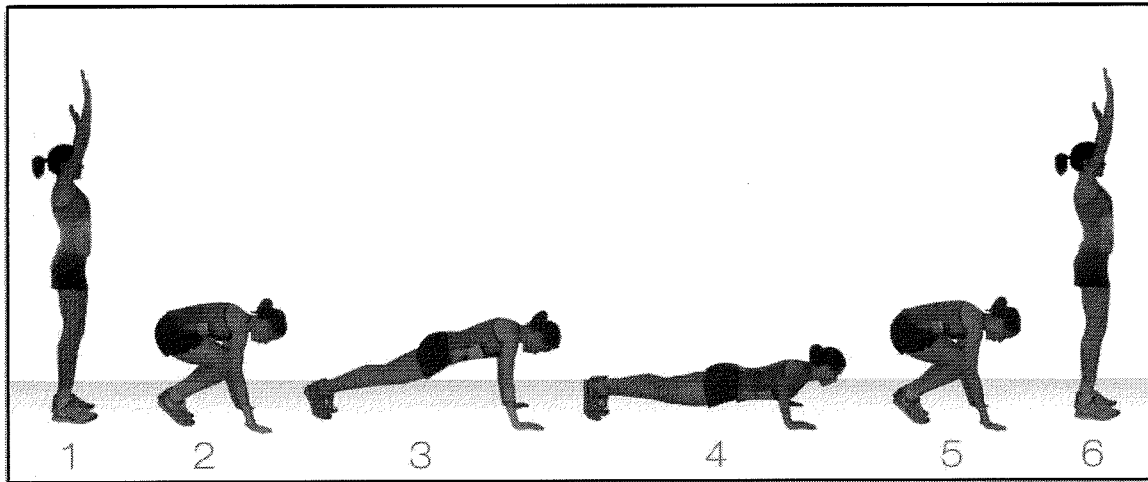


## DEFENSIVE TACTICS/ARCON INSTRUCTOR PHYSICAL ABILITY TEST

Acceptance into the 80 hour Defensive Tactics/ARCON Instructor Course, requires applicants to complete the Physical Ability Test (PAT). The purpose of this test is to ensure the applicant has the requisite physical ability, to fully participate in the two-week course without undue fatigue and risk of injury.

The PAT consists of 30 “Burpees” exercise in three minutes or less.

### *Burpee exercise*



1. Starting position- Standing straight, arms fully extended upward.
2. Down phase- Crouch, placing both hands on the floor with knees drawn up towards elbows. The hands will remain in this position through position 5.
3. Plank position- The feet are projected backwards.
4. Down position- Body is lowered to make full contact with the ground. Chest should be in contact with the floor.\*
5. Up phase- Knees are drawn back towards the elbows in the crouched position.
6. Ending position- Jump straight up, arms fully extended upward. Both feet must break contact with the surface of the floor.

The following are examples of improper techniques and will not be counted as a successful attempt:

- Chest does not make contact with the floor at position 4
- Feet do not leave the floor surface during position 6

\*Continuous movement through positions 2-4 is permitted. It is not necessary to pause or break up each of the positions