



ALL ARMS COMMANDO

Reference No

071/041

Duration

12 weeks
(including
4 weeks
preparatory
course)

Location

Commando
Training Centre
Royal Marines
Pre Commando
Course (PCC)
With sponsor
units

29 Cdo RA

24 Cdo RE

IELTS

6

Frequency

3 courses
per year



AIM OF COURSE

To prepare Navy, Army or Air Force personnel for service with 3 Cdo Bde RM by developing the temperament, mental resolve, physical robustness and core military skills necessary in the demanding environment of expeditionary and littoral operations.

OUTLINE SYLLABUS

- ◆ Field craft & tactics
- ◆ Signals
- ◆ First Aid, health & hygiene
- ◆ Map reading & navigation
- ◆ Organisation & role of Commando forces
- ◆ Skill at Arms with troop weapons
- ◆ Physical fitness
- ◆ Amphibious training
- ◆ Vertical assault

ENTRY STANDARDS

- ◆ Pass Royal Marines Battle Fitness Test (BFT) on joining course
- ◆ Pass Combat Fitness Test (CFT) within 1 month of joining course
- ◆ Swim 60 metres in clothing, tread water for 3 minutes, having entered water from 3 metres



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- ◆ Climb 30ft (9.2m) rope whilst wearing equipment weighing 6.8kg on joining course
- ◆ Pass Weapons Handling Tests on personal weapon to a skilled standard on joining course

EXAMINATIONS / QUALIFICATIONS GAINED

- ◆ Twelve miles (19km) load carry (with equipment weighing 31.3kg and personal weapon) at night as a formed body within the time limit of 4 hours
- ◆ Tarzan / Assault course in 13 minutes with equipment weighing 9.6kg and carrying personal weapon
- ◆ Six mile Endurance Course in 73 minutes with equipment weighing 9.6kg and carrying personal weapon
- ◆ Nine mile speed march in 90 minutes as a formed body with equipment weighing 9.6kg and carrying personal weapon
- ◆ Final exercise testing basic military tactics (map reading, amphibious skills, endurance and stamina)
- ◆ March 30 miles in 8 hours with equipment weighing 9.6kg and carrying personal weapon and safety stores on a given Dartmoor route as a syndicate

REMARKS

Emphasis is on fitness & stamina. All students must be physically prepared on arrival.

The 4 week Preparation Course run by one of the 2 sponsor units takes place at Oakhampton Battle Camp or RMB Chivenor immediately precedes the AACC and provides for the essential preparation including SA 80 familiarisation.

Vacancies depend on RM training requirement and will not exceed more than 5 IDT students per course.