




Air Assault Course Overview

As of:
18FEB2025

| | FRIDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---|---|---|--|---|---|
| Week 1 | <p>DAY 0</p> <ul style="list-style-type: none"> -INPROCESSING -2 MILE RUN -OBSTACLE COURSE -STANDARDS BRIEF <p>COMPOUND, O-COURSE</p> | <p>DAY 1</p> <ul style="list-style-type: none"> -CLOSE COMBAT ATTACK -AIRCRAFT ORIENTATION -AERO MEDEVAC -COMBAT ASSAULT -HAND & ARM SIGNALS -LZ/PPZ OPERATIONS -AIRCRAFT SAFETY -6 MILE FOOT MARCH BRIEF <p>COMPOUND</p> | <p>DAY 2</p> <ul style="list-style-type: none"> -6 MILE FOOT MARCH -PACKING LIST INSPECTION -PHASE I TEST REVIEW -PHASE I WRITTEN TEST -HAND & ARM SIGNAL TEST -SLINGLOAD 2 HOUR BLOCK <p>WHEELER AAF, COMPOUND</p> | <p>DAY 3</p> <ul style="list-style-type: none"> -PHASE I WRITTEN RETEST -PHASE II HANDS ON SLING LOAD TRAINING (CLEAN) -BRANCH CHIEF TIME <p>COMPOUND</p> | <p>DAY 4</p> <ul style="list-style-type: none"> -PHASE II HANDS ON SLING LOAD TRAINING (DIRTY) -BRANCH CHIEF TIME <p>COMPOUND</p> | <p>DAY 5</p> <ul style="list-style-type: none"> -PHASE II WRITTEN TEST REVIEW -PHASE II WRITTEN TEST -PHASE II SLING LOAD TESTING -SLING LOAD RE-TRAINING -SLING LOAD RE- TEST <p>COMPOUND</p> |
| Week 2 |  | <p>DAY 6</p> <ul style="list-style-type: none"> -4 Mile Run -PHASE II WRITTEN RETEST -PHASE III GROUND BASED TRAINING/SLANT WALL -HIP RAPPEL SEAT TRAINING -WALL SIDE RAPPELLING <p>WEYAND FIELD, LA TOWER</p> | <p>DAY 7</p> <ul style="list-style-type: none"> -HIP RAPPEL SEAT TRAINING -15 SECOND HOOK UP TRAINING -WALL SIDE RAPPELLING -OPEN SIDE RAPPELLING <p>MCBH TOWER</p> | <p>DAY 8</p> <ul style="list-style-type: none"> -90 SECOND HIP RAPPEL SEAT TEST -15 SECOND HOOK UP TEST -LOCK-IN RAPPEL TEST -HOLLYWOOD RAPPEL TEST -COMBAT RAPPEL TEST <p>MCBH TOWER</p> | <p>DAY 9</p> <ul style="list-style-type: none"> -AIRCRAFT RAPPELLING -SLING LOAD DEMO - END OF COURSE CRITIQUES <p>CAMP LIGHTNING (UPPER 36)</p> | <p>DAY 10</p> <ul style="list-style-type: none"> -12 MILE FOOT MARCH -PACKING LIST INSPECTION -GRADUATION <p>WHEELER AAF, WEYAND FIELD</p> |