

# JUNGLE OPERATIONS INTERNATIONAL COURSE

# CANDIDATE GUIDELINES

-2024-

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**JUNGLE WARFARE TRAINING CENTER  
(Colonel Jorge Teixeira Center)**

**JUNGLE OPERATIONS INTERNATIONAL COURSE  
CANDIDATE GUIDELINES**

**PART I – PURPOSE**

Establish the first contact with the friendly nations' candidates for the JUNGLE OPERATIONS INTERNATIONAL COURSE (**CIOS** acronym in Portuguese), guiding them through the intellectual, physical, organic, psychological, material, and administrative preparation to the course.

Greet the servicemen who set out the JUNGLE OPERATIONS INTERNATIONAL COURSE, demonstrating professionalism, selflessness and commitment to the institution.

**PARTE II - GUIDELINES**

The JUNGLE OPERATIONS INTERNATIONAL COURSE is a specialization course aiming the jungle warfare. Therefore, requires that the candidate already have basic professional knowledge related to military activities learned in military academies and training schools. These knowledges will be adapted to the jungle throughout the course.

It is interesting that the candidates for the Jungle Operations International Course have some knowledge about surviving in the jungle and organic adaptation to this operational environment.

It is important that the candidate has time to prepare for the course while still in his military organization in his country of origin. All guidelines can be found on CIGS website at **[www.cigs.eb.mil.br](http://www.cigs.eb.mil.br)**

The candidate for CIOS must fill in the Candidate's Information Sheet which is in the "ANNEX A" and send in advance to the 5th Section of the Brazilian Army Headquarters (International Affairs Section) in the e-mail **[protocolo.sla@eme.eb.mil.br](mailto:protocolo.sla@eme.eb.mil.br)** and to the Students Division of CIGS in the e-mail **[divalucigs@yahoo.com.br](mailto:divalucigs@yahoo.com.br)**

## **PARTE III – THE COURSE**

### **1. COURSE SCHEDULE**

The Jungle Operations International Course will follow this schedule:

<b>CIOS SCHEDULE</b>	
<b>Presentation – ready in CIGS</b>	October 4 <sup>th</sup> 2024
<b>Mobilization</b>	October 7 <sup>th</sup> to October 11 <sup>th</sup> 2024
<b>Beginning of the Course</b>	October 14 <sup>th</sup> 2024
<b>Date of Leave</b>	From November 23 <sup>rd</sup> 2024

### **2. COURSE PHASES**

Currently, the Jungle Operations International Course is divided into phases, as follows:

<b>Week</b>	<b>Stage</b>	<b>Subject</b>	<b>Overall Objective</b>
<b>Mobilization</b>	- Psychological assessment, health and physical examinations, theoretical and practical evaluation and administrative measures, exchange of doctrine, military knowledge and combat experiences.		
<b>1</b>	Jungle Life (survival)	Jungle Life (survival)	- Employ techniques and procedures for survival in jungle environment.
<b>2</b>	Special Techniques	Special Techniques	- Provide content and develop key techniques, tactics, and procedures to the jungle warfare. - Employ means and techniques to move through the jungle. - Employ special techniques in military operations in the jungle environment.
<b>3, 4 and 5</b>	Operations	Operations	- Adapt doctrinal and planning knowledge to the jungle warfare. - Employ charge techniques to command reconnaissance and combat patrols, at ground or river. - Perform military operations in the Amazon environment. - Command military groups in the jungle environment.
<b>Demobilization</b>	Healthinspection, psychopedagogical activities, social gatherings, diplomation ceremony and badge delivery ceremony.		

## **PART IV – REQUIREMENTS**

The requirements for the appointment of military staff from Friendly Nations for the CIOS are laid down in the Regulatory Instructions for Enrollment, Selection and Registration in the Courses of the Jungle Warfare Training Center (IRISM/CIGS – 2021).

The most important follow below:

I – Approval in the **Health Inspection (IS** acronym in Portuguese) performed in the countries of origin, according to the protocol published by the Health Board;

II – Fluency in the English language;

III – Approval in the Preliminary Physical Fitness Test carried out in the countries of origin, as indicated in the Physical Fitness Test (**EAF** acronym in Portuguese) table found in page 10 in this guideline and supervised by the corresponding Brazilian Military Attaché.

## **PART V – SPECIFIC GUIDELINES**

### **1. HEALTH INSPECTION**

The health inspection must shall attend the requirements of the Army General Instructions for Medical Expertise (*Instruções Gerais para Perícias Médicas no Exército – IGPMEx*, in Portuguese), Army Regulatory Instructions for Medical Expertise (*Instruções Reguladoras para Perícias Médicas no Exército – IRPMEx*, in Portuguese), Army Technical Standards on Medical Expertise (*Normas Técnicas Sobre Perícias Médicas no Exército – NTPMEx*, in Portuguese) and the Regulatory Instructions for Application, Selection and Registration in the courses of the Jungle Warfare Instruction Center (*Instruções Reguladoras para Inscrição, Seleção e Matrícula nos Cursos do Centro de Instrução de Guerra na Selva – IRISM/CIGS*, in Portuguese).

For the Health Inspection at CIGS, the following medical examinations made in the country of origin should be submitted, in addition to a report, where a doctor of the country of origin attests that the military does not have medical restrictions to take the course:

- Frontal and lateral (lungs and heart) chest radiography and sinus and face bone radiography;
- Chagas' disease tests (made in Brazil) and HIV;
- Complete blood count, ESR, platelet count;
- Fasting glycemia;
- Parasitological stool;
- Urinalysis;

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- Electrocardiogram at rest;
- Ergometric test (cardiovascular evaluation);
- Glutamic oxaloacetic transaminase (SGOT);
- Glutamic pyruvic transaminase (SGPT);
- Urea and creatinine;
- Bilirubin (total, direct and indirect);
- Dental (panoramic radiography of the dental arches);
- Sorology for hepatitis A and B (containing at least HbsAg and antiHBc) and

Hepatitis C;

- Ophthalmologic examination;
- Visual acuity;
- Audiometric exam;
- T3, T4 and TSH exams;
- Electroencephalogram;
- Toxicological (cocaine, amphetamines, opiates and cannabinoids);
- Sickle cell trait and;
- PSA test, only to the male segment (from 40 years old);
- Sorology (IgM/IgG) for COVID-19;
- HCG pregnancy test and Pap smear (only to the female segment); and

The candidates must also present the Vaccination Records (Immunization Records) which **MUST** contain the following vaccines:

- Yellow Fever Vaccine;
- MMR Vaccine (Measles, Mumps and Rubella);
- Hepatitis B vaccine 3-shot series.

**Only the candidate considered as FIT in the health inspection will perform the Physical Fitness Exam. All medical examination will be charged on presentation at CIGS, and they must be made in the country of origin, preferably shortly before the course (maximum 3 months).**

**The candidate must notify his Army of any changes in the examinations who prevent him from taking the course. This notice should also reach the Brazilian Military Attaché.**

## **2. PHYSICAL PREPARATION**

A Preliminary Physical Fitness Test (EAFP) will be held in the candidate's country as a selection, by the Brazilian Military Attaché or corresponding. In the mobilization week, the Final Physical Fitness Test and the Military Knowledge Test shall be carried out, having both

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eliminary character. The candidates who fail to achieve the minimum indices will not be registered and must return to their countries (Regulatory Instructions for Application, Selection and Registration in the courses of the Jungle Warfare Instruction Center [*Instruções Reguladoras para Inscrição, Seleção e Matrícula nos Cursos do Centro de Instrução de Guerra na Selva (IRISM/CIGS)*]).

**The candidate must keep in touch with the Brazilian Military Attaché in his/her country to be warned about the Health Inspection and Physical Fitness Test in his/her country of origin.**

The physical preparation should not only aim at the Physical Fitness Test, because the course requires intense and prolonged physical efforts. In this way, the physical preparation should mainly aim **the realization of the course**.

Sometimes, even passing the Physical Fitness Test, the student presents difficulties in performing certain tasks during the course. The tactical swimming instructions can be cited as the main example, where the lack of specific physical preparation may endanger the safety and performance of the student in the course.

The preparation for the **swimming activities** shall be carried out gradually, starting with the candidate swimming and floating in trunks and, throughout the training, the candidate should increase the time and the weight anchored to the body, so that, by the end of the preparation, the candidate is able to **swim distances longer than 2.000m** wearing the full combat uniform and using the tactical vest (individual equipment – belt, suspenders, vest) and **float for at least 15 (fifteen) minutes** with the full combat uniform, tactical vest and armed with his Assault Rifle.

The Assault Rifle which will be used in CIOS weighs about 4kg. It is worth saying that training with another type of device is good, but it does not reflect the use of a real Assault Rifle. When possible, the training must be carried out with the individual weapon. The position of the Assault Rifle in the flotation is described on page 15 of this document.

It is advisable that the swimming training could be done after other intense physical activities as it reflects the reality of the course, where the student performs the swimming activities already tired due to other previous physical activities.

All teaching activities will be evaluated in order to measure cognitive and psychomotor performance of the student. Some tests have formative character, aiming at having constant feedback of the student improvement. Others will have summative character and will be eliminatory, and will dismiss the student due to technical insufficiency if he does not achieve the minimum performance.

**The candidate must realize the course with uniform, tactical vest and backpack of his army.** Therefore, he must prepare, adjust and train with these materials in his country.



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The candidate must also get prepared for aerobic (continuous running) and neuromuscular activities, mainly lower limbs, due to long distances that will be covered during the course and upper limbs to bear the weight of the backpack.

In order to be in good physical condition to be approved in the Physical Fitness Test and attend CIOS, the candidate must follow a physical training schedule organized by a specialist. In the **ANNEX “C”**, the candidate will find a physical training program, prepared by the Brazilian Army Physical Training Research Institute (**IPCFEx** acronym in Portuguese) with the collaboration of CIGS, which may be used as a subsidy for his/her preparation. Other professionals from the health area like doctors, nutritionists, physiotherapists, etc, may be consulted according to individual needs.

For the close combat activities, the candidate must seek for specific preparation in order to avoid injuries due to the lack of technical capacity.

During CIOS, the student will undergo intense physical effort, such as:

<b>TASKS – Running, tactical swimming and close combat</b>
Running up to ten (10) km in 60 min, wearing the full combat uniform with cap and no shirt.
Taking off the equipment inside the water wearing the full combat uniform, armed with the Assault Rifle, and equipped with tactical vest (individual equipment) and the backpack in 6 (six) minutes.
Performing the modified side swimming (Indian) for at least 20 meters in full combat uniform, armed with the Assault Rifle, and wearing the tactical vest.
Swimming at least 800m with the full combat uniform, with the tactical vest, using a rope attached to the body to drag the backpack and weapon anchored.
Floating with full combat uniform, armed with the Assault Rifle, wearing the tactical vest for at least 15 minutes continuously.
Performing submerged swimming wearing the full combat uniform, with the tactical vest for at least 15 meters.
Swim up to 200 meters, wearing the full combat uniform, with the tactical vest and the Assault Rifle on shoulder.
Performing the fight techniques for personal defense, disarm of opponent, falls and projections.

### **3. PHYSICAL FITNESS TEST**

#### **a. Physical Fitness Test (EAF) table for CIOS**

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Day	Shift	Tests	MINIMUM STANDARD	
			CIOS	
			Male Segment	Female Segment
1st	Morning	Running 8.000m	40 minutes	48 minutes
		Pull-ups	10	4
		Crunch (sit-ups)	69 repetitions	69 repetitions
		Push-up	35 repetitions	20 repetitions
	Afternoon	Submerged swimming	10 meters	10 meters
2nd	Morning	Vertical Rope Climbing	4 meters	2 meters
			Without the aid of feet	
	Afternoon	Tactical swimming – 400m	15 minutes	15 minutes
		Flotation	10 minutes	10 minutes
			With the assault rifle (weighs about 4 kg)	
3rd	Morning	March 15km	3 hours	3 hours
			Wearing the tactical vest and using Assault Rifle and backpack. The backpack must weigh 15kg	

**b. Execution Conditions**

I – The candidates will have two attempts to carry out the tests, with an interval of at least one day between them, except for the military march, which must be carried out only once. The candidate can only have a second attempt in one of the tests. If the candidate does not reach the expected score in more than one test, even at the first attempt, he/she will automatically be considered unfit for enrollment purposes in the CIOS.

II – The Physical Fitness Test (EAF acronym in Portuguese) is considered mandatory. The absences or waivers should be told with the excuses to the Application and Supervision Committee (CAF acronym in Portuguese) president;

III – The candidate who does not carry out any of the EAF tests will not be able to enroll in the CIOS;

IV – If the candidate chooses not to perform any of the attempts or the rest of the EAF, he should fill in and sign a Waiver Term, which says he quits the execution. He must give it to the CAF president;

V – Even if the candidate does not accomplish the minimal standard for the tests, the committee must record the results;

VI – The indexes are the same, regardless of age; and

VII – The correct execution of the exercises can be observed on the EB70- MC10.375 (Military Physical Training Handbook, available on the website [www.ipcfex.eb.mil.br](http://www.ipcfex.eb.mil.br)) and the video of the execution pattern is available on the CIGS' website ([www.cigs.eb.mil.br](http://www.cigs.eb.mil.br)).

**c. Physical Fitness Test (EAF) activities**

**1) Running**

I – Run the distance specified in the EAF index table, on flat ground, according to the segment. If there is slope in the path, it should be smooth and, to the possible extent, offset by a reverse slope. The performance time will be recorded by the CAF.

II – It will be carried out in full combat uniform, with no cap and no shirt. For candidates from the female segment, the uniform will be the same with the addition of a black bustier (top).



Figure 1: Running.



Figure 2: Run Course (Location: 2º Grupamento de Engenharia)

**2) Pull-ups**

I – Starting position: the military hangs on the bar, arms extended, holding the bar with his hands in pronation. In this exercise, unlike the others, the military should only hold the bar after the whistle to start the execution.

II – Execution: the military will perform successive arm pull-ups at the bar.

III – Full combat uniform, with no cap and no shirt. For women candidates the uniform will be the same, with the addition of black bustier.



Figure 3: Pull up (initial position)



Figure 4: Pull up

**3) Crunches**

I – Starting position: Dorsal decubitus with legs flexed, arms crossed on the chest and hands on opposite shoulders.

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Note:

a) Approach the trunk of the flexed legs, as if it were “rolling” it.

b) Keep your hands on your shoulders and your arms against your chest, thus avoiding the impulse.

c) In the eccentric phase of the movement (return to the starting position), lean the shoulders on the ground.

II – Full combat uniform, with no cap and shirt. For women candidates the uniform will be the same, with the addition of black bustier.



Figure 5: crunches



Figure 6: crunches

### **4) Push-ups**

I – Starting position: the positioning is done in two strokes. In the first, group the body together, joining the legs simultaneously, supporting the hands on the ground and, in the second, extend the legs back, leaving the body in a horizontal position on three supports on the ground (left, right arm and tip on the feet). The feet should not be placed one over the other.

II – Execution: in the first time, the elbows are flexed until they surpass the back plane and in the second time are extended, returning to the starting position.

III – Full combat uniform, with no cover and no shirt. For women candidates the uniform will be the same, with the addition of black bustier.



Figure 7: push-ups – starting position



Figure 8: push-ups

### **5) Submerged swimming**

I – The test may be carried out in any aquatic environment without rapids, preferably in a swimming pool or tactical tank.

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II – The planned route should be performed in a single apnea, in any style, without any part of the body touching the surface.

III – The area to be transposed should be marked by lanes or ropes. The corresponding marking distances for 0 (zero), 5 (five) and 10 (ten) meters must be marked. The markings should be exceeded by the candidate's body to be considered as accomplished. The military's body may touch the markings since the submerged swimming ends after doing so.

IV – In the starting point, the candidate must not use any kind of propulsion, and must be in the standing or natural fluctuation position.

V – The test will be carried out in full combat uniform without cap, with lowered sleeves.



Figure 9: Submerged swimming



Figure 10: Submerged swimming

### **6) Climbing the vertical rope**

I – The candidates must climb a vertical sisal rope, with a 1.5 (one and a half) inch diameter without initial propulsion from the base (ground or mattress).

II – The rope must be marked out at 0 (zero), 2 (two) and 4 (four) meters high. The markings should be exceeded by both the candidate's hands in order to be considered as accomplished.

III – The initial marking 0 (zero) should be 1.80 (one meter and eighty centimeters) above ground level, so that the candidate starts to climb with both hands beneath it.

IV – The candidates will perform the activity in combat uniform, with no cap and lowered sleeves.



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Figure 11: Climbing the vertical rope

Figure 12: Climbing the vertical rope  
(marked at 0, 2 and 4 meters)

### **7) 400m tactical swimming**

I – The test may be carried out in any aquatic environment without rapids, according to the index table for EAF.

II – The candidate must swim in any style, except submerged swimming (when the military stays for longer than 5 seconds with the head under the water), starting from the standing position or natural fluctuation, with no impulsion. The military may not lean on any type of flotation aid device.

III – The test will be carried out in full combat uniform, with boots, with no cap, with lowered sleeves.



Figure 13: Tactical Swimming



Figure 14: Tactical Swimming

### **8) Flotation**

I – The test may be carried out in any aquatic environment without rapids and in accordance with the index table for EAF.

II – The military should keep his/her body in vertical position (characterized by no belly, buttocks, waist, legs, and feet out of the water). The military must not perform lateral movements or lean on any aid (floating or tactical tank edges) during the test. The head should always be outside the water. It is forbidden to immerse the face in the water.

III – The time counting will start with the candidate in the standing up or natural flotation position.

IV – The test will be carried out in full combat uniform, with lowered sleeves, assault rifle and no wristwatches. The military must keep the assault rifle in his back, with the tactical sling over the shoulder, with the barrel up or down. The military must follow these rules to the flotation sessions during the course.

V – If the candidate is called attention three times for floating out of the established patterns (established rules), he/she will be interrupted during the test and the objective will

be considered as not achieved.



Figure 15: Flotation



Figure 16: Tactical Sling over the shoulder

### 9) March

I - March according to the conditions in the EAF index table on a road. If there is slope in the path, it should be smooth and as far as possible, compensated by an opposite slope (in this case, it is ideal that the arrival coincides with the starting line).

II – It will be carried out in full combat uniform with cap, armed with the assault rifle (with magazine), carrying equipment (tactical vest) and machete;

III – The backpack will be weighted at the beginning and at the end of the march. If its weight is less than the weight expected, the applicant will be considered UNFIT in the EAF.



Figure 17: March

## 4. ORGANIC PREPARATION

Since CIOS is a combat course, with specific characteristics of the jungle operating environment, in order to succeed, the candidate should be in excellent organic conditions.

The candidate must take previous health care, especially dental care, and take care of chronic diseases. During the course, medicines must be only taken under medical orientation.

The immunization by vaccine (tetanus, yellow fever, hepatitis B) will prevent diseases.

It is important that the soldier with chronic and joint diseases go through a specific

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preparation, being aware that such health problems can affect his/her performance during the Course.

Candidates for the Jungle Operations International Course **SHOULD NOT** use anabolic, protein compound, energy drinks or weight-reducing substances and other synthetic substances to increase strength and muscle tone. In addition, it is emphasized not to ingest medications that seek the correction of serious allergy problems or infectious-contagious disease. It is of utmost importance for the student's performance during the realization of CIOS.

Candidates must follow these recommendations at least 6 (six) months before the course starts.

Candidates will fill in the **Term of Commitment of non-use of prohibited substances** during the Mobilization Week, distributed by the Students Division.

It is worth mentioning that prohibited substances have as examples: Thermogenic, Anabolic or Ergogenic resources (pharmacological and nutritional), etc.

### **5. INTELLECTUAL PREPARATION FOR THE COURSE**

#### **a. General Guidelines**

One of the instruments that the candidate will have in order to fulfill his/her mission is the intellectual preparation. In order to do so, here is a list of the most important issues to be discussed at the Jungle Warfare International Course.

During the Mobilization Week, the student will receive instructions for handling the rifles and machine guns that will be used in the course.

<b>Subject</b>	<b>Topic</b>
<b>Life in the Jungle</b>	Basic aspects of Campaign Topography
	General Rules for Survival
	First Aid in Combat
	Marches and Rest Areas

<b>Subject</b>	<b>Topic</b>
<b>Special Techniques</b>	Physical Training (operational physical fitness, gymnastics with weapons, running, etc.)
	Close combat (identifying sensitive points, performing strokes, disarm, takedown and projection)



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	Topography (map scales, location points, rectangular, geographical, and polar coordinates, use of compass in terrain and map, map- terrain navigation, preparation of the Navigation Auxiliary Frame (QAN), preparation of topographic maps for navigation, Garmin GPS 64s, expedite navigation)	
	Knots and moorings (making American seat and chest bandage, knots: several different types)	
	Communications (preparation and installation of improvised antennas, encryption and decryption of messages and communication operations), Radio Falcon II MPR 9600, Radio Falcon III RF 7800 U-HH, Motorola XTS 1500 and APX200.	
	Military techniques for jungle combat (chainsaw and clearing opening, people tracking)	
	Military explosives and destruction (major explosives, safety rules with explosives, calculation of loads)	
	Air mobile techniques	
	Waterborne techniques	
	Weapons, ammunition, and shooting ( <b>5,56mm IA2 Assault Rifle and 7,62mm FN MAG</b> )	
	Combat Shooting	
	Navigation (land and water navigation, day, and night navigation)	
	<b>Special Techniques</b>	Patrols [types, organization, planning, rules of command, issue an order, rally point and clandestine rally point, Objective Approach Techniques, Immediate Actions Techniques].
		Combat and Reconnaissance Patrols – land, river, and air mobile.

This study plan presented in the next pages aims to guide the previous study of the candidate. **The candidate should focus on the content listed in the Topic 5: intellectual preparation for the Course.**

The candidate cannot have access to Brazilian Army manuals; therefore, the contents passed here are generic, with similar doctrine in several Armies. Moreover, it is important that the candidate study based on its own doctrine because the course also serves as an exchange of military knowledge.

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**STUDY PLAN TO THE JUNGLE OPERATIONS INTERNATIONAL COURSE**

**WEEK 1**

TOPIC	MONDAY	TUESDAY	WEDNESDAY	THURSAY	FRIDAY
LIFE IN THE JUNGLE	BASIC ASPECTS OF CAMPAIGN TOPOGRAPHY	GENERAL RULES FOR SURVIVAL	FIRST AID IN COMBAT (TC-3)	MARCHES AND REST AREAS	-

**WEEK 2**

TOPIC	MONDAY	TUESDAY	WEDNESDAY	THURSAY	FRIDAY
SPECIAL TECHNIQUES (CLOSE COMBAT AND TOPOGRAPHY)	IDENTIFY SENSITIVE POINTS (CLOSE COMBAT)	MAP SCALES AND RETANGULAR SCALE (TOPOGRAPHY)	GEOGRAPHICAL AND POLAR COORDINATES	USE OF COMPASS IN TERRAIN AND MAP	MAP-TERRAIN NAVIGATION

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**WEEK 3**

TOPIC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPECIAL TECHNIQUES (TOPOGRAPHY)	PREPARATION OF THE NAVIGATION AUXILIARY FRAME	PREPARATION OF TOPOGRAPHY MAPS FOR NAVIGATION	GPS GARMIN 64S	EXPEDITED NAVIGATION	KNOT AND MOORINGS

**WEEK 4**

TOPIC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPECIAL TECHNIQUES (COMMUNICATIONS)	PREPARATION AND INSTALLATION OF IMPROVISED ANTENNAS	ENCRYPTION AND DECRYPTION OF MESSAGES	COMMUNICATION OPERATIONS	FALCON II MPR 9600 RADIO	FALCON III RF 7800U - HH

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**WEEK 5**

TOPIC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPECIAL TECHNIQUES (EXPLOSIVES)	CHAINSAW AND CLEARING OPENING	PEOPLE TRACKING	MAJOR EXPLOSIVES (MILITARY EXPLOSIVES)	SECURITY RULES WITH EXPLOSIVES	CALCULATION OF LOADS (EXPLOSIVES)

**WEEK 6**

TOPIC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPECIAL TECHNIQUES	AIR MOBILE TECHNIQUES	WATERBORNE TECHNIQUES	5,56 IA2 ASSAULT RIFLE	7,62mm FN MAG MACHINE GUN	COMBAT SHOOTING

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**WEEK 7**

<b>TOPIC</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>PATROLS</b>	<b>TYPES AND ORGANIZATION</b>	<b>PLANNING PATROLS AIR AND RIVER PATROLS</b>	<b>RULES OF COMMAND</b>	<b>ISSUE AN ORDER</b>	<b>RALLY POINT AND CLANDESTINE RALLY POINT  OBJECTIVE APPROACH TECHNIQUES</b>

**WEEK 8**

<b>TOPIC</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>PATROLS AND OPERATIONS</b>	<b>IMMEDIATE ACTIONS TECHNIQUES</b>	<b>AIR MOBILE OPERATIONS</b>	<b>OPERATIONS AGAINST IRREGULAR FORCES</b>	<b>WATERBORNE OPERATIONS</b>	<b>-</b>

**b. Doctrinal Interaction**

The purpose of the Doctrinal Interaction is to promote the exchange of doctrine, military knowledge, and combat experiences in the jungle environment among the Friendly Nations participating in the Jungle Warfare International Course (CIOS). This exchange also aims at the soldier's own training to combat in the jungle and provides a better performance for students in the development of CIOS.

The Doctrinal Interaction is part of the CIOS Teaching Activities Board and will take place during the mobilization week, before the beginning of the course itself.

Candidates should prepare themselves for the activity in advance, selecting materials regarding the subjects that will be approached and practiced during the course.

**6. PSYCHOLOGICAL PREPARATION**

The Jungle Warfare International Course (CIOS) aims to specialize military personnel to participate in military operations in a jungle environment. For this, the Jungle Warrior needs to have the capabilities to face, in the best possible conditions, peculiar and challenging situations that are typical of the jungle operations. Due to this, the development of several **ATTITUDES** written in the CIOS Professional Profile (PP) grows in importance during the course: **PHYSICAL COURAGE, DECISION, DEDICATION, EMOTIONAL BALANCE, INITIATIVE, PERSISTANCE, RUSTICITY, among others.**

In the pursuit of excellence to simulate the development of these attitudes in the students, several activities are carried out, which allied to the extended time of the course end up characterizing stress factors. For the student to be able to deal with these stress factors as best as possible, some precautions can be taken before the beginning of the course, such as:

**a. Knowledge of the physical symptoms of stress:**

- 1) breathing – shortness of breath, dizziness, feeling of having something heavy on the chest;
- 2) cardiovascular – palpitation, tachycardia, elevation of blood pressure;
- 3) digestive – nausea, vomiting, constipation, diarrhea, loss of appetite;
- 4) elimination system – increased evacuation frequency and urinary activity, sweating;
- 5) muscular/skeletal – trembling and oscillations; and
- 6) appearance – walking differently, looking down, yellowish skin, dark circles,

restlessness.

**b. Knowledge of emotional and psychological stress symptoms:**

The range of emotions may include fear, terror, anxiety, irritability, resentment, anger, fury, guilt, shame, loneliness, depression, apathy, coldness, hysterical outbursts, loss of confidence, hope or faith, and thinking of yourself as a failure.

**c. Manage personal and family problems:**

- 1) solve concerns about physical and psychological health;
- 2) manage financial problems;
- 3) concerns about the health of wife, children and family;
- 4) concerns about the safety of family members while away from home;
- 5) create a support network for the family during your absence;
- 6) make excellent physical and intellectual preparation;
- 7) know your limits and manage subjective conflicts, among other situations that may be pertinent; and

8) make the family aware that there will be little contact, but it is a routine of the course, it does not mean that there is going to be a problem.

Taking some precautions before the course can contribute significantly to the student training process as it allows for adjustment of situations that avoid excess stress and help in understanding the stressful situation.

## **7. MATERIAL PREPARATION**

The student should prioritize the quality of the gear so that his/her individual performance is not impaired due to inefficiency of the tools and gear purchased. It is appropriate to point out that the hot and humid climate of the jungle, as well as the stressful training activities, deteriorate the material, for example, the effect of oxidation.

When the student is moved to the Instruction Bases, located in the Training Field Area, he will conduct his tactical vest, backpack, and duffle bag. Therefore, it is recommended that at the end of the mobilization week **all the material is ready to be used.**

In the “**ANNEX D**” – **GENERAL GUIDELINES FOR THE PREPARATION OF THE MATERIALS** – the candidate will find the list of all the mandatory and suggested materials necessary for the course.

The constitution of some kits must consider the particularities of each soldier,

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so that each kit contains the material necessary for the accomplishment of the missions. There are some kits and materials that are mandatory; however, some other items will be at the discretion of the student. A lot of these materials can be purchased in the local stores of Manaus city.

Special attention should be paid to the practicality, portability and waterproofing of kits. The containers should not be too large and heavy and must be packed in the equipment or backpack, in a place where it can be quickly accessed. Most of the time, during the Course, the student's backpack and duffle bag will be the only source of gear.

All the anchoring of the individual equipment must be done with ropes; karabiners must be made of steel or iron.

The student is allowed to bring his own backpack which may be used during the whole course and his hydration pack which may be used by order of the Coordinators. It is worth saying that all materials must be olive green, black or green and black camouflage. The candidate should try **NOT TO EXCEED THE WEIGHT OF 15 kg** of his backpack, including the mandatory and optional material.

Regarding the student's health, it is important to state that self-medication is prohibited in any situation during the Course. Thus, in case of necessity, the medical team that constantly monitors **CIOS** will perform medical care and prescribe the drugs to be used. Drugs of routine use may be carried by the student in his/her **first aid kit**, such as: bandages, antiseptic, antifungal, and analgesic medication (since the student has a medical prescription) to solve minor injuries.

### **8. GUIDELINES TO THE FEMALE SEGMENT**

In instructions where the use of bathing suit is needed, it will be required to wear a black swimsuit with black lycra shorts over it.

In all activities, it is mandatory to wear a black bustier (top) under the combat uniform.

### **9. OTHER PRESCRIPTIONS**

#### **a. Training Costs,**

The military of Friendly Nations must bring the individual mandatory material present in the **ANNEX "D"** in this Guideline to the Candidates. The military may also purchase some materials in local stores when getting to Manaus city. If the candidate acquires all the material in advance, the military will not have order training costs during the course.

#### **b. Food**

The students of Friendly Nations will receive food, under the same conditions provide to



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Brazilian soldiers, during the training days of the course according to the provisions of the Weekly Schedule.

In the leaves, the students of Friendly Nations may eat at CIGS if they schedule for that in the Students Division, or they can eat outside the center on their own costs.

### **c. Accomodation**

CIGS has accommodations to house all military staff of Friendly Nations free of charge. The student assigned to take the course may contact the Students Division by the e-mail **divalucigs@yahoo.com.br** and request to occupy the accommodation before, during and after the course. The military must inform the period he is going to stay.

### **d. Transportation**

The students of Friendly Nations will receive transportation, under the same conditions provided to Brazilian military staff, during the course according to the provisions of the Weekly Schedule. All trips involving **activities planned** by the CIGS will be paid by the Center.

Airport-CIGS transportation will be provided upon arrival in the city of Manaus and CIGS-Airport upon departure to the friendly country. If the foreign soldier wants to use this airport shuttle service, he must send a request to the Students Division by the e-mail **divalucigs@yahoo.com.br**. Private trips in the city of Manaus during the leaves will be in charge of the soldier of the Friendly Nations.

### **e. Individual Presentation**

During the Course, due to the peculiarities of the jungle operational environment, the student must keep his/her hair cut short using N<sup>o</sup> 1 hair clipper (including the female segment) and must shave his beard. In some situations, it will be allowed to have the hair and beard out of this pattern, according to the Course Coordinator's guidance.

### **f. International Student's presentation**

During the Demobilization Week, each student will perform one 40 minutes presentation about his Country Armed Forces and Jungle Operations.

Due to this activity, all students must prepare and bring the presentation already done.

### **g. Miscellaneous**

Cameras, camcorders, tape recorders, cell phones or other electronic gadgets are not allowed during the instruction sessions.

The use of repellent throughout the Course, particularly at dawn and dusk inside the jungle is mandatory.

During the Course, for safety reasons, the students must not wear necklaces or

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rings, except the standard dog tags.

At any situation, the student must be able to utter the Jungle Warfare Laws and say the Jungle Warrior Prayer in **English**.

### **h. Personal data**

Upon being assigned to the course, while still in the country of origin, the student must fill out the following form:



LINK: <https://docs.google.com/forms/d/e/1FAIpQLSfg1v5sunirBwlm-wkn0NGqxSf-AHe1AmqsiGJtLNQXb42nYg/viewform>

## **10. OTHERS**

### **a. JUNGLE WARRIOR'S PRAYER**

Lord, You that shall order the Jungle Warrior, "Surpass all your opponents!" Shall give us today in the forest: The strength to persist, The patience to ambush, The perseverance to survive, The astuteness to dissimulate, The faith to resist and win; And shall give us too, Lord, The hope and the certainty of returning. But when defending this Brazilian Amazon, If we have to perish, oh God, We shall do it with dignity, And we shall deserve victory! <b>JUNGLE!</b>	<b>Senhor,</b> <b><i>Tu que ordenaste ao Guerreiro de Selva:</i></b> <b><i>"Sobrepujai todos os vossos oponentes;</i></b> <b><i>Dai-nos hoje da floresta:</i></b> <b><i>A sobriedade para persistir</i></b> <b><i>A paciência para emboscar</i></b> <b><i>A perseverança para sobreviver</i></b> <b><i>A astúcia para dissimular</i></b> <b><i>A fé para resistir e vencer</i></b> <b><i>E dai-nos também, Senhor</i></b> <b><i>A esperança e a certeza do retorno</i></b> <b><i>Mas se defendendo esta brasileira Amazônia</i></b> <b><i>Tivermos que perecer, ó Deus</i></b> <b><i>Que o façamos com dignidade</i></b> <b><i>E mereçamos a vitória</i></b> <b>SELVA!</b>
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**Author:** 1st Lieutenant Humberto Batista Leal  
(CIGS Instructor 1982)

**b. JUNGLE WARFARE LAWS**

<ol style="list-style-type: none"><li>1. Take the initiative because you will not receive orders for all situations. Keep in mind the ultimate goal.</li><li>2. Look for surprise by all means.</li><li>3. Keep your body, weapons and equipment in good condition.</li></ol>	<ol style="list-style-type: none"><li>1. <b><i>Tenha iniciativa, pois não receberá ordens para todas as situações. Tenha em vista o objetivo final.</i></b></li><li>2. <b><i>Procure a surpresa por todos os modos.</i></b></li><li>3. <b><i>Mantenha seu corpo, armamento e equipamento em boas condições.</i></b></li></ol>
<ol style="list-style-type: none"><li>4. Learn to endure the discomfort and the fatigue without complaining and be moderate in your needs.</li><li>5. Think and act as a hunter, not as the hunted.</li><li>6. Always fight with intelligence and be elusive.</li></ol> <p><b>JUNGLE!</b></p>	<ol style="list-style-type: none"><li>4. <b><i>Aprenda a suportar o desconforto e a fadiga sem queixar-se, e seja moderado em suas necessidades.</i></b></li><li>3. <b><i>Pense e aja como caçador, não como caça.</i></b></li><li>4. <b><i>Combata sempre com inteligência e seja o mais ardiloso.</i></b></li></ol> <p><b>SELVA!</b></p>

**c. CIGS' SONG**

*Tempestades, chavascais, charcos e espinhos,  
Perigo à espreita na mata tão voraz,  
Sombra e silêncio pelas trilhas e caminhos,  
Guerra na Selva, um teste eficaz.*

*A fraterna convivência nos ensina,  
O valor de uma sã camaradagem,  
Com justiça liberdade e com estima,  
Sempre alerta com bravura e coragem.*

**Chorus**

*Nós somos uma tropa de vanguarda,  
Para quem o perigo não existe,  
Com orgulho usamos esta farda,  
Investindo com as armas sempre em riste.*

*A Amazônia inconquistável é o nosso preito,  
A nossa vida por tua integridade,  
A nossa luta pela força do direito,  
Com o direito da força em validade*

*Se a selva não pertence ao mais forte,  
Mas ao sóbrio, habilidoso e resistente,  
Temos tudo pra lutar até com a morte,  
No perigo nossa força está presente.*

**Chorus**

*Nós somos uma tropa de vanguarda,  
Para quem o perigo não existe,  
Com orgulho usamos esta farda,  
Investindo com as armas sempre em riste.*

**Author:** Newton Aguiar

**ANNEX “A” – CANDIDATE’S INFORMATION**

**MINISTRY OF DEFENSE  
BRAZILIAN ARMY  
AMAZON MILITARY COMMAND  
JUNGLE WARFARE TRAINING CENTER  
(Centro Coronel Jorge Teixeira/1999)**

**ENROLLMENT SHEET  
CANDIDATE’S DATA**

1. Name: \_\_\_\_\_  
2. Rank: \_\_\_\_\_ 3. Branch: \_\_\_\_\_ 4. Country: \_\_\_\_\_  
5. Passport number: \_\_\_\_\_ 6. Marital status: \_\_\_\_\_  
7. Date of Birth: \_\_\_\_\_ 8. Date on Duty: \_\_\_\_\_  
9. Email: \_\_\_\_\_

10. Promotions

Rank	Date

11. Military Courses

Course	Place	Year of Conclusion

12. Main Positions Career

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. Awards

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

14. Current Assignment

\_\_\_\_\_

\_\_\_\_\_  
**Candidate’s full name – Rank**

**ANNEX “B” – HEALTH INSPECTION FORM  
PROFORMA FOR MEDICAL EXAMINATION**

1. **Name of the Student:**
2. **Age:**
3. **Sex:**
4. **Country:**
5. **Date of Entry into the Country:**
6. **Date of Examination:**
7. **Medical Tests for which the reports are to be enclosed with the performa:**
  - a) Frontal and lateral (lungs and heart) chest radiograph and sinus and face bone radiography
  - a) Serology for Lues, Machado Guerreiro Reaction(Serology for Chagas' disease) and HIV
  - b) Complete blood count, ESR, Platelet count
  - c) Fasting glycemia
  - d) Parasitological stool
  - e) urinalysis
  - f) Electrocardiogram at rest
  - g) Ergometric test (Cardiovascular evaluation)
  - h) Glutamic oxaloacetic transaminase (SGOT)
  - i) Glutamic pyruvic transaminase (SGPT)
  - j) Urea and Creatinine
  - k) Bilirubin (total, direct and indirect)
  - l) Dental (panoramic radiography of the dental arches)
  - m) Serology for hepatitis A and hepatitis B (containing at least HBsAg and antiHBc) and hepatitis C
  - n) ophthalmologic examination
  - o) visual acuity
  - p) audiometric
  - q) T3, T4 e TSH.
  - r) Electroencephalogram
  - s) Toxicological (Cocaine, amphetamines, opiates and cannabinoids)
  - t) Exclusive to the female segment HCG pregnancy test and Pap smear
  - u) Sickle cell trait

**Found Fit/ Unfit:**

Signature and seal of CMO/ Civil Surgeon  
**WHO Authorized Laboratory.**

## ANNEX “C”

### PHYSICAL TRAINING PROGRAM, PREPARED BY THE BRAZILIAN ARMY PHYSICAL TRAINING RESEARCH INSTITUTE (IPCFeX) WITH THE COLLABORATION OF CIGS



#### 1. PURPOSE

This training program was developed aiming to prepare and adapt the candidate, physically and psychologically, to the specific physical activities that will be carried out during the Jungle Warfare International Course. To do this, before starting this training plan, it is necessary a **general physical preparation**, with the objective of improving the work capacity, developing a physiological ballast.

To begin the training plan, check that your fitness is adequate to what is proposed.

**The training program presented in this annex is a suggestion, and it is suggested that the candidate follow only if his physical preparation is adequate.**

#### 2. PRESCRIPTIONS

##### a. Organization of the Plan

During the week, the military man must complete the 4 daily training modules in sequence (A, B, C and D), consisting of two training sessions (the candidate must perform the sessions on different shifts: morning, afternoon or evening). In addition, the military must follow the guidelines contained in the table of observations.

The plan seeks to adapt the training load to the work routine in Military Organizations (duty, instructions, various situations, etc.), and the candidate is responsible for planning the execution of the training during the week. Example: Sgt SELVA started the week by performing training A on Monday, he is on duty Tuesday, on Wednesday performed training B, on Thursday helped in the firing instruction of his Subunit, on Friday performed training C and on Saturday finished the activities planned for the week with training D.

**b. Warm Up / stretching**

Before carrying out the main work in the plan, the candidate must perform the warmup, which is the set of physical activities that aims to prepare the military, both organically and psychologically, for the execution of the main work, through the increase of body temperature and heart rate.

He also should, at the end of the main activity, perform the cooling/stretching, also known as “cooling” or “back to calm”, which consists of an organic demobilization, taking metabolism to the softer requirements of the resting level.

**c. Nutritional guidelines**

Before, during and after each exercise session, the following recommendation regarding fluid intake should be followed:

Before the exercise:

4h before the exercise: 400 to 600 ml of water;

10 to 15 minutes before: 200 to 350 ml of water.

During the exercise:

<60 min: 80 to 200 ml of water each 15 / 20 min.

>60 min: 150 to 200 ml of water each 15 / 20 min.

After the exercise:

For the replacement of lost fluid, body weight should be measured before and after exercise. For each kilo lost, about 1 liter of water or other liquid must be ingested in a fractional way.

The liquid to be ingested should preferably be fresh (15 to 22°C).

**d. Nutritional Guidelines:**

Carry out 4 to 6 meals a day, including in all food carbohydrate sources. Avoid skipping meals (3-hour intervals):

- Breakfast and afternoon snack: milk and / or dairy products, fruit vitamins, bread or biscuit, fruit and cereals;
- Collation (fast snack in the middle of the morning): juices, fruits, whole grains,



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dehydrated fruits and biscuits;

- Lunch and dinner: vegetables, rice, beans, meat or chicken or fish, potatoes or pasta or flour and fruit;

- Supper: milk and / or derivatives, jams, toast, and biscuits.

Feeding up to an hour before is aimed at maintaining blood glucose levels to start exercise. This meal should always contain carbohydrates, especially those with low to moderate glycemic index (slower absorption): fruits such as apple, guava or pear, breads (preferably with a mixture of white and whole flour), whole-grain toast, oatmeal, and cereal mix.

Throughout the training, avoid consumption of high-fat foods: fritters type breaded and salty snacks, mayonnaise, sour cream, bacon, butter, stuffed biscuits, yellow cheeses, sausages, pizzas.

In the absence of carbohydrate, the muscle protein is used as energy source for physical activity (can lead to loss of muscle mass, effect contrary to the goal).

Post-exercises feeding aims to accelerate recovery and restore energy to the next day. Important: the “refueling” period goes up to 45 minutes after the end of the physical exercise. So, this is the best time to eat food. This meal should always contain carbohydrates, especially those of moderate to high glycemic index (faster absorption): fruits or fruit juice such as banana, mango, orange, coconut water, tubers such as potatoes and applesauce and cereals such as white breads and noodles with light sauces.

Include daily healthy and good quality foods, such as the following food groups:

- Cereals: rice, corn, oats, wheat, and derivatives (eg breads, biscuits, pasta, flour, etc.);
- Vegetables: beans, lentils, peas and soybeans;
- Meats: beef, chicken, fish and turkey;
- Milk and dairy products: yogurt, curds and white cheeses;
- Vegetables: lettuce, tomato, broccoli, carrot, pod, potatoes and yams;
- Fruits: orange, banana, papaya, kiwi and mandarin.

NOTE: the group of cereals, legumes and fruits are rich in carbohydrates.

**Dietary supplementation with the consumption of protein modules, amino**

acid or hypercaloric capsules may or may not be indicated depending on everyone. For such cases it is necessary to consult a nutritionist to assess their need according to their purpose. Only this professional based on the individual evaluation of each candidate can guide the adequate consumption of food supplementation. It is worth noting that supplementation is not a substitute for daily meals.

#### **e. Neuromuscular training**

The candidate should seek guidance with Military Physical Training Officer of the Unit or with a qualified professional, to set up the Neuromuscular sets, with the objective of developing localized muscular resistance (RML) and strengthening the core muscles, based on the principles of military physical training such as biological individuality, adaptation, overload, continuity, and specificity.

Core muscles can be worked through a variety of training methods. The IPCFEx recommends the use of the suspension training method with the use of the inelastic tape and makes itself available for any clarification.

#### **f. Fights**

The training plan guides the candidate to acquire basics skills of fights, such as bearing, projection and fall. In the phase leading up to this training plan, the candidate can practice basic personal defense in combat sports, taught in academies with the purpose of adapting to the energy expenditure and the specific gesture of the modality.

#### **g. Swimming**

Candidates who present difficulties in the aquatic area should take swimming lessons before starting this training plan for the Course. At least 3 months of training with 3 sessions per week.

During the execution of training plan, if it is not possible to perform all the planned swimming training, prioritize the time to float with weight (diving ballast). **Watch out for safety during swimming training.**

#### **h. March**

The march training is aimed at measuring the candidate's pace, as well as adapting the equipment and uniform to the body. Poorly adjusted equipment causes lesions or wounds, which may disrupt his continuation in the course.

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TRAINING PLAN FOR JUNGLE OPERATIONS INTERNATIONAL COURSE

WEEK 1

PERIOD	ACTIVITY	MODULE A	MODULE B
<b>Session 1</b>	Execution of the entrance tests (EAF) in three consecutive days*	<b>Running:</b> - 10Km - 6 min/Km (with shoes and	<b>Swimming:</b> - 500m free - 3x15 m submerged swim - 5 min floating (swim trunks)
<b>Observations</b>	* The military must carry out all the tests with maximum intensity, even if he does not achieve the goal. The purpose is to raise deficiencies regarding the entrance test and compare the performance with the test to be repeated at week 8.		

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WEEK 2

PERIOD	MODULE A	MODULE B	MODULE C	MODULE D
<b>Session 1</b>	<p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- Distance 10Km</li> <li>- 5 min 30 sec per Km</li> </ul>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 100m free</li> <li>- 2x200 m Breaststroke</li> <li>- 10 min floating (swim trunks)</li> </ul>	<p><b>Basic Gymnastic:</b></p> <ul style="list-style-type: none"> <li>- 07 rep</li> </ul> <p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- 5 km</li> <li>- 4 min 30 sec per km</li> </ul>	<p><b>Interval Running:</b></p> <ul style="list-style-type: none"> <li>- 3 x 1000 meters</li> <li>- 4 min</li> <li>- Break of 3 min</li> </ul>
<b>Session 2</b>	<p><b>Neuromuscular:</b></p> <ul style="list-style-type: none"> <li>- Upper limbs</li> </ul>	<p><b>Neuromuscular:</b></p> <ul style="list-style-type: none"> <li>- CORE</li> <li>- Lower limbs</li> </ul>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 200 m free</li> <li>- 6x100 m breaststroke</li> <li>- 2x25 m submerse swim</li> <li>- 10 min floating (sunga de banho)</li> </ul>	
<b>Observations</b>	<p>The candidate must perform once a week:</p> <ul style="list-style-type: none"> <li>- Pull ups: 3 sets: 8 reps, 6 reps and 4 reps (break of 3 min between sets);</li> <li>- Push Ups: 3 sets: 25 reps, 15 reps and 10 reps (break of 3 min between sets);</li> <li>- Rope climb: 2 climb up of 3 meters in the vertical rope (break of 3 min) without the aid of feet; and</li> <li>- Stretching session of about 45 min.</li> </ul>			

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WEEK 3

PERIOD	MODULE A	MODULE B	MODULE C	MODULE D
<b>Session 1</b>	<p><b>Basic gymnastic:</b> - 09 Rep</p> <p><b>Running:</b> - Distance 8 km - 5 min 30 sec per km</p>	<p><b>Neuromuscular:</b> - CORE</p>	<p><b>Basic Gymnastic:</b> - 09 rep</p> <p><b>Running:</b> - Distance 5 km - 4 min 30 sec per km</p>	<p><b>Swimming:</b> - 100 m free - 10 min floating - 10 min breaststroke - 25 m submerged swim - 15 min floating (uniform)</p>
<b>Session 2</b>	<p><b>Swimming:</b> - 200 m free - 4x200 m breaststroke - 1x25 m submerged swim - 10 min floating (uniform without boots)</p>	<p><b>Swimming:</b> - 200 m free - 5x200 m breaststroke - 2x25 m submerged swim - 15 min floating (uniform without boots)</p>	<p><b>Neuromuscular:</b> - CORE - Lower limbs</p>	<p><b>Neuromuscular:</b> - CORE</p>
<b>Observations</b>	<p>The candidate must perform once a week:</p> <ul style="list-style-type: none"> <li>- Pull ups: 3 sets: 10 reps, 8 reps and 6 reps (break of 3 min between sets);</li> <li>- Push Ups: 3 sets: 30 reps, 28 reps and 15 reps (break of 3 min between sets);</li> <li>- 1 Rope climb of 3 meters in the vertical rope (break of 3 min) without the aid of feet; and</li> <li>- Stretching session of about 45 min.</li> </ul>			

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WEEK 4

PERIOD	MODULE A	MODULE B	MODULE C	MODULE D
<b>Session 1</b>	<p><b>March:</b></p> <ul style="list-style-type: none"> <li>- Armed and equipped</li> <li>- 8km with 12kg (backpack weight)</li> <li>- 9 min 45 sec to 10 min 10 sec per km</li> <li>* The candidate should hydrate every 2km (water, electrolyte and/or juice)</li> </ul>	<p><b>Basic Gymnastic:</b></p> <ul style="list-style-type: none"> <li>- 09 reps</li> </ul> <p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- Distance 8 km</li> <li>- 5 min/km</li> </ul>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 100 m free</li> <li>- 20 min breaststroke (2kg)*</li> <li>- 1x25 m submerged</li> <li>- 10 min floating (2kg)*</li> <li>- 2x25 m submerged swim (uniform)</li> <li>* Weight of 2 kg</li> </ul>	<p><b>Basic Gymnastic:</b></p> <ul style="list-style-type: none"> <li>- 09 repetitions</li> </ul> <p><b>Interval Running:</b></p> <ul style="list-style-type: none"> <li>- 5 x 1000 meters</li> <li>- 4 min 30 sec</li> <li>- Interval 3 min</li> </ul>
<b>Session 2</b>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 100 m free</li> <li>- 1x100 m crawl</li> <li>- 2x100 m breaststroke</li> <li>- 1x25 m submerged swim</li> <li>- 15 min floating (uniform)</li> </ul>	-	<p><b>Neuromuscular:</b></p> <ul style="list-style-type: none"> <li>- CORE</li> <li>- Lower limbs</li> </ul>	-
<b>Observations</b>	<p>The candidate must perform during the week:</p> <ul style="list-style-type: none"> <li>- Train fight – rolling, projection, takedowns, and basic notions of Krav Magá; and</li> <li>- Stretching session of about 45 min.</li> </ul>			

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TRAINING PLAN FOR JUNGLE OPERATIONS INTERNATIONAL COURSE

WEEK 5

PERIOD	MODULE A	MODULE B	MODULE C	MODULE D
<b>Session 1</b>	<p><b>March:</b></p> <ul style="list-style-type: none"> <li>- Armed and equipped</li> <li>- 12km with 12kg (backpack weight)</li> <li>- 9 min 45 sec to 10 min 05 sec per km</li> <li>* The candidate should hydrate every 2km (water, electrolyte and/or juice)</li> </ul>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 100 m free</li> <li>- 6x100 m breaststroke (2kg)*</li> <li>- 3x100 m crawl</li> <li>- 4x25 m submerged swim</li> <li>- 2x25 indian style</li> <li>- 15 min floating (2kg) (uniform and equipped)</li> </ul>	<p><b>Neuromuscular:</b></p> <ul style="list-style-type: none"> <li>- CORE</li> </ul>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 100 m free</li> <li>- 15 min breaststroke (2kg)*</li> <li>- 2x 25 indian style</li> <li>- 15 min floating (2kg)* (uniform and equipped)</li> </ul>
<b>Session 2</b>	-	-	<p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- Distance 8 km</li> <li>- 5 min per km</li> </ul>	<p><b>Neuromuscular:</b></p> <ul style="list-style-type: none"> <li>- CORE</li> <li>- Lower limbs</li> </ul>
<b>Observations</b>	<p>The candidate must perform once a week:</p> <ul style="list-style-type: none"> <li>- Pull ups: 5x 6 reps with two minutes of break;</li> <li>- Push Ups: 4x15 reps with two minutes of break;</li> <li>- Rope climbing: 3x 3 meters with break of 3 minutes without the aid of feet; and</li> <li>- Stretching session of about 45 min.</li> </ul>			

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WEEK 6

PERIOD	MODULE A	MODULE B	MODULE C	MODULE D
<b>Session 1</b>	<p><b>March:</b> Armed and Equipped - 16 km with 12 kg (backpack weight) 9 min 30 sec to 9 min 50 sec per km * The candidate should hydrate every 2 km (water, electrolyte and/or juice)</p>	<p><b>Running:</b> - Distance 8 km - 4 min 30 sec per km</p>	<p><b>Interval Running:</b> - 5 x 1000m - Time 4 min 30 sec - Break 3 min</p>	<p><b>Basic Gymnastic:</b> - 11 repetitions</p> <p><b>Running:</b> - 6 km - 5 min per km</p>
<b>Session 2</b>	<p><b>Swimming:</b> - 200 m free - 4x25 m submerged swim - 4x25 indian style - 20 min floating (2kg)* (uniform and equipped)</p>	<p><b>Neuromuscular:</b> - Lower limbs</p>	<p><b>Swimming:</b> - 100 m free - 20 min breaststroke (3kg)* - 25 m submerged swim - Apnea 15, 30, 45 and 60 sec - 10 min floating (3kg)* (uniform and equipped)</p>	<p><b>Neuromuscular:</b> - CORE - Lower limbs</p>
<b>Observations</b>	<p>The candidate must perform three times during the week:</p> <ul style="list-style-type: none"> <li>- Pull ups: maximum repetition;</li> <li>- Push-ups: maximum repetition;</li> <li>- Rope climbing: 2x4 meters with break of 3 minutes;</li> <li>- Fight train: rolling, projections and takedowns; and</li> <li>- Stretching session of about 45 min.</li> </ul>			



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WEEK 7

PERIOD	MODULE A	MODULE B	MODULE C	MODULE D
<b>Session 1</b>	<p><b>March:</b> Armed and Equipped - 12 km with 15 kg (backpack weight) 9 min 30 sec to 10 min per km * The candidate should hydrate every 2 km (water, electrolyte and/or juice)</p>	<p><b>Swimming:</b> - 100 m free - 20 min breaststroke (3kg)* - 2 x 25 m submerged swim - 4 x 25 Indian style - 15 min floating (3kg)* (uniform and equipped)</p>	<p><b>Basic Gymnastic:</b> - 11 Reps</p> <p><b>Running:</b> - Distance 8 km - 4 min 50 sec per km</p>	<p><b>Neuromuscular:</b> - CORE</p>
<b>Session 2</b>	<p><b>Neuromuscular:</b> - CORE</p>	<p><b>Neuromuscular:</b> - Lower limbs</p>		<p><b>Swimming:</b> - 100 m free - 2x25 m submerged swim - 2x25 m Indian style - 15 min floating (3kg)* - 2x25 m submerged swim - 2x25 m Indian style - 15 min floating (3kg)* - Apnea 30, 45, 60 and 75 sec</p>
<b>Observations</b>	<p>The candidate must perform two days during the week: - Pull ups: 6x5 reps with two minutes of break; - Push Ups: 4x20 reps with 3 minutes of break; - Rope climbing: 1x4 meters without the aid of feet; and - Stretching session of about 45 min.</p>			

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WEEK 8

PERIOD	ACTIVITY	MODULE A	MODULE B
<b>Session 1</b>	Execution of the entrance tests (EAF) in three consecutive days*	<b>Swimming:</b> - 200 m free - 1x200m breaststroke - 2 x 25 m submerged swim - Apnea 30, 45 and 60 sec - 15 min floating	<b>Running:</b> - 3km (free)
<b>Session 2</b>	-	<b>Neuromuscular:</b> - Lower limbs	<b>Neuromuscular:</b> - CORE
<b>Observations</b>	* The military must perform all the tests with maximum intensity, even he is not able to achieve the goal. The objective is to check for deficiencies in relation to the entrance test and compare with the test performed in Week 1.		

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WEEK 9

PERIOD	MODULE A	MODULE B	MODULE C	MODULE D
<b>Session 1</b>	<b>Interval Running:</b> - 4 x 1000m - Time 4 min 30 seg - Break 3 min	<b>March:</b> - Armed and equipped - 20 km 15 kg (backpack weight) - 10 min 50 sec to 11 min 15 sec/km * The candidate should hydrate every 2 km (water, electrolyte and/or juice)	<b>Basic Gymnastic:</b> - 11 Reps  <b>Run:</b> - Distance 5 km - 4 min 30 sec per km	<b>Swimming:</b> (uniform, armed and equipped) - 100 m free - 30 min breaststroke - 2x25 m submerged swim - 2x25 m Indian style - 15 min floating - Apnea 30, 45, 60, 75 and 90 sec
<b>Session 2</b>	<b>Neuromuscular:</b> - Lower limbs	<b>Swimming:</b> <b>(Uniform, armed and equipped)</b> - 4x100m breaststroke - 3 x 25m submerged swim - 2 x 25m Indian style - 10 min floating - Apnea 30, 45, 60 and 75 sec	<b>Swimming:</b> - 10 min breaststroke - 25 m submerged swim - Apnea 15, 30, 45 and 60 sec - 10 min floating (uniform, armed and equipped)	<b>Neuromuscular:</b> - CORE
<b>Observations</b>	The candidate must perform once a week: - Pull ups: 3 sets – 10 reps, 08 reps, 06 reps (break of 03 minutes between the sets); - Push Ups: 3 sets – 30 reps, 20 reps, 15 reps (break of 03 minutes between the sets); - Rope climbing: 1x4 meters without the aid of feet; and - Train fight: rolling, projections and takedowns.			

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WEEK 10

PERIOD	MODULE A	MODULE B	MODULE C	MODULE D
<b>Session 1</b>	<p><b>March:</b></p> <ul style="list-style-type: none"> <li>- Armed and equipped</li> <li>- 16 km - 20 kg (backpack weight)</li> <li>- 10 min 15 sec to 11 min 50 seg/km</li> <li>* The candidate should hydrate every 2 km (water, electrolyte and/or juice)</li> </ul>	<p><b>Operational Fitness:</b></p> <ul style="list-style-type: none"> <li>- 2 passages</li> </ul>	<p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- Distance 8 km</li> <li>- 5 min 30 sec per km</li> </ul>	<p><b>Neuromuscular:</b></p> <ul style="list-style-type: none"> <li>- Lower limbs</li> </ul>
<b>Session 2</b>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 600m breaststroke</li> <li>- 20 min floating</li> <li>- Apnea 30, 45 and 60 sec</li> <li>- Take off the uniform and equipped in the water (armed)</li> </ul>	<p><b>Neuromuscular:</b></p> <ul style="list-style-type: none"> <li>- CORE</li> </ul>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 10 min breaststroke</li> <li>- 2x25 m submerged swim</li> <li>- 2x25 m Indian Style</li> <li>- Apnea 30, 45, 60 and 75 sec</li> <li>- 10 min floating (uniform, armed and equipped)</li> </ul>	
<b>Observations</b>	<p>The candidate must perform two days a week:</p> <ul style="list-style-type: none"> <li>- Pull ups: 7x5 reps with two minutes of break;</li> <li>- Push Ups: 5x20 reps with 3 minutes of break;</li> <li>- Rope climbing: 1x4 meters without the aid of feet; and</li> <li>- Stretching session of about 45 min.</li> </ul>			

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WEEK 11

PERIOD	MODULE A	MODULE B	MODULE C	MODULE D
<b>Session 1</b>	<p><b>March:</b></p> <ul style="list-style-type: none"> <li>- Armed and equipped</li> <li>- 16 km - 15 kg (backpack weight)</li> <li>- 9 min 50 sec to 11 min 15 sec/km</li> <li>* The candidate should hydrate every 2 km (water, electrolyte and/or juice)</li> </ul>	<p><b>Operational Fitness:</b></p> <ul style="list-style-type: none"> <li>- 2 passages</li> </ul>	<p><b>Basic Gymnastic:</b></p> <ul style="list-style-type: none"> <li>- 11 reps</li> </ul> <p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- Distance 6 km</li> <li>- 4 min 40 sec per km</li> </ul>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 15 min floating (uniform, armed and equipped)</li> </ul>
<b>Session 2</b>	<p>(AFTER MARCH)</p> <p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 3x200 m breaststroke</li> <li>- 2x25 m submerged swim</li> <li>- 2x25 indian style</li> <li>- 10 min floating (uniform, armed and equipped)</li> <li>- Take off the uniform and equipment in the water (armed)</li> <li>- Apnea 30, 45 and 60 sec</li> </ul>	-	-	<p><b>Neuromuscular:</b></p> <ul style="list-style-type: none"> <li>- Lower limbs</li> </ul>
<b>Observations</b>	<p>The candidate must perform once a week:</p> <ul style="list-style-type: none"> <li>- Pull ups: 3 sets – 10 reps, 08 reps, 06 reps (break of 03 minutes between the sets);</li> <li>- Push Ups: 3 sets – 30 reps, 20 reps, 15 reps (break of 03 minutes between the sets);</li> <li>- Rope climbing: 1x4 meters without the aid of feet; and</li> <li>- Train fight: rolling, projections and takedowns.</li> </ul>			

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WEEK 12

PERIOD	MODULE A	MODULE B	MODULE C	MODULE D
<b>Session 1</b>	<b>Running:</b> - Distance 4 km - 4 min 40 sec per km (Pants and boots)	<b>Neuromuscular:</b> - CORE	<b>Neuromuscular:</b> - Lower limbs	<b>Swimming:</b> - 600 m breaststroke - 15 min floating (4kg) - Apnea 30 and 60 sec (uniform and equipment)
<b>Session 2</b>	<b>Operational Fitness:</b> - 2 passages	<b>Swimming:</b> - 400 m free - 15 min floating (4kg) - 2x25 m submerged swim - Take out the uniform and equipment in the water (armed) - Apnea 30, 45 and 60 sec	-	-
<b>Observations</b>	The candidate must perform once a week: - Pull ups: maximum repetition; - Push Ups: maximum repetition; - Rope climbing: 1x4 meters without the aid of feet.			

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WEEK 13

PERIOD	MODULE A	MODULE B	MODULE C	MODULE D
<b>Session 1</b>	<p><b>March:</b></p> <ul style="list-style-type: none"> <li>- Armed and equipped</li> <li>- 16 km - 15 kg (backpack weight)</li> <li>- 10 min 15 sec to 11 min/km</li> <li>* The candidate should hydrate every 2 km (water, electrolyte and/or juice)</li> </ul>	<p><b>Basic Gymnastic:</b></p> <ul style="list-style-type: none"> <li>- 11 reps</li> </ul> <p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- Distance 10 km</li> <li>- 5 min 30 sec per km</li> </ul>	<p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- Distance 4 km</li> <li>- 5 min per km</li> </ul>	<p><b>Neuromuscular:</b></p> <ul style="list-style-type: none"> <li>- Lower limbs;</li> <li>- Upper limbs.</li> </ul>
<b>Session 2</b>	<p>(AFTER MARCH)</p> <p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 20 min breaststroke (4kg)</li> <li>- 15 min floating (4kg)</li> <li>- Take out the uniform and equipment in the water (armed)</li> <li>- Apnea 30, 45 and 60 sec (uniform and equipment)</li> </ul>	<p><b>Neuromuscular:</b></p> <ul style="list-style-type: none"> <li>- CORE</li> </ul>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 20 min breaststroke (4kg)</li> <li>- 4x25 m submerged swim</li> <li>- 4x25 m Indian style</li> <li>- 2x apnea 30, 45, 60 and 75 sec</li> <li>- 20 min floating (4kg)</li> <li>- Take out the uniform and equipment in the water (armed)</li> </ul>	-
<b>Observations</b>	<p>The candidate must perform once a week:</p> <ul style="list-style-type: none"> <li>- Pull ups: 7x5 reps with two minutes of break;</li> <li>- Push Ups: 5x20 reps with three minutes of break;</li> <li>- Rope climbing: 2x4 meters. Break of 2 min, without the aid of feet.</li> </ul>			

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WEEK 14

PERIOD	MODULE A	MODULE B	MODULE C	MODULE D
<b>Session 1</b>	<p><b>March:</b></p> <ul style="list-style-type: none"> <li>- Armed and Equipped</li> <li>- 12 km - 15 kg (backpack weight)</li> <li>- 10 min to 10 min 15 sec/km</li> <li>* The candidate should hydrate every 2 km (water, electrolyte and/or juice)</li> </ul>	<p><b>Interval Run:</b></p> <ul style="list-style-type: none"> <li>- 6 x 1000 meters</li> <li>- 4 min 30 sec</li> <li>- Break of 3 min</li> </ul>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 10 min breaststroke (5kg)</li> <li>- 4x25 m submerged swim</li> <li>- 4x25 m Indian style</li> <li>- 2x Apnea 30, 45, 60 and 75 sec</li> <li>- 5 min floating (5kg)</li> <li>- 2x Take out the uniform and equipment in the water (armed)</li> </ul>	<p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- Distance 8 km</li> <li>- 5 min 30 sec per km</li> </ul>
<b>Session 2</b>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 5 min breaststroke (5kg)</li> <li>- 4x25 m submerged swim</li> <li>- 2x apnea 30, 45, 60 and 75 sec</li> <li>- 5 min floating (5kg) (uniform and equipped)</li> <li>- 2x Take out the uniform and equipment in the water (armed)</li> </ul>	-	<p><b>Neuromuscular:</b></p> <ul style="list-style-type: none"> <li>- CORE</li> </ul>	<p><b>Neuromuscular:</b></p> <ul style="list-style-type: none"> <li>- Upper and lower limbs</li> </ul>
<b>Observations</b>	<p>The candidate must perform once a week:</p> <ul style="list-style-type: none"> <li>- Pull ups: maximum repetition;</li> <li>- Push Ups: maximum repetition;</li> <li>- Rope climbing: 1x4 meters without the aid of feet.</li> </ul>			



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WEEK 15

PERIOD	MODULE A	MODULE B	MODULE C	MODULE D
<b>Session 1</b>	<p><b>March:</b></p> <ul style="list-style-type: none"> <li>- Armed and Equipped</li> <li>- 16 km - 15 kg (backpack weight)</li> <li>- 9 min 30 sec to 10 min/km</li> <li>* The candidate should hydrate every 2 km (water, electrolyte and/or juice)</li> </ul>	<p><b>Interval Run:</b></p> <ul style="list-style-type: none"> <li>- 8 x 1000m</li> <li>- Time 4 min 30 sec</li> <li>- Break of 2 min</li> </ul>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 10 min breaststroke</li> <li>- 2x25 m submerged swim</li> <li>- 2x25 m Indian style</li> <li>- 2x Apnea 30, 45, 60 and 75 sec</li> <li>- 10 min floating</li> <li>- 1x take out the uniform and equipment in the water (armed)</li> </ul>	<p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- Distance 8 km</li> <li>- 5 min per km</li> </ul>
<b>Session 2</b>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 10 min breaststroke</li> <li>- 10 min floating (uniform, armed and equipped)</li> <li>- 2x take out the uniform and equipment in the water (armed)</li> </ul>	-	<p><b>Neuromuscular:</b></p> <ul style="list-style-type: none"> <li>- Upper and lower limbs</li> </ul>	<p><b>Neuromuscular:</b></p> <ul style="list-style-type: none"> <li>- CORE</li> </ul>
<b>Observations</b>	<p>The candidate must perform during the week:</p> <ul style="list-style-type: none"> <li>- Pull ups: 3x10 reps with two minutes of break;</li> <li>- Push-Ups: 2x20 reps with 3 minutes of break;</li> <li>- Rope climbing: 1x4 meters without the aid of feet; and</li> <li>- Stretching session of about 45 min.</li> </ul>			

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WEEK 16

PERIOD	MODULE A	MODULE B	MODULE C	MODULE D
<b>Session 1</b>	<p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- Distance 8 km</li> <li>- 5 min 30 sec per km</li> </ul>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 15 min breaststroke</li> <li>- 10 min floating (uniform, armed and equipped)</li> <li>- 2x take out the uniform and equipment in the water (armed)</li> </ul>	<p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- Distance 8 km</li> <li>- 5 min per km</li> </ul>	<p><b>Swimming:</b></p> <ul style="list-style-type: none"> <li>- 10 min breaststroke</li> <li>- 2x25 m submerged swim</li> <li>- 2x25 m Indian style</li> <li>- 2x Apnea 30, 45, 60 and 75 sec</li> <li>- 10 min floating (uniform, armed and equipped)</li> <li>- 1x take out the uniform and equipment in the water (armed)</li> </ul>
<b>Session 2</b>	-	<p><b>Operational Fitness:</b></p> <ul style="list-style-type: none"> <li>- 2 passages</li> </ul>	-	-

## **ANNEX “D”**

### **GENERAL GUIDELINES FOR THE PREPARATION OF THE MATERIALS**

The military staff from Friendly Nations should wear their own original uniform. They must bring their combat and service uniform. If the combat uniform is not appropriate for the jungle environment, the student can borrow the Brazilian uniform. However, the student must fix his **country flag** on the jacket using a velcro.

It is recommended to remove all iron items from the equipment (tactical vest), replacing them with ropes.

All **ammunition** conducted in the backpack must be waterproofed in **transparent** pots, which shall be identified according to the standardization of Training Division.

The **backpack** must be in perfect conditions of waterproofing and buoyancy during all phases of the course. Thin plastic bags cannot be used in the waterproofing of material, as they do not have the required strength. The waterproofing of the backpack can be made with thick transparent bags (0.2mm) or with dry bags, since they are black or dark green. Special attention to the positive buoyancy of the backpack. Remembering that the candidate should try **NOT TO EXCEED THE WEIGHT OF 15 kg** in his backpack, with the mandatory and optional equipment.

All material packed in the **duffle bag** should be very well waterproofed. During the course, the student will use the duffle bag as a point of support and replacement of material, so it is suggested that this duffle bag could be carefully assembled, as well as the others.

The **combat uniform** used in CIOS must not have other velcro such as branches, rank, course, name and HQ's name. However, the foreign military must have at least 1 (one) complete uniform which must be in the Students Division locker for use in the Mobilization and Demobilization weeks.

It is **forbidden** to sew material in uniform that helps in buoyancy.

It is advisable to strengthen the seams and buttons of all the uniforms, boots and backpacks.

The boots should have the quick release type of tying and may not have clips on the shoelaces. The boots must be softened, thus preventing the creation of blisters in the feet.

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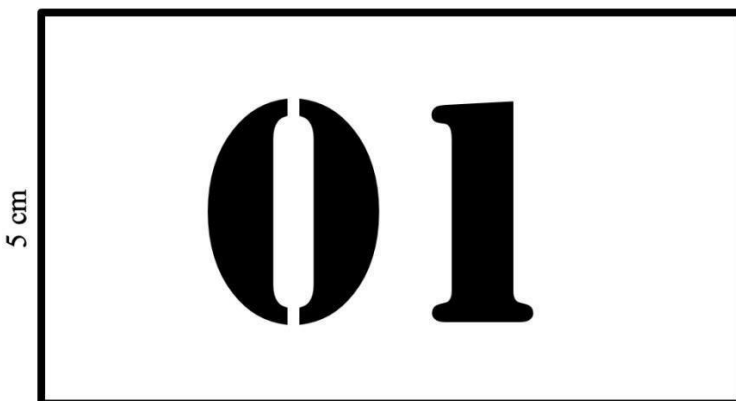


The CIGS provides a locker (one door) for each candidate. The student may use a lock key or secret padlocks (recommended), a copy of the key as well as the lock code number must be delivered to the Students Division during the Mobilization Week.

### **1. IDENTIFICATION TAG**

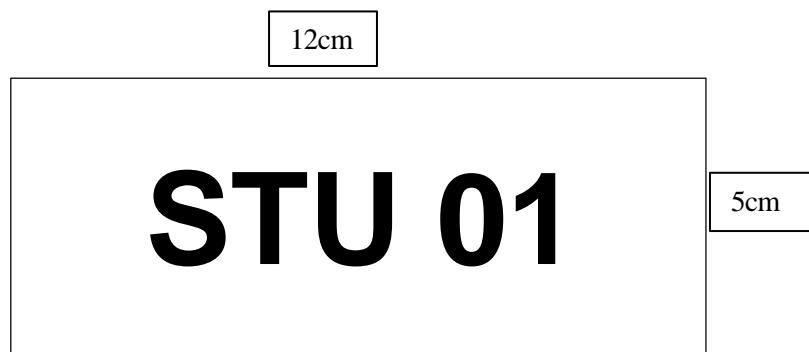
#### **a. Model 1**

9 cm



- TOP OF THE BACKPACK;
- COVER OF THE JUNGLE HAMMOCK;
- ROOF OF THE JUNGLE HAMMOCK;
- DUFFLE BAG;
- HAND GUARD PLATE OF THE RIFLE;
- LUNCHBOX (UNDER) AND MUG (FRONT)

**b. Model 2**



The Identification Tag Model 2 must be put in: **all the kits; spare clothes; and ration/ammunition pot.**

All the **magazines** must have tags standardized by the Students Division. The student must not damage the magazine.

**2. MANDATORY MATERIALS**

A good material preparation contributes to the success on the Course. It will be presented in this item the gear that must be provided by the student to complete the equipment, the backpack and the duffle bag (bag with spare gear) and those that are distributed by CIGS to the students, aiming to minimize the financial expenses of the military.

**a. Equipment (TACTICAL VEST) – mandatory materials (1)**

ITEM	MINIMUM QUANTITY	OBSERVATION	MAY BE PROVIDED BY CIGS	MAY BE ACQUIRED IN THE LOCAL STORES (MANAUS)
Pair of identification plates (dog tags)	01	Provided by the Students Division under payment (2)	-	-
Belt	01	Used in the country of origin	Yes	Yes
Y suspenders	01	Used in the country of origin (no sewn kit holders and empty pockets)	Yes	Yes
Canteen holder	02	Used in the country of origin (hold with elastic hands)	Yes	Yes
Canteen	02	Used in the country of origin	Yes	Yes
Mug	02	Used in the country of origin	Yes	Yes

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Whistle	01	Good quality brands e.g: Fox 40 Classic	No	Yes
Small Flashlight	01	Waterproof and sealed; good quality brands. E.g: Maglite solitaire, mini Maglite	No	Yes
Pocketknife – multipurpose model	01	Good quality brands. E.g: Leatherman, Victorinox, Stanley	No	Yes
Wristwatch	01	Impact and water resistant	No	Yes
Wristwatch protector	01	Green or camouflage	No	Yes
Compass with luminous point - degrees	01	Good quality brands. E.g: Silva, Brunton or Suunto	No	-
Rifle magazine holder	02	Used in the country of origin. Must be able to carry 2 (two) 7,62 magazines or 03 (three) 5,56 magazines	No	Yes
Machete with Leather Sheath	01	Stainless and black sheath	No	Yes
Kit Holder	01	PPE and armament maint reduced kit	No	Yes
Armament Maintenance Reduced Kit	01	Rope for barrel, dry and clean cloth, oil and small brush	No	Yes
Carabiner – small with screw lock	01	To anchor the rifle in the tactical vest or backpack (steel or iron)	No	Yes
Repellent	01	Easy access	No	Yes
First aid kit	01	With: handling tourniquet; chest seal; bandage; self-adhesive tape; sterile gauze; thermal blanket; scissors.	No	Yes
Holster	01	Carry in the duffle bag	No	Yes

(1) During the course, students may use **tactical vests** or other types (eg: assault vest, modular vest, assault post, etc.). However, it must be able to pack all the required material for it.

(2) It is possible for the candidate to provide his/her pair of dog tags in another place, and must include the following data: rank, tag name, blood type, RH factor, identity and also discriminate if he is allergic or not, if positive should tell what is the allergy. It should be anchored to the neck with a cord joining the ends with fire.

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**b. BACKPACK – Mandatory Materials**

ITEM	MINIMUM QUANTITY	OBSERVATION	MAY BE PROVIDED BY CIGS	MAY BE ACQUIRED IN THE LOCAL STORES (MANAUS)
Backpack	01	Used in the country of origin (medium or large capacity)	Yes	-
Jungle hammock	01	Used in the country of origin	Yes	-
Black plastic	01	1,20mx0,80m (to organize the materials in the operation check)	Yes	Yes
Lunch box	01	With cover	Yes	-
Articulated cutlery	01	3 (three) pieces	Yes	-
Carabiner – medium or large with screw lock	02	Certified by the U.I.A.A (steel or iron)	No	Yes
Utility rope (10mm) or tubular tape (25mm)	02	5m each, black or green	No	Yes
Throw line (5mm)	02	2m and 5m, each one in different size, black or green	No	Yes
Full spare uniform	01	Pants, jacket, camouflage t-shirt, black or green socks, belt, blousing garters, black trunks or black thermal shorts	No	Yes
Nylon cord 1,00mm	01	100 m	No	Yes
Camouflage kit	01	Green and black colors and a small mirror	No	Yes
Sewing Kit	01	They may be found in a single kit if the student thinks it is convenient	No	Yes
Boots Maint Kit	01		No	Yes
Personal Protective Equipment Kit (PPE)	01	- Goggles (preferably ballistic); - Tactical gloves (green or black); - Ear plugs; - 15 light sticks, cyalume type 15cm yellow (5 used each phase); - Mouthpiece.	No	Yes
Small notes kit (easy access) “quick release”	01	Write quick information (E.g: coordinates, instruction purposes, etc)	No	Yes
Notes kit	01	Planning and evaluations	No	Yes
Armament Maintenance Kit	01	-	No	Yes

## *Jungle Operations International Course - Candidate Guidelines*

Hygiene Kit	01	-	No	Yes
Survival Kit	01	-	No	Yes
Health Kit	01	- 500 ml physiologic saline 0,9%; - Gauge needles (catheter); IV tubing.	No	Yes



Example of First Aid Kit (tactical vest)

### **c. DUFFLE BAG – Mandatory materials**

ITEM	MINIMUM QUANTITY	OBSERVATION	MAY BE PROVIDED BY CIGS	MAY BE ACQUIRED IN THE LOCAL TRADE (MANAUS)
Duffle bag	01	May be T-10 bag	No	Yes
Padlock	01	Key or combination (recommended)	No	Yes
Spare boots	01	Used in the country of origin	No	Yes
Bath towel	01	High absorption	No	Yes
Feet maintenance kit	01	Ointments (e.g: Cutisanol gel), gel powder, small towel, spare socks, antiseptic powder, etc.	No	Yes
Physical training uniform	01	Shirt, shorts, pair of socks, black tennis shoes, sandals	No	Yes
Black plastic	01	1,20m x 0,80m (Maint of the materials in the jungle barrack)	No	Yes
Full spare uniform	01	Pants, jacket, shirt, socks, belt, blousing garters, trunks or thermal shorts	No	Yes



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Civilian clothes	01	Jeans, t-shirt, white socks, belt (if necessary), underpants, tennis, other accessories the student thinks is convenient. Preferably discreet colors. Advisable to take a concealed holster.	No	Yes
Sand table kit	01	Must be ready to use in	No	Yes
Visual means kit	01	the beginning of course. Only one kit for group.	No	Yes
Poncho	01	Model used in the country of origin	Yes	Yes
AA battery	12	4 to each phase	No	Yes
AAA battery	12	4 to each phase	No	Yes

#### **d. Others – mandatory materials**

ITEM	MINIMUM QUANTITY	OBSERVATION	MAY BE PROVIDED BY CIGS	MAY BE ACQUIRED IN THE LOCAL TRADE (MANAUS)
Padlock	01	Locker door	No	Yes
Parade uniform (according to the country of origin)	01	Uniform suitable to receive the metal badge of the Course	No	-
Combat uniform (operational)	01	With all identifications (according to the country of origin), to be worn during the mobilization and demobilization weeks	No	-
Photo 3x4 with uniform	02	Uniform without hat	No	Yes
Photo 3x4 civilian	02	-	No	Yes
Metal badge of the Jungle Operations Course	01	Provided by the Students Division under payment	-	Yes
Extra Material	Non defined	What the student thinks is necessary to complete his backpack and duffle bag	-	-

## *Jungle Operations International Course - Candidate Guidelines*

### 3. MATERIALS SUGGESTED BY CIGS

#### a. Various materials

ITEM	MINIMUM QUANTITY	OBSERVATION	MAY BE ACQUIRED IN THE LOCAL TRADE (MANAUS)
Multipurpose pliers	01	Inside the backpack	Yes
Insulating tape	01	Tactical vest	Yes
Ear plugs (shooting)	01	Inside the backpack	Yes
Hydration backpack	01	Inside the backpack	Yes
Campaign seat	01	Inside the Duffle Bag	Yes
Medicines kit	01	Inside the Duffle Bag	Yes
Replacement material for the kits	-	Backpack and Duffle bag	Yes
Sand table kit for continuous missions	01	The essential items must be taken from the Sand table group kit	Yes

The student is authorized to bring his/her own tactical glove, tactical sling, ear plugs and goggles, of good quality, who are already used to using by the student.

#### b. For the composition of the kits - SUGGESTIONS:

<b>Survival Kit</b>
<b>ITEM</b>
Whistle
Candle
Lighter
Flashlight
AA Battery
Water purifier (eg: Clorin, Hidrosteril)
4, 3/0 and 7/0 fishhook
Varied sinkers
Small mid-water artificial bait
0,20 to 0,30mm fishing line
2 or 3 point spear
Mirror
Insulating tape

<b>Camouflage Kit</b>
<b>ITEM</b>
Mirror
Green Camouflage
Black Camouflage

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<b>Sand table Kit (only one for the group)</b>	
<b>ITEM</b>	
Green chess powder	
Red chess powder	
Brown chess powder	
Black chess powder	
Blue chess powder	
Yellow chess powder	
Colorful wool twine	
Small light plug 127V	
Small light 127V	
3 keys plug	
Pen for white board 2.0mm tip in red color	
Pen for white board 2.0mm tip in blue color	
Pen for white board 2.0mm tip in black color	
Pen for white board 2.0mm tip in green color	
Military toys	
Enemy toys	
Aircraft Miniatures	
Military vehicles miniatures	
Civilian vehicles miniatures	
Boat miniatures	
Plastic labels (3cm x 10cm)	
Buildings miniatures	
Scissors	
Contact paper	
Wire mesh	
Wire	
Cotton	
Foam	
Wooden blocks of various sizes	
Sieve	
Sprayer	
50cm rulers	
Dye sawdust	
Shovel and hoe	
Builder's trowel	
Several colors spray paint	
Several colors cardboard	
Sound alarms	

<b>Visual means Kit (only one for the group)</b>	
<b>ITEM</b>	
SITUATION	
MISSION	
TIME TABLE	

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ORGANOGRAM
COMUNICATIONS
MATERIAL AND PERSONNEL ORGANIZATION CHART – QOPM (the model must be asked in the mobilization week)
MANEUVER SKETCH
IMEDIATE ACTIONS TECHNIQUES
CONTINGENCY SITUATIONS
REHEARSAL PLANNING
LOADING AND BOARDING PLAN
OBJECTIVE RELLY POINT – ORP
MOVEMENT ORDER
NAVIGATION AUXILIARY DIAGRAM – QAN
GROUP COVER STORY

<b>Boots Maintenance Kit</b>
<b>ITEM</b>
Shoe polish
Shoe polish brush
Cleaning brush

<b>Reduced notes Kit</b>
<b>ITEM</b>
Overhead projector pen (red/blue/black)
4 color pens
Waterproof small notebook
Clinometer

<b>Sewing Kit</b>
<b>ITEM</b>
Blousing garters
Green sewing thread
Black sewing thread
Black or green buttons

<b>Notes Kit</b>
<b>ITEM</b>
Small clipboard
Clinometers
Calculator
Protractor
Small notebook (202x140mm – planning)
Pencil
Graphite Pencil
Rubber
4 color pens

## Jungle Operations International Course - Candidate Guidelines

Black and blue overhead projector pen – fine tip
Cutter knife
Alcohol gel
Contact paper
Pencils to color
Glue
Set-square (the pair is not necessary)
Transparent adhesive tape
Cloth

Armament Maintenance Kit	
ITEM	
Bore snake for IA2 5,56mm assault rifle	
White cloth	
Lub oil	
Rust remover oil	
Small brush	
Screwdriver 5mm	
Marker	
Tactical tissue (light color. E.g: yellow) advisable	
Carrier key	

Health Kit	
ITEM	
Nitrile Gloves for procedures	
Adhesive plaster	
Antiseptic	
Gauze	
Bandage	
Rifocin	
<b>Saline and Glucose given by CIGS</b>	
<b>Catheter nº 18 and 20</b>	
<b>Obs: Items in red are MANDATORY</b>	

Feet Maintenance Kit	
ITEM	
Antifungal ointment	
Healing ointment (Minancora)	
Neutral talc	
Antibacterial spray (Rifocin)	
Waterproof adhesive	
Spare socks	

## *Jungle Operations International Course - Candidate Guidelines*

<b>Armament Maintenance Kit</b>	
<b>ITEM</b>	
	Bore snake for IA2 5,56mm Assault Rifle
	White cloth
	Lub oil
	Small brush

<b>Hygiene Kit</b>	
<b>ITEM</b>	
	Toothpaste
	Toothbrush
	Dental floss
	Shaving cream
	Safety razor
	Razors
	Soap
	Nail cutter
	Toilet Paper – separate from the kit (backpack)
	High absorption towel – separate from the kit (backpack)

### **4. TACTICAL VEST**

**MANAGEMENT TOURNIQUET  
(BLUE) IN THE RIGHT  
SUSPENDER POCKET**



**HOLD WITH ELASTIC BANDS**

**CANVAS BOOTS**

*Jungle Operations International Course - Candidate Guidelines*



MACHETE WITH BLACK SHEATH AT THE LEFT SIDE



FIRST AID HOLDER

*Jungle Operations International Course - Candidate Guidelines*

**BRAZILIAN ARMY COMBAT JACKET**



The student must use the Tactical Vest of his/her Army. However, this is a suggestion for preparation.



Manaus-AM, March 27th, 2024.

*Glauco Corbari Corrêa*  
**GLAUCO CORBARI CORRÊA – Colonel**  
CIGS' Commander