



**“WE WILL NOT TIRE..
WE WILL NOT FALTER..
AND WE WILL NOT FAIL.”**



**INFORMATION ABOUT FLORIDA ARMY
NATIONAL GUARD SPECIAL FORCES**

**THIS BOOKLET IS FOR THOSE INDIVIDUALS THAT ARE
SERIOUSLY CONSIDERING A CAREER IN A FLORIDA ARMY
NATIONAL GUARD SPECIAL FORCES UNIT.**

Updated 26 October 2007

After reading this pamphlet contact a Special Forces Recruiter to answer any immediate questions and to setup a personal interview with a Special Forces soldier.

Because of their knowledge of Special Forces, the following recruiters should be your initial contact. They may have a recruiter in your local area assist you after your personal interview with a Special Forces soldier.

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"It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena; whose face is marred by the dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions and spends himself in a worthy course; who at the best, knows in the end the triumph of high achievement, and who, at worst, if he fails, at least fails while daring greatly; so that his place shall never be with those cold and timid souls who know neither victory or defeat."

Theodore Roosevelt



This Booklet
Is Designed to Help You...

MAKE AN INFORMED DECISION

About a Possible Future in SF

This may be the most important decision in your military career. We encourage you to use this booklet as one source of information and to seek and find as much information as you need to make the decision that is right for you.

PREPARE FOR SF

If you already plan to make a career in SF, this booklet will help you mentally prepare. Knowing what to expect improves your ability to deal with the selection and qualification process and the challenges of being a “quiet professional” – an SF soldier.

This Booklet
Is Intended For...

SOLDIERS

We’ve addressed the most common questions soldiers, much like yourself, have asked about selection and training, military occupational specialties (MOSs), and day-to-day life in SF.

WIVES

In many cases, the soldier’s family plays a key role in his decision process and in his ultimate adjustment and success in SF. So, we’ve included information about family related concerns.

Contents

What is SF?	1
Tradition	3
Are you the man for the job	4
Common myths about SF	4
Characteristics of the Successful SF Soldier	5
How you qualify	6
What it takes to get qualified (SFQC Pipeline)	7
Six Phases of the SF Training Pipeline	8
Opportunities for additional training	12
Amount of time away from home	13
The long-term view of your SF career	13
Non-Prior service pipeline (Rep 63 Program)	14
Families in Special Forces	15
Find out if you have what it takes	16
Non 18 series jobs in the Battalion	17
Non Qualified Personnel Program	17
History of 3d Battalion 20th Special Group	20
Preparing for SFAS	21
What is CrossFit	23
SFAS Pre-Training Material	27



What is SF?

The U.S. Army Special Forces is a strategic, multipurpose force that is trained and equipped to respond to various contingencies around the world. Sometimes called “diplomatic warriors” or “global scouts,” they are most commonly known as Green Berets.

The U.S. Army Special Forces are experts in unconventional warfare and have the skills to operate with indigenous forces. They expand the range of options available to decision makers confronting crises and contingencies below the threshold of war, such as terrorism, insurgency and sabotage. They act as force multipliers for conventional forces engaged in major conflicts and operations. They also provide humanitarian and security assistance in support of non-combat missions and peace operations.

Highly effective across the full spectrum of any conflict, Special Forces Soldiers are adaptive warriors with the ability to operate independently. So while a Green Beret is expertly skilled in the most advanced weapons and tactics, it’s his ability to think on his feet and find creative solutions to any obstacle that sets him apart.



As you can see, there is little that is conventional when it comes to being a Special Forces Soldier. In fact, the actual structure of a Special Forces team is in itself unique. You will be part of a Special Forces Operational Detachment Alpha (SOFDA) that consists of a dynamic 12-man force made up of Soldiers of the highest physical, mental and moral caliber.

You will be trained in Unconventional Warfare, Foreign Internal Defense, Direct Action, Special Reconnaissance and Combating Terrorism. You’ll have the know-how to operate in urban, desert, jungle, mountain, maritime and arctic environments, where surviving behind enemy lines for months at a time is just part of the job.



Company A (Ocala, FL) conducting Foreign Internal Defense in Columbia, South America

Other missions might call for you to act as a “force multiplier” where you will teach skills to people all over the world using your foreign language training. Drawing on your understanding of and respect for foreign cultures, you will quickly enable allies to fight for themselves. It comes as no surprise that Special Forces Soldiers are considered to be the world’s greatest military instructors.



Florida Special Forces Soldiers with an Afghanistan Indigenous force prior to a dismounted patrol through the mountains.

Every Special Forces team is a diverse yet extremely tight-knit unit whose success relies on inventiveness and confidence in one another even under the toughest conditions. Their unwavering determination and the success of the mission comes from knowing that their team is made up of the best of the best.

And you could join them.

Tradition

Today's U.S. Army Special Forces trace their origins to World War II's Office of Strategic Services and the First Special Service Force, trained to perform sabotage in Nazi-occupied Europe. In 1952, the 10th Special Forces Group was established to wage guerrilla warfare if the Soviets invaded Western Europe. Special Forces became famous for unconventional operations in Vietnam, receiving 17 Medals of Honor. In 1961, the Army authorized the wearing of the famed Green Beret.

More recently, Special Forces Soldiers have been integral to almost every foreign conflict or situation. They were employed in the war in El Salvador, in Panama during Operation Just Cause, in the Middle East during Operations Desert Shield and Desert Storm, in Haiti during Operation Restore Hope, in Bosnia during Operation Joint Endeavor, in Afghanistan in Operation enduring Freedom and in Operation in Iraqi Freedom. By just watching the evening news or reading the headlines, you can see the contribution the Green Berets have made in our uncertain world. See the history of the Florida Special Forces Battalion later in this pamphlet.



Are you the man for this job?

Are you a Type A personality? Or more like a Type AAA? Not everyone is cut out for the intense world of Special Forces. You will need maturity and self-motivation. To be one of the “quiet professionals,” you must be open and humble in your work with other races and cultures. Physically, you will be better conditioned than the average soldier. But just as important, your emotional and mental strength will be rock solid and incredibly focused. You will have the confidence to work independently, yet you will thrive within the cohesiveness of a small team.

Common Myths about SF

A common misconception about SF is that the work is glamorous and filled with adventure and excitement of exotic travel and direct action missions. In reality, the SF soldier spends a great deal of time preparing for missions and training exercises. He studies to maintain his MOS and language skills and analyzes his Group’s Area of Operation. When he does deploy, he may find himself living in conditions that most American would consider austere at best. The work is physically and mentally demanding and may extend for long periods of time.



Characteristics of the Successful SF Soldier

Although there is prestige in wearing the Green Beret, SF soldiers are not boastful or arrogant. They are more accurately described as “quiet professionals.”

Successful SF Soldiers tend to be:

INDEPENDENT
FLEXIBLE
GOAL-ORIENTED
RESOURCEFUL
SELF-CONFIDENT
TEAM PLAYERS
GOOD TRAINERS
HIGH IN INITIATIVE
COMPLETELY TRUSTWORTHY
SUPERIOR IN TECHNICAL SKILLS
OPEN TO DIFFERENT CULTURES
SKILLFUL IN DEALING WITH PEOPLE
STRONGLY COMMITTED TO SF
SERVICE ORIENTED

How you Qualify

It's all part of being one of the "quiet professionals" – a true warrior of the highest intelligence. To qualify for consideration, you must meet the following prerequisites. For the latest information speak with a recruiter.

The following criteria are required for all applicants (officers and enlisted):

- Must be a male.
- Must be U.S. citizen (not waiver-able).
- Must be airborne qualified or volunteer for airborne training.
- Must be able to swim 50-meters wearing boots and battle dress uniform (BDU) prior to beginning the Special Forces Qualification Course. All Soldiers will be given a swim assessment during SFAS to determine whether he has the aptitude to learn to swim.
- Meet Special Forces Physical Fitness Test requirements. For prior service soldiers that's an overall score of **260 with a minimum of 80 percent** in each event at the 17-21 age group. **(57 pushups, 66 sit ups and a 14:24 on the 2 mile run)**
- Must be able to meet medical fitness standards as outlined in AR 40-501.
- Must be eligible for a "SECRET" security clearance (security clearance is not required to attend SFAS).
- Talk to a recruiter about Florida National Guard entrance requirements if you've never been in the military.

Additional criteria exclusive to enlisted applicants:

- Enlisted applicants must be in the pay grade of E-4 to E-7. Successful completion of SFAS is a prerequisite to the SFQC.
- Must be a high school graduate or have a general equivalency diploma (GED).
- Must have a general technical (GT) score of 100 or higher.

Additional criteria exclusive to Officer applicants:

- Have at least a Secret security clearance prior to final packet approval and meet eligibility criteria for Top Secret clearance.
- Have completed the Officer Basic Course and have been successful in your branch assignments prior to application for Special Forces.
- Have a Defense Language Aptitude Battery (DLAB) Score of 85 or higher or a Defense Language Proficiency Test (DLPT) of a minimum of 1/1 reading and listening score.



All applicants must not:

- Be barred to reenlistment or be under suspension of favorable personnel action.
- Have been convicted by court-martial or have disciplinary action noted in their official military personnel fiche under the provisions of the Uniform Code of Military Justice (Article 15). This provision can only be waived by the Commanding General, United States Army Special Warfare Center and School on a case-by-case basis.
- Have been terminated from SF, ranger, or airborne duty, unless termination was due to extreme family problems.
- Have 30 days or more lost time under USC 972 within current or preceding enlistment.

What it takes to get Qualified – Pipeline Overview

Special Forces Soldiers are in the forefront of the Global War on Terrorism, and their successes have only increased the demand for quiet professionals. At the U.S. Army John F. Kennedy Special Warfare Center and School, the agency charged with training Special Forces Soldiers, that increased demand hasn't altered the school's commitment to excellence in training, but it has generated a transformation in the training program – the first in more than a decade.

The U.S. Army John F. Kennedy Special Warfare Center and School replaced the previous training model of the SFQC which used a sequential six-phase program, with a more modular program designed to optimize training and resources.

Modularization of the pipeline provided a greater number of iterations for each major block of training, creating a better instructor-to-student ratio, leveraging technology, and decreasing the time that Soldiers spend waiting for a training block to begin.

Under the previous training model, most SF students spent approximately 63 weeks in the training pipeline, the new training model streamlines that time to 48 weeks. The Special Forces Medical Sergeant course however, continues to be longer than the other specialties moving from 93 weeks to 86 weeks.

The new Special Forces training model takes into account a Soldier's training and experience to develop a personalized program with multiple subjects taught concurrently, much like a college curriculum. For example, a Soldier who is already proficient in a foreign language may bypass the language instruction portion of the program and graduate up to eight weeks sooner.

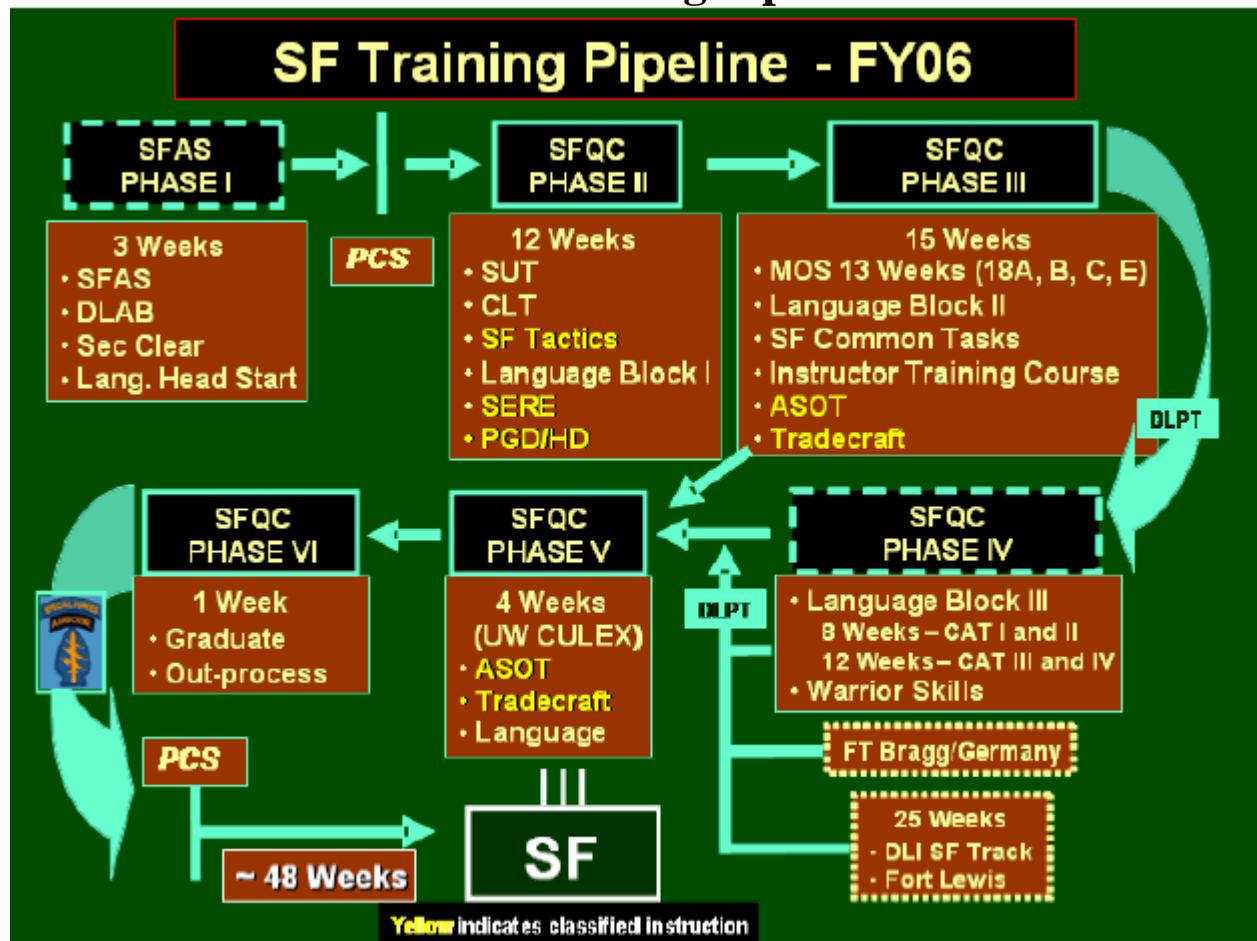
The core programs of instruction for the 18 series Career Management Fields have remained largely intact, but new material was added to the curriculum. The new material covers intelligence operations, abduction avoidance and captivity survival, more in-depth training on adaptive thinking and learning, and additional training in SF common skills and warrior skills. The ability to speak a foreign language is a core unconventional warfare skill for the Special Forces Soldier. The school's Directorate of Training and Doctrine has developed a comprehensive language training program that introduces students to their foreign languages early and makes language a more integral part of SFQC training. From advanced distributed

learning that allows students to study languages from home to negotiations in those languages, foreign language training is woven throughout the SFQC pipeline. This was a major change to the previous training model, which featured all language training activities during Phase V, the second-to-last portion of the course.

Since May 2005, training in Survival, Evasion, Resistance and Escape, or SERE, is integrated into the initial phase of the SFQC instead of the final phase of training where it previously occurred. Additionally, the Peacetime Governmental Detention/Hostage Detention, or PGD/HD, course was added to the initial phase of the SFQC. This allows survival and detention scenarios to be added to the capstone field training event of the SFQC, known as Robin Sage, making the exercise more relevant and realistic. Robin Sage takes place in the towns and counties surrounding Fort Bragg, N.C., in a notional country called “Pineland”.

The graduating class of March 2005 was the last to wear the Green Beret prior to completing language and SERE training. The previous system allowed SF trainees to wear the Green Beret and be inducted into the 1st Special Forces Regiment upon completion of Robin Sage/Phase IV. Starting with the October 2005 graduating class, Soldiers will be inducted into the regiment and attend their graduation ceremony at the end of all training. Only then will they be awarded the coveted Green Beret and Special Forces tab, signifying that they are fully prepared to join the brotherhood of Special Forces warriors.

The Six Phases of the SF Training Pipeline



Throughout your training, you will be challenged like never before. Physically and mentally, you will be tested again and again. Limits will be pushed. Creative solutions will be found. And obstacles will be overcome. At the end, only the best will be standing at your side.

It all starts with the Special Forces Assessment and Selection Course. Consider the SFAS Course as the entry point into Special Forces training and to a world of tremendous challenges and opportunities.

**Phase I: Initial Assessment –
3 weeks**

You will be trained and assessed on your ability to work under stress and accomplish the mission. With each test you pass, you'll be given opportunities for more training.

If you don't already have a security clearance you will most likely initiate your clearance during this phase.



See the last few pages of this book for information on preparing for SFAS

Mandatory Prerequisites before Phase II can be started

Basic Airborne Training for those members not already airborne qualified – 3 weeks at Ft Benning, GA.

Maneuver Captain's Career Course – Apr 5 months, Ft Benning, GA or Ft Knox, KY (Officers Only). This is not included in the 48 weeks of the 18A course but is a prerequisite before an Officer can begin the course.

Phase II – 12 Weeks. SFQC Phase II training builds the combat skills that are essential for the Special Forces Soldier. It places equal emphasis on instilling the SF Core values and the warrior mindset, both of which are needed for successful SF operations.

- Common Leadership Training (CLT) Primarily Leadership Development Course and Basic Noncommissioned Officer Course – 2 weeks. For those members who do not already have these courses (Enlisted Only)
- Small Unit Tactics (SUT). Principles of ambushes, patrolling and SF Core tasks.



Phase II students now fire more rounds of ammunition than they have in the history of the SFQC

- Survival, Evasion, Resistance and Escape, or SERE. The SERE course is designed to help military personnel avoid capture or exploitation by the enemy.



- Peacetime Governmental Detention/Hostage Detention, or PGD/HD.
- Language Block 1
- SF Tactics



**Phase III – 15 Weeks (MOS 18A, B, C, E)
46 Weeks for MOS 18D**

- The MOS Training Phase (III) is where you will be instructed on your specialty skills. Every Special Forces Soldier has specific skills training based on his background, aptitude and desires. MOS options include:
 - Language Block II
 - SF Common Tasks
 - Instructor Training Course



- Advanced Special Operations Techniques (ASOT)
- Tradecraft

SF Weapons Sergeant (MOS 18B)

Training includes tactics, anti-armor weapons, U.S. and foreign light weapons, indirect fire operations, man-portable air defense weapons, weapons emplacement and integrated combined arms fire control planning.

SF Engineer Sergeant (MOS 18C)

Training includes construction skills, field fortifications, use of explosives for both sabotage and demolitions and fabrication of buildings and bridges.



SF Medical Sergeant (MOS 18D)

Training includes advanced medical procedures, which consist of trauma management, surgical, dental and veterinary procedures. The SF medic is also an integral part of civic action programs, which bring

SF Communications Sergeant (MOS 18E)

Training includes installation and operation of SF satellite, high frequency and burst communications equipment, antenna theory, radio wave propagation, computer networking and communications operations, procedures and techniques.

Phase IV – 8 Weeks

- Language Block III
- Warrior Skills (maintain warrior edge, range firing, etc)

Phase V – 4 Weeks (Culmination exercise)

The capstone event of the SFQC is the Unconventional Warfare Culmination Exercise commonly known as Robin Sage. Robin Sage consists of Special Forces doctrine and organization, Unconventional Warfare Operations, Direct Action Operations, Methods of Instruction and both Airborne and Airmobile Operations. You will experience what it's like to be part of SFODA when you deploy for unconventional warfare exercises in the forests of North Carolina. At this point, your specialty and common skills will be evaluated.

Phase VI - Graduation: The Best of the Best

After completion of the entire SFQC, you will have earned the right to wear the Green Beret and the SF tab. Both signify that you are a member of an organization with a highly decorated legacy of service to the United States. You will be inducted into the 1st Special Forces Regiment and attend the graduation ceremony at the end of all training. Only then will you be awarded the coveted Green Beret signifying that you are fully prepared to join your brothers on SF operational detachments.

The arrowhead-shaped shoulder patch symbolizes the skills of the Native American. The dagger signifies the unconventional nature of the Special Forces. Three lightning bolts represent air, land, and water infiltration techniques.

Proud symbols all, but what you have proved to yourself, your team and the world is what truly makes you a Special Forces warrior. Few men have ever attained such an esteemed level of accomplishment, and the trust of our nation that comes with it.

In the words of President John F. Kennedy, you will have earned “a symbol of excellence, a badge of courage, a mark of distinction in the fight for freedom.”

Other benefits of wearing the Green Beret:

As a Special Forces Soldier, you’ll be eligible for Special Duty Assignment Pay, jump status pay and additional proficiency pay for missions calling for free-fall parachuting, combat diving and language skills.

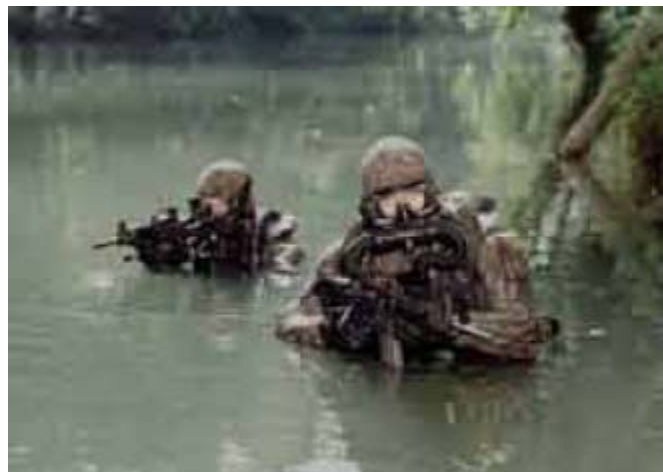
When on active duty you will earn 30 days of vacation with pay each year, along with complete medical and dental care.

Opportunities for Additional Training

Expect to participate in training events both in the continental United States and outside the continental United States. The following are characteristics of typical team training:

- Time spent in close quarters with other team members
- Much preparation time involving study, research, and planning.
- Possibility of harsh, uncomfortable living conditions, isolated from the world
- Fast-paced activities, with little opportunity for sleep or relaxation.

In terms of individual training, the typical SF soldier has considerable opportunities compared to soldiers in other branches.



Advanced specialized training is available for specific mission profiles; for example:

- Military Freefall (HALO / HAHO)
- SF Advanced Reconnaissance, Target Analysis And Exploitation (SFARTAEC)
- Underwater Operations (UWO)
- Advanced Special Operations Techniques (ASOT)
- Special Operations Target Interdiction (SOTIC)
- SF Advanced Urban Combat (SFAUC)
- SF Operations and Intelligence (O&I)

Just to name a few

Cross training into other MOSs is possible for some NCOs by attending the MOS phase (Phase III) for that specialty. Earning a second Special Forces MOS is highly encouraged especially for soldiers with a minimum time in service and experience.

Amount of Time Away From Home

This is in reference to time away after your initial training to becoming Special Forces Qualified. The time spent away from home varies from soldier to soldier and from year to year. Typically a National Guard Special Forces Soldier attends one weekend a month and usually a three week annual training period per year. If the unit is activated for an overseas deployment it is usually for a twelve month period.

The Long-Term view of Your SF Career

As a rule an SFQC graduate's initial assignment will be to an SFODA. During this period he will enhance his professional development by working with seasoned professionals on a variety of missions in the Group's targeted region of the world. For 20th Group that is Central and South America

Promotion Rates.

- PV2 and PFC will be promoted to SPC without regard to Time in Grade (TIMIG) or Time in Service (TIS) with effective date and DOR the day after completion of Special Forces Assessment and Selection (SFAS).
- SPC to SGT when you have 36 months time in service (TIS) waivable to 18 months, 8 months TIMIG waivable to 4 months and have been recommended by a promotion board conducted at USAJFKSWCS or 3/20th SFG(A). The effective date of promotion and DOR will be the first day of the next month after the promotion board results are approved and you are enrolled in phase III.
- SGT to SSG when you have at least 84 months TIS waivable to 48 months, 10 months TIMIG waivable to 5 months, and have been recommended by the promotion board conducted at USAJFKSWCS or 3/20th SFG(A).

- Staff Sergeants normally find themselves in a promotable status toward the end of the initial 4 year SF tour. Promotion to Sergeant First Class is competitive but each SFODA has five Sergeant First Class positions providing for a strong possibility for promotion.

Each company has seven Warrant Officer Positions which provides a great opportunity for soldiers who want to pursue this career field. Warrant Officer positions are for experienced SF soldiers who hold the 18F and one other 18 series MOS.

Job satisfaction: SF soldiers report that the camaraderie, professionalism, and overall job satisfaction are unmatched by any other job in the Army. On the other hand, some soldiers report that they expected to travel more, train more, and conduct more real-world missions than they have thus far.

Non-Prior Service Pipeline (REP 63)

The REP 63 is an enlistment option similar to the 18X option for personnel enlisting for active duty Army. The REP 63 program is a way to join the National Guard and pursue a career in the Army Special Forces with no prior military experience.

Under the REP63 (18X) enlistment option, recruits are guaranteed the opportunity to "try out" for Special Forces. It does not guarantee that the recruit will be accepted into the Special Forces program. It only guarantees that the recruit will be given the opportunity to see if he "has the stuff."

A recruit who enlists in the REP 63 Special Forces enlistment program will attend Infantry OSUT (One Station Unit Training), which combines Army Basic Training and Infantry AIT (Advanced Individual Training), all in one 17-week course.

Upon graduation, recruits attend Airborne Training at Fort Benning, GA. After "jump school," recruits attend a 4-week Special Operations Preparation Course (SOPC). Following graduation from SOPC, recruits are scheduled for the Special Forces Assessment and Selection (SFAS) program. This is a very tough course, and has an extremely high wash-out rate. The Special Forces Assessment and Selection (SFAS) program assesses and selects Soldiers for attendance at the Special Forces Qualification Course (SFQC). This program allows SF an opportunity to assess each Soldier's capabilities by testing his physical, emotional, and mental stamina. The SFAS also allows each Soldier the opportunity to make a meaningful and educated decision about SF and his career plan.

Soldiers attend SFAS at Fort Bragg, North Carolina. You will be trained in all military subjects used in the assessment. The course is individual cross country land navigation based covering distances from 18 kilometers up to about 50 kilometers. The distances and weight carried increase during the course, but being prepared mentally and physically for the events cannot be over emphasized.

If the recruit passes the SFAS, he moves onto the Special Forces Qualification Course (SFQC). The SFQC teaches and develops the skills necessary for effective utilization of the SF Soldier.

Duties in CMF 18 primarily involve participation in Special Operations interrelated fields of unconventional warfare. See page 17 to learn more about the SF Qualification Course.

Families in Special Forces

In SF as elsewhere, families and individuals are unique. However, SF families appear to share certain characteristics. Many families characterize themselves as independent and self-sufficient. Balanced with this is a strong sense of community with other SF families.

Wives of SF soldiers describe themselves as:

- Independent
- Self-sufficient
- Flexible
- Strong
- A “jack of all trades”
- Supportive of their husband’s work
- Having outside interests
- Outgoing

Common Issues for Families in SF

The total number of times an SF soldier is away from home in one year may be the same or even less than the number of times he would be away from home in a conventional National Guard unit. However, most SF families report that the length of time the soldier is away at one time is an issue with which they must contend. The SF soldier may be gone for several weeks or months at a time when he is deployed for training, missions, or away at schools. Time away tends to be greater for soldiers who are on an SFODA than for soldiers with other assignments.

Most deployments are planned well in advance, and families are given the soldier’s location, and address, and in most cases will be able to keep in contact over email and the telephone. There are rare times when the soldier will get an opportunity for training or a special school on short notice which may cause a family additional stress. Because of the nature of the National Guard, unlike active duty, a soldier will not normally be deployed unexpectedly out of the state. During times of state emergencies, (hurricanes, floods, etc) there’s a good chance that all the SF soldiers in Florida will be called upon for their special skills.

The time the soldier is away can be particularly stressful for families with children. The wife typically must assume all the home responsibilities when her husband is away, including child care, household finances, and household upkeep. Keeping the children’s relationship with their father secure and ongoing is another challenge when the father is away for long periods

The transition time when the soldier is leaving and returning from time away from home can also be stressful and emotional for both husband and wife. Many wives settle into new routines when the husband is away and must then readjust these routines when he returns. On the other hand,

some husbands and wives report a positive outcome when the husband returns because they experience a repeated honeymoon period.

Family Support Mechanisms:

SF have been in the forefront of the Army with respect to support for families. They were one of the first to develop family support groups that schedule get-togethers for wives and families, both when the husband is away and when he is in garrison. The purpose of the family support group is to help families, especially wives, build support networks.

When the soldier is assigned to an SFODA, the company will introduce the wives to the family support group. The meetings, which are open to all, provide opportunities to discuss issues and share information. Each Company has its own family support group, and most cases so does each SFODA. Plus, there are many other formal and informal sources of support for SF families. A family member in SF never needs to feel alone.

Sources of support for SF families include:

- Family support groups.
- Close, supportive relationship among team members and their wives (the team is often described as a “second family”).
- Chaplain’s office
- Family information briefings before major deployments.

Family Satisfaction in SF:

Most wives report that they are proud of their husband and his work. Most also report satisfaction in knowing that their husband experiences a great deal of job satisfaction in SF, more than he would in any other job. The independence that most wives experience out of necessity is often seen as a plus. SF wives report becoming stronger and more self-sufficient. The SF community can also be a source of satisfaction for families, because they feel a true bond with other SF families.

Find out if you have what it takes.

Chances are if you are still reading this, there is something inside you that finds the Special Forces compelling. More than a career, it’s a way of life that’s not for everyone. But you’ll never know if you have what it takes unless you try. Consider it the challenge of a lifetime.

Contact your local Florida National Guard recruiter for more information and see our web site at www.specialforcesflorida.mil

Also look at the nonqualified personnel program to get an idea of what to expect while you’re preparing for SFAS and the Special Forces Qualification Course.

Non 18 series Jobs in the Battalion

For those that may not want to earn a 18 series career management field MOS (Special Forces) there are many other opportunities within the 3rd Battalion 20th Special Forces Group

The following MOS's change from time to time so always check with a recruiter to confirm availability, but these jobs or one's like them are generally available:

Military Intelligence

Detachment MOS's:

96B, 96D, 97B, 98C,
98G

Service Detachment

MOS's:

92A, 94G, 92R, 92Y

Mechanical

Maintenance

Detachment MOS's:

52D, 62B, 63B,

Signal Detachment

MOS's:

25C, 31S, 35E, 35F,
45B, 74B, 74D



Non Qualified Personnel (NQP) Program

Purpose:

The Special Forces Assessment and Selection process is not designed to train soldiers. It is designed to assess their abilities to perform under conditions common to the Special Forces mission. Special Operations Command (SOCOM) allows National Guard units to recruit and train younger and less experienced soldiers than their active duty counter-parts. The training that they are required to receive, however, is the same as active components. It is the goal of the 3rd Battalion 20th Special Forces Group candidate program to help young, inexperienced soldiers mature and learn the basic skills necessary to succeed in Special Forces training.

We are not here to teach candidates how to act or what type of personality they should imbue in order to succeed. It is the firm belief of 3rd Battalion and SOCOM that the qualities of a Special Forces soldier are inherent, not learned. We will, therefore, teach soldiers the skills that active duty candidates learn through experience, give them advice on physical training, and nurture personal attributes consistent with the Special Forces community. Only when a soldier meets the minimum physical and administrative pre-requisites of the John F. Kennedy Special Warfare

Center and School (JFKSWCS) and those set forth by 3rd Battalion will be given a recommendation to attend Special Forces Assessment and Selection. The following is summary of the Purpose:

- Teach basic skills needed for SFAS/SFQC
- Assess basic skills
- Assess physical fitness
- Recommend to attend SFAS only when:
- Physically ready
- Technically/Tactically ready

What is expected from NQPs:

You must workout between drills. There's no excuse for not improving your APFT score every drill. If you're training on your own there's no excuse for not maxing the APFT after 4 months. Like physical fitness, you must take the time in between drill to study the material presented to you. We shouldn't have to teach you the same skills every drill. When you're taught something you must take the time to commit it to memory.

Don't be expected to have your hand held. We're not going to yell at you, we're going to treat you like a professional so we expect you to act like a professional. The lowest ranking position on an A team is a Staff Sergeant and if you make it through SFQC you will be a Staff Sergeant fairly quickly. So what we ask is for you to take full responsibility for your actions as if you were a SSG. Do the right thing without being told more than once. If you make a mistake, which you will, don't give excuses. We expect you to acknowledge your mistake, learn from it and then drive on attempting not to make the same mistake again. We're going to give you a standard and we invite you to meet it, we will not force you to.

The following is a summary of what is expected of an NQP

- Establish an aggressive physical fitness program
- Learn the basic skills taught (study between drills)
- Be responsible and take responsibility for your actions (honesty and integrity)
- Professionalism
- Self motivated
- Never be late, light or last (this simply means meet the standard that is given to you)

What you can expect from the NQP Cadre:

You can expect to be treated fairly; we're not going to abuse you. We're here to teach you the skills you need to be successful and also show what will be physically required of you. I'm not saying it's going to be easy, because it's not. I can promise you that you will receive honest, demanding and rewarding training.

During your first drill with the Battalion we will give you a list of all the available courses. Together we'll set realistic goals for your report dates and we'll put them in writing. Then we

will work together to get you ready for that report date. What we don't want is NQPs in the program for a long time. Our goal is to have you in selection within 4 - 6 months of being assigned to the NQP Program.

You can expect the Cadre to teach you the specific skills you need to be successful in SFAS and SFQC.

We will give you an evaluation of where you stand physically and technically every month. You should leave every drill knowing exactly where you stand and what you need to work on before next drill.

This falls in with assessing your ability. We're not going to sugar-coat it. We're going to tell you exactly where you stand. We're here to get you prepared for SFAS and SFQC, not to be nice guys and sensitive to your feelings. If you're weak in an area we're going to let you know. This doesn't mean we're not going to be professional. Just expect a straight up evaluation.

We're not your friend. We're not going to be all buddy buddy with you. We're going to treat you with the military courtesy due and we expect you to do the same.

The following is summary of what you can expect from the NQP Program:

- Professionalism
- Establish start dates
- Teach the skills
- Assess your ability
- Honesty
- Not your friend

What you can expect on a typical NQP drill:

- APFT
- Instruction/Classes
- Ruck March
- Day Land Navigation
- Night Land Navigation
- Small Unit Tactics
- Physical Fitness Training
- Obstacle Course

Every drill typically follows the same format. We don't have a choice. We're going to work hard in order to set you up for success. If you're not going to take your training seriously, then you don't want to be in this program.



HISTORY OF 3RD BATTALION 20TH SPECIAL FORCES GROUP (AIRBORNE)

United States Army Special Forces was officially established June 19, 1952 at Ft Bragg, North Carolina with the activation of the 10th Special Forces Group (Airborne). Special Forces traces its lineage from the World War II Office of Strategic Services (also known as the OSS) which conducted Unconventional Warfare behind enemy lines in Europe. The OSS was conducting a new kind of warfare that consisted of small parachuting units operating behind enemy lines, developing a network of contacts, giving instructions to local fighters, and waging guerilla warfare on a helpless enemy. The OSS was also the same organization that was a precursor for the Central Intelligence Agency.

Special Forces is often confused with Special Operations Forces and the terms are sometimes used interchangeably. Special Operations Forces actually apply to the larger umbrella of all service special operations units such as Navy SEALs, Air Force Para-Rescue Jumpers (or PJs) and Special Tactics Squadrons, and Army Rangers and Special Forces. United States Special Operations Forces trace their origins from the American Revolution to units such as Rogers Rangers and the units of Francis Marion also known as the Swamp Fox. Special Forces is entirely a US Army organization and is the only US military unit that is officially tasked with the mission of Unconventional Warfare. United States Army Special Forces are one of many United States Special Operations Forces that report to the United States Special Operations Command located at MacDill Air Force Base, Florida. Currently there are a total of seven United States Army Special Forces Groups;

five Active Army and two National Guard. Our battalion is part of the 20th Special Forces Group that is entirely comprised of Army National Guardsman. To date, all 20th Special Forces Group (Airborne) units, located in 17 different states primarily in the south and eastern United States, have been mobilized and deployed for the Global War on Terror. The Third Battalion consists of personnel from units in three different states; Florida, North Carolina, and Kentucky.

In support of the Global War on Terror since October of 2001 the

Battalion deployed to Afghanistan in 2002 and then supported another rotation to Afghanistan with Company A and Company C in 2003. At the end of 2006 the Battalion was activated again to conduct a rotation in Iraq. Third Battalion personnel have also supported the United States Army Special Warfare School at Ft Bragg, conducted missions of Unconventional Warfare, Direct Action, Special Reconnaissance and other special activities in over a dozen different countries since the start of the War on Terror in 2001. Since 1996, the Third Battalion has



deployed personnel to over 27 countries and worked with military and police forces from over three dozen countries around the world. Missions have included Counterdrug operations, natural disaster humanitarian civic action, Foreign Internal Defense, and Joint Combined Exchange Training. The entire Battalion was also mobilized for Operation Desert Storm in 1991. Personnel have also deployed to Bosnia for NATO peacekeeping operations. As of the publication of this document the Battalion currently has Soldiers deployed to Afghanistan, Iraq and South America as individual augmentees supporting other unit deployments.

The battalion also conducts its dual National Guard role for federal and state response by supporting the state of Florida for military assistance to civilian authorities and has been called upon dozens of times for response to civil disturbances, hurricanes, flooding, and wildfires. For hurricane response, the battalion is the lead Florida National Guard unit for initially sending personnel into an impacted area to conduct an immediate needs assessment. The Third Battalion has been called on for such events as Hurricanes Andrew, Opal, Floyd, Alberta and the big six in 2004; the El Nino Floods of 1998, the Wildfires of 1998 and 1999, Y2K events, the Liberty City Riots of 1980, the I95 Jacksonville sniper shootings in 1993, and numerous other events in support of state and civilian agencies. The battalion regularly supports the Governors Emergency Operations Center in Tallahassee by providing planners and analysts. The battalion also provides numerous personnel to support the state's war on drugs and has trained personnel in almost all state agencies for events such as hurricane response or search and rescue response. The battalion has supported events like Blue Angel shows, parades, military funerals, and recently conducted rappelling demonstrations off the Florida Capitol Building for Governor Bush and other state dignitaries.

What would eventually become the Third Battalion, Twentieth Special Forces Group (Airborne) was established into the Florida Army National Guard on 15 February 1963. The Battalion has been headquartered at Camp Blanding for over 30 of those years and currently has units within the state at Ocala and Wauchula, Florida. All personnel in the battalion must be or become static line airborne qualified. Many are also Special Forces qualified, Ranger Qualified, Military Free-Fall qualified, SCUBA, and foreign language qualified. Specialty skills include weapons experts, communications experts, military intelligence experts, medical experts, and demolitions experts. Many are cross trained in several specialties and receive extensive additional training in areas such as operations and planning, extreme climate operations like mountainous, desert, or cold weather conditions, and maritime operations. It can sometimes take as long as 2-1/2 years to produce a fully qualified and trained Special Forces soldier. However, this extensive and demanding training makes a Special Forces soldier a force multiplier for a commander to utilize when the need arises as evidenced by the Special Forces role in the Global War on Terror.

Today, the battalion is a full partner in our countries fight for freedom but continues to endeavor to seek further improvement in our ability to provide support for federal and state authorities. The men that serve in this unit come from many varied backgrounds and locations but all share a desire to serve their country and their fellow citizens. They endure torturous training, extended absences from family and friends and ask little in return. In fact, almost to a man, they prefer to remain in the shadows and maintain the unit's motto of "the quiet professionals". Each man you see here today, as well as their comrades in arms within the Special Forces Brotherhood, is indeed "one of America's best".

Preparing for SFAS

Overview: This program is physically and mentally demanding. To accomplish physical related goals set by SFAS, applicants must be in good physical condition upon arrival at Fort Bragg N.C. Soldiers attending the SFAS program will perform physical tasks that will require them to climb obstacles (by use of a rope) 20 to 30 feet high, swim while in uniform, and travel great distances cross-country while carrying a rucksack with a minimum of 50 pounds. The SFAS program requires upper and lower body strength and physical endurance to accomplish daily physical-oriented goals on a continuous basis for 24 days. Below is a recommended 5- week physical training (PT) program consisting of realistic physical and mental goals relative to physical requirements set by the USAJFKSWCS SFAS committee (if you have time, work out more than 5 weeks prior to arrival).

Stages of physical fitness: Attaining physical fitness is not an overnight process; the body must go through three stages:

- a. The first is the toughening stage, which lasts about 2 weeks. During this time the body goes through a soreness and recovery period. When a muscle with poor blood supply (such as a weak muscle) is exercised, the waste products produced by the exercise collect faster than the blood can remove them. This acid waste builds up in the muscle tissue and irritates the nerve in the muscle fiber causing soreness. As the exercise continues, the body is able to circulate the blood more rapidly through the muscles and remove the waste material, which causes soreness to disappear.
- b. The slow improvement stage is second stage in attaining physical fitness. As the body passes through the toughening stage and continues into the slow improvement stage, the volume of blood circulating in the muscle increases and the body functions more efficiently. In the first few weeks the improvement is rapid, but as a higher level of skill and conditioning is reached, the improvement becomes less noticeable. The body reaches its maximum level of performance between 6 and 10 weeks. The intensity of the program and individual differences account for the variance in time.
- c. The sustaining stage is the third stage during which physical fitness is maintained. It is necessary to continue exercising at approximately the same intensity to retain the condition developed.

Physical workouts: Physical workouts should be conducted a minimum of 4 days a week; work out hard one day, easy the next. A hard and easy workout concept will allow maximum effort for overloading both the muscle groups and cardio respiratory system; it will also prevent injury and stagnation in the program. For example: Monday, Wednesday, and Friday—Hard workouts (over-loading of muscles) (Saturday used for extra long workouts). Sunday, Tuesday, and Thursday--Easy workouts. This is the time to practice swimming and work on overall fitness; sprints, pull-ups, push-ups, and especially stretching.

Prior to each workout, 10 to 15 minutes should be devoted to performing stretching exercises. Additionally, the USAJFKSWCS Surgeon recommends a well-balanced diet be incorporated with this recommended PT program and that daily fluid (water) intake be increased.

The latest strength and conditioning program that many elite athletes are following is the CrossFit or similar program. Go to www.crossfit.com for exercises and their workout philosophy. If you follow the Cross Fit program you won't have any problem being prepared for Special Forces training.



What is CrossFit?

CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide.

The program delivers a fitness that is, by design, broad, general, and inclusive. Their specialty is not specializing. Combat, survival, many sports, and life reward this kind of fitness and, on average, punish the specialist.

The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience. CrossFit has used the same routines for elderly individuals with heart disease and cage fighters one month out from televised bouts.

The needs of Olympic athletes and our grandparents differ by degree not kind. Our terrorist hunters, skiers, mountain bike riders and housewives have found their best fitness from the same regimen.

Thousands of athletes worldwide have followed CrossFit workouts posted daily on the site and distinguished themselves in combat, the streets, the ring, stadiums, gyms and homes.

They also publish the CrossFit Journal designed to support the CrossFit community detailing the theory, techniques, and practice used by the coaches in the CrossFit gym, in essence bringing your garage or gym into theirs, making you a part of the CrossFit family.

CrossFit offer seminars, trainer certifications, and training and regularly provide consultation services to athletic teams, coaches, and police and military agencies throughout the free world

The following is the Special Warfare Center and School recommended preparation program:

Week 1:

(Only hard workout days are listed here. Make up your own workouts on your "easy" days.)

Day 1: See what you can do. Do the best you can do.

- (a) APFT (maximum performance in all events, see what you can do).
- (b) One hundred-meter swim (nonstop, any stroke, do not touch the side or bottom of the pool).
- (c) Force march with 30-pound rucksack, 3 miles in 45 minutes (along road) or 1 hour if cross-country. (Wear well broken-in boots with thick socks.)

Day 2:

- (a) Three sets of push-ups (maximum repetitions in one-half minute period).
- (b) 3-mile run (moderate 8 to 9 minute mile pace).
- (c) Rope climb or three sets of pull-ups (as many as you can do).
- (d) Forced march with 30-pound rucksack, 5 miles in 1 hour and 15 minutes (along a road) or 1 hour and 40 minutes (cross-country).

Day 3: Forced march with 30-pound rucksack, 5 miles in 1 hour and 15 minutes (along the road) or 1 hour and 40 minutes (cross-country).

Week 2:

Day 1: Repeat of day 3, week 1 (forced march), extend distance to 8 miles with 35-pound rucksack in 2 hours (along a road) or 2 hours and 40 minutes (cross-country).

Day 2:

- (a) Three sets of push-ups, pull-ups, sit-ups (maximum repetitions in 35-second period three times).
- (b) Run 5 miles (moderate 8 to 9 minute mile pace).
- (c) Three sets of squats with 35-pound rucksack (50 each set). Go down only to the point where the upper and lower leg forms a 90-degree bend at knee.

Day 3: Forced march with 35-pound rucksack, 10 miles in 3 hours (along a road) or 4 hours (crosscountry).

Week 3:

Day 1:

- (a) Four sets of push-ups, pull-ups, and sit-ups (maximum repetitions in 40-second period).
- (b) Run 4 miles (fast to moderate 7 to 8 minute mile pace.)
- (c) Four sets of squats with 40-pound rucksack.

Day 2: Forced march 12 miles with 40-pound rucksack in 4 hours (along a road) or 4 hours and 40 minutes (cross-country).

Day 3:

- (a) Four sets of push-ups, sit-ups, pull-ups (maximum repetitions in 45-second period.)
- (b) Run 6 miles (fast to moderate 7 to 8 minute pace).
- (c) Four sets of squats with 40-pound rucksack.



Week 4

Day 1: Forced march 14 miles with 50-pound rucksack in 4 hours (along a road) or 4 hours and 40 minutes (cross-country).

Day 2:

- (a) Four sets of push-ups, sit-ups, and pull-ups(maximum repetitions in 1-minute period).
- (b) Run 6 miles (fast to moderate 7 to 8 minute mile pace).
- (c) Four sets of squats with 50-pound rucksack.

Day 3: Forced march 18 miles with 50-pound rucksack in 4 hours and 45 minutes (along a road) or 6 hours (cross-country).

Week 5:

Day 1:

- (a) Run 3 miles (fast 6 to 7 minute mile pace).

(b) Five hundred-meter swim (nonstop, any stroke, but not on your back).

Day 2: APFT. You should be able to achieve a score of at least 240 (minimum of 70 points in any one event) in the 17 to 21 year age limit. If not, workout harder.

Day 3: Forced march 18 miles with 50-pound rucksack in 4 hours and 30 minutes (along a road) or 6 hours (cross-country).

Considerations.

a. For forced marches, select boots that are comfortable and well broken-in (not worn out). Wear lightweight fatigues and thick socks (not newly issued socks). Army issue boots are excellent if fitted properly.

b. Utilize map and compass techniques whenever possible during forced march cross-country workouts.

c. Insoles specifically designed to absorb shock will reduce injuries.

d. Practice proper rucksack marching and walking techniques:

(1) Weight of body must be kept directly over feet, and sole of shoe must be flat on ground taking small steps at a steady pace.

(2) Knees must be locked on every step in order to rest muscles of the legs (especially when going uphill).

(3) When walking cross-country, step over and around obstacles; never step on them.

(4) When traveling up steep slopes, always traverse them; climb in zigzag pattern rather than straight up.

(5) When descending steep slopes, keep the back straight and knees bent to take up shock of each. Dig in with heels on each step.

(6) Practice walking as fast as you can with rucksack. Do not run with a rucksack. When testing, you may have to trot to maintain time, but try not to do this during training, it may injure you.

(7) A good rucksack pace is accomplished by continuous movement with short breaks (5 minutes) every 6 to 8 miles.

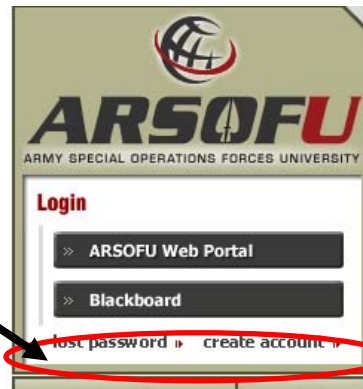
(8) If you cannot ruckmarch, then do squats with your rucksack. (One hundred repetitions, five times or until muscle fatigues.)

e. On each day (not listed in training program) conduct less strenuous workouts such as biking and short or slow runs. To compliment push-up workouts, weight lifting exercises should be included (for development of upper body strength) in easy day workout schedule. Swim as often as you can (500 meters or more).

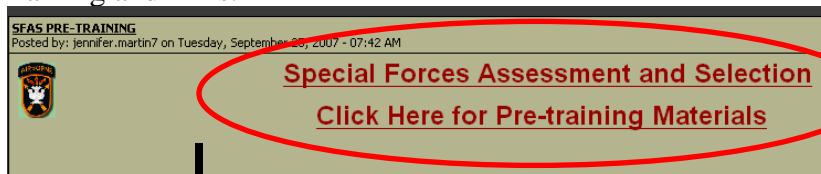
f. Once a high level of physical fitness is attained, a maintenance workout program should be applied using the hard and easy workout concept. Once in shape, stay in shape. Do not stop this 5-week program. If you have met all the goals, then modify program by increasing distance and weight and decreasing times.

SFAS PRE-TRAINING MATERIAL ON THE ARMY SPECIAL OPERATIONS FORCES UNIVERSITY (ARSOFU) WEBSITE

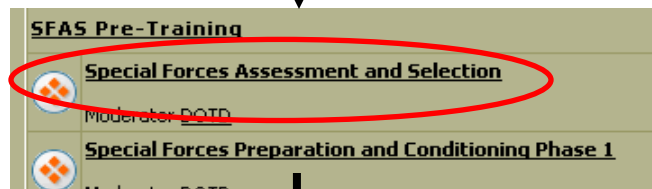
There are materials available to those Soldiers that are preparing to come to SFAS on ARSOFU. All that is required is an AKO username and password to reach these materials. There are currently classes available on equipment setup and packing, environmental emergencies, several land navigation classes, and knots and lashings.



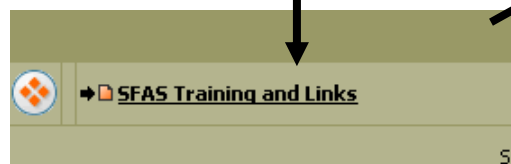
Login to the ARSOFU web portal at <https://arsofu.army.mil/> with your AKO username and password, scroll down to the SFAS pre-training materials link and follow the links on the following pages - Special Forces Assessment and Selection, then SFAS Training and links.



Then:



Then



Select one of the following classes to either download or launch from here.

