

# CHALLENGE

## ● MENTAL CHALLENGES

- LEARN TO THINK QUICKLY AND ACT DECISIVELY
- LEARN TO SOLVE CHALLENGING PROBLEMS USING INGENUITY AND INITIATIVE
- LEARN TO DEVELOP YOUR MENTAL CAPACITY TO BECOME A MORE EFFECTIVE MARINE

## ● PHYSICAL CHALLENGES

- THE CRUCIBLE – THE FINAL TEST OF EVERYTHING YOU’VE LEARNED, THE TOUGHEST PHYSICAL CHALLENGE OF RECRUIT TRAINING, AND THE LAST THING BETWEEN YOU AND THE TITLE “MARINE”
- TEST PHYSICAL PROWESS EACH YEAR THROUGH THE PHYSICAL FITNESS TEST (PFT) AND COMBAT FITNESS TEST (CFT)
- PARTICIPATE AND ADVANCE IN THE MARINE CORPS MARTIAL ARTS PROGRAM (MCMAP)

“IT’S LACK OF FAITH THAT MAKES PEOPLE AFRAID OF MEETING CHALLENGES, AND I BELIEVED IN MYSELF”

– MUHAMMAD ALI