

## **KGC qualifications**

### **KGC full qualification:**

**Successful completion gains award of the athletic ribbon**

**All Exercises are performed with a minimum of rest between them in the order given:**

**Sit-ups- 50 in 60 seconds.**

**Pushups- 50 in 60 seconds.**

**Mt. Climbers- 30 in 60 seconds.**

**Jumping Jacks- 130 in 120 seconds.**

**Mile and a Half Run- 11.5 minutes**

### **KGC partial qualification (Candy Stripe):**

**Sit-ups- 50 in 120 seconds.**

**Pushups- 50 in 120 seconds.**

**Mt. Climbers- 30 in 120 seconds.**

**Jumping Jacks- 130 in 180 seconds.**

**Mile and a Half Run- 13 minutes**

**Full qualification entitles person to bivouacs, athletic ribbon each semester, wear of beret, and flash.**

**Partial qualification entitles person to attend bivouacs and fundraisers.**

**Ribbon, Beret (for attending one bivouac), flash (for attending more than one bivouac) to be worn "only" upon "full" qualification.**