

Advancement Study Guide

What to study to be most successful during your advancement assessment

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OVERVIEW & PURPOSE

Advancements are composed of a standard uniform inspection and 3 Tests: Physical Fitness, Drill, and Academic. To successfully rank up you must pass every test with at LEAST a 70 to advance to the next assessment. The advancement week is made up of the following: Monday Academic test day, Tuesday is Uniform Inspection day, Wednesday/Thursday is the PFT, and Friday is the Drill test.

Basic Knowledge


Every Academic test will have basic knowledge found in your Non-Negotiable knowledge packet as well as Drill Knowledge on the test. These are “free” points you can earn because this is knowledge you should already have mastered or at least have partial familiarity with by now.

MATERIALS NEEDED

Listed below are the components of each Academic test E1-E7. The tests are 20 questions you need to answer a minimum of 14 correctly to pass. This information tells you exactly what will be on the test. The Links to the Cadet field and reference manuals are linked below for you to study.

- E-1 to E-2: Basic Knowledge from Non-Negotiable Packet: Ranks, Chain of Command, General Orders, etc.
- E-2 to E-3: Basic Knowledge, Uniform Standards, Cadet Creed, NJROTC acronym.
- E-3 to E-4: Basic Knowledge, Ribbon awards/ornament, Proper execution of drill

movements, Drill formation, Stationary Drill movements, Naval terminology

- E-4 to E-5: Basic Knowledge, Drill knowledge, Uniform regulations, Guidon/Rifle/Sword Manual
- E-5 to E-6: Basic Knowledge, Unarmed Drill moves and commanding knowledge, Basic Armed manual knowledge, Guidon manual, Uniform regulations, Ribbon knowledge.
- Cadet Field Manual:  CFM 11th Edition revised.pdf
- Cadet Reference Manual: [Cadet Reference Manual - Naval Education and Training Command](#)

Drill Test

The drill tests are categorized either by your ability to perform movements or your ability to command a squad performing the movements. Depending on your rank you will be doing one of the two. Grading is based on how many movements or commands you perform correctly. Your score is calculated based on the points you earned, not points deducted.

MATERIALS NEEDED

Below is a link to every Drill test for ranks E2-E6. Success is guaranteed if you take the time out of your day whether it be 10 minutes or 30 to practice these movements. If you have questions concerning execution of movements or commands the Cadet Field Manual is also available below. There you will find the Drill manual it details how to call and execute these movements listed on the drill card. If you find that your questions aren't answered by the book, utilize our Staff members to help you.

E1 to E2

https://docs.google.com/document/d/1nc_yIN6_N_8sJRB7cXc8cl8etGt5IqlF/edit

E2 to E3

<https://docs.google.com/document/d/1-scl1afQaBjiIZq-rDbsYH8QtA1F6RK4/edit>

E-3 to E-4

https://docs.google.com/document/d/1qXPcvnOiDbhWmu7Bn7WvTlj_3Jo-cd991-EMvSRt2wU/edit?usp=sharing

E-4 to E-5

<https://docs.google.com/document/d/1oqYMyzciwMhJsTyTceHgpTKhIidOS2naqhb2cOLZxrg/edit?usp=sharing>

E-5 to E-6

<https://docs.google.com/document/d/1ozhhGqophtjla7ivOXQZvpKI51RanM2z04udJu7Ug2E/edit?usp=sharing>

Physical Fitness Test(PFT)

The PFT is a quarterly physical assessment of the cadets fitness progression. There are 2 in each semester. There are 3 events: 2 minutes of Push-ups and Forearm Plank and then a 1 mile run/walk. For each exercise there is a set standard for how many repetitions a cadet should be able to do based on age and gender. Below is a spreadsheet with all the standards for the PFT.

<https://docs.google.com/spreadsheets/d/1hRVHVMxIvyFqH36v9pFz3jLEy62AMUo7l56cEJOtM/edit?gid=1755662382#gid=1755662382>