



Assessment and Selection Preparation Guide



U.S. ARMY



Thank you for your service to our Nation and your interest in joining the U.S. Army Parachute Team “The Golden Knights” and attending Assessment and Selection.

The purpose of this guide is to facilitate your preparation for Golden Knights Assessment and Selection (GKAS). GKAS is a rigorous and time-tested process to find those who possess the skills and characteristics needed to be the Army’s Airborne Ambassadors. GKAS will measure your ability to consistently perform at the highest levels in a variety of skills both in the sky and on land. Preparation and intrinsic motivation are critical to success at GKAS. Throughout your preparation, you must maintain focus on the goal of conducting spectacular freefall demonstrations to connect the American public with America’s Army.

To succeed at GKAS, you must arrive physically fit, and mentally alert, prepared for the rigors of a fast-paced course involving hundreds of freefall parachute jumps. We wish you the best of luck in your preparation and look forward to seeing you at GKAS.

Blue Skies!

Table of Contents

1

Introduction

2

Table of Contents GK

3

Attributes

4-5

Physical Preparation

6-7

Mental Skills

8

Critical Freefall Skills

9

Life of a Golden Knight

10

Narration

11

Golden Knights Creed



Golden Knight Attributes

Since 1959, the U.S. Army Parachute Team has identified and selected Soldiers of character and skill to serve as the Army's Airborne Ambassadors. At Golden Knights Assessment and Selection, you will be measured against the Golden Knight Attributes.

Professionalism: Your ability to demonstrate and maintain your military bearing, presentation, speaking ability, and discipline even under stress.

Autonomy: Your ability to demonstrate creative and disciplined initiative, reliability, and ownership when solving complex problems.

Accountability: Your ability to be self-reflective and self-aware and rapidly apply coaching and mentorship.

Proficiency: Your ability to rapidly master new skills with a focus on the attention to detail and precision needed for demonstration parachuting.

Integrity: Your ability to be trustworthy and honest. To do the right thing when no one is watching.

Perseverance: Your ability to remained focused on your goals, maintaining the physical and mental resolve needed to push through challenges and not quit.

Team Player: Your ability to integrate with new and diverse people to achieve goals greater than yourself.



Physical Preparation

GKAS is a highly demanding and strenuous selection. It is important to train your body in preparation to withstand the intense physical stress you will endure in this selection. Be prepared to run at a high volume, and regularly lift, carry, and drag high loads. It is recommended to train at least 5x a week, with an emphasis on strength training as well as conditioning. Being properly physically prepared will ensure you excel in this selection process, while also diminishing your risk of physical injury. Your strength training should consist of the following patterns spread throughout the training week: squat, hinge, horizontal push and pull, vertical push and pulls, as well as lunges, rotational work, and exercise aimed at reinforcing commonly injured areas of the body including rotator cuffs, hips, ankles, and neck. Conditioning should be focused on both building tolerance to high volumes of running, as well as high intensity outputs such as sprinting and interval work.



Physical Preparation

A sample week of physical training. Exercises marked with the same letter (i.e. B1, B2, B3, etc.) should be performed as a superset or circuit. Progress your workouts each week for maximum training effect.

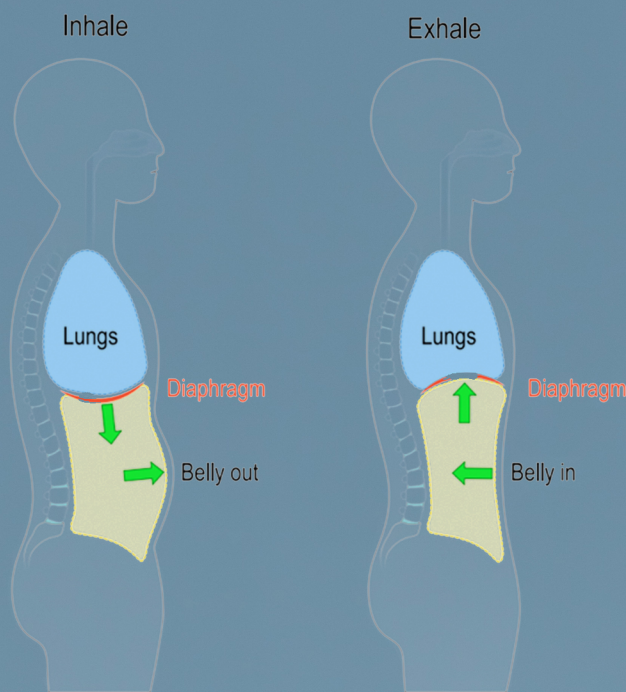
Daily Warm-up 2-3 Rounds:	10 Cat Camels 10 Open Books Adductor Rockbacks w/ thoracic rotation 10 Shoulder Blade pushups 10 Shoulder-Angel Rotations 10 Cossack Squats	
Monday	A1) Pause Back Squat: 4x5 building to a heavy set; 1x5-10 at weight from top working set B1) Barbell Bench Press 4x8 building to a heavy set B2) Loaded Cossack Squat 3x6 per side C1) Barbell RDL 4x5 C2) Weighted Chin-up 4x5 C3) Band Palloff Press 4x10 per side D1) Hamstring Curl 3x15 D2) Band Tricep Pressdowns 3x15	
Tuesday	Long Easy Run 2-5 miles	
Wednesday	A1) Trap Bar Deadlift 5x5 B1) Barbell Push Press 4x6 C1) Hollow Ab Holds 3x30seconds C2) Alternating Incline DB Press 4x8 per side C3) Chest Supported DB Row 4x8 C4) Cuban Press 4x12 D1) Band Pull Apart 100 reps as few sets as possible	
Thursday	400 Meter Repeat Sprints x 6-8 reps; Rest for 1-2x as long as the rep takes	
Friday	<u>1 round for time</u> .5 Mile Assault bike 10 Pull-Ups .5 Mile Assault Bike 20 Pushups .5 Mile Assault Bike 10 KB Swings	40 second Plank .5 Mile Assault Bike Farmer Carry 40 yards total .5 mile Assault bike 20 Bodyweight Squats .5 Mile Assault Bike 20 TRX Rows

Mental Skills



Self-Awareness:

- Knowledge of where your mind is, how your body feels, your perception or judgment of people, places, and things.
- As humans, we are continually putting ourselves into situations where we add self-judgment or judgment of people, places, or things. This judgment can hinder mental focus, emotions, and physical feelings which can then create internal adversity and obstacles. While you are training and throughout your days practice taking things for what they are without adding a story or label such as good or bad to it. This practice improves your self-awareness and helps in times of mental and physical challenges. During physical training, bring awareness to your own self-talk. Learn about if you are often helping or harming your performance based on your own self-talk. Adjust accordingly using self-regulation methods and present focus methods.



Self-Regulation:

- Breath Work: Breathing efficiency improves energy production, cellular health, heart rate variability, and focus.
- Practice low and slow or diaphragmatic breathing daily. This practice helps reset the nervous system, focus, refocus, slow down, or whatever may be needed in the moment. Follow the below instructions below for low and slow breathing:
 - * Inhale through the nose for 4-5 second count, allow the air to travel to the lower lungs which pushes your diaphragm down and abdomen out.
 - * Exhale through the mouth for a 5-6 second count. Slow and controlled exhales.
 - * Repeat for 10 minutes daily.

Mental Skills



Visualization and Imagery

- Begin to practice the mental skill of visualization by putting yourself in future situations and visualizing how you want it to go detail by detail. Start slow and speed up your visualization into real-time as you get better at it. This can be practiced with any skill during training to be prepared to execute the skill in selection.
- Imagery is adding all your senses to the visualization (not just what you see). With imagery we add the detail of physical sensations in your body when you execute the skill. For example, your exit out of the aircraft will change what you feel on your body and what you will hear. Feeling your lower body on landings, feeling your hands on your parachute risers. Sounds are also a huge part of imagery. The more senses you can add to visualization, the closer you are to imagery which is helpful for performance. When you get into situations, it will be like you have been there before because you have used imagery training.
- Creating images of what we want to have happen vs. what we don't want to have happen is a skill that imagery and visualization help with.

Motivation

- During training it will be helpful to get very clear on your why for going to selection to be a Golden Knight. The clearer you are on your why, the easier it will be to use this as motivation when you are going through challenging times during selection. Write down your why and expand as you realize new aspects of this. This why can be internal but there can also be external factors. Internal and external motivation are needed to succeed.

Critical Freefall Skills



GKAS is designed as a progressive course starting with basic freefall skills which rapidly build in complexity under the guidance of the GKAS Cadre. To best prepare for this environment, the U.S. Army Parachute Team recommends you focus on the following skills:

- Landing Pattern Management
- Landing Accuracy
- Stable Exits
- Belly Freefall Relative Work
- Packing in general. You will be held to the time standard of under 6 minutes per pack job
- Flat Packing. Flat packing demonstration video available here: <https://www.youtube.com/watch?v=j3uZ1iMFkvE>



Narration

The job of the Golden Knights is to connect the American People to the Army through spectacular demonstrations of freefall skills. A key part of this is the memorization and recitation of the Golden Knights' Narration.

Throughout GKAS, you will be tested on your ability to recite the Golden Knights' Narration to accurately inform and entertain a crowd. Your preparation for this test in the lead-up to GKAS will be reflective of your overall ability to perform the tasks associated with being a Golden Knight.

The current version of the Golden Knights Narration can be found here: https://recruiting.army.mil/golden_knights/joinGK/ then "Click here to download GKAS Narration and Creed".



The Life of a Golden Knight

Should you be selected, you will join an elite organization of committed professionals and serve a minimum of four years on the U.S. Army Parachute Team with at least your first year serving on one of the two Demonstration Teams.

In that role you can expect:

- To have stability at Fort Bragg, NC for you and your family for the duration of your time on the Team.
- To travel approximately 190-210 days a year.
- To complete an Annual Certification Cycle (also known as winter training) where you will conduct multiple weeks of high-intensity training to ensure preparedness for the show season.
- The ability to master new skills such as wingsuiting, videography, tandem instruction, vertical wind tunnel instruction, and canopy relative work.
- The opportunity to compete at the national and international levels.



Golden Knight Creed

Under a canopy of black and gold I fly the colors of the Army. I volunteered to become an ambassador of my service and I will always endeavor to uphold the prestige, honor, high standards, and esprit de corps of the United States Army Parachute Team. The memories, achievements and legacy of all my predecessors are my responsibility; I will not fail them.

Safety is my way of life. Nothing is worth its compromise. No jump is so important, no flight is so essential, and no activity that pressing. All shall look to me for the standard.

Always will I keep myself mentally alert, substance free, physically fit, and morally straight. I represent the image of the U.S. Army. I cannot lose the confidence entrusted in me as a Golden Knight and I will not tolerate those who do.

Professionalism is my trademark regardless of the time or place. My pursuit of excellence in training and performance is with diligence, dedication and attention to detail. My own goals are second to those of the Team and the expectation of me to pass on my skills to all who desire.

The goal I pursue is simple, yet bears a responsibility I must discharge without reservation. When I have gained the respect, admiration, and gratitude of the American public and my teammates, then I have fulfilled my mission as a Golden Knight.

