What the kids need to bring from home?  
- Comfort clothes and comfort pants   
- Water gun   
- Green T-shirt   
  
What we need to bring?

* Color face – Black and green
* Jump ropes
* Balloons
* Disposable razor blades
* Shaving cream
* Ropes

**What is the program?**  
**1**- They will learn how to stand in a military posture.   
**2**- Then me and my brother will explain about the IDF, and the different between girls and boys.   
**3**- they will learn how to welcome the commander .   
**4**- we will have stations :

1. Shave the balloon (Because you have to shave every day in the army)
2. Obstacle Course  - Pass under the  ropes
3. Jumping with jump ropes for a certain time
4. Push up
5. Crunches

**5**- They will learn  time management .   
**6**- They will learn KRAV MAGA (A few basic training to protect themselves)   
**7**-  (If we will have time) They will learn Camouflage (FCWRF) , using color face and learn where and how to hide:  
  
**IDF פזצט"א – FCWRF**

**FCWRF** of IDF is an acronym meaning**:  falling down, crawl, watch, range, fire,** and their aim is to introduce measures which Rifleman taken when encountering the enemy.   
     Initials  are used as an aid to memory for remembering and valet operations:

           Fall down: Moving from a standing position when lying down, reducing the body's exposure to enemy fire.

           Crawl: crawling the nearest optimal position, ie, one that provides shelter and allow observation.

           Range: An examination of the region, in order to locate the source of fire.

           Range: The estimated distance to the goal and direction of the barrel.

           Fire: shooting at goal.  
  
**8**- When we finish, they will get a certificate that will say – they pass the Basic IDF Training.   
**9**- We will have a few minutes for questions  
  
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