

# Naval Special Warfare

## SEAL Challenge

# NAVY

SEALs are named after the environments in which they operate, the SEa, Air and Land, and are the foundation of Naval Special Warfare combat forces. They are organized, trained and equipped to conduct a variety of special operations missions in all operational environments. Today's SEALs trace their history from the elite frogmen of World War II. Training is extremely demanding, both mentally and physically, and produces the world's best maritime warriors. Candidates may volunteer for SEAL during basic training at Recruit Training Command, or at any time during their enlistment prior to their 29th birthday.

In-service recruiters (Dive Motivators) at RTC give presentations on the Navy's diver programs, conduct the physical training screening tests, and assist interested people with their applications. In-Service recruiters are located at NAB Coronado, CA & NAB Little Creek, VA. Call 1-800-USN-SEAL or go to [www.seal.navy.mil](http://www.seal.navy.mil) to contact.

A more stringent physical examination and medical screening is required of SEAL Program candidates. Applicants' entrance medical examinations will be reviewed for diving qualifications, and further physical screening tests will be given at the Recruit Training Command and at the Basic Underwater Demolition/SEAL (BUD/S) "A" school.

BUD/S training is physically and mentally demanding, but the individual who accepts the challenges is rewarded with extra pay for diving, parachuting and demolition plus extraordinary duty assignments.

**SEAL Challenge information is available in COMNAVCRUITCOMINST 1130.8G VOL 1 CHAPTER 4 SECTION 4. What They Do**

- Special Operations are characterized by the use of small units with very unique capabilities to conduct surgical military actions that are beyond the capability of conventional military forces.
- SEALs master "maritime" Special Operations, with a combination of specialized training, equipment and tactics.
- SEAL Medics (Special Operations Combat Medics), provide combat trauma medical support during all operations, while also serving as SEALs.

### Qualifications and Interests

SEAL Challenge candidates should be mature, motivated, self-assured and self-confident, willing to follow orders and able

### Career Path After Recruit Training

Enlistees are taught the fundamentals of Naval Special Warfare through formal Navy schooling and on the job training. BUD/S "A" school candidates attend five phases of training at Coronado, Ca., Fort Benning, Ga., and various other locations.

School	Present Location	Approximate Training Time	Subjects	Training Methods
SO Preparatory	Great Lakes, IL	4 weeks	Physical and psychological preparation for BUD/S training	Group instruction, classroom and practical instruction
Basic Underwater Demolition / SEAL (BUD/S) Indoctrination	Coronado, Ca	3 weeks	Same as above	
Basic Underwater Demolition / SEAL (BUD/S) "A" School	Coronado, Ca.	24 weeks	Physical conditioning, small boat handling, diving physics, basic diving techniques for open and closed circuit scuba, land warfare, weapons, demolitions, communications, and hydrographic reconnaissance	Group instruction, classroom and practical instruction
Static Line Parachutist Training	Fort Benning, Ga.	3 weeks	Basic skills required for combat parachuting	Group instruction, classroom and practical instruction
Military Freefall Parachute Training	San Diego, Ca.	6 weeks	Skills to perform military freefall parachute operations	Group instruction, classroom and practical instruction
SEAL Qualification Training (SQT)	Various	19 weeks	Core Naval Special Warfare tactical knowledge and skills	Group instruction, classroom and practical instruction

During a 20-year period, SEALs spend about 70% of their time assigned to operational Teams and 30% to shore stations. Advanced training opportunities in demolition, weapons, diving, communications, intelligence, HALO/HAHO parachuting, foreign language, sniping, and a variety of other advanced skills provide the flexibility for specialization to complement a variety of interesting duty assignments.

to work under stressful and hazardous conditions. They should be in excellent physical condition and motivated to withstand the rigorous physiological demands imposed by the maritime environment. The ability to swim and withstand fatigue is a major factor in successful completion of the training. Other necessary characteristics needed are good study habits and learning skills, knowledge of arithmetic and basic algebra, mechanical skills and manual dexterity. Applicants must be U.S. citizens eligible for a security clearance.

### Working Environment

SEALs perform Special Operation missions from fixed wing aircraft, helicopters, ships and submarines. They may be exposed to arctic, desert or jungle environments including survival in enemy

controlled areas and all water conditions. They may also perform administrative and foreign training missions in a wide variety of climates throughout the world.

Since Navy programs and courses are revised at times, the information contained on this card is subject to change.

**(Revised 01/08)**