

Okay so I am like legitimately upset about this. I know it may seem stupid to a few of you guys out there that are like “why are you so upset about this” and it's because I don't want the army to become softer right. I don't want the army to be less physically capable and the scores that I am seeing on this proposed ACFT tests are going to do just that. in my opinion now, I think it's great in to to make the PT test you know in a way that you're gonna be more combat ready if you pass the PT test but to make these standards so low from what I'm seeing from the these proposals whenever I made my video on the ACFT test there wasn't really anything that came out and from what I'm looking at here. I think it's August 4th so very recently that this most recent proposal has come out and so I'm looking at these scores and I'm just thinking to myself oh my gosh and I'm gonna kind of write it off and I'll probably display here the scores and everything but I'm just looking at these and I'm just like “why you know it's a great thing that they're making the PT test you know **gender-neutral**. I think that is something that we kind of needed in the military you know with the females doing more combat related MOS-es I think that's great. **One of the problems I think is arising from this is that the PT test is also age neutral** and the only thing that's gonna matter whether or not you're gonna have to do one pt score minimum versus another. A minimum is your MOS and how much combat your MOS is going to see. So you're gonna have basically if you guys you know if you join the military you're gonna have to take this test called the Oh Pat and you're gonna be in these categories like heavy, medium or, light or something like that. So there's three different categories the more combat-related your MOS the more physically capable you have to be. It's the same thing with the new PT test the ACFT test which is gonna be implemented in October of 2020. So we got about two years or so and looking at these scores like **even for the heavy in my opinion I don't think it's good enough**. Like I was expecting basically it to be like the minimum of the non-combat related less is to be the minimum of the heavy like for infantry. Like **why in the world is the minimum run time now 18 minutes for infantry soldiers** whenever it used to be like 16 30 if you were like 17 to 21. Like why did they make that so much easier for the minimum? Like I understand like, maybe increasing the maximum right because right now the 300 is the maximum you can get for the PT test. You can get more than a 300 on the extended scale right? So like my max on the extended scale has been 338 points even though in the books it's just a straight of 300. So, because people are able to score higher I don't see any harm in **making the maximum like very difficult** to get. Like if you get the maximum like you are just outstanding. Now a lot of people can get the maximum on the PT **test but to make the minimum lower is I think pretty ridiculous**. now I think, the age is having a factor with this right? So right now if you are an 18 year old infantry soldier versus a 45 year old sergeant major or something like that, you are gonna have these same standard for your PT test. **Now this isn't like a gender thing right?** So, we're not comparing an 18 year old male versus an 18 year old female. We're comparing an 18 year old soldier versus a 40-something year old soldier or in some cases you know 50s. I think that's a little bit different than comparing to 18 year olds of different sexes

versus somebody of the same or different sexes. So right, we're comparing basically now an 18 year old male to a 45 year old female right? So the older you are, you know you're not going to be able to do as well on the PT test. Like that's just gonna be like that's how it goes right now. The older you get for like five maybe six years four or **five years something like that about every five years or so, the PT test has standards get a little bit easier for the minimums. They actually increase the standards for the the maximums** you know? Until I think you reach like age 30 or something that is whenever the maximums start coming down but you know the minimums are gonna be lowered just a little bit so you know if you're a 40 year old it's gonna be the same thing as you know a 20 year old and the proposals that I think I have for this like, if anybody out there who actually have some kind of saying this is to make somewhat of an aged system again but not so much like how it was before. So before you know there was like 17 to 21 and 22 to like 26 and then it's like 27 to 31 something like that. If we were to like cut that in third and so from like you know 17 years old to like you know 30 year old. Those are basically the same. 31 to like 41 or something, those are like the same and have a bigger age group that would help things out a little bit and the reason that I think it should be like that right the reason that I think a 40 year olds PT test score. Regardless of male or female, should be different than a 20 year old is because at that point in time in your military career you're gonna have different roles. You're gonna have different responsibilities for officers right? Especially for officers you know? Let's say I'm a 2nd lieutenant, which I am I'm a second lieutenant. You know you're gonna be with your soldiers a little bit more you're. You're gonna be actually kind of with the platoon a little bit. Then you become a first lieutenant, then you become a captain. As a captain, you're gonna be probably a company commander. You're gonna be a little bit more separated from the soldiers, You're gonna be having a little bit more desk work and stuff to do and, then you become a major and you're gonna be more removed and the higher rank you go the more removed you are from like the grit of like the soldiery tasks. You're gonna do the things that you really don't need to have a good PT score to to be running out there. Like as a second lieutenant platoon leader you know you're gonna be out there with the guys you know? With them you're gonna be leading the platoon right? Well, when you become a lieutenant colonel, you're not gonna be doing that same thing and I love seeing lieutenant Colonel's and really high up officers that are in shape. I think that's fantastic but, at the same time you know they don't have to be running 13 minutes two miles like you know they could have it be like a 15-minute right? Like the standards for what they need to do is different and it's the same thing for NCOs. When you're a private, when you're a specialist, when you're like a lower tier just sergeant, like E6 and below you know you're gonna be actually doing more the stuff. Then you reach E7 you're gonna be doing a bit more admin. Then you reach Master Sergeant, gonna be doing a little more admin then you reach First Sergeant and Sergeant Major and then Command Sergeant Major, you're gonna be doing way more admin stuff and you're not gonna be doing that grit and grinding of what the lower enlisted soldiers are doing . So I feel like I've rambled

on and ranted on enough on this and that's kind of my gist of this and I think it's really stupid that they're making the standards this low. In my opinion, that they're making the standards this low and I think that **a lot of it has to do with the aged neutral-ness** of it right? So ginger janitor Joe, **I think you know comparing an 18 year old male, 18 year old female same standard is great. Comparing 18 year old male to a 50 year old whoever** hmm I feel like that's **a little bit different** because not only like even if they have the same MOS, like you have an 18 year old enlisted soldier and a you know 50 year old enlisted soldier. Who's probably like a sergeant major or something, like at that point in time you know the roles and responsibilities. Even though they have the same MOS. For example the heavy, right? So the best you gotta be. You know infantry soldiers, combat related MOS is the minimum score is gonna be 18 minutes for a two-mile run yes? The two-mile runs at the end of these six events. So you're gonna have five more events. So you know that is a toll but 18 minutes for a two-mile run is completely attainable for people that are going to be in those kind of MOS. I think that should really be the minimum in my opinion. Should basically stay the same you know? Maybe raise it like 10 seconds or something because it might pay me like 10 - 15 seconds for a two-mile run is actually a big difference and then dropping down to the next year the minimum is 19 minutes which is ridiculous and then the bottom tier right? So the bottom tier not totally non-combat related MOS it's like 20 minutes and 7 seconds for this proposed like 20 minutes 21 minutes actually 21 minutes. So you could be running a **1050 pace mile and be passing like that for somebody who's my age is like ridiculously slow. Like you are not in shape for the military in my opinion**, If you are doing a 10 minute pace mile run and you're in the military. Now if you're you know, like I said, in your 40s or 50s or whatever. You're in the military you're higher up. You know if you're doing a 9 minute mile pace that's like more understandable right? But like a seventeen-year-old you know with who's got, I don't know what MOS is I'm just gonna say 25 Bravo because that was my old MOS. Like 25 Bravo doing a 10-minute mile pace , that's acceptable and it's passing? Like, that should not be the case in my opinion.

Then we got the release pushup which to push up in the new ACFT test is gonna be different. You're gonna be basically starting on the ground doing a push-up when you come back down to the ground you're gonna actually rest on the ground and take your hand off of the ground and it basically goes the minimum for heavy is 30, then 20, then 10. **Like 10 push-ups and it's not even push-ups! Like, you can rest on the ground!** not you can't rest on the ground but, like **you can take a little bit of tension off of your chest** for a split second. there right and **only doing ten push-ups** as the minimum. That's kind of again like 10, like 10 push-ups really! Like the army we're gonna have 10 push-ups be the minimum to be a soldier?

Another stupid thing in my opinion is the leg tuck like the minimum for a soldier to do the leg tuck is one time. Like, a non-combat related MOS, one leg tuck which if you guys don't know

what the leg tuck is; You're hanging from a pull-up bar and you are taking your elbow up or, your knee up to your elbow, one time, **just one time!** In the hole, however many minutes two minutes, like gosh!

And then, the final thing that I'm complaining about before I finish off this video is the deadlift right? So **the deadlift the minimum is a hundred and forty pounds** right? I mean I'm just sitting here looking at these scores and thinking like why it's like that. Like these are the new standards? Like, **I thought this PT test was supposed to be to make you more combat ready** and yes, yes, I know it's related on your MOS. I know it's more combat related. I thought ACFT PT tests minimum is going to be different. It's going to be harder. Even still I'm just like I think it's 180 pounds for the deadlift with a hex bar. It's 180 pound deadlift where that Hex bar is nothing you know? I know that I'm a stronger person and I can dead look, way more than 180 pounds but like 180 pounds for a combat MOS? Like if you're picking somebody up with their gear on I don't care if it's a hundred and twenty pounds soldier. Like, you only weigh 120 pounds soaking wet and then you put on all the gear, that you're gonna be in whenever you're in combat and you're gonna be having ammo, you're gonna have your weapon probably strapped on you, which is another 10 pounds. You're gonna have your Kevlar you have all these things like, **it's gonna be 200 pounds even if you are 120 pounds**. So I am honestly a little bit upset by this. This is just the proposed things but, it's by a pretty credible source and they got the army logo plastered all over this thing. So, it's a pretty credible source that they're going by off now you know? I guess this is what they're using to test people and **I really, really, really do hope that they increase the minimums** just a little bit because it's just it's - in my opinion, in my personal opinion, this is my personal opinion, **Matt Ward's opinion, the standards are the minimums are too low for the standards** I think they just across the board the minimum standards are too low.

My solution is, instead of having like 8 or 9 different tiers of age brackets as you get older, just have like 2 or 3 right? So as you basically a private is gonna have a different PT test standard than, you know, a sergeant first class. Like so, when you're in for like 10 years of the military, you know at that point in time your standard for your minimum could change a little bit because you're gonna go from being you know, in seventeen, eighteen year old, to a thirty year old and then whenever you go from like a thirty year old to forty plus. Again you know if you're enlisted for 20 years you're probably gonna be a sergeant major. If not you're you've been a First Sergeant for a while. If you're an officer for 20 years you're probably a lieutenant-colonel. If not, you've been a major for a really long time. So the roles and responsibilities are completely different.

Let me know down in the comments section what you guys think. I think I've said enough of what I actually think, I mean this video is probably gonna be a good minute. So if you made it to the end of this video, hit that like button. Just smash the like button, like if you wish the standards were better and I know some of you are probably struggling to hit those numbers, but you gotta understand. **You know this is the army, this is the military. It's not the civilian world.** You know yes, if you can do a 10-mile run, you know you do a 10-minute run pace for a mile. 10 minute mile run pace like as a civilian it's really not that bad. You know, you're in pretty good shape, I guess. If you're doing that, if you can do that, you know you're not. You know dying and can't complete, you know one mile but this is the military. Even if you're not in the combat related MOS, you could get attached to you know some unit that is in combat. It's like freakin God forbid World War III comes out. Like hopefully that doesn't happen, I swear, I hope that doesn't happen but, like if something bad would have happened doesn't matter what MOS you are. You're still gonna have to all do things to help. So yeah, I'm a little upset. If you guys are to hit the like button and leave a comment down below what you guys think. I hope you guys have an amazing day. Oh! Follow me on Instagram etc. If you haven't already and I will see you guys later