

# Cornell Training Commando Men

## Students Using an Obstacle Course Called Hardest

### In the Country

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ITHACA, N. Y., Oct. 10—Leaping, crawling, bending, running, climbing, vaulting, jumping, hurdling, and falling, Cornell students began this week to use the new 550-yard obstacle course that is part of the compulsory physical training program for all male undergraduates.

When organization of the program is completed in a few days, it is estimated by Robert J. Kane, acting director of athletics, that 4,000 students will be put through the commando course every week. In the opinion of military and civilian officials who have seen the layout, the Cornell course is one of the best yet constructed in or out of military training camps in the country. It is longer than the best one now in use to toughen marines, they said.

Taking the obstacles as they come, first are three hurdles each 2½ feet high and 15 feet apart, then a fourth hurdle, 4 feet high, to be vaulted, then a leap-frog over upright logs 55 inches from the ground, then a 15-foot ladder climb, followed by balancing on a "floating" log, 25 feet long, which is suspended by chains, then another 4-foot vault over a log.

In quick order come side-stepping exercises between more short-length logs, running up and down three inverted-V platforms five feet high, climbing across horizontal ladders 20 feet long and eight feet high, then up and down another V platform, two more high hurdles, and then scaling an 8½-foot wall.

#### Falls Bring Dunking

The water jump, an 8-foot leap, comes next, followed by the 15-foot parallel bars which must be crossed hand over hand with elbows stiff. Below are tanks of water if one should slip. The student then goes up a slanting ladder 12 feet, and down, shinny fashion, on 20-foot long metal pipes. After that, he crawls through a four-section pen for 40 feet, where the corners are sharp, and finally takes a four-foot hurdle on the run.

Located high on Kite Hill, back of Schoelkopf Stadium where football games are played, the course has 27 different obstacles of varying degrees of difficulty. It is tough on the softies, but in time they will be able to keep up with their better-developed brothers, says Georges Cointe, instructor in physical education and coach of fencing, who is in charge of the commando program.

He built into the course, therefore, obstacles that would develop the hands, legs, arms, and shoulders, promote balance, improve coordination between eyes and legs and hands, and obstacles to help students judge distances and overcome mental hazards.

Special safety features were incorporated throughout the course. All logs are peeled and are of correct heights for jumping or vaulting. Rungs of ladders are designed for use either by hands or arms and can be climbed through if a student cannot reach the top. Logs are shaved in strategic places, so that if the "commando" slips he will fall, but will not ruin his knees.

Classes range in size from thirty or forty to as many as 220 students at one time, and every hour, from 9 A. M. to 4 P. M., a different group appears daily.