# BOOT CAMP ALPHA

**The Sovereign Military Order of Christ the King**

## TRAINING SCHEDULE

## Phase One: The Foundational Formation (Weeks 1–3)

**Introduction**

Welcome to Boot Camp Alpha ("BCA"), the Sovereign Military Order of Christ the King Boot Camp. Over the course of twelve weeks, you will undergo rigorous training designed to transform body, mind, and spirit into that of a true Knight of Christ the King.

This formation is not merely physical; it is spiritual, intellectual, and moral. Each exercise, each trial, and each lesson serves to cultivate discipline, humility, courage, and unwavering commitment to the Order's mission.

You are about to enter a sacred crucible where every day tests your endurance, focus, and devotion. Rise to the challenge, for at its conclusion, you will emerge not as you began, but as a Knight — servant, protector, and warrior of Christ's Kingdom.

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### Week One: The Trial of Initiation

**Theme: Separation from the Civilian Mindset and Total Discipline**

Week One begins your journey into the sacred life of the Order. From the first moment, every detail of your life will be reshaped: how you stand, how you eat, how you speak, and how you move. You will adopt the SMOCK terminology — no longer "I" or "me," but "this recruit" (or "this boot"). Your peers will be "these recruits," and all Knight Instructors will be addressed with the proper honorific:

"Sir, this recruit humbly requests to address Knight Instructor (rank) (last name), Sir!"

The week emphasizes physical conditioning, basic martial training, and doctrinal instruction. You will undergo medical evaluations, inoculations, and administrative preparation, ensuring readiness for the demanding training ahead. Each day begins with prayer, rigorous runs, pull-ups, pushups, and calisthenics, interwoven with lessons in Social Etiquette and Manners and Mastering Communication and Influence, cultivating poise and interpersonal skill alongside endurance.

**Key Training Elements:**

- Introduction to SMOCK Core Virtues: Honor, Courage, Commitment
- Basic Physical Evaluation Trial: 1.5-mile run, maximum pull-ups, maximum core repetitions
- Humble service: polishing boots and floors, maintaining sanctuaries, menial tasks to instill discipline
- Initial classroom instruction in Behavioral Intelligence, Gentleman's Etiquette, Social Etiquette, Social Etiquette, and Interpersonal Communication Skills, just to name a few
- Use of SMOCK terminology in all communication
- First Responder Training

**Spiritual Reflection:**

"Do not be conformed to this world but be transformed by the renewing of your mind." — Romans 12:2

Your separation from civilian habits is the first step in allowing Christ's discipline to take root in your heart.

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## Week Two: The Crucible of Endurance

**Theme: Physical and Mental Resilience**

Week Two intensifies the pace. Physical Training dominates mornings with interval runs, calisthenics, and Martial and Chivalric Method of Armed Proficiency (MCMAP). Afternoon sessions introduce combat sparring using training staves, allowing recruits to

master composure under pressure while beginning Covert and Overt Protection fundamentals.

Close Order Drill becomes central: each step, each motion, each command reinforced until the platoon moves as one unified body. Classroom lessons expand into Risk and Threat Assessment and Analysis, continuing First Responder Training, and initial Crisis Management exercises. You will continue the practice of humility, obedience, and relentless perseverance.

**Key Training Elements:**

- Interval circuits and endurance runs
- Combat sparring and body sparring with padded weapons
- Close Order Drill for synchronization and obedience
- Introduction to Risk and Threat Assessment and Analysis
- Emergency Medical training and first aid exercises
- Reinforcement of Social Etiquette and Communication skills under stress

**Spiritual Reflection:**

"Blessed is the man who remains steadfast under trial, for when he has stood the test, he will receive the crown of life." — James 1:12

Your endurance now is more than physical — it is the tempering of character, the shaping of spirit, and the forging of inner resolve.

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## Week Three: The Trial of Discipline

**Theme: Humility, Obedience, and Mastery of Self**

By Week Three, the pace becomes unrelenting. You will be tested through the Trial of Correction, known within the Order as Incentive Training. Knight Instructors will employ challenges on the Training Sands, testing your will to its limits. Pushups, mountain climbers, and continuous calisthenics sculpt not just the body, but obedience, humility, and focus.

In parallel, recruits begin study of the Gentleman's Lifestyle, emphasizing personal presentation, grooming, and comportment suitable for a Knight. You will also start Interpersonal Communication Skills drills, language studies, and practicing influence, negotiation, and presence under pressure. By week's end, you will encounter your first Obstacle Gauntlet, a symbolic and physical trial teaching that every barrier in life — internal or external — is overcome by faith, determination, and unity.

**Key Training Elements:**

- Incentive Training and Trial of Correction sessions
- Obstacle Gauntlet navigation with emphasis on teamwork
- Advanced study in Social Etiquette, Manners, and The Gentleman's Lifestyle
- Application of Behavioral Intelligence in problem-solving under fatigue
- Integration of communication and leadership drills under stress

**Spiritual Reflection:**

"No discipline seems pleasant at the time, but painful. Later, however, it produces a harvest of righteousness and peace for those who have been trained by it." — Hebrews 12:11

The challenges of this week cultivate obedience, humility, and a steadfast spirit — hallmarks of the Knight's heart.

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**Phase One Summary:**

Weeks 1–3 forge the foundation of a SMOCK Knight. You have learned that the path to knighthood begins with discipline over body and mind, humility in service, and mastery of social, communicative, and behavioral skills. Physical, intellectual, and moral training intertwine, establishing the core upon which all future skills and trials will be built. By the end of Phase One, you are no longer a civilian, but a recruit poised to enter the crucible of courage, brotherhood, and higher tactical and spiritual formation.

## Phase Two: The Trial of Confidence and Brotherhood (Weeks 4–6)

### Week Four: The Proving of the Body

**Theme: Physical Mastery and Mental Fortitude**

Week Four marks the first major assessment of endurance and spirit. Recruits who faltered in earlier trials may be reassigned or "recycled" to the Remedial Training Platoon, underscoring the sacred truth that knighthood is earned, not given.

Training focuses on advanced Martial and Chivalric Method of Armed Proficiency (MCMAP), body sparring with strikes permitted to the torso, and intensified combat sparring with training staves. This week also deepens tactical awareness with lessons in Low Signature Protection Operations, Risk and Threat Assessment, and Ambush Response.

Physical trials escalate, including a three-mile run, maximum pull-ups, and core repetitions. The Obstacle Gauntlet is revisited, now under stricter time limits and more complex obstacles, demanding teamwork, patience, and unwavering courage.

**Key Training Elements:**

- Advanced MCMAP and combat sparring
- Body sparring for controlled aggression and focus
- Obstacle Gauntlet under stricter timing and conditions
- Low Signature Protection Operations and Ambush Response exercises and scenarios
- Classroom instruction in Behavioral Intelligence and situational awareness

**Spiritual Reflection:**

"Strength and dignity are her clothing, and she laughs at the time to come." — Proverbs 31:25

This week teaches that true strength is measured not only in muscle or endurance, but in discipline, courage, and trust in God's guidance.

## Week Five: The Week of Brotherhood and Vigilance

**Theme: Teamwork, Vigilance, and the Spirit of Service**

Week Five emphasizes the transformation from individual to protector of the brotherhood. Recruits perform Interior Guard duty, assist in maintaining sacred spaces, and train in Covert and Overt Protection scenarios. Physical conditioning intensifies with long log drills, team endurance runs, and Strength and Endurance Challenges.

For the first time, recruits are fitted for ceremonial and utility uniforms, and all male recruits receive the high-and-tight haircut, a visible symbol of humility and dedication.

This week culminates in the Warrior's Fitness Trial, a paired exercise simulating critical incident rescues: carrying partners, dragging weights, and moving under simulated threat, teaching the sacred lesson that a Knight never fights or falls alone.

**Key Training Elements:**

- Interior Guard duty and protection of sacred grounds
- Team endurance runs and log drills
- Warrior's Fitness Trial: maneuvers under simulated threat
- Integration of Social Etiquette, Communication, and Influence under operational stress
- Study of Advanced Behavioral Intelligence
- Interpersonal Communication Skills development

**Spiritual Reflection:**

"Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his companion." — Ecclesiastes 4:9–10

The bonds of brotherhood are forged in sweat, challenge, and shared responsibility.

## Week Six: The Knowledge of the Order

**Theme: Doctrine, Tradition, and the Unity of Purpose**

Week Six transitions from purely physical training to the cultivation of wisdom, tradition, and strategic thought. Recruits study the Customs, Courtesies, and Traditions of SMOCK, as well as its Purpose, Vision, and Mission. Classroom instruction includes Crisis Management, Interpersonal Communication Skills, and further training in Behavioral Intelligence.

Physical challenges continue with advanced pugil stick sparring, Martial Arts drills, and preparation for the upcoming tactical simulations of Phase Three. The week reinforces the integration of spiritual, intellectual, and physical disciplines, emphasizing that the Knight's strength lies in balance and unity of purpose.

**Key Training Elements:**

- Study of SMOCK tradition, doctrine, and history
- Advanced pugil stick sparring and Martial Arts drills
- Crisis Management simulations
- Applied Risk and Threat Analysis in realistic scenarios
- Preparation for advanced protection operations in Phase Three

**Spiritual Reflection:**

"Let all things be done decently and in order." — 1 Corinthians 14:40

Understanding the traditions and discipline of the Order is as vital as physical prowess. A Knight without knowledge is a warrior unarmed; a Knight with knowledge and virtue is invincible in faith.

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## Phase Two Summary:

Weeks 4–6 elevate recruits from basic endurance to confidence, teamwork, and operational awareness. Physical and mental trials intensify while doctrine, strategic

thought, and protective skill-building form a more complete Knight. Recruits learn the sacred balance of vigilance, courage, and brotherhood, preparing them to face the harsher crucible of Phase Three.

## Phase Three: The Forge (Weeks 7 – 10)

### Week Seven: Grass Week

**Theme: Precision, Patience, and Mastery of Fundamentals**

Grass Week begins the forge of endurance and mental fortitude. Physical training remains intense each morning, but the pace of drill is tempered to emphasize precision, patience, and control — foundational skills for every Knight of the Order.

Recruits begin a Basic Handgun Fundamentals course. They spend hours studying the weapons in their hands: handling, stance, trigger discipline, and mechanics without firing live rounds. These hours of repetition build instinctual mastery, emphasizing safety, posture, and control.

By week's end, recruits will shoulder their pack for a 5-mile hike, testing their endurance and humility. Every step is earned, and every ounce of fatigue strengthens resolve.

**Key Training Elements:**

- Mastery of weapon handling and firing fundamentals
- Focused drills in precision, posture, and trigger discipline
- Tactical exercises in Low Signature Protection Operations
- Five-mile hike with full gear under instructor supervision

**Spiritual Reflection:**

"Be still, and know that I am God." — Psalm 46:10

Stillness and repetition teach patience. Mastery begins in quiet discipline, where the body obeys mind and spirit.

## Week Eight — Endurance Rises

**Theme: Strength, Persistence, and the Limits of the Self**

Week Eight pushes recruits past previous thresholds. Morning PT never ceases, and fatigue from two months of constant motion tests every recruit.

The week's pinnacle is an 8-mile march under full load — pack, flak, and helmet. This test demonstrates that endurance is measured not in distance, but in the refusal to quit, even when the body screams in protest. Classroom instruction expands to Advanced Risk and Threat Assessment, Crisis Management, and Protecting Churches, Schools, and Religious Events.

Recruits learn to integrate mental, physical, and ethical skills: vigilance, composure under stress, and decisive action while upholding the dignity and protection of the vulnerable.

**Key Training Elements:**

- 8-mile field march under full combat load
- Advanced Tactical Awareness and Risk Assessment exercises
- Special Operations principles: safeguarding sacred and civilian spaces
- Crisis Management and low-profile operational training
- Reinforced communication and leadership drills

**Spiritual Reflection:**

"I can do all things through Christ who strengthens me." — Philippians 4:13

Endurance is not only physical. A Knight's true power lies in unshakable faith, resilience, and the courage to persevere.

## Week Nine — Field Week

**Theme: Tactical Application and Leadership under Pressure**

Field Week is where recruits become Knights in the making. All prior lessons converge in live field operations, tactical simulations, and advanced teamwork exercises. You'll navigate assault lines, barbed wire obstacles, low crawls, and mass-casualty scenarios, demanding clarity, composure, and leadership under pressure.

The week introduces Covert and Overt Protection in real-world simulations, as well as advanced Behavioral Intelligence application in situational awareness and decision-making.

Recruits will also receive training in CPR.

Saturday features your final written exam and a comprehensive Physical Fitness Test — ensuring readiness for the ultimate trial, The Crucible.

**Key Training Elements:**

- Tactical field operations and obstacle navigation
- Advanced protective operations and situational awareness
- Live application of Risk and Threat Assessment and Behavioral Intelligence
- Preparation for The Crucible: leadership, endurance, and team cohesion exercises
- Critical incident simulations and emergency response drills

**Spiritual Reflection:**

"Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." — Joshua 1:9

A Knight's leadership is forged in the fire of responsibility, courage, and steadfast faith.

## Week Ten — The Crucible

**Theme: Ultimate Test of Endurance, Leadership, and Faith**

The Crucible represents the culmination of all prior training: a 54-hour trial of endurance, leadership, and spiritual resolve. Recruits face the Confidence Chamber (Gas Chamber), long marches, minimal sustenance, and continuous field operations. Your team becomes your lifeline, your resolve, your weapon.

This week integrates all courses — Special Operations, Covert and Overt Protection, CPR, Risk Assessment, Crisis Management, Ambush Response, and Handgun Proficiency — in realistic, high-pressure scenarios. Every task tests your physical stamina, mental acuity, and spiritual composure.

When the Crucible ends, you will stand exhausted, yet reborn. This is the moment you earn your title: Knight of Christ the King.

**Key Training Elements:**

- 54-hour field operation under extreme conditions
- Confidence Chamber and live endurance exercises
- Integrated application of all tactical, protective, and emergency skills
- Leadership, teamwork, and decision-making under duress
- Final assessment in physical fitness, mental acuity, and ethical judgment

**Spiritual Reflection:**

"Let perseverance finish its work so that you may be mature and complete, lacking nothing." — James 1:4

The Crucible proves the heart, mind, and spirit of a Knight. It is the sacred trial that transforms all who endure it into true defenders of faith and service.

**Phase Three Summary:**

Weeks 7–10 forge the recruits' endurance, tactical mastery, and leadership. Grass Week instills precision; Endurance Week tests persistence; Field Week demands applied strategy; and The Crucible confirms their readiness to enter the sacred brotherhood. At the conclusion of Phase Three, recruits emerge tempered, tested, and prepared to assume the mantle of knighthood in Phase Four.

## Phase Four: Becoming a SMOCK Knight (Weeks 11 - 12)

### Week Eleven — SMOCK Week

**Theme: Excellence, Tradition, and Mastery of Skill**

Week Eleven is the penultimate stage — the bridge between intense training and full knighthood. Recruits are no longer mere recruits; they are Knights-in-formation. The focus shifts from endurance to precision, mastery, and the embodiment of the Order's values.

Training emphasizes SMOCK Martial Arts Program, where initiates earn their first medal in combat proficiency and discipline. Physical conditioning continues to push peak limits. Advanced tactical exercises, including rappelling and fast-roping from heights, challenge courage, control, and trust in equipment and self.

At week's end, the Company Commander's Inspection tests poise, uniform precision, and composure under scrutiny — all vital expressions of a Knight's discipline and pride.

**Key Training Elements:**

- Advanced SMOCK Martial Arts training and medal assessments
- Tactical exercises: rappelling, fast-roping, and controlled descents
- Peak physical conditioning and endurance drills
- Leadership, precision, and ceremonial drills for inspection
- Integration of all prior courses in applied scenarios

**Spiritual Reflection:**

"Whatever you do, work heartily, as for the Lord and not for men." — Colossians 3:23

This week teaches that excellence is not mere skill but the disciplined offering of every action to God, the Order, and the service of others.

## Week Twelve — Graduation Week

**Theme: Reflection, Completion, and Commissioning**

The final week synthesizes all prior lessons. Recruits perfect every drill, prepare their uniforms, and review core teachings in leadership, ethics, doctrine, morality, etiquette, and protective operations. The Warrior Preservation Seminar emphasizes the lifelong responsibility of a Knight: to uphold virtue, accept risk wisely, and serve as an example of faith and courage.

The week culminates on Saturday, with the Vigil of the Lord's Day, a sacred night of reflection and thanksgiving, followed by Graduation Day: Matins, the Hierarchical Divine Liturgy, and the Graduation Ceremony, where recruits receive their insignia and are officially commissioned as Knights of the Sovereign Military Order of Christ the King. Family, instructors, and Order leadership witness the transformation — from civilian to Soldier, from initiate to Knight, from student to servant of God's Kingdom. The journey concludes with the Grand Banquet, celebrating accomplishment, unity, family, and the sacred bonds of brotherhood.

**Key Training Elements:**

- Graduation practice and final review of all drills
- Warrior Preservation Seminar: modern knightly responsibilities
- Battalion Commander's Inspection
- Graduation Ceremony and conferral of insignia
- Grand Banquet and celebration of achievement

**Spiritual Reflection:**

"I have fought the good fight, I have finished the race, I have kept the faith." — 2 Timothy 4:7

Graduation Week reminds every Knight that their journey is a life-long vocation — a calling to serve God, protect the faithful, and live with honor, courage, and commitment.

**Phase Four Summary:**

Weeks 11–12 transition recruits from rigorous formation to full knighthood. SMOCK Week emphasizes excellence, mastery, and tradition, while Graduation Week celebrates completion, commissioning, and the sacred responsibility of service. Upon conclusion, initiates emerge as fully formed Knights of the Sovereign Military Order of Christ the King, ready to serve with valor, integrity, and devotion.