

# ISOMETRIC WARRIOR TRAINING GUIDE



BUILD INTERNAL  
STRENGTH & POWER

**JON HAAS**  
THE WARRIOR COACH

# Latale Warrior Training Guide

**IM Harris**

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the author's name.

## **Latale Warrior Training Guide:**

**Awaken The Warrior** Shawn Christopher Fausey, 2020-06-09 No matter who you are or what age you are You can awaken the warrior inside of you All my life I fantasized about being a superhero I wanted to create a super human body I wanted to be a true hero Year after year for over 14 years with only a few off days during each week I subjected myself to hundreds of hours of vicious training routines as well as trying out tons of nutrition techniques After much trial and failure I got to my goals and I created the warrior body as well as the warrior mindset I knew that this was something I wanted to teach to the masses In this 250 page book you will learn how I went from a 120lb weak human to a 170lb Elite Warrior You will learn how to eat to build muscle and balance your hormone levels You will then learn how to utilize my Warrior Power System of training to build elite muscle and strength Along with training I also give you recovery methods proven by science to help you make the most out of each training session and help to decrease chance of injury While this alone would get you to your goals of being a warrior I m also going to teach you secret breathing techniques passed down by ancient warriors through the years that will give you strength and mental clarity as well as contribute to a healthier mind body and spirit The final teaching in this book will then train your mind directly and lay the foundation of a Warrior Code I created for you to be your best self Using the warrior code nothing will stand in your way and you can finally be the warrior you were born to be Your journey starts NOW fellow Warrior Stay Strong Shawn Fausey After reading this book you will have new found knowledge of How to eat for any goal you have rather it be leaning down or building muscle or just maintaining How to train and structure your training days using my Warrior Power System As well as a 3 month training program included The proven and best ways to increase recovery from training which will in turn help produce the best results you can achieve The Only proven by science supplements that help to train and build muscle and are very affordable How to breath in various situations to increase strength meditate and increase mental clarity as well as decrease anxiety My Warrior Elemental Code that will transform your life with over 14 years of life advice to make you the best warrior you can be AWAKEN THE WARRIOR Copyright c 2020 by Shawn Fausey All rights reserved Printed in the Untied States of America No part of this book may be reproduced in any manner whatsoever without written permission except in the case of brief quotations or sited as reference material for articles research and reviews For information Contact 1Warrior Athletics 1warriorathletics com FIRST EDITION 2020 Written by Shawn Fausey Published by Shawn Fausey Edited by Debra Fausey Proofed by Debra Fausey While all evidence in this book pertaining to health and fitness is showed in research to be successful results will vary Shawn Fausey and 1WarriorAthletics is not responsible in any way for any health complication that may arise when using the methods and systems taught in this book I can do all this through him who gives me strength Philippians 4 13 **The Ninja Training Guide** Sam Parker, 2017-12-20 If you re looking for a fitness guide that will Teach you to get in shape and strength Give you self confidence and discipline And improve mental focus and attention Then you have chosen wisely This book will

teach you how to get in shape with simple bodyweight exercises no gym required help you learn mental focus and discipline and give you valuable skills based on the techniques of the ancient warriors of feudal Japan This guide gives you the essential information you need to get started building strength and confidence There is no fluff in this book only useful genuine information based on my own experience     *A Masters Guide to The Way of the Warrior* stefan verstoppen,2016-11-28 A Master s Guide to the Way of the Warrior is a unique and comprehensive guide to the principles and practices of the warriors way as spiritual path combat training and antidote for our society s decline and destruction The book is divided into three sections Foundation examine the origins and history of the warriors spiritual path and martial arts Topics include The Dark Knight The Mystic Warrior The Warrior as Shaman The Warrior in the Modern Age The Warrior in the Future Principle Practices Internal examines the mind and senses Topics include Awareness and Perception Visualization Breathing Energy Overcoming Fear Pain and Anger Leadership External examines the mechanics of mind body integration and hand to hand combat Topics include Movement and Form The Five Animal Styles Hand to Hand Combat Combat Strategy Tactics Weapons The Warrior s Code The complete guide to awakening the warrior within     *STP 21-1-SMCT Soldier's Manual of Common Tasks* Headquarters Department of the Army,2020-08-21 LARGE FORMAT 8 1 2 by 11 inches September 2017 The Army s basic mission is to train and prepare Soldiers leaders and units to fight and win in combat As explained in the Army s capstone training doctrine ADP 7 0 units do not have the time or the resources to achieve and sustain proficiency with every possible training task Therefore commanders must identify the tasks that are the units critical wartime tasks These tasks then become the unit s Mission Essential Task List Commanders use the METL to develop their unit training plan Noncommissioned officers plan the individual training that Soldiers need to become warriors and to accomplish the METL The STPs also known as Soldier s manuals provide the critical individual tasks for each military occupational specialty that support all of the unit s missions The NCO leadership uses the tasks in the SMs to train the Soldiers and measure the Soldiers proficiency with these unit critical tasks The manuals provide task performance and evaluation criteria and are the basis for individual training and evaluation in the unit and for task based evaluation during resident training Why buy a book you can download for free We print the paperback book so you don t have to First you gotta find a good clean legible copy and make sure it s the latest version not always easy Some documents found on the web are missing some pages or the image quality is so poor they are difficult to read If you find a good copy you could print it using a network printer you share with 100 other people typically its either out of paper or toner If it s just a 10 page document no problem but if it s 350 pages you will need to punch 3 holes in all those pages and put it in a 3 ring binder Takes at least an hour It s much more cost effective to just order the bound paperback from Amazon com We include a Table of Contents on the back cover for quick reference We print these paperbacks as a service so you don t have to The book is compact tightly bound paperback full size 8 1 2 by 11 inches with large text and glossy covers 4th Watch Publishing Co is a SDVOSB <https://usgovpub.com>     *Soldier's*

*Training Publication STP 21-1-SMCT Soldier's Manual of Common Tasks Warrior Skills Level 1* Headquarters, 2020-03-15

This manual is one of a series of soldier training publications STPs that support individual training. Commanders, trainers, and Soldiers will use this manual and STP 21-24 SMCT to plan, conduct, sustain, and evaluate individual training of warrior tasks and battle drills in units. This manual includes the Army Warrior Training plan for warrior skills level SL 1 and task summaries for SL 1 critical common tasks that support unit wartime missions. Tasks include but are not limited to: Map reading and orientation; Movement under direct fire; Selecting hasty fighting positions; Using visual signaling techniques; Maintaining your assigned protective mask; Reacting to chemical or biological attacks; And much more. This manual is the only authorized source for these common tasks. Task summaries in this manual supersede any common tasks appearing in military occupational specialty MOS specific Soldier manuals. Training support information such as reference materials is also included. Trainers and first line supervisors will ensure that SL 1 Soldiers have access to this publication in their work areas, unit learning centers, and unit libraries. This manual applies to the Active Army, the Army National Guard, Army National Guard of the United States, and the U.S. Army Reserve unless otherwise stated.

*Soldier Training Publication STP 21-1-SMCT Soldier's Manual of Common Tasks* United States Government, U.S. Army, 2015-08-18. This publication, *Soldier Training Publication STP 21-1-SMCT Soldier's Manual of Common Tasks Warrior Skills Level 1*, August 2015, contains the individual tasks that are essential to the Army's ability to win on the modern battlefield. In an operational environment regardless of job or individual MOS, each Soldier risks exposure to hostile actions. This manual contains the warrior skills that Soldiers must be able to perform to fight, survive, and win in combat. This SMCT gives the commander, NCO, trainer, first line supervisor, and individual Soldiers the information necessary to support integration and sustainment training in their units. This information allows trainers to plan, prepare, train, evaluate, and monitor individual training of warrior tasks. Using the appropriate mission training plan, MTP, military occupational specialty MOS specific Soldier's training publication STP, and this manual helps provide the foundation for an effective unit training plan. This manual includes the Army Warrior Training plan for warrior skills level SL 1 and task summaries for SL 1 critical common tasks that support unit wartime missions. This manual is the only authorized source for these common tasks. Task summaries in this manual supersede any common tasks appearing in military occupational specialty MOS specific Soldier manuals. Training support information such as reference materials is also included. Trainers and first line supervisors will ensure that SL 1 Soldiers have access to this publication in their work areas, unit learning centers, and unit libraries. This manual applies to the Active Army, the Army National Guard, Army National Guard of the United States, and the U.S. Army Reserve unless otherwise stated.

**The Warrior Ethos and Soldier Combat Skills** United States Army, Maneuver Center of Excellence, Department of the Army Headquarters, 2014-01. This training circular provides all Soldiers the doctrinal basis for the Warrior Ethos, Warrior Tasks, and other combat critical tasks. It also updates weapon, equipment, and munitions information. This FM is not intended to serve as a stand-alone publication. It should

be used with other Army publications that contain more in depth information Fully illustrated throughout *Soldier Training Publication Stp 21-1-smct Soldiers Manual of Common Tasks Warrior Skills Level 1 September 2017* United States Government Us Army,2017-10 This manual Soldier Training Publication STP 21 1 SMCT Soldier s Manual of Common Tasks Warrior Skills Level 1 September 2017 is one of a series of soldier training publications STPs that support individual training Commanders trainers and Soldiers will use this manual and STP 21 24 SMCT to plan conduct sustain and evaluate individual training of warrior tasks and battle drills in units This manual includes the Army Warrior Training plan for warrior skills level SL 1 and task summaries for SL 1 critical common tasks that support unit wartime missions This manual is the only authorized source for these common tasks Task summaries in this manual supersede any common tasks appearing in military occupational specialty MOS specific Soldier manuals Training support information such as reference materials is also included Trainers and first line supervisors will ensure that SL 1 Soldiers have access to this publication in their work areas unit learning centers and unit libraries This manual applies to the Active Army the Army National Guard Army National Guard of the United States and the U S Army Reserve unless otherwise stated Soldier's Manual of Common Tasks WARRIOR SKILLS Level 1 September 2017 STP 21-1-SMCT Headquarters Department HEADQUARTERS DEPARTMENT OF THE ARMY,2020-06-17 Soldier s Manual of Common Tasks WARRIOR SKILLS Level 1 SEPTEMBER 2017 Soldier Training Publication STP 21 1 SMCT This manual is one of a series of soldier training publications STPs that support individual training Commanders trainers and Soldiers will use this manual and STP 21 24 SMCT to plan conduct sustain and evaluate individual training of warrior tasks and battle drills in units This manual includes the Army Warrior Training plan for warrior skills level SL 1 and task summaries for SL 1 critical common tasks that support unit wartime missions This manual is the only authorized source for these common tasks Task summaries in this manual supersede any common tasks appearing in military occupational specialty MOS specific Soldier manuals Training support information such as reference materials is also included Trainers and first line supervisors will ensure that SL 1 Soldiers have access to this publication in their work areas unit learning centers and unit libraries This manual applies to the Active Army the Army National Guard Army National Guard of the United States and the U S Army Reserve unless otherwise stated The proponent of this publication is the United States Army Training and Doctrine Command TRADOC with the United States Army Training Support Center ATSC designated as the principle publishing printing and distribution agency Proponents for the specific tasks are the Army schools and agencies as identified by the school code listed in appendix A This code consists of the first three digits of the task identification number **Soldier's Manual of Common Tasks and Warrior Skills Level 2, 3, And 4** Department of Defense,2010 *Soldier Training Publication STP 21-1-SMCT Soldier's Manual of Common Tasks Warrior Skills Level 1 September 2012* United States Government US Army,Us Army,2012-10-05 This manual is one of a series of soldier training publications STPs that support individual training Commanders trainers and Soldiers will use this manual and STP 21 24

SMCT to plan conduct sustain and evaluate individual training of warrior tasks and battle drills in units This manual includes the Army Warrior Training plan for warrior skills level SL 1 and task summaries for SL 1 critical common tasks that support unit wartime missions This manual is the only authorized source for these common tasks Task summaries in this manual supersede any common tasks appearing in military occupational specialty MOS specific Soldier manuals Training support information such as reference materials is also included Trainers and first line supervisors will ensure that SL 1 Soldiers have access to this publication in their work areas unit learning centers and unit libraries This manual applies to the Active Army the Army National Guard Army National Guard of the United States and the United States Army Reserve unless otherwise stated The proponent of this publication is the United States Army Training and Doctrine Command TRADOC with the United States Army Training Support Center ATSC designated as the principle publishing printing and distribution agency Proponents for the specific tasks are the Army schools and agencies as identified by the school code listed in appendix A This code consists of the first three digits of the task identification number Soldier's Manual of Common Tasks Department of the Army, 2006-10-02 This manual is one of a series of Soldier training publications that support individual training Commanders trainers and Soldiers will use this manual and STP 21 1 SMCT Soldier's Manual of Common Tasks Warrior Skills Level 1 to plan conduct sustain and evaluate individual training of warrior tasks and battle drills in units This manual contains an Army Warrior Training plan for warrior leader skills level SL 2 through SL 4 and task summaries for SL 2 critical common tasks that support unit wartime missions This manual is the only authorized source for these common tasks Task summaries in this manual supersede any common tasks appearing in MOS specific Soldier manuals Training support information such as reference materials websites ammunition requirements and reproducible evaluation forms are also included Trainers and first line supervisors will ensure that SL 2 through SL 4 Soldiers have access to this publication in their work areas unit learning centers and unit libraries This manual applies to the Active Army the Army National Guard ARNG Army National Guard of the United States ARNGUS and the U S Army Reserve USAR This manual contains the critical common tasks for warrior skills levels 2 3 and 4 Mastering the performance of these tasks will help the individual Soldier and the Soldiers that he or she supervises fight better and survive on the battlefield and perform across the full spectrum of operations Each Soldier must be able to perform all common critical tasks for that skill level and below The individual Soldier shares responsibility with the trainer to sustain the skills and knowledge required to perform all warrior skills and warrior leader skills a Individual Soldiers To ensure that you can perform each task have another Soldier or your supervisor periodically evaluate your performance using the task summaries If you have questions about how to perform a task or which task to perform ask your first line supervisor The first line supervisor knows how to perform each task and can direct you to the appropriate training materials You should also check the Reimer Digital Library for new training materials It is your responsibility to use these materials to maintain your proficiency b Trainers If you are a supervisor and trainer and have

Soldiers working for you you must train them to do the tasks for their skill level and below Commanders and trainers should use the Soldier's Manual of Common Tasks SMCT military occupational specialty MOS specific soldier's training publications STPs and mission training plans MTPs to establish effective training plans and programs which integrate individual and collective tasks

*Warrior Mind Training Program Workbook* Warrior Mind Training, Ilene Gregorian, Jennifer Simon, Sarah Ernst, 2011-06-21

**Rise Up! Warrior Training Manual** Ron Luce, 2005

**Soldier Training Publication STP 21-24-SMCT Soldier's Manual of Common Tasks Warrior Leader Skills Level 2, 3, and 4 September 2008** United States Government US Army, US Army, 2012-12-10

This manual is one of a series of Soldier training publications that support individual training Commanders trainers and Soldiers will use this manual and STP 21-24-SMCT Soldier's Manual of Common Tasks Warrior Skills Level 1 to plan conduct sustain and evaluate individual training of warrior tasks and battle drills in units This manual contains an Army Warrior Training plan for warrior leader skills level SL 2 through SL 4 and task summaries for SL 2 critical common tasks that support unit wartime missions This manual is the only authorized source for these common tasks Task summaries in this manual supersede any common tasks appearing in MOS specific Soldier manuals Training support information such as reference materials websites ammunition requirements and reproducible evaluation forms are also included Trainers and first line supervisors will ensure that SL 2 through SL 4 Soldiers have access to this publication in their work areas unit learning centers and unit libraries This manual applies to the Active Army the Army National Guard ARNG Army National Guard of the United States ARNGUS and the U S Army Reserve USAR unless otherwise stated The proponent of this publication is the United States Army Training and Doctrine Command TRADOC with the United States Army Training Support Center ATSC designated as the principle publishing printing and distribution agency Proponents for the specific tasks are the Army schools and agencies as identified by the school code listed in appendix A This code consists of the first three digits of the task identification number

*Manual for the Awakening Warrior* Joel Levey, Michelle Levey, 2025-09-16

Reveals the once classified story of the most advanced biocybernautic training in the history of the U S Special Forces Shares the Jedi Warrior Training Program blending Aikido warrior wisdom and psychospiritual skills for mastery and self transcendence Teaches skills to develop your inner special forces awaken courageous presence and respond wisely to complex challenges Imagine training twenty five elite soldiers whose actions could start or stop the next world war What would you teach them The authors once faced this profound question in creating the U S Army's Jedi Warrior Training Program This book details this secret program described by West Point leaders as the most exquisite orchestration of human technology we have ever seen The comprehensive Jedi training encompassed intensive meditation mindfulness neurofeedback and cyberphysiology energy healing Aikido and mission simulations Emerging at the pinnacle of the psychic ops era of research into extraordinary human abilities the program was founded on the Army's vision of Evolutionary Tactics A Manual for the First Earth Battalion George Leonard and Michael Murphy cofounders of Esalen epicenter of the human



potential movement called it the most intensive leadership and human development training program in modern times Designed for elite soldiers the practices in this training are valuable for everyone aiming to heighten focus deploy ethical discernment and cultivate responsive awareness and kindness Learn how to befriend your inner enemies avoid self sabotage and ambush by distractions and respond skillfully to challenges with deeper courage and compassion With these teachings readers can awaken the strength to transform the battlefield of daily life into a zone of peace and navigate these uncertain times with grace wisdom and courage

**Training Circular Tc 3-21.75 (Fm 3-21.75)** United States Government Army,2013-08-31 This training circular provides all Soldiers the doctrinal basis for the Warrior Ethos Warrior Tasks and other combat critical tasks It also updates weapon equipment and munitions information This FM is not intended to serve as a stand alone publication It should be used with other Army publications that contain more in depth information The target audience for this publication includes individual Soldiers and noncommissioned officers throughout the Army This book applies to the Active Army the Army National Guard ARNG National Guard of the United States ARNGUS and the U S Army Reserve USAR unless otherwise stated The proponent for this publication is the U S Army Training and Doctrine Command TRADOC Warrior Skills Level 1 Headquarters Department of the Army,2013-07-15 *Warrior Book* Ernest Emerson,2020-03-23 In this book Emerson combines history high intensity training and the warrior ethos bringing you a killer combination of information inspiration and perspiration Whether you are a history buff a warrior or a hardcore strength and fitness devotee this book has information never before featured under one cover Use these dynamic workouts inspired by history s greatest and most feared warriors to take your skills to the same elite level as required by the world s deadliest warriors the U S Navy SEALs U S Marines Army Special Forces and our secret counter terrorist units The Barbarian Combat Strength and Conditioning Manual is a guide book to help prepare you for victory Dive in learn a little hit it hard and never look back You ll just see all the losers Ernest Emerson

**Soldier's Training Publication STP 21-24-SMCT Soldier's Manual of Common Tasks Warrior Skills 2, 3, And 4** Headquarters,Headquarters Department of the Army,2020-03-15 This manual is one of a series of Soldier training publications that support individual training Commanders trainers and Soldiers will use this manual and STP 2 1 SMCT Soldier s Manual of Common Tasks Warrior Skills Level 1 to plan conduct sustain and evaluate individual training of warrior tasks and battle drills in units This manual contains an Army Warrior Training plan for warrior leader skills level SL 2 through SL 4 and task summaries for SL 2 critical common tasks that support unit wartime missions This manual is the only authorized source for these common tasks Task summaries in this manual supersede any common tasks appearing in MOS specific Soldier manuals Topics covered include but are not limited to First Aid Chemical Biological Radiological and Nuclear Matters Combat Techniques Communications Unit Operations Equipment Checks And More Training support information such as reference materials websites ammunition requirements and reproducible evaluation forms are also included Trainers and first line supervisors will ensure that SL 2 through SL 4

Soldiers have access to this publication in their work areas unit learning centers and unit libraries This manual applies to the Active Army the Army National Guard ARNG Army National Guard of the United States ARNGUS and the U S Army Reserve USAR unless otherwise stated

## Unveiling the Power of Verbal Art: An Mental Sojourn through **Latale Warrior Training Guide**

In a world inundated with monitors and the cacophony of instantaneous interaction, the profound power and emotional resonance of verbal beauty frequently diminish into obscurity, eclipsed by the continuous assault of sound and distractions. However, set within the lyrical pages of **Latale Warrior Training Guide**, a captivating function of literary beauty that pulses with raw emotions, lies an unforgettable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, that magical opus manuals readers on a mental odyssey, gently exposing the latent potential and profound impact embedded within the intricate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is key styles, dissect their interesting writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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