#### SOI-W Advanced Infantry Training Battalion

#### Detachment Hawaii

**MARTIAL ARTS INSTRUCTOR COURSE (MAIC)**

**MCMAI Course Gear List**

The following items are required to attend MAI Course:

**QUANTITY ITEM**

1 **COMPLETED COMMAND SCREENING CHECKLIST (NAVMC 11749)**

1  **COPY OF CURRENT BIR AND BTR (BELT LEVEL, CFT, PFT)**

1 FLAK JACKET

1 MOUTH PIECE

1 3 INCH 3 RING BINDER

1 NOTE BOOK

1 HIGHLIGHTER

1 CAMEL BACK

1 SET GREEN ON GREEN PT GEAR

1 GROIN PROTECTION (MALE)

1 SET OF WRIST WRAPS (OPTIONAL)

2 SET OF FULL UTILITIES

2 PENS

1 SET OF RUNNING SHOES

1 GLOW BELT

1 SHOWER SHOES

1 KEVLAR

1 ASSAULT PACK

1 EYE PROTECTION (CLEAR LENSES) or goggles

1 WHITE T-SHIRT