



BRIEF

- ◆ Master fitness instructor Course, Unarmed Combat Course & Bayonet Fighting Course, Sports Coaching Courses are major training contributors.
- ◆ Para Gliding, Hang Gliding & water sports are offered as adventure for civilians & as training for military personnel.
- ◆ Duration of Para Gliding adventure course is 1 week each for ladies and gents (Minimum age : 13 years)
- ◆ Archery is offered as entertainment sport during adventure course.
- ◆ World class Badminton court, Techno Gym facility & sauna bath are available for all individuals undergoing training.

How to contact us?

Contact us through

- Your Defence Attachés in Pakistan
- Defence Attachés of Pakistan in your country
- Joint Staff Headquarter Rawalpindi, Pakistan
- Staff Duties Directorate General Headquarters Rawalpindi, Pakistan.

or visit our website

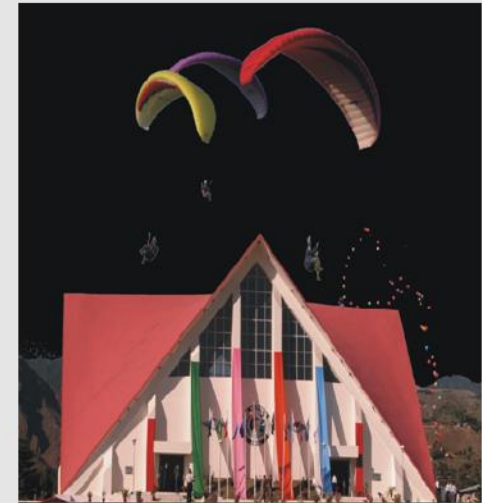
www.pakistanarmy.gov.pk/foreign_training

TRAIN TO WIN



General Headquarters, Rawalpindi,
Pakistan

ARMY SCHOOL OF PHYSICAL TRAINING



COURSES / TRAINING

ACTIVITIES

MASTER FITNESS INSTRUCTOR COURSE



UNARMED COMBAT & BAYONET FIGHTING COURSE



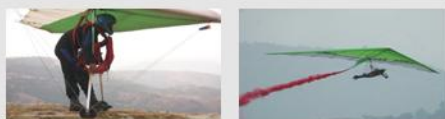
SPORTS COACHING COURSES



PARA GLIDING COURSE



HANG GLIDING COURSE



WATER SPORTS COURSE



EXTRA CURRICULAR

ACTIVITIES / ENTERTAINMENT

ARCHERY



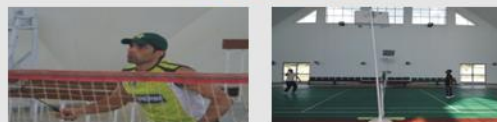
TECHNO GYM



SAUNA BATH



BADMINTON



HIKING

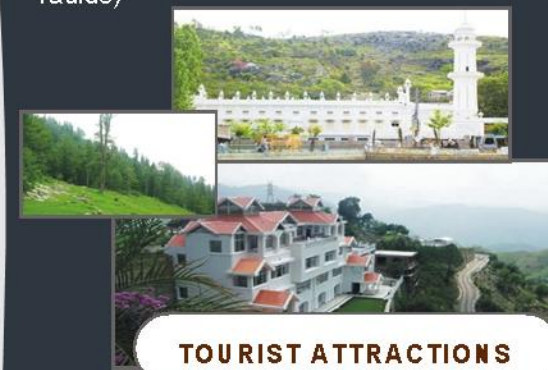


SQUASH



ACCOMMODATION

Accommodation, Food and Allied amenities are provided to trainees within the school premises (Within 250 meters radius)



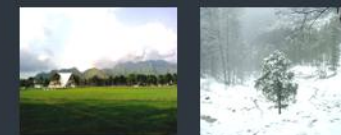
TOURIST ATTRACTIONS

Ilyasi Mosque

Shimla Hill

Thandyani

Harno Picnic Spot



WEATHER CONDITIONS

Mean Annual Temperature 30°C

Hottest Month: June

Coldest Month: December