



ORDERS
BY
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COMMANDANT
HONG KONG ADVENTURE CORPS

Serial No. 5 /2010

20th May 2010

PART 1 ORDER

Deletion and Amendment

Order No 25.

Amendment to April 2010 Order

Cadet Promotion

Ser 4 Delete 05 10 4239 C/Cpl YEUNG Chi-kit, E/NW Tp insert 05 10 4239 C/Cpl YEUNG Chi-kit, E/NW Tp
wef 1st April to 30th September 2010.

Promotions

Order No 026.

Officer

Ser	Corps No.	Rank	Name	Unit	Promoted to	Effective Date
1	I 09 1069	Instr	CHAN Loy-sun, Sunny	CTSW	OCdt	1 st May 2010

Instructors

Ser	Corps No.	Rank	Name	Unit	Promoted to	Effective Date
1	I 05 693	Cpl	LIU Kwok-hung	Trg Sqn	Ag Sgt	1 May 2010 to 31 Oct 2010
2	I 07 916	Instr	KO Siu-wai, Peter	CTSW	Ag Cpl	1 May 2010 to 31 Oct 2010
3	I 07 920	Instr	LEUNG Yuk-ha, Phoebe	CTSW	Ag Cpl	1 May 2010 to 31 Oct 2010

Cadets

Ser	Corps No.	Rank	Name	Unit	Promoted to	Effective Date
1	06 04 4591	C/Cpl	YIP Wang-kong, Leo	MKP Sqn	Ag C/Sgt	1 May 2010 to 30 Jun 2010
2	08 04 6036	Cdt	PANG Yi	MKP Sqn	C/LCpl	1 st May 2010

Cease of Acting Rank

- 1) I 95 017 SSgt YAU Man-ho of D Sqn is to cease acting in the rank of WO2 with effect from 1st May 2010.
- 2) I 03 505 SSgt TSE Wai-yin of Trg Sqn is to cease acting in the rank of WO2 with effect from 1st May 2010.

- 3) I 05 941 Instr WU Chi-chiu of E Sqn is to cease acting in the rank of Cpl with effect from 1st May 2010.
- 4) I 06 787 Instr CHEUK Mei-fung of E Sqn is to cease acting in the rank of Cpl with effect from 1st May 2010.
- 5) 04 00 3390 C/Cpl CHU Hoi-ching of E Sqn is to cease acting in the rank of C/Sgt with effect from 1st May 2010.
- 6) 06 10 5688 Cdt CHAN Chun-shing of E/NW Tp is to cease acting in the rank of C/LCpl with effect from 1st May 2010.
- 7) 07 16 5664 Cdt CHEUNG Yi-yan of A/CBT Tp is to cease acting in the rank of C/LCpl with effect from 1st May 2010.
- 8) 07 16 5568 Cdt IP Chi-ho of A/CBT Tp is to cease acting in the rank of WO2 with effect from 1st May 2010.
- 9) 07 10 5765 Cdt LAM Ho-cheung of E Sqn is to cease acting in the rank of C/LCpl with effect from 1st May 2010.

PART 2 ORDER

Order No 027.

School Troops Command

Please be informed the below listed schools troops are under D Sqn's command with immediate effect:

1. Ma On Shan Tsung Tsin Secondary School Troop 馬鞍山崇真中學
2. Tack Ching Girls' Secondary School Troop 德貞女子中學
3. Yu Chun Keung Memorial College Troop 余振強紀念中學

School Uniformed Group Foot drill Competition 2010

Congratulation to Yan Chai Hospital No. 2 College, they won the 2nd runner up in the School Uniformed Group Foot drill Competition 2010.

Purchase of Miniature Medal

Miniature of Hong Kong Cadet Force Medal can now be purchase at CHQ at HK\$180.00 each. Interested party can contact CHQ for details.

Basic Physical Requirement for Course Instructors

Instructors for i) High Event Course, ii) Obstacle Course and iii) Abseiling Course are required to pass the Physical Fitness Test set below . Only those who pass the Physical Fitness Test shall proceed to the related instructor course. Those who fail in any one item of a test shall cease continuing with the test and be deemed as failing the subject test and the entire assessment.

The minimum acceptance standard for the Physical Fitness Test is as below:

<u>Fitness Test Item</u>	<u>Male</u>	<u>Female</u>
1. Vertical-jump	45.7 cm	35.6 cm
2. Pull-up	5	7 (Supine pull-ups)
3. Shuttle-run (10x10M)	26 sec	29 sec
4. Sit-up	17 times in 30 sec	15 times in 30 sec
5. Squat-thrust	14 times in 30 sec	12 times in 30 sec
6. 800m Run	3 min 25 sec	4 min 12 sec

Remarks:

1. Acrophobia (fear of heights) is not accepted.
2. Certificate will be issued upon completion of minimum 30 instructional hours.

Capt Savio Won
Adjutant
For Commandant