



# The Dirty Scurve

## WORDS TO LIVE BY



**"You are part of the world's most feared and trusted force. Engage your brain before you engage your weapon."**

**Mad Dog Mattis**



## BADASS OF THE WEEK

### Corporal Desmond Thomas Doss

Desmond Doss is credited with saving 75 soldiers during one of the bloodiest battles of World War II in the Pacific — and he did it without ever carrying a weapon. The battle at Hacksaw Ridge, on the island of Okinawa, was a close combat fight with heavy weaponry. Thousands of American and Japanese soldiers were killed, and the fact that Doss survived the battle and saved so many lives has confounded and awed those who know his story. Now, he's the subject of a new film directed by Mel Gibson called Hacksaw Ridge.

A quiet, skinny kid from Lynchburg, Va., Doss was a Seventh-day Adventist who wouldn't touch a weapon or work on the Sabbath. He enlisted in the Army as a combat medic because he believed in the cause, but had vowed not to kill. The Army wanted nothing to do with him. "He just didn't fit into the Army's model of what a good soldier would be," says Terry Benedict, who made a documentary about Doss called *The Conscientious Objector*.

The Army made Doss' life hell during training. "It started out as harassment and then it became abusive," Benedict says. He interviewed several World War II veterans who were in Doss' battalion. They considered him a pest, questioned his sincerity and threw shoes at him while he prayed. "They just saw him as a slacker," the filmmaker says, "someone who shouldn't have been allowed in the Army, and somebody who was their weakest link in the chain."

Doss' commanding officer, Capt. Jack Glover, tried to get him transferred. In the documentary, Glover says Doss told him, "Don't ever doubt my courage because I will be right by your side saving life while you take life." Glover's response: "You're not going to be by my damn side if you don't have a gun."

During the battle, Doss dragged severely injured men to the edge of the ridge and lowered them down to other medics below.

But hard as they tried, the Army couldn't force Doss to use a weapon. A 1940 law allowed conscientious objectors to serve the war effort in "noncombatant" positions, so Doss went with his company as a medic to the Pacific theater. And at Okinawa in the spring of 1945, Doss' company faced a grueling task: Climb a steep, jagged cliff — sometimes called Hacksaw Ridge — to a plateau where thousands of heavily armed Japanese soldiers were waiting for them. The terrain was treacherous. "It was full of caves and holes and the Japanese were dug in underground," says Mel Gibson, who re-created the battle in *Hacksaw Ridge*. "...The Japanese called it 'the rain of steel' because there was so much iron flying around."

Under a barrage of gunfire and explosions, Doss crawled on the ground from wounded soldier to wounded soldier. He dragged severely injured men to the edge of the ridge, tied a rope around their bodies and lowered them down to other medics below. In Benedict's documentary, Doss says: "I was praying the whole time. I just kept praying, 'Lord, please help me get one more.'" Veteran Carl Bentley, who was also at Hacksaw Ridge, says in the documentary, "It's as if God had his hand on [Doss'] shoulder. It's the only explanation I can give."

Doss saved 75 men — including his captain, Jack Glover — over a 12-hour period. The same soldiers who had shamed him now praised him. "He was one of the bravest persons alive," Glover says in the documentary. "And then to have him end up saving my life was the irony of the whole thing."

President Harry Truman awarded Doss the Medal of Honor in 1945.



# SCURVE WORKOUT 1

<p><b>Mon</b></p>	<p><u>Lifting Day A</u> Refer to lifting sheet</p>	<p><u>Cals</u> Everything Weighted 25-35lbs Pull ups- 5x4 Wide- 3x4 Chin up- 3x4 Mnt Climbers- 3x3 each side</p> <p>12 Pull ups with no Weight</p>	<p><u>Cals</u> Everything Weighted 25-35lbs Push ups- 6x15 Wide- 5x10 Diamond- 5x10 Deficit- 5x10</p> <p>25 Push ups with no weight</p>	<p><u>Core</u> 4 rds Sit ups- 5x30 Half sit ups- 5x30 Planks- 5x1 min L-sit- Accumulate 1:30</p>
<p><b>Tues</b></p>	<p><u>Pool Sprints</u> 10x100 freestyle @ :10 sec rest 10x100 fin @ :10 sec rest</p>		<p><u>Treading</u> 5 rounds: 1 min hands up :30 sec hands down</p>	
<p><b>Wed</b></p>	<p><u>Sprints</u> 1 lap Rest 1 min 2 laps Rest 2 min 3 laps Rest 3 min 4 laps Rest 3 min 3 laps Rest 2 min 1 lap</p> <p>Goal is a 1:30 lap</p>		<p><u>GNG's in full uniform</u> 22 min of: 5 Sand Bag Get ups each side 15 Sand Bag walking lunges each side 300 meter Sand Bag Carry 200 meter Sprint Sandbags should be 60-80lbs</p>	
<p><b>Thurs</b></p>	<p><u>Pool Distance</u> Freestyle 5x200 @ :30 sec rest Fin 5x200 @ :30 sec rest</p>		<p><u>Treading</u> 5 rounds: :30 sec tread holding weight/ drop weight/ 1:30 tread with hands in water/ dive and get weight</p>	
<p><b>Fri</b></p>	<p><u>Kettlebells</u> KBs 5x25 KB Press 5x20 KB Cleans 5x20 KB Windmills 5x8 KB Goblet Squats 5x20</p>		<p><u>Cals</u> Complete 10 rounds: Bradley 100 Meter sprint 10 Pull ups 100 Meter sprint 10 burpees Rest 30 sec</p>	<p><u>Core</u> 3 rounds: 1min Sit ups 1min Plank 1min Flutter kicks NO REST</p>
<p><b>Sat</b></p>	<p><u>Ruck</u> 12 miles with 35lbs + sledge hammer Sub 15 min mile is goal</p>			



# Scurve Workout 2

<p><b>Mon</b></p>	<p><u>Run</u> 3 miles for time in full uniform and carrying a sledge hammer to simulate weapon</p>		<p><u>GNG's</u> <u>In Full Uniform</u> 22 min time cap of: Complete 200 Yards of tire flips Every time you stop to rest you pay a penalty of 5 8-counts</p>	
<p><b>Tue</b></p>	<p><u>Kettlebells</u> 4 rounds for time: 10 Goblet Squats 15 KB Cleans 20 KB Swings</p>		<p><u>Cals</u> Every min add 1 rep until failure with Pull ups Rest 2 min Repeat with Wide pull ups then Chin ups Rest 5 min  Every min add 5 rep until failure with Push ups Rest 2 min Repeat with Wide push ups then Diamond Push ups</p>	<p><u>Cals</u> Accumulate 8 min of planks Every time you break form stop and complete 10 4-count flutter kicks until you have completed 8 accrued 8 min of planks</p>
<p><b>Wed</b></p>	<p><u>Active Recovery</u> 40-45 min rowing @ 2:45 pace or 30 min run relaxed and/or foam roll and stretch</p>			
<p><b>Thur</b></p>	<p><u>Lifting Day B</u> <u>Refer to Lifting Sheet</u></p>	<p><u>Cals</u> Everything weighted 25-35lbs Pull ups- 1,2,4,6,4,2,1 Rest 1 min Chin ups- 1,2,4,6,4,2,1 Rest 1 min Wide- 1,2,4,6,4,2,1 Rest 5 min Push ups- 3,5,10,15,20,15,10,5,3 Rest 1 min Wide- 3,5,10,15,15,10,5,3 Rest 1 min Diamonds- 3,5,10,15,15,10,5,3 Rest 1 min Deficit- 3,5,10,15,15,10,5,3</p> <p><u>(REST WILL BE PLANKS BETWEEN SETS/ BUT REST BETWEEN EXCERSICES)</u></p>		
<p><b>Fri</b></p>	<p><u>Run</u> 8 mile LSD @ 80%</p>			



# Lifting Cycle 1

Week 1	Day A Squat 5x5 @ 50% of 1RM Bench Press 5x5 @ 50% of 1RM Dead Lift 5x5 @ 50% of 1RM	Day B Front Squat 5x5 @ 50% of 1RM Press 5x5 @ 50% of 1RM Power Clean 5x5 @ 50% of 1RM
Week 2	Day A Squat 5x5 @ 60% of 1RM Bench Press 5x5 @ 60% of 1RM Dead Lift 5x5 @ 60% of 1RM	Day B Front Squat 5x5 @ 60% of 1RM Press 5x5 @ 60% of 1RM Power Clean 5x5 @ 60% of 1RM
Week 3	Day A Squat 5x5 @ 70% of 1RM Bench Press 5x5 @ 70% of 1RM Dead Lift 5x5 @ 70% of 1RM	Day B Front Squat 5x5 @ 70% of 1RM Press 5x5 @ 70% of 1RM Power Clean 5x5 @ 70% of 1RM
Week 4	Day A Squat 5x5 @ 75% of 1RM Bench Press 5x5 @ 75% of 1RM Dead Lift 5x5 @ 75% of 1RM	Day B Front Squat 5x5 @ 75% of 1RM Press 5x5 @ 75% of 1RM Power Clean 5x5 @ 75% of 1RM
Week 5	Day A Squat 5x5 @ 80% of 1RM Bench Press 5x5 @ 80% of 1RM Dead Lift 5x5 @ 80% of 1RM	Day B Front Squat 5x5 @ 80% of 1RM Press 5x5 @ 80% of 1RM Power Clean 5x5 @ 80% of 1RM
Week 6	Day A Squat 5x5 @ 85% of 1RM Bench Press 5x5 @ 85% of 1RM Dead Lift 5x5 @ 85% of 1RM	Day B Front Squat 5x5 @ 85% of 1RM Press 5x5 @ 85% of 1RM Power Clean 5x5 @ 85% of 1RM
De-load Week	Day A Squat 5x5 @ 75% of 1RM Bench Press 5x5 @ 75% of 1RM Dead Lift 5x5 @ 75% of 1RM	Day B Front Squat 5x5 @ 75% of 1RM Press 5x5 @ 75% of 1RM Power Clean 5x5 @ 75% of 1RM
1RM week	Day A Find new 1RM for Squat, Bench Press and Deadlift	Day B Find 1RM for Front Squat, Press and Power Clean