



# SOUTH AFRICAN ARMY



## APPLICATION FOR MILITARY SKILLS DEVELOPMENT SYSTEM (MSDS) - 2026 INTAKE

### PLEASE COMPLETE THE FOLLOWING

#### Biographical information

First Name										
Surname										
Citizenship										
ID No										
Your Cell No										
Alternative 1										
Alternative 2										
Residential Address										
Town/City										
Province										
Postal code										

#### Province, gender and race (for statistical purposes, please select one)

Province: ☐ Gauteng ☐ Eastern Cape ☐ Free State  
☐ Northern Cape ☐ Mpumalanga ☐ Western Cape  
☐ North West ☐ KwaZulu Natal (KZN) ☐ Limpopo

Gender: ☐ Male ☐ Female

Race: ☐ African ☐ Asian  
☐ Coloured ☐ White

#### Tertiary Qualifications

☐ N6 ☐ 3 Year Diploma ☐ Degree

Attach Proof of Residence and/ or Letter from Village Chief, your CV and Copies of: ID, Matric Certificate (only statement of results for 2024 will be accepted) and Tertiary Qualifications

Related Enquiries: Tel: 012 355 1438 / 2130

Website: [www.army.mil.za](http://www.army.mil.za)

Signature of Applicant

Date

If you have not been contacted by 31 December 2025, kindly consider your application to be unsuccessful.

MSDS APPLICATION CLOSING DATE: 28 March 2025

THIS APPLICATION FORM IS NOT FOR SALE

DEPARTMENT OF DEFENCE RESERVES THE RIGHT TO EMPLOYMENT

#### BACKGROUND

The South African Army, through its Military Skills Development System (MSDS), is offering young South African citizens an opportunity to serve in uniform on a two-year contract. The Recruits will receive military training and further functional training in their first year of service. During the second year of service they will be deployed where needed and given opportunity to apply their knowledge and develop their skills.

#### General Requirements:

- RSA Citizen (No dual citizenship).
- 18 – 22 years of age (Gr 12).
- 18 – 26 (3 years Tertiary Qualification or N6) when reporting.
- Successfully completed Grade 12.
- Admission Point Score (APS) of 17 and above excl Life Orientation (LO).
- Have no criminal record or pending cases.
- Comply with medical fitness requirements for the appointment.
- No Visible tattoos (Legs, lower arm, neck and face)

#### Other Requirements

- Minimum height Females 148cm, Males 155cm and Minimum weight Females 48kg, Males 52kg (Females BMI: 18,5 – 30; Males BMI: 19 - 30)
- Applicants will be subjected to drug testing, Psychometric and medical evaluation, verification of Criminal record, pre-screening and verification of qualifications.

#### Careers within the SA Army and other specifications:

Infantry, Armour, Artillery, Air Defence Artillery, Intelligence (height requirement 1,65m), Defence Intelligence (Gr 12 with Bachelor's pass, with English L4, Mathematics and Physical Science L4, Geography and History L4), Engineering (Mathematics and Physical Science L3), Signalers, Human Resources, Logistics, Fire & Rescue (Mathematics and Physical Science L5), Hospitality, Music, Technical Service (Mathematics and Physical Science L3), Military Police, Ammunition (Mathematics and Physical Science L5 or N3 Mechanical or Electrical Engineering, fitting and turning)

Hand deliver your application to the nearest recruitment centre or via post at SA Army Recruitment postal address:

SA Army HQ, Chief Directorate Army Corporate Services  
 Directorate Army Human Resources, Recruitment Section  
 Private Bag X961, Pretoria, 0001



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**Grand Army of the Republic.  
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**Army List and Directory** United States. Adjutant-General's Office,1935      Journal of the ... Annual Encampment of the Department of Massachusetts, Grand Army of the Republic Grand Army of the Republic. Department of Massachusetts,1894  
Proceedings of the ... Annual Encampment, Department of Missouri, Grand Army of the Republic Grand Army of the Republic. Department of Missouri,1908      *Foreign Policy in Post-Apartheid South Africa* Adekeye Adebajo,Kudrat Virk,2017-12-18 South Africa is the most industrialized power in Africa It was rated the continent s largest economy in 2016 and is the only African member of the G20 It is also the only strategic partner of the EU in Africa Yet despite being so strategically and economically significant there is little scholarship that focuses on South Africa as a regional hegemon This book provides the first comprehensive assessment of South Africa s post Apartheid foreign policy Over its 23 chapters and with contributions from established Africa Western Asian and American scholars as well as diplomats and analysts the book examines the current pattern of the country s foreign relations in impressive detail The geographic and thematic coverage is extensive including chapters on the domestic imperatives of South Africa s foreign policy peace making defence and security bilateral relations in Southern Central West Eastern and North Africa bilateral relations with the US China Britain France and Japan the country s key external multilateral relations with the UN the BRICS economic grouping the African Caribbean and Pacific Group ACP as well as the EU and the World Trade Organization WTO An essential resource for researchers the book will be relevant to the fields of area studies foreign policy history international relations international law security studies political economy and development studies      **United States Army Directory** United States. Adjutant-General's Office,1928      *Subject Headings Used in the Dictionary Catalogues of the Library of Congress* Library of Congress,Library of Congress. Subject Cataloging Division,1957      The South African Almanack and Directory for ... ,1831      **World War II Allied Nursing Services** Martin Brayley,2012-02-20 The skill and care of the women of the Allied military nursing services was remembered gratefully by hundreds of thousands of wounded servicemen The small peacetime services increased rapidly by enrolling reservists and volunteers the great majority of the nurses who cared for Allied casualties were civilians in uniform who worked tirelessly under difficult conditions and in tented hospitals close to the front lines in real danger many nurses paid for their devotion with their lives This first ever fully illustrated study of the US British Commonwealth and other nursing organisations includes many unpublished photographs and 24 meticulously illustrated colour figures      **Contesting Caprivi** Bennett Kangumu,2011 The authour traces the politics of the people in Caprivi since 19 century Neglected by Germany and South African colonial administrations its inhabitants were often pushed towards neighbouring territories though not being an integral part of them      **South Africa** ,1907      *History of South Africa Since September 1795. With Sixteen Maps and Charts* George McCall Theal,1908      **Sessional Papers** Great Britain. Parliament. House of Commons,1900      Miscellaneous Selected Sessional Paper Reports(dated 1896-1909), Some Issued in C (Series) And: Cd.

(Great Britain. Parliament). Great Britain. Parliament,1900 Includes volumes published by both houses of Parliament

**Parliamentary Papers** Great Britain. Parliament. House of Commons,1906      **House of Commons Parliamentary Papers** Great Britain. Parliament. House of Commons,1900      **Guerrilla Veterans in Post-war Zimbabwe** Norma J. Kriger,2003-05-29 Zimbabwe's guerrilla veterans have burst into the international media as the storm troopers in Mugabe's new war of economic liberation In this book Norma Kriger gives the unfolding contemporary drama a historical background and shows continuities between the present and past Between 1980 and 1987 guerrilla veterans and the ruling party colluded with and manipulated each other to build power and privilege in the army police bureaucracy and among workers Both relied chiefly on violence and appeals to their participation in the anti colonial liberation war as they sought to vanquish their then political opponents Today violence and a liberation war discourse continue to be salient as Mugabe's party and its guerrilla veterans struggle to maintain power through land invasions and purges of a new political opposition This study gives a critical review of guerrilla programs and the war to peace transitions literatures thus changing the way we view post conflict societies      **The Postage Stamp** Frederick John Melville,1914      **South Africa's Post-Apartheid Military** Lindy Heineken,2020-01-01 This timely book examines how the South African National Defence Force has adapted to the country's new security political and social environment since 1994 In South Africa's changed political state how has civilian control of the military been implemented and what does this mean for defence in a democracy This book presents an overview of the security environment how the mission focus of the military has changed and the implications for force procurement force preparation force employment and force sustainability The author addresses other issues such as the effect of integrating former revolutionary soldiers into a professional armed force the effect of affirmative action on meritocracy recruitment and retention military veterans looking at the difficulties they face in reintegrating back into society and finding gainful employment gender equality and mainstreaming the rise of military unions and why a confrontational instead of a more corporatist approach to labour relations has emerged HIV AIDS and the consequences this holds for the military in terms of its operational effectiveness In closing the author highlights key events that have caused the SANDF to become lost in transition and transformation spelling out some lessons learned The conclusions she draws are pertinent for the future of defence security and civil military relations of countries around the world      **AF Press Clips** ,1989-07      *The South African State Transformed?* Louis A. Picard,Thomas M. Mogale,Caitlin C. Corrigan,2024-09-10 This book examines the nature of the 1994 political transition in South Africa and its impact on post apartheid South Africa Specifically it examines the failures of liberalism within the context of the transitional process that led to the institution if not the practice of a non racial state in 1994 The term liberal is an eclectic term defining a several of views political and economic We use the term here within context but essentially define it as a commitment to open views the willingness to consider change and to value basic human rights The nature of institutional change in South Africa as it moved towards a democratic state would influence

whether South Africa would succeed as a newly industrializing pluralist democratic country or collapse into yet another African failed state As South Africa moves toward its fourth decade of majority rule the view towards the future is much less promising than it was in 1994

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web jul 12 2023 for example let s say your starting cadence is 150 and your target is 170 you shouldn t try to hit 170 after your first cadence measurement instead try to increase your cadence by about five percent on two or three runs per week so in that first week shoot for a 157 cadence

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web jun 12 2017 running cadence or leg turnover is defined as the total number of revolutions per minute rpm or number of full cycles taken within a minute by the pair of feet measured by the number of times that your feet strike the ground per minute while running ground contact time cadence is usually calculated by counting the number of

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web jun 7 2021 running cadence is the number of steps per minute a person takes during a run it s also known as stride frequency step frequency foot turnover the number of steps you take per minute

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web jan 18 2021 4 ways to improve running cadence 1 measure your running cadence before you can increase your running cadence you will need to measure your current running cadence and see what improvements need to be made as mentioned earlier the ideal running cadence is over 170 spm

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web mar 14 2023 forcing a high cadence is a questionable strategy for improving performance and as we ve seen cadence is largely determined by how fast we run having said that most of us naturally select a cadence lower than the optimum and would benefit from retraining to a higher step rate

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web over the past few years studies have emerged that highlight the role of cadence to correct common running related



injuries rise as little as a five percent increase in step rate while keeping running velocity constant has been shown to reduce shock absorption at the level of the knee by 20 percent additionally increasing cadence by 10

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web oct 17 2023 recreational runners tend to have a cadence between 150 to 180 strides per minute spm faster runners as we've seen often have a higher cadence for example eliud kipchoge the marathon world record holder is known to achieve a cadence of 190 200spm in general 170 180spm is considered a great running cadence

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web apr 16 2021 your cadence is determined by your running skill history of training and anatomy taller runners for example will naturally have lower cadences every runner has a distinct cadence style one runner may take large strides and run efficiently while another may take more steps per minute and run efficiently