

**ANNEX F**  
**PROFICIENCY INSIGNIA**  
**AIR CADETS**  
**FITNESS**

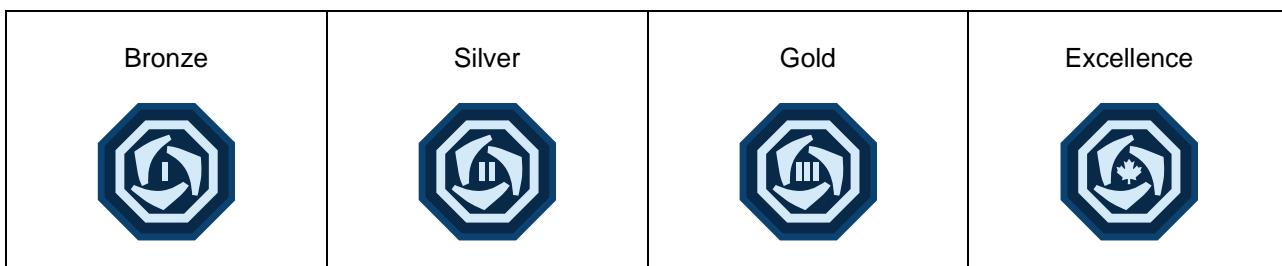


Figure 3F-M – Air Cadet Proficiency Insignia

**MUSIC**



Figure 3F-N – Air Cadet Proficiency Insignia

**MARKSMANSHIP**

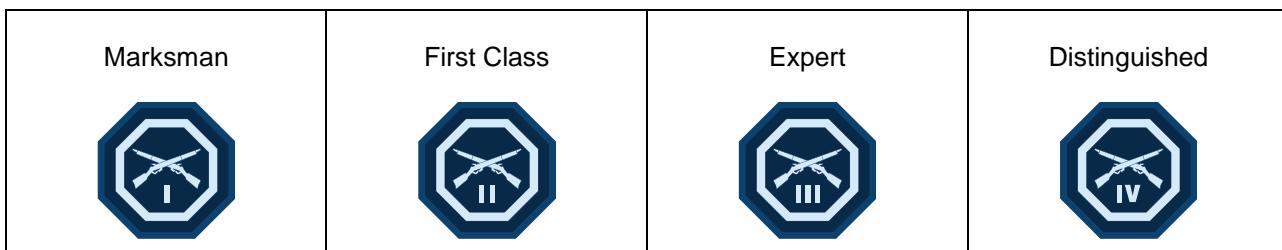


Figure 3F-O – Air Cadet Proficiency Insignia

**SPECIALTY**



Figure 3F-P – Air Cadet Proficiency Insignia