The primary unit of the ANM is the cell, which consists of three to seven members. There are two types of cells: area cells, composed of members living in the same quarter; and work-place cells, composed of members working in the same factory, workshop or office. The cell is the basic organizational unit where the Movement members receive their party education and undergo a process of tough training and experience in order to emerge as dedicated revolutionaries in the struggle against the existing order. A strict agenda has to be observed in the regular weakly meetings of the cell in order to equip the members with the fundamentals of revolutionary thought and practice. The agenda, as a rule, consists of the following permanent items:

- Reading and discussing circulars and directives
 of higher organs;
- 2. Discussing a commentary on the important events of the week presented by one of the cell members;
- 3. Studying a theoretical issue or an organizational problem presented by the higher levels of the Movement or selected by the leader of the cell;
- 4. Discussing the activities of the cell for the previous week and assigning new tasks for the next week;
 - 5. Financial and miscellaneous items;
 - 6. Criticism and self-criticism.

⁶Statement by Salam Ahmed, personal interview, November 10, 1968.

⁷ANM, "Kayf taqoud Khaliya" [How to Lead a Cell], pp. 3-5; ANM, "Risalah ila'ada al-Khalaya" [Letter to Cell Members], pp. 1-5.