

Chapter 1 : Basic Combat Training | National Guard

Basic Combat Training (BCT) is a training course that transforms civilians into Soldiers. Over the course of ten weeks, recruits will learn basic tactical and survival skills along with how to shoot, rappel, and march.

Drill sergeant time Time for drill sergeants to talk to the recruits about any subject they may think requires attention. Mail call is also performed during this time. Personal time Time for recruits to engage in personal activities, such as writing letters, doing laundry, showering, or simply relaxing. Recruits may also catch up on platoon duties during this time, such as barracks cleaning or wall locker organization. Lights-out Fire guard and charge of quarters[edit] Every night, at least two recruits from the platoon must be awake at any given time, patrolling their barracks area, watching for fires, cleaning the barracks and watching for recruits attempting to leave the barracks area. They wake the next pair of recruits at the end of their one-hour shift. This duty is called fire guard. Fire guard stems back to the days of wooden barracks and wood-burning stoves. The fire guard would watch the stoves to make sure that the barracks would not catch fire. Since open flames are not generally used to heat sleeping areas any longer, present-day fire guard during Basic Training is more an exercise in discipline than a practical necessity, although if the weather gets cold enough, some groups conducting overnight outdoor training will still use a kerosene "pot bellied" stove which must be watched to prevent accidental fires. Charge of quarters , commonly called CQ, functions in a somewhat similar manner. CQ shifts rotate throughout the entire company, with just two recruits from the company staying awake per shift. The actual charge of quarters is the drill sergeant and the pair of recruits staying awake are the "runners", meaning that they perform tasks for the CQ. They perform some of the same duties as the fire guard shift. Only the CQ on duty is permitted to open the barracks doors and the runners must alert the CQ if someone else attempts to enter or leave the barracks. Hands-on training[edit] For many hands-on instructional sessions, recruits are transported to other locations on-post that specialize in the given subject. For instance, a class on the use of the Claymore anti-personnel land mine is given at a location where a field is already set up with the appropriate props for the simulation, including fake claymores that recruits can practice on. Classes are also given in the use of the AT4 shoulder-fired anti-tank missile launcher. For this class, recruits are brought to a mock battlefield riddled with decommissioned tanks and other vehicles. Each recruit fires a trainer AT4 weapon, loaded with tracer ammunition , at various targets on the battlefield. For weaponry training that involves only the use of fake weapons, one real demonstration of the actual weapon is usually performed. For example, at claymore training one real claymore may be rigged and remotely detonated; and at AT4 training one recruit usually the one with the highest rifle qualification score is chosen to fire a live AT4. This program allows individuals to attend Basic Training during one summer, drill with their respective units once a month on weekends while attending school, and then attend Advance Individual Training after graduation. This enlistment option is popular among high school students who want to enlist right away while still attending school. Recruits requiring air transportation to their training locations are flown via commercial flight at the U. A similar program is followed for cavalry scouts, tank crewmen, military police, field artillery and some engineer MOSs. Army has four sites for BCT: It typically lasts 4 to 10 days [6] and is where initial preparations for training are performed, including: Recruits in FTC are given two chances each week to complete the physical assessment test and upon passing are allowed to move on to the next phase of Basic Training. Recruits that spend four weeks in FTC without passing the physical assessment test failing the test eight times may be discharged from the Army via an Entry Level Separation see Discharge from Basic Training below. Recruits that sustain injuries during Basic Training, such as a broken arm, may also be assigned to a FTC for rehabilitation. BCT is divided into three phases. The three phases are each represented by a color: BCT trainees are progressively allowed more responsibility, privileges and independence each time they achieve a new phase of training. Whereas trainees in Phase I are constantly monitored and led around by their drill sergeants, Phase III trainees are largely responsible for making sure tasks are completed correctly and on-time and keeping themselves on-schedule. Recruits are often subjected to group corrective action for even minor infractions, the purpose being to develop an acute attention to detail and foster a sense of common

responsibility among the unit. Week 1[edit] Week 1 begins with the recruits meeting the drill sergeants who will be responsible for their training throughout BCT. The drill sergeants pick up their recruits from Reception Battalion and either transport or march them to their company area. The company area is the common area for the entire company recruits and is surrounded by four barracks – one for each platoon 50 recruits each in the company. Upon arrival at the company area, recruits are subjected to exercises such as the "bag drill. Following the bag drill, the recruits are divided into platoons. Drill and ceremony training begins during week 1. For this and many other exercises, soldiers are sometimes issued fake rifles known as " rubber ducks ," so that they can become familiar with the proper handling and added weight of their weapon before they have actually been trained to use it. Classroom instructions are given in each of the seven "Army Core Values," which include loyalty, duty, respect, selfless service, honor, integrity and personal courage meant to spell out the mnemonic LDRSHIP, or leadership. The training often culminates in a competition where each platoon chooses one recruit to compete. At gender-integrated training stations, the platoons each choose one male and one female. Recruits are also instructed in map reading, land navigation and compass use. These skills are put to the test at the compass course, where recruits are divided into groups and must navigate their way to a series of points throughout a wooded area. Victory Tower is an exercise where recruits must navigate through several obstacles at extreme heights, including climbing and traversing rope ladders and bridges. They must then rappel down a foot wall back-first, with rope harness. In the Teamwork Development Course, squads must navigate a series of obstacles, with emphasis on working as a team rather than as individuals. Recruits are trained in evaluating and properly treating casualties, ranging from dressing a wound to application of a tourniquet and dehydration treatment. Week 3[edit] Recruits begin training with pugil sticks , methods for carrying an unconscious or immobile person and physical problem solving, such as finding a way to carry equipment from point A to point B given specific obstacles and constraints. Recruits are also commonly sent to a gas chamber during this week, which is a large, sealed chamber where soldiers are subjected to CS gas while wearing their protective masks. The gas chamber is the culmination of a series of classroom instructions on gas mask use. Recruits are forced to unmask just before exiting the chamber so that they can briefly experience the effects of the gas. Week 3 is also when the recruits are introduced to their standard-issue weapon, the M16A2 assault rifle or the M4 carbine. This does not yet involve the actual firing of the rifle. It does include basic rifle marksmanship BRM fundamentals training instruction in marksmanship techniques without firing the rifle. For instance, trigger control is practiced by placing a wooden dowel down the barrel of the rifle with a coin placed on the exposed end. If the recruit can pull the trigger without the coin falling from the dowel, their trigger control is satisfactory , as well as maintenance tasks, including "field stripping" quickly disassembling, cleaning, and reassembling the rifle. Many of these tasks are now done during Week 1 as a part of the initial round of classroom instruction. With the service rifle M16A2 , they will fire at various targets, which are progressively further downrange, making each successive target more difficult to hit, with additional pop-up targets at long range. Other weapons the soldier becomes familiar with include various hand grenades such as the M67 , grenade launchers such as the M and machine guns such as the M , M and M2. There is also an obstacle course which the soldiers are expected to negotiate within a certain time limit, known as the "confidence course", since the main objective is to build self-confidence. There is also the expectation of working as a team with the assigned battle buddy. Additionally, there is continual, intense physical training as well as drill and ceremony training. During this phase, an Army Physical Fitness Test is administered to determine whether the recruit has successfully met the requirements for graduation. Although not previously mentioned, an APFT is given at a minimum at every phase of training. This is conducted to ensure that all recruits are meeting the standard along the way. Recruits failing to meet the standard of the APFT will be locally retrained by their drill sergeants and a specialized fitness program is developed to focus on the recruits weaknesses while continuing to maintain and improve upon those events the recruit has successfully passed. When a recruit has successfully passed the APFT, the recruit will have one of the critical benchmark requirements for graduation. At some locations, soldiers who fail are not allowed to go into the field with the rest of the platoon. A minimum of points is required to pass U. There is no access to the dining facility during these exercises, so meals are given in the form of either MREs Meal Ready to Eat or field chow. Drill

sergeants will make much of this in adversarial process, working against the recruits in many of the night operations by trying to foil plans, et cetera. Other BCT companies also in their FTX weeks may join in simulated combat scenarios, generally at night, with intense competition to prove their particular company the better trained. Week 2 of Phase III the 8th week of Basic Training culminates in a special tactical FTX during which the drill sergeants will advise, but allow recruit platoon leaders and squad leaders to exercise primary decision-making. They attempt to make virtually every one of these exercises different. Because being a soldier is potentially an extremely hazardous job, recruits must demonstrate extreme aggression and fearlessness, tempered by intelligence and common sense. Discharge from Basic Training[edit] A recruit can be discharged from the Army before the conclusion of Basic Training. Discharges that occur before the completion of days approximately 6 months of training are considered uncharacterized, which are neither honorable nor less than honorable. A recruit can only be ELSed after at least 4 weeks of training and 2 counseling sessions, except under extreme circumstances, such as the recruit being deemed suicidal. A discharge due to any condition Existing Prior To Service EPTS may occur when a recruit is found to have a prior medical condition existing before enlistment. A recruit may receive a rare honorable discharge for an EPTS condition if they have been in Basic Training for more than days.

Chapter 2 : U.S. Air Force - Basic Military Training

A Day in the life of Basic Training-RED PHASE It is in the morning, and I got the second to last fireguard shift. It is hard to wake-up at this hour because lights out time is the only personal time a recruit truly gets.

Hoboken, New Jersey, United States Military Fitness, Law Enforcement and Firefighters Tweet Going in physically and mentally strong to basic training will provide you with the confidence you need to complete the training with no problems. I mentioned in my previous article that no matter which branch of the military you go into, it will be a physically and emotionally draining experience. If you wait until the first day of basic training to start preparing you will fight an uphill battle. While the requirements and training for each branch of the military are different, your biggest hurdles are going to be the same three things. The three hurdles are previous injuries, lack of preparation, and the little voice inside your head. Your goal in preparing beforehand is to go into basic training confident, fresh, and in your best shape possible. Remember, at basic training you will no doubt experience weakness, fatigue, irritability, disturbed sleep, depression, a weakened immune system, and loss of appetite - all of which can all lead to your chance of injury. Previous Injuries If you have previous injuries you need to address them. You know the bad habits that are currently in your life: Too many times people see the last months and weeks at home as their last hoorah no pun intended, and they splurge instead of preparing. Week 1 Sleep Schedule: Go to bed at 9: You will be met with early morning workouts and forced to go to bed early once you get to basic training. By working on this schedule before you get there, you will save yourself a lot of lost hours of sleep. Your morning workouts should be done on an empty stomach. No alcohol, coffee, nothing else. Week 2 No Snacks: It will not only be harder carrying around that extra body weight anyway, but it will be tougher mentally to be away from the junk. Week 3 Reduce Calories: Count your calories and stick with less than your caloric needs. You can determine that with this calculator. The goal is to get your body used to eating fewer calories. Pyramid Workout This workout can be done with minimal equipment and will get you the conditioning you need to ace most of the requirements of the physical fitness test. On the right side the numbers countdown from five to one. Your goal is to move up the left side, then make your way down the right side. So for example, during your pull ups you will multiply the number by one, for your push ups you will multiply by two, and for your sit ups you will multiply by three. Do this pyramid four times a week. For each step you will perform pull ups, push ups, and sit ups. See the illustration for example:

Chapter 3 : This Is What Privates Go Through During Army Basic Training

Life in Army Basic Training outlines the 7 core army values and describes the 10 weeks of mental and physical structure that all applicants must endure prior to the active service of their country. I would recommend this book to any one thinking about joining the army or having an interest in basic training.

Click to email this to a friend [Opens in new window](#) In warfare, there are a few ways to get behind enemy lines. For centuries the choices were to go around them, which ate up valuable time, resources and money, or go through them, which ultimately cost too much blood. Tacticians looked to the heavens for a better way, and there was one—the paratrooper. *Guns of the Elite: Legendary 82nd Airborne* The introduction of the paratrooper, a highly trained soldier who falls from the sky, changed the battlefield beginning in World War II. Army historical documents, the idea to drop soldiers by parachute into combat can be traced back to the U. Army said six soldiers parachuted from a Martin bomber, safely landed and, in less than three minutes after exiting the aircraft, had their weapons assembled and were ready for action on the ground. Not to us, not back then. The Germans and Soviets, however, were impressed. In fact, the Soviets moved the fastest and had paratroopers as part of military maneuvers as soon as During the early stages of WWII, the Germans used paratroopers in war so successfully it led to American military forces scrambling to catch up and implementing various stages of paratrooper training programs. As such, May 15, , the U. Army Airborne School was officially formed and the United States military has been dropping soldiers via parachute ever since. Going Airborne Today, the U. The school is three weeks long and combines both officers and enlisted men and women from American and foreign militaries all together in the same basic training program at the same time. First things first, however, as every student, man or woman, and from any military branch must pass the Army Physical Fitness Test APFT for the 17 to 21 age group. According to Gobble, jump school takes its toll on the students mentally and physically, so peak physical fitness is essential for soldiers to make it through the school and be an effective paratrooper back with their units. In addition to being fit, students practice on a mock door, a foot tower and a lateral drift apparatus during ground week. Most students who wash out of jump school do so in the first week due to the high fitness standards or not being able to grasp the training, according to Gobble. You have to be ready first. Villarreal said the last jump was the hardest for him. And, thanks to the U.

Schedules & Timelines - Army There are 10 weeks in Army Basic Training. The breakdown is as follows.

My happy ending minus the sexual gratification Today is Sunday October 12th and I am writing from the comforts of my home in Vero Beach Florida. As you can guess, I did in fact graduate as expected lol on October 9th from Ft. Benning and am now a full fledged Army Infantry Soldier. Here is what has happened over the last few days: I re-read my entry on October 3rd a few minutes ago and it made me laugh a little. That is exactly what they did to us over the past few days. They wont treat me like shit anymore. Red, White, Blue, Gold, and Black phase. Typically speaking Red phase is the worst phase because they treat us like we are lower than dirt. From what you read online, they make it seem like things will gradually get better and you will be treated better once you advance in the phases. As much as a soldier would like to believe that, it simply was not the case for us. We were shot back to red phase once we completed FTX. The only tasks we really had to do was complete our 5 mile Eagle run and turn in all of our TA, and we were good as gold and ready to graduate. As easy as that sounds, the Drill Sergeants made those last two weeks a living Hell for all of us- Especially the last 48 hours before our departure and graduation. Thursday October 8th, we had our turning blue ceremony, and it was probably one of the proudest moments of my military career so far, and for good reason. On that day I was officially dubbed an Infantry Soldier among many of my peers in front of hundreds of people. As we rounded the corner we marched through what seemed like an endless tunnel of smoke which was from the numerous smoke grenades that were set off. As our company made our way through the smoke, suddenly we saw the crowd of people which were made up of our friends family and loved ones. We all lined up on the street facing everyone and stood at parade rest and attention as the ceremony began to take place. When the time came for our First Sergeant to instruct our Drill Sergeants to award his soldiers their blue chords, I could feel my stomach begin to twist in knots. This was the moment I have been waiting for since I signed my contract, I was about to become an infantry soldier. When my father stepped forward out of the crowd to see me for the first time, I was standing at the position of attention. I looked at him out of the corner of my eye, and handed him my blue chord which he placed on my right shoulder. My blue chord was in my right pocket, so when I handed it to him, I also grabbed that set of extra cross rifles and held it in my hand. After he pinned my blue chord on me, he and I shook hands. As we shook hands, I secretly passed off that set of cross rifles to my father as a gift. That being said, I awarded him a set of cross rifles as somewhat of a thank you for everything he has done for me over the years. He is a good father, and one that any guy could be proud to call "Dad. When times were tough, I reached deep down inside and remembered that he was running every mile, doing every push up and sit up, and rucking every step along side me despite him not actually being there. That alone got me through the toughest days of training. If I earned my cross rifles Upon arrival back at base after family day was over, Delta company seemed to be hit in the face with a force that can only be described as "The wrath of Drill Sergeant B. Is this actually happening right now? All I want to do is go upstairs, get changed and go to sleep. My immediate thought was, "How the Hell am I going to get this bay cleaned to his standards if I cant see two feet in front of my face? So it was my job to ensure that everything was done properly or else there would be Hell to pay. So after I had my shit picked up, I was told that he would be conducting a bay inspection at 1am. Wake up was scheduled for 4am. This meant that we would only be getting three hours of sleep before graduation. Long story short, we only got about an hour or so of sleep before we had to wake up and head off to the graduation field. All I could think of was that It was our last night, and to try to stay positive and make the best out of a shitty situation. We woke up, got dressed and boarded the buses that would take us to the NIM national infantry museum which was where graduation would be conducted. We arrived at 5am and we were scheduled to graduate at 10 am, so we spent about 5 hours sitting around doing absolutely nothing. Finally the ceremony began and we did our thing and before I knew it I was standing before my Drill Sergeant and hearing him say the words "Dismissed. So me actually doing something like this was a big shock to a lot of people, so actually graduating and completing something like this was indeed a pretty big accomplishment for me. After the ceremony was complete, I did exactly what

I said I was going to do in my last letter. That first sip of beer in over four months was really one to remember. I got my collar bone finished and I also got a tattoo on my lower leg that memorialized my grandmother. My sister and I both got the same tattoo, but instead of having the exact same ones, we got slightly different ones and in different places but mainly the same concept and idea. As I stated in previous entries, I spoke to my grandmother quite a bit when times were tough and at times it seemed as if she heard me and leant a helping hand, thus getting me through some of the roughest times of basic training. I truly believe she was watching over me and helped me out. As much as the cross rifles on my shoulder are dedicated to my father, they are also dedicated to my grandmother. I hope she is looking down on me right now smiling and proud. The feeling of pulling away from Ft. Benning to head home to Florida was one that I cant even describe. My father and I drove the 8 hour drive back to our home town of Vero Beach and talked the entire way about anything and everything. I unpacked all of my stuff and hopped on my motorcycle and went for a long ride. Just like any happy ending book you read as a child, where this story began is exactly where it ends. I rode my bike to the beach and watched the sunset just like I did the day before I shipped off to basic training. I sat on the boardwalk and appreciated the freedom of watching the waves crash upon the beach and the seagulls and sandpipers play in the sand. I remember thinking of the song written by one of my favorite artists Tim Armstrong from the band Rancid which I have quoted numerous times before, especially that day on the beach before I left. Another East Bay night, yeah.. I am finally home. All of the lonely nights laying in my bed at Ft. Benning dreaming of my return has finally become a reality. Was it worth it? In my mind, by me graduating basic training, I have only given myself an opportunity. I have only accomplished the fact that I am now given the opportunity to become a great soldier. Basic Training is the easy part. I know I had said before that this would be my last entry in this blog, and in some ways that statement is true. I must admit it is all a bit overwhelming to think that people actually rely on me and my writings to help give them a little peace. So many people tell me that they have a soldier who is currently going through training and this blog helps them understand what they are, or will be going through and by reading it they feel as if they are actually there or can picture their soldier doing the same things I have done. This was never the intentions of this blog, rather it was for my friends and family to have a way to stay connected with me while I was away. That being said, I actually enjoy writing about my day and experiences in the Army, and I after some thought and encouragement by readers, I have decided to continue writing. I plan on starting another blog that will pick up right where this one left off and follow me through my first duty station in Germany and possibly through my first deployment. If people enjoy reading this crap, and I enjoy writing it, then who am I to just end it? I will write until I no longer have anything else to say or until people no longer care to read what I have to say. Since this blog is only about my life in Army Basic Training, this will be my last post on this particular blog. I will start another one on this site and I will post the link to it shortly so that you all will be able to continue reading about my adventures in the United States Army. Only time and experience will tell. Stay tuned, I am not going anywhere anytime soon. I encourage all of you to feel free to contact me with any questions or concerns you might have dealing with the Army, or to just leave some feedback. You can reach me by posting a comment on the blog or by myspace or facebook.

Chapter 5 : How to Prepare Your Mind and Body for Basic Training | Breaking Muscle

Army Basic Combat Training (BCT) is basic training or boot camp for civilians who want to join the military. Army BCT turns civilians into soldiers and teaches them marching, shooting, survival skills, and prepares them for life in the Army.

Training also includes combat conditioning by running an obstacle course, the Confidence Course, conducting marches of varying distances up to 12 miles, physical training, and Modern Army Combatives Program MACP , a martial arts program based on the combination of Brazilian jiu-jitsu, Wrestling, Judo, Muay Thai, Boxing, and a number of others. BCT is divided into three phases. During Phase I, also known as "Red Phase" recruits are subject to "Total Control," meaning their every action is monitored and constantly corrected by drill sergeants. The first week of training is commonly referred to as "Hell Week," due to the intense period of adjustment required on the part of the new recruits. Marches are common throughout basic training. Recruits are sent to the "gas chamber" during Phase I, as part of training for defensive chemical warfare. They are also introduced to their standard-issue weapon, the M16A2 rifle , the M16A4 rifle, or M4 carbine. Other weapons the recruit becomes familiarized with include various grenades such as the M67 fragmentation grenade and grenade launchers such as the M The course also includes an obstacle course which the soldiers are expected to negotiate in a certain amount of time. At the conclusion of Phase II, Soldiers are to demonstrate proficiency with the various weaponry with which they trained. A final PT test is administered during the first week. If they do not pass, then they are recycled to another platoon until they meet the fitness standards. Drill sergeants will make much of this an adversarial process by working against the recruits in many of the night operations and trying to foil plans, etc. Upon completion of Basic Combat Training, a recruit is now a soldier, and has developed skills to operate in a combat environment, as a basic rifleman and to perform his or her MOS-specific duties under fire. Marine Corps[edit] In August , a U. All female enlisted Marines go to Parris Island. Men go to either, depending on whether they were recruited east or west of the Mississippi River. Marine Corps boot camp is the longest basic training regimen in the U. Armed Forces, and is physically demanding. Since the s, they are referred to as " the recruit s " alone until they earn the title of Marine. Marine Corps Recruit Training MCRT is a week program that is divided up into three four-week phases and further broken down into individual training days. Phase one mainly consists of learning recruit life protocol, physical training, MCMAP training, academic classes, initial drill, a series inspection, and the confidence course. West coast recruits also do swim qualification during this phase. Phase two is completely in the field at Camp Pendleton for west coast recruits, with the first two weeks being spent on marksmanship training and qualification with the M16A4 service rifle, and the last week in the field learning skills such as fireteam formations, land navigation, and hikes. For east coast recruits, phase two is swim qualification, rifle qualification, and Team Week, a week of maintenance duties for the island as a show of how to perform base support tasks while still keeping military bearing and attention to detail. Phase three brings the San Diego recruits back to the recruit depot where they finish up with final drill, final inspection, more PT and confidence courses, and graduation. During third phase, west coast recruits also go back into the field one last time to do the Crucible event. Parris Island recruits finish with field training, final drill and inspection, the Crucible, and graduation. Note that recruits going to either depot receive exactly the same training, if in a different order. An important part of this process is training recruits to adopt and live by the motto, "Every Marine a rifleman". Training also includes combat conditioning by running an obstacle course, conducting marches, physical training, and Marine Corps Martial Arts Program. Upon completion of Marine Combat Training, the Marine is to have gained the knowledge and ability to operate in a combat environment as a basic rifleman and to perform his or her primary duties under fire. Upon completion, Marines proceed to their MOS-specific school. In Infantry Training Battalion ITB , infantry MOS 03XX Marines receive 59 days of training in infantry skills, including advanced marksmanship, combat patrolling, land navigation, and a wide array of other infantry skills. Upon completion of ITB, newly qualified Marine infantrymen proceed to their assigned units. Navy[edit] In March , a U. Navy Recruit Division Commander conducts "Instructional Training" to correct substandard performance during boot camp. Armed Forces, the U. Training lasts

approximately eight weeks although some recruits will spend as many as nine weeks in training due to the somewhat complicated processing cycle. Days are counted by a system that lists the week and day that they are on, for example, for week 7 day 3. The first approximate week is counted P-1, P-2, etc. Recruits are instructed on military drill, basic seamanship, basic shipboard damage control, firefighting, familiarization with the M9 pistol and Mossberg shotgun the Navy no longer gives instruction on the M16 in boot camp, pass the confidence chamber tear-gas-filled chamber, PT, and the basic essentials on Navy life. Recruits also attend many classes throughout boot camp on subjects such as Equal Opportunity, Sexual Assault Victim Intervention, Uniform Code of Military Justice, recognition of naval aircraft and vessels, and more. In order for recruits to pass boot camp, they are physically and mentally tested on a hour exercise called Battle Stations which consists of 12 different scenarios involving firefighting, first-aid knowledge, survival at sea, mass casualties, shipboard flood control, bomb detection, and many other skills that they have been learning in the previous 7 weeks. After completion of boot camp, freshly minted Sailors are sent either to various "A" Schools located across the United States where they begin training to receive their ratings jobs or to apprenticeship training, where they then enter the fleet without a designation. From to during and immediately following World War II the Navy had two additional training sites: Air Force[edit] Main article: BMT is 63 calendar days long. Formerly, trainees were referred to as "Airman" from day one of BMT. Reserve component enlistees receive the same training as their active-duty counterparts. The stripes are not worn until graduation, though trainees are paid at the higher pay grade. Trainees are required to preface speaking to Military Training Instructors with their reporting statement: An additional 2 weeks of BMT was added to the program on November 1, , extending the duration of BMT from six and a half weeks to eight and a half weeks. BMT has been tailored to incorporate some of the additional warfighting skills to coincide with increased Air Expeditionary Force AEF rotations and more frequent support of its sister services during those rotations. Recruit training for the U. Coast Guard recruit basic training offers an additional, abbreviated, route to serve as an enlisted member of the Fleet. The training also covers basic seamanship, drill, military bearing and firefighting. Due to its extremely unusual, diverse and difficult mission, the U. Coast Guard is the most selective in recruiting and training standards. As an example, the Coast Guard Academy is the only service academy that uses competitive admissions for prospective officer candidates. During their time at Cape May, recruits are subjected to the usual "boot camp" atmosphere of direct instruction and intense motivation. They must adhere to strict rules such as hygiene and uniform regulations and obey all lawful orders. Coast Guard companies have approximately two or three company commanders and anywhere from 20 to over recruits. After completing boot camp, recruits can select their rate and then attend an "A" school. Not all graduates go straight to "A" school, many spend time in the fleet as "non-rates". Some rates have an available apprenticeship training option instead of attending an "A" school, known as "striking".

Chapter 6 : My life in Army Basic Training

Mix - Life after Army Basic Training and AIT YouTube Having a Girlfriend or Boyfriend while at Army Basic Training & AIT - Duration: 44, views.

Active Duty is not a 9-to-5 job; service members have off-work hours, similar to people in civilian jobs. On the other hand, the IRR could be described as an "on-call" job. Some service branches also have an annual muster requirement to check in on basic health and fitness. Physical Fitness Physical fitness has always been a large part of military training. The best way to approach any PFT is to come in as physically prepared as possible. Also, remember to time yourself; it will help you practice pacing. Preparing for Basic Training After Basic Training Throughout your time of service, physical fitness requirements vary depending on branch and career choice. Some service members are required to pass a PFT every six months to continue serving, while it is less frequent for others. Regardless, the Military always promotes continued functional fitness, which includes mental, emotional and social well-being. In fact, the Army has adopted a Comprehensive Soldier and Family Fitness CSF2 program that emphasizes not just muscle strength, but the five pillars of total fitness: Such emerging programs aim to develop and maintain balanced and healthy service members whose total fitness will help them in a range of challenging situations and foster long-term resilience. Housing On-base housing varies by rank, location and family situation. All recruits live in the barracks during Basic Training. Upon completing Basic Training, most single service members are required to live on base for a period of time. On-base housing varies from one location to the next, but, generally speaking, it is similar to living in modern college dormitories and apartment complexes. Service members with families who live on base have a variety of options, such as apartments or single-family homes. In addition to the living quarters, most bases feature many amenities and recreational facilities accessible only to military personnel and their families at greatly reduced prices. Some examples include gyms, pools, bowling alleys, movie theaters, riding stables, libraries, camping grounds and golf courses. Service members who live in off-base housing are given a Basic Allowance for Housing BAH, which varies depending on the cost of living in their area. Generally speaking, uniforms can be broken down as follows: Dress Uniform This uniform would be worn to special occasions such as balls, graduations, award ceremonies and weddings. Service Dress This refers to daily uniforms, roughly equivalent to the civilian "business suit. These uniforms are worn in combat and during day-to-day functions. Physical Training Uniform This is considered fitnesswear. These uniforms are worn during any type of physical training exercises. All service members are provided an initial issue of required uniforms upon enlistment. Some service members are also given an annual clothing allowance to buy or replace uniforms. From recreational facilities on base and special entertainment to sports leagues and discounted leisure travel, military personnel often maintain very active social lives. There are plenty of on-base entertainment resources available to service members and their families: In addition to facilities, the Military also works with Armed Forces Entertainment to bring exclusive entertainment shows. Today, Armed Forces Entertainment hosts more than exclusive entertainment shows around the world each year at military installations, featuring some of the most popular musicians, comedians, athletes and actors. For service members who like sports, the Military also has its own sports league: The program includes 25 different sports categories open to all active-duty personnel and features nine national championships and 16 international championships. The Military also offers discounted vacation opportunities to service members and their families. Each Service branch has a Morale, Welfare and Recreation MWR department dedicated to helping personnel with travel, recreation and social activities.

Chapter 7 : Recruit training - Wikipedia

Army Basic Training has evolved and today's training is specialized to best prepare you for the eventual deployment into the combat zone. You'll spend the best nine weeks of your life learning what it means to be a soldier in the US Army.

Where recruits go depends largely upon where they enlist. Those who enlist west of the Mississippi will likely go through boot camp in San Diego, while those in the East will attend at Parris Island. There is only one boot camp to turn women into Marines -- Parris Island. Some believe that Marines are forged in a furnace of shared hardship and tough training. Shared, intense experience creates a bond so strong between Marines that nothing can stop them from accomplishing their mission. Marine Corps recruits are trained not only physically and mentally, but morally as well. By incorporating these values into recruit training, a Marine is not just a basically trained, morally conscious Marine, but also a better American citizen who will return to society following his or her service to this country. Taking Up The Challenge Marines, both active and veterans, say that recruit training was the most difficult thing they ever had to do in their entire lives. Upon arrival at MCRD, a new recruit begins a three phase training program - a virtually non-stop journey - that results in the transformation from recruit to United States Marine. Phase One - Week One Through Four The first phase is the transition of civilian to recruit and it takes place at the MCRD, where recruits undergo strenuous physical training, martial arts and classes on such areas as Marine Corps history and first aid. This is where recruits spend the first few days of their recruit training experience. This is where they receive their first haircut and initial gear issue, which includes items such as uniforms, toiletries and letter writing supplies. During this time they are also given full medical and dental screenings, and take the Initial Strength Test. Recruits will also learn the Marine Corps values of honor, courage, and commitment. The rest of this phase is spent learning weapons handling from trained experts and completing the Confidence Course. Every Marine is a rifleman first and foremost. It is during this time they will develop proficiency and confidence with their weapon. During this phase, they spend most of their time conducting field training and rifle qualifications. Recruits undergo gas chamber training, Field Firing Range and the Crucible event. During basic training trainees can receive mail but nothing else -- so please ask friends and family to not send gifts or supplies. This is a title recruits earn after successfully completion of training. The following are descriptions and details about some of the events listed above. During your training, you are taught these Core Values and the numerous others attached to them, such as integrity, discipline, teamwork, duty and esprit de Corps. Drill instructors, recruit training officers and Navy chaplains teach specific Core Values classes, but drill instructors also will talk one-on-one with you after other training events to see what values were learned and how you are affected. For example, a drill instructor might talk about overcoming fears after rappelling or not giving up after a long march. Confidence Course The Confidence Course is an station obstacle course, which helps you build confidence as well as upper-body strength. You will tackle this course twice during your 13 weeks of training. Recruit training uses a progressive physical training program, which builds up recruits to Marine Corps standards. Recruits will experience Table PT, a period of training in which a drill instructor leads several platoons through a series of demanding exercises while he demonstrates on a table. Recruits will also run, either individually or as a platoon or squad. Other PT consists of obstacle courses, circuit courses, or 3-, 5- or mile conditioning marches. Marksmanship Training Marksmanship training teaches you the fundamentals of marksmanship with the MA2 service rifle. This training takes place over two weeks, the first of which is called "Snap-In Week". During this week, recruits are introduced to the four shooting positions standing, kneeling, sitting and prone and a Primary Marksmanship Instructor shows how to fire, how to adjust rifle sights, how to take into account the effects of the weather, etc. Recruits also have the opportunity to fire on the Indoor Simulated Marksmanship Training machine. During the second week of marksmanship training, recruits fire a known-distance course with ranges of , and yards. Be prepared, rifle qualification will be on Friday. Field Training Field Training introduces you to field living and conditions. During the 3-day field training evolution, you will learn basic field skills from setting up a tent to field sanitation and camouflage. Also during the Field Training you get the opportunity to go through the gas chamber. During marksmanship

training, you learn how to fire at a single target while in a stationary position. During FFR you learn how to fire at moving and multiple targets, while under low-light conditions and wearing your field protective gas mask. All recruits must pass the minimum requirement level of Combat Water Survival-4 CWS-4 , which requires recruits to perform a variety of water survival and swimming techniques. If recruits meet the CWS-4 requirements, you may upgrade to a higher level. All recruits train in the camouflage utility uniform, but if upgraded you may be required to train in full combat gear, which includes a rifle, helmet, flak jacket and pack. Drill Drill is the basic way in which platoons march and move from place to place. At first, you will practice by just staying in step with the rest of the platoon and the drill instructor. During drill training, platoons will also compete in two drill competitions. Drill is mainly used to instill discipline, team pride and unit cohesion. Family Day occurs on Thursday and gives new Marines a chance to see their family and friends for the first time during on-base liberty. Graduation is conducted on Friday at the completion of the Transition Phase. It is a formal ceremony and parade, attended by family and friends and executed on the parade field. Bob Hayes, assistant deputy chief of staff for operations and training at the recruit depot here. Then we put them through tough physical activities like road marches and night infiltration courses. They march about 40 miles in those 54 hours. Others come from poorer homes where nothing was ever expected of them. If they finish the Crucible, they have accomplished something. By the end of the Crucible you see them working together better, getting advice from all team members and solving more of the problems. They have only a couple of short ropes and their personal gear to solve the problem. At another event, recruits run into firing positions and engage pop-up targets with 10 rounds in two magazines. Recruit teams battle each other with pugil sticks in yet another event. The recruits grab food and water when they can. After the first two events comes a five-mile night march. Josh Lunceford of Charleston, W. Rochford, Delta Company commander. No one gets through the Crucible alone. When they get up, they face a nine-mile march and the end of the Crucible. The march begins at 4 a. Recruits limp along, because no one wants to drop out this close to the end, Summers said. As the sun rises, the recruits cross DI Bridge. Once across, the drill instructors start Jody calls and the recruits join in. As they get closer to the main base, the Jody calls get louder until they reach the Parade Deck. There, a significant transformation takes place. The chaplain reads a prayer specifically written for the finish of the Crucible, and the company first sergeant addresses the recruits. Then the drill instructors present each of their recruits with the Marine Corps insignia -- the eagle, globe and anchor. He shakes their hands and calls them "Marine" for the first time. Many accept the honor with tears streaming down their faces.

Chapter 8 : Military Life | My Future | My Future

Choosing to serve in the United States Military is a commitment and a calling to serve that most people who join have before signing up. Many learn to appreciate their decision to serve during boot camp or basic training and for some it takes longer to feel the patriotism and pride of wearing the uniform and being a part of something greater than themselves.

Chapter 9 : Basic Training: US Army's Airborne School

The Army basic training daily schedule changes as you go through the red, white and blue phases of the week training. In any phase, you can count on getting up early, working like crazy non-stop, then crawling into bed early.