

The 2006 Guide to Surviving



Air Force Basic Military Training

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DEDICATION

This edition is dedicated to every brave Man and Woman who serves their country in the Armed Forces, whether within, or outside the boundaries of our republic.

May the good Lord bless each and every one of them, and watch over them day and night.

Special thanks to the Membership of the Air Force Moms and Dads Yahoo! group; and the Air Force Parents and Spouses group. I promise to help keep “BASIC MOM TORTURE” out of BMT for you. ☺

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Preparing for BMT

First, and foremost, IT IS NOT BOOT CAMP. It's Basic Military Training! There's a difference, and you will learn what it is when you get here.

It's not unusual to feel excited or anxious about leaving for Air Force Basic Military Training. After all, you'll be separated from family and friends, which can be stressful. The key is mental and physical preparation.

Getting involved with Air Force-related activities can be a way to overcome apprehensive feelings. Spend time talking to your local recruiter: Ask him or her about Air Force life and what to expect at basic training.

Hanging out with other people who are in the Delayed Entry Program or Student Flight is another way to help overcome that uneasy feeling. Yet another way to deal with hesitant feelings is to help your recruiter with his or her duties. By doing this, you'll be performing official duties, giving you a sense of belonging to your Air Force family. Recruiters visit local high schools and talk to students. You can help by telling someone else about your decision to join the Air Force.

Physical Readiness Training (PRT)

Part of Air Force life revolves around physical fitness. Throughout your Air Force career you'll be asked to meet certain physical conditioning standards. Physical readiness training is designed to ensure Air Force members are physically capable of handling military duty, while maintaining good personal health and looking sharp in uniform. Physical readiness training at BMT can be rigorous if you're not prepared. A physically fit trainee has a greater chance of avoiding injury and graduating on time. To assure success in Basic Training, you should start an exercise program at least three times a week for 45 minutes a session. Remember that in Basic, you will be working out 6 days per week, alternating between Cardio and Muscular training each day.

The program you use prior to BMT should emphasize muscular strength, flexibility and cardio-respiratory endurance.

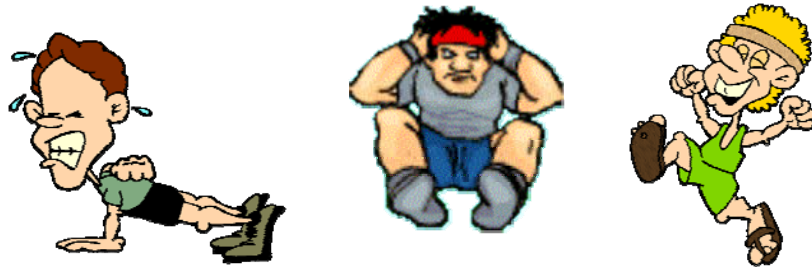


Muscular strength is defined maximum amount of force a muscle can produce in a single movement. A training program using free weights is an ideal method to obtain muscular strength and endurance. A well-rounded exercise program also requires stretching before and after a workout. Stretching should be performed in a slow, controlled manner for 10 to 30 seconds with some tension on the muscle. Avoid bouncing or jerky movements. Proper, controlled stretching will prevent common injuries such as shin splints. Stretching of all areas of the body should last 5-7 minutes. On the next page is a chart of the required repetitions and times for your physical fitness.

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The Current BMT Fitness standards are:

Sex	Pushups	Sit-ups	1.5 mile Run
Males	45	50	11:57
Females	27	50	13:56



For Success in BMT, you should be at least meeting these levels prior to leaving home:

Sex	Pushups	Sit-ups	1.5 mile Run
Males	18	25	16:45
Females	7	25	19:35

LEAVING FOR MEPS

On your date for departure to Basic Military Training, you will report to the Military Entrance Processing Station for processing to enter Air Force active duty.

Your recruiter will give you a complete briefing on transportation, lodging and MEPS processing. Immediately notify your recruiter of any changes in your status. Do not wait until the last minute to tell your recruiter about any changes to your physical condition, marital status, law violations, drug use or educational status. Also inform your recruiter of any new tattoos or body piercing.

If you are not sure whether something should be made a matter of record, you should provide the documents to your recruiter for a determination. This gives your recruiter enough time to get the documentation required to ensure you remain qualified for the Air Force. This is very important because a delay in your active duty enlistment could result in cancellation of your guaranteed enlistment contract agreement.

Upon arrival at the MEPS, you will undergo a physical exam and review all personal information you provided during your initial processing, your contracts and enlistment agreements. You also take the oath of enlistment.

All body piercings must be removed before arriving at the MEPS. You will receive a physical inspection at the MEPS to ensure you are still physically qualified to enter active duty. You must inform the examining medical official of the full details of any injuries or illnesses since your initial exam. Your weight is also checked. It is your responsibility to ensure you meet current Air Force weight standards. If you were given an initial body fat measurement, you will be given another body fat measurement on your scheduled date of active duty enlistment.

If you are over the maximum allowable weight for your height and fail your body fat measurement, you will not be allowed to enter active duty. Your recruiter will explain this process to you.

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Reviewing the paperwork

Once you successfully complete the physical exam, the Air Force liaison NCO conducts a review of enlistment contract agreements. Any changes to your status will be discussed and properly documented on your application, contracts and/or enlistment agreements. You are required to reveal everything that has occurred since your initial processing. For example, any arrests, offenses, fines, violations or tickets, changes in marital status, dependents or other significant information.



If you entered the DEP as a high school senior, your diploma must be validated prior to entry on active duty. When the review is finished, you should be aware of the exact enlistment options you are entitled to. This includes: Your enlistment grade, your term of enlistment, and the exact aptitude area or job you are guaranteed.

Remember; only the guarantees listed on your contract will be honored by the Air Force. Your recruiter and other Air Force personnel who participate in your processing are expressly prohibited from making any promises or guarantees of any type that do not appear on your contract and agreement.

As in any legal transaction, neither you nor the Air Force is obligated by terms not specifically contained in writing. It is your responsibility to read all documents before you sign them, and to be sure you understand what you are signing.

Once the Air Force liaison NCO completes your processing, you will return to the MEPS processing section for your final preparation to enter Air Force active duty. If you are married, you'll need to bring an original or certified copy of your marriage certificate, a copy of your birth certificate and a copy of your spouse's Social Security card and birth certificate.

If you have children, you'll need to bring copies of their Social Security cards and birth certificates. You must also bring your Social Security card and driver's license, if you possess one. Those who have earned college credit should also bring a copy of their official college transcripts. Your recruiter can provide more information on earning a higher rank based on college credit.

Swearing in

An officer at the MEPS will swear you into the regular Air Force. If you had previously entered the DEP, the regular Air Force oath releases you from your DEP contract and commits you to serve on active duty for your term of enlistment. Any previous time in the DEP will count toward your military service obligation of eight years combined, as required by Title 10 U.S. Code, Section 651.

This does not mean you will be forced to stay on active duty for eight years. Instead, it means your active duty DEP time, active Reserve or inactive Reserve time. (After discharge) must add up to eight years.

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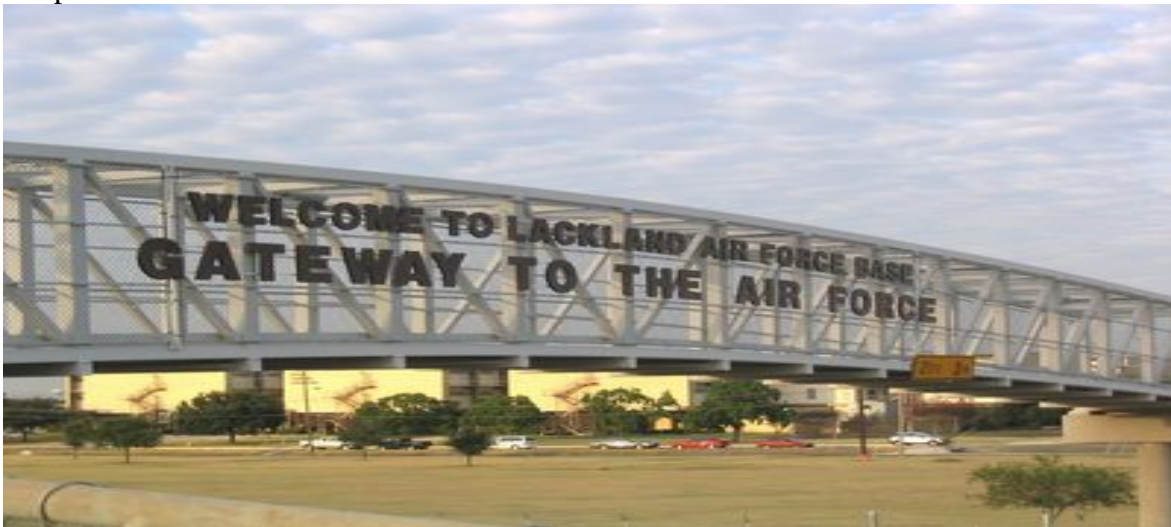
Once you have completed the Oath of Enlistment ceremony, you are an active duty member of the Air Force. As an Active Duty member, you are expected to obey all lawful orders and conduct yourself in an acceptable manner during your final MEPS visit and travel to BMT.

Headed for Lackland!

Dress casually and comfortably according to the weather in Texas. Slacks or jeans, sports shirt or blouse, and a jacket or sweater are recommended. You should also wear appropriate undergarments and comfortable shoes or sneakers. Do not wear sandals, clogs or shoes with high heels. Although civilian clothes are not worn during BMT, you may bring a limited amount of civilian clothing. Do bring something light to sleep in the first night. You'll want to travel light since you'll leave basic with all of your additional issued military clothing. Arrive at BMT with only one piece of luggage. A gym bag with one change of clothing and toiletry articles is all that is recommended.

All airmen are issued a duffel bag for uniforms prior to departing basic training. All other items will be shipped at your expense.

Do not bring expensive jewelry, electronics, cell phones or sports equipment to the Lackland. Any of these items will be locked up with civilian luggage while you are at Basic Training, so it is better if they are just not brought at all. Remember, anything you will need daily access to will have to fit into a 9" X 18" X 8" space!



Remember- Your conduct represents that of a member of the US Air Force. MEPS and Airline personnel will advise the Military Reception Center of any behavior you display that is not consistent with that of a member of the US Air Force.

Once you arrive at the Airport, report to the Military Reception Center and USO. If you arrive Friday through Monday, follow directions on the wall behind the counter for transportation. If you arrive Tuesday through Thursday, follow the instructions of USO or military personnel.

Note: IT IS ADVISED THAT YOU GET SOMETHING TO EAT PRIOR TO GOING TO BAGGAGE CLAIM! Restaurants in San Antonio Airport are behind security, so get a to-go order on your way to baggage claim!!! USO personnel are able to issue passes to return behind security, but military reception personnel are not; so get your meal prior to leaving the secure area. If you arrive on Tuesday after 8pm, you will receive a box meal at processing. Regardless if you are hungry, eat the contents of the boxed meal. **IT'S GOING TO BE A LONG NIGHT!**

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MADE IT TO LACKLAND! OH MY GOSH!

You will be bussed from San Antonio International Airport to Lackland Air Force base. Upon arrival, you will meet the first Military Training Instructor of your Air Force Career. He or she will be shouting instructions. Follow their instructions, and it won't be you getting yelled at.

You will then be processed into Lackland, and will be assigned a flight. There really is not any science to being placed in a flight. You are assigned in the order of arrival. The personnel processing team knows what flights and squadrons are being filled, and how many people to put in each. If you have a buddy you want to stay through BMT with, your best bet is to stick together as much as possible. From the time you leave MEPS to sitting with each other during processing. After you are assigned to a flight, you will be bussed on a yellow bus to meet your instructor. **BE PREPARED.** It's probably after midnight at this point, and he or she will be cranky, and you will be nervous, so follow their instructions. You will be given a short briefing, and then you will shower prior to going to bed. The briefing, showers and lights out will occur within an hour and a half, but will make for what seems like the longest night of your life!

Things to think about before you leave

Before departure for BMT, you must open a bank account, preferably a checking account. You must bring the account number; routing information and bank address information with you. To ease this process, bring a canceled check or bank deposit slip as well for arranging the direct deposit. This information should be hand carried by you separate from your' enlistment paperwork for processing purposes. Upon arrival at Lackland Air Force Base, Texas, you are required to start direct deposit for your military paycheck.

If you arrive without a bank account, or without the proper information, you will be required to open one with a bank from the Military Banking Group. The direct deposit paperwork will be collected in the shipping/receiving room as soon as you get off the bus at Lackland After the direct deposit process has been completed, an electronic funds transfer will deposit your paycheck into your bank account around your third Week of Training.

Medication and Eyeglasses

If you are now taking medication that was prescribed for you by a doctor, bring it with you to the MEPS. If the chief medical officer at the MEPS approves your prescription, you can continue to take the medication during BMT. This includes birth control pills. Female applicants who are taking birth control pills are encouraged to continue taking this medication. While in BMT, you will be provided refills or a new prescription if an Air Force doctor determines you should continue the medication.

Bring a current prescription pair of eyeglasses with you. Contact lenses will not be worn during basic training due to the possibility of eye infection, caused by inadequate time for proper cleaning.

You will be issued prescription glasses during your second or third Week of Training that must be worn for the remainder of training, including graduation weekend.



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THINGS TO BRING WITH YOU-QUICK REFERENCE

To complete all of your military records, you will need to bring some items with you to basic training. Better to be safe than sorry so, bring any paperwork you think may be useful during your processing. Below is a list of the minimum items you should bring if you have them:

Civilian eyeglasses	Medications
College transcripts	Driver's license
Social Security Card	Marriage license
Dependents' birth records and Social Security Cards.	JROTC/ROTC certificates and any awards paperwork received in those programs.
Civil Air Patrol certificates	Naturalization papers
Alien Card	Enlistment contract
Any important paperwork relating to your prescriptions	Banking Information (routing number, account number, bank name/address)

Required Items (All)

All trainees are required to have the following items. Don't worry if you don't bring them with you, as you will be allowed to purchase the items on arrival. You will receive a \$250 spending card your first day of Basic, and that amount will later be deducted from your pay.

Liquid soap	Ball-point pen (black or blue)
Shampoo	Deodorant
Toothbrush and Toothbrush case	Toothpaste
Notebook paper	Shower Shoes

Required Items for Males:

Razor (Blade Razor, not electric)	Shaving Cream
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Required Items for Females:

Sanitary Napkins or Tampons	Bras and sports bras
Hair Bands/Bobby pins (Same color as your hair)	Underwear
Brush/Combs	Nylons/Panty hose

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Assignments

You will make your first permanent duty assignment dream sheet while in BMT. You will list up to eight choices, and the Air Force will do its best to place you where you want to go while still keeping the mission of the Air Force in mind. You will find out your first assignment while in technical school.

Weeks of training

Air Force Basic Military Training is divided into 7 distinct weeks.

Upon arrival, you are in ZERO week. During this week, you will be in-processed to the base, and into the Air Force. This is the most stressful week of Basic Training, and it will wear on you. Also during this week, all of your initial paperwork will be reviewed, and you will be issued your uniforms, given hair cuts (male), and taught the basics of setting up and maintaining the dormitory. Basic Drill movements will be taught to you during this week.

It is important to note that you will be tested on physical readiness during this week. If you fail to meet minimum standards, it is possible you will be held back in training until you meet those minimums. Beginning on the first Monday after your arrival is the First Week. During this week, your medical and dental processing will be accomplished, and you will be taught most remaining drill movements and dormitory/living area setup.

The Second Week of Training will complete your in-processing, and your military records will be established. As well, you will have your first recorded living area inspection, the 'REDLINE'. You will have your Clothing Drawer, Wall Locker, Personal Living area and Security Drawer inspected.

During the Third Week, you learn much of the academic material needed to pass your End of Course test, which will be given in the Fourth Week of Training. Also during this week, trainees are issued their eyeglasses and Military Identification cards. (Also known as the Common Access Card)

Sunday of the Third Week of Training, trainees leave their dormitory for AEF training (Formerly known as Warrior Week), where they will live in Temper Tents. (See below).

The Fifth Week of Training is full of much of your final testing. You will be tested on academic knowledge, drill and reporting procedures, and physical fitness. Failure to meet the standards on any of these tests could result in your being 'recycled', or held back in training.

Finally, Sixth Week of Training activities are geared around out-processing and preparing for technical school and graduation from BMT. You will be given your Airman's Coin, and the Superintendent of Basic Training, the senior Military Training Instructor for the Air Force, will declare you an "AIRMAN". Approval and funding has been obtained to extend Air Force Basic Training to 8.5 weeks, from the current 6.5. This will begin in October of 2007.

AEF Training (Formerly Warrior Week)

Trainees learn basics of survival, combat skills during field training, in the Fourth Week of Training. Warrior Week is a weeklong exercise during the fourth week of Basic Military Training that gives basic trainees a taste of Air Force deployments.

Warrior Week was added to BMT to instill a warrior mentality, give recruits the necessary skills to operate in a field environment and provide them with a better concept of Air Force operations.

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This training is a mock Air Force deployment where recruits are able to apply the basics of antiterrorism techniques; self aid and buddy care; nuclear, biological and chemical preparedness; weapons training; and teamwork they have learned in the First through Third weeks of training. Trainees then “deploy” to a mock air base, set up tents and start their field training. Trainees are taught the basics of using an M-16 rifle and receive marksmanship training at the firing range. Because of the increased threat of terrorism, trainees also practice many antiterrorism techniques. These techniques give trainees knowledge and insight in terrorist tactics and how to counteract those tactics.



Next, trainees are taught self-aid and buddy care techniques. These skills include how to properly provide first aid in the field, how to treat and recognize conditions such as shock, and care for wounds or illness that may occur during a deployment.



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The threat of nuclear, biological and chemical warfare is very real. To prepare for these threats, trainees are taught to properly don chemical masks and protective over garments. They are also taught to recognize and properly mark unexploded ordnance.

During the final week of training, each airman is presented with a coin signifying their hard work and transition into the world's premier air and space force. BMT is the only place you can get this coin, and it is a very emotional time for the newly-dubbed "Airmen". The Airman's coin ceremony begins the 6th week of training.



Contacting Trainees

Contacting a trainee may be a challenge while they attend Air Force Basic Military Training. The six and a half week BMT training schedule takes most of a trainee's time with few breaks. Trainees are not allowed to communicate via email or take incoming phone calls. In case of an emergency, a trainee can be contacted through your local American Red Cross agency office. Emergencies are considered a death or serious illness in the immediate family or the birth announcement of the child of a male trainee. It is important that family members have the trainee's Social Security number, Flight and Squadron (FLT and TRS Numbers) for any emergencies.

The final week of BMT is the only time basic trainees are allowed to have visitors. People can visit trainees Thursday through Sunday that week, based on training requirements. Visitor information is available at <http://www.bmtgrad.com>

Mail Call!

Your specific military mailing address will be determined immediately after your arrival at Lackland. You will be permitted to make a phone call home the first weekend you are at Lackland to share your address. You are encouraged to write to your family and friends after arrival to further announce your address. Do not request third class mail, such as newspapers and magazines, be forwarded to you during basic training. Relatives and friends should not send packages that contain food to BMT because food is prohibited in the dormitories.



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Memories, Ahh Memories....

Actually, Memory work! There is a lot of memorization you need to perform. Getting started on these items now will prevent you receiving “Significant emotional experiences” while in BMT. Some of the items include your Chain of command (From your safety representative all the way through the President) and even what each of the Standard alarm signals indicate. Most of the information you need to memorize will change with each flight, so it is not presented here. However, some of the more common items are presented, to give you an early start.





Reporting Statement

Each time you speak with Permanent Party personnel (Military AND Civilian); you are required to begin the conversation with a reporting statement. Without regard to whether you initiated the conversation or the other party did, you **MUST** use it once per conversation. Remember, it is like answering a telephone. You don’t pick up the phone and say “HELLO” before each sentence, only at the beginning of the call.

The reporting statement is “Sir, Trainee _____ Reports as ordered.”
You would substitute the word “Ma'am” for “Sir” if you are addressing a female.

USAF Standard Alarm Signals.






You must know the type of tone, how long the tone lasts, what the actions are when you hear that tone.

USAF STANDARDIZED ALARM SIGNALS			
FOR THE UNITED STATES, ITS TERRITORIES & POSSESSIONS			
WARNING OR CONDITION	SIGNAL	MEANING	REQUIRED ACTIONS
ATTACK WARNING	  3-5 MINUTE WAVERING TONE ON SIREN OR OTHER DEVICES 3-5 MINUTE PERIOD OF SHORT BLASTS FROM HORNS/ WHISTLES OR OTHER DEVICES	ATTACK IS IMMINENT, IN PROGRESS OR ARRIVAL OF NUCLEAR FALLOUT IS IMMINENT	PROCEED IMMEDIATELY TO DESIGNATED SHELTER OR TAKE OTHER APPROPRIATE PROTECTIVE ACTIONS ∞ LISTEN FOR ADDITIONAL INSTRUCTIONS
PEACETIME EMERGENCY WARNING	  3-5 MINUTE STEADY TONE ON SIREN OR LONG STEADY BLAST ON HORNS, WHISTLES, OR SIMILAR DEVICE	PEACETIME DISASTER THREAT EXISTS ∞ POTENTIAL OR CONFIRMED HAZARD TO PUBLIC HEALTH, SAFETY, OR PROPERTY	TUNE INTO LOCAL RADIO, TELEVISION, OR CABLE STATIONS FOR EMERGENCY INFORMATION ∞ LISTEN TO PUBLIC ADDRESS SYSTEMS FOR ADDITIONAL INSTRUCTIONS ∞ BE PREPARED TO EVACUATE, TAKE IMMEDIATE SHELTER OR OTHER APPROPRIATE PROTECTIVE ACTIONS
ALL CLEAR	DECLARED VERBALLY BY LOCAL OFFICIAL AGENCIES	EMERGENCY TERMINATED	RESUME NORMAL OPERATIONS OR INITIATE RECOVERY IF APPLICABLE
REMARKS: Local, off-base jurisdictions rely on the National Emergency Action Notification (EAN) network and the Emergency Alert System (EAS). List local procedures:			




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AIR FORCE RANK RECOGNITION




Not only must you be able to recognize rank, but you are required to be able to describe the insignia for each rank.

Pay Grade	Rank	Insignia	The rank consists of...
ENLISTED RANKS			
E-1	Airman Basic		No insignia
E-2	Airman		A chevron of one stripe with a star in the center
E-3	Airman First Class		A chevron of two stripes with a star in the center
E-4	Senior Airman		A chevron of three stripes with a star in the center
E-5	Staff Sergeant		A chevron of four stripes with a star in the center
E-6	Technical Sergeant		A chevron of five stripes with a star in the center






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E-7	Master Sergeant		A chevron of six stripes, one of which is inverted, with a star centered in the lower stripes
E-8	Senior Master Sergeant		A chevron of seven stripes, two of which are inverted, with a star centered in the lower stripes
E-9	Chief Master Sergeant		A chevron of eight stripes, three of which are inverted, with a star centered in the lower stripes


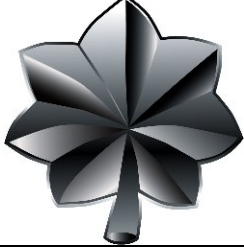


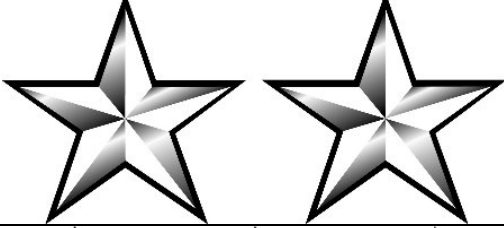


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<p>E-9</p>	<p>Command Chief Master Sergeant</p>		<p>A chevron of eight stripes, three of which are inverted, with a star centered in the lower stripes, and an additional star above the first.</p>
<p>E-9</p>	<p>Chief Master Sergeant of the Air Force</p>		<p>A chevron of eight stripes, three of which are inverted, with a star centered in the lower stripes, and the great seal of the United States of America with a star flanked on each side in the upper field</p>
<p>E-7</p>	<p>First Sergeant</p>		<p>A chevron of six stripes, one of which is inverted, with a star centered in the lower stripes, and a diamond device in the upper field</p>

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E-8	First Sergeant		A chevron of seven stripes, two of which are inverted, with a star centered in the lower stripes, and a diamond device in the upper field
E-9	First Sergeant		A chevron of eight stripes, two of which are inverted, with a star centered in the lower stripes, and a diamond device in the upper field
OFFICER RANKS			
O-1	Second Lieutenant		One Gold Bar
O-2	First Lieutenant		One Silver Bar
O-3	Captain		2 Silver Bars, Connected

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O-4	Major		One Gold Oak Leaf
O-5	Lieutenant Colonel		One Silver Oak Leaf
O-6	Colonel		One Silver Eagle
O-7	Brigadier General		One Silver Star
O-8	Major General		Two Silver Stars inline
O-9	Lieutenant General		Three Silver Stars inline
O-10	General		Four Silver Stars inline

When questioned regarding Rank, you would Answer “[reporting statement if not previously given], Sir, the Rank insignia of a Technical Sergeant is a chevron of 5 stripes with a star in the center.” Or “[reporting statement if not previously given] Sir, the pay grade of a Captain is O-3”

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The Air Force Song

You will need to memorize the Air Force Song, as you will sing it every morning, and also at special ceremonies. The music may be found at:

<http://students.cs.byu.edu/~kebeldin/Virtual%20Zoo/airforcesong.wav>.

Off we go, into the wild blue yonder,
 Climbing High, into the sun
 Here they come, zooming to meet our thunder,
 At 'em boys, give 'er the gun.
 Down we dive, spouting our flames from under,
 Off with one helluva roar.
 We live in fame, or go down in flames,
 HEY! Nothing can stop the US AIR FORCE.

TRAINEE RULES OF CONDUCT

During Basic Military Training, there are many, many rules. Here are a few of the items that are **PROHIBITED** to avoid larger problems during Basic, including possible elimination (discharge). With few exceptions (as noted), these extend through Graduation weekend.

1. Making sexual advances toward or seeking or accepting sexual advances or favors from anyone, including any BMT personnel or other basic trainees
2. Using threats, pressure, or promise of return favors or favorable treatment for the purpose of gaining sexual favors from anyone, including BMT personnel or other basic trainees
3. Purchasing, possessing or consuming any alcoholic beverage
4. Purchasing, possessing or inhaling aerosol products They are strictly prohibited and you are not allowed to purchase them while attending BMT
5. Purchasing, possessing or using any tobacco products
6. Purchasing, possessing or using any over the counter medication not prescribed or cleared by a military medical doctor
7. Soliciting, disclosing, receiving or obtaining any information pertaining to BMT tests or answer sheets before, during or after testing
8. Operating any motor vehicle
9. Being alone in a confined space or motor vehicle with a member of the opposite gender or riding in privately owned vehicles (POVs) of BMT personnel, except in emergency situations
10. Entering an opposite gender dormitory, at any time, without a military training instructor (MTI) present. If the MTI leaves the dorm, opposite gender trainees return to their own dormitory.
11. Entering any "OFF LIMITS" area, on or off-base, including the attic area of Recruit, Housing & Training (RH&T) dormitories
12. Traveling alone during the hours of darkness
13. Hitchhiking or waiting alongside any street or road for the purpose of obtaining transportation in any POV
14. Using any patio other than one in the squadron you are presently assigned to
15. Engaging in public displays of affection (PDA); i.e., kissing, holding hands, bugging, etc
16. Participating in any game of chance played with or without any type of gambling device
17. Wearing the Battle Dress uniform(BDU) off base, except for official duties, such as details

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18. Collecting or soliciting money from other trainees
19. Going off base, except for town pass and official duty
20. Wearing civilian clothing unless authorized. Civilian Swimming Suits are permitted ONLY at the base swimming pool or Hotel Pool during graduation weekend. NOT AT WATER PARKS OR THEME PARKS.

T A F A D (The Air Force Acronym Directory)

You will find that being in the Air Force means living with a whole new vocabulary. It really started the first time you walked into the recruiter's office and spoke to him or her about the ASVAB. (Armed Services Vocational Aptitude Battery). There are literally THOUSANDS of acronyms in the Air Force, and here are several acronyms and abbreviations you will see: (YOU DO NOT NEED TO MEMORIZE THESE!)

AAS -Associate of Applied Science
 ACC -Air Combat Command
 ADAPT - Air Force Alcohol and Drug Abuse Prevention and Treatment
 ADC - Area Defense Council
 AECP - Airman Education and Commissioning Program
 AETC -Air Education and Training Command
 AEICI - Air Education and Training Command Instruction
 AF -Air Force
 AFAS -Air Force Aid Society
 AFB -Air Force Base
 AFI -Air Force Instruction
 AFM -Air Force Manual
 AFMC - Air Force Materiel Command
 AFPAM - Air Force Pamphlet
 AFRES -Air Force Reserve
 AFRH - Air Force Retirement Home
 AFROTC -Air Force Reserve Officer Training Corps
 AFROIC-ASCP - Air Force Reserve Officer Training Corps-Airman Scholarship and Commissioning Program
 AFS - Air Force Specialty
 AFSC - Air Force Specialty Code
 AFSOC - Air Force Special Operations Command
 AFSPC - Air Force Space Command
 AIDS -Acquired Immune Deficiency Syndrome
 ALS - Airman Leadership School
 AMC -Air Mobility Command
 ANG - Air National Guard
 ARC -American Red Cross
 AIM - Automatic Teller Machine
 Attach - Attachment
 AIV- All Terrain Vehicle

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AWOL - Absent Without Leave
 BAH - Basic Allowance for Housing
 BAS - Basic Allowance for Subsistence
 BDU - Battle Dress Uniform
 BMI - Basic Military Training
 BMIG - Basic Military Training Guide
 BMTSG - Basic Military Training Study Guide
 BIZ - Below the Zone
 BURTS - Basic Uniform Recognition Training Silhouettes
 BV - Bacterial Vaginosis
 BX - Base Exchange
 C4 - Command, Control, Communications, Computer
 CAREER - Career Airman Reenlistment Reservation System
 CC - Commander, Cost Center
 CCA - Clean Air Act
 CCAF - Community College of the Air Force
 CCM - Command Chief Master Sergeant
 CDC - Career Development Course
 CJCS - Chairman, Joint Chiefs of Staff
 CJR - Career Job reservation
 CL.EP - College-Level Examination Program
 CMSAF - Chief Master Sergeant of the Air Force
 COMPUSEC - Computer Security
 COMSEC - Communications Security
 CONOP - Concept of Operations
 CONUS - Continental United States
 CQ - Charge of Quarters
 CSAF - Chief of Staff, U S Air Force
 CSS - Commander Support Staff
 CV - Cardiovascular
 CVR - Core Value Rating
 D & B - Drum and Bugle
 DANIES - Defense Activity for Nontraditional Education Support
 DAO - Defense Accounting Office
 DD Form - Department of Defense Form
 DFAS - Defense Finance and Accounting Service
 DoD - Department of Defense
 DUI - Driving Under the Influence
 DWI - Driving While Intoxicated
 ECI - Extension Course institute
 EES - Enlisted Evaluation System
 EO - Equal Opportunity
 EOD - Explosive Ordnance Disposal
 EPA - Environmental Protection Agency
 EPR - Enlisted Performance Report
 FDA - Food and Drug Administration
 FICA - Federal Insurance Contributions Act

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FIIW -Federal Income Tax Withholding
FSC - Family Support Center
FSO -Financial Service Office
FTX - Field Training Experience
FWA - Fraud, Waste, and Abuse
FY - Fiscal Year
GED -General Education Development
HAWC - Health and Wellness Center
HBV - Hepatitis B Virus
HMO - Health Maintenance Organization
HQ -Headquarters
HRE -Human Relations Education
HSV - Herpes Simplex Virus
HUMINI -Human Intelligence
HYI -High Yea Tenure
IAW - In Accordance With
ICBM - Intercontinental Ballistic Missile
ID -Identification
IDEA - Innovative Development through Employee Awareness
IDMI -Independent Duty Medical Technician
IG - Inspector General
INFOSEC - Information Security
IP - Information Protection
IQAF - Iraqi Air Force
IV - Intravenous
JCS - Joint Chiefs of Staff
LAFB - Lackland Air Force Base
LEAD - Leaders Encouraging Airmen Development
LES -Leave and Earning Statement
LOA -Letter of Admonishment
LOAC - Law of Armed Conflict
L.OC -Letter of Counseling
LOR - Letter of Reprimand
LSD - Lysergic Acid Diethylamide
MATCOM -Major Command
MCM - Manual for Courts martial
ME0 -Military Equal Opportunity
MFLP -Monitored Fitness Improvement Program
MGIB -Montgomery GI Bill
MHR - Maximum Heart Rate
MOOTW -Military Operations Other Than War
MPF - Military Personnel Flight
MPH - Miles per Hour
MI1 - Military Training Instructor
N/A - Not Applicable
NAE -Numbered Air Force
NATO -North Atlantic Treaty Organization

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NCO -Noncommissioned Officer
 NCOA -Noncommissioned Officer Academy
 NCOIC -Noncommissioned Officer in Charge
 NEO - Noncombat Evacuation Operations
 NGU - Non-Gonococcal Urethritis
 NPA - Net Pay Advice
 NSA -National Security Act
 NSC -National Security Council
 OIC - Officer in Charge
 OTI - On-the-Job Training
 OPSEC - Operations Security
 ORM - Operational Risk Management
 OSI - Office of Special Investigation
 OTS -Officer Training School
 PACAF -Pacific Air Force
 PRT -Physical Readiness Training
 PCM -Primary Care Manager
 PCS -Permanent Change of Station
 PDA -Public Display of Affection
 PFB - Pseudofolliculitis Barbae
 PFE - Promotion Fitness Examination
 PFMP - Personal Financial Management Program
 PFW - Performance Feedback Worksheet
 PME - Professional Military Education
 POV - Privately Owned Vehicle
 POW -Prisoner of War
 PRP -Personnel Reliability Program
 PSC -Postal Service Center
 RH&T -Recruit Housing and Training
 ROM - Range of Motion
 ROIC - Reserve Officer Training Corps
 SA - Substance Abuse
 SAPO - Sexual Assault Prevention Office
 SARC - Sexual Assault Response Coordinator
 SECAF -Secretary of the Air Force
 SECDEF - Secretary of Defense
 SF - Security Forces
 SGLI - Serviceman's Group Life Insurance
 SITW - State Income Tax Withholding
 STA - Staff Judge Advocate
 SKI - Specialty Knowledge Test
 SNCOA - Senior Noncommissioned Officer Academy
 SOAR - Scholarship for Outstanding Airmen to ROIC
 SPIP - Self-Directed Fitness Improvement
 SQ - Squadron
 SSAN - Social Security account Number
 SID - Sexually Transmitted Disease

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STEP - Stripes for Exceptional Performers
 Sup - Supplement
 SVC - Stored Value Card
 TA - Tuition Assistance
 TAFMS - Total Active Federal Military Service
 TDY - Temporary Duty
 THR - Target Heart Rate
 TIG - Time in Grade
 TIS - Time in Service
 TMO - Traffic Management Office
 TRG - Training Group
 TRGI - Training Group Instruction
 TRS - Training Squadron
 TRW - Training Wing
 TSP - Thrift Savings Plan
 UAV - Unmanned Aerial Vehicle
 UCMJ - Uniform Code of Military Justice
 UIF - Unfavorable Information File
 UN - United Nations
 USAF - United States Air Force
 USAFA - United States Air Force Academy
 USAFE - United States Air Force in Europe
 USO - United Services Organization
 VA - Visual Aid or Veterans Administration
 WAPS - Weighted Airman Promotion System
 WAS - Weekly Activity Schedule
 WBGT - Wet Bulb Globe Temperature
 WHMC - Wilford Hall Medical Center
 WOI - Week of Training
 WW - Warrior Week

The Bigger words

Yes, the Air Force uses some big words, too! Here are some of them, along with their definition. (Again, you DO NOT NEED TO MEMORIZE THIS!)

Accessory: A person who aids a criminal after the commission of a crime but was not present at the time of the crime

Accountability: To be responsible for one's actions and the resulting consequences

Accrued Leave: Leave you earned but not yet used

Advance Leave: Chargeable leave that exceeds your current leave balance but does not exceed the amount of leave you will earn during your remaining period of enlistment

Aerobic exercise: Physical activity that uses large muscles, is maintained continuously, requires a need for oxygen, and is rhythmic in nature

Air Force Aid Society: Provides emergency financial assistance to military members and their families

Air Force Core Competencies: The Core Competencies represent the combination of professional knowledge, airpower, expertise, and technological know-how that, when applied, produce superior military capabilities

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Alcohol Abuse: Commonly known as alcoholism and is recognized by the AF as a progressive, non-compensable disease that negatively affects the entire family, public behavior, duty performance and/or physical and mental health

Allotments: A specific amount of money you authorize to be deducted from your pay to be sent to an individual or institution that you designate

Allowance system: This stems from the government's concept of furnishing certain items such as food, quarters, and clothing in material form

Alpha Flight: Part of a squadron and composed of several elements performing identical missions

Anaerobic exercise: Physical activity in which the muscles use no oxygen for energy

Apprehension: The taking of a person into custody

Arrest: This is the restraint of a military member by an order to remain within certain specific limits

Basic Allowance for Housing: Additional money to provide you and you dependents with adequate off base housing

Basic Allowance for Subsistence: Daily monetary allowance that closely relates to what it costs the government to provide your meals in a government dining facility

Basic Pay: Your monthly salary based on your grade and length of service

Budget: A financial plan for achieving financial goals

Career Knowledge Training: Training accomplished through self-study correspondence course called a Career Development Course (CDC) and other technical references that relate to your Air Force specialty

Carnal Knowledge: That the accused committed an act of sexual intercourse with a certain person; that the person was not the accused's spouse; and that at the time of the sexual intercourse the person was under 16 years of age

Chain of Command: Sequence of individuals used to resolve problems within an organization from lowest to the highest levels of authority

Communications Security: Air Force program aimed at taking measures to deny unauthorized persons national security information from government resources

Computer Security: Air Force program that outlines measures and controls taken to protect data against unauthorized disclosure, modification, or destruction

Confidential: A level of classification of information or material that could reasonably be expected to cause damage to national security if disclosed

Conservation: Preservation from loss, injury, decay or waste

Control Roster: A list of Air Force members whose conduct, bearing, behavior, integrity, or duty performance requires special attention, observation, evaluation, and rehabilitation

Convalescent Leave: Non chargeable leave when your absence is part of a treatment prescribed by a physician or dentist for recuperation and convalescence from medical treatment

Core Values: The Air Force's concept of ethical standards; i.e. integrity first, service before self, and excellence in all we do

Courtesy: Written guidance to ensure proper respect for individuals in the chain of command as well as all military members whether officer or enlisted

Custom: An act or ceremony that stems from tradition and is enforced as a written law

Derogatory: Any language that belittles or injures ones reputation Negative comments, unfavorable, unflattering, or uncomplimentary

Desertion: The act of leaving a unit or place of duty without authority and with the intent to remain away permanently or quitting duty with intent to avoid hazardous duty

Drug Abuse: The wrongful, illegal, or illicit use of a controlled substance, prescription, medication, over-the counter medication, 01 intoxicating substance

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En Route Leave: Leave used in conjunction with travel, permanent change of station or temporary duty assignment

Enlisted Performance Report: This is an evaluation of your performance written by your immediate supervisor and endorsed by a higher official

Espionage: The overt, covert, or clandestine intelligence activity designed to obtain information relating to the national defense

Esprit-de-corps: A sense of union and of common interests and responsibilities, as developed among a group of persons associated together

Fifth Amendment: An amendment to the U S Constitution that guarantees you have the right to due process of law

First Amendment: This amendment to the U S Constitution guarantees your right to freedom of religion, speech, press, assembly, and petition

Followership: The ability and willingness to follow properly constituted authority

Fourth Amendment: An amendment to the US Constitution that protects you from unreasonable search and seizure

Functional Flight: Part of a squadron and composed of elements performing specific missions

Functional Unit: A unit such as civil engineering, security forces, or transportation

Group: A level of command below the wing that usually has two or more subordinate units and has approximately 500 to 2000 persons

Human Intelligence: The professional use of people to collect information not normally available through legal or authorized channels

Human Relations: The interaction between two or more people on an interpersonal level

Integrity: Integrity is being faithful to one's convictions, following principles, acting with honor, maintaining independent judgment and performing duties with impartiality

Job Qualification training: training acquired through supervised hands-on training with qualified individuals

Larceny: The unlawful taking and removing of another's person's personal property with the intent of permanently depriving the owner

Liaison: Connection; go-between, mediator

Major Command: Represents a major subdivision of the Air Force and has a specific portion of the Air Force mission

Malicious logic: Means by which programs or files are introduced to a system with the sole intent of destroying or manipulating data files

Malingering: A person pretending to be ill or injured in order to avoid responsibilities or work

Military Bearing: An ability to maintain verbal, physical, and emotional composure under any circumstances

Mission Unit: A unit that has a flying mission

Numbered Air Force: A level of command directly under a Major Command that provide operational leadership and supervision

Numbered Flight: The lowest level unit in the Air Force

Operational Risk Management: Logic-based, common sense approach to making calculated decisions on human, material, and environmental factors before, during, and after Air Force mission activities and operations

Operational Wing: A wing that has an operational group and related operational mission activity assigned to it

Performance Feedback Worksheet: A hand-written document presented to you by your immediate supervisor providing you with feedback on your overall duty performance and supervisory expectations, This is not a U.S. Air Force publication. This is only an informational publication and in no way reflects the official opinion or position of the U.S. Air Force. The U.S. Air Force does not exercise any editorial control over the information you may find in this publication. Great care is taken to ensure it's accuracy, however any items may change without notice.

Permanent Party: Air Force members who are permanently assigned to an Air Force Base (duty station)

Probable Cause: The reasonable belief that an accused person is guilty as charged

Proclamation: An official public statement that states a specific purpose or reason

Profanity: Any language that degrades or slanders the character, religion, sex, color, or ethnic background of someone

Professionalism: The standing, practice, or methods of a professional, as distinguished from an amateur

Regulation/Instruction: A written directive (rule or order) prescribed by authority to set and control standards

Reveille: A musical signal for the start of the official duty day

Retreat: A ceremony that signifies the end of the duty day and pays Respect to the U S flag

Road Guards: Individual chosen to protect the members of a formation while crossing streets or intersections

Sabotage: An act committed by any person for the purpose of destroying or hindering the war making capabilities of the United States

Search: The examination of a person, property, or premises to uncover evidence of a crime or criminal intent, such as stolen goods, burglary tools, weapons, or other evidence

Secret: A level of classification for information or material that could reasonably be expected to cause serious damage to national security if disclosed

Seizure: The taking of such items discovered in a search by authorities for evidence at a court martial

Self- Incrimination: Giving evidence or testimony about oneself that could lead to criminal prosecution

Squadron: The USAFs basic unit which may be a mission unit or functional unit

Subversion: Any action taken to lower the morale, loyalty, or discipline of military personnel or civilians

Teamwork: Cooperative effort by a group of persons working as a team to achieve a common cause or goal

Terrorism: The use of force or violence, or the threat to use force or violence to accomplish political goals by instilling fear in people

Top Secret: A level of classification for information or material that could reasonably be expected to cause exceptionally grave damage to national security

Unfavorable Information File: A record of derogatory information concerning an Air Force member's personal conduct and duty performance

Upgrade Training: A type of training used to advance to a higher skill level with an Air Force Specialty

Wet Bulb Globe Temperature: The combination of radiant heat and humidity; used in measuring the heat stress index

Wing: A level of command below the Numbered Air Force or higher headquarters that has a distinct mission with significant scope

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Bibliography and Kudos

The information for this publication was obtained from several sources including:

ABOUT.COM:

For information on surviving Air Force Basic Training, Visit [Http://usmilitary.about.com](http://usmilitary.about.com)

The US Air Force Web:

[Http://www.af.mil](http://www.af.mil) or [Http://www.AirForce.Com](http://www.AirForce.Com)

The BMT website)737th Training Group Web):

[Http://www.lackland.af.mil/737web](http://www.lackland.af.mil/737web)

And the US Air Force Delayed Enlistment Program guide.

Support and encouragement for Air Force Airmen, Parents, Spouses, and friends can be found at:

<http://www.bmtgrad.com>

<http://www.f-16.org>

<http://groups.yahoo.com/groups/airforcemomsanddads2/>

<http://groups.yahoo.com/groups/Airforceparentsandspouses/>

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