DEDICATION ................................................................................................................................. 3
Preparing for BMT ............................................................................................................................ 4
Physical Readiness Training (PRT) ...................................................................................................... 4
LEAVING FOR MEPS .......................................................................................................................... 5
Reviewing the paperwork ..................................................................................................................... 6
Swearing in ........................................................................................................................................... 6
Headed for Lackland! ........................................................................................................................... 7
MADE IT TO LACKLAND! OH MY GOSH! ...................................................................................... 8
Things to think about before you leave ............................................................................................... 8
Medication and Eyeglasses .................................................................................................................. 8
THINGS TO BRING WITH YOU-QUICK REFERENCE ................................................................. 9
Required Items (All) ............................................................................................................................ 9
Assignments ......................................................................................................................................... 10
Weeks of training ............................................................................................................................... 10
AEF Training (Formerly Warrior Week) ............................................................................................. 10
Contacting Trainees ........................................................................................................................... 12
Mail Call! ............................................................................................................................................. 12
Memories, Ahh Memories ................................................................................................................... 13
   Reporting Statement ........................................................................................................................ 13
   USAF Standard Alarm Signals ......................................................................................................... 13
   AIR FORCE RANK RECOGNITION .............................................................................................. 14
   The Air Force Song .......................................................................................................................... 19
TRAINEE RULES OF CONDUCT ..................................................................................................... 19
T A F A D (The Air Force Acronym Directory) .................................................................................. 20
The Bigger words ............................................................................................................................... 24
Bibliography and Kudos ...................................................................................................................... 288

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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. 😊
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. Through-out 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:

<table>
<thead>
<tr>
<th>Sex</th>
<th>Pushups</th>
<th>Sit-ups</th>
<th>1.5 mile Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>45</td>
<td>50</td>
<td>11:57</td>
</tr>
<tr>
<td>Females</td>
<td>27</td>
<td>50</td>
<td>13:56</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Sex</th>
<th>Pushups</th>
<th>Sit-ups</th>
<th>1.5 mile Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>18</td>
<td>25</td>
<td>16:45</td>
</tr>
<tr>
<td>Females</td>
<td>7</td>
<td>25</td>
<td>19:35</td>
</tr>
</tbody>
</table>

**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:

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

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.

<table>
<thead>
<tr>
<th>Liquid soap</th>
<th>Ball-point pen (black or blue)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shampoo</td>
<td>Deodorant</td>
</tr>
<tr>
<td>Toothbrush and Toothbrush case</td>
<td>Toothpaste</td>
</tr>
<tr>
<td>Notebook paper</td>
<td>Shower Shoes</td>
</tr>
</tbody>
</table>

Required Items for Males:

| Razor (Blade Razor, not electric) | Shaving Cream |

Required Items for Females:

<table>
<thead>
<tr>
<th>Sanitary Napkins or Tampons</th>
<th>Bras and sports bras</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hair Bands/Bobby pins (Same color as your hair)</td>
<td>Underwear</td>
</tr>
<tr>
<td>Brush/Combs</td>
<td>Nylons/Panty hose</td>
</tr>
</tbody>
</table>

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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 Forth 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 senor 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.
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](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 weather 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.

<table>
<thead>
<tr>
<th>USAF STANDARDIZED ALARM SIGNALS</th>
<th>FOR THE UNITED STATES, ITS TERRITORIES &amp; POSSESSIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WARNING OR CONDITION</strong></td>
<td><strong>SIGNAL</strong></td>
</tr>
<tr>
<td>ATTACK WARNING</td>
<td>![Signal]</td>
</tr>
<tr>
<td></td>
<td>3.5 MINUTE WAVING TONE ON SIREN OR OTHER DEVICES</td>
</tr>
<tr>
<td></td>
<td>3.5 MINUTE PERIOD OF SHORT BLASTS FROM HORN/</td>
</tr>
<tr>
<td></td>
<td>WHISTLES OR OTHER DEVICES</td>
</tr>
<tr>
<td>PEACETIME EMERGENCY WARNING</td>
<td>![Signal]</td>
</tr>
<tr>
<td></td>
<td>3.5 MINUTE STEADY TONE ON SIREN OR LONG STEADY</td>
</tr>
<tr>
<td></td>
<td>BLAST ON HORN/HORNS/WHISTLES OR SIMILAR DEVICE</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>ALL CLEAR</td>
<td>DECLARED VERBALLY BY LOCAL OFFICIAL AGENCIES</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
<pre><code>                             |                                                 |                                 | APPROPRIATE PROTECTIVE ACTIONS  |
</code></pre>
<p>|                                 |                                                 |                                 | ○ RESUME NORMAL OPERATIONS OR   |
|                                                 |                                 | INITIATE RECOVERY IF APPLICABLE |</p>


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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.

<table>
<thead>
<tr>
<th>Pay Grade</th>
<th>Rank</th>
<th>Insignia</th>
<th>The rank consists of…</th>
</tr>
</thead>
<tbody>
<tr>
<td>E-1</td>
<td>Airman Basic</td>
<td>No insignia</td>
<td></td>
</tr>
<tr>
<td>E-2</td>
<td>Airman</td>
<td><img src="Image" alt="Insignia" /></td>
<td>A chevron of one stripe with a star in the center</td>
</tr>
<tr>
<td>E-3</td>
<td>Airman First Class</td>
<td><img src="Image" alt="Insignia" /></td>
<td>A chevron of two stripes with a star in the center</td>
</tr>
<tr>
<td>E-4</td>
<td>Senior Airman</td>
<td><img src="Image" alt="Insignia" /></td>
<td>A chevron of three stripes with a star in the center</td>
</tr>
<tr>
<td>E-5</td>
<td>Staff Sergeant</td>
<td><img src="Image" alt="Insignia" /></td>
<td>A chevron of four stripes with a star in the center</td>
</tr>
<tr>
<td>E-6</td>
<td>Technical Sergeant</td>
<td><img src="Image" alt="Insignia" /></td>
<td>A chevron of five stripes with a star in the center</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Rank</th>
<th>Rank Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>E-7</td>
<td>Master Sergeant</td>
<td>A chevron of six stripes, one of which is inverted, with a star centered in the lower stripes</td>
</tr>
<tr>
<td>E-8</td>
<td>Senior Master Sergeant</td>
<td>A chevron of seven stripes, two of which are inverted, with a star centered in the lower stripes</td>
</tr>
<tr>
<td>E-9</td>
<td>Chief Master Sergeant</td>
<td>A chevron of eight stripes, three of which are inverted, with a star centered in the lower stripes</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Rank (E-9)</th>
<th>Rank Description</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chief Master Sergeant of the Air Force</td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>First Sergeant</td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>E-8</td>
<td>First Sergeant</td>
<td>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</td>
</tr>
<tr>
<td>E-9</td>
<td>First Sergeant</td>
<td>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</td>
</tr>
</tbody>
</table>

**OFFICER RANKS**

<p>| O-1 | Second Lieutenant | One Gold Bar |
| O-2 | First Lieutenant | One Silver Bar |
| O-3 | Captain | 2 Silver Bars, Connected |</p>
<table>
<thead>
<tr>
<th>Rank</th>
<th>Insignia</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-4</td>
<td>Major</td>
<td>One Gold Oak Leaf</td>
</tr>
<tr>
<td>O-5</td>
<td>Lieutenant Colonel</td>
<td>One Silver Oak Leaf</td>
</tr>
<tr>
<td>O-6</td>
<td>Colonel</td>
<td>One Silver Eagle</td>
</tr>
<tr>
<td>O-7</td>
<td>Brigadier General</td>
<td>One Silver Star</td>
</tr>
<tr>
<td>O-8</td>
<td>Major General</td>
<td>Two Silver Stars inline</td>
</tr>
<tr>
<td>O-9</td>
<td>Lieutenant General</td>
<td>Three Silver Stars inline</td>
</tr>
<tr>
<td>O-10</td>
<td>General</td>
<td>Four Silver Stars inline</td>
</tr>
</tbody>
</table>

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
CLEP - College-Level Examination Program
CMSAF - Chief Master Sergeant of the Air Force
COMUSEC - 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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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
SAP0 - 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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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 you remaining period of enlistment

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

**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 you1 performance mitten 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 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,
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**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 USAF's 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

**The US Air Force Web:**

**The BMT website (737th Training Group Web):**
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.yahoogroups.com/groups/airforcemomsanddads2/

http://groups.yahoogroups.com/groups/Airforceparentsandspouses/

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