



CHEVRON

AND THE WESTERN RECRUITING REGION



Recruits get pleasant surprise with orders

BY CPL. WALTER D. MARINO II
Chevron staff

Recruits of Company F gathered in an auditorium to receive their orders following graduation

from recruit training. The orders came just one week prior to their Crucible and brought a pleasant surprise aboard Marine Corps Recruit Depot San Diego, Nov. 6. After receiving their orders

to either Marine Combat Training or Infantry Training Battalion, Marine School of Infantry, Marine Corps Base Camp Pendleton, recruits found they were also receiving 28 days of recruiter

assistance in conjunction with their 10 days of boot leave. Typically recruits only receive 10 days of leave in between graduation and MCT or ITB.

Prior to the most physically

demanding part of recruit training, the Crucible, many recruits couldn't have been more motivated by the idea of extra time to spend with loved ones.

“We have the crucible next week and it may be the hardest thing in recruit training. But this is a lot of motivation for pushing through to see my family,” Recruit Robert M. Mendoza, Plt. 2130, Company F. “The thought of seeing my family makes me want to finish that much harder.”

For other recruits who were having a difficult time staying positive, it was a morale boost at an opportune time.

“My morale was kind of going down a little bit because I haven't received a lot of letters lately, said Recruit David A. Grove, Platoon 2130, But I have been trying to keep my head high but this definitely helped more. I think something like this is important because it gives recruits a reason



Cpl. Walter D. Marino II

Recruits of Company F, 2nd Recruit Training Battalion, are told how to conduct themselves while on their 10 days of leave aboard Marine Corps Recruit Depot San Diego, Nov. 6. Recruits were also explained how to find their recruiting station during their assigned 28 days of recruiter assistance following their leave.

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Cpl. Walter D. Marino II

Staff Sgt. Antoine Griffith, senior drill instructor, Platoon 1031, Company B, gives some pointers to his recruits before a series commander inspection Nov. 1. Griffith said he tries to teach his recruits how to be proficient Marines.

Senior DI shares experience, knowledge

BY CPL. WALTER D. MARINO II
Chevron staff

Moments prior to an inspection a senior drill instructor took his recruits aside to give them a few pointers. This is a common practice among many platoons – senior drill instructors lending that little bit of extra wisdom during their senior drill instructor time.

In recruit training they're allotted periods of time for recruits to sit down with their senior drill instructor to discuss various topics from drill to life in the fleet Marine force.

Staff Sgt. Antoine Griffith,

senior drill instructor, Platoon 1031, Company B, says senior drill instructor time is about guiding and teaching the recruits and is not subject to only a specific time of day. Griffith says he tries to talk to his recruits as much as possible.

“My thing is that they can learn many different things. They can be a super recruit but they need to learn to be a proficient Marine,” said Griffith.

Griffith says he advises them on things like managing their money, not deterring from Marine values and describing the lifestyle of the fleet Marine force.

Recruit Gerado Sarabia, Plt.

1031, said he learned from his senior that they need to carry themselves as Marines at all times.

“He said, ‘even out of uniform people should be able to tell you're a Marine from your behavior and mannerism,’” said Sarabia.

For many recruits, the open conversations and advice allows them to see a different side of their senior.

“The time lets you know they're not just here to physically make you a Marine,” said Sarabia. “They're here to help you mentally as well. I know of one

see **DI** ▶ 2

Company builds strength on bases, circuit course

BY CPL. MATHEUS J. HERNANDEZ
Chevron staff

During recruit training, recruits must be in good physical condition to endure the rigorous 12-week training schedule set for them. This is why they are given the opportunity to strengthen their bodies during training.

Recruits of Company M, 3rd Recruit Training Battalion, continued to condition themselves on the bases and circuit course during training Nov. 6.

The purpose of the bases portion is to allow recruits to stretch their muscles using light calisthenics, simple exercises that don't require equipment, before moving on to the circuit course. The circuit course focuses on large muscle groups, building their strength.

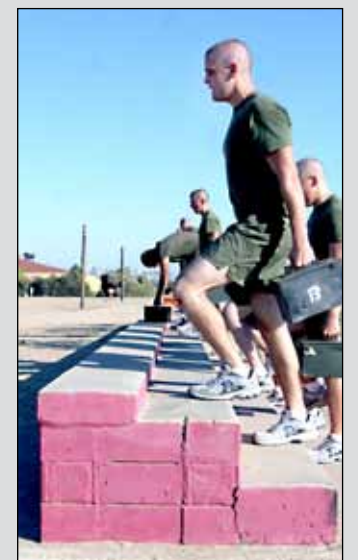
“The reason we have them do these exercises and build their strength is to prevent injuries during recruit training,” said Gunnery Sgt. Agustin Jurado, drill instructor, Platoon 3273, Co. M. “More than likely half of these recruits have never played any team sports, so they're not use to this much physical demand on their bodies. That's why we have to

make sure they're constantly improving physically.”

Each course contains 10 stations where recruits exercise for one minute with 30 second intervals. During bases, recruits perform exercises such as push-ups, mountain climbers, bends-and-thrusts and crunches.

“The most important thing

see **EXERCISE** ▶ 2



Cpl. Matheus J. Hernandez

Company M recruits use two 30-pound ammo cans to increase resistance while doing a step-up exercise cycle, contributing to increased strength and stamina.



Cpl. Matheus J. Hernandez

Company M recruits make use of the depot's pull-up bar exercise station. Pull-ups is an exercise that contributes to upper body strength and conditioning.

EXERCISE ◀ 1

to strengthen is their core. Without a strong core, they won't be able to reach their (maximum potential)," said Jurado, a Queretaro, Mexico native.

During the circuit course, recruits perform exercises such as leg lifts while hanging from a pull-up bar, pull-ups, inclined sit-ups, dips and curls with weights. These exercises help recruits build the strength they need to continue training.

The exercises, which prepare recruits for more intense training and to help prevent injuries, has proven to be valuable to the company, according to Petty Officer 3rd Class Javier Perez, hospital corpsman, Branch Medical.

"They (the recruits) are more prone to injury within the first couple of weeks than when they leave," said Perez, a Houston native. "The exercises are low risk and not too strenuous on their bodies, but still allows them to improve physically."

Although the exercises may be simple, having to build the strength and endurance can be difficult, according to Recruit Cristian Castellanos, Plt. 3273.

"It's challenging because we get tired easily, not many of us are used to this," said Castellanos, a Calexico, Calif. native. "It's very important that we improve our strength. Honestly, I see a lot of people struggling but I see that as a good thing. They're putting out and that's what matters."



Cpl. Matheus J. Hernandez

Company M recruits exert their energy while performing military presses with weights during the bases and circuit course Nov. 6. This exercise focuses on building strength in the large muscle groups.

ORDERS ◀ 1

to keep pushing."

While the extra time provides a good opportunity to spend some quality time with family, recruits acknowledged the extra time also offers a good opportunity to recruit two individuals for a promotion. Although recruits will stay home a little longer they get valuable time working with

their recruiters.

"I'll be catching up with family and friends and getting ready for Marine Combat Training. I'm also going to try and recruit two people for a promotion," said Recruit Alek L. Maten, squad leader, Plt, 2130. "It's a shock knowing that in one week I'm going to do the hardest thing in my life but it's motivating knowing that less than one week after that we get to go home."

Maten said he is confident he will represent the Marine Corps positively during his time at home and plans to keep himself in shape for MCT.

No matter what emotion their order and news of 28 days of recruiter assistance evoked from recruits, it appeared there were no one complaining or upset about having more time with their families before additional training.

DI ◀ 1

recruit who got some help about some issues at home. He's not just a brick wall. He's a person who wants you to succeed."

Although the main purpose of senior drill instructor time is about recruits learning to be Marines. For some recruits the time spent with their senior serves multiple purposes. Recruits like

Timothy M. San Miguel, Plt. 1031., think the time adds to their platoon's togetherness.

"It's good for the platoon because it brings us closer as a family. It's a time we'll always remember," said San Miguel, Plt. 1031. "I'll always remember when he said, 'it's always about the man on your left and right.'"

Another bit of advice Griffith has

for recruits is to never lose sight of the goal they came in the military with. When Griffith was a recruit he had the goal of being a drill instructor. Today he lives that goal and attributes part of his military success to working toward it.

Griffith says he believes the time together has an impact on the recruits and looks forward to seeing the Marines performance in the fleet.

BRIEFS

Human resources office closed

The Human Resources Office will be closed Friday due to the Thanksgiving Holiday. Normal business hours will resume Monday at 7:30 a.m.

For more information, call Human Resources at (619) 524-8775.

Thanksgiving gate hours

Gate 2

- Closes today, 6 p.m. Re-opens Friday 6 a.m.
- Closes Friday, 4 p.m. Re-opens Monday 6 a.m.

Gate 4

- Open 24/7

Gate 5

- Closes today, 6 p.m. Re-opens Monday, 6 a.m. (subject to being open upon request over the holiday period for deliveries/large vehicles. Call the Provost Marshall Desk Sergeant at (619) 524-4202.)

Open enrollment

The MCCS/MCRD San Diego Human Resources Office announces that Open Enrollment for medical, dental and flexible spending accounts is underway and will continue until Nov. 30.

This is the opportunity for civilian employees to adjust their enrollment in these programs to fit changing need.

Employees may enroll, cancel or make changes through PeopleSoft Self Service or at the local Human Resources Office.

Employees enrolled in a flexible spend account must reenroll for 2013. For information or alterations go to www.opm.gov/insure/flexible/index.asp

All open enrollment changes are effective Jan. 1, 2013.

For information go to www.mccs-mcrd.com/HumanResources/Benefits/index.html.

Electronic Funds Transfer

A treasury mandate requires the Department of Defense pay customers by Electronic Fund Transfer beginning March 1, 2013. This electronic payment includes regular scheduled payday, special payments, and allotments.

Allotment recipients, retirees, and civilian employees receiving paper checks must set up direct deposit accounts.

For more information, contact Tom Garcia at (619) 524-6102.

Weekly Bible Study

A weekly Bible Study is held every Tuesday from 11:45 a.m., to 12:30 p.m., in the Headquarters Service Battalion Conference Room.

The conference room is located on the second floor of building 15.

Everyone is invited.

For more information, contact Chaplain Cates at (619) 524-6928, or via e-mail at gregory.cates@usmc.mil.

Bowling lanes closed

The MCCS/MCRD San Diego Recreation Center has announced that the bowling lanes are closed for renovation until Dec. 1. For information call (619) 524-4446 or go to <http://www.mccsmcrd.com/SemperFit/RecreationCenter/index.html>

Send briefs to:

rdsd_pao@usmc.mil. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

Around the depot

This week the Chevron asks: "What are you thankful for, and how are you celebrating Thanksgiving?"



"I will be celebrating with my parents in San Francisco, and I am thankful for the female Marines on this base being stronger than ever and the special camaraderie that we have." *Capt. Gloria Chiu, operations officer, Service Company, Headquarters and Service Battalion*



"I am thankful for my son, Julian. We're going to enjoy a turkey dinner and play football with the family." *Staff Sgt. Hector Alanis, operations chief, Headquarters Company, Headquarters and Service Battalion*



"I am thankful for my family, friends and thankful for joining the Marine Corps because it's helped develop me. I will probably be celebrating Thanksgiving with the Single Marine Program." *Lance Cpl. Whitney Morris, administrative clerk, Headquarters Company, Headquarters and Service Battalion*

Rewarding Kitchen Work



Lance Cpl. Bridget M. Keane

From left to right, Lance Cpls. Sydney Schafer, Leidy Mateus and Amanda Bentz, all Marines stationed aboard Marine Corps Recruit Depot San Diego, volunteered their time to serve food to the homeless at Father Joe's Village, with the Single Marine Program Nov. 12. Father Joe's Villages, Inc., is recognized as the nation's leading rehabilitation program for homeless men, women and families with children.

Turkey Trotters



Cpl. Liz Cisneros

Participants take off on the 12th annual Turkey Trot aboard Marine Corps Recruit Depot San Diego Nov. 16. The Turkey Trot is a 5k race around the perimeter of the depot. The Turkey Trot had more than 1,000 participants this year.



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CCX pushes recruits to exceed their limits

BY CPL. MATHEUS J. HERNANDEZ
Chevron staff

Recruits of Company D, 1st Recruit Training Battalion, fought through their exhaustion during each drill of the Combat Conditioning Exercise aboard Marine Corps Recruit Depot San Diego October 31.

The CCX incorporates Marine Corps Martial Arts techniques and is designed to test recruits on their ability to perform while fighting through exhaustion and fatigue.

The course consists of 10 exercises, with 10 transitional exercises such as low crawling, fireman carries and buddy drags in between each one.

"I think the CCX is going to help condition us for combat," said Recruit Thomas P. Huser, Platoon 1075, Co. D. "It's definitely a different style workout."

Recruits performed multiple standing and ground MCMAP

techniques that tested their proficiency in the movements.

"Take in all the factors such as dirt in your face, the heat and drill instructors pushing you; it was challenging but motivating," said Huser, a Fishers, Indiana native. "Having to execute the same technique is tiring trying to keep it perfect, over and over again."

Drill instructors motivated recruits as they completed one exercise after another, pushing them to their limits, and encouraging them to fight through fatigue.

"It's motivating when the drill instructors are yelling at us... It gives us more incentive to push even harder," said Huser. "When you hear them yell, it makes (recruits) want to be as loud as them if not louder. They make you give that 150 percent to work even harder."

The recruits enjoyed how team-oriented the course was and felt a sense of accomplishment when they completed it, according to Fields.

"We all enjoy working together as a team and building the brotherhood we have in our platoon," said Huser. "They get in that mindset to move and act as one. If one recruit goes down, everyone else has to pick that recruit up to keep moving forward."

Although the CCX took place in the third week of training for recruits out of the twelve week training schedule, it proved to test them both mentally and physically.

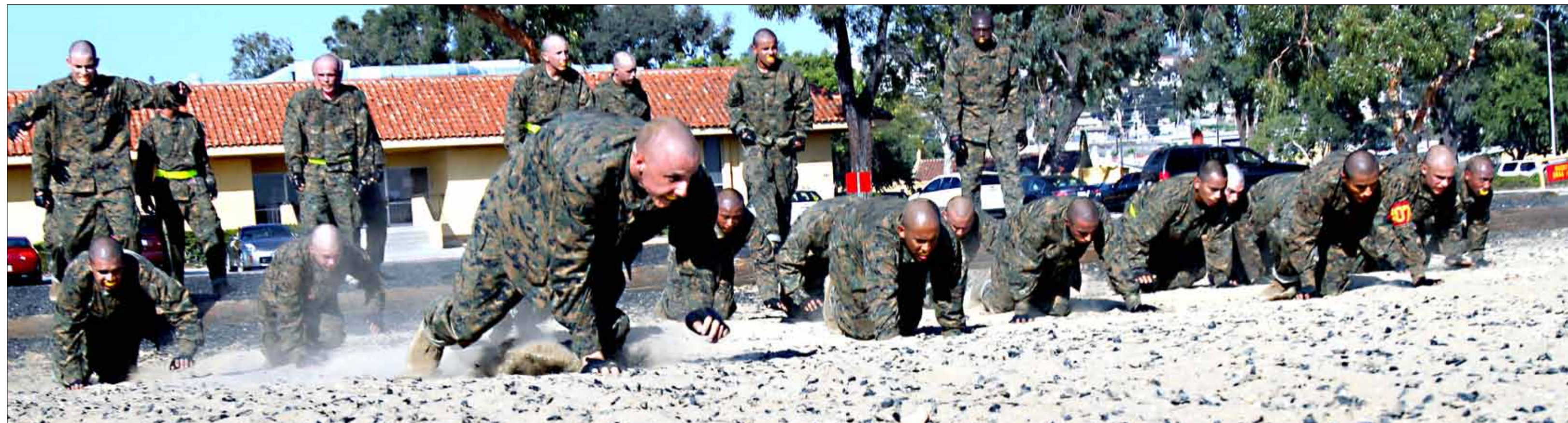
"The drill instructors have been through the same training we're going through," said Huser. "They were in our shoes once, so they know what it's like and how to push us."

Although Co. D is far from graduating, they completed the CCX with a sense of accomplishment. After testing their ability to fight past limitations and gaining tools they need to prepare for combat, recruits moved one step closer to earning the title United States Marine.



Company D recruits drive their elbows into the pads as their partner applies force on top of them in the ground elbows exercise during a combat conditioning exercise on the depot on Oct. 31.

Cpl. Matheus J. Hernandez



Some Company D recruits Bear Crawl across the field while others await their turn during their Combat Conditioning Exercises Oct. 31. This exercise helps condition the recruits and allows their watching drill instructors to access the recruit's conditioning.

Cpl. Matheus J. Hernandez



Cpl. Matheus J. Hernandez

A Company D recruit does a shoulder roll as Sgt. Robert M. Surozenski, Company D drill instructor, motivates him during the Combat Conditioning Exercise Oct. 31.



Cpl. Matheus J. Hernandez

Company D recruits do buddy drags as they transition from one exercise to another during the combat conditioning exercise Oct. 31.



Cpl. Matheus J. Hernandez

A Company D recruit does a well executed leg sweep on his partner during the Combat Conditioning Exercise Oct. 31.

From streets to squad bay, new Marine finds home

BY CPL. MATHEUS J. HERNANDEZ
Chevron staff

For many recruits, experiencing hardships before coming to recruit training is fairly common. Some may leave home seeking another life and others trying to avoid serious problems within their household, but for some recruits enlisting may be their only option.

Pvt. Nathan Paul Garrett, Platoon 2130, 2nd Recruit Training Battalion, enlisted in the Marine Corps in the summer of 2012, not to escape home, but so he could have one.

Backtracking a year, Garrett found himself living on the streets in Pennsylvania after making a decision that would change his life. He sacrificed moving out on the streets so that his 15-year-old brother could stay.

"It was after an argument my family had," said Garrett, the 20-year-old. "They told us one of us had to leave because they couldn't take it anymore."

"So I decided to leave because I wanted my brother to graduate high school."

Within a month, Garrett had lost 50 pounds and after a few months of living on the streets, summer turned to winter before he knew it. It was getting too cold to be homeless up north; that's when he jumped on a bus to Texas, where he would later enlist.

"I hadn't thought a lot about enlisting before when I was in high school," said Garrett. "But after living on the streets for about a year, it was looking a lot better to me."

Having experienced what it



Cpl. Matheus J. Hernandez

Pvt. Nathan Paul Garrett graduates from recruit training with Fox Company, and becomes one of America's newest Marines. Garrett enlisted in the Corps after meeting and overcoming personal hardships.

was like stretching a dollar for weeks and going days without eating, Garrett found himself becoming more mature and responsible to say the least.

"I used to search for money on the ground for days and when I would find \$1.05, I would go get a hot dog at the corner store,"

said Garrett. "I did that two times a week."

Being financially responsible, determination and maturity are some of the things Garrett learned from being on the streets. A mindset he could carry on in recruit training.

"Every cycle there is going

to be recruits that come in with hardships from the past," said Sgt. Tyler D. Bartholomew, senior drill instructor, Plt. 2130. "Those are generally not the type of guys to quit and usually the more mature ones."

Although it was difficult for Garrett to adjust at first, he

soon became familiar with the lifestyle and grew stronger as a recruit in training, according to Bartholomew.

"I wanted to be successful which is another reason why I decided to enlist," said Garrett. "So far it has created a path for me and I plan to follow it."

Sgt. Maj. Bryan K. Zickefoose

Parade Reviewing Officer

Sgt. Maj. Bryan K. Zickefoose is sergeant major of 2nd Marine Division, Marine Corps Base Camp Lejeune, N.C.

Zickefoose joined the Marine Corps in August 1985, and attended recruit training at Marine Corps Recruit Depot San Diego, Calif.

After completing recruit training, Zickefoose reported to Marine Corps Base Camp Pendleton, Calif., to begin training in the Infantry Training School. Zickefoose was honor graduate of ITS and was meritoriously promoted. He then reported to Naval Weapons Station, Yorktown, Va., and was assigned as a Marine security guard. During this time, he attended the Basic Airborne Course at Fort Benning, Ga.

In January 1988, Zickefoose received orders to 3rd Battalion, 9th Marines, Camp Pendleton. He was assigned to Company K and served as a fire team leader, squad leader, and a platoon sergeant. After deploying to Okinawa, Zickefoose was reassigned to the Scout Sniper Platoon.

During the battalion's deployment to Operations Desert Shield and Desert Storm, Zickefoose was meritoriously promoted to sergeant

He became the Scout Sniper Platoon sergeant and was deployed to Somalia. After four deployments with 3rd Battalion, 9th Marines, Zickefoose was sent to division schools to await orders to attend the Drill Instructor School in San Diego. Prior to enrolling in school, he helped instruct the Scout Sniper Basic Course, Headquarters Recruiting Screening Teams Course, and the Military Operations on Urban Terrain Instructor Course.

Zickefoose reported for Drill Instructor School in January 1994. Upon graduation, he was assigned to Hotel Company, 2nd Battalion and served as a drill instructor and senior drill instructor. He was meritoriously promoted to staff sergeant and subsequently awarded the leadership award.

Zickefoose was selected to report to Marine Corps Base Quantico, Va., to become the chief instructor/senior noncommissioned officer in charge of the Scout Sniper Instructor School. At the school, he was in charge of the Scout Sniper Basic Course, Advance Scout Sniper Course, and the Sniper Employment Officers Courses. During this time, Zickefoose helped develop and test several weapons and night vision devices.

Before he received his next set of orders, Zickefoose was sent to Officer Candidate School to act as a sergeant

instructor.

In October 1999, Zickefoose received orders to report to 2nd Battalion, 6th Marines where he was assigned to the Scout Sniper Platoon for the 24th Marine Expeditionary Unit. He was later reassigned to Echo Company as the company gunnery sergeant for the 22nd MEU as it supported Operation Enduring Freedom.

Upon his return Zickefoose was selected for first sergeant and redeployed as Company E first sergeant in Iraq (Operation Iraqi Freedom). He later returned and redeployed to Okinawa for a unit deployment program.

Upon completion of the UDP, 2nd Battalion was attached to the 4th Marine Expeditionary Brigade as the

Marine Corps Anti-Terrorism Battalion. During the Battalion's anti-terrorism duties, Zickefoose returned to Afghanistan with Company E for the presidential elections and served as a member of the personnel security detail for President Karzai.

Zickefoose then was redeployed back to Iraq (OIF 4-06, 5-06) as the company first sergeant, Company E, 2nd Battalion, 6th Marines.

After returning from Iraq, Zickefoose was selected for sergeant major and received orders for recruiting duty. He was assigned as the recruiting station sergeant major, Oklahoma City, Ok., from August 2006 to May 2009.

From May 2009 to April 2012, Zickefoose served as the sergeant major of the 1st Marine

Regiment. During this time he deployed to Helmand Province, Afghanistan, and served as the Reconnaissance Training Command-1 sergeant major.

Zickefoose assumed responsibilities as 2nd Marine Division sergeant major during the 2nd Marine Division Relief and Appointment Ceremony on April 27, 2012.

Zickefoose's personal awards include the Silver Star Medal, the Bronze Star Medal with 1 gold star and 1 combat distinguishing device, the Meritorious Service Medal with 1 gold star, the Navy and Marine Corps Commendation Medal with 1 gold star, the Navy and Marine Corps Achievement Medal with 1 gold star and the Combat Action Ribbon with 3 gold stars.

"Marines. As you graduate today you take your next step into a great adventure. I congratulate you for stepping up and taking that challenge of being a United States Marine. I am proud of you, as you are the future of our Corps. Never forget who you are or where you came from. But more important-who you want to be in the future and the legacy that you want to leave behind. Maintain our proud traditions and the legacy of our predecessors who came before us. Live by those values of Honor, Courage, Commitment and be proud to be one of the few.

Congratulations and Semper Fi Marines!"





Lance Cpl. Bridget M. Keane

The Slide for Life is a 25-foot tower that recruits must climb. Once at the top, the recruits are required to descend via a 90-foot cable which hangs above a 4-foot deep pool. At the halfway point of the descent, recruits are instructed to change positions. If the recruit lets go, they fall into the water.

Confidence Course prepares recruits for combat environment

BY LANCE CPL. BRIDGET M. KEANE
Chevron staff

Whatever environment a Marine is deployed to, they must be ready to endure the many challenges they might be faced with. Whether it's mental or physical, Marines are prepared for those challenges through combat conditioning courses.

Recruits of Company D, 1st Recruit Training Battalion, pushed their body's limits during the confidence course aboard Marine Corps Recruit Depot San Diego, Nov. 6.

The Confidence Course is a combat conditioning course that forces recruits to overcome uncertainties about their physical abilities through obstacles that vary from monkey bars and

walls to towering ladder-like structures. They're required to rise above their fears to complete each obstacle while wearing their combat utility uniforms and combat boots.

"The purpose of the Confidence Course is to not only help them build their confidence, but to help build endurance," said Sgt. Andrew Rundle, drill instructor, Platoon 1074, Co. D. "Its secondary purpose is to help recruits get used to physical training in their boots."

Since it was only their fourth week aboard the depot, the recruits of Co. D are still getting used to the extra weight of their boots and moving around in their uniform.

"It's a lot different running in a pair of boots," said Recruit Sebastian Marsh, Plt. 1070. "You tend to sweat a lot more and become more exhausted when you're running around in full cammies too."

According to Rundle, a 26-year-old San Diego native, the Confidence Course also helps build camaraderie between the recruits.

"Most of these kids have never seen obstacles like the Stairway to Heaven, and they'll get stuck up there because they're scared," said Rundle. "A lot of them wouldn't be able to do it if it wasn't for that recruit behind them rooting them on."

Stairway to Heaven is a ladder-like structure that is 30-feet high. There are a series of logs that are equally spaced that the recruits are required to climb. Drill instructors have noticed that most recruits struggle with this obstacle due to fear of falling.

Marsh, a 19 year old South Haven, Mich., native, explained that he fell out of a tree when he was younger and since then he always had a fear of getting hurt if he fell from a great height.

"I'm scared of heights," said Marsh. "But here we're kind of forced to break those fears. Events like these mentally prepare us because we have to face our fears."

As recruits overcame certain fears during the course, they were also being prepared for combat. Rundle believed that a lot of the obstacles on the Confidence Course are similar to obstacles in combat environments.

"In combat, you'll have to climb up ladders to get on a perch or climb over walls in a full combat load," explained Rundle. "Certain obstacles here can give them an idea of what that's like."

Co. D is now on their second phase of training. They're currently up north in the hills of Edson Range aboard Marine Corps Base Camp Pendleton, Calif., learning and applying the fundamentals of Marine Corps marksmanship.



Lance Cpl. Bridget M. Keane

Recruits of Company D, 1st Recruit Training Battalion, climb to the top of the Stairway to Heaven obstacle during the Confidence Course aboard Marine Corps Recruit Depot San Diego, Nov. 6. The Stairway to Heaven is 30-feet high. There are a series of logs that are equally spaced that the recruits are required to climb.



Lance Cpl. Bridget M. Keane

Recruits of Company D, 1st Recruit Training Battalion, move through the Weaver obstacle during the Confidence Course aboard Marine Corps Recruit Depot San Diego, Nov. 6. The Weaver allows recruits to maneuver their way through the spaced logs while building up strength to hold on to the logs.