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MARINE CORPS RECRUIT DEPOT SAN DIEGO

# CHEVRON

AND THE WESTERN RECRUITING REGION

Co. H recruits  
undergo  
CCX  
p. 4



Vol. 72 – Issue 23

“WHERE MARINES ARE MADE”

FRIDAY, AUGUST 10, 2012

## Unknown distance range lets recruits fire rifles on burst

CPL. WALTER D. MARINO II  
Chevron staff

The Crucible is a three day exercise designed to test recruit's physical and mental toughness. Along the way recruits are also introduced to various experiences for the first time.

Company F recruits were tested on shooting their rifles at various targets set at unknown distances and had the opportunity to fire their weapons on burst for the first time in recruit training at Marine Corps Base Camp Pendleton, July 31.

The exercise started with recruits firing their weapons through a concrete window followed by shooting in the prone position. The message to recruits was that in a combat situation a Marine may not know how far a target is, and that he may have to shoot from various positions.

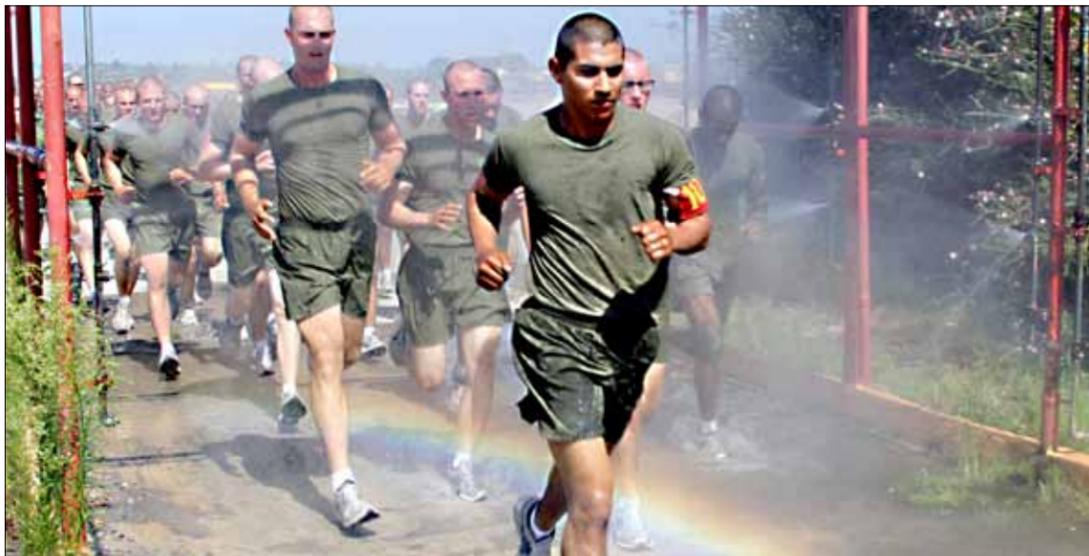
“I just followed instruction and applied what the drill instructors taught me,” said Recruit Mark D. Sims, squad leader, Platoon 2122, Co. F, 2nd Recruit Training Battalion.

see CRUCIBLE ▶ 2



Cpl. Walter D. Marino II

Three shells flying from the M16-A1 ejector port indicates that a Company F recruit is firing his weapon on burst from a bunker at Edson Range, Marine Corps Base Camp Pendleton, Calif., July 31. The exercise provided Company F recruits their first opportunity to fire their rifles on burst. After finishing the exercise, recruits formed up to continue with the Crucible, the three-day final recruit training exercise designed to test mental and physical fortitude.



Cpl. Walter D. Marino II

Recruits of Company B, 1st Recruit Training Battalion, run through some water spouts midway through a strength and endurance course aboard Marine Corps Recruit Depot San Diego Aug. 1. The course included a two and a half mile run mixed with approximately eight different exercises.

## Co. B improves strength, conditioning

BY CPL. WALTER D. MARINO II  
Chevron staff

Everything done from morning to night requires a certain extent of strength and conditioning. In recruit training, that amount is multiplied tenfold in order to teach recruits how to push themselves as hard as possible.

On August 1, recruits of Company B, 1st Recruit Training Battalion ran two and a half miles with approximately eight exercises over the course of the run.

Recruits wore their green shorts, running shoes and green t-shirts but the light outfit wasn't enough to take away the blaring heat of the summer sun.

Drill instructors lined their recruits up and took off like sprinters. After about a quarter of a mile

they stopped for their first exercise, crunches.

About half way through, the exercises intensified. Recruits did push-ups, followed shortly after with dips and then pull ups. By the time they reached the pull up bar the recruits looked like they just finished a water gun fight.

“When your body starts hurting and you still have like a mile and a half left, it's that competition to my left, to my right and in front of me that keeps me going,” said Recruit Chad T. Douglas, squad leader, Platoon 1025, Co. B. “As a squad leader I can't set low standards. If I slow down and quit the other 83 recruits might think it's okay to do that too.”

Besides the importance of motivation, many recruits also believe being able to train hard also

see CONDITIONING ▶ 2

## Recruits see bigger picture in final drill

BY CPL. WALTER D. MARINO II  
Chevron staff

Final drill is where every movement of marching is under a microscope. Everything from pivots to arm swings are evaluated and graded. It is one of the last tests of recruit training and although every platoon shoots for first place, even if they don't get it, they all take away certain lessons.

Recruits of Lima Company, Platoon 3246 competed in final drill Aug. 6, aboard Marine Corps Recruit Depot San Diego. Although they finished in 5th place, many recruits and drill instructors believe it was a valuable experience.

“I'm proud of my platoon. They put the effort into it big time,” said Staff Sgt. Salvador Morales. “I think that's what drill is about; seeing how much they have improved through the whole cycle. Anybody can look at initial to final drill and see the improvement in discipline.”

Hours after the competition finished Morales

took his platoon back to the parade deck to practice their drill. The synchronization of movements looked as methodical as a seconds dial on a clock – steady and timed perfectly.

Faces looked focused and determined. To the untrained eye recruits appeared perfect but Salvador explained it was the fine details that his platoon was marked on.

“It was the small things that cost us the points, like boots to weapons and cover and alignment,” said Salvador. Recruits agreed that there were some areas in drill they missed the mark and were disappointed about not earning first. However, recruits did acknowledge the bigger picture.

“Drill is important because it teaches attention to detail and discipline but there is always going to be someone that messes up,” said Recruit Michael B. Castaneda, squad leader, Plt. 3246. “The real challenge is listening to the drill instructors and ul-

see DRILL ▶ 3

# WFTBn Change of Command

Col. Matthew H. Cooper, center, incoming Weapons and Field Training Battalion commanding officer, hands the organizational colors back to Sgt. Maj. Gregory Hall, right, WFTBn sergeant major, during an Aug. 3 change of command ceremony at Edson Range, Marine Corps Base Camp Pendleton, Calif.

Lt. Col. Michael N. Castle, left, outgoing commanding officer, replaced Lt. Col. Arthur J. Hall as deputy, Assistant Chief of Staff Recruiting, aboard Marine Corps Recruit Depot San Diego and Western Recruiting Region.

Cooper came from 1st Marine Division, where he was the deputy operations officer. Brig. Gen. Daniel D. Yoo, commanding general, MCRD San Diego and WRR, presented Castle with the Meritorious Service Medal.



Lance Cpl. Hayden Howard-Browne



Cpl. Walter D. Marino II

A Company F recruit evaluates targets at unknown distances downrange. The recruits fired at targets from various positions.

## CRUCIBLE ◀ 1

"I feel pretty confident about my performance but there is always room for improvement and I'm always trying to take it to the next level."

Sgt. Isidro Cobos, drill instructor, Plt. 2122, explained that recruits have been curious about shooting on burst since second phase.

After firing in different positions recruits stepped down into a bunker and fired on burst through a small opening. The trio of fired rounds popped loudly.

"It's a lot harder to control than the semi automatic," said Recruit William T. Troelstrup, series honor man and guide, Plt. 2122. "It was exciting, it's something we've been waiting for ever since we saw

some coaches fire their weapons on burst."

Although shooting on burst significantly reduces accuracy, recruits did realize how the firing technique could prove useful in combat.

"If you're laying down covering fire you have to have that rapid fire to suppress the enemy," said Troelstrup. "It's less for shooting a target than keeping the enemy down."

The exercise was designed to familiarize recruits with putting rounds on unknown distance targets on and off of burst. It also laid the ground work for recruits to 'take it to the next level'.

"This can help them become better prepared whenever they deploy," said Cobos. "Every little thing in boot camp helps better their future as young Marines."

Many of the recruits enjoyed their time firing rounds and believed even family members would have enjoyed the exercise.

"It was fun, I think my brothers would have loved to come out here," said Troelstrup.

Other recruits enjoyed the training for future ambitions.

"I'm in aviation but I like shooting and would like to get into Marine Special Operations Command," said Sims, a native of Richland, Wash. "This is good practice."

While the firing range is only a small piece of recruit training. It served its purpose of introducing recruits to a different way of shooting and set the foundation for them to build upon.

"I show them that if I can do it, they should be able to do it and keep up," said Sgt. Mathew L. Harmon, senior drill instructor, Plt. 1025, Co. B. "If I didn't hold myself to a higher standard other drill instructors might not either and that would make the platoon look bad."

Although the drill instructors were fatigued and possibly even more so than the recruits they made sure everyone finished strong and together.

After their daunting exercise recruits formed up and jogged back to their squad bays. The free gift of mental toughness training would have to suffice.

## CONDITIONING ◀ 1

means being mentally strong.

"A lot of physical training is pushing yourself mentally," said Recruit Christopher T. Johnson, squad leader, Platoon 1025. "You have to tell yourself, 'I'm not going to stop, I'm going to make it to the end.' The faster you learn to push yourself the more you can accomplish."

Drill instructors led from the front during the exercise, and motivated slowing recruits to keep going. Co. B drill instructors did their best to not show fatigue or distress in order to give recruits a strong leader to look up to.

## BRIEFS

### Property control office

The property control office will hold a wall-to-wall inventory starting Monday and wrapping up Aug. 17.

Anything requiring uniform or gear issue or turn-in should be taken care of prior to this event. Emergency situations will be handled on a case by case basis.

For more information, contact Staff Sergeant Melendez at (619) 524-5638 or michael.r.melendez1@usmc.mil

### Depot power outage

There will be a depot-wide power outage for critical maintenance and calibration Aug. 26 (a Sunday). All buildings will be impacted. Worst case: the outage may last from 7 a.m., until 6 p.m.

### 101 Days of Summer

The 101 Days of Summer Finale, is scheduled for Aug. 31, from 11 a.m., to 1 p.m., on the MCRD Fitness Center Functional Fitness Area with the Fight Gone Bad Competition - a functional fitness workout.

Teams of five (5) will compete in a Fight Gone Bad Competition. The workout will consist of:

- Rowing
- Wall Ball
- Kettlebell
- Burpees
- Ammo Can Lift

The event is designed using the time domain of a MMA fight: 5-minute rounds of work; 1-minute of rest; 3 rounds; Rotating exercises every minute.

Space is available for up to fifteen (15) teams.

Register your team by Aug. 29. Contact Kelley Sitar, Semper Fit Deputy Director, at sitark@usmc-mccs.org

### Personal Financial Management

Build wealth, not debt, with the Personal Financial Management Program

Those who need information in the following areas of money management

- Pay/Allowances
  - Budgeting and Cash Management
  - Family Subsistence Supplemental Allowance (FSSA)
  - Use of Credit
  - Debt Management
  - Major Purchase Planning
- should contact Mike McIsaac, PFMP Specialist at (619) 524-1204 or at Michael. McIsaac@usmc.mil to schedule an appointment.

The program provides financial education, training, counseling, and information and referral. It's free.

### Car Care Class: Brakes

The Auto Skills Center will host a brakes workshop on Sept. 8 from 11:30 a.m., to 3:30 p.m.

The workshop will discuss:

- Parts, function and noises of the braking system
- Fluids, change and disposal fundamentals
- Preventative maintenance
- Trouble shooting

Those attending should dress comfortably for a hands-on garage classroom environment. Open-toed shoes are not allowed.

There is no charge for the workshop. Lunch will be provided.

The workshop will be conducted at the Auto Skills Center, Building 142. The class is open to all eligible patrons and their guests.

For more information or to register, call (619) 524-5240. Walk-ins welcome.

### 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: "Who is your most influential military figure? Why?"



"Chief Warrant Officer 4 Williams, because she is motivating and always leads by example."

Lance Cpl. Heather Keasler, administrative clerk, Recruit Administrative Branch, Support Battalion



"Sergeant Major of the Marine Corps, Sgt. Maj. Barrett. When I first came into the Marine Corps I learned about the highest enlisted rank and then I learned about Sgt. Maj. Barrett; it's the reason I joined."

Pfc. Chelsi Johnson, administrative clerk, Headquarters Company, Headquarters and Service Battalion



"Col. Ripley, because he went above and beyond to get the job done."

Lance Cpl. James Mast, combat camera, Service Company, Headquarters and Service Company

## Coast Guardsman Saves Boy

Coast Guard Petty Officer 2nd Class Matthew Garrison, a San Diego native, left, was presented with the Coast Guard Achievement Medal by Rear Adm. Joseph 'Pepe' Castillo, commander, 11th Coast Guard District, during an Aug. 6 ceremony at Marine Corps Recruit Depot San Diego.

The Coast Guardsman was attending an Independence Day event in La Mesa July 3, when a boy, about 6, was pulled unresponsive from a pool.

Garrison, who is a maritime enforcement specialist with the Maritime Safety and Security Team San Diego, immediately started CPR. He enlisted a second person to help with rescue breathing and continued his efforts until the boy began to breathe. Garrison then monitored the situation until emergency medical technicians arrived and took over.



Cpl. Walter D. Marino II

## Corps offers Marines \$4,500 tuition assistance

BY CPL. WALTER D. MARINO II  
Chevron staff

The Life Long Learning Center aboard Marine Corps Recruit Depot offers college classes to service members. It also offers counseling for those who would like assistance developing an academic plan.

The steps to take college courses are simple, and tuition assistance is available. The Marine Corps offers up to \$4,500 per service member for fiscal year 2012.

Marines and sailors interested must attend a college 101 class given monthly at the LLLC.

Service members will be informed on how the tuition assistance works and differences between colleges.

If service member's general technical score is below 100 on the Armed Services Vocational Ability Battery test, they will be tested and graded on basic math, reading, spelling and English. If scores are lower than a 10.2 grade level the individual will be required to finish an approximately two week academic skills class before registering for courses.

There is no limit to the classes a Marine can take, only a limit on funding.

While advisors at the LLLC do not recommend certain colleges over others, they do advise getting the most for the money and setting academic goals.

Annie H. Villalon, education and career specialist, LLLC, stressed that private schools are expensive while community colleges like the one offering classes at the LLLC are not only cheaper but shorter in duration.

Villalon believes being a current or former Marine is an advantage in the job force. She also thinks it is still crucial to continue education for an even bigger advantage in job force competition.

"When you apply for a job, employers still look at the degree," said Villalon. "You have an advantage with your Marine leadership skills. But you become even more marketable if you have military experience and a degree, especially against your newly graduated (college) counterparts."

Villalon, also pointed out that many employers are aware of the educational opportunities available to service members and may ask why applicants didn't take advantage.

"If you're able to get a degree, just get it," said Villalon. "Maybe right now you think you don't

need it because you have a career in the Marines. But when you're competing against civilians it will benefit you."

Sgt. Jarrod Beachum, trombone player, Service Company, Headquarters and Service Battalion, is a Marine who is working toward a bachelors degree during his time in the Corps.

"I'm trying to finish up as much school as possible should I get out," said Beachum. "What you have to think about is long

term."

Beachum said that while the Marine Corps gives a great opportunity to Marines they don't make it mandatory to take advantage of.

"No one in the Marine Corps is going to tell you to go to school. It's not a job requirement and it's not required to be promoted," said Beachum. "It's on you to say I'm going to do something more than put on my cammies and do my work."



Cpl. Walter D. Marino II

Annie H. Villalon, education and career specialist, for the Life Long Learning Center gives educational advice to Sgt. Jarrod Beachum, trombone player, Service Company, Headquarters and Service Battalion.

### DRILL

mately becoming a Marine."

Castaneda explained he believes many of the drill instructors have seen combat and it is for that reason they put such an emphasis on discipline in drilling.

"Recruits need to understand that the reason drill instructors blast you for touch-

ing your face is that if you're in combat, even the slightest movement when you're not supposed to can get Marines killed," said Castaneda, a National City, Calif., native.

Recruit leadership felt the build up to drill also taught teamwork.

"Some recruits needed help with drill," said Recruit Kaleb W. Carpenter, squad leader, Plt. 3246. "We were able to teach

them how to do things like pivot better and answer any questions they had about drill movements. A lot of teamwork makes up a platoon. You need to work together to have the right outcome."

As Salvador marched his recruits off of the parade deck, it appeared both drill instructor and recruits understood that marching is about more than a first place medal.

**CHEVRON**  
ESTABLISHED 1942

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Lance Cpl. Bridget M. Keane



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The fireman's carry is an effective way to transport a wounded comrade during battle. Recruits are taught how to properly carry a victim and are expected to perform it efficiently while in a stressful environment.

The Combat Conditioning Exercise enables recruits to use the Marine Corps Martial Arts Program techniques that they have learned during recruit training, and to properly execute them in a stressful environment. The exercise builds confidence that they will be able to perform under pressure and complete the mission.

A recruit fights off a simulated enemy while being mounted and smothered during the Combat Conditioning Exercise. Recruits are expected to push through pain and fatigue to build mental strength, stamina and endurance.

Recruits are taught different ways to transport a comrade during battle. A wounded Marine may be moved out of danger while both Marines keep a low silhouette by using the buddy bear crawl.

# Combat conditioning prepares recruits for stressful environments

BY LANCE CPL. BRIDGET M. KEANE  
Chevron staff

In the midst of a chaotic combat environment, Marines must be able to trust that they will be able to push through pain and fatigue, engage the enemy and complete the mission. Chaos, pain and fatigue is first introduced to a Marine when he is a recruit during recruit training.

Company H, 2nd Recruit Training Battalion, experienced a close-combat environment through the Combat Conditioning Exercise Aug. 1 aboard Marine Corps Recruit Depot San Diego.

The purpose of the CCX is to reiterate all Marine Corps Martial Arts Program techniques they have learned and to be able to apply them correctly and effectively while in a chaotic environment.

"The course builds

strength and endurance as well as allowing recruits to execute proper MCMAP techniques," said Staff Sgt. Jason Lansdon, martial arts instructor trainer, Instructional Training Company, Support Battalion. "We want them to be able to react to situations presented to them and be able to fight through."

Three whistle blasts indicates the start of the course. Recruits are split up into groups, led by a drill instructor, to different stations. Whatever the station may be – break

falls, lead-hand punches, knee strikes, leg-sweeps, combat rolls – recruits are expected to perform them properly while drill instructors correct them, until the next whistle blast.

"Each station is 90 seconds long," explained Lansdon, a 29-year-old Phoenix native. "After each station, they do a transition exercise to the next."

Transition exercises include lunges, star-jumpers, fireman's carry, buddy drags, low and high crawls, and the

buddy bear crawl.

"Recruits always seem to have the hardest time with the transitions," said Lansdon. "Once they've gone through 90 seconds of MCMAP techniques, they then have to face 90 more seconds of a transition that is there to physically and mentally wear them out; they have to be able to push through it"

The stress caused during the CCX allows recruits to start

building a combat mindset. "We want to teach them that they can quickly and confidently react in a stressful environment, no matter how exhausted they are," said Lansdon.

With sweat dripping from their brow, Co. H recruits push through, performing techniques and executing carries and drags.

"The entire course is a challenge," said Recruit Brandon Cruz, Platoon 2161, Co. H. "It

really pushes our endurance levels and our minds to not give up."

Cruz explained that although combat conditioning gives recruits a better understanding of the fundamentals of MCMAP, it really focuses on building up endurance, a never quit attitude and gives them an idea of what it's like to be under that kind of stress.

"The buddy drags and carries really gives you a perspective of what it'd be like to carry someone while

you're tired," explained Cruz, a 17-year-old Monterey Calif. native. "It also stresses the importance of learning the carries, because you never want to leave a Marine behind."

Through stress and pain, the recruits of Co. H gain confidence in themselves that they'll be able to perform through a stressful environment.

"That's what the purpose of training is," said Cruz. "To never give up and continue to push through."



Lance Cpl. Bridget M. Keane

Drill instructors with Company H, 2nd Recruit Training Battalion, demonstrate a round house kick for their recruits during the Combat Conditioning Exercise Aug. 1 aboard Marine Corps Recruit Depot San Diego. Recruits practice Marine Corps Martial Arts Program techniques properly in the stressful environment encountered during CCX.



Lance Cpl. Bridget M. Keane

A recruit executes a leg sweep during the Combat Conditioning Exercise. A fighter using leg sweeps can quickly and effectively put their enemy on the ground. Recruits are taught the fundamentals of the Marine Corps Martial Arts Program techniques and are required to execute them while in a stressful environment through the CCX.

# Patriotism reason for serving country

BY LANCE CPL. BRIDGET M. KEANE  
Chevron staff

Love for country coursed through Pfc. Cody Mauro's, Platoon 2122, Company F, 2nd Recruit Training Battalion, veins from a very young age and the best and only way he thought he could show it was by becoming a United States Marine.

"I've wanted to join the Marine Corps since I was 5-years-old," said Mauro, a 20-year-old Woodlands, Texas native. "I just couldn't get it out of my head."

Mauro's greatest influence to join the military was his grandfather, Chief Master Sergeant Oren W. McClure, who served in the United States Air Force for almost 40 years. Mauro would sit and listen in amazement at his grandfather's stories of his travels and experiences and wanted nothing more than to have those experiences as his own.

"We lived with him for a couple of years and everything he taught me I always took to heart," said Mauro. "I saw the way everyone looked up to him and respected him; I wanted to be looked at like that."

Mauro attended the Lone Star College System in Woodlands, Texas for a degree in political science from Aug. 2009 to May 2011. After having a heart-to-heart with his supportive mother, Deena, he decided that college wasn't what he wanted to do.

"We were sitting on the couch one day and it just came up, the only way I could be happy is if I joined the armed forces," explained Mauro.

Immediately, Mauro knew what branch he wanted to join and to everyone's surprise, it wasn't the Air Force. Mauro explained that he chose the Marine Corps over the Air Force because as much as it was pushed on him his entire childhood, he felt that he wouldn't get the experiences he wanted.



Lance Cpl. Bridget M. Keane

**Pfc. Cody Mauro a member of Platoon 2122, Company F, 2nd Recruit Training Battalion, right, enlisted in the Marine Corps to emulate his grandfather's career in the United States Air Force. Mauro wanted a combat military occupation speciality and felt that the Marine Corps could provide him with the skills and experiences he needed in order to be successful.**

"I felt that the Air Force was more technical and I wanted a ground fighting experience; I saw it being the best way to serve my country," said Mauro.

It didn't matter what choice he made, Mauro's family was behind him every step of the way. He raised his right hand and enlisted in the Marine Corps June 2011. He waited almost a year to start his journey aboard Marine Corps Recruit Depot San Diego.

May 14 Mauro stepped foot in recruit training and was given the billet of squad leader, a position given to recruits that show leadership traits. His maturity and understanding nature made

his fellow recruits look up to him and respect him.

"Everything always runs smoothly when he is in charge," said Pvt. Kevin Kozemczak, Plt. 2122. "He always sets the example and gets tasks taken care of quickly."

Mauro always followed through with the tasks given to him and was always pushing others through with motivation, explained Sgt. Isidro Cobos, drill instructor, Plt. 2122.

"He always took responsibility and would hold himself accountable," said Cobos, a 27-year-old El Paso, Texas native. "I noticed real quick that he would get things

done when I told him to do it."

Like every recruit, Mauro struggled with homesickness, but kept himself positive. He used his family as motivation to finish strong and continue through recruit training.

Mauro soon began to learn a lot about himself. He learned about what the meaning of self-discipline was and how to be a leader, and he learned it through the training given by his drill instructors.

"I saw the way they carried themselves, how they got things done and how they took care of us," said Mauro. "I think they are the epitome of what a Marine

should be."

With an idea of how he wants to conduct himself as a Marine, Mauro will walk away from recruit training with the leadership skills he needs in order to be successful with his Marine Corps career.

"I want to fulfill everything I possibly can in my Marine Corps career before anything else," said Mauro.

Currently, he plans on staying in for 20 years and use his experiences to better himself in life and his career in politics. Mauro hopes that he can give back to the country he loves by serving in the United States Marine Corps.

## Col. Jack Q. Hall

### Parade Reviewing Officer

Col. Jack Q. Hall is assigned as the depot inspector, Marine Corps Recruit Depot, San Diego, Calif.

Hall was commissioned in 1985 after graduation from the United States Naval Academy. He has served in a wide variety of assignments.

The colonel was assigned as an artillery officer following his initial training at The Basic School, Quantico, Va. Immediately following TBS he was sent to Field Artillery Officer Basic Class at Fort Sill, Okla. After graduation from FAOBC, Hall was assigned to Delta Battery, 2nd Battalion, 10th Marines, 2nd Marine Division, Camp Lejeune, NC. While at 2/10, Hall served in numerous billets including forward observer for Battalion Landing Team 3/6, fire direction officer and platoon commander.

In 1988, Hall was reassigned to Marine Barracks Guam, Marianas Islands. While there he was assigned as the guard officer, Naval Magazine and detachment commander, Naval Communications Area Master

Station.

In 1990, Hall was transferred to Manpower Management Enlisted Assignments (MMEA) in Arlington, Va., where he served as the artillery/motor transport/military police monitor, as well as the head of the Command Distribution Unit.

The colonel was selected for and attended the Field Artillery Officer Advance Course before being transferred to the 12th Marines, 3rd Marine Division in Okinawa, Japan. While assigned to 12th Marines, Hall served as the assistant fire support coordinator for the division, headquarters battery commander and regimental logistics officer.

Following his three year overseas assignment, Hall was sent to Expeditionary Warfare Training Group, Pacific in Coronado, Calif., to serve as an Instructor and as head, fire support coordination section.

In June 2000, Hall moved up the coast to the 1st Marine Division at Camp Pendleton, Calif., where he served as the executive officer for 5th Battalion, 11th Marines, and as the operations officer, 11th Marines.

After selection for command, Hall moved back to the east coast

where he assumed command of 3rd Battalion, 10th Marines in Camp Lejeune, N.C.

While in command Hall was selected to attend the Naval War College in Newport, RI.

Following his graduation, the colonel was reassigned to the joint staff where he was promoted to his current rank.

While assigned to the joint staff, Hall served on a team at the nation's principal military command and control facility. This organization ensured

worldwide monitoring, crisis response and strategic watch for the Secretary of Defense and Chairman of the Joint Chiefs of Staff.

Subsequent to his joint assignment, Hall was ordered to Saudi Arabia to serve as the officer-in-charge, Marine Corps Training Assistance Group and chief, Marine Forces Division, United States Military Training Mission.

In this assignment the colonel served as the principal military

advisor to senior leadership of the Royal Saudi Navy Forces (RSNF), RSNF Marine Forces and the RSNF Special Forces as part of the United States Military Training Mission. This nine Marine organization advises and trains their Royal Saudi counterparts for their role in protecting critical infrastructure, executing their mission in the Global War on Terrorism and assisting in equipment purchases through the Foreign Military Sales case for the Kingdom of Saudi Arabia.



*"Marines - I join your fellow Marines and your families in congratulating you on a significant accomplishment. You are now among the elite few who have earned the title United States Marine. As you depart the Recruit Depot, enjoy your well deserved break before your training continues and our expectations for performance rise. Approach each day of your follow-on training knowing that you have inherited the proud legacy your predecessors earned at places like Belleau Wood, Iwo Jima, Hue City, Fallujah, and Sangin. I expect you to carry the colors high on your watch and maintain our proud traditions. Remember to always look out for your fellow Marines and attack the challenges ahead with courage, honor, and commitment. Semper Fidelis, Marines!"*



**COMPANY HONOR MAN**  
Lance Cpl. A. T. Flores-Yanez  
Sun City, Calif.  
Recruited by  
Staff Sgt. V. Sanchez

**SERIES HONOR MAN**  
Lance Cpl. W. T. Troelstrup  
Oak Park, Ill.  
Recruited by  
Sgt. J. Carrillo

**PLATOON HONOR MAN**  
Pfc. C. C. Oskvarek  
Chicago  
Recruited by  
Sgt. E. Juarez

**PLATOON HONOR MAN**  
Pfc. T. J. Cantrell  
Albuquerque, N.M.  
Recruited by  
Sgt. J. P. Truillo Jr.

**PLATOON HONOR MAN**  
Pfc. C. A. Nunez Jr.  
Los Angeles  
Recruited by  
Sgt. J. Gutierrez

**HIGH SHOOTER (340)**  
Pvt. R. J. Bailey Jr.  
Proctor, Okla.  
Marksmanship Instructor  
Sgt. C. T. Transue

**HIGH PFT (300)**  
Lance Cpl. W. T. Troelstrup  
Oak Park, Ill.  
Recruited by  
Sgt. J. Carrillo



# FOX COMPANY

2nd RECRUIT TRAINING BATTALION

Commanding Officer  
Sergeant Major  
Battalion Drill Master

Lt. Col. D. J. Erickson  
Sgt. Maj. T. C. Whitcomb  
Staff Sgt. A. Glenn II



<b>COMPANY F</b> Commanding Officer Capt. B. Y. Chen Company First Sergeant 1st Sgt. M. P. Hicks	<b>SERIES 2121</b> Series Commander Capt. J. R. Sherwood Chief Drill Instructor Gunnery Sgt. A. C. Sims	<b>PLATOON 2121</b> Senior Drill Instructor Gunnery Sgt. C. R. Gonzales Drill Instructors Gunnery Sgt. J. E. Gutierrez Gunnery Sgt. A. C. Pittman Sgt. K. A. Ford	<b>PLATOON 2122</b> Senior Drill Instructor Sgt. R. M. Daffin Drill Instructors Sgt. J. Y. Chambers Sgt. I. Cobos Sgt. D. Maciel	<b>PLATOON 2123</b> Senior Drill Instructor Gunnery Sgt. H. R. French Drill Instructors Staff Sgt. A. N. Cardenas Sr. Sgt. A. B. Childree Sgt. M. J. Serritos
	<b>SERIES 2125</b> Series Commander Capt. C. J. Andrews Chief Drill Instructor Staff Sgt. C. G. Garcia	<b>PLATOON 2125</b> Senior Drill Instructor Staff Sgt. M. A. Sandoval Drill Instructors Staff Sgt. J. C. Geidel Staff Sgt. J. K. Spangler Sgt. T. D. Bartholomew Sgt. R. G. Clark	<b>PLATOON 2126</b> Senior Drill Instructor Sgt. C. L. Roush Drill Instructors Sgt. P. E. Espindola Sgt. J. M. Orea Sgt. B. A. Shangraw Sgt. B. M. Whelan	

\* Indicates Meritorious Promotion

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| <p><b>PLATOON 2121</b><br/>                 Pvt. K. J. Brooks<br/>                 Pvt. D. J. Conner<br/>                 Pfc. C. J. Emswiler<br/>                 Pfc. T. S. Erwin<br/>                 Pvt. J. S. Fernandez<br/>                 Pvt. J. S. Fisher<br/>                 Pfc. R. F. Folloso<br/>                 Pvt. L. N. Frasier<br/>                 Pfc. Z. D. Frehner<br/>                 Pvt. N. I. Garate-Valenzuela<br/>                 Pvt. J. E. Garcia<br/>                 Pfc. J. D. Giesen<br/>                 Pvt. D. Gonzalez Jr.<br/>                 Pvt. R. E. Granquist<br/>                 Pvt. J. R. Grimaldo<br/>                 Pfc. L. R. Guatelli<br/>                 Pfc. J. C. Guerrero<br/>                 Pvt. B. D. Harer<br/>                 Pfc. R. M. Haywood<br/>                 Pfc. E. V. Heath<br/>                 Pfc. M. W. Herren<br/>                 Pvt. A. T. Hoff<br/>                 Pfc. M. A. Holmes<br/>                 Pvt. A. D. Jaquez<br/>                 Pvt. H. M. Jaramillo III<br/>                 Pvt. S. N. Johnson<br/>                 Pvt. D. Juarez-Cruz<br/>                 Pvt. D. Kan<br/>                 *Pfc. J. Kraja<br/>                 Pfc. R. Lara<br/>                 Pvt. T. M. Lewis<br/>                 Pvt. A. J. Loehrs<br/>                 *Pfc. C. M. Marquit<br/>                 Pfc. J. Martinez<br/>                 Pvt. K. L. May<br/>                 Pvt. W. A. McDonald<br/>                 Pfc. J. T. McKerrow<br/>                 Pvt. Z. K. Messick<br/>                 Pfc. S. E. Mims<br/>                 Pfc. M. G. Mullins<br/>                 Pfc. B. R. Murray IV<br/>                 Pfc. L. N. Mwaura<br/>                 Pfc. C. C. Oskvarek<br/>                 Pfc. D. A. Perez<br/>                 Pfc. T. K. Petty<br/>                 Pvt. H. C. Pilskalns<br/>                 Pfc. B. Pugh Jr.<br/>                 Pvt. C. Quintana<br/>                 Pvt. J. M. Quintana<br/>                 Pvt. R. A. Ramirez-Sandoval<br/>                 *Pfc. P. A. Reeder<br/>                 Pvt. D. D. Reeves<br/>                 Pvt. A. A. Reyes<br/>                 Pvt. C. T. Robbins<br/>                 *Pfc. M. A. Rodriguez Jr.<br/>                 Pfc. B. S. Rootz<br/>                 Pfc. F. M. Ruiz<br/>                 Pfc. C. L. Rupert<br/>                 Pvt. T. S. Sheffield<br/>                 Pfc. T. J. Slim<br/>                 Pvt. S. A. Smith<br/>                 Pvt. J. J. Soumholphakdy<br/>                 Pvt. M. D. Ssebbowa<br/>                 Pvt. A. J. Stewart<br/>                 Pvt. J. D. Taylor</p> | <p>Pvt. D. E. Theriault III<br/>                 Pfc. J. M. Thetford Jr.<br/>                 Pvt. T. R. Toland<br/>                 Pvt. D. D. Tucker<br/>                 Pfc. R. M. Valdez<br/>                 Pvt. D. W. Watson<br/>                 Pvt. D. W. Watt<br/>                 Pvt. A. C. West<br/>                 Pvt. L. R. West<br/>                 Pfc. M. C. Williams<br/>                 Pfc. C. M. Winckel<br/>                 Pvt. M. Yanez III</p> <p><b>PLATOON 2122</b><br/>                 Pvt. D. J. Foulks<br/>                 Pfc. K. D. Fullingim<br/>                 Pvt. D. A. Garces<br/>                 Pvt. A. Garcia<br/>                 Pvt. C. Garcia<br/>                 Pvt. D. J. Gauthier<br/>                 Pvt. W. L. Gavitt<br/>                 Pvt. N. P. Gregan<br/>                 Pvt. J. Guerrero<br/>                 Pvt. A. M. Hicks<br/>                 Pvt. J. N. Hrupka<br/>                 Pvt. E. R. Hummel<br/>                 *Pfc. E. M. Jakes<br/>                 Pfc. M. N. James<br/>                 Pfc. S. A. Janura<br/>                 Pvt. Z. T. Jensen<br/>                 Pvt. C. L. Johnson<br/>                 Pfc. C. M. Killian<br/>                 Pfc. B. C. Kimble<br/>                 *Pfc. K. D. Koch<br/>                 *Pfc. K. J. Kozemczak<br/>                 Pfc. W. D. LaCrone<br/>                 Pvt. J. L. Laslie Jr.<br/>                 Pvt. R. T. Lemery<br/>                 Pvt. M. Lucero<br/>                 Pvt. J. Lucio<br/>                 Pvt. K. Manceaux<br/>                 Pvt. F. W. Mauger<br/>                 *Pfc. W. C. Mauro<br/>                 Pvt. S. M. Meinders II<br/>                 Pfc. G. A. Miranda-Perez<br/>                 Pvt. A. M. Mojica<br/>                 *Pfc. M. T. Molina<br/>                 Pfc. N. S. Moon<br/>                 Pvt. S. R. Nordberg<br/>                 Pvt. T. M. Noren<br/>                 Pfc. B. A. Page<br/>                 Pfc. D. E. Parrott<br/>                 Pvt. J. M. Pederson<br/>                 Pvt. O. J. Pena<br/>                 Pvt. R. P. Pena<br/>                 Pvt. A. S. Perez<br/>                 Pvt. J. R. Phelps<br/>                 Pfc. M. R. Pollich<br/>                 Pfc. M. S. Polvay<br/>                 Pvt. Z. T. Prichard<br/>                 Pvt. N. K. Quay<br/>                 Pvt. T. M. Quick<br/>                 Pvt. H. Reyes Jr.<br/>                 Pvt. A. J. Romero<br/>                 Pfc. A. K. Rose<br/>                 Pvt. J. D. Runnels</p> | <p>Pvt. J. Saldivar<br/>                 Pvt. G. Sanchez<br/>                 Pvt. J. A. Sandoval<br/>                 Pvt. C. J. Santos<br/>                 Pvt. T. O. Sapp<br/>                 Pfc. M. D. Sims<br/>                 Pfc. J. L. Smith<br/>                 Pfc. M. G. Spaulding<br/>                 Pfc. D. J. Sutfin<br/>                 Pvt. C. A. Taylor<br/>                 Pvt. D. Torres<br/>                 Pvt. J. Trevino<br/>                 Pvt. L. R. Trevino<br/>                 *Lance Cpl. W. T. Troelstrup<br/>                 Pvt. G. D. Tucker<br/>                 Pvt. M. R. Tuzik<br/>                 Pvt. P. V. Ulrich<br/>                 Pvt. J. S. Weiss<br/>                 Pvt. D. J. Whitlatch<br/>                 Pvt. T. E. Wilhite<br/>                 Pfc. K. S. Willett<br/>                 Pvt. E. L. Williams<br/>                 Pvt. A. M. Wilson<br/>                 Pfc. B. D. Wilson<br/>                 Pvt. R. M. Worley</p> <p><b>PLATOON 2123</b><br/>                 Pvt. J. J. Aguilar<br/>                 *Pfc. Z. B. Ahrensfield<br/>                 Pvt. K. G. Albert<br/>                 Pvt. B. S. Alfaro<br/>                 Pvt. J. M. Allen-DeJesus<br/>                 Pvt. C. Alvarez<br/>                 Pfc. E. S. Andrade<br/>                 Pvt. W. F. Aper<br/>                 Pvt. D. J. Argueta<br/>                 Pvt. D. Aviles-Palencia<br/>                 Pfc. J. T. Ball<br/>                 Pfc. J. C. Ballew<br/>                 Pvt. R. J. Barron<br/>                 Pfc. R. L. Beeler III<br/>                 Pvt. K. V. Benton<br/>                 Pfc. J. L. Bishop<br/>                 Pvt. S. H. Bluetear<br/>                 Pvt. J. R. Boddington<br/>                 Pvt. A. S. Brown<br/>                 Pfc. T. P. Buchanan<br/>                 Pfc. K. J. Byrdsong<br/>                 Pvt. C. M. Campbell<br/>                 Pfc. J. M. Candrian<br/>                 Pfc. T. J. Cantrell<br/>                 Pfc. R. A. Carreon<br/>                 Pvt. A. Cavazos<br/>                 Pvt. F. J. Chavez<br/>                 Pvt. G. K. Clark<br/>                 Pvt. J. D. Clelland<br/>                 Pvt. M. J. Cornicelli<br/>                 Pvt. F. A. Corona<br/>                 Pvt. L. B. Cortez-Heindl<br/>                 Pvt. C. M. Cove<br/>                 Pfc. D. R. Craig<br/>                 Pfc. T. A. Curtiss<br/>                 Pvt. E. Daniels IV<br/>                 Pfc. R. J. Edwards<br/>                 Pfc. P. G. Elias<br/>                 *Pfc. A. R. Freeman</p> | <p>Pvt. J. M. Gaona-Pascual<br/>                 Pvt. J. W. Gill<br/>                 Pvt. D. R. Greenwald<br/>                 Pvt. J. D. Gregory<br/>                 Pfc. A. W. Heiberg<br/>                 Pvt. A. T. Hoffman<br/>                 Pvt. J. R. Horne<br/>                 Pvt. K. W. Ise<br/>                 Pvt. I. D. Johnston<br/>                 Pfc. J. M. Kack<br/>                 Pvt. V. I. Kalachik<br/>                 *Pfc. D. C. Kinney<br/>                 Pvt. I. E. Lopez<br/>                 Pfc. B. D. Lymburner<br/>                 Pfc. S. J. Meister<br/>                 Pvt. L. J. Needles<br/>                 Pfc. C. I. Ortiz<br/>                 Pvt. E. R. Pederson<br/>                 Pvt. D. D. Pfaff<br/>                 Pvt. C. N. Phillips<br/>                 Pvt. M. A. Philpott<br/>                 Pvt. N. R. Roberts<br/>                 Pvt. S. Rogers<br/>                 Pfc. J. E. Romack<br/>                 Pfc. D. J. Sams<br/>                 Pvt. F. Sanchez-Vega<br/>                 Pvt. P. K. Sandner<br/>                 Pvt. R. V. Titus<br/>                 Pvt. B. Vang<br/>                 Pfc. M. A. Velazquez Jr.<br/>                 Pvt. T. D. Vue<br/>                 Pvt. C. L. Warren<br/>                 *Pfc. C. M. Welna<br/>                 Pvt. S. H. Wesley<br/>                 Pfc. M. D. White<br/>                 Pvt. S. B. Wilde<br/>                 Pvt. C. J. Woodruff</p> <p><b>PLATOON 2125</b><br/>                 *Pfc. D. A. Galindo<br/>                 Pfc. L. P. Green<br/>                 Pvt. K. Guillen<br/>                 Pvt. D. H. Hardy<br/>                 Pvt. P. A. Harris<br/>                 Pvt. Q. M. Hawkins<br/>                 Pvt. M. N. Hecht<br/>                 Pvt. J. W. Hendry<br/>                 *Pfc. C. L. Henry<br/>                 Pvt. Z. D. Hinson<br/>                 Pfc. T. J. Hodgson<br/>                 Pvt. B. J. Holmes<br/>                 *Pfc. C. J. Holmes<br/>                 Pvt. S. R. Jennings<br/>                 Pfc. D. E. Kurelic<br/>                 Pfc. K. C. Lahmann<br/>                 Pfc. J. M. Lambert<br/>                 Pvt. J. M. LaPare<br/>                 Pfc. M. F. LaSala<br/>                 Pfc. A. Y. Lee<br/>                 *Pfc. A. E. Lopez<br/>                 Pvt. A. A. Malone<br/>                 Pvt. M. C. Manzo<br/>                 Pfc. G. M. Marquand<br/>                 Pfc. T. C. McEntyre<br/>                 *Pfc. C. M. McGuyer<br/>                 Pvt. R. J. McNeill</p> | <p>Pvt. J. S. Melton<br/>                 Pvt. M. N. Mills<br/>                 Pfc. C. M. Miltko<br/>                 Pfc. J. L. Moeller<br/>                 Pvt. J. A. Montano<br/>                 Pvt. B. M. Moore<br/>                 Pvt. B. K. Mundy<br/>                 Pvt. M. C. Nixon<br/>                 *Pfc. C. A. Nunez Jr.<br/>                 Pfc. Z. J. Ohnstad<br/>                 Pvt. C. S. Oschmann<br/>                 Pvt. S. Ouk<br/>                 Pvt. J. Pena-Haro<br/>                 Pvt. R. Perez Jr.<br/>                 Pvt. J. T. Pierce<br/>                 Pvt. Z. B. Pyle<br/>                 Pfc. J. I. Ramirez<br/>                 Pvt. S. Revolorio-Aguilar<br/>                 Pvt. L. T. Rhodes<br/>                 Pvt. J. W. Riedinger<br/>                 Pvt. S. J. Roberts<br/>                 Pvt. R. J. Ruha<br/>                 Pvt. I. I. Salcido<br/>                 Pvt. J. R. Sanabria<br/>                 Pvt. M. A. Sanders<br/>                 Pvt. A. G. Santillan Jr.<br/>                 Pvt. J. A. Santos<br/>                 Pvt. J. S. Seo<br/>                 Pvt. W. D. Simpson Jr.<br/>                 Pvt. A. R. Snider<br/>                 Pvt. R. H. Stumman<br/>                 Pvt. Z. P. Swart<br/>                 Pfc. J. T. Szumski<br/>                 Pvt. X. Thao<br/>                 Pvt. M. D. Upton II<br/>                 Pvt. J. E. Valenzuela<br/>                 Pvt. A. J. Valtierra<br/>                 Pvt. J. D. Vanslyke<br/>                 Pvt. L. J. Vasquez-Salvide<br/>                 Pfc. L. D. Vicente Jr.<br/>                 Pvt. F. Villasenor<br/>                 Pvt. J. C. Villegas<br/>                 Pvt. D. J. Wagenman<br/>                 Pfc. J. M. Watkins<br/>                 Pvt. K. E. Westbrook<br/>                 Pfc. B. R. White<br/>                 Pvt. S. E. Woodling<br/>                 Pfc. V. Yakubovsky<br/>                 Pvt. E. Zurita</p> <p><b>PLATOON 2126</b><br/>                 Pvt. D. Aguilar<br/>                 Pvt. J. Aguilar Jr.<br/>                 Pfc. K. P. Akerland<br/>                 Pvt. M. H. Anderson<br/>                 Pvt. K. R. Andrews<br/>                 Pvt. J. Armenta Jr.<br/>                 Pvt. J. A. Arroyo<br/>                 Pfc. A. Avedisyan<br/>                 Pvt. J. J. Babcock<br/>                 Pvt. N. A. Backes<br/>                 Pvt. R. J. Bailey Jr.<br/>                 Pfc. R. Barajas<br/>                 Pvt. G. C. Batten<br/>                 Pvt. J. D. Baugh<br/>                 Pfc. C. A. Benton</p> | <p>Pfc. T. I. Bissell<br/>                 Pvt. P. D. Boburka<br/>                 Pfc. T. R. Bohls<br/>                 Pfc. L. L. Boomgarden<br/>                 Pfc. D. B. Bowditch<br/>                 Pfc. M. T. Bradford<br/>                 Pvt. G. L. Bravo<br/>                 Pvt. R. M. Brazil<br/>                 Pfc. M. K. Brewer<br/>                 Pfc. M. A. Broberg<br/>                 *Pfc. J. F. Brown<br/>                 Pvt. S. A. Brown<br/>                 Pvt. R. L. Bruce<br/>                 Pfc. S. J. Bruscino<br/>                 Pvt. D. K. Burkley<br/>                 Pfc. N. J. Butler<br/>                 Pvt. P. M. Buys<br/>                 Pfc. N. C. Carey<br/>                 Pfc. D. Carrillo-Castilla<br/>                 Pvt. J. P. Cavazos<br/>                 Pfc. A. J. Christy<br/>                 Pfc. S. R. Connor<br/>                 Pfc. A. R. Contreras<br/>                 Pvt. J. Contreras<br/>                 Pvt. F. M. Cortez<br/>                 Pvt. E. Cruz-Ruiz<br/>                 Pfc. G. Cuevas-Ojeda<br/>                 Pfc. Z. L. Dahl<br/>                 Pvt. D. M. Day<br/>                 Pvt. A. Deharo-Roman<br/>                 Pvt. R. M. DeLeos<br/>                 *Pfc. A. J. Diestel<br/>                 Pfc. J. W. Doherty<br/>                 Pvt. T. W. Dryer<br/>                 Pvt. Z. G. Dudley<br/>                 Pfc. B. T. Eaker<br/>                 Pvt. J. M. Edwards<br/>                 Pvt. D. K. Engstrom<br/>                 Pvt. N. D. Erickson<br/>                 Pfc. J. J. Esquibel<br/>                 Pfc. D. C. Fairman<br/>                 Pfc. J. S. Faller<br/>                 Pvt. J. C. Fallowfield<br/>                 Pfc. M. R. Farrell<br/>                 Pvt. R. D. Farrell<br/>                 Pvt. A. M. Figueroa<br/>                 Pvt. W. E. Figueroa<br/>                 Pfc. R. M. Fitzgerald<br/>                 *Lance Cpl. A. T. Flores-Yanez<br/>                 Pvt. D. A. Followill<br/>                 Pvt. M. S. Foster<br/>                 *Pfc. T. D. Frisbee<br/>                 Pfc. L. R. Gabrillo<br/>                 *Pfc. C. J. Gayan<br/>                 Pvt. N. S. Gail<br/>                 Pvt. C. L. Gonzales<br/>                 Pvt. R. Gonzales IV<br/>                 Pvt. J. L. Guess<br/>                 Pvt. S. G. Jamison<br/>                 Pvt. K. J. Paulsen<br/>                 Pvt. J. M. Smith</p> |
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# MAI's influence recruit character development

BY LANCE CPL. BRIDGET M. KEANE  
Chevron staff

There are Marines that dedicate their time to the training of the future of the Marine Corps. Among those Marines are martial arts instructors that are there to teach

close-combat fighting techniques through the Marine Corps Martial Arts Program and other combat conditioning events.

"The purpose of MAI's is to introduce the fundamentals of MCMAP to the recruits," said Staff Sgt. Jonh Saracay, martial arts instructor, Instructional Training Company, Support

Battalion. "We also help them understand what MCMAP is to the Marine Corps and how you can transfer what you've learned to your life."

Saracay, a 28-year-old Los Angeles native, is an MAI and has been teaching MCMAP for more than nine years. He earned his black belt in 2003 and later

became an instructor in 2004.

"The opportunity was given to me and over time I learned more about what MCMAP is to the Marine Corps and the meaning of being an instructor," explained Saracay.

Although the purpose of a MAI is to teach the fundamentals of MCMAP, they are also there to instill Warrior Ethos.

Warrior Ethos stresses mental and character development, including the responsible use of force, leadership, and teamwork.

"At the end of each class, we have tie-ins," said Saracay. "It's a period of time where the MAI can cool down the recruits, have them relax and explain to them how Marines have evolved with MCMAP."

Saracay explained that they use warrior case studies which focus on individuals that have shown exemplary service in combat, as well as discussion and analysis of their citation.

"We explain to them what they've practiced that day and why they're doing it," said Saracay. "I call it learning to control

the chaos, because you can apply it to your everyday life."

Through tie-ins, the recruits learn about discipline, responsibility and how they can be in control of themselves if they were ever in a combat situation and in their everyday life.

This is an important role of an MAI because they are able to get on a different level with the recruits.

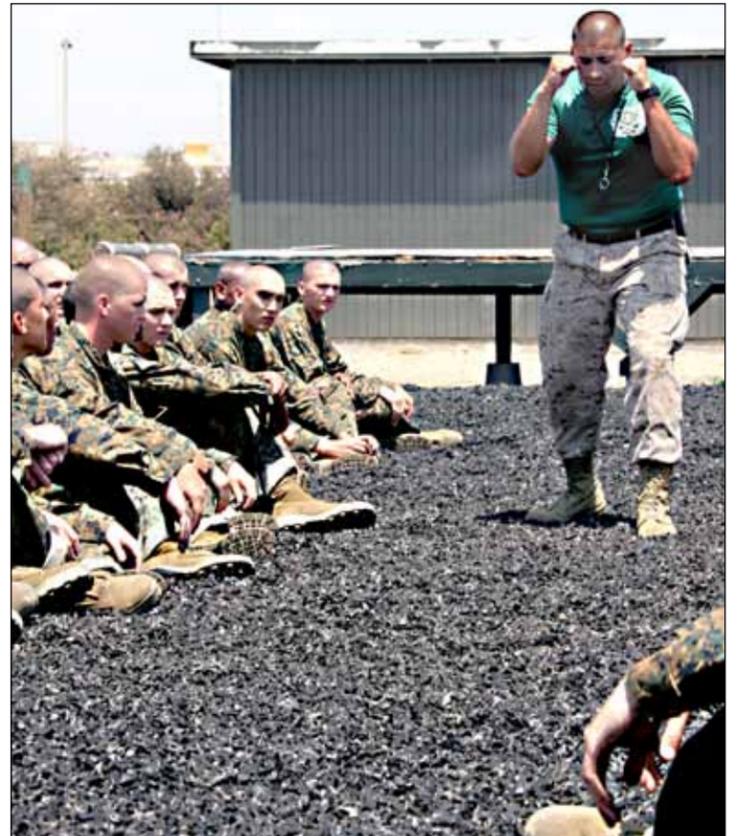
"We learn the techniques over and over and it gets repetitive and tiring," said Recruit Johnathon Carlisle, Platoon 3263, Company M, 3rd Recruit Training Battalion. "But in the end, what the MAI teaches us builds character and we can use it our life and career in the Marine Corps."

MAI's aboard MCRD will continue to be dedicated to instilling Warrior Ethos through teaching the fundamentals of MCMAP and other combat conditioning exercises to the recruits until the day they graduate and move on with their careers in the Marine Corps.



Lance Cpl. Bridget M. Keane

Staff Sgt. Jonh Saracay, martial arts instructor, Instructional Training Company, Support Battalion, (left) and Sgt. Jeffrey Belyeu, drill instructor, Company M, 3rd Recruit Training Battalion, demonstrate Marine Corps Martial Arts Program techniques Aug. 3, aboard Marine Corps Recruit Depot San Diego. MAI's introduce the MCMAP moves to the recruits and explain how they can be successful with it during their Marine Corps career.



Lance Cpl. Bridget M. Keane

Staff Sgt. Jonh Saracay, martial arts instructor, Instructional Training Company, Support Battalion, demonstrates the basic warrior stance to Company M recruits Aug. 3. MAI's introduce the Marine Corps Martial Arts Program to recruits, and teach the basics of tan belt level fighting, the foundation of every technique in MCMAP.



Lance Cpl. Bridget M. Keane

Staff Sgt. Jonh Saracay, martial arts instructor, watches as Company M recruits execute forward kicks. MAI's teach recruits the basics of the Marine Corps Martial Arts Program as well as instilling the three disciplines of MCMAP, which are mental, physical and character.