Boot Camp guides set the bar high on final PFT

BY CPL. WALTER D. MARINO II
Chevron staff

On an overcast morning, recruits in Company H, 2nd Recruit Training Battalion, surpassed expectations on their max set of pull-ups, sit ups and three mile run time during their final physical fitness test June 14.

Recruits, wearing olive green shorts and shirts, lined up behind pull-up bars eagerly waiting to do their best they could.

Each individual pushed their chin past the pull-up bar until their arms could physically do no more. Drill instructors repeatedly shouted motivational remarks to help push their recruits to their maximum possible performance.

With a deep, raspy voice, Sgt. Josh R. Francisco, drill instructor, Platoon 2174, Co. H, 2nd RTBn, yelled “Get up there!”

Recruits replied with sunken eyes, grunts and clenched teeth as they pulled with all their might, trying to squeeze

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Recruits of Company H, 2nd Recruit Training Battalion, start the three-mile run portion of their final physical fitness test June 14 aboard Marine Corps Recruit Depot San Diego. The PFT is comprised of a max set of pull-ups, a timed three-mile run and a max set of crunches in two minutes. The Company H recruits completed pull-ups and will complete the last portion of the test after the run with crunches to finish their final PFT.

MCMAP training gives recruits combat skills

BY LANCE CPL. CRYSTAL J. DRUERY
Chevron staff

Recruits yelled out unclear commands through their mouth guards as they mimicked instructors during their Marine Corps Martial Arts Program class June 15 aboard Marine Corps Recruit Depot San Diego.

MCMAP is a program that began in 2001 to combine existing, new hand-to-hand and close quarters combat techniques. The program trains Marines in unarmed combat, edged weapons, weapons of opportunity, and rifle and bayonet techniques. It also stresses mental and character development, including the responsible use of force, leadership, and teamwork.

Company L received a lower body and counter strike

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Recruits meet depot obstacle course

BY LANCE CPL. BRIDGET M. KEANE
Chevron staff

Some recruits enter Marine Corps Recruit Depot San Diego not knowing what challenges they will have to face, but their will to succeed rises above any other thought or emotion. Among those challenges are the obstacle courses that push recruits to their limits mentally and physically.

Company B, 1st Recruit Training Battalion, was introduced to the depot’s obstacle course June 15.

Every recruit must complete an obstacle course, known as the “O-course,” an event that requires recruits to climb over walls and logs, pull themselves over bars and use their last ounce of strength to climb a rope.

“This is an introduction to the different techniques that recruits can use to get over the obstacles,” explained Sgt. Matt Harmon, drill instructor, Platoon 1025, Co. B, 1st RTBn. “It’s important that the recruits learn these methods because you never know what you’ll run into during training exercises or combat.”

Although technique is the main focus of the course, building upper-body strength is also a crucial part of the event, explained Harmon.

“The course begins to build upper-body strength and confidence in the recruits,” said Harmon. “This is their first time through the course and most of them are looking forward to

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PFT ‘1
out one last pull-up.
At 5’2, 120 pounds, Pvt. Joseph C. Bermudez, guide, Platoon 2169, is one of the smallest in the company; however, he is also one of the strongest. For his final PFT, Bermudez did 24 pull-ups, 163 sit ups and completed an 18 minute, 30 second three mile run time. A perfect score for the physical fitness test is 20

O-COURSE ‘1

taking on the challenge.”

at the end,” said Harmon. “By that time, they're tired and they really don't think about technique.”

Recruits are only required to climb the rope half way and come back down. They are then ordered to perform the combat carries.

“1 feel the hardest part for us is the drags and carries,” said Recruit Jared Allen, Plt. 1025, Co. B, 1st RTBn. “You get so down and out from the course and then have to perform, it gets difficult.”

Recruits learn how much their bodies can handle through this course. At the end, performing the carries and drags puts them in a combat mindset and forces them to push through to the end, explained Allen.

“You never know what to expect in combat,” said Allen, a 21-year-old native of Campbellsville, Ind. “The course allows us to feel more capable in our abilities to overcome any obstacle physically and mentally.”

MCRD Museum Historical Society Scholarship
The MCRD Museum Historical Society is offering three educational scholarships for 2012, each valued at $1,000. Enlisted Marines and sailors in Western Recruiting District, and their dependents are eligible. Deadline for Application is July 13.

For more information and application forms, go to www.mcrdmhs.org.

San Diego county fair tickets
The San Diego County Fair runs through July 4, and tickets are on sale at the depot’s Information, Tickets and Tours Office.

For more information, contact Josh Davis at (619) 524-8240 or at davjis@usmc-mccs.org.

Free annual passes
The National Park Service is offering a free annual pass to all national parks for all active duty service members and their dependents.

Relax and unwind in any of our nation’s 397 national parks at no cost.

Visit http://www.nps.gov/findapark/passes.htm for more information.

MCRD Titans football
The MCRD Titans football team is looking for players. Team slots are open only to MCRD active-duty personnel.

The season starts in August with games at Camp Pendleton. Tryouts and practices will begin soon.

For information on times and dates, contact Coach Charles White at (619) 524-8172 or (760) 550-7861 or charles.d.white@usmc.mil.

4th of July Las Vegas trip
Single Marines, celebrate Independence Day Las Vegas style! Join fellow single marines for three nights in sunny Las Vegas.

Cost for the trip is $50 for round-trip transportation and three-nights in the heart of the Strip!

Space is limited. Reserve a spot today!

For more information, contact Josh Davis at (619) 524-8240 or at davjis@usmc-mccs.org.

Car and motorcycle show
The MCCS Auto Skills Center will host their Car and Motorcycle Show July 14, from 10 a.m. to 2 p.m., in the parking lot between the depot’s recreation center and fitness center.

There will be music, awards and more! Awards will be presented to General’s Choice, People’s Choice, Top Three Motorcycles and Top Three Cars in each category.

For more information, call (619) 524-5240 or email ortegagarciaj@usmc-mccs.org.

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.
Co. G learns basic combat leadership skills

BY CPL. ERIC QUINTANILLA
Chevron staff

Marines pride themselves in being prepared for any situation that may come their way by training and developing their leadership skills. Recruits of Company G, 2nd Recruit Training Battalion, received a class on Combat Leadership aboard Marine Corps Recruit Depot San Diego June 19 detailing the unique elements of combat environments.

“It gives recruits the mindset of leading Marines in a combat setting,” said Staff Sgt. Ricky Broadway, drill instructor, Platoon 2150, Co. G, 2nd RTBN.

“They’re at the point where their mentality is to go in and do what they’ve learned.”

The company was given a slideshow presentation with casualty statistics from Operation Iraqi Freedom. Recruits followed along in their knowledge books highlighting information that may be on their practical examination.

Knowledge books contain Marine Corps history and information recruits must know, which are kept with them to study during their downtime. Recruits need to retain the knowledge for their practical exam that will test them on various topics that have been taught throughout recruit training.

“The better we are at understanding the fundamentals, the better we are as a whole unit,” said Capt. Michael Standafer, lead series commander, Co. G, 2nd RTBN and class instructor. “We’re making recruits aware of the potential stresses that can occur in a combat environment.”

Marines are expected to be combat ready at all times and the class helps them understand what to expect, according to Standafer. Standafer uses his own experiences from being deployed to help recruits better understand the class.

“When they hear of real life combat knowledge, it allows the information to sink in a little more,” said Standafer. “It gives it a real life feel, instead of just words on a slide.”

Company G will get to put this knowledge to the test when they arrive to the Crucible aboard Marine Corps Base Camp Pendleton July 10. The Crucible is a 54-hour training exercise where recruits will need to work together while deprived of food and sleep.

“We’re setting them up for success,” said Bradway. “This is the basis of what they will use at (Marine Combat Training) and once they hit the field.”

Not only will this information help recruits graduate from recruit training, but it will also allow them to be more prepared for future operations in a combat environment after they earn the title of United States Marine.
Most Monday and Tuesday nights, receiving drill instructors welcome new recruits with a culture shock. 

The evening of June 11 was no exception as the new platoon of Company E were transported to Marine Corps Recruit Depot San Diego. Only a few hours prior to stepping off the bus from San Diego International Airport, the recruits were playing games, laughing and eating food. 

Unsure of how much their lives were about to change, their faces were scared and nervous,” said Staff Sgt. Justin Hansen, chief drill instructor, Receiving Company, Support Battalion. “Their recruits can bring them all they want, but they don’t (understand) until they’re in the environment coming off the bus.”

After receiving drill instructors meet new recruits. They are rushed toward the yellow footprints where they are taught the position of attention. “Get on my yellow footprints, move faster,” drill instructors shout. They also explain to recruits how they will address any Marines, sailors or civilians they encounter while aboard the depot. “The new recruits look around, touch their face and do everything we tell them not to do,” said Hansen. “It really makes us angry but we tell ourselves they’re still civilians. They’re fresh off the streets.”

After the yellow footprints, recruits are read the Uniform Code of Military Justice, informing each recruit about the legal aspects they must adhere to by saying their name on the dotted line to enroll in the Marine Corps. They quickly start learning the meaning of intensity as they’re yelled at to run into the contraband room. There, it is explained what they are allowed to keep, not much more than the clothes on their backs.

Marine recruits do not have the luxury of cell phones. Any communication they desire to have with the outside world is done through writing letters. This way they can focus on what they came to recruit training to accomplish, becoming a Marine. Recruits take their “war bug,” filled with basic items they will need while aboard the depot, to the telephones to place their last calls home. This ensures their loved ones have armed to recruit training safely. The receiving drill instructors yell at the recruits to hurry up while they are on the phones and make sure they only recite the script they are given to say to their families.

Finally each recruit is stripped of their individuality by standing in the huddles of personal gear and having their hair shaved off completely. After all of this is completed, the receiving drill instructors can finall shout their main goal the next couple days. This is to make sure all of their paperwork from dental work to extreme paperwork is done before training really starts.

One constant to recruit and process the recruits, so by the time Friday’s pick-up comes all of the paperwork is done, and their drill instructors can focus on training them.” And Sgt. Cory Marcus, senior drill instructor, Receiving Company, Support Battalion.

Receiving drill instructors only have recruits for a few days but they are the first out of many stepping stones recruits must get through to earn the title Marine. These drill instructors work all night until early hours of the morning, ensuring each recruit is ok and ready to train. Come Friday afternoon, recruits are divided into platoons to meet their drill instructors, the men who will guide them for the following 12-weeks of recruit training.
Recruit’s daughter main motivation through training

Master Gunnery Sgt.
Luis A. Adranian
Parade Reviewing Officer

Master Gunnery Sgt. Luis A. Adranian enlisted in the Marine Corps on September 16, 1984. Upon completion of recruit training at Marine Corps Recruit Depot San Diego, Calif., he reported to Basic Combat Engineer MOS School Camp Lejeune, NC.

In February 1985 Adranian was assigned to 3rd Landing Support Battalion, Okinawa, Japan. Adranian reported to First Combat Engineer Battalion, 1st Marine Division, Camp Pendleton, Calif., in 1986. In 1989, Adranian received orders to the Minefield Maintenance Section, Gunners Position 982, Cuba, where he worked in the world’s largest active mine fields. While serving in Cuba, he was decorated for reconfiguring a civilian Marine after a fatal explosion in a minefield.

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Since the day that Bermudez stepped aboard the depot, his maturity, willingness and leadership earned him the billet of platoon guide for Platoon 2169, Company H, 2nd Recruit Training Battalion, a position he retained throughout recruit training. He plans on being a successful example for his 22-month-old daughter, Juliet Rose, one day.

"Marines of Company H, I want to congratulate you on a job well done in your basic training. I join your fellow Marines in welcoming you and your loved ones to our Marine Corps Family. You have accomplished a very significant event in your life and you should be proud. You have inherited the proud legacy and traditions of our Elite Corps. And are now among the selected few who have earned the title United States Marine. Once again, congratulations Marines."

Since Bermudez has proven himself as a leader in recruit training, he will take those traits and continue to set the example as a father and Marine through out his career.

Adrianzen’s decorations and awards include the Bronze Star with Combat V, the Meritorious Service Medal with two gold stars in lieu of second and third award, the Navy and Marine Corps Commendation Medal with gold star in lieu of second award, the Navy and Marine Corps Achievement Medal, with gold star in lieu of second award, and the Combat Action Ribbon with one gold star in lieu of second award.

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Earplugs deafened the loud bangs coming from the M16-A4 service rifles recruits were firing as they tested their marksmanship during firing week June 12 aboard Edson Range, Weapons and Field Training Battalion, Marine Corps Base Camp Pendleton, Calif. For recruits of Company K, this was their first time firing their rifle during recruit training. Since many recruits have never shot a rifle before, Primary Marksmanship Instructors assisted them throughout firing week.

These instructors also gave classes the week prior on Marine Corps Marksmanship fundamentals ensuring the recruits comprehend the basics. Traditionally, every Marine has been trained using iron sights. These are usually metal alignments used to assist in aiming firearms at a target. Marines and recruits are taught to use proper rear and front sight alignment. The rear sight is mounted perpendicular to the line of the front sight and adjustable due to windage and elevation. Recruits are taught how to maneuver these sights to make an accurate aim during their classes the week before shooting.

However, many recruits are starting to learn a different way now that the Marine Corps is transitioning from iron sights to Rifle Combat Optics. RCO’s are attached to the firearms where the rear sight aperture for iron sights would be located. Instead of using the front sight alignment to aim in on the target Marines now use a small red chevron that appears in the RCO scope.

When deployed, every Marine is issued a service rifle with an RCO attached. “Recruits need to learn how to fire with RCO’s, because when they go in-country they will be prepared,” said Gunnery Sgt. Adrien Perez, PMI chief, Range B, Edson Range, WFTBn, MCB Camp Pendleton.

Every year Marines are required to qualify on the M16-A4 service rifle either shooting marksman, sharpshooter or expert. While many Marines were able to shoot expert, the highest qualification, they are more likely to achieve it now due to the advantages of the RCO. “We’ve noticed higher scores on the range,” said Perez. “The ratio of expert shooters is higher in the recruits and Marines that shoot with RCO’s.” Although, the ability to see the target has changed, the fundamentals have not. “Marines still apply natural point of aim and everything else they have learned with the iron sights. All of the fundamentals taught for iron sights are the same for RCO’s,” said Perez.

While every Marine has a different Military Occupational Specialty and not all regularly fire a weapon, they are still expected as a Marine to be a basic rifleman. “No matter what your military occupation is, you’re going to be in the fight sooner or later,” said Sgt. David Tate, platoon sergeant, Range B, Edson Range, WFTBn, MCB Camp Pendleton. “So you need to know what you’re doing, not only for your own wellbeing but for your fellow comrades.”

Once the recruits of Co. K understand Marine Corps marksmanship and apply it during qualification, they will be more prepared to apply it when down range.

A Company K recruit notes the sight adjustments he has made on his rifle during his company’s firing week training at Marine Corps Base Camp Pendleton, Calif., June 15.