

Soldier's Manual of Common Task

# Warrior Skills

## Level 1

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Approved for use of Heritage Bible boot Camp

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HERITAGE BAPTIST CHURCH BIBLE BOOT CAMP  
HANDBOOK

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**This handbook is issued to each soldier and is designed to aid in the indoctrination to Heritage Bible Boot Camp**

**Each soldier will be responsible for the following:**

**POSITION OF ATTENTION** Two commands can be used to put personnel at the Position of Attention:

- FALL IN is used to assemble a formation or return it to its original configuration.
- The two-part command for Attention is used for Soldiers at a rest position. Assume the Position of Attention on the command FALL IN or the command Squad (Platoon), ATTENTION.

- To assume this position, bring the heels together sharply on line, with the toes pointing out equally, forming a 45-degree angle. Rest the weight of the body evenly on the heels and balls of both feet. Keep the legs straight without locking the knees. Hold the body erect with the hips level, chest lifted and arched, and the shoulders square.
- Keep the head erect and face straight to the front with the chin drawn in so that alignment of the head and neck is vertical.
- Let the arms hang straight without stiffness. Curl the fingers so that the tips of the thumbs are alongside and touching the first joint of the forefingers. Keep the thumbs straight along the seams of the trouser leg with the first joint of the fingers touching the trousers.
- Remain silent and do not move unless otherwise directed.

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**REST**

**POSITIONS AT THE HALT** Any of the positions of rest may be commanded and executed from the Position of Attention.

a. Parade Rest. Parade Rest is commanded only from the Position of Attention. The command for this movement is Parade, REST.

(1) On the command of execution REST, move the left foot about 10 inches to the left of the right foot. Keep the legs straight without locking the knees, resting the weight of the body equally on the heels and balls of the feet.

(2) Simultaneously, place the hands at the small of the back and centered on the belt. Keep the fingers of both hands extended and joined, interlocking the thumbs so that the palm of the right hand is outward.

(3) Keep the head and eyes as in the Position of Attention. Remain silent and do not move unless otherwise directed. Stand at Ease, At Ease, and Rest may be executed from this position.

**Stand At Ease.** The command for this movement is Stand at, EASE. On the command of execution EASE, execute Parade Rest, but turn the head and eyes directly toward the person in charge of the formation. At Ease or Rest may be executed from this position.

a. At Ease. The command for this movement is AT EASE. On the command AT EASE, the Soldier may move; however, he must remain standing and silent with his right foot in place. The Soldier may relax his arms with the thumbs interlaced. Rest may be executed from this position.

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b. Rest. The command for this movement is REST. On the command REST, the Soldier may move, talk, or drink water unless otherwise directed. He must remain standing with his right foot in place. AT EASE must be executed from this position to allow Soldiers to secure canteens, other equipment, and so forth.

**FACING AT THE HALT** Five facing movements can be executed from the Position of Attention: Left (Right), FACE, and About, FACE.

a. Facing to the Flank is a two-count movement. The command is Left (Right), FACE.

(1) On the command of execution FACE, slightly raise the right heel and left toe, and turn 90 degrees to the left on the left heel, assisted by a slight pressure on the ball of the right foot. Keep the left leg straight without stiffness and allow the right leg to bend naturally.

(2) On count two, place the right foot beside the left foot, resuming the Position of Attention. Arms remain at the sides, as in the **Position of Attention**, throughout this movement.

b. Facing to the Rear is a two-count movement. The command is About, FACE.

(1) On the command of execution FACE, move the toe of the right foot to a point touching the marching surface about half the length of the foot to the rear and slightly to the left of the left heel. Rest most of the weight of the body on the heel of the left foot and allow the right knee to bend naturally.

(2) On count two, turn to the right 180 degrees on the left heel and ball of the right foot, resuming the Position of Attention. Arms

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remain \_\_\_\_\_ at the sides, as in the Position of Attention, throughout this movement.

**BASIC MARCHING INFORMATION** This basic marching information pertains to all marching movements.

a. All marching movements executed from the Halt are initiated from the Position of Attention.

b. Except for Route Step March and At Ease March, all marching movements are executed while marching at Attention. Marching at Attention is the combination of the Position of Attention and the procedures for the prescribed step executed simultaneously.

c. When executed from the Halt, all steps except Right Step begin with the left foot.

d. For short-distance marching movements, the commander may designate the number of steps forward, backward, or sideward by giving the appropriate command: One step to the right (left), MARCH; or, Two steps backward (forward), MARCH. On the command of execution MARCH, step off with the appropriate foot, and halt automatically after completing the number of steps designated. Unless otherwise specified, when directed to execute steps forward, the steps will be 30-inch steps.

e. All marching movements are executed in the cadence of Quick Time (120 steps per minute), except the 30-inch step, which may be executed in the cadence of 180 steps per minute on the command Double Time, MARCH.

f. A step is the prescribed distance from one heel to the other heel of a marching Soldier.

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g. All 15-inch steps are executed for a short distance only.

**THE 30-INCH STEP** To march with a 30-inch step from the Halt, the command is Forward, MARCH.

a. On the preparatory command Forward, shift the weight of the body to the right foot without noticeable movement. On the command of execution MARCH, step forward 30 inches with the left foot and continue marching with 30-inch steps, keeping the head and eyes fixed to the front. The arms swing in a natural motion, without exaggeration and without bending at the elbows, approximately 9 inches straight to the front and 6 inches straight to the rear of the trouser seams.

Keep the fingers curled as in the Position of Attention so that the fingers just clear the trousers.

b. To Halt while marching, the command Squad (Platoon), HALT is given. The preparatory command Squad (Platoon) is given as either foot strikes the marching surface as long as the command of execution HALT is given the next time that same foot strikes the marching surface. The Halt is executed in two counts. After HALT is commanded, execute the additional step required after the command of execution and then bring the trail foot alongside the lead foot, assuming the Position of Attention and terminating the movement.

**MARCHING IN PLACE** To march in place, use the following procedures.

a. To march in place, the command Mark Time, MARCH is given as either foot strikes the marching surface and only while marching with a 30-inch or 15-inch step forward. On the command of execution MARCH, take one more step, bring the trailing foot alongside the leading foot, and begin to march in place. Raise each foot (alternately) 2 inches off

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marching surface; the arms swing naturally, as in marching with a 30-inch step forward.

b. To resume marching with a 30-inch step, the command Forward, MARCH is given as either foot strikes the marching surface. On the command of execution MARCH, take one more step in place and then step off with a 30-inch step.

c. The Halt from Mark Time is executed in two counts, the same as the Halt from the 30-inch step.

**ALIGNING THE SQUAD** To align the squad, use the following procedures:

- a. To align the squad at Normal Interval, the commands are Dress Right, DRESS and Ready, FRONT. These commands are given only when armed Soldiers are at Order Arms or Sling Arms. On the command of execution DRESS, the right flank man stands fast. Each member, except the right flank man, turns his head and eyes to the right and aligns himself with the man on his right. Each member, except the left flank man, extends his left arm laterally at shoulder level, elbow locked, fingers and thumb extended and joined, palm facing down. He ensures his left arm is in line with his body and positions himself by short steps right or left until his right shoulder touches the fingertips of the man on his right. On the command of execution FRONT, each member returns sharply to the Position of Attention.
- b. To align the squad at Close Interval, the commands are At Close Interval, Dress Right, DRESS and Ready, FRONT. The movement is executed in the same manner prescribed for alignment at Normal Interval except that the squad members obtain Close Interval.
- c. To align the squad in column, the

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commands are COVER and RECOVER. On the command COVER, each member (except the number one man) raises his left arm to a horizontal position, elbow locked, fingers and thumb extended and joined, palm facing down, and obtains an arm's length plus about 6 inches (from the fingertips) to the back of the man to his front. At the same time, each man aligns himself directly behind the man to his front. To resume the Position of Attention, the command RECOVER is given. On this command, each member sharply returns to the Position of Attention.

**Open Ranks**, MARCH is executed from a line formation while at the halt. It may be executed while at any of the prescribed intervals. The command for this movement is Open Ranks, MARCH. On the command of execution MARCH, the front rank takes two steps forward, the second rank takes one step forward, the third rank stands fast, and the fourth rank takes two steps backward. If additional ranks are present, the fifth rank takes four steps backward, and the sixth rank takes six steps backward.

a. To Close Ranks, the command is Close Ranks, MARCH. On the command of execution MARCH, the first rank takes four steps backward, the second rank takes two steps backward, the third rank stands fast, and the fourth rank takes one step forward. On the command of execution MARCH, the platoon leader and platoon sergeant take the appropriate number of steps to maintain their posts.

On the command of execution "**FALL OUT**," the element takes a step back with their left foot, execute an about face, and sound off with HOAH!!!

Loyalty: Bear true faith and allegiance to the Lord. 1 John 3:24 "And he that keepeth his commandments dwelleth in him, and he in him. And hereby we know that he abideth in us, by the Spirit which he hath given us."



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Duty: \_\_\_\_\_ Fulfill  
your obligations...as unto the LORD. Ecclesiastes 12:13 “Let us hear the  
conclusion o the whole matter: Fear God, and keep his commandments: for  
this is the whole duty of man”

Respect: Treat people as they should be treated. Romans 12:10 “Be kindly  
affectioned one to another with brotherly love; in honour preferring one  
another;”

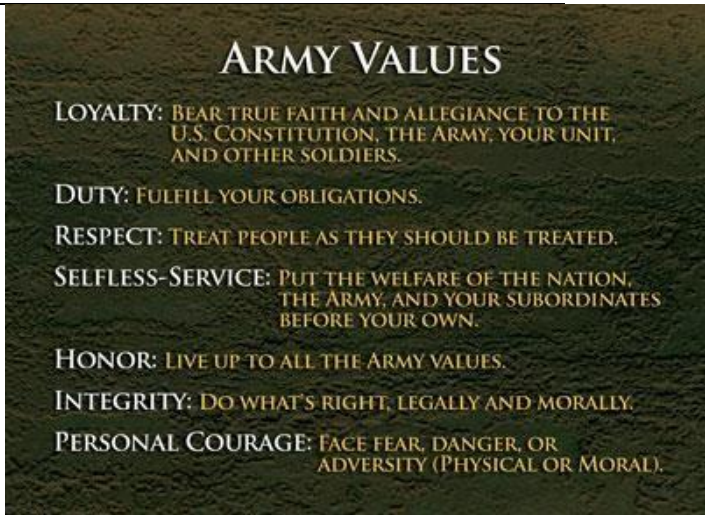
Selfless Service: Put others before self. John 3:16 “For God so loved the  
world, that he gave his only begotten Son, that whosoever believeth in him  
should not perish, but have everlasting life.”

Honor: Live up to the Godly Values. Exodus 20:12 “Honour thy father and  
thy mother; that thy days may be long upon the land which the Lord thy  
God giveth thee.”

Integrity: Doing what is right. Luke 16:10 “He that is faithful in that which is  
least if faithful also in much:  
and he that is unjust in the least is unjust in the least is unjust also in  
much.”

Personal Courage: Face fear, danger, or adversity. 1 Chronicles 28:20  
“And David said to Solomon his son, Be strong and of good courage,  
and do it: fear not, nor be dismayed: for the LORD God, even my  
God, will be with thee; he will not fail thee, nor forsake thee, until  
thou hast finished all the work for the service of the house of the  
LORD.”

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Boot Camp Memory Verses

Ephesians 4:25-32

»Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another.

»Be ye angry, and sin not: let not the sun go down upon your wrath:

»Neither give place to the devil.

»Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth.

»Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

»And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.





























»Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:

»And be ye kind one to another, tenderhearted, forgiving one another, even as God for

Christ's sake hath forgiven you.

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CATEGORY	Insignia of the United States Army						
ENLISTED (Green and Gold)	E-1	E-2	E-3	E-4		E-5	E-6
	no insignia Private	 Private	 Private 1st Class	 Corporal	 Specialist	 Sergeant	 Staff Sergeant
	E-7		E-8		E-9		
	 Sergeant 1st Class	 Master Sergeant	 1st Sergeant	 Sergeant Major	 Command Sergeant Major	 Sergeant Major of the Army	
WARRANT OFFICER (Silver and Black)	W-1	W-2	W-3	W-4	W-5		
	 Warrant Officer	 Chief Warrant Officer	 Chief Warrant Officer	 Chief Warrant Officer	 Master Warrant Officer		
COMPANY AND FIELD GRADE OFFICER (Gold and Silver)	0-1	0-2	0-3	0-4	0-5	0-6	
	 (gold) 2nd Lieutenant	 (silver) 1st Lieutenant	 (silver) Captain	 (gold) Major	 (silver) Lieutenant Colonel	 (silver) Colonel	
GENERAL OFFICER (Silver)	0-7	0-8	0-9	0-10		0-11	
	 Brigadier General	 Major General	 Lieutenant General	 General		 General of the Army	