

out of the state OCS program do so during this first phase.

Phase II of the program, which follows this annual training period, consists of 11 separate weekend training assemblies, one per month for the rest of the year. To continue training the candidate to function *under pressure*, this phase is also made stressful.

The academic subjects taught are map reading and land navigation, additional weapons of the infantry, combined arms, personnel and logistics, maintenance, and the Battalion Training Management System (BTMS). Also, in this phase, training is conducted in basic operations and tactics, communications and electronics, and military support to civil authorities. The program of instruction meets all of the requirements of the Military Qualification Standards (MQS I) program.

Military leadership training is intensified during this phase, and candidates are constantly rotated within the command positions of the class. Candidates are given tasks and missions to accomplish within certain time constraints, so that they can be constantly evaluated and counseled on their abilities, traits, and accomplishments, as well as on their failures. And through the use of an honor code and a candidate honor council, they are instructed in ethics, discipline, and the

Uniform Code of Military Justice (UCMJ).

Physical training is also a constant factor during the program. All candidates, men and women, *must achieve and maintain* the same standards—those that are expected of an infantry second lieutenant. Their physical training program includes exercises, terrain marches, rappelling, swimming, and combat oriented field training exercises.

Phase III is conducted during a second two-week annual training period, also at an Active Army or state National Guard facility. In this phase, all of a candidate's training comes together. Everything he has learned and been exposed to in the previous year is put to the test. The training consists of operations and tactics, combined arms operations, and patrolling, and includes two tactics examinations and a lengthy field training exercise. The candidates are expected to demonstrate not only their tactical abilities but also their keen understanding of OPFOR tactics, equipment, weapons, and abilities. In brief, candidates must show that they can perform in a combat environment as infantry second lieutenants, or they do not graduate.

Throughout the state OCS program, candidates are constantly reminded that theirs is a *team effort*. "Cooperate and Graduate" is their guide. Making the best

use of limited assets is constantly stressed. Also, throughout the training year, oral and written communication is taught, performed, and practiced.

The standards of the state military academies are high. The state OCS program is long and difficult, and deviations from the standards are not condoned. Without dedication and persistence, a candidate will not make it to graduation and commissioning.

The sole function of the Army National Guard State OCS program is to qualify soldiers, through an intensive course of leadership evaluation, academic study, and physical training to accept appointments as second lieutenants in the Army National Guard and the United States Army Reserve. State military academies are the most cost effective means of producing second lieutenants for the Reserve Components of the United States Army.



Lieutenant Colonel Duncan M. Thompson is commandant of the Hawaii Military Academy, Hawaii Army National Guard. He received his commission from the Infantry OCS at Fort Benning in 1969 and served two tours in Vietnam. He has also taught tactics to OCS classes at the Alabama Military Academy.

Preparing for Airborne Training

CAPTAIN DANNY L. GREENE

Confidence and toughness are two traits that leaders must possess if they are to succeed. One of the finest schools available in which to build these fundamental leadership characteristics is the U.S. Army Airborne School at Fort Benning. The

three-week Basic Airborne Course stresses mental and physical toughness and confidence in oneself and one's equipment.

Although a wide variety of officers, enlisted personnel, and cadets attend the course, many of those who volunteer ei-

ther do not complete the course or are turned back as soon as they arrive, for various reasons. As a result, the spaces reserved for them are wasted, and they do not get the training for which they volunteered.

This waste is usually caused by the applicants' failure to prepare themselves physically and mentally for the challenges of the course or by their failure to take care of the necessary administrative matters.

Physical conditioning is vitally important. The course is rigorous, and the students are on their feet almost continually throughout each training day. The first thing an applicant must do, therefore, is to honestly assess his own physical stamina and take any remedial action that may be needed. The Army Physical Readiness Test (APRT) is the yardstick used to determine that fitness, and anyone who wants to attend the course must take the APRT not more than 30 days before the date on which they apply for training. The minimum standards that must be met on the test are those for the 17-25 age group, regardless of the volunteer's actual age. Those standards are:

- Pushups—40 in two minutes for men; 27 in two minutes for women.
- Situps—40 in two minutes for men; 27 in two minutes for women.
- Two-nine run—17 minutes, 55 seconds for men to complete the run; 22 minutes, 14 seconds for women.

In addition, although this is not now mandatory, a volunteer should also be able to execute six good chinups (eight modified chinups for women) by the time the class starts. This exercise is considered important because it is similar to the motions a parachutist must use in controlling a parachute.

Since a volunteer's physical condition can change between the date of this test and his actual reporting date, each volunteer must pass a verification APRT within the 15-day period before that reporting date.

Volunteers who must leave their units for other duty or for leaves before airborne training and cannot take the verification APRT within the 15-day period must pass it immediately before leaving their units. And they must maintain that level of fitness up to their reporting date. No volunteer will be allowed to begin airborne training without proof of this verification test (DA Form 705, APRT score card).

Just meeting the physical fitness entry requirements will not guarantee that a volunteer will have no problems in the

course's PT sessions. But a properly administered APRT (with the emphasis on *properly*) is an excellent indicator of a person's fitness for airborne training. Regardless of their APRT performance, students who exhibit poor physical conditioning during the training will be dropped from the course.

Physical training is conducted daily during the first two weeks of the course, and students must "qualify" by being able to complete the exercises and the distance run each training day.

TYPICAL

A typical physical training session during the first week looks something like this:

- Six chinups (eight modified for women).
- Five assorted stretching exercises.
- Ten repetitions of the side-straddle hop.
- Ten repetitions of the four-count pushup.
- Ten repetitions of the four-count situp.
- Ten repetitions of the knee bender.
- Ten repetitions of the body twist.
- A run of 2.5 to 3 miles in platoon-sized formations at a pace of 8.5 to 9 minutes per mile for men and 10 minutes for women.

During the second week, the number of chinups is increased to seven for men, ten modified for women. Exercise repetitions are increased to 12, and run distances to 3 or 4 miles, with the pace unchanged.

It is important to understand that these standards represent the minimum physical demands placed on the students. All training conducted during the course is strenuous and physically demanding.

In addition to physical conditioning, a good mental attitude and a sincere desire to complete the training are two of the most important attributes an airborne volunteer should have if he is to succeed. Students who lose their motivation and determination to "make it" invariably drop out for one reason or another.

There is no numerical way, of course, to measure a soldier's level of mental preparedness. An airborne volunteer must judge this by evaluating himself. But a

proper mind-set throughout the course is absolutely essential. After all, jumping out of a high-performance aircraft at 125 knots, 1,250 feet up is not something people normally do.

When prospective students report to Fort Benning, they must be wearing seasonal Class A or B uniforms, with proper shaves and with haircuts within U.S. Army standards. And they must make sure they have with them everything that is required, including records, clothing, and equipment. (They must report not later than 1200 on the reporting date for their class to the S-1, 1st Battalion, 507th Parachute Infantry, The School Brigade, Building 2748, Fort Benning).

First on the list of things each must have is a current medical examination that shows he is qualified medically for training under the provisions of AR 40-501. Although the current regulation states that a volunteer's medical examination must have been given no more than 12 months before the reporting date, this requirement has been superseded. The validity period for airborne medical examinations is now 18 months.

For an airborne medical examination to be valid, Block 5 of Standard Form 88 must indicate that the purpose of the exam is for airborne training, and Block 77 must specifically state that the volunteer is "qualified for airborne training."

Volunteers over 35 years of age must secure an electrocardiogram (EKG) and a medical age waiver and produce these along with their medical examinations when they report.

All airborne students, with the exception of medical and dental corps officers, must have at least 12 months of active duty remaining after completing the course. Officers who do not meet this requirement must request extension of active duty under the provisions of AR 135-215. Enlisted volunteers must extend or reenlist under the provisions of AR 601-280.

Volunteers who report without the proper documents cannot be accepted for training. The following is a checklist that can be used as a guide:

- At least 15 copies of orders and/or DA Form 1610 with fund cite.
- Valid physical examination, with EKG and medical age waiver for volunteers over 35.

- Valid APRT score card (DA Form 705).

- Valid verification APRT (also on DA Form 705).

- Finance records for those reporting to Fort Benning in a PCS status or attending airborne training TDY enroute to another duty station. Others need not bring finance records.

Although DA Pamphlet 351-4 (changes to which are pending) lists the clothing, equipment, and uniform requirements for the course, students should report with the following items as well:

- Five pairs underwear.

- One sweat band for helmet liner.
- Three towels.
- Two wash cloths.
- Two pairs eyeglasses, if required. (Military issue glasses are recommended because of their durability. Non-issue glasses must be made of shatterproof material.)

- Boot-shining gear.
- Toilet articles.
- Appropriate civilian attire for off-duty hours.

- About \$100 for incidental or personal expenses.

Volunteers who truly want to earn those

silver wings will prepare themselves in these areas and will overcome the mental and physical obstacles of the course. Like countless thousands before them, they will find that they have an inner strength that they have never tapped before. The end result will be a prouder, more confident soldier and a stronger, better prepared Army.

Captain Danny L. Greene is assigned to the 1st Battalion, 507th Parachute Infantry at Fort Benning. Previously, he served with the 82d Airborne Division and in Special Forces units. He holds a master's degree from the University of Southern California.

Heavy Battalion Trains

CAPTAIN STEVE BRASIER

The Army's AirLand Battle doctrine has brought about many changes in its combat service support (CSS) concepts. These changes are designed to allow better support of the forces while it is conducting tactical operations. The most fundamental CSS organizations — those found within maneuver battalions — have also undergone some changes to allow for the best use of the available CSS assets.

Students at the U.S. Army Infantry School ask many questions about the CSS assets of a heavy battalion and about the best way to organize and employ them. By posing and attempting to answer some of these questions here, perhaps I can clarify some of the fundamental considerations in designing and employing a battalion's combat service support.

What are "trains"?

Any grouping of personnel, vehicles, and equipment for the purpose of providing combat service support to a unit is called "trains." The design of trains is intended to make them most readily

available to a unit but with the least possible exposure to damage from enemy action. They are normally employed in combat organizations from company through brigade and usually operate from support areas. Maneuver battalions always organize trains.

How should a battalion's trains be organized?

The AirLand Battle concept of non-linear maneuver dictates that battalion trains be echeloned. Echelonment not only provides immediate support and more flexible usage but also increases the survivability of a unit's logistical assets.

A battalion's CSS assets are divided into four echelons — company trains, combat trains, a unit maintenance collection point (UMCP), and field trains.

The composition and operational control of the battalion's echeloned trains are determined by the commander on the basis of an analysis made by his staff during the planning phase of an operation. A battalion should prescribe a base line for each CSS echelon in its standing

operating procedures (SOPs).

Where should a battalion's trains be located?

There are several criteria to consider. The trains should be:

- As close to the FEBA (forward edge of battle area) as is tactically sound.

- Convenient to the units served. (There should be both a main supply route and alternate supply routes so that the forward units can reach the trains rapidly. The routes to and from and within the field trains should be planned to avoid congestion.)

- Away from the enemy's main avenue of approach.

- Far enough away from the combat elements so that they do not impede a tactical unit's freedom of movement.

- Beyond the range of cannon artillery. (This is not applicable to battalion combat trains, UMCPs, and company trains.)

- Where there is enough space for dispersion of vehicles and activities; cover and concealment from hostile