



**MCMAP
training
gets Co. C
recruits all
choked up**

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MARINE CORPS RECRUIT DEPOT SAN DIEGO

CHEVRON

AND THE WESTERN RECRUITING REGION



Vol. 73 – Issue 4

“WHERE MARINES ARE MADE”

FRIDAY, FEBRUARY 1, 2013

Recruits discipline mind, body through drill

BY LANCE CPL. PEDRO
CARDENAS
Chevron staff

Under the detailed and thorough eyes of their drill instructors, recruits of Company A, 1st Recruit Training Battalion, marched onto the depot’s parade deck one platoon at a time Jan. 14.

On any given day the parade deck may have multiple platoons practicing drill. But on this particular cold winter morning, platoons of Co. A had the parade deck to themselves to compete in an evaluation known as final drill.

Earning the title “Marine” involves training recruits in strength, knowledge and discipline; drill is a skill which incorporates them all. It is the primary way recruits are taught discipline because it requires the platoon to listen and move as one unit.

For recruits of Co. A, training

see **DRILL ▶ 2**



Lance Cpl. Pedro Cardenas

Recruits of Company A, 1st Recruit Training Battalion, await the next order from their unit leader during Final Drill aboard Marine Corps Recruit Depot San Diego Jan. 7.



Lance Cpl. Pedro Cardenas

Recruits of Company F, 2nd Recruit Training Battalion, learn during customs and courtesies class aboard Marine Corps Recruit Depot San Diego Jan. 16. Customs and courtesies are basic etiquette Marines use daily.

Customs, courtesies lay foundation for Co. F

BY LANCE CPL. PEDRO CARDENAS
Chevron staff

Graduating recruit training with the title “Marine” involves developing in different areas such as physical strength, knowledge and teamwork. Customs and courtesies are skills that are taught in recruit training. These are the primary ways Marines show respect and acknowledge one another.

For recruits of Company F, 2nd Recruit Training Battalion, respect was demanded on Jan. 7 when they arrived at Marine Corps Recruit Depot San Diego and the classroom setting was just another example of how drill instructors instilled it.

Classes are used to teach recruits different areas of Marine Corps knowledge and are continuous throughout recruit training. Recruits learn about topics such as: Marine Corps history, uniform regulations, traditions, leadership principles and the Uniform Code of Military Justice, among others.

On Jan. 16, recruits of Co. F learned some of the basic Marine Corps customs and courtesies and the proper way for every Marine to conduct themselves. One recruit found the particular customary way Marines celebrate the Marine Corps birthday particularly motivating.

“I learned a lot about the Marine Corps birth-

see **CUSTOMS ▶ 2**

Marine Corps PT sets foundation for recruits

BY CPL. LIZ GLEASON
Chevron staff

It was organized chaos aboard Marine Corps Recruit Depot San Diego as recruits from Company L, 3rd Recruit Training Battalion, endured another strenuous physical training event Jan. 28.

Although recruits of Co. L are only on Training Day 6, they’re quickly learning what is expected of them, not only as recruits, but also when they become Marines.

“Today we did max pull-ups, max crunches, max pushups, sprints and calisthenics,” said Recruit Paul Boley, Platoon 3242, Co. L 3rd RTBn. “These things

are important because your legs and body need to be prepared to adapt to any physical situation. It takes physical discipline and intense working out to live up to the high physical quality that is demanded by the Marine Corps.”

Boley, who joined the Marine Corps because he wanted to be part of the best, used his enthusiasm and drive to help motivate other recruits to do their best.

“I gave 110 percent today and it felt good,” said Boley.

“It’s important to always push yourself and strive to do better,

see **FITNESS ▶ 2**



Cpl. Liz Gleason

Recruits of Company L, 3rd Recruit Training Battalion, perform cariocas, a calisthenic exercise, during physical training, aboard Marine Corps Recruit Depot San Diego, Jan. 28. Recruits did calisthenics during the PT session to help increase agility and speed.

CUSTOMS ◀ 1

day. I particularly enjoyed learning about the cake cutting ceremony. Giving the first piece of cake to the oldest Marine and the second piece to the youngest, symbolizing every Marine in between those two," said Recruit Rex C. Martinez, Platoon 2125, Co. F, 2nd RTBn. "It means so much to every Marine out there. I think it's very motivating the way Marines care for their Corps. They take so much pride in not just everyday life, but in every thing they do."

For some drill instructors customs and courtesies is more than just tradition and proper behavior, but a way to show acknowledgement and respect to fellow Marines.

"Customs and courtesies help Marines build respect for each other. It's not just about rank, it's to show respect that we have for other Marines," said Staff Sgt. Bruno M. Nascimento, Plt. 2125, Co. F, 2nd RTBn. "Customs and courtesies are what set us apart from everyone else. It allows for Marines to possess not only morals but values."

Customs and courtesies are things Marines use in everyday endeavors and the learning should start sooner rather than later. A simple proper greeting makes a huge difference, according to Nascimento.

"A proper greeting of the day is the foundation of customs and courtesies. It enhances the respect that we have for each other," said Nascimento. "Recruit training is where you develop that foundation. It's important to learn it while on the depot. Customs and courtesies enhance the foundation that was established by Marines who came before us, who saw the bigger picture."

Now that these recruits have learned customs and courtesies, graduation marks the day recruits of Co. F begin their career as United States Marines and continue the legacy of those who came before them.



Lance Cpl. Pedro Cardenas

Recruits of Company F, 2nd Recruit Training Battalion, participate during a customs and courtesies class aboard Marine Corps Recruit Depot San Diego Jan. 16. Recruits are encouraged to ask questions on the material they learn during class which will be used daily in their Marine Corps careers.

DRILL ◀ 1

and discipline began on Nov. 5 when they arrived and stood on the yellow footprints aboard the depot for the very first time.

Drill is used to march recruits to different training events and is continuous during recruit training. During the 10th week of training, recruits compete in final drill, to demonstrate drill movements they have perfected.

For one recruit, final drill was an exciting and awaited opportunity for recruits to show what they have learned so far during training.

"It wasn't hard to stay focused. We wanted to impress our senior drill instructor," said Recruit Marc A. Spender, Platoon 1013, Company A, 1st RTBn. "It's all about how well we can execute each move to perfection. Our final drill performance was crisp."

Before the performance begins, the unit leader selects a drill card at random. Each drill card has different movements which test the unit leader and the platoon's knowledge.

The platoon is judged on the performance as a unit. They are graded on several areas such as how well they execute drill techniques, whether they have excessive movement and how well they follow orders confidently and without hesitation.

The unit leader is graded with the same requirements but also on how confidently he can control his platoon.

"Recruits need to have a certain amount of bearing and discipline at the stage in training. They need to execute a movement on command and know what they are doing, including the unit leader," said Sgt. Kenneth A. Stewart, drill instructor, Platoon 1013, Company A, 1st RTBn. "Their uniforms, hygiene, align-

ment and handling of the weapon are graded; everything is graded."

Recruits took different approaches to prepare for final drill. For Spender, the preparation was both physical and mental.

"We prepared and practice during the night, mostly during fire watch. If there was any one up practicing, I would practice with them," said Spender. "I practiced all the movements in my head. It was mostly a mental thing."

The process of learning drill can be somewhat redundant, however, practice makes perfect.

"Preparing for drill is repetition, doing it over and over again, and correcting any small mistakes," said Stewart.

Now that final drill is over for recruits of Co. A, their graduation marks the last time they will train as recruits and begin their voyage as United States Marines.

FITNESS ◀ 1

never give up."

Drill instructors were with the recruits through the entire event showing them proper technique, guiding them and encouraging them to give it their all.

Recruits arrive at the depot at different physical fitness levels, however the training schedule is geared to help recruits reach and exceed physical standards at a safe pace.

"You can't throw a first phase recruit into a third phase training schedule," said Baughman. "The workouts we do are strenuous however we slowly build them up to peak performance. Events like this help build strength, endurance and agility. It also improves their Physical Fitness Test score and helps them become well rounded."

The PFT is a staple of annual training for Marines and consists of a maximum set of pull-ups, crunches and a 3-mile run. A perfect score for male Marines requires 20 pull-ups, 100 crunches and an 18-minute run time.

As the recruits progress through recruit training, they will continue to build on the



Cpl. Liz Gleason

Staff Sgt. Gilbert Diaz, a drill instructor with Company L, 3rd Recruit Training Battalion, encourages a recruit to give max effort during a physical training session Jan. 28.

foundation they have laid during the first few weeks aboard the Depot.

"The physical fitness goal of recruit training is not only to make strong

recruits," said Baughman. "But also to instill the discipline they need to continue to eat healthy, workout and become stronger on their own."

BRIEFS**High Intensity Tactical Training**

The Marine Corps' newest fitness program, High Intensity Tactical Training, is underway at the depot's Fitness Center.

Classes are held Monday, Wednesday and Friday from 11:30 a.m., to 12:30 p.m.

The program is open to active duty only. Show up in PT gear and be ready to work.

For more information contact the Fitness Center at (619) 524-4427, or check the web at <http://www.mccsmcrd.com/SemperFit/FitnessCenter/index.html>

CG Cup bowling tourney

Bowlers are invited to participate in the 2013 CG Cup Bowling Tournament Feb. 20, at the depot's Recreation Center.

The event is a one-day scratch singles tournament. The format and number of games will be determined based on the number bowlers participating.

Registration is on Feb. 11 from 11 a.m., until noon at the Fitness Center training room or via e-mail to Rachel Dickinson (dickinsonr@usmc-mccs.org).

Only 72 spots are available so register now.

The event is open only to MCRD active duty and DOD/Nafi employees aboard the depot. Extra CG Cup points will be awarded for female participation.

For more information contact Athletics at (619) 524-0548 or see the event on Facebook: <http://on.fb.me/RKBpgx>.

Heart-to-Heart Workshop

Marine Corps Family Team Building and Behavioral Health is sponsoring an Interactive Heart-to-Heart Valentine's Day Couples Workshop Feb. 7.

Free childcare will be provided with advance notice for potty trained children two-years old and older.

The event takes place from 5:30 until 8:30 p.m., Thursday, in the Family Readiness Building, Building 6E, MCRD San Diego.

To register call Tracy Genica at (619) 524-8030, or via e-mail at genicate@usmc-mccs.org. For information go to <http://www.mccsmcrd.com/MarineCorpsFamilyTeamBuilding/ValentinesDayCouplesWorkshop/index.html>

Valentine's Day Dinner Dance

The Bay View Restaurant has scheduled a Valentines Day Dinner Dance Feb. 8.

The dinner buffet is served from 5 to 7 p.m., with dancing from 6 to 9.

Cost is \$23.95 per person.

For more information, call Melanie DeCosta at (619) 725-6388 or go to <http://www.mccsmcrd.com/Dining/BayViewRestaurant/DinnerAndDancing/index.html>

Career and Education Fair

The depot will host a Career and Education Fair Feb. 13, from 10 a.m., to 1 p.m., at the Semper Fit Fieldhouse, Building 650. The free event is open to military active duty and reserve, family members, military retirees, DoD Civilians, and other personnel with access to military installations.

For information contact Mina Threat at mina.threat@usmc.mil (619) 524-1283/8440 or see http://www.mccsmcrd.com/PersonalAndProfessionalDevelopment/CareerResourceManagementCenter/2013_February_CareerFair/index.html

Send briefs to:

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

Around the depot

This week the Chevron asks: "What is the best gift to give on Valentine's Day?"



"An edible fruit arrangement because it comes in a bouquet and you can eat it." Gunnery Sgt. Marshall Rojas, chief drill instructor, Company L, 3rd Recruit Training Battalion



"Something creative because if it's more creative, they put more thought and effort into it." Petty Officer 3rd Class Brittany Kimmins, hospital corpsman, Branch Dental Clinic



"It depends on the person. You just can't buy something. If you really love the person you'll go all out." Pfc. Ronald Hibbitt, travel clerk, Service Company, Headquarters and Service Battalion

Eyes On The Ball



Lance Cpl. Bridget M. Keane

Drill instructors and new Marines of Company M, 3rd Recruit Training Battalion, enjoy themselves at a University of San Diego Toreros basketball game Jan. 16. The Marines were invited to watch the USD Toreros verse the Loyola Marymount Lions during Marine Week. Marine Week is the last week new Marines spend aboard Marine Corps Recruit Depot San Diego before they graduate. Co. M graduated Jan. 18.

Educators Get Some



Cpl. Matheus J. Hernandez

Staff Sgt. Stephen P. Gentry, former chief drill instructor, Company K, 3rd Recruit Training Battalion, motivates a teacher with the Educators' Workshop during the Bayonet Assault Course aboard Marine Corps Recruit Depot San Diego Jan. 29. MCRD San Diego and the Western Recruiting Region invited educators from across the WRR area of responsibility for a week-long workshop highlighting aspects and opportunities within the Marine Corps. Educators received first-hand knowledge of the recruiting process, entry-level training, job opportunities, and tangible and intangible benefits of the Marine Corps.



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Marine Corps marksmanship begins in recruit training

BY LANCE CPL. PEDRO CARDENAS
Chevron staff



When recruits arrive at Edson Range aboard Marine Corps Base Camp Pendleton, they begin their second phase of recruit training. Their purpose is to learn the basic fundamentals of marksmanship and how to properly fire the M16-A4 service rifle.

Recruits are taught the basics during the first week known as Grass Week and are under constant supervision of Marines who specialize in marksmanship, better known as primary marksmanship instructors.

PMIs teach recruits fundamental aspects of shooting such as

breathing control, stability and how to properly squeeze the trigger.

"Recruits are taught by PMI's the basic fundamentals of marksmanship such as natural point of aim, slow-steady squeeze of the trigger and the placement of the rifle on their shoulder pocket during Grass Week," said Sgt. Michael A. Carroll, drill instructor, Platoon 1049, Co. C, 1st RTBn. "If recruits apply those fundamentals shot after shot, there is no way that they won't hit the target. It's all about the basics."

Once PMIs complete the classroom instructions, recruits receive the command "attack the circle" and move to a semi-circular area to "snap in." This time allows them to practice the fundamentals they discussed. The semi-circular area surrounds a white drum with different size targets painted on it. The targets are of different size to simulate what they look like at distances of 200, 300 and 500 yards, the exact distances recruits will be shooting from.

Recruits spend several hours "snapping in" which allows them to gain confidence in different shooting positions.

"This week is a test of their discipline. It takes a lot of discipline to stay in those different positions. I see a lot of them putting out through the pain," said Carroll. "You can't just give recruits a rifle,

you have to teach them the fundamentals and then let them shoot the rifle."

Once Grass Week is over, recruits move on to Firing Week to apply the fundamental marksmanship principles they learned and to qualify in order to move forward with training. Some recruits prepare for Firing Week physically and mentally by going the extra mile.

"I've been spending a lot of time doing legs stretches and practicing the sitting position. I'm not flexible so repetition was key," said Recruit Tyon L. Downing, Plt. 1049, Co. C, 1st RTBn.

The smell of gunpowder fills the morning air during the sixth week of recruit training. Brass flies in every direction coming out of rifles' chambers.

Firing Week, the first time recruits are able to fire their weapons in recruit training, is also a week long. They are given several days to hone their skills before qualifying for an official score.

Although qualifying is important for recruits in order to continue with training, every Marine is required to qualify annually to ensure they are combat-ready since every Marine is a basic rifleman.

"A Marine is a rifleman first. The key is patience, if you don't take the time to take well aimed shots you won't be a good shooter," said Downing.

To others, qualifying at the range becomes somewhat of a pregame ritual that has to be performed the exact same way every time in order to be mentally prepared, according to Sgt. Mark A. Peters, senior drill instructor, Plt. 3229, Co. K, 3rd RTBn.

"It's about consistency throughout the week. Everything needs to be consistent from what the recruits eat to what they wear in order to boost their confidence," said Peters. "It's about the fundamentals and mechanics, but it's mostly about getting them in the right mindset. Consistency gets you in the right mindset."

Lessons learned during the fifth and sixth week of recruit training are used throughout a Marine's career. For that reason, it is important for recruits to retain all the knowledge PMIs teach. With the instruction and coaching, recruits are set up for success to move forward in becoming United States Marines.

"This is the first test of a recruit visualizing what we do as Marines," said Peters. "This is their first testament of being a Marine and a rifleman."



Lance Cpl. Pedro Cardenas

A recruit of Company K, 2nd Recruit Training Battalion, aims in on a target 500-yards away at Edson Range aboard Marine Corps Base Camp Pendleton, Calif., Jan. 24. Recruits must become proficient with the rifle and qualify at the firing range during the sixth week of recruit training, known as Firing Week.



Lance Cpl. Pedro Cardenas

Recruits of Company C, 1st Recruit Training Battalion, sight in on a barrel during Grass Week aboard Edson Range, Marine Corps Base Camp Pendleton, Calif., Jan. 24.



Lance Cpl. Pedro Cardenas

A Company K recruit lies in the prone position and aims down-range at the 500-yard targets at Edson Range, Marine Corps Base Camp Pendleton, Calif., Jan. 24.



Lance Cpl. Pedro Cardenas

Recruits of Company C, 1st Recruit Training Battalion, "snap in" to simulate the following week's shooting at Edson Range aboard Marine Corps Base Camp Pendleton, Calif., Jan. 24. Recruits must endure hours of discomfort sitting in a fixed position, to develop confidence and familiarize themselves with the different shooting positions Marines use.

Drill instructor helps recruits work for honor platoon

BY CPL. WALTER D. MARINO II
Chevron staff

Despite expecting the birth of his first child soon, Staff Sgt. Michael E. White, drill instructor, Platoon 1009, Company A, 1st Recruit Training Battalion, has not missed a beat of the operational tempo aboard Marine Corps Recruit Depot San Diego.

Before joining the Marine Corps, White grew up on a ranch in Livermore, Calif. There, he worked with his family raising cattle into his early twenties. When the urge to travel seeded itself in White's mind, he decided the Marine Corps was the answer.

Twelve years later, White has participated in multiple deployments, including two tours to Afghanistan, one to Iraq, and one with the 13th Marine Expeditionary Unit.

Throughout his military career, White had numerous mentors, but those he admired most were former drill instructors, explained White.

"They had a swagger, presence and confidence in the way they carried themselves," said White, the 35-year-old.

It was one of the reasons why he became a drill instructor.

However, it was not the only one.

"You have the opportunity to pass on the legacy," said White.

That includes passing on information on how to be a great Marine, explained White.

While the average working American works around 40 hours-per-week, drill instructors work approximately 24 hours a day, seven days a week for 13 consecutive weeks.

After a 13-week cycle, drill instructors receive between one and three weeks off before receiving a new set of recruits, explained Gunnery Sgt. Jarvis Rodriguez, chief drill instructor, Co. A., 1st RTBn.

Being a drill instructor is a three-year assignment.

Currently, White and his fellow drill instructors are nearing completion of a cycle of recruits. Thus far, Plt. 1009 has taken first place in the initial Physical Fitness Test, and first on a test of knowledge in topics such as combat care and Marine history. If the platoon wins the last recruit training event, they will earn the title of Honor Platoon.

White's leaders described his work ethic and guidance as his strongest attributes as a drill instructor.

"He's always around the company. He strives to be better and doesn't cut corners to make the company better. He works tirelessly day in and day out," said Rodriguez.

He explains things very thoroughly and detailed, said Rodriguez.

With a year-and-a-half under his belt as a drill instructor, White passes on what he has learned to other drill instructors.

"He trained me well," said Staff Sgt. Jessie W. Fielder, drill instructor, Plt. 1009, Co. A, 1st RTBn. "He's highly motivated, squared away and definitely a good leader."

Part of the platoon's success comes from White's passion for drill, said Fielder.

"He's always striving for perfection in drill," said Fielder. "Drill is the foundation to discipline and discipline contributes to the success of all the events."

Being a drill instructor is a 24-hour responsibility and so is being a father. Although White's son is expected to arrive in the next few days, White is not scared but looking forward to a new step in his life.

"I'm excited about becoming a father and enjoying fatherhood," said White, with a smile.



Cpl. Walter D. Marino II

Staff Sgt. Michael E. White is a drill instructor for Platoon 1009, Company A, 1st Recruit Training Battalion. Before joining the Corps, White raised cattle on his family's ranch in Livermore, Calif., his hometown.

Sgt. Maj. Scott Booth

Parade Reviewing Officer

Sgt. Maj. Scott Booth enlisted in the Marine Corps at 17 in East Haddam, Conn.

Booth graduated from Company A, 1st Recruit Training Battalion, Marine Corps Recruit Depot Parris Island, S.C. in September 1983, and attended the Ammunition Basic School in Huntsville, Ala.

Following Ammunition Basic School, Booth received orders to Ammunition Company, 3rd Supply Bn., 3rd Force Service Support Group, where he served as an ammunition technician from November 1983 to November 1984. During this time he was promoted to private first class, lance corporal and was meritoriously promoted to corporal.

Booth was reassigned to Headquarters and Service Bn., 2nd Force Service Support Group, Camp Lejeune, N.C., where he served as the ammunition chief from January 1985 until December 1988. He was promoted to sergeant in September 1988.

Booth then received orders to

Drill Instructors School. Upon successful completion of training the sergeant was assigned to Company B, 1st Recruit Training Battalion where he served as a drill instructor and senior drill instructor until October 1991.

In October 1991, Booth was transferred to Ammunition Company, 1st Supply Bn., Marine Corps Base, Camp Pendleton, Calif., where he served as a section head until December 1992 when he received orders to the 3rd Surveillance, Reconnaissance, Intelligence Groups in Okinawa, Japan where he served as the ammunition chief.

Booth was promoted to staff sergeant in January 1993. He attended Airborne School, the Senior Noncommissioned Officer Career course, Marine Combat Instructor of Water Survival and Marine Combat Instructor Trainer of Water Survival School in California.

In 1996, Booth was ordered back to Drill Instructor School and was assigned to Delta Company, 1st Recruit Training Bn., where he served as senior drill instructor and series gunnery sergeant after his meritorious promotion in July 1997. He was reassigned to Drill Instructor School as a squad instructor. He also served as the

uniform instructor and drill master.

In April 1999, Booth was transferred to Ammunition Company, 2nd Supply Bn., Camp Lejeune, N.C., where he served as company gunnery sergeant and company first sergeant until his selection to first sergeant in 2001.

In July 2001 Booth reported to 3rd Battalion, 3rd Marines and was assigned to Company K as the first sergeant. He participated in the Korean Incremental Training Program, a bilateral exercise conducted in the Republic of Korea; Balikatan, an exercise in the Philippine Islands; and in exercises at Mt. Fuji, Japan.

Company K was then assigned as Boat Company for the 31 Marine Expeditionary Unit and participated in operations in East Timor and in the Philippines. The company also provided Presidential support in Bali.

In June 2004, Booth was transferred to Service Company, Headquarters and Service Battalion where he served as the company first sergeant, and in July 2004, he assumed duties as the sergeant major for the unit until his selection to sergeant major in November 2004.

On Feb. 25, 2005, Booth

was reassigned to the Recruit Training Regiment as the sergeant major, 1st Recruit Training Battalion until November 2006. He was reassigned to Weapons and Field Training Bn., Marine Corps Recruit Depot Parris Island, N.C., as the sergeant major until December 2007 when he assumed his post as sergeant major of Marine Heavy Helicopter Squadron 464.

In August 2008, Booth deployed to Operation Continue Promise aboard USS Kearsarge and earned his aircrew wings as an aerial observer. He was transferred in February 2009, to Marine Aircraft Group 40

and deployed to Afghanistan from May 2009 until April 2010 as the sergeant major for Air Combat Element, 2nd Marine Expeditionary Brigade.

In May 2010 Booth was transferred to the 2nd Marine Aircraft Wing Inspectors Office until November 2010 when he was transferred to Marine Aircraft Groups 26.

Sergeant Major Booth's personal awards include two Meritorious Service Medals, four Navy Commendation Medals, a Navy Achievement Medal and nine Good Conduct Medals.

"Marines: I want to congratulate you on completing Recruit Training. From this day forward you will always be known as a Marine whether you stay for 4 years or 30 years. I expect you to uphold the traditions and high standards that the Corps has set. You are about to embark on a very exciting time in your life, enjoy every moment. Your Drill Instructors have provided you the tools to tackle any challenge you may get. I wish you and your family the very best in the future.

*Again congratulations on your accomplishment.
Semper Paratus"*





Platoon 1009
COMPANY HONOR MAN
 Lance Cpl. J. F. Ellis
 Salmon, Idaho
 Recruited by
 Sgt. C. M. Roach

Platoon 1013
SERIES HONOR MAN
 Pfc. H. M. Delarosa-
 Flores
 San Clemente, Calif.
 Recruited by
 Sgt. J. Barnes

Platoon 1010
PLATOON HONOR MAN
 Pfc. C. S. Gardner
 St. Louis
 Recruited by
 Sgt. R. L. Hopper

Platoon 1011
PLATOON HONOR MAN
 Pfc. J. M. Medina
 Aurora, Ill.
 Recruited by
 Staff Sgt. J. Fweda

Platoon 1014
PLATOON HONOR MAN
 Pfc. K. L. Richardson III
 St. Louis
 Recruited by
 Sgt. C. McFarland

Platoon 1011
HIGH SHOOTER (335)
 Pvt. A. R. Miller
 Stillwater, Okla.
 Marksmanship Instructor
 Recruited by
 Sgt. T. L. York

Platoon 1013
HIGH PFT (300)
 Pvt. L. Hernandez
 Los Angeles
 Recruited by
 Staff Sgt. J. Montano-Perez



ALPHA COMPANY

1st RECRUIT TRAINING BATTALION



Commanding Officer
 Sergeant Major
 Battalion Drill Master

Lt. Col. D. R. Kazmier
 Sgt. Maj. M. S. Seamans
 Gunnery Sgt. S. C. Chromy

COMPANY A Commanding Officer Capt. P. A. Dinardo Company First Sergeant 1st Sgt. M. R. Hackett	SERIES 1009 Series Commander 1st Lt. A. E. Moore Chief Drill Instructor Gunnery Sgt. F. Cervantes	PLATOON 1009 Senior Drill Instructor Gunnery Sgt. L. M. Ortega Drill Instructors Staff Sgt. J. W. Fielder Staff Sgt. M. E. White Sgt. T. S. Bazua Sgt. W. T. Harris	PLATOON 1010 Senior Drill Instructor Staff Sgt. C. A. Gonzalez Drill Instructors Sgt. C. L. Smith Sgt. K. A. Stewart Sgt. J. L. Walker Jr.	PLATOON 1011 Senior Drill Instructor Sgt. J. J. Sanchez Drill Instructors Sgt. R. C. Hernandez Sgt. J. P. Movilla-Diago Sgt. N. W. Payne
	SERIES 1013 Series Commander Capt. E. B. Koselak Chief Drill Instructor Gunnery Sgt. F. Cervantes	PLATOON 1013 Senior Drill Instructor Staff Sgt. S. A. Roberts Drill Instructors Staff Sgt. A. S. Montreuil Staff Sgt. M. S. Windland Sgt. R. Arellano	PLATOON 1014 Senior Drill Instructor Staff Sgt. J. O. Downing Drill Instructors Staff Sgt. G. Dominguez Sgt. L. Andavazo Sgt. C. Ramsey	

* Indicates Meritorious Promotion

PLATOON 1009

- Pvt. C. Alvarez
- Pvt. A. J. Anguiano III
- Pvt. J. E. Araujo
- Pfc. S. A. Audon-Rivera
- Pvt. S. M. Bach
- Pfc. L. J. Baumann
- Pfc. J. A. Bazurto
- Pfc. J. W. Bear
- Pvt. V. G. Benavides Jr.
- Pvt. R. D. Bishop III
- Pvt. J. M. Bohan
- Pvt. A. M. Brown
- Pvt. M. O. Burch
- Pvt. C. R. Bybee
- Pfc. F. Cardona-Villareal
- Pvt. C. L. Carter
- Pvt. F. J. Cepeda
- Pvt. R. D. Chaddock
- Pvt. J. M. Champan
- Pvt. E. Cortez III
- Pfc. R. T. DeLintt
- Pfc. D. I. Dundukov
- Pvt. A. D. Dvorak
- *Pfc. J. K. Edler
- Pvt. A. M. Ekanem
- Pfc. C. B. Eliff
- Lance Cpl. J. F. Ellis
- Pfc. G. Flores
- Pvt. A. M. Forgette
- Pvt. S. R. Frazier
- *Pfc. R. J. Gaedtke
- Pvt. M. A. Galicia
- Pfc. A. D. Gonzalez
- Pvt. T. J. Graves
- Pvt. J. A. Guerrero
- Pfc. C. H. Habing
- Pvt. C. E. Halfmann
- Pfc. K. L. Hammond
- Pfc. T. J. Hansen
- Pfc. L. R. Hartley
- Pvt. M. Hawes-Montantes
- Pfc. A. L. Horn
- Pvt. Z. K. Hubbard
- Pfc. R. W. Johnston
- Pvt. J. L. Kachura
- Pvt. L. M. Kelly
- *Pfc. A. N. Khan
- Pfc. J. O. Kingwell
- Pvt. J. E. Krueger
- Pvt. K. R. Kubasta
- Pvt. F. D. Leinenger Jr.
- Pvt. M. D. Loera
- *Pfc. D. D. Lofton
- Pvt. C. L. Lopez
- Pvt. L. R. Lopez III
- Pvt. M. A. Malfitano
- Pfc. A. H. Mantey
- Pvt. A. A. Mares
- Pfc. J. S. Martinez
- Pvt. T. X. Martinez
- Pvt. Y. Martinez-Garcia
- Pvt. C. W. Matthews
- Pfc. M. D. McAngus
- Pvt. T. A. McNabb
- Pfc. D. A. Meraz
- *Pfc. F. T. Merida
- Pfc. C. T. Miller
- Pvt. M. J. Miller
- Pfc. S. R. Miller
- Pvt. C. A. Mitts
- Pvt. A. I. Moreno
- *Pfc. A. I. Munoz
- Pvt. J. G. Najera Jr.

- Pvt. S. T. Negvesky
- Pvt. D. Norato
- Pfc. J. R. Nye Jr.
- Pfc. J. A. Ordaz
- Pvt. B. D. Ott
- Pfc. P. Pascua
- Pvt. J. D. Popviciu
- Pfc. N. M. Willis

PLATOON 1010

- Pfc. J. M. Ackerman
- Pvt. A. Aguirre
- Pvt. E. Alcala
- Pvt. J. R. Alexander
- Pfc. J. K. Allen
- Pfc. E. Almazan
- Pvt. C. Alvarez
- Pvt. A. J. Anguiano III
- Pvt. J. E. Araujo
- Pfc. S. A. Audon-Rivera
- Pfc. J. M. Avila
- Pvt. S. M. Bach
- Pvt. S. R. Bakkum
- Pvt. J. Banda Jr.
- Pfc. R. Barbosa Jr.
- Pvt. I. A. Barboza
- Pfc. K. P. Basan
- *Pfc. H. A. Bauch III
- Pfc. L. J. Baumann
- Pfc. J. A. Bazurto
- Pfc. J. W. Bear
- Pfc. R. G. Bell
- Pvt. V. G. Benavides Jr.
- Pvt. A. D. Berry
- Pvt. M. W. Biegel
- Pvt. R. D. Bishop III
- Pvt. D. S. Blan
- Pvt. D. T. Blaylock
- Pvt. J. M. Bohan
- Pvt. A. M. Brown
- Pvt. C. R. Bubee
- Pvt. M. O. Burch
- Pvt. D. R. Burck
- *Pfc. W. A. Burnett
- Pvt. G. D. Burt
- Pfc. F. Cardona-Villareal
- Pvt. C. L. Carter
- Pvt. C. Castillo-Madrigal
- Pfc. M. G. Castrejon
- Pvt. F. J. Cepeda
- Pvt. R. D. Chaddock
- Pvt. A. Chaides Jr.
- Pvt. J. M. Champan
- Pfc. E. Collins
- Pvt. E. Cortez III
- Pvt. O. E. Cruz
- Pfc. M. A. Damico
- Pvt. M. C. Davis
- Pfc. R. T. DeLintt
- Pfc. J. W. Demers
- Pvt. T. Y. Dennison
- Pfc. D. I. Dundukov
- Pfc. J. H. Durham
- Pvt. A. D. Dvorak
- Pvt. J. K. Edler
- Pvt. A. M. Ekanem
- Pvt. J. T. Flynn
- Pvt. J. D. Foster
- Pvt. G. Galvan
- Pfc. E. F. Gamez-Robles
- Pfc. C. S. Gardner
- Pfc. J. F. Garduque
- *Pfc. C. D. Glader
- Pvt. D. Gomez

- Pvt. H. F. Hugo
- Pvt. R. C. Hartelius
- Pfc. J. A. Herrera
- Pvt. C. D. Hills
- Pvt. J. T. Hinton
- Pfc. S. E. Hissong
- Pvt. H. T. Ho
- Pvt. D. P. Hoang
- *Pfc. C. G. Hobelman
- Pvt. S. A. Howard
- Pvt. P. N. Hughes
- *Pfc. A. J. Johnson
- Pfc. C. L. Jones
- Pfc. J. M. Juntado
- Pvt. G. C. Keith
- Pvt. J. M. Knudsen
- Pvt. H. E. Leach III
- Pvt. C. J. Lomax
- Pvt. R. L. Long
- Pvt. A. Lopez-Muro
- Pvt. D. Martinez
- Pvt. J. G. Martinez
- *Pfc. R. Q. May
- Pvt. N. Mendez
- Pvt. V. M. Meza
- Pfc. C. D. Miers
- Pvt. M. F. Miller
- Pfc. C. W. Moccasin
- Pfc. A. E. Montoya Jr.
- Pvt. A. J. Morales
- Pvt. D. J. Morris
- Pvt. K. C. Mullins
- Pfc. C. A. Navarro
- Pvt. J. S. Newill
- Pfc. H. T. Nguyen
- Pvt. B. K. O'Bannon
- Pvt. L. A. Oyen
- Pvt. M. C. Payne
- Pvt. M. P. Petracca
- Pfc. I. T. Pilgrim
- Pvt. M. G. Tellez
- Pfc. H. A. Tessmann

PLATOON 1011

- Pvt. G. D. Ball
- Pvt. M. G. Bassett
- Pfc. B. E. Bebout
- Pvt. R. R. Bertrem
- Pfc. C. A. Biernacki
- Pfc. T. P. Boesenberg
- Pvt. C. A. Borchelt
- Pvt. A. P. Boylan
- Pfc. K. K. Brooks
- Pfc. A. A. Calloway
- Pvt. T. B. Camou
- Pfc. B. A. Champoux
- Pvt. N. A. Colantonio
- Pfc. M. B. Cooper
- Pvt. R. C. Crawford
- Pfc. R. E. Davis
- Pvt. C. D. Dawson
- Pvt. R. Diaz-Barra
- Pvt. T. N. Estrada
- Pfc. J. D. Finch
- Pvt. R. A. Fox
- *Pfc. J. I. Garcia
- Pvt. F. G. Garcia-Rodriguez
- Pvt. H. F. Gibbs
- Pfc. J. F. Gomez
- Pfc. A. K. Goodspeed
- Pvt. J. J. Harrison
- Pvt. F. J. Hernandez
- Pvt. J. Hernandez-Delgado
- Pvt. F. Herrera

- Pfc. D. T. Hess
- Pvt. V. Hicks
- *Pfc. J. A. Hunter
- Pfc. A. Hutchison
- Pvt. J. E. Iba
- Pvt. X. E. Ivey
- Pfc. K. M. Johnson
- Pvt. Z. I. Jones
- Pfc. M. A. Judd
- Pvt. K. J. Kander
- Pvt. M. H. Kasmer
- *Pfc. J. M. Kidd
- Pvt. M. Kim
- Pfc. J. M. Kopischke
- Pvt. J. R. LaCamera
- Pvt. J. R. Lara
- Pvt. N. A. Larson
- Pvt. B. P. Lies
- Pfc. K. M. Lloyd
- Pfc. T. M. Loehr
- Pfc. J. M. Martinez
- Pvt. M. A. Martinez
- Pvt. M. D. Marts
- Pfc. K. J. McElroy
- *Pfc. J. M. Medina
- Pvt. C. A. Mendoza
- Pvt. A. R. Miller
- Pvt. M. T. Mitchell-Wilson
- Pvt. M. L. Mohs
- Pvt. C. T. Montgomery
- Pvt. D. M. Moody
- Pvt. J. R. Morales
- *Pfc. C. J. Much
- Pvt. K. R. Mussell
- Pvt. I. C. Nair
- Pvt. B. L. Nunnery
- Pvt. C. S. O'Dell
- Pvt. D. G. Palmer
- *Pfc. M. Pantoja
- Pvt. M. H. Pierce
- Pfc. J. G. Pino
- Pvt. D. B. Polzin
- Pfc. M. E. Prudhon
- Pfc. V. Y. Pshenichnykh
- Pvt. C. K. Pytelewski
- Pvt. M. D. Recarte
- Pfc. Z. D. Rhedin
- Pvt. Z. D. Short
- Lance Cpl. A. M. Varela

PLATOON 1013

- *Pfc. J. J. Alvarez-Barnard
- Pvt. D. A. Arziga
- Pvt. M. August Jr.
- Pvt. S. Bebedjian
- Pvt. J. A. Burlingham Jr.
- *Pfc. J. H. Campbell
- Pvt. A. J. Davis
- Pvt. H. E. DeLaFuente
- Pvt. H. M. Delarosa-Flores
- Pfc. M. P. Douglas
- Pvt. B. M. Duncan
- Pvt. D. Erazo
- *Pfc. Y. K. Espera
- Pvt. W. J. Favor
- Pvt. D. R. Garrison IV
- Pfc. C. P. Gatewood
- Pvt. B. J. Goss
- Pvt. D. J. Greear
- Pvt. R. J. Halvorson
- Pvt. A. A. Hernandez
- Pvt. I. Hernandez
- Pvt. L. Hernandez
- Pvt. S. K. Hunter

- Pvt. A. Ibarra Jr.
- Pfc. D. J. Lee
- Pfc. I. E. Lewis
- Pfc. J. T. Lohkamp
- Pvt. A. J. Lopez
- Pfc. T. D. Luna
- Pvt. A. Martinez-Silva
- Pfc. B. T. Matsumoto
- Pfc. W. G. Myers
- Pvt. J. D. Negron-Garcia
- Pvt. N. G. Penalver
- Pfc. A. R. Price
- Pvt. J. P. Primus
- Pvt. D. K. Rainone
- Pfc. M. A. Ramos Jr.
- Pvt. D. D. Rehberg
- Pvt. B. M. Ringwolski
- Pvt. A. M. Roberts
- Pvt. L. F. Robles
- Pvt. M. A. Roja
- Pvt. K. E. Ruiz
- Pvt. J. M. Sanchez III
- Pvt. C. M. Sandefer
- Pvt. E. F. Santana
- Pvt. H. T. Sather
- Pvt. J. P. Shaughnessy
- Pvt. J. Sierra
- Pvt. C. C. Slayman
- Pvt. D. Smith
- Pvt. P. G. Smith
- Pvt. A. J. Sona
- Pvt. M. T. Sourinthone
- Pfc. M. A. Spender
- Pfc. D. W. Stalzer
- Pvt. A. L. Stanley
- Pvt. R. P. Stock
- Pfc. M. W. Stone
- Pvt. D. A. Stouffer
- Pvt. M. A. Sweet
- Pvt. J. R. Tesch
- Pvt. J. C. Thomas
- Pfc. A. Tijerina
- Pvt. D. Torres
- Pvt. A. Tovar
- *Pfc. G. O. Tucker
- Pvt. K. L. Turner
- Pvt. D. E. Tyler III
- Pvt. J. E. Vargas
- Pvt. J. E. Vargas
- Pfc. B. Velasquez Jr.
- Pvt. S. Vital
- Pfc. J. M. Watson
- Pvt. R. L. White
- Pvt. B. G. Williams
- Pvt. R. P. Williams
- Pfc. J. A. Wilson
- Pvt. A. J. Yanke
- Pvt. M. A. Zerberonia

PLATOON 1014

- Pvt. J. D. Acevedo
- Pvt. C. Arroyo
- Pvt. E. A. Basurto-Soto
- Pfc. D. J. Billings
- Pvt. S. M. Browning
- Pfc. R. A. Burley
- Pvt. T. E. Carstedt
- Pvt. N. Cerda
- Pvt. D. J. Duman
- Pvt. M. Escobedo II
- Pvt. A. M. Foote
- Pfc. J. G. Forbes
- Pfc. R. Gonzalez
- Pfc. O. Huckeba

- Pvt. R. K. Hughes
- Pfc. D. E. Jackson
- Pvt. R. B. Kincaid
- Pfc. J. T. Lohkamp
- Pvt. C. N. LeGrand
- Pvt. D. J. McCrosky
- Pvt. J. D. McNair
- Pvt. H. Mendoza
- Pvt. J. A. Muhlbach
- Pvt. J. R. Peters
- Pvt. M. A. Qualls
- Pvt. E. H. Ramirez
- Pvt. J. Ramirez-Hernandez
- Pfc. T. J. Ratterman
- Pvt. W. E. Reed
- Pvt. A. R. Reid
- Pfc. R. J. Reilley
- Pvt. C. A. Reinbold
- Pvt. B. R. Renio Jr.
- Pfc. F. D. Reyes-Carreon
- *Pfc. K. L. Richardson III
- Pvt. S. D. Rios
- Pvt. E. W. Rivera
- Pvt. J. F. Rivera-Rohas
- Pvt. M. H. Robeson
- Pvt. C. Roble-Doavina
- Pvt. V. C. Rocha
- Pvt. T. Y. Rodgers V
- Pvt. J. A. Rodriguez
- Pvt. D. C. Romine
- Pvt. S. R. Ross
- Pvt. A. G. Ruelas
- Pvt. D. C. Rushing
- Pfc. A. J. Sager
- Pvt. C. A. Sanchez
- Pvt. R. P. Stock
- Pvt. M. R. Sanders
- Pvt. J. D. Schwandt
- Pvt. M. A. Sweet
- Pvt. R. N. Selders
- Pvt. M. A. Sigur Jr.
- Pfc. D. M. Silva
- Pvt. S. D. Smith
- Pvt. D. Sorn
- Pvt. B. M. Starnat
- *Pfc. N. V. Stoffel
- Pvt. C. T. Stovall
- Pvt. J. L. StPierre
- Pvt. J. R. Sutton III
- Pvt. J. Tansey
- Pvt. A. N. Teafatiller
- *Pfc. K. D. Teafatiller
- Pvt. C. L. Thompson
- Pfc. V. Trevizo
- Pfc. E. R. Valles
- Pvt. D. J. Vance
- Pvt. R. Vasquez-Navarro
- Pvt. M. D. Venable II
- Pvt. J. L. Waldrip
- Pfc. M. R. Waltzer
- Pvt. D. B. Westermayer
- Pvt. I. M. Wilburn
- *Pfc. D. L. Willingham
- Pvt. T. C. Wilson
- Pvt. J. J. Wohlman
- *Pfc. N. C. Wright
- Pvt. C. N. Yowell
- Pvt. T. A. Zippe
- Pvt. D. M. Zogg
- Pvt. W. E. Zuniga Jr.

Co. C recruits learn responsible use of force

BY LANCE CPL. BRIDGET M. KEANE
Chevron staff

In their fourth week of training, recruits of Company C, 1st Recruit Training Battalion, learned chokes and counter techniques during a Marine Corps Martial Arts Program session aboard Marine Corps Recruit Depot San Diego Jan. 14.

Learning the fundamentals of MCMAP and earning their tan belt is a graduation requirement for all recruits aboard the depot. Tan belt is the first of five belts that a Marine can earn and is the foundation of MCMAP. They learn offensive techniques as well as defensive, so they can protect themselves in hand-to-hand combat.

“Recruits learn specific techniques

to use in a last-chance situation if they don’t have a weapon,” said Sgt. Brandon Karnes, drill instructor, Platoon 1051, Co. C, 1st RTBn. “These choking techniques, if applied properly, are a fast and safe way to knock out the enemy.”

The two types of chokes that recruits learn are the rear choke and figure-four variation. Both techniques are blood chokes. By applying pressure to the carotid artery, the major artery of the head and neck, blood flow is restricted to the brain causing the enemy to pass out.

“A properly applied blood choke can knock out an enemy in less than eight seconds,” said Karnes. “Trying to restrict air to a victim can take close to a minute, which is enough time for the enemy to fight back.”

Recruits then learned counter tech-

niques to chokes and holds. The three techniques: counter to the rear choke, counter to the headlock and counter to the bear hug, allow recruits to break away from the enemy, throw them off balance and follow on with additional strikes.

“These techniques give us a chance to react quickly during a surprise attack,” explained Recruit Sterling Sallee, Plt. 1053, Co. C, 1st RTBn. “You never know what type of situation you can be in where someone is able to sneak up on you.”

Karnes, a black belt Martial Arts Instructor, explained that although MCMAP teaches recruits how to defend themselves, it also stresses the importance of controlling a situation with the least amount of force.

“(MCMAP) not only teaches recruits the fundamentals of martial arts, but it also teaches them about being a better person,” said Karnes.

MCMAP helps develop a Marines’ character. It helps make them mentally stronger and teaches the responsible use of force, leadership and importance of teamwork.

“I think it’s important that we learn these techniques,” said Sallee. “It’s important to learn how to protect yourself without taking someone else’s life in the process.”

Co. C recruits are scheduled to earn their tan belts Feb. 20. With the techniques and character development instilled through each MCMAP session, Co. C is one step closer to earning the title Marine.



Lance Cpl. Bridget M. Keane

A recruit of Company C, 1st Recruit Training Battalion, performs a rear choke during a Marine Corps Martial Arts Program session aboard Marine Corps Recruit Depot San Diego Jan. 14. The rear choke is a blood choke, which restricts blood flow to the brain, causing the enemy to pass out faster. Recruits learn these techniques in order to quickly control a situation using the least amount of force.



Lance Cpl. Bridget M. Keane

Recruits of Company C, 1st Recruit Training Battalion, practice the figure-four variation choke during a Marine Corps Martial Arts Program session aboard Marine Corps Recruit Depot San Diego Jan. 14. The figure-four variation is a blood choke that causes the enemy to pass out faster. It is also safer way to subdue an enemy with out causing too much harm.



Lance Cpl. Bridget M. Keane

Drill instructors of Company C, 1st Recruit Training Battalion, help demonstrate the counter to the rear headlock during a Marine Corps Martial Arts Program session aboard Marine Corps Recruit Depot San Diego Jan. 14. These techniques allow recruits to break away and off balance an enemy in case of a surprise attack from behind.



Lance Cpl. Bridget M. Keane

Recruits of Company C, 1st Recruit Training Battalion, reset to the basic warrior stance after performing the technique counter to a hold during a Marine Corps Martial Arts Program session aboard Marine Corps Recruit Depot San Diego Jan. 14. Recruits learn to return to the basic warrior stance in order to prepare to execute another technique.