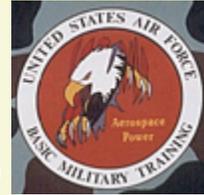


# Words of Advice – for BMT

This information from: [www.blueeagle3000.com](http://www.blueeagle3000.com)

**Disclaimer:** The opinions contained in these pages are not necessarily those of the owners of Blue Eagle 3000. They are provided 'as is' in their sometimes caustic and honest form, as a truth about the way things sometimes are in the military. Read this information as coming from a source who has experienced life in the military, and who is an expert in his field.

Seems like people are always asking me for advice about Basic Training, especially those who are about to attend the 6-weeks of training. Take it from me, a 2-time street walking Military Training Instructor. I was extremely mean and unrelenting. I was the type of person who would not give a trainee an inch. I was unforgiving, very hard on trainees, and I demanded absolute perfection (but smart enough to know there is no such thing as human perfection)! I could play the game very well and did a darn good job at it! What you are about to read is the truth. Other people may tell you they know where it's at when it comes to training. Maybe they do, maybe they don't. Without being there, just how much can you believe? I've been there. So keep reading.



1. Keep your mouth shut at all times and speak only when spoken to.
2. Don't volunteer for anything unless you just absolutely can't help yourself.
3. Leave your opinions and your stupid, sharp-witted comments at home! Don't bring your nasty, sarcastic "I'm going to change the Air Force" or "I don't have to do what I'm told" ideas to Basic Training with you! It never works and I assure you, it will backfire and cause you a lot of grief (also known as numerous sets of push-ups, or worse...latrine/mess duty)!
4. Start using terms like "us", "we" and "team". It will no longer be "me", "my", "mine" and "I". The Air Force is not an "Army of One!" We are a team and our success depends on everyone on the team doing their jobs and doing the right thing the first time!
5. Don't bring a lot of extra junk to Basic! Come down here with the absolute minimum items possible, but be sure to pack all the necessary items for personal hygiene. Read our shopping list page for some idea of what you'll need.
6. Don't come to Basic Training and think that it is going to be a "cake walk"! They have changed some of the fitness requirement and PC requirements to make them tougher! You want some really useful advice about the physical demands of Basic? Get tough! Start working out right now by doing push-ups, sit-ups, running, and lots of other aerobic exercise. If you're in decent shape when you enter training, you're going to find it a lot easier going than if you just crawled off the couch and onto the bus (or plane or car) to travel to Lackland. A helluva lot easier.
7. The Air Force is 80 percent mental and 20 percent performance! Your attitude makes all the difference in the world as to whether you're going to complete Basic or not. If you are a habitual quitter and you come here with the "I'll quit if it gets too hard" attitude....don't bother coming down here. Don't waste your time or your instructor's time. You have defeated yourself before you even get started. Stay home and save yourself the trouble of making yourself a better person.
8. You will be in bed every night by 9 p.m. and you'll get up sometime between 4 a.m. & 5 a.m. in the morning, every day. Yes, even on Saturday and Sunday.
9. You may or may not have time to make telephone calls and write letters, so tell your friends and relatives not to expect a bunch of either while you are in training. Yes, you will get to write at least one letter to alleviate any fears your families might have



about you, but you're going to be so busy just trying to fit all your training activities into your days, they are going to seem five hours shorter than normal.

10. You are not going to be physically harmed in any way. The TI's are not going to hit you or touch you in any way that brings danger or harm to your person. But expect to be yelled at. You may think that you'll go through the entire 6 weeks of training without being seen by your TI, but you'd be wrong. You will do something at one time or the other and just as surely as you are reading this comment, that TI is going to chew you out for messing up. It is just part of the training process, so if you are emotionally unstable, you just may have your feelings hurt and you may end up in tears.
11. If you don't handle pressure very well, you will likely have a problem when a TI is yelling at you. If you have the tendency to laugh, smirk, giggle, or smile when someone is dead in your case about something...you will need to find some way to control your emotions. TI's don't appreciate trainees giving the appearance of being disrespectful or defiant even in the slightest way. Your humorous reaction will cause the TI to burden you with excessive duties, physical exertion, and pure mental grief. They take their job very seriously, and you should to...their job, and yours. Their job is to prepare you for duty in the United States Air Force, the greatest fighting force in the world; and your job is to do what they say, to act professionally, and to distinguish yourself as a team player. Do that, and you've already won.
12. You will do as you are told: what, when, where, how, and for how long. There are no exceptions and you will not refuse to train for any reason.
13. You will have three meals per day, every day. And you will have at least 20 to 30 minutes to eat. So, don't let anyone tell you that you won't have good meals or the time to eat them.
14. You can have as many visitors as you like at your graduation ceremony. Read more about graduation on our visitation page or our graduation page.
15. Yes, the Air Force has the easiest Basic Training of all military service branches; however, don't underestimate the experience. You will still think that it's the toughest thing you've ever done. Let the other military people say what they will, but you are going to have a change of attitude, lifestyle, and thinking and you'll be a much different person than when you first set foot on Lackland AFB as a simple, soft civilian.
16. The TI's will not put your name in a hat and then start a lottery drawing to discharge people out of Basic. You are required to meet all minimum standards in everything you do. Therefore, as long as you do what is expected of you and maintain a positive attitude, you will progress through Basic and graduate onto further training and your military career.



After reading these comments, you may be inclined to send us email, if for no other reason than simple concern. Be that as it may, these words of wisdom from someone who's been there are like gold to those of you about to embark on your journey to a new life in the military. Remember, training is just the first step in your career.

**ADDITIONAL INFORMATION FOUND AT: [www.blueeagle3000.com](http://www.blueeagle3000.com)**