



RECRUIT GUIDEBOOK

Young Marine Recruit: _____

PREFACE

This guidebook is designed for the Young Marine Recruit. There are four other guidebooks that you will receive as you progress through your career in the Young Marines: the Basic Young Marine Guidebook, the Junior Young Marine Guidebook, the Senior Young Marine Guidebook, and the Advanced Young Marine Guidebook. Each guidebook contains additional knowledge as well as other degrees of performing, leading, and instructing that will aid you in becoming a leader in your unit as well as in your community.

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Chapter 1 – Individual Drill Movements

PO.1 – Close Order Drill

- EO.1 – Adopt the positions of attention, parade rest, at ease, and rest.
- EO.2 – Fall-in and fall-out of ranks.
- EO.3 – Execute dress right.
- EO.4 – Execute facing movements.
- EO.5 – March in quick time.
- EO.6 – Execute hand salute.

Drill Requirements and Expectations

One of the first things you, as a recruit, will learn in detail is Close Order Drill. Even as a Young Marine Private and Young Marine Private First Class, you will need to study this chapter well. Close Order Drill is used for a few different reasons. One is to move you as a group in sync from one place to another all at the same time and in step with each other. It is also used to instill discipline by having you move when you are directed to without having to think about it or ask questions.

There are two words of command that you will be given while conducting Close Order Drill. One is called the **preparatory command**, and the other is called the **command of execution**.

The **preparatory command** is the command that tells you to get ready to do something.

The **command of execution** is the command that tells you to do it.

Throughout this chapter, all preparatory commands will be in small letters, and the commands of execution will be in caps, or all big letters. Here is an example:

squad, ATTENTION. Squad is the preparatory command, and attention is the command of execution.

right, FACE. Right is the preparatory command, and face is the command of execution.

EO.1 Adopt the Position of Attention, Parade Rest, At Ease, and Rest

Attention - The command of attention will be given in the following ways:

squad, ATTENTION
platoon, ATTENTION

Upon hearing the command "ATTENTION", follow the steps below:

- Bring your left heel against the right heel sharply and quickly.
- Your toes should point away from each other at a 45-degree angle, keeping the heels touching.
- Keep your legs straight but not stiff. A little flex in the knees is good. If you lock your knees you will become dizzy and pass out.
- Keep your hips and your shoulders level and facing to the front. Lift your chest like you are taking a big breath. Don't forget to breathe.
- Let your arms hang naturally at your side. Make a loose fist with the fingers curled and your palms facing the side of your leg. Your thumbs are placed along the seam of your trousers.

- Keep your head and body straight and tall. Look straight ahead.
- Stand still and do not talk or look around. Keep your mouth closed and tuck your chin in just a little.

Parade Rest

Parade Rest is a way to relax from the position of attention while still keeping your head and eyes to the front. We call this the modified position of attention. You can stand this way longer than you can at Attention and still look sharp and uniform with everyone else. You can only go to Parade Rest from Attention.

The command will be given in the following way: **Parade, REST**

Upon hearing the command “parade, REST,” follow the steps below:

- At “parade,” shift the weight of your body to the right leg without noticeable movement.
- On “REST” and for the count of one, quickly move your left leg to the side so that your left heel is about 12 inches from your right heel.
- Keep your legs straight but not stiff, resting the body weight equally on both legs.
- Clasp the hands behind the back while moving the left foot.
- Place the left hand at the small of your back just below the belt and place the right hand inside the left.
- Grasp the thumb of the left hand lightly with the thumb of the right hand.
- Extend and join all the fingers with palms facing the rear. Align the elbows with the body.
- Hold your head and eyes in the same position as you would at Attention.

Note: The only command you may receive while at parade rest is back to the position of Attention. The command is “squad, ATTENTION.”

- On the command of execution, smartly bring the left heel against the right heel.
- At the same time, drop the arms to the sides and assume the position of Attention.

At Ease

At Ease is another way to relax from the position of Attention. It is almost like Parade Rest, except, you can move to make adjustments to your uniform and equipment as long as you keep your right foot in place. You cannot talk in this position.

There is no preparatory command for “AT EASE.” “At ease” is performed as follows:

- On “AT EASE” and for the count of one, keep your right foot in place. Step out with your left foot as in Parade Rest. Move about to adjust your uniform and equipment only.
- Maintain silence.
- Note: The only command you may receive while at ease is “ATTENTION.”



- When you hear “squad” or “platoon” assume the position of Parade Rest.
- On “ATTENTION,” quickly bring the left heel against the right heel and assume the position of Attention.

Rest

- Rest is another way to relax from the position of Attention. Just like “At Ease,” you keep your right foot in place and you can make adjustments to your uniform. You may speak in low conversational tones to the members directly next to you.
- Like the command AT EASE, there is no preparatory command.
- On “REST” and for the count of one, keep right foot in place. Step out with your left foot as in Parade Rest. Move about only to adjust equipment.

Note: The only command you may receive while at rest is the command “ATTENTION.”

- When you hear “squad” or “platoon” assume the position of Parade Rest.
- On “ATTENTION” quickly bring the left heel against the right heel and assume the position of Attention.

EO.2 – Fall In and Out of Ranks

The commands of “fall, IN” and “fall, OUT” are given to bring Young Marines together and to dismiss them from the group. Whenever these commands are given, you will do the following:

Fall In

- Quickly move to the designated area. (You will know this by the person who gave the command.) Get in your squad and adjust your spacing by raising your left arm straight out to your side with your fingers extended and joined. Once your fingers touch the shoulder of the person to your left, you have your proper distance and can drop your arm to your side and remain at Attention until given other orders.
- If you are the Squad Leader of a squad other than the first squad, when you fall in, raise your right arm out in front of you with your fingers extended and joined. Get your distance between you and the squad leader in front of you this way. The proper distance should be about 40 inches. Once you have this distance, drop your arm and remain at attention until given other orders.

Fall Out

- On “fall OUT” leave your position in ranks.
- Go to a pre-designated area or remain in the immediate vicinity.
-

Note: The only command you may receive from “fall OUT” is “fall IN.”

EO.3 – Execute Dress Right, Dress

Dress Right, Dress

This command is given when the squad or platoon have fallen in but are not properly in line with one another. In order to properly form the platoon, the command will be given with three separate commands:

“dress right, DRESS”
 ready, FRONT”
 “COVER”

Upon hearing the first command, follow the steps below:

- Raise your left arm shoulder height with hand and fingers joined and extended.
- At the same time, turn your head to the right.
- Move right or left until your right shoulder touches the extended arm of the person to your left. Move forward or backward until you are in line with the person to your right.
- On the command "ready, FRONT," drop your left arm to your side in the position of Attention and turn your head to the front.
- On the command "COVER," squad two and three align themselves with the Recruit in front of them. First Squad will stand fast.
- If you have someone to your front, align yourself directly behind the person in front of you. This is also done at the command of "COVER."

E0.4 – Execute Facing Movements

Facing movements are those individual movements that you perform either as one or as part of a squad or a platoon. Facing movements are done in one place and do not require movement from one place to another. There are three main facing movements:



1. Right Face tells you to turn to the right. The preparatory command is "right", and the command of execution is "FACE".
2. Left Face tells you to turn to the left. The preparatory command is "left", and the command of execution is "FACE".
3. About Face tells you to face in the opposite direction. The preparatory command is "about", and the command of execution is "FACE".

Note: If properly executed, the heels will be on line and touching when the movement is completed, and you will be facing in the opposite direction from where you were. Remain in this position until given another command.

right, FACE

The preparatory command "right" tells you the direction you are about to move in.

- On "FACE" and for the count of one, slightly lift the toe of the right foot and the heel of the left foot.
- Then face 90 degrees to the right by pivoting on the right heel assisted by slight pressure from the left toe.
- Hold the left leg straight without stiffness. Remember to keep your thumbs along the seams of the trousers.
- For the count of two, smartly bring the left heel against the right heel, assuming the position of attention.



- Remain in this position until given another command.

left, FACE

The preparatory command “left” tells you the direction you are about to move in.

- On “FACE” and for the count of one, slightly lift the toe or the left foot and the heel of the right foot.
- Then face 90 degrees to the left by pivoting on the left heel, assisted by slight pressure from the right toe.
- Hold the right leg straight without stiffness. Remember to keep your thumbs along the seams of the trousers.
- For the count of two, smartly bring the left heel against the right heel, assuming the position of attention.
- Remain in this position until given another command.

about, FACE

- At “about,” shift the weight of your body to the left leg without noticeable movement.
- On “FACE” and for the count of one, place the ball of the right foot in position, touching the deck at one-half of your foot’s length to the rear and slightly to the left of your left heel.
- Keep the right leg straight without stiffness. Rest the body weight on both legs.
- For the count of two, face to the rear by turning to the right.
- Pivot on the heel of the left foot and the ball of the right foot, assuming the position of Attention.

EO.5 – March in Quick Time

Quick Time is the term for marching at a regular pace. Cadence is the number of steps per minute or the “beat” you march to. Regular cadence in Quick Time is 120 steps or beats per minute. A regular Quick Time step is 30 inches for adults. In the Young Marines though, the Platoon Sergeant may adjust the length of the steps for shorter Young Marines.

In most cases, marching will begin from the halt – a stationary position – with Young Marines standing at Attention. The command will be given with the following phrase:

forward, MARCH – the preparatory command being “forward,” and the command of execution being “MARCH.”

Upon hearing the command, follow the steps below:

- At “forward,” shift the weight of your body to the right leg without noticeable movement.
- On “MARCH” smartly take a normal step to the front with the left foot.
- At the same time, begin to swing your arms in their natural arc, six inches to the front and three inches to the rear of your legs.
- Continue to march without stiffness or exaggeration of movement, swinging the arms as indicated above until given another command.



- Make sure you keep the same distance between you and the Young Marine in front and to the right of you. You should always be in line with the Young Marine to your right.

EO.6 – Execute the Hand Salute

The command for the Hand Salute will be given with the following two commands:

hand, SALUTE
and
ready, TWO

The Hand Salute is to be performed on command, rendered to Colors, and in the presence of Federally Commissioned Officers and the Unit Commander. The Hand Salute is accompanied with commands, without arms, and without commands.

Hand Salute on Command

Upon hearing the command, the steps are as follows:

- On “SALUTE” raise the right hand until the tip of the right forefinger touches the lower portion of the forehead above or slightly to the right of the right eye.
- Keep the wrists and forearm straight.
- Incline the forearm at a 45-degree angle.
- Keep the upper arm parallel to the deck and the elbow in line with the body.
- Extend and join the fingers with the thumb along the hand and the palm down. Ensure that you are able to see the entire palm when looking straight ahead.
- On “ready, TWO” smartly and in the most direct manner, return the right hand to the right side.
- Assume the position of Attention.
- Remain in position until another command is given.



Present Arms without Arms

The command will be given with the following two commands:

present, ARMS
and
order, ARMS

Upon hearing the command, the steps are as follows:

- On “ARMS” execute the Hand Salute.
- The next command will be “order, ARMS.” Smartly and in the most direct manner, return the right hand to the right side.
- Assume the position of Attention.
- Remain in position until another command is given.

Hand Salute Without Commands

A salute shall be rendered to Colors, all Federally Commissioned Officers, and the Unit Commander only. Render the salute when colors or the person to be saluted is at a six-pace distance or at the nearest point of approach if it is within six paces. Do not render the salute if the person to be saluted does not approach within 30 paces. When an officer comes within saluting distance:

- Execute a Hand Salute.

- At the same time, turn your head in the direction of the officer.
 - Offer an appropriate greeting while saluting the officer such as “Good Morning, sir or Ma’am.”
- When you are in a group but not in a formation, the entire group salutes at one time. When you are in a formation, the senior person calls the formation to Attention, if not already at Attention, and salutes for the unit.

Chapter 2- General Knowledge

The following chapter details information about the Young Marines program, military knowledge and customs, and important pieces of United States history that every Young Marine should know.

PO.2 – General Knowledge

EO.1 – Observe uniform and personal grooming regulations.

EO.2 – Identify and explain key features of the Young Marines program.

EO.1 – Observe Uniform and Personal Grooming Regulations

Young Marines are authorized to wear appropriately modified versions of the Marine Corps uniform. The National Executive Director issues the modifications designed to clearly identify the wearer as a member of the Young Marines. The Young Marine uniform is worn during Young Marine Drills (meetings) or other authorized Young Marine activities as determined by the Unit Commander. There are several types of uniforms you will be expected to wear and care for: the Young Marine uniform, a PT uniform, service uniforms, and travel attire.

- **The Young Marine Uniform:** The official uniform in the Young Marines Program is the woodland pattern camouflage blouse, trousers and khaki web belt, black boots, cover, and white t-shirt. The camouflage uniform can only be modified by substituting the red National t-shirt or the unit t-shirt for the white t-shirt. This is the only modification that can be made at the Unit Commander’s discretion. No other modifications or deviations are authorized such as shooting badges, scuba bubbles, jump wings, fourragiere, lanyards, or other uniforms such as the digital uniform.
- **PT Uniform:** Your unit may designate a Physical Training (PT) uniform consisting of shorts, a t-shirt, white socks, and athletic shoes. A sweatshirt and pants may be added for cold weather.
- **Service Uniforms:** The Service “A” (Alphas), Service “B” (Bravos), and Service “C” (Charlies) uniforms may be worn by Young Marines on special occasions such as parades and birthday balls. Service A, B, or C uniforms are gender specific. Collar devices for the Service A blouse are the Young Marines Disc Insignia collar devices. Rank insignia is to be worn on the khaki shirt. The Young Marines Disc Insignia is used on the cover for the service A and C uniforms only. The Service A, B, and C uniforms are optional uniforms. However, they may be required for selected National events.

Note: Females may wear either the trousers or the skirt with the Alpha, Bravo, and Charlie uniforms. Females shall wear black pumps of conservative cut with closed toes and heel without ornamental stitching or seams while wearing the service uniform skirt only; female black dress shoes, in accordance with the dress shoe regulations above, will be worn with the service uniform pants only. Heels will measure from 1-1/2 inches to 2-1/2 inches in height. The base of the heel will measure from 3/8 by 3/8 inch to 1-1/4 by 1-1/2 inches. Black pumps will be smooth leather or synthetic leather. Any elastic binding around the throat of the pump will match the color of the shoe.

- **Travel Attire:** Young Marines do not travel in any uniform. They should always travel in civilian attire with the red National t-shirt except for SLS and ALS Graduates, who may travel in appropriate civilian attire with red polo shirts.



Care and Wear of the Uniform

Your uniform is your responsibility to safeguard and care for. Never leave your uniform unattended to ensure it doesn't get picked up by someone else. You also need to mark your name in every item of clothing and promptly replace any damaged or poorly fitting parts of your uniforms.

Below is a list of each piece of your uniform and a brief description of how to care for each:

- **Cover:** The woodland-style authorized camouflage utility cap is worn with the authorized woodland-style camouflage uniform. The cover should be machine or hand washed in warm water. It may be starched or altered for size but may not be bleached.
- **Camouflage Blouse:** The camouflage blouse is worn with Young Marine breast pocket patch centered above the left breast pocket, 1/8-inch above the pocket. The Young Marine shoulder patch is worn on the left sleeve with the Unit designation arc centered above the patch on the shoulder seam. The blouse should be machine or hand washed in warm water. It may be starched or altered for size but may not be bleached.
- **Nametape:** An olive drab nametape is worn centered over the right pocket, flush to the pocket seam and flush to the edges of the pocket. Replace if frayed or damaged.
- **Ribbons:** Ribbons are worn so that the lowest row of ribbons is 1/8-inch above the left breast pocket patch and centered. Ribbons are worn in the order of precedence as established in the Young Marine Awards Manual. They are worn in rows of three. However, they may also be worn in rows of four. Ribbons that become soiled or faded should be replaced. On female coats/blouses with horizontal pockets, ribbons will be worn as prescribed above. On female khaki shirts and coats without the faux pocket, ribbon bars will be placed even with or up to two inches above or 1/2 inch below the first visible button and centered so that they are in about the same position as when worn on the coat.
- **Chevrons:** Rank insignias are worn on both collars of the camouflage blouse, khaki shirt, or field

jacket. They are placed pointing up and center with the center point of the chevron lining up with the point of the collar. It is centered on the collar with the outside edges of the chevron 1/2 inch from both edges of the collar.

- White T-shirts: White t-shirts will be worn with the camouflage uniform. In times where the camouflage blouse may be removed, the red National shirt or Unit shirt may be substituted at the request of the Unit Commander on the unit level.
- Camouflage Trousers: Camouflage trousers are to be worn with straight or pouch pockets. Nametapes will be sewn over the right rear pocket of the trousers, centered, and flush over the top seam. The trousers will be machine or hand washed in warm water. They may be starched or altered to size but may not be bleached.
- Khaki Web Belt: The belt should be worn with the brass buckle, but either the Marine Corps style brass buckle or anodized buckles are authorized. Green or black cargo type belts are also authorized except during formal inspections. The belt will be machine or hand washed in warm water.
- Boots: The Young Marine-unique brush out black boot will be worn with the Young Marine uniform. This boot does not require polishing but will be kept clean and free of dirt by brushing. For those who choose standard black leather boots, black hot weather tropical boots (jungle), or the old-style black combat boots (with eyelet lacing), it will be necessary to maintain a high shine polish on the boots. Black or green socks will be worn with the boots.
- Unit or Special T-Shirts: Each unit should have a unit t-shirt with the unit name and the Young Marine designation imprinted on the shirt. Colors may vary. These T-shirts should be part of each Young Marine's PT uniform. They may also be worn for activities and functions where the camouflage uniform is not as applicable such as car washes and certain community service projects. The unit t-shirt or the red National t-shirt may also be worn under the camouflage uniform on the unit level if the Unit Commander desires.

Uniform Marking

All uniform items and items used during Young Marine activities must be marked with the Young Marine's last and first initial with a permanent black laundry marker. The listed items below must be marked in the following manner:

- Web Belt - on the inside only, near the buckle end
- Cover - inside, centered on the sweatband
- Blouse - inside, centered on the neckband
- Drawers - inside, centered on the waistband • Gloves - inside at the wrist
- Necktie - on the inside of the neck loop
- Dress Shirts and Undershirts - inside back, centered on neckband
- Shoes/Boots - inside near the top, centered (silver or white permanent marker may be used)
- Socks - on the instep
- Sweater - stamped on manufacturing label or use marking tape/label sewed on inside the back of sweater, below the neckband, with thread to match the sweater
- Trousers/Skirts/Slacks - inside, centered near the top
- PT Shorts - inside, centered, immediately below the waistband
- Bag, Duffel - on the outside of the bottom of the bag
- Coats - inside, centered on the neckband
- Necktabs - on the underside near left end

Grooming and Personal Appearance Standards

All Young Marines are expected to keep themselves clean and well-groomed in and out of uniform. Your personal appearance not only represents the program, but it represents you as a person. How you present and carry yourself says a lot about your character, so it is important to maintain on the outside

how you feel on the inside and how you want people to treat you.

Below you will find the personal grooming standards for male and female Young Marines:

Male Young Marines

Hair will be neat and closely trimmed. Hair will be short enough so that it does not touch the ears nor hang on the nape of the neck. The hair may be clipped at the edges of the side and back and will not exceed three inches in length, fully extended on the top of the head. Head hair will be styled so as not to interfere with the proper wear of uniform headgear. Hair that sticks out from beneath properly worn headgear in an unsightly manner is considered excessive regardless of length. Male Young Marines are not authorized to wear braids of any sort, have eccentric designs cut in their hair, or dye their hair an unnatural color or different shades.

Beards are unauthorized. However, mustaches and sideburns may be worn as long as they conform to current Young Marine grooming standards. When worn, the mustache will be neatly trimmed and must not extend beyond the length of the upper lip. The individual length of a mustache hair fully extended must not exceed 1/2 inch. Except for a mustache, sideburns, eyebrows, and eyelashes, hair may be grown on the face only when a medical professional has determined that shaving is temporarily harmful to the individual Young Marine's health. Sideburns will not extend below the top of the orifice of the ear. Sideburns will not be styled to taper or flare. The length of an individual hair of the sideburn will not exceed 1/8 inch when fully extended.

The only jewelry permitted are watches, medical items, religious medallions, class or Young Marines ring. All jewelry will be removed for physical training activities.

Female Young Marines

Hair may touch the collar but will not fall below the collar's lower edge. Hair that would fall naturally below the collar's lower edge will be neatly and inconspicuously fastened or pinned. During physical training periods in which physical training clothing is worn, hair will be allowed to fall naturally without being fastened or pinned. This does not apply when conducting physical training in the utility uniform.

Hair will be styled so as not to interfere with the proper wear of the uniform headgear. All headgear will fit snugly and comfortably around the largest part of the head without distortion or excessive gaps. Hairstyles which do not allow the headgear to be worn in this manner are prohibited.

Faddish and exaggerated styles to include shaved portions of the scalp other than the neckline, designs in the hair, unsecured ponytails, and styles that are distinctly unbalanced or lopsided are prohibited as is unnatural hair coloring or hair coloring of various shades. Multiple braiding and buns are authorized. If hair extensions are used in the braiding of the hair, the extensions must have the same general appearance as the individual's natural hair. Braided hairstyles will be conservative and conform to other guidelines listed herein. Barrettes, combs, rubber bands, etc. are authorized if concealed by the hair. Inconspicuous hairpins and bobby pins, if required, are authorized. Hairnets will not be worn unless authorized for a specific type of duty i.e. serving food.

Cosmetics (makeup) are authorized for wear in uniform if permitted by the parent or legal guardian.

It shall be applied conservatively and must complement the individual's complexion and skin tone. Exaggerated or faddish cosmetic styles are considered inappropriate and shall not be tolerated. Non-eccentric lipstick and nail polish colors, to include colorless nail polish, are authorized for wear with the

uniform. Fingernails with multiple colors and decorative ornamentation are considered eccentric and MAY NOT be worn. Nail length, to include false nails, will be no longer than 1/4 inch from the tip of the finger.

The only jewelry permitted are watches, medical items, religious medallions, class or Young Marines ring. All jewelry will be removed for physical training activities. Small, Silver or gold polished ball or round stud earrings (post, screw-on, or clip), not to exceed six millimeters (about 1/4 inch) in diameter, may be worn with any uniform. When worn, earrings will fit tightly against, and will not extend below, the earlobe. Only one earring will be worn on or in each earlobe in the lowest hole.



**Front Facial View
Male**



**Side Facial View
Male**



**Front Facial View
Female**



**Side Facial View
Female**



EO.2 – Identify and Explain Key Features of the Young Marines Program

Young Marines History

The Young Marines was founded in 1959 in Waterbury, CT by the Brass City Detachment of the Marine Corps League. The official charter was issued to the Young Marines on October 17th, 1965 which is the official birthday of the Young Marines. All Young Marines and Adult Volunteers are encouraged to celebrate its birthday every October.

The Young Marines started as only one unit with just a few boys, but membership was extended to females in 1975. In 1995 the organization went international with its first units in Okinawa, Japan.

Today, our organization has grown to over 200 units, but our focus has remained the same: to strengthen the lives of America's youth by teaching the importance of self-confidence, academic achievement, honoring our veterans, good citizenship, community service, and living a health, drug-free lifestyle. We focus on mental, moral, and physical development to promote strong character building and leadership development.

The Young Marine Obligation

The first step in becoming a Young Marine is to want to be a Young Marine. The second step is to solemnly take the following Young Marine Obligation. An obligation is an act or course of action to which a person is morally or legally bound. It is a duty and commitment they make.

When the Young Marine takes the Young Marine Obligation, they take on the duties of a Young Marine and are committing themselves to better themselves, their peers, and the organization. It becomes the Young Marine's everyday duty and responsibility to always be on their best behavior, always give their very best effort in all they do, and never dishonor the things they hold very important, like ones God, country, family, themselves, and the Young Marines.

The Young Marine Obligation should be declared by raising one's right hand and speaking with a clear voice, strong posture, and determination. It is as follows:

Young Marine Obligation

From this day forward, I sincerely promise, I will set an example for all other youth to follow and I shall never do anything that would bring disgrace or dishonor upon my God, my Country and its flag, my parents, myself, or the Young Marines. These I will honor and respect in a manner that will reflect credit upon them and myself. Semper Fidelis.

Young Marine Rank Structure

Young Marines are divided into four groups based on the Young Marine rank they hold: Basic, Junior, Senior, and Advanced. When addressing Young Marines by their rank, the words "Young Marine" precede the rank. For example, if the Young Marine holds the rank of Lance Corporal, the Young Marine should be addressed as "Young Marine Lance Corporal." When writing the Young Marine rank, the rank can be written in full such as "Young Marine Lance Corporal" or shortened such as "YM/LCpl."

 Private (YM/Pvt)	 Staff Sergeant (YM/SSgt)	 Master Gunnery Sergeant (YM/MGySgt)
 Private First Class (YM/PFC)	 Gunnery Sergeant (YM/GySgt)	 First Sergeant (YM/1stSgt) (Billet)
 Lance Corporal (YM/LCpl)	 Master Sergeant (YM/MSgt)	 Sergeant Major (YM/SgtMaj) (Billet)
 Corporal (YM/Cpl)	 Sergeant (YM/Sgt)	

Military Knowledge and Customs

Since the Young Marines is chartered through the Marine Corps League with clear ties to the United States Marine Corps, certain military terms and jargon are commonly used throughout the organization. Below is a list of common military terms and their meaning. Be sure to familiarize yourself with them so that you can easily communicate with fellow Young Marines and Adult Volunteers.

As You Were = Cancel the previous command or go back to the last position you were at.

Bulkhead = Wall

Chow = Food. Can also be used in place of the words breakfast, lunch, or dinner.

Example: We will P.T. right after chow.

Deck = Floor

Evening Colors = Ceremony of lowering the flag at sundown

Fire watch = Person or individuals assigned the duty of maintaining order after lights out

Gear = Personal belongings, Issued equipment

Gung Ho = "Can Do!"

Head = Bathroom, washroom, or restroom

Mess Hall = Dining hall or dining room

Overhead = Ceiling

Pipe down = Quiet!

Police = To straighten up or tidy up

P.T. = Physical Training

Scuttlebutt = Gossip, or a water fountain

Semper Fidelis = Always Faithful (The Marine Corps Motto)

Square Away = To straighten, make ship shape, or to get settled

Starboard = Right Side

Swab = A mop

Uncover = To remove your headgear

Chapter 3 – Field Skills

PO. 3 – Field Skills

EO.1 – Select personal clothing and equipment for encampments and expeditions.

EO.2 – Follow camp routine and discipline in the field.

EO.1 – Select Personal Clothing and Equipment for Encampments and Expeditions

When preparing for outdoor activities of any kind, it is important to consider weather elements such as temperature and precipitation before selecting clothing and equipment, as they will have significant impact on your choices. You also need to consider how any changes in weather could affect your choices, so you'll also need to be able to adapt your clothing and equipment. Most outdoor accidents occur when people are ill-prepared for weather changes.

Before packing for an outdoor activity, make sure you consider:

- **Temperature:** The temperature during the day and night will first and foremost dictate what you pack for your activity. Make sure you choose proper clothing to protect from sun exposure or to provide enough layers for the cold.
- **Wind and wind chill:** Wind speed can be an issue especially in colder temperatures. Pack additional layers or windbreakers if high or cold winds are to be expected. You will also need to make sure to pack additional materials if you will need to secure any of your equipment that could be blown away by high winds.
- **Precipitation:** Precipitation also dictates what you pack. Rain or snow will require water-proof items as well as extra undergarments in case your clothes get wet.
- **Altitude:** Higher altitudes can sometimes result in colder temperatures while lower altitudes can

- equate to warmer temperatures. Make sure to consider the altitudes you will be experiencing.
- Humidity: Humidity can be a major factor in how hot or cold temperatures feel. If you will be in a humid environment in the summer, be sure to pack moisture-wicking clothing to keep you cool. If you're in a cold, humid environment, be sure to pack enough layers to stay warm.
- UV index: The UV index refers to the intensity of the sun's rays. Several factors influence how strong the sun will be including how close you are to the equator or how high in elevation you are. If you will be in an area with a high UV-index, be sure to pack clothing and equipment that can protect you from the sun.

After you consider the weather conditions you know you will for sure be facing, you also need to consider weather changes. It is important to pack additional clothing and equipment to deal with changes in temperature, potential precipitation, and changes in altitude, humidity, or an increase or decrease in the UV index (clouds moving in or out). Ask yourself these questions as you are packing to make sure you are prepared:

- What will I need if the temperature increases or decreases? How likely is this to happen?
- What will I need if it is windy? Will I just need a windbreaker or extra warm layers?
- What will I need if it rains? What about if it snows?
- Will I be moving between altitudes or staying in place? If I will be moving up or down a mountain, what will I need?
- What will I need if the humidity increases?
- What will I need if the sun comes out stronger or decreases?

You want to be prepared for any potential weather change, but you do not want to overpack as you are carrying everything you need. Be sure to be prepared, but also be realistic. For example, if your activity takes place in the summer, you probably do not need to prepare for snow or extremely cold temperatures. Carefully consider your environment and activity before making packing decisions.

Below you will find a list of clothing that you would wear for an outdoor activity that can protect you from most weather conditions:

- Hats: Wide brimmed hats with holes for ventilation offer sun and rain protection.
- Shell or Jacket: Your shell is your outermost layer. It will protect you from wind, rain, or snow and will act as protection for your inner layers (insulation layers).
- Insulation: Your insulation layer is where you need to consider the temperatures you are in. In colder temperatures, this acts as your warmest layer.
- Shirt: In warmer weather, long sleeve shirts will help protect you from the sun or insects. Moisture-wicking fabric can also help keep you cool even though the shirt has long sleeves.
- Undergarments: Choose an undershirt that also has moisture-wicking capabilities to keep you cool in warm temperatures and dry in the cold as well. Your other undergarments should be chosen for comfort and practicality.
- Pants: Choose pants that are full length (that go down to your shoes and cover your ankles) that have closures at the cuffs (in case you need to secure the bottoms) and an adjustable or comfortable waist. Be sure that they are not too snug or too loose to avoid blisters or chaffing from the fabric rubbing against your skin or skin to skin contact.
- Socks: Wear socks that provide the appropriate amount of insulation for your activity. Also, be sure that they fit correctly and will not rub against your feet or slide down in your shoes.
- Footwear: Make sure that both your shoes or boots and socks fit properly. Your toes should be able to move forward slightly but should not be sliding around as you walk. You also don't want your toes pressing up against the front of your shoes. Never wear brand new shoes to an expedition; be sure to break them in properly.

Overall, you want your clothing to be comfortable and not too snug. Try on each item before packing it to ensure fit and to make sure nothing is broken or damaged. You may also add mitts or gloves and warmer

headwear in colder climates. Be sure to keep your clothing as clean as possible and repair as needed. Remember the acronym "**COLD**" to make sure you are always prepared"

C: Clean Clothes - Clean clothes breathe and offer better insulation.

O: Overheating - Avoid overheating by utilizing clothing with built-in ventilation or cooling qualities.

L: Loose layers - Dress in loose layers for comfort.

D: Dry - Always stay dry. Choose moisture-wicking fabrics and pack extra clothes in case yours get wet and you have no way to dry them.

Personal Equipment

In addition to clothing items, there are certain pieces of equipment you should always carry with you:

- whistle (plastic)
- folding pocket knife with a larger (10cm) and small blade
- personal identification and medical insurance card and I.D. bracelet if necessary
- map and compass
- matches
- first aid kit
- lip balm
- insect repellent and sunscreen
- notepad and pen/pencil
- small flashlight

Below are some additional items you may need and should consider packing:

- stainless steel cup and knife, fork, spoon (KFS)
- a small tarp (at least 2m X 2m)
- small trowel for digging
- sewing kit
- survival kit
- hygiene products (as required/needed)
- extra water bottle or canteen

EO.2 – Follow Camp Routine and Discipline in the Field

When in the field on an encampment or expedition, certain routines and regulations are put in place to help keep you and fellow Young Marines safe.

Hygiene

One of the most important routines is personal hygiene. High standards of personal hygiene are always upheld because they help protect you and others from illness and promote good health. It is exceptionally important to keep yourself and your equipment clean and dry. To this extent, it is important to change your clothes regularly, especially your undergarments, taking extra care if you get dirty or wet. It is also important to bathe regularly and wash your clothes if you do not have extras to change in to.

Follow these tips to stay clean and safe:

- Wash yourself daily as completely as possible with clean water and biodegradable soap. This last point is especially important as animals and insects can be attracted to heavily scented soaps and conserving your environment should always be a top priority. See "Conservation" for more information.
- Wash your hands with biodegradable soap after dirty work or using the restroom and always before cooking or eating.
- Keep your hair neat and wash with soap or shampoo at least once a week while in the field.
- Brush your teeth and use floss at least twice a day.

- Use body powder on your feet, underarms, groin, and any other area with skin on skin contact to avoid chaffing in warm weather.
- Use the restroom regularly.
- Eat all your food as your body requires food for energy and fuel.
- Always treat injuries properly and immediately. Not doing so could result in infection. If you leave your wounds open or treat them incorrectly, they can become bright red and painful (infected) and will require medical attention that cannot be provided in the field.

Camp Regulations and Discipline

In addition to good hygiene, there are rules that need to be followed to ensure safety. There are general rules that you need to remember and are expected to follow during any encampment with the Young Marines. These are called "Standard Operating Procedures" or SOP's.

The SOP's for encampments are as follows:

- Maintain personal hygiene standards.
- Do not go into water above your knees without supervision and an approved personal floatation device. Water currents can be unknown and unexpected. You should treat all bodies of water as dangerous and proceed with caution and supervision.
- Use tools safely. Never handle a tool you are unsure about without help and listen to those in charge when handling them.
- Know the location of the group first aid kit, fire-fighting equipment, and your leader's shelter in case of an emergency. Always go to the nearest adult in case of an emergency.
- Keep your shelter and surrounding area tidy and free from hazards.
- Male and female Young Marines will not enter the other's shelter.
- Inform your leader before leaving the campsite and never do so alone.
- Do not venture further than the head of a group by yourself.

By following all of the expected hygiene and discipline regulations and staying aware of your surroundings, you will be able to do your best to protect yourself, your teammates, and your equipment from fire, animals, insects, heat and cold injuries, lightning, and dehydration.

Chapter 4 – Navigation

PO.4 – Maps

EO.1 – State the meaning of conventional signs found on a topographical map.

EO.1 – State the Meaning of Conventional Signs Found on a Topographical Map

A map is a representation of part of the earth. Topographical maps use colors and contour lines to show the shape of the earth in the map. Certain topographical maps can also show other features such as roads, railroads, and vegetation types. It is important to know what each color, symbol, and feature of a topographical map means before using them for navigation. The three important areas in map reading are the colors, geographical features, and marginal information.

Colors and Symbols

Colors and symbols show area features such as lakes, forests, and fields. Symbols are used to illustrate different objects or features that appear at points such as rivers. Symbols and colors are referred to as "conventional signs." The five basic colors of a topographical map are:



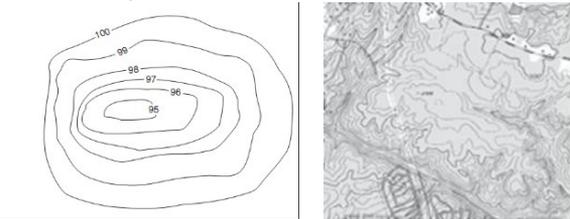
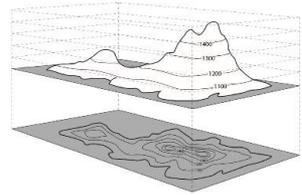
- Red - used for paved roads, highway numbers, and areas of urban development such as cities
- Brown - used for contour lines, contour elevation, spot elevations, sand, cliffs, and other geological features
- Blue - used for water or permanent ice features (rivers, lakes, swamps, ice fields, etc.), names of water features, and grid lines
- Green - used for vegetation features like woods, orchards, and vineyards
- Black - used for cultural features (buildings, railways, transmission lines, etc.), names of places, some symbols, and precise elevations

Using the map above, identify the various area features using the color and symbol description above.

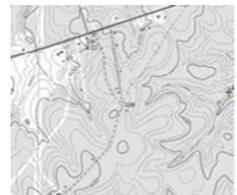
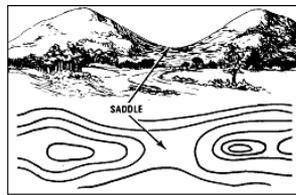
Geographical Features

Topographical maps are used primarily because they identify geographical features of a region. The following terms can be used to describe the features you may find on a topographical map:

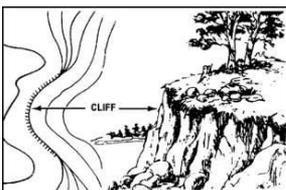
- Contour line - A contour line is a line on the map joining points of equal elevation above sea level. Contour lines are used on maps to give you a three-dimensional view of the ground.
- Hill - A hill is a point or small area of high ground. When you are relocated on a hill, the ground around you slopes down in all directions. To show the same thing on a map, closed or circular contour lines are used to show the different elevations and points on the hill.



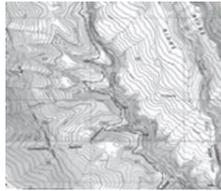
- Saddle - A saddle is the low ridge between two peaks. It looks like a blank space between the circular contour lines of the two hills or mountains.



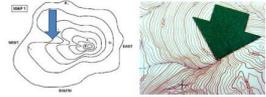
- Cliff - A cliff will be shown on a map by the close contour lines that touch or have tick marks on them. Cliffs are near vertical slopes, and the closer the lines are to each other, the steeper the slope. The tick marks that identify the cliff will point towards the lower ground or the edge of the cliff before the drop off.



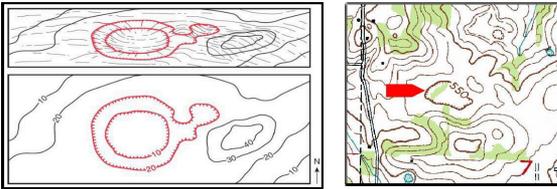
- Valley - A valley is level ground bordered on the sides by higher ground. Contour lines that indicate a valley are somewhat U-shaped.



- V's in contour lines show valleys
- V's point uphill or upstream.
 - The stream or river flows in the opposite direction.
 - The width of the V shows the width of the valley



- Depression - A depression is a low point or hole in the ground surrounded by higher ground. Circles of contour lines are also used to show depressions, but they will have tick marks on them as well, similar to cliffs, that point into the lower ground.



Marginal Information

It is always important to examine the margins of your map because it contains important information that will help you interpret the map's features, colors, and symbols. Some important information that could be included along your map's margins are:

- Name of the map - The name of the map is usually the name of the community, district, or area the map covers. This can be found at the bottom center or bottom right corner of the map margin.
- Number of the map sheet and index of adjoining maps - If your map is one of a series of maps for a large area, the center block of the index identifies your map plus the number of maps surrounding it. You can find this information in the bottom right corner.
- Date of map data - This is important because it can help indicate if any changes may have occurred since the map has been printed. This information is printed in the copyright information in the bottom left and right corners. Be sure to choose the most up-to-date map possible.
- Map scale - The ratio scale for the map tells you how many units on land are equal to one unit on the map, e.g. "Scale of 1:50,000." This can be found under the map name in the bottom center of the map.
- Scale bars - Scale bars are used to help measure distance on the map. The left end of the scale bars are divided into tenths for measuring accurate distances. Scale bars are located under the map scale in the bottom center of the map.
- Contour interval - These indicate the distance between the contour lines and can be described in feet or meters. Be sure to check the bottom margin next to the scale bars for this information.
- Legend of conventional signs - Legends help you to interpret the conventional signs used on the map. This can be found both in the bottom margin and on the back of the map.

Chapter 5 – Drug Resistance

PO.5 – DDR Knowledge

EO.1 – Identify drugs, alcohol, and tobacco.

EO.1 – Identify Drugs, Alcohol, and Tobacco

A key pillar in the Young Marines program is DDR or Drug Demand Reduction. This means that we focus our efforts on educating Young Marines about the dangers of drugs and alcohol and give them the tools

to resist social pressures and to spread awareness to their peers and community members. As Young Marine recruits, it is important to be able to identify common forms of drugs, alcohol, and tobacco and the dangers they pose to everyone.

Alcohol

Alcohol is also commonly referred to as booze, sauce, brews, brewskis, hooch, the hard stuff, and juice. In the United States, it is illegal for anyone under the age of twenty-one to buy or consume alcohol.

Negative Effects:

Alcohol is absorbed into your bloodstream which means that it effects every organ in your body.

- It leads to a loss of coordination, poor judgment, slow reflexes, distorted vision, memory lapses, and even blackouts when consumed in extreme quantities.
- Alcohol also depresses your central nervous system. This means it slows down everything that goes on in your brain, making thinking and decision making much harder which usually leads to people making poor decisions. People will sometimes get into fights or make the choice to drink and drive and can end up seriously hurting other people because they could not think clearly.
- Large amounts of alcohol can lead to coma or even death because it effects so many of your organs.



Tobacco

Tobacco comes in two common forms: cigarettes and smokeless tobacco. Cigarettes are often known as cigs, smokes, or butts. Smokeless tobacco is sometimes called chew, dip, spit tobacco, and snuff.

Negative Effects:

Tobacco in any form is extremely damaging to your health and your development. The chemicals in it are also highly addictive.

- Smoking cigarettes is a leading cause of lung cancer. It can also cause cancer of the mouth, throat, bladder, pancreas, and kidney. Smokeless tobacco can cause mouth cancer, tooth loss, and diseases of the throat and digestive system since the chemicals are often swallowed during use.
- There are approximately 600 ingredients in cigarettes which combine to create more than 7,000 chemicals when burned. Sixty-nine of these chemicals are known to cause cancer (American Lung Association, 2018). They can also cause heart disease, chronic bronchitis, and stroke.
- Cigarettes and smokeless tobacco are highly addictive because they contains a chemical called nicotine. Three-quarters of young people who start using tobacco products do so daily because it is incredibly difficult to quit once started.



Smoking is the leading preventable cause of death in this country. More than 400,000 American die from tobacco-related causes each year, and most of them began to use tobacco before age eighteen.

Marijuana

Marijuana is becoming increasingly common with certain states legalizing the drug. However, this does not decrease the dangerous effects of marijuana on the body, especially for young people. There are more than 400 known chemicals in marijuana. A single joint can contain four times as much cancer-causing tar as a filtered cigarette.

The street terms for marijuana are weed, pot, grass, reefer, ganja, Mary Jane, blunt, and joint.



Negative Effects:

Marijuana contains a chemical called THC which affects the nerve cells in the part of the brain where memories are formed. Marijuana can affect your sense of time and coordination.

- Marijuana can limit your body's ability to fight off infection, and long-term use can increase the risk of developing certain mental illnesses.
- Marijuana can be laced with other dangerous drugs without the user's knowledge such as crack cocaine, PCP, or embalming fluid.
- Marijuana can also be addictive, and while not everyone will become addicted, some users develop signs of dependence.

Inhalants

Inhalants are substances or fumes from products such as glue or paint thinner that are sniffed or "huffed" to cause an immediate high. Because they affect your brain with much greater speed and force than many other substances, they can cause irreversible physical and mental damage in less time than other drugs.

Negative Effects:

- Inhalants starve the body of oxygen and force the heart to beat irregularly and more rapidly.
- People who use inhalants can lose their sense of smell, experience nausea and nosebleeds, and develop liver, lung, and kidney problems. Chronic use can lead to muscle wasting and reduced muscle tone and strength.
- Inhalant users sometimes die instantly with use by suffocation, choking on vomit, or by heart attack.



Prescription and Over the Counter Drugs

Prescription and Over the Counter (OTC) Drugs go by many names depending on the type of medication. These are drugs that are typically prescribed by a doctor or taken to manage minor injuries or illnesses. However, they function as other illegal drugs when taken in higher than recommended doses.

Negative Effects:

- Just like illicit drugs, prescription and OTC medications can lead to dependence and withdrawal symptoms including anxiety, increased pain, vomiting, sleep problems, and depressions.



www.whitehousedrugpolicy.gov
www.prevention.samhsa.gov
www.cdc.gov

www.ed.gov
www.dea.gov
www.drugfreeamerica.org

- Short term use of these drugs leads to increased heart rate and blood pressure, stomach pain, loss of consciousness, and kidney failure.
- In cases of extended or long-term overuse, people who abuse these drugs are at an increased risk for overdose, heart disease, psychosis or mental health problems, and seizures. People inject these drugs put themselves at risk for HIV, hepatitis, and other blood-borne infectious diseases.

Chapter 6 – Public Speaking

PO.6 – Public Speaking

EO.1 – Write and recite a personalized elevator speech

Part of being a Young Marine is being comfortable speaking in front of others, whether that is presenting your plan for an encampment to unit staff members or teaching a DDR workshop to other Young Marines. As you progress through the program, you'll be able to practice your public speaking skills and gain confidence in your abilities to speak with and even teach others. As a recruit, you'll start with the basics, learning how to recite a short, simple speech when asked about our program.

EO.1 – Write and Recite a Personalized Elevator Speech

An elevator speech is a brief message about you and the Young Marines. It can be given anywhere. It communicates who you are and positive aspects of the Young Marines. It's typically about thirty seconds long, the time it takes people to ride from the top to the bottom of a building in an elevator which is how it got the name "elevator speech." Everyone in the organization (Young Marines and Adult Volunteers) should develop and practice an elevator speech so they are prepared for questions about the Young Marines. You will write your during Recruit Training.

Basic Elevator Speech Guideline

Hi, I am YM (rank) ... with the ABC unit of the Young Marines.

The Young Marines are ...

We focus on ...

veteran appreciation

living a healthy drug-free lifestyle or Drug Demand Reduction (DDR)

leadership, discipline, and teamwork

We are here today doing ...

Sample of an elevator speech for a Young Marine at an event:

I'm YM SgtMaj Jane Doe with the ABC Young Marines from Main Town, and I've been in the program for more than five years. The Young Marines is a youth education and service program for boys and girls age eight through the completion of high school. The program takes place at night and on the weekend, and it teaches the values of leadership, teamwork, and self-discipline, so its members can live and promote a healthy, drug-free lifestyle. We are here today doing/asking ...

Sample of an elevator speech about the Young Marines

The Young Marines is a national non-profit youth education and service program for boys and girls age eight through the completion of high school. With 9,000 youth members in thirty-nine states, the Young Marines promotes the mental, moral, and physical development of its members. It focuses on teaching the values of leadership, teamwork, and self-discipline, so its members can live and promote a healthy, drug-free lifestyle.

Sample of a shorter elevator speech

The Young Marines is for boys and girls age eight through eighteen. It's a national non-profit youth organization that teaches the values of leadership, teamwork, and self-discipline, so its members can live and promote a healthy, drug-free lifestyle.

Chapter 7 – Leadership

PO.7 – Leadership

EO.1 – Carry out the duties of a team member.

EO.2 – Understand the duties of firewatch

Young Marines have always prided themselves on being strong leaders. Being a leader isn't our sole focus, however. Before you can be a strong leader, you need to be a strong team member. It's important to be able to work well with your fellow Young Marines to solve problems, help each other out throughout Recruit training and beyond, and to build each other up to not only make you strong Young Marines, but strong people as well. The following chapter will help you learn how to work together as team members.

EO.1 - Carry Out the Duties of a Team Member

As a member of a team, there are certain rules to follow and duties you need to remember to perform. They are as follows:

- Comply with rules and orders.
- Make responsible decisions for your safety and the safety of your teammates.
- Maintain good personal habits and manners.
- Use positive words and encouragement when speaking with your team members.
- Cooperate with others and work as a member of the team.
- Accept constructive criticism.
- Be willing to admit your mistakes, work to correct them, and learn from your experiences.
- Take care of all personal and group equipment - repair or report items of equipment and clothing when they break or become damaged.
- Encourage your teammates.

In the Young Marines there are many tasks and responsibilities that everyone must work together to accomplish. You will need to rely on your teammates and leaders to help complete these tasks. You should lend a hand freely and can expect others to help you when you need it. Being a good team member is the first step in becoming a leader. Your leaders began where you are today. Trust their experience and work on your skills so you can become a good leader.

Part of a being a strong team member is to be honest with yourself and your teammates about your personal limits: things you cannot or will not do. Do not try to take on more than you can handle because you can hurt yourself or your teammates or hinder your team. Accept your teammates' limits as well, but still make sure to be encouraging and supportive so that everyone can improve. Never resort to mocking or cruel behavior when something does not go as planned, and never leave a teammate behind. Be patient and understanding when things go wrong, when people make mistakes, or when plans change at the last minute.

Simply put, being part of a TEAM means that:

- T—Together
- E—Everyone
- A—Accomplishes
- M—More

EO.2 - Understand the Duties of Firewatch

As a Young Marine, it is your duty to look after your peers and subordinates. Firewatch is performing that duty while they are sleeping. While performing firewatch, you are on the lookout for anything that could

bring harm to your fellow Young Marines. For example, if you are camping and you are on firewatch, one of your jobs may be to control the camp fire so that it does not get out of hand and cause a forest fire. Another duty may be to ensure everyone is in their rack except those authorized to be awake. Whatever your duties are as part of firewatch, you should remain alert and carry out your duties to the best of your ability. The following **Young Marine General Orders** will help assist you in performing this duty:

While on firewatch:

- YMGO #1 – I will take charge of this post and all Young Marines' property in view.
- YMGO #2 – I will walk my post in an alert manner, observe everything that takes place withinsight or hearing, and report any unauthorized personnel.
- YMGO #3 – I will report all violations of orders and instructions I have been given.
- YMGO #4 – I will not quit my post until properly relieved.
- YMGO #5 – I will speak to no one except those who are also in the line of duty.
- YMGO #6 – I will sound the alarm in case of emergency.
- YMGO #7 – I will call an Adult Volunteer or Young Marine in charge if any event occurs thathas not been covered by instructions.

Chapter 8 – United States History and Citizenship

PO.8 – United States History and Citizenship

EO.1 – Understand essential founding documents of the United States.

EO.1 - Understand Essential Founding Documents of the United States

The National Anthem

"The Star-Spangled Banner" was adopted by Congress as our country's National Anthem on March 3, 1931, but it was actually written by Francis Scott Key in September of 1814 during the war of 1812. Francis Scott Key was watching the bombardment of Fort McHenry from Baltimore Harbor and witnessed the raising of the U.S. flag the morning after the battle which marked a major victory for U.S. forces. He was so inspired by the event that he began to compose the original poem on the back of a letter. The original poem contains four verses but only one of which is commonly known today.

Eventually the poem lyrics were set to the tune of the song "Anacreon in Heaven," a popular song of the time, written by British composer John Stafford Smith in 1775. By the 1890s, the U.S. military had been using the song for ceremonial purposes. In 1916, President Woodrow Wilson signed an executive order to designate it as our country's National Anthem, but this distinction did not become official until Congress passed the official measure in 1931.

Below are the official lyrics of our country's National Anthem:

Oh, say can you see, By the dawn's early light, What so proudly we hailed,
At the twilight's last gleaming?

Whose broad stripes and bright stars, Through the perilous fight,
O'er the ramparts we watched, Were so gallantly streaming. And the rocket's red glare, The bombs burst-
ing in air, Gave proof through the night, That our flag was still there.

Oh say does that star spangled banner yet wave, For the land of the free, and the home of the brave.

The full poem can be viewed at: <https://www.poets.org/poetsorg/poem/star-spangled-banner>.

The Pledge of Allegiance

The Pledge of Allegiance was written in August 1892 by Francis Bellamy (1855-1931). He hoped that the pledge would be used by citizens in any country, so it originally said:

"I pledge allegiance to my Flag and the Republic for which it stands, one nation, indivisible, with liberty and justice for all."

In 1923, the phrase "the Flag of the United States of America" was added, but it wasn't until President Eisenhower encouraged Congress to add the words "under God" to the pledge in 1954 that the pledge became what it is known as today:

"I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all."

Chapter 9 – Physical Fitness

PO.9 – Fitness, Health, and First Aid

EO.1 – Identify the definition, importance, and components of physical fitness.

EO.2 – Commit to a personal physical fitness program.

EO.3 – Pass the Young Marines Physical Fitness Test.

EO.4 – Understand the importance of basic first aid.

In the following pages you will find the basic information you need to begin and maintain a personal physical fitness program. These guidelines are intended for the average healthy individual. Make sure to check with your parents and your doctor before beginning any sort of fitness program. Also, be sure to work with Senior and Advanced Young Marines and your unit staff members to make sure the program you create is just right for you.

EO.1 – Identify the Definition, Importance, and Components of Physical Fitness

Physical fitness is to the human body what fine-tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best. More specifically, it is:

"The ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure-time activities and meeting emergency demands. It is the ability to endure, to bear up, to withstand stress, to carry on in circumstances where an unfit person could not continue, and is a major basis for good health and well-being."

Physical fitness involves the performance of the heart, lungs, and the muscles of the body. Since what we do with our bodies also affects what we can do with our minds, fitness influences, to some degree, qualities such as mental alertness and emotional stability.

As you undertake your fitness program, it's important to remember that fitness is an individual quality that varies from person to person. It is influenced by age, sex, heredity, personal habits, exercise, and eating practices. You can't do anything about the first three factors. However, it is within your power to change and improve the others were needed. You need to consider those first three factors though when choosing which components of a physical fitness you want to include in your own routine.

The components of physical fitness are:

- **Cardiorespiratory endurance.** This is the ability to deliver oxygen and nutrients to tissues and to remove wastes over sustained periods of time. Long runs and swims are often used to measure this component.
- **Muscular Strength.** Muscular strength is the ability of a muscle to exert force for a brief period of time. Upper body strength, for example, can be measured by various weight-lifting exercises.
- **Muscular Endurance.** Though this also relates to your muscles, muscular endurance is the ability of a muscle or a group of muscles to sustain repeated contractions or to continue applying force against a fixed object. Pushups are often used to test endurance of arm and shoulder muscles.
- **Flexibility.** This is the ability to move joints and use muscles through their full range of motion. The sit-and-reach test is a good measure of flexibility of the lower back and backs of the upper legs. Flexibility is important for proper movement and to keep you from injuring yourself.

Note: Body composition is often considered a component of fitness. It refers to the makeup of the body in terms of lean mass (muscle, bone, vital tissue, and organs) and fat mass. The amount of fat in your body is an indication of fitness, and the right types of exercises will help you decrease body fat and increase or maintain muscle mass. You should consider your body composition when setting fitness goals and when choosing certain exercises.

EO.2 – Commit to a Personal Physical Fitness Program

The decision to carry out a physical fitness program cannot be taken lightly. It requires a lifelong commitment of time and effort. Exercise must become one of those things that you do without question, like bathing and brushing your teeth. Unless you are convinced of the benefits of fitness and the risks of living an unhealthy lifestyle, you will not succeed.

Patience is essential when developing physical fitness. It's important not to try to do too much too soon, to slowly build up your strength and endurance, and to not quit before you have a chance to experience the rewards of improved fitness. Physical fitness is not something that can be gained overnight especially when you haven't committed to a fitness program or routine in the past. With patience and perseverance though, the health benefits are worth it.

Before starting any fitness program or routine, make sure you are in good health. If you have not done much formal exercise or if you have health problems, ask your parents whether you should visit a doctor before beginning a physical fitness program.

Setting a Fitness Goal

To begin creating a fitness program, have a Senior or Advanced Young Marine or Adult Volunteer help you set a fitness goal:

Set a goal. The first step in creating a fitness program is to set a fitness goal. Think about the things you do daily or the types of activities you would like to do better. Do you want to run faster? Would you like to be able to do more push-ups or sit-ups? Do you need to increase your flexibility? A good place to start is the Young Marines PFT or Physical Fitness Test (see PO.2 for more information). Is there some area where you need to improve?

Write your goal down on a fitness tracking chart so that you can always see it. When setting your goal, remember to be SMART:

- **S:** Is it Specific? Do you know exactly what your goal is?
- **M:** Is it Measurable? Attach some numbers to your goal. Example: decrease my run time by thirty seconds or do ten more push-ups.
- **A:** Is it Achievable? Based on your current level of fitness, is this something you can accomplish in the time you've set for yourself?
- **R:** Is it Relevant? Will this goal help you be a better Young Marine?
- **T:** Is it Time Limited? Can this goal be accomplished in a reasonable amount of time? Have you set a time limit? Example: By the next PFT.

EO.3 – Pass the Young Marines Physical Fitness Test

The Young Marines are required to take two PFTs each year - one between January and June and the other between July and December. The unit commander may schedule additional PFT's in order to achieve the unit's goal for a higher fitness level. The PFT:

- Measures your current physical fitness level,
- Raises your awareness of importance of physical fitness,
- Motivates you to participate in physical activities, and
- Creates an interest in physical fitness as a life-long activity.

Once you complete the PFT, you will receive a score and can earn awards. The minimum score to pass the Young Marines Physical Fitness Test (PFT) is 200 points for Young Marines Recruits to YM/LCPL. For YM/CPL to YM/MGYSGT, the minimum physical fitness score is 250 points.

The score ranges and corresponding awards are listed in the following chart.

	3rd Class	2nd Class	1st Class
Score Range	200-299	300-399	400-500
Qualification Award	Qualification Award Physical Fitness Ribbon 250-299 YM/CPL & Above	Physical Fitness Ribbon w/ Roman numeral 2	Physical Fitness Ribbon w/ Roman numeral 1

- Young Marines retain their respective ribbons w/appropriate devices as long as they meet the established standards above.
- The Achievement Ribbon can be awarded to Young Marines earning a score of 475 to 499 at the Unit Commander's discretion.
- The Perfect Physical Fitness Ribbon is awarded to Young Marines earning a score of 500.

PFT Components

The five basic exercises used in the PFT are the **Curl-ups** or Partial Curl-ups (modified), the **Shuttle Run**, the V-sit or Sit & Reach (modified), the **One Mile Run** or the Half-Mile Run for 8 to 9-year-olds (modified), and the Right-angle Push-ups (modified), **Pull-ups**, or the Flexed Arm Hang. Modified events will have a maximum score of 95 points except for Sit & Reach which has a maximum score of 99 points.

Curl-Ups.

The curl-up exercise strengthens abdominal muscles and as part of the PFT it measures abdominal muscle strength.

- Execution: Keeping the arms crossed over the chest, raise the trunk curling up to touch elbows to thighs and then lower back to the floor so that the shoulder blades touch the floor for one curl-up. To start, a timer calls out the signal "Ready? Go!" and begins timing for one minute. You stop when the timer says "Stop!" You may rest in the down position as long as you maintain the correct body position while resting. "Bouncing" off the floor is not permitted. The curl-up will only be counted if performed correctly.
- Time Limit: 1 minute.
- Scoring: The Curl-up Scoring table is available at your unit.



Partial Curl-Ups

Partial curl ups can be used as an alternate to the Curl-Up.

- Execution: Lie on the back with feet twelve inches from the tail bone and with fingers resting on the thighs. Partners will sit behind the participant with their hands underneath their head for protection. At the start of the timer, participants will reach their hands to the top of their knees, raising their shoulders off the ground and keeping their head in line with their spine. They will then lower back down. Partial Curl-Ups are done in groups of three until the target number of Curl-Ups are reached or until time runs out.

Note: Use a metronome or other rhythmic instrument or sound to keep participants in rhythm.

- Time Limit: Must be done in rhythm (one partial curl-up every three seconds without missing beats) to exhaustion.
- Scoring: Only those Partial Curl-Ups that are done in rhythm and in groups of three can be counted.



Right Angle Push-Ups or Flexed Arm Hang or Pull-Ups

This event measures upper body strength and endurance. The unit commander (or designee) will determine which of these three exercises the Young Marine will do. However, the unit commander (or designee) should work with the Young Marine to determine which of the three gives the Young Marine the best opportunity to pass the PFT, while at the same time most challenges the individual Young Marine as well. Only males thirteen-years-old and older are allowed to do Pull-Ups. Females are to do Flexed Arm Hangs. Anyone, male or female of any age, is allowed the option of doing Right Angle Push-Ups.



Right Angle Push-Ups (Modified)

- Execution: The push-up is done to a metronome (or audio tape, clapping, drums) with one complete push-up being performed every three seconds, and are continued until the student can do no more in rhythm (not in rhythm for three push-ups). Spend as little time in the starting position as possible in order to increase the number of repetitions.
- Time Limit: None
- Scoring: Score only those push-ups done with proper form and in rhythm (one push-up every three seconds with no missing beats). The Push-Up scoring table is available at your unit.

Flex Arm Hang (Girls or Boys ages 12 and below)

The Flex Arm Hang exercise measures upper body strength and endurance.

- Starting Position: Using either an overhand grasp (palms facing away from the body) or an underhand grip (palms facing toward the body), assume a flexed arm hang position with the chin clearing the bar. You should be lifted or assisted into this position.
- Execution: Hold your body straight with your chin above the bar and chest close to the bar for as long as possible. This is a timed event. Time is started when your partner is no longer providing you support. When your chin touches or falls below the bar, time is called. You are not permitted to rest your chin on the bar.
- Time Limit: Time begins when you are in position and you signal your partner to let you go. Time ends when your chin touches or falls below the bar.
- Scoring: The Flex Arm Hang Scoring table is available at your unit.

Pull-Up (Males only ages 13 and above)

The Pull-up exercise measures upper body strength and endurance.

- Starting Position: Hang from the bar at a height you can hang from with arms fully extended and feet free from the floor or ground using either an overhand grasp (palms facing away from the body) or an underhand grip (palms facing toward the body). If needed, you may be lifted into position.
- Execution. On the command “Begin,” raise the body until chin clears the bar and then lower the body to full-hang position. Repeat the procedure performing as many pull-ups as you can. Spend as little time as possible hanging from the bar beforehand. Kicking of the legs (kipping) or swinging of the body is not permitted. Pull-ups should be done in a smooth rather than jerky motion. There is no rest position for this exercise.
- Time Limit: There is no time limit for this event.
- Scoring: The Pull-up Scoring table is available at your unit.



V-sit and Reach and Sit and Reach

This event measures flexibility of the lower back and hamstrings.

V-sit testing

Make a straight line two feet long on the floor as the baseline. Draw a measuring line perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the “0” point.

- Execution: Remove shoes and sit on the floor with measuring line between the legs and soles of feet placed



immediately behind baseline, heels 8-1/2" apart. Clasp thumbs so that hands are together, palms down, and place them on measuring line. With the legs held flat by a partner, slowly reach forward as far as possible, keeping fingers on baseline and feet flexed. After three practice tries, the hold the fourth reach for three seconds while the distance is recorded.

Note: Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

- Scoring: Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind base line.

Sit and reach testing. (Modified)

Use a specially constructed box (see below) with a measuring scale marked in centimeters with 23 centimeters at the level of the feet.

- Execution: Removes shoe and sit on the floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, reach along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.

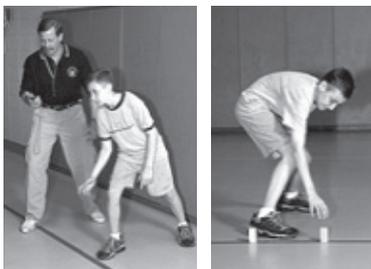
Note: Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

- Scoring: Legs must remain straight, soles of feet against box and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter.

Shuttle Run.

This event measures speed, quickness and agility. Mark two parallel lines 30 feet apart and place two blocks of wood or similar object behind one of the lines. Students start behind opposite line.

- Execution: On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places block behind the line, runs back and picks up the second block and runs back across starting line. Be sure the participants understand the importance of running through the finish line.
- Scoring: Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second.



Endurance Run/Walk.

This event measures heart/lung endurance. Always review students' health status before administering this test. Give students ample instruction on how to pace themselves. Allow them to practice running this distance against time, as well as sufficient time for warming up and cooling down before and after the test.

- Execution: On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to convert the distance in as short a time as possible. Use a large enough running area so that no more than eight laps are necessary to complete a mile.

Note: Help participants learn proper pacing for the mile by having them run at the mile pace for short distances during warm-up time. If you are not using a track that is measured in miles, then you will need to convert from that measurement into miles. Refer to the conversion chart below for converting to miles when using a 400 meter track or 440 yards.

- Scoring: Times are recorded in minutes and seconds. Alternative distance for 8 and 9-year-old-Young Marines is ½ mile. The same objective and testing procedure are used as with the milerun.

Conversion for Miles

On a 400 meter track		On a 440 yard track
1 mile = 4 laps + 9 meters		1 mile = 4 laps
3/4 mile = 3 laps + 6.75 meters		3/4 mile = 3 laps
1/2 mile = 2 laps + 4.5 meters		1/2 mile = 2 laps
1/4 mile = 1 lap + 2.25 meters		1/4 mile = 1 lap

EO.4 – Understand the Importance of Basic First Aid

First Aid is defined as immediate care given to an injured person until the trained personnel or emergency services can arrive. First Aid training is an important piece of being a responsible citizen. In the event of a major catastrophe or emergency, medical and hospital services may be temporarily unavailable. Citizens must rely on caring for their own injuries as well as those of others. Possession of First Aid knowledge is a civic responsibility.

In the Young Marines, each member, whether Young Marine or adult, should be first aid trained. This will enable you to properly care for your sick and/or injured Young Marines in case of an emergency. It is important in keeping you and those around you safe and healthy.

Until you are first aid certified, it is important to know who in your unit is first aid certified in case of an emergency. Even after you receive your first aid and CPR training, make sure to go to an adult any time there is an emergency situation that might require CPR or first aid.

Finally, remember that first aid is never a substitute for emergency medical attention. Even after being trained in first aid, most people are not doctors and are not qualified to treat people's major injuries or illnesses. In case of a major medical emergency, first aid is just to help the injured until emergency services can arrive and take the victim to the hospital.

Performance Objective 1: Close Order Drill

EO 1: Adopt the positions of attention, parade rest, at ease, and rest.

Authorized
Evaluator's
Initials

Date

a	Assume the position of Attention		
b	Assume the position of Parade Rest		
c	Assume the position of At Ease		
d	Assume the position of Rest		

EO2: Fall-in and fall-out of Ranks.

a	Fall-in		
b	Fall-out		

EO 3: Execute Dress Right, Dress.

a	Execute dress right, dress		
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EO 4: Execute facing movements.

a	Execute Right Face		
b	Execute Left Face		
c	Execute About Face		

EO 5: March in quick time.

a	Explain how to march in quick time		
b	March in Quick Time		

EO 6: Execute hand salute.

a	Execute the Hand Salute		
b	Explain when to render a Hand Salute		

Performance Objective 2: General Knowledge

EO 1: Observe uniform and personal grooming regulations.

a	Wear all Young Marines uniforms correctly		
b	Describe the modifications the Unit Commander can make to the official uniform		
c	Identify the correct accessories (boots, belts, undershirts, etc.) that are to be worn with the Young Marines uniform		
d	Correctly mark all articles of the Young Marines uniform		
e	Exemplify proper regulation hairstyles for Young Marines		
f	Wear only permitted jewelry with the official Young Marines uniform		
g	Display properly clean and pressed Young Marines uniform		

EO 2: Identify and explain key features of the Young Marine program.

a	Identify the Young Marines Birthday		
b	Explain where and when the Young Marines was founded		
c	Properly recite the Young Marine Obligation		
d	Properly state a Young Marine rank		

EO 3: Execute dress right.

a	Know and understand military terms and Marine jargon.		
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Performance Objective 3: Field Skills

EO 1: Select personal clothing and equipment for encampments and expeditions.

EO 2: Follow camp routine and discipline in the field.

a	Explain the importance for a high standard of personal hygiene		
b	Understand how to maintain personal hygiene in the field		
c	Understand how deep into the water to go without adult supervision and a flotation device		
d	Demonstrate proper behavior before leaving the campsite		
e	Explain what the acronym C.O.L.D. stands for		
f	Name three personal equipment items that should be carried in pockets		
g	Explain what items should be packed for both a daytime and overnight encampment		

Performance Objective 4: Navigation

EO 1: State the meaning of conventional signs found on a topographical map.

a	Define the five basic colors on a topographical map		
b	Point out a contour line on a map		
c	Point out a depression in a map		
d	Locate the date of the map		
e	Locate the legend on the map		

Performance Objective 5: Drug Resistance

EO 1: Identify drugs, alcohol, and tobacco.

a	Attend a Recruit Training DDR session and be able to identify the negative effects of common gateway drugs.		
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Performance Objective 6: Public Speaking

EO 1: Write and recite a personalized elevator speech.

a	Describe the focus and pillars of the Young Marines program in a brief, thirty second speech.		
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Performance Objective 7: LeadershipAuthorized
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Initials

Date

EO 1: Carry out the duties of a team member.

a	Comply with rules and orders		
b	Make responsible decisions for personal safety and the safety of their teammates		
c	Use positive words and encouragement when speaking with team members		
d	Cooperate with others and work as a member of the team		
e	Accept constructive criticism		
f	Take care of all personal and group equipment - repair or report items of equipment and clothing when they break or become damaged		
g	Encourage teammates		

EO 2: Understand the duties of firewatch.

a	Recite the seven Young Marine General Orders		
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Performance Objective 8: United States History and Citizenship

EO 1: Understand essential founding documents of the United States.

a	Recite or sing from memory the lyrics of the National Anthem		
b	Identify who wrote the National Anthem		
c	Recite from memory the Pledge of Allegiance		
d	Identify who wrote the Pledge of Allegiance		

Performance Objective 9: Fitness, Health, and First Aid

EO 1: Identify the definition, importance, and components of physical fitness.

a	Define physical fitness		
b	Explain the importance of good physical fitness		
c	Name the components of physical fitness		

EO 2: Commit to a personal physical fitness program.

a	Set a fitness goal based on PFT score		
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EO 3: Pass the Young Marines Physical Fitness Test.

a	Pass the PFT or continue to improve PFT scores		
b	Create a fitness goal that will lead to PFT score improvements		

EO 4: Understand the importance of basic first aid.

a	Define first aid		
b	Explain the importance of having knowledge of first aid basics		
c	Explain who within the program should be first aid certified		

The Young Marines organization is supported by the following vision, mission, guiding principles, objectives, and motto. It is not required that you learn them however, they will come in handy as a reference when speaking about our program.



Vision To earn and preserve a reputation as a leader in youth development and drug demand reduction.

Mission

The mission of the Young Marines is to positively impact America's future by providing quality youth development programs for boys and girls that nurtures and develops its members into responsible citizens who enjoy and promote a healthy, drug-free lifestyle.

Young Marine Obligation

From this day forward, I sincerely promise, I will set an example for all other youth to follow and I shall never do anything that would bring disgrace or dishonor upon my God, my Country and its flag, my parents, myself or the Young Marines. These I will honor and respect in a manner that will reflect credit upon them and myself. Semper Fidelis.

Young Marine Creed

1. Obey my parents and all others in charge of me whether young or old.
2. Keep myself neat at all times without other people telling me to.
3. Keep myself clean in mind by attending the church of my faith.
4. Keep my mind alert to learn in school, at home, or at play.
5. Remember having self-discipline will enable me to control my body and mind in case of an emergency.

Guiding Principles.

1. The health, welfare and safety of the Young Marines are paramount.
2. We value our volunteers and will provide them with the tools they need to succeed.
3. We will never forget that this program is for our youth. We will uphold the core values of Honor, Courage and Commitment.
4. We pledge to the parents to serve as positive role models to their children.
5. We get by giving.

Objectives. The objectives of the Young Marines is to:

- Promote the physical, moral, and mental development of its members
- Advocate a healthy, drug-free lifestyle through continual drug prevention education
- Instill in its members the ideals of honesty, fairness, courage, respect, loyalty, dependability, attention to duty, love of God, and fidelity to our country and its institutions
- Stimulate an interest in and respect for academic achievement and the history and traditions of the United States of America
- Promote physical fitness through the conduct of physical activities, including participation in athletic events and close order drill

Motto

Strengthening the lives of America's youth