

## Training at BCT

Basic Training consist of nine weeks of intense training designed to hone your skills, teach you new skills, optimize your physical and mental performance. It will prepare you mentally, physically, and emotionally to be the best that you can be.

New recruits attend Boot Camp/Basic Training in one of several places. These include: Fort Jackson, Columbia, South Carolina; Fort Knox, Louisville, Kentucky; Fort Leonard Wood, Waynesville, Missouri; Fort McClellan, Anniston, Alabama; or Fort Sill, Lawton, Oklahoma. Where you attend is relative to the location of the Advanced Individual Training (Job Training) you will attend after Basic Training.

If you enlist in one of the Combat Arms MOS's, you may attend Basic Training and Advanced Individual Training at one location: Fort Benning for infantry; Fort Knox for armor; Fort Leonard Wood for combat engineers, military police, and chemical.

Below you will find an overview of the Basic combat Training Brigade at Fort Benning GA.

The nine-week Program Of Instruction (POI) is broken down into three phases of three weeks. These phases are:

### Red Phase or Patriot Phase

This phase focuses on the starting the soldierization process.

The following subjects are introduced and taught.

- Orientations
- Initial Values Training
- Physical Training
- Inspections (Barracks, Uniforms, and Equipment)
- Drill and Ceremonies (Marching)
- General Subjects (Nuclear Biological Chemical Warfare, Map other mandatory classes) Reading, Communications, First Aid, and
- Bayonet Training (Assault Course/Pugil Training/Bouts)

Following this three week phase the soldiers transition into Phase II.

### White Phase or Gunfighter Phase

This phase of training focuses on basic soldier skills.

- Basic Rifle Marksmanship
- Values Training continued
- First Aid

- Bivouac (Overnight field exercise)
- Diagnostic Army Physical Fitness Test
- Hand to Hand Combat
- Hand Grenades
- End of Phase Testing

Once the soldier has learned the basic soldier skills he can then be taught more advanced skills in phase III.

#### Blue Phase or Warrior Phase

This phase is the culmination phase. The soldier is taught more advanced combat skills and is then required to demonstrate proficiency on all skills taught throughout the course. This phase consists of:

- Individual Tactical Training (Individual Movement Techniques, Hand Grenade Training, Weapon Orientation and Buddy Team Live Fire Exercise)
- Final Army Physical Fitness Test
- Final Individual Proficiency Test
- Confidence Course
- Cold Steel Field Training Exercise (FTX) &ndash; Culminating Event
- Final Inspection Periods
- Values Training continued

Following completion of this phase the soldier will have met all graduation requirements and is prepared to depart BCTB and report to his Advanced Infantry Training (AIT) center for further MOS related training.

Throughout all three phases of training the typical training day remains fairly standard, with only the training events changing.

#### Typical Training Day

0430  
Wake Up

0530  
Physical Training

0630  
Personal Hygiene/Breakfast

0730  
Move to Training

0800  
Training

1200  
Lunch

1245  
Training

1630  
Return to Barracks

1700  
Dinner

1800  
Preparation for Next Day/Counseling/Extra Training

2000  
Soldier Preparation Time

2100  
Lights Out

#### Graduation Requirements

- Know and Demonstrate a Willingness to Live Up to the Army's
- Bayonet Assault Course/Pugil
- NBC Confidence Chamber
- M16A2 Qualification
- Hand Grenade Qualification
- Pass the Army Physical Fitness Test (150 points)
- Confidence Course
- Buddy Team Live Fire Exercise
- 4 of 5 Foot Marches
- Infiltration Course
- Cold Steel FTX

Core Values

- Final Inspection

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