

From the moment you arrive, you will begin the process of becoming an Airman in the world's greatest Air Force. The training will be intense and you may find it the most demanding 7 1/2 weeks of your life, as well as the most rewarding. Preparing physically in advance and coming with an open mind will play a big part in your success.

As far as climate goes, Lackland Air Force Base is located in San Antonio, Texas, which may be a drastic change for those not familiar with heat and humidity. However, basic training is designed to help you acclimate.

During the last week of training, graduation week, you and your family will have an opportunity to experience the exciting attractions San Antonio has to offer.

Introduction to BMT

Welcome to Basic Military Training located in Lackland AFB, TX. Below are highlights of training activities which occur each week.

Zero Week of Training - Processing Week

BEST Briefing

Pay

Haircuts

Running Shoe Issue

Initial Clothing Issue

AF Initial Physical Fitness Assessment Briefing/Progress Check

BMT PT Program

Immunizations/Blood Draw

Drug Testing

Uniform Code of Military Justice

Coping with Stress in BMT

Initial BX Issue

Chapel Orientation

Group/Squadron Commander Briefing

Drill Classes

Recruit Living Area 1 Classes

BMT Arrival Briefing

Initial Phone Call

BMT Orientation Briefing

First Week of Training

- Records/ID Processing
- Medical & Dental Processing
- Weapons Issue
- M-16 Issue, Breakdown & Reassembly
- M-16 Cleaning/Inspection Procedures
- First Week Briefing
- Immunizations
- Intro to Classroom Procedures
- AF History I
- Dress & Appearance I
- Rank Recognition
- Law of Armed Conflict
- Human Relations I
- GI Bill Programs
- AF Organization
- Nutrition Principles
- Entry Controller
- Drill/Recruit Living Area
- Airman's Time
- Rendering Courtesies
- Physical Training (PT)

Second Week of Training

- Airman's Time
- PT
- Details
- Drill/Recruit Living Area Classes/Application
- Open Ranks/Dress & Appearance Progress Check
- Military Citizenship
- Warrior Role
- Healthy Lifestyle & AF ADAPT Program
- Public relations and the Media
- Forbidden Relationship and Sexual Predator Risk Indicators
- Basic situational Awareness
- Suicide Awareness and Prevention
- Comprehensive Airman
- AF History II
- Joint Ethics
- Cyber Awareness
- Basic Leadership and Character
- Patio Briefing/Break
- Weapons Breakdown/Reassembly & Cleaning
- Career Guidance
- Recruit Living Area Appraisal
- Peer to Peer

Third Week of Training

- PT
- Airman's Time
- 2nd Clothing Issue
- Drill/Recruit Living Area Classes/Application
- Interview Sessions - Job Classification
- Mental Preparation for Combat
- Introduction to Air Force Combatives
- Joint Warfare
- Human Relations II
- Clipper Cuts II
- Antiterrorism/Force Protection Level I
- Law of Armed Conflict
- Principles of First Aid
- Recruit Living Area II Appraisal
- Peer to Peer
- Dress and Appearance II
- Weapons Breakdown/Reassembly & Cleaning

Fourth Week of Training

- 2nd Uniform Issue
- Chemical, Biological, Nuclear Defense Training
- Sexual Assault Prevention and Response (SAPR)
- Flight/Individual Photo's
- Introduction to Code of Conduct
- Sensitive Skills
- Recruit Living Area PC
- Base Liberty Briefing
- Foundational Expeditionary Skills Training (FEST)
- Air and space Expeditionary Force and Predeployment Briefing
- Weapons Breakdown/Reassembly & Cleaning
- Peer to Peer
- PT
- Airman's Time
- Phone Call
- Base Liberty – 2 hrs

Fifth Week of Training

- PT
- Deployment Line Processing/Equipment Issue
- BEAST/Zone Orientation
- Refresher Drills (FEST, First Aid Principles, UCC, PAR)
- Seven Field Training Exercises
- M16 Weapon Live Fire
- Pugil Stick Teaching/Application
- Combatives Application

- SERE Videos 2-5
- CLAW Mission
- Zone Tear Down/Remediation Training & Equipment Turn-In
- CULMEX
- Airman's Time
- Weapons Breakdown/Reassembly & Cleaning

Sixth Week of Training

- M16 – Weapons Progress Check/Turn-In
- BMT Fitness Test
- Environmental Awareness
- Financial Management
- Sexually Transmitted Diseases
- Combat Stress Recovery
- Career Progression & AF Quality Force
- Military Entitlements & Educational Opportunities
- Base Referral Agencies
- RAND Survey
- Hometown News Release
- AF Portal & Computer Base Training
- Peer to Peer
- PT
- Airman's Time
- Drill & Reporting PC
- End of Course Test/Survey
- Drill
- Blood Donors
- Flight Photo Pick-Up

Seventh Week of Training

- PT
- Airman's Time
- 737 TRG/Squadron Commander Briefings
- AF Fitness Program
- Airmanship and Core Values Briefing
- Town Pass Briefing
- Orders Pick-Up/Technical School Briefing
- Clipper Cuts III
- Immunization
- Airman's Run
- Airman's Coin Ceremony
- Retreat
- Base Liberty
- Parade/Graduation
- Open House
- Town Pass

Military Training Goals:

Basic Military Training is designed to teach you the critical importance of discipline, teamwork and foundational knowledge you'll need to succeed as an Airman. It will prepare you physically as a warrior in the profession of arms. Successful completion earns you the privilege of proudly wearing the blue uniform of the most powerful Air Force in the world and the honor of protecting our Nation's freedoms.

Fitness Incentives for those who excel in physical training:

- Warhawk Certificate for Extraordinary Fitness
- Thunderbolt Certificate for Fitness Excellence
- An extra town pass during graduation weekend
- Recognition as most physically fit Airman
- Opportunity to earn flight streamers for fitness
- Recognition as the top class graduate

Exercise Information

How hard is the fitness program? It's rigorous and challenging. The program includes 1-one-hour daily fitness workouts, 6 days a week. Three days are dedicated to a strength building regimen (pushups, crunches, leg lifts, etc.) and three days reserved for aerobic training (running and sprinting). You need to prepare before you arrive.

How will you be evaluated? The first weekend you arrive, you'll have an initial physical fitness evaluation--on pushups, sit-ups, and a timed 1.5-mile run. Your weekly progress will be monitored and you'll need to pass your final evaluation in order to progress.

Fitness training will not end with your final evaluation. You'll need to run a 1 1/2-mile motivational "Airman's Run" in the final week of training. (See the Get in Shape for Basic Training document for specific guidance on standards and how to prepare.)

Military Instruction

You'll be taught foundational Air Force information such as core values, customs and courtesies, and basic policies and procedures.

AF Core Values - Integrity first, service before self, and excellence in all we do--the values that guide the conduct of Airmen, both on and off duty. (See the USAF's "Little Blue Book" on Core Values.)

Flight and Individual Drill (Marching) - Drill instills discipline and reinforces the importance of responding to orders without hesitation. You will be evaluated individually and as a group.

Recruit Living Area Evaluations (Inspections) - After being taught the expected standards, your instructor will evaluate your living area to ensure you work as a team and follow instructions.

War Skills and Military Studies Classes

Part of your training will include classroom instruction with some application. You'll learn a variety of subjects and will need to complete a written exam in order to progress in training. A portion of these lessons follows:

- Law of Armed Conflict
- Human Relations I & II
- Nutrition Principles
- Air Force History I & II
- Antiterrorism (AT)/Force Protection Level
- Warrior Role
- Joint Warfare
- Public Relations and Media
- Basic Leadership and Character
- Mental Preparation for Combat
- Basic Situational Awareness
- Introduction to the Code of Conduct
- Combat Stress Recovery
- Financial Management
- Sexual Assault Prevention and Response
- Career Progression & Quality Force
- Joint Ethics Program
- Military Citizenship
- Air Force Organization
- Healthy Lifestyles & Alcohol Drug Awareness Prev. & Treatment Training
- Environmental Awareness
- Comprehensive Airmen Fitness
- Suicide Awareness and Prevention
- Sexually Transmitted Diseases
- Base Referral Agencies
- Cyber Awareness
- Military Entitlements and Educational Opportunities

Basic Expeditionary Airman Skills Training (BEAST) Deployment

You'll spend an entire week in a field environment where you'll learn how to survive and thrive as a Warrior Airman. Some of the things you'll do are:

- Perform refresher training on all war skills
- Set up command and control and medical casualty collection tents
- Assigned to security teams to the DFPs and ECP to prevent unauthorized entry
- Successfully maneuver through the CLAW
- React to a series of escalating exercises over a three day period
- Perform Post Attack Reconnaissance (PAR) Sweeps
- Respond to scenarios using First Aid Principles
- Report damage, casualty, unexploded ordinance and chemical presence to the Unit Control Center
- Apply combative techniques and Pugil Sticks

Chapel

In addition to your physical and mental training, you will have opportunities for spiritual development. Air Force leaders recognize the necessity of developing spiritually fit warriors. This is evident by the dynamic and diverse chapel program. The BMT Chapel mission is singular: "Promote the Free Exercise of Religion for all Basic Military Training Personnel" and our vision is clear: "Faithfully creating a Dynamic Atmosphere for Worship, Spiritual Growth and Pastoral Care." We will offer a host of worship, religious education and counseling opportunities; which presently include, but are not limited to, the following faith traditions:

- Protestant (e.g. Baptist, Methodist, Presbyterian, etc.)
- Liturgical Protestant (e.g. Episcopal, Lutheran, Congregational, etc.)
- Catholic
- Jewish
- Eastern Orthodox
- Muslim
- Pentecostal
- Seventh-Day Adventist
- Church of Christ
- Christian Science
- Latter-day Saints
- Eckankar
- Wicca
- Baha'i
- Buddhist
- Hindu

Although BMT worship experiences are designed specifically for trainees, on your last BMT weekend your family and friends are welcome to attend with you. The members of the Air Force Chaplain Service stand ready to assist you in any way we can. If you have any questions, please call the BMT Chapel Staff at 210-671-2911.

Graduation

By the seventh and final week of training, you will have earned the privilege of wearing your blue uniform and will stand out as a proud member of the United States Air Force. Graduation week includes receiving your Airman's Coins, practicing for retreat and parade, attending briefings to prepare you for technical training, participating in the Airman's Run, and enjoying base liberty/town pass with your friends and family.

Airman's Coin Ceremony (Thursday at 10:30AM) followed immediately by Retreat: On Thursday of graduation week, you'll earn the right to be called "Airman" and will receive your "Airman's Coin" at the Airman's Coin Ceremony--one of the most significant events in the life of any Airman. Immediately following the coin ceremony, the Retreat is held--a time-honored tradition that signifies the end of the duty day and allows us to pay respect to the US Flag. The flag will be lowered, ceremoniously folded and honored by the week's graduating Airmen. Family and friends are welcome to attend!

Parade Ceremony (Friday at 9:00 AM): This is by far the most memorable and emotional moment in basic training. Graduating Airmen march in parade viewed by family, friends and distinguished visitors. The ceremony ends with Airmen reciting the oath of enlistment. Immediately following graduation, Airmen are released for base liberty to take their visitors on an open house visit to their dormitories and to spend the rest of the day with them.

Liberty

Religious Services: On Sunday following graduation, you may attend religious services with family and friends, followed by more base liberty.

Base Liberty: As you get closer to graduating, you'll be afforded some well-deserved time to relax with friends and family visiting the unique attractions on Lackland AFB.

Town Pass: On Friday afternoon and all day Saturday following graduation, you'll be able to visit the local San Antonio area.

Individuals are also recognized for their excellence as an "Honor Graduate"--a privilege reserved only for the top 10% of all trainees. You can also earn an additional town pass for being the most physically fit Airman.

In addition to the Honor Graduate Ribbon, Airmen can earn other ribbons such as the Small Arms Marksmanship Ribbon for superior performance on the rifle range. All graduates are awarded the Air Force Training Ribbon upon completion of Basic Military Training. The National Defense Service Medal is awarded for honorable active military service as a member of the Armed Forces of the United States.