

South Brunswick High School
US Army Junior Reserve Officer Training Corps

COUGAR BATTALION



SY 2023-2024

Promotion Study Guide

Uniform Wear:

What *are the regulations* that cover the wear of the uniform? - -AR670-1
-CCR145-2

How is the rank or ROTC insignia positioned on the gray beret? -
-Centered on the flash

How are the ribbons positioned on the male uniform?
1/8 inch above the top of the left breast pocket or flush, centered horizontally.

How are the ribbons positioned on the female uniform?
On the left side, aligned with the bottom of the nameplate and centered horizontally. 5.

How is the nameplate positioned on the male uniform?
On the right breast pocket flap is centered between the top of the pocket and the top of the button and centered from left to right.

How is the nameplate positioned on the female uniform?
On the right side, 1-2 inches above the 3rd button down from the top centered horizontally.

What are the acceptable colors for female earrings?
Gold
Silver
White
Diamond

How are arc pins supposed to be worn on male uniforms?
Centered on the right breast pocket (lower section) and 1/8 of an inch apart

How are the arc pins supposed to be worn on the female uniform?
A few inches below the nameplate (centered) and 1/8 of an inch apart

How are the Torches supposed to be worn on the male/female uniform?
On the class A uniform, worn centered on both lapels of the coat, parallel to the

inside edge of each lapel, and placed so that the bottom angle is 1 inch above the notch on the male uniform and $\frac{5}{8}$ of an inch above the female lapel.

How are the JROTC cutouts worn on the Officer's uniform?

Perpendicular to the JROTC Torches and parallel to the lapel so that they form a T.

How are the Torches worn on the Officer's uniform?

On the lower part of the lapel and parallel to the fold in the jacket.

What does the gold star on your uniform stand for?

Honor unit with distinction

What are the types of uniforms that are issued in JROTC?

OCP

Dress Blue Uniform

What is the gig line?

Refers to the alignment of the seam of the uniform shirt, belt buckle, and uniform trouser fly.

Cadet Challenge:

Name the two main running events in the cadet challenge:

Mile run

Shuttle run

What is the time limit for the curl-up?

1 minute

What event tests the flexibility of cadets?

The sit and reach

Leadership Theory:

What is the mission of JROTC?

To motivate young people to be better citizens

What NCO position is also in the chain of command?

The Squad Leader

What are the 7 Army Values?

Loyalty

Duty
Respect
Selfless service
Honor
Integrity
Personal courage

Define Loyalty:

Bear true faith and allegiance to the U.S Constitution, the Army, you unit and other Soldiers.

Define Duty:

Fulfill your obligations

Define Respect:

Treat people as they should be treated

Define Selfless Service:

Put the welfare of the Nation, the Army, and your subordinates before your own

Define Honor:

Live up to the Army Values

. Define Integrity:

Do what's right, legally and morally

Define Personal Courage:

Face fear, danger, or adversity (physical or moral)

What is the definition of Leadership?

Influencing people while providing them with purpose, direction, and motivation while operations to accomplish a mission and improve the organization.

Leaders are born, not made. False

Motivation is up to the individual. Leaders have no role. False

Effective leadership results from a leader's ability to provide purpose, direction, and motivation

Autocratic is a style of leadership where leaders make decisions alone.

A style of leadership where leaders consult with followers who are allowed to participate in decision-making is democratic

A style of leadership where leaders do not interfere or do not provide direction is laissez-faire

Leadership competencies are the same as leadership skills.

T or F: When you are NOT in a leadership role, you can use your leadership skills indirectly to influence and motivate. True

T or F: Effective leaders make clear plans. That's why they never need to adjust the plans to achieve their goals. False

initiative is one's personal responsible action or decision.

The 11 Principles of Leadership

Know yourself and seek self-improvement.

Be technically and tactically proficient.

Develop a sense of responsibility among your subordinates.

Make sound and timely decisions.

Set an example.

Know your people and look out for their welfare.

Keep your people informed.

Seek responsibility and take responsibility for your actions.

Ensure assigned tasks are understood, supervised, and accomplished.

Train your people as a team.

Employ your team in accordance with its capabilities.

Drill and Ceremony:

How many inches long is a full marching step?

30 Inches

How many inches long is a half-marching step?

15 Inches

How many steps in front of a platoon does a platoon sergeant stand?

3 steps

How many steps in front of a platoon does a platoon leader stand?

6 steps

How many steps in front of a company does the company commander stand?

12 steps

How many steps forward does the third squad take at the command "Open Ranks, MARCH"?

None

How many steps forward does the second squad take at the command "Open Ranks, MARCH"?

1 steps forward

How many steps forward does the first squad take at the command "Open Ranks, MARCH"?

2 steps forward

How many steps per minute are taken during a double-time cadence?

180 steps per minute

How many steps per minute are taken during a quick time cadence?

120 steps per minute

What is the only command that can be given to return to the position of attention from Present Arms?

"Order, ARMS"

What is the difference between parade rest and rest?

While at parade rest your hands are at the small of your back and head and eyes are looking straight forward. At rest you can do anything except move your right foot.

How many inches long is a full marching step?

30

How many inches long is a half-marching step?

15

How many steps in front of a company does a company commander stand?

12

What is the command given to move a unit from the halt?

“Forward, March”

What is the command given to align a squad at close intervals?

“At Close Interval, Dress Right, Dress”

What is the title of the cadet who is in charge of the company?

Company Commander

If you had a question on drill and ceremony, what book/regulation would you use to find the answers?

TC 3-21.5

To change your step while marching, what command should be given?

Change Step, March

What rest positions may be given from “STAND AT, EASE”?

“At Ease” or “Rest”

To align a squad at normal interval, what command must be given?

“Dress Right, Dress”

When walking with someone of higher rank, where should you walk (what side do you walk/stand on)?

They're Left

When marching what is the length of a normal arm swing?

30 Inches

What rank is a company commander?

c/Captain

To revoke a preparatory command that has been given, what command should you give?

“As You Were”

What rank is a platoon sergeant?

Sergeant First Class

What rank is your SAI?

Lieutenant Colonel

What rank is your AI?

Sergeant First Class

What rank is a squad leader?

Sergeant

What are the 4 rest positions?

Parade Rest, Stand At Ease, At Ease, Rest

On which foot do you call Halt?

Either foot

On which foot do you execute a column left?

Left

At which position do the heels of your feet (when put together) form a 45-degree angle?

Attention

Which rest position is similar to parade rest except you head towards the person in charge?

Stand At Ease

Which rest position may you move but remain silent and keep your right foot in the same place?

At Ease

How many inches are there between steps in left/right step?

15 Inches

What are the 3 facing movements from the halt?

Left Face, Right Face, About Face

On which foot is "REAR MARCH" commanded?

Right

What foot do you call a Right Flank on?

Right

What is the only command you can give from Rest?

Attention

You normally fall in and start drill from what position?

Position of attention.

A cadet can only talk during what drill position?

A cadet can only talk during the position of "Rest"

All stationary commands must be given from what position?

Position of Attention

What foot is your leading foot?

Your left foot

If you were marching a squad, when would you give the command "squad halt"?

When either foot strikes the ground

What command is given to reverse the direction of a march?

Rear March

What position is the unit guidon once a preparatory command is given?

The raised vertical position

What command is given to revoke a preparatory command?

As You Were

How many steps should separate platoons when a company is formed?

5 steps

What is the definition of cadence? Uniform steps and rhythm in marching

What are the 4 positions of Rest? Parade Rest, Rest, At Ease, Fall Out

What is meant by the term "post"?

Post refers to the correct place for an officer or noncommissioned officer to stand in a prescribed formation.

In which directions, for short distances only, may the unit commander have the unit move in a designated number of steps? Forward or backward or sideways.

What commands are given to align the squad in column? COVER, and RECOVER.

What is meant by the term "cover"? "

Cover" is aligning yourself directly behind the man to your immediate front while maintaining the correct distance

.

How do you change a line formation to a column formation?

Give the command RIGHT, FACE.

Why do we have drill and ceremony?

To move units or individuals in a uniform manner with precision, to instill discipline and esprit de corps, to render honors, and to preserve tradition.

If you are drilling troops, should you be at the position of attention or parade rest? Attention.

What direction do you turn in rear march? To the right

.

What are the rest positions from the halt?

Parade rest - it may be given from the command of attention only

Stand at ease - it may be given from the command of attention or parade rest

At ease - it may be given from the command of attention, parade rest stand at ease or rest

Rest - it may be given from the command of attention, parade rest, stand at ease, or at ease

60. How would you dismiss a formation of unarmed troops? Give the command DISMISSED.

Stars and Stripes/ The National Anthem:

What are the 3 different types of flags?

Storm

Post

Garrison

How should the flag be raised on the flag pole?

Briskly

How should the flag be lowered on the flag pole?

Ceremoniously

How should the flag be raised to half-staff?

It should be raised all the way to the top and then lowered down to halfway on the flag pole

What does it mean when the flag is lowered to half-staff?

Someone important has passed away or the country is mourning a national tragedy

How many stripes are on the American Flag and why?

13 for the 13 original colonies

How many stars are on the American Flag and why?

50 for every one of the 50 states

How many folds go into a properly folded flag?

13

How should the flag be displayed on a casket?

It should be placed so that the star field is directly over the left side of the deceased's head and should cover the rest of the casket

Why is the flag folded in a triangle?

To symbolize the minute men's hat

Who wrote the National Anthem?

Francis Scott Key

What is the actual name of the National Anthem?

The Star Spangled Banner

When was the National Anthem written?

During the war of 1812 on September 14, 1812

When outside in uniform, what actions should be taken when the National Anthem is played?

You should stop what you are doing and turn to face the flag/turn in the direction of the music and salute the flag till the song has ended

When outside but not in uniform, what actions should be taken when the National Anthem is played?

Stop what you're doing, turn to face the flag or the music, and put your hand over your heart till the song has ended

What are the first 10 Amendments to the U.S Constitution called?

The Bill of Rights

What do the colors of the National flag signify?

red symbolizes hardiness and valor, white symbolizes purity and innocence, and blue represents vigilance, perseverance and justice.

If the US Flag touches the ground can it still be used?

It can be washed and dry cleaned if it gets dirty or if it touches the ground and is soiled.

When can the flag be flown upside down? Only in times of National Distress or in an emergency.

In 1777, the Second Continental Congress decided that our flag would have ____ stripes, alternating red and white in color.- 13

If the flag is displayed flat on a wall, where should the union be?

Upper left

When the U.S. flag is displayed with flags from other nations, the U.S. flag should be displayed at the same height as other flags

Behaviors and procedures developed over many years are called customs.

The upper left part of the U.S. flag is called the Union

When you carry a weapon or the equipment pertaining to a weapon, you are considered to be underarms.

When the flag is flown in the middle of a flagpole, it is said to be at half-staff.

What is the backbone of military discipline? Drill

JROTC History:

What does JROTC stand for?

Junior Reserve Officers' Training Corps

What is a cadet?

A Trainee

What does it mean to motivate someone?
To encourage someone to do better.

When did JROTC first start?
1916 (The National Defense Act of 1916)

What is a subordinate?
A person of a lower rank or position.

What does NCO stand for?
Non-Commissioned Officer

What is the lowest rank of an enlisted cadet?
Cadet

What is the highest rank of an enlisted cadet?
Cadet Command Sergeant Major (c/CSM)

What is a company?
An organization of soldiers (usually 2 or more platoons)

What is the lowest rank of an officer cadet?
Cadet 2nd Lieutenant (c/2LT)

What is the highest rank of an officer cadet?
Cadet Colonel (c/COL)

What rank is represented by 3 chevrons?
Cadet Sergeant (c/SGT)

What rank is represented by 3 chevrons, 3 rockers, and a diamond?
Cadet First Sergeant (c/1SG)

What rank is represented by 3 chevrons and 1 rocker?
Cadet Staff Sergeant (c/SSG)

What rank is represented by 1 chevron?
Cadet Private (c/PV2)

What rank is represented by 3 chevrons and 2 rockers?

Cadet Sergeant First Class (c/SFC)

What rank is represented by 3 chevrons and 3 rockers?

Cadet Master Sergeant (c/MSG)

What rank is represented by 3 chevrons, 3 rockers, and a star?

Cadet Sergeant Major (c/SGM)

What rank is represented by 3 chevrons, 3 rockers, and a star with wreaths?

Cadet Command Sergeant Major (c/CSM)

What rank is represented by 1 disc?

Cadet Second Lieutenant (c/2LT)

What rank is represented by 2 discs?

Cadet First Lieutenant (c/1LT)

What rank is represented by 3 discs?

Cadet Captain (c/CPT)

What rank is represented by 1 diamond?

Cadet Major (c/MAJ)

What rank is represented by 2 diamonds?

Cadet Lieutenant Colonel (c/LTC)

What rank is represented by 3 diamonds?

Cadet Colonel (c/COL)

What is the normal rank of a battalion commander?

Cadet Lieutenant Colonel (c/LTC)

What is the normal rank of a company commander?

Cadet Captain (c/CPT)

What is the normal rank of a platoon sergeant?

Cadet Sergeant First Class (c/SFC)

What does SAI stand for?

Senior Army Instructor

What does AI stand for?
Army Instructor

When do you salute an Officer?
When you are 6 paces away

When is the storm U.S flag flown?
When there is inclement weather ie. thunderstorms, ice storms.

What are the duties of the Command Sergeant Major?
To advise the commander on all issues related to the enlisted ranks.

When the command "Forward March" is given, which foot moves first?
Left

What are the 2 parts of a command? – Preparatory Command and Command of Execution

Are the medals and ribbons of the same award allowed to be worn at the same time? No

What's the minimum number of platoons for a Company? 2

What's the minimum number of squads for a Platoon? 2

How many companies are in our battalion? 3

What is the class A uniform and how is it different from a class B uniform? - Class A uniform is the dress uniform including the formal Class A coat while the Class B uniform is just the blouse/shirt with no formal coat.

How are the male cadets supposed to have their hair while in uniform? - Should not be anything but natural hair colors and should not touch the eyebrows or the bottom of the collar.

How are the female cadets supposed to have their hair while in uniform? - In a tight bun at the base of their neck (if there are any bangs they should not be touching the eyebrows and if they do they must be pinned back or cut). Ponytails are also allowed.

Must cadets maintain good personal appearance? How?

Yes by cleaning their uniforms regularly and maintaining proper hygiene.

What is leadership?

Providing someone with purpose, direction, and motivation to accomplish a mission.

Define conflict resolution:

The methods used to resolve a conflict

Define culturally diverse: Having people of different races, cultures, sexes, and backgrounds in one unit/area

First Aid

What are the ABCs of first aid?

- Airway
- Bleeding
- Circulation

What are the 3 types of bleeding?

- Capillary
- Venous
- Arterial

What does the acronym RICE stand for?

- Rest
- Ice
- Compression
- Elevation

What are the 3 types of heat injuries?

- Heat exhaustion
- Heat stroke
- Heat cramps

What are the four life-saving measures in order?

1. Open the airway and restore breathing and heartbeat
2. Stop the bleeding
3. Protect/treat the wound
4. Treat for shock

What is the most effective method of preventing disease? Cleanliness.

What is the principal danger of small wounds such as cuts and scratches? Infection from contamination as these wounds bleed very little.

What are the two types of fractures? Compound or open fracture (bone through the skin) Simple or closed fracture

How is an open fracture treated prior to splinting? Stop the bleeding, then apply a dressing and bandage.

How do you identify a person that is in shock? A person in shock may tremble and appear nervous, may be thirsty, may become very pale, wet with sweat, and may pass out.

Nutrition

1. Define carbohydrates.

Sugar molecules

2. Define Appetite

a natural desire to satisfy a bodily need, especially for food.

3. Define fats

A type of nutrient that you consume for energy

4. Define minerals

elements or components which are present in food and are required by the body for developing and functioning properly.

5. Define fiber

An insoluble nutrient

6. Define hidden sugars

added sugars disguised with less well-known names and in products where you would not expect to find them.

Chain of Command and Staff

What are the S-1's duties?

Administration. Promotions and Awards

What are the S-2's duties?

Safety and Security

What are the S-3's duties?

Operations and training planning

What are the S-4's duties?

Supply and logistics

What are the S-5's duties?

Public Affairs

Who is the Commander-in-Chief?

The Honorable Joseph Biden

Who is the Secretary of Defense?

The Honorable Lloyd Austin, III

Who is the Secretary of the Army?

Hon Christine Wormuth

Who is the Chief of Staff of the Army?

General James C McConville

Who is the Sergeant Major of the Army?

Sergeant Major Michael A Grinston

Who is the TRADOC Commander?

General Gary M. Brito

Who is the TRADOC CSM?

Command Sergeant Major Daniel Hendrix

Who is the Cadet Command Commander?

Major General Anthony Munera

Who is the Cadet Command CSM?

Command Sergeant Major Jeremiah Gan

Who is the 4th ROTC Brigade Commander?

Colonel Michael Mourouzis

Who is the 4th ROTC Brigade CSM?
Command Sergeant Matthew Hire

















Who is the Cougar Battalion Commander?
c/LTC Joseph Snapp

Who is the Cougar Battalion XO?
c/MAJ Sam Weaver

Who is the Cougar Battalion CSM?
c/CSM Jackson Scott

Ranks:

ROTC CADET RANKS

									
CADET PVT	CADET PFC	CADET CPL	CADET SGT	CADET SSG	CADET SFC	CADET MSG	CADET 1SG	CADET SGM	CADET CSM
									
CADET 2LT	CADET 1LT	CADET CPT	CADET MAJ	CADET LTC	CADET COL				

Chain of Command (2022-2023)

Battalion

BC – C/LTC - Joseph Snapp
XO – C/MAJ – Sam Weaver
CSM – C/CSM – Jackson Scott

Staff

S1 – C/ – Adrian Rioz-Lopes
S2 – C/ – Geoffrey Schoo
S3 – C/ – Nick Love
S4 – C/ – Ellie Vernie/ Sky Scroppo
S5 – C/ – Vacant

Alpha Company

CO –
XO –
1SG –

Bravo Company

CO – C/ –
XO – C/ –
1SG – C/

Charlie Company

CO – C/
XO – C/–
1SG – C/

SAI – LTC – Glenn Baker **SAI Asst.** – C/MAJ – Jaxson Brumfield
AI – SFC – Daniel Corbett