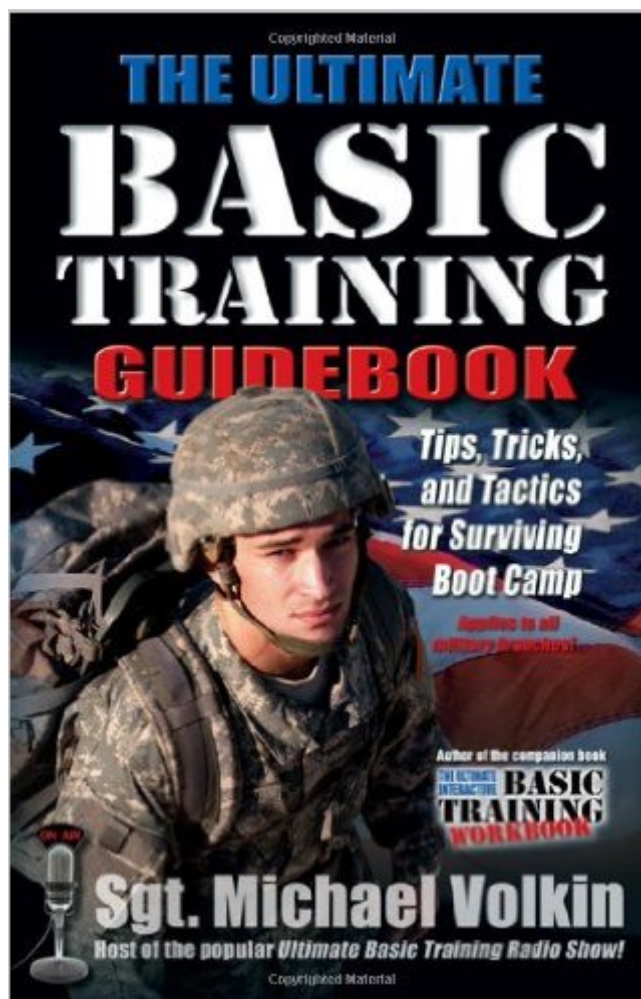


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# The Ultimate Basic Training Guidebook: Tips, Tricks, And Tactics For Surviving Boot Camp



## Synopsis

As anyone who has undergone the transition from civilian to soldier will tell you, basic training is a lot tougher and more challenging than any recruit can imagine. Michael Volkin discovered that fact soon after 9-11, when his personal vow to serve my country convinced him to enlist in the U.S. Army. As Volkin quickly discovered, he was utterly unprepared for the new world of the military, a completely different environment full of unknown exercises and acronyms, where you can't eat or talk without permission. Volkin began taking notes on everything and anything with the hope that no one else would have to go through basic training like I did completely unarmed with knowledge that would have eased my transition into the military and allowed me to be more successful. During Operation Enduring/Iraqi Freedom, Volkin organized his notes, interviewed hundreds of other soldiers, and began to write. The result is *The Ultimate Basic Training Guidebook*, a unique and utterly indispensable guide to successfully coping with and thriving in today's military. *The Ultimate Basic Training Guidebook* is a comprehensive, practical, and easy-to-follow survival guide written specifically for every new or prospective recruit about to enter any branch of the armed forces. Volkin's book offers step-by-step instructions and solutions, including helpful charts and graphics, for how to prepare both physically and mentally for boot camp. It includes a special eight-week fitness program specifically designed to improve your fitness test scores, specific study guides, an instructional How to chapter, a list of what to bring (and not to bring) to basic training, tips for success, and much more. *The Ultimate Basic Training Guidebook* was written by a soldier for men and women who want to become soldiers. No one should enter boot camp without having read this book.

## Book Information

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## Customer Reviews

I always felt that my basic training experience back in 1965 would have been much better had I known something about what I was going to endure. Now, modern day Army recruits have at their finger tips, "The Ultimate Basic Training Guidebook" for surviving "boot camp"; and this is no exaggeration! Author Sgt. Michael Volkin has done a very creditable job of capturing all the needed information to survive basic training. He gives you insights and how and why things happen and what you can do ahead of time to prepare yourself for that experience. I guarantee that if you follow his advice as outlined in his book that basic training will be much easier physically and emotionally for you. The keys from his many words of wisdom are to be prepared and to expect the unexpected. This book is an absolute must for new basic trainees. It can make all the difference between failing mentally or physically and successfully enduring the training. Good photos illustrate physical exercises that will prepare you for the physical needs of basic. The guidebook also gives a good overview of what you should expect to happen from the time you arrive at your basic training facility and reception to graduation week. It takes you step by step through the whole program of training. More importantly, he gives the recruit some good personal advice on how to keep a low profile and stay out of trouble with your "Drill Instructors". For those of us "old school" Army veterans from Nam or before --it is interesting to note that your DI can no longer physically hit you and kick you or punch you. Gone are the good old days of brutal and unrestrained Army training; but it still doesn't mean that it is any easier to complete. There are those physical elements of running and push-ups and sit-ups that will always continue to challenge new recruits. Sgt. Volkin has broken his book into logical chapters that are both easy to read and understand. If you are going into the Army you will find this book even more helpful if you get your hands on a copy and read it prior to reporting. It will give you an edge over others. Your confidence will also be enhanced because you will actually be ahead of the game and will know more than the average recruit.

The man has it dead on about what to expect in basic training, boot camp, or whatever your particular service calls it. His description of how you will be treated by the drill sergeants is completely accurate. His recommendations for getting into shape first is a good idea, it will save you pain later on. Now I've got to put in a few words of my own. ==The basic rules of how you will be treated in basic can be traced down from the training program developed by the Greeks to teach people how to fight in their phalanx. The training works because the raw material, young men,

hasn't changed all that much. (Yes, it also works for women.) Yes, the details change -- there wasn't much training in machine guns before the time of Christ -- but the screaming drill sergeants were there then. This book starts with getting to your basic training unit. Before that you will have reported to a reception station. You will probably arrive at the reception station about 3 in the morning, they want you tired, somewhat disoriented, pliable so that you acclimated to the screaming quickly. The stay at the reception station is horrible. You know no one, you have no idea what is happening, where you are going, it's chaos. It's actually semi-organized, just relax as much as you can and go with the flow. The book says you will get lots of sleep and be well fed. I didn't find it so. It was worse than basic. The training in basic, physical, mental, and technical is carefully designed to take in almost any body and convert them to a soldier. It works, almost no one flunks out. Some have a harder time than others in any of the three areas, but 99% of the recruits make it, it's designed that way. If a year or so later you run into your drill sergeant, chances are he won't remember you. You were only one of the thousands he trained. You can probably buy him a beer and find out that he's really a pretty nice guy. It was all a show.

Sgt. Volkin has written an excellent primer for what can truly seem like a mystery: What will I need to succeed in military boot camp? Sgt. Volkin does a great job of laying out the basics, from getting the form right on push-ups and sit-ups, to tips on avoiding too much extra attention from Drill Sergeants. This is a great place to begin for those about to go off to Ft. Jackson or Ft. Benning for the summer. The book does have its limitations. It is written very much for the recent high school grad who is going to basic and then straight into the infantry and Iraq. As someone who doesn't fit that mold (I am tagged for OCS in the National Guard after boot camp), I found some of the material unhelpful. However, that does not in any way limit the usefulness of the book. After all, Volkin has written the book for most people who go into boot camp, e.g. 18 year old recent high school grads. The return on your investment is well worth the small price to pay for this book. I highly recommend it.

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