

***Herbert Hoover
High School***

Junior Reserve Officer's Training Corps
JROTC.

"We are Army Strong"



**CADET KNOWLEDGE
PACKET**

REVISED 02/01/2021
LTC AYSON

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THE JROTC CADET CREED

I AM AN ARMY JUNIOR ROTC CADET.

I WILL ALWAYS CONDUCT MYSELF TO BRING CREDIT TO MY FAMILY, COUNTRY, SCHOOL,
AND THE CORPS OF CADETS.

I AM LOYAL AND PATRIOTIC. I AM THE FUTURE OF THE UNITED STATES OF AMERICA.

I DO NOT LIE, CHEAT, OR STEAL, AND WILL ALWAYS BE ACCOUNTABLE FOR MY ACTIONS AND
DEEDS.

I WILL ALWAYS PRACTICE GOOD CITIZENSHIP AND PATRIOTISM.

I WILL WORK HARD TO IMPROVE MY MIND AND STRENGTHEN MY BODY.

I WILL SEEK THE MANTLE OF LEADERSHIP AND STAND PREPARED TO UPHOLD THE
CONSTITUTION AND THE AMERICAN WAY OF LIFE.

MAY GOD GRANT ME THE STRENGTH TO ALWAYS LIVE BY THIS CREED.

THE MISSION OF JROTC

TO MOTIVATE YOUNG PEOPLE TO BE BETTER CITIZENS!

Chain of Command – Army JROTC

Commander in Chief
Secretary of Defense
Secretary of the Army
United States Army Chief of Staff
Commanding General US Army Training and Doctrine
Commanding General US Army Cadet Command
Superintendent of San Diego Unified Schools
Hebert Hoover High School Principal
Senior Army Instructor
Army Instructor
Army Instructor

President Joseph R. Biden
Honorable Lloyd J. Austin
Honorable John E. Whitley
General James C. McConville
General Paul E. Funk II
General John R. Evans, Jr.
Ms. Cindy Marten
Principal Jason Babineau
LTC Mark Anthony G. Ayson
1SG William Mercado
MSG Jose Ruiz

Hoover 2nd Battalion JROTC Chain of Command

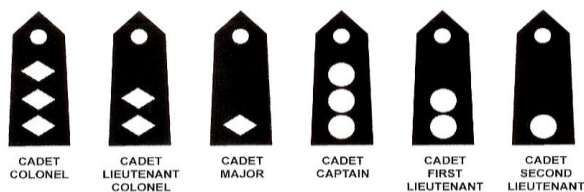
Batalion Commander -	C/LTC	Erick Belmudez
Executive Officer -	C/MAJ	Lisbeth Renero
Battalion Sergeant Major -	C/CSM	(Vacant)
S-1 – Admin-	C/CPT	Angel Martinez
S-2 – Security-	C/CPT	Antonio Esparza
S-3 – Training-	C/MAJ	Alexandra Quach
S-4 – Supply-	C/CPT	Vanessa Madrigal
S-5 - Public Affairs-	C/CPT	Verda Perlin
S-6 – ITO	C/CPT	Ahn Le
S-8- Financial Officer	C/CPT	Virginia Perez

CADET ENLISTED RANKS

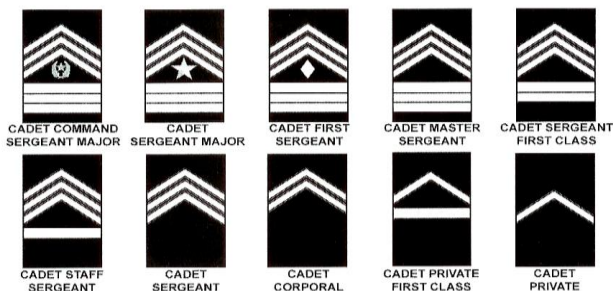
CADET OFFICER RANKS

CADET RANKS:	ABBREVIATION	OFFICER RANKS	ABBREVIATION
CADET	(C/)	C/ SECOND LIEUTENANT	(C/2LT)
C/PRIVATE	(C/PVT)	C/ FIRST LIEUTENANT	(C/1LT)
C/PRIVATE FIRST CLASS	(C/PFC)	C/CAPTAIN	(C/CPT)
C/CORPORAL	(C/CPL)	C/MAJOR	(C/MAJ)
C/SERGEANT	(C/SGT)	C/LIEUTENANT COLONEL	(C/LTC)
C/ STAFF SERGEANT	(C/SSG)	C/COLONEL	(C/COL)
C/ SERGEANT FIRST CLASS	(C/SFC)		
C/ MASTER SERGEANT	(C/MSG)		
C/ FIRST SERGEANT	(C/1SG)		
C/ SERGEANT MAJOR	(C/SGM)		
C/ COMMAND SERGEANT MAJOR	(C/CSM)		

INSIGNIA OF GRADE FOR CADET OFFICERS



INSIGNIA OF GRADE FOR CADET ENLISTED PERSONNEL



EXTENDED RECTANGULAR FORMATION FOR PHYSICAL TRAINING

The PTT (Physical Training Trainer) leader will position a platoon-size unit in a line formation so that the unit is center and five paces away from the PTT platform after they have assumed the rectangular formation. The PPTT leader gives the following commands:

- "Extend to the left, MARCH". Cadets in the right flank file stand fast with their left arm extended sideward with palm down, fingers and thumbs extended and joined. All other Cadets turn to the left and double-time forward. After taking sufficient number of steps, all Cadets face the front and extend both arms sideward with palms down, fingers and thumbs extended and joined. The distance between fingers is about 12 inches and dress is to the right.
- "Arms downward MOVE". The Cadets lower their arms smartly to their sides. Cadets in the right flank file lower their left arm to their sides.
- "Left, FACE". Cadets execute left face.
- "Extend to the left, MARCH". Cadets in the right flank file stand fast with left arms extended sideward with palm down, fingers and thumbs extended and joined. All Cadets turn to the left and double-time forward. After taking sufficient number of steps, all Cadets face the front and extend both arms sideward with palms down, fingers and thumbs extended and joined. The distance between fingertips is about 12 inches and dress is to the right.
- "Arms downward MOVE". Cadets lower their arms smartly to their sides. Cadets in the right flank file lower their left arms to their sides.
- "Right, FACE". Cadets execute the right face.
- "From front to rear, COUNT OFF". The front Cadet in each column turns his head to the right rear, and then calls off, "ONE," and face the front. Successive Cadets in each column call off in turn "TWO", "THREE", "FOUR", and so on. The last Cadet in each column will not turn his head and eyes to the right while sounding off.
- "Even number to the left, UNCOVER", Even-number Cadets side-step to the left squarely in the center of the interval, bringing their feet together.

CARDINAL'S TEN: PREPARATION DRILLS

EXERCISE 1: BEND AND REACH

Purpose: This exercise develops the ability to squat and reach through the legs. It also serves to prepare the spine and extremities for more vigorous movements, moving the hips and spine through full flexion (Figure 8-1).

Starting Position: Straddle stance with arms overhead, palms facing inward, fingers and thumbs extended and joined.

Cadence: SLOW

Count:

1. Squat with the heels flat as the spine rounds forward to allow the straight arms to reach as far as possible between the legs.
2. Return to the starting position.
3. Repeat count one.
4. Return to the starting position.

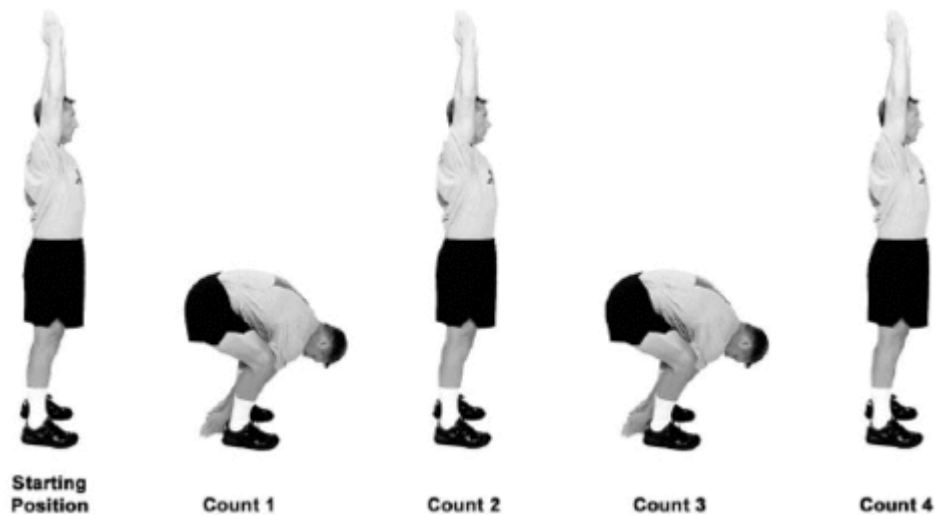


Figure 8-1. Bend and Reach

CARDINAL'S TEN: PREPARATION DRILLS

EXERCISE 2: REAR LUNGE

Purpose: This exercise promotes balance, opens up the hip and trunk on the side of the lunge, and develops leg strength (Figure 8-2).

Starting Position: Straddle stance, hands on hips.

Cadence: SLOW

Count:

1. Take an exaggerated step backward with the left leg, touching down with the ball of the foot.
2. Return to the starting position.
3. Repeat count one with the right leg.
4. Return to the starting position.

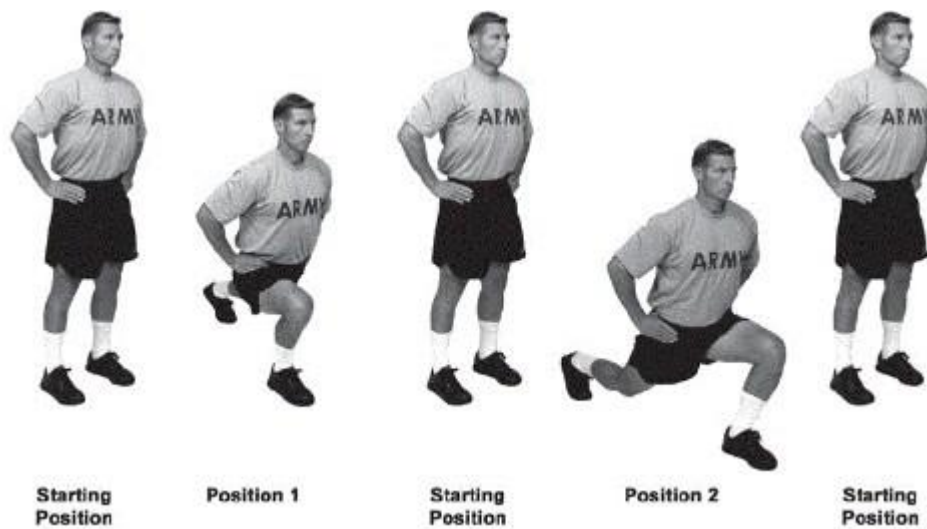


Figure 8-2. Rear lunge

CARDINAL'S TEN: PREPARATION DRILLS

EXERCISE 3: THE HIGH JUMPER

Purpose: This exercise reinforces correct jumping and landing, stimulates balance and coordination, and develops explosive strength (Figure 8-3).

Starting Position: Forward leaning stance, palms facing inward, fingers and thumbs extended and joined.

Cadence: MODERATE

Count:

1. Swing arms forward and jump a few inches.
2. Swing arms backward and jump a few inches.
3. Swing arms forward and vigorously overhead while jumping forcefully.
4. Repeat count 2. On the last repetition, return to the starting position.

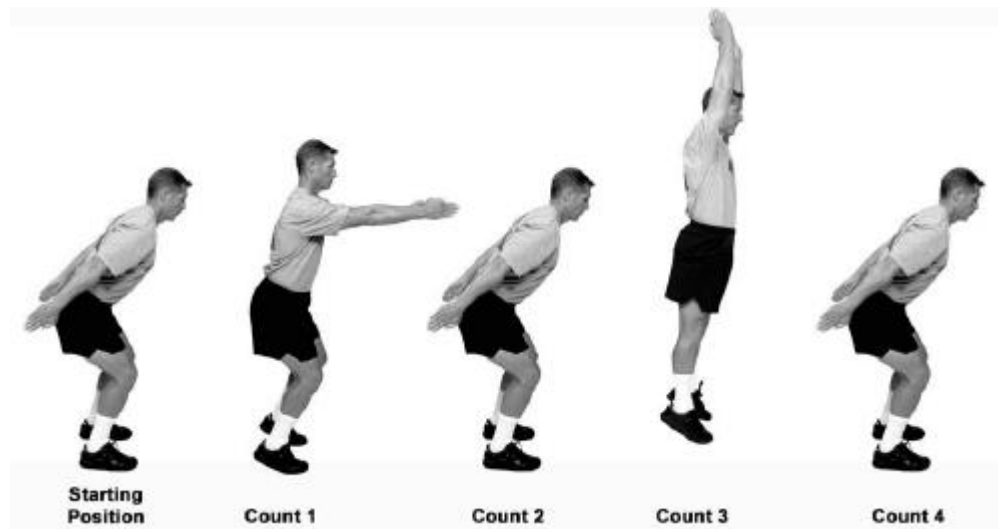


Figure 8-3. High Jumper

CARDINAL'S TEN: PREPARATION DRILLS

EXERCISE 4: ROWER

Purpose: This exercise improves the ability to move in and out of the supine position to a seated posture. It coordinates the action of the trunk and extremities while challenging the abdominal muscles (Figure 8-4).

Starting Position: Supine position, arms overhead, feet together and pointing upward. The chin is tucked, and the head is 1-2 inches above the ground. Arms are shoulder-width, palms facing inward with fingers and thumbs extended and joined.

Cadence: SLOW

Count:

1. Sit up while swinging arms forward and bending at the hip and knees. At the end of the motion, the arms will be parallel to the ground with palms facing inward.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

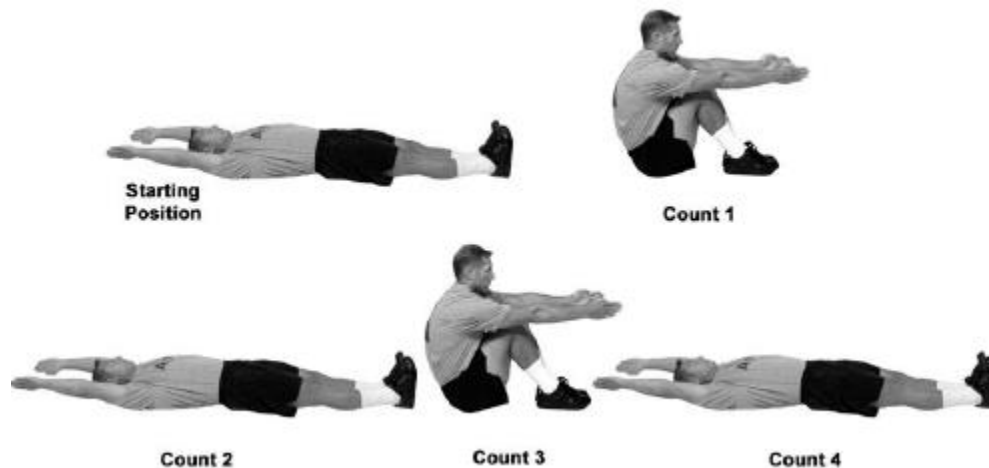


Figure 8-4. Rower

CARDINAL'S TEN: PREPARATION DRILLS

EXERCISE 5: SQUAT BENDER

Purpose: This exercise develops strength, endurance, and flexibility of the lower back and lower extremities (Figure 8-5).

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW

Count:

1. Squat while leaning slightly forward at the waist with the head up and extend the arms to the front, with arms parallel to the ground and palms facing inward.
2. Return to the starting position.
3. Bend forward and reach toward the ground with both arms extended and palms inward.
4. Return to the starting position.

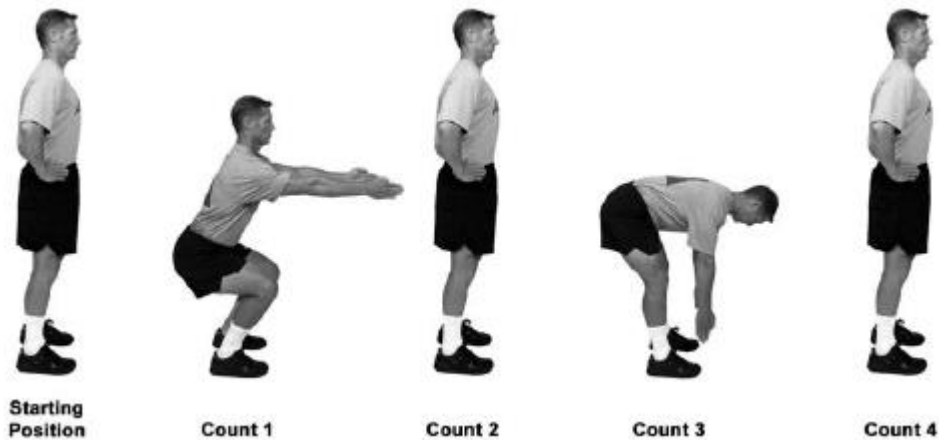


Figure 8-5. Squat Bender

CARDINAL'S TEN: PREPARATION DRILLS

EXERCISE 6: WINDMILL

Purpose: This exercise develops the ability to safely bend and rotate the trunk. It conditions the muscles of the trunk, legs, and shoulders (Figure 8-6).

Starting Position: Straddle stance with arms sideward, palms facing down, fingers and thumbs extended and joined.

Cadence: SLOW

Count:

1. Bend the hips and knees while rotating to the left. Reach down and touch the outside of the left foot with the right hand and look toward the rear. The left arm is pulled rearward to maintain a straight line with the right arm.
2. Return to the starting position.
3. Repeat count 1 to the right.
4. Return to the starting position.

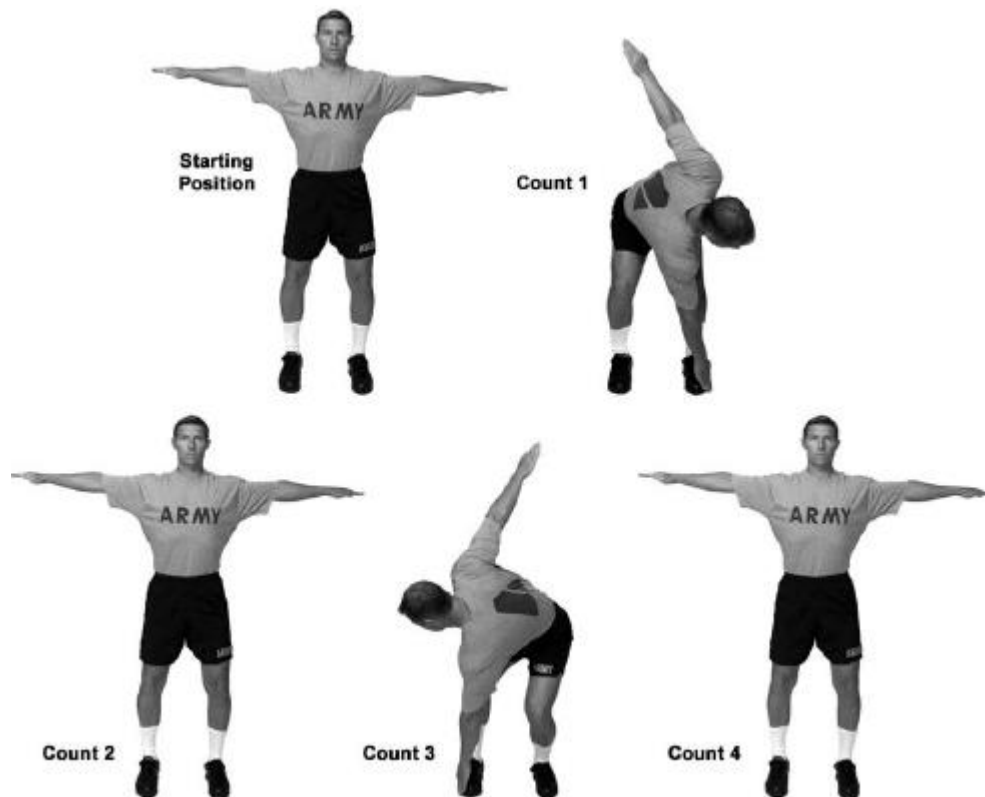


Figure 8-6. Windmill

CARDINAL'S TEN: PREPARATION DRILLS

EXERCISE 7: FORWARD LUNGE

Purpose: This exercise promotes balance and develops leg strength (Figure 8-7)

Starting Position: Straddle stance with hands on hips.

Cadence: SLOW

Count:

1. Take a step forward with the left leg (the left heel should be 3 to 6 inches forward of the right foot). Lunge forward, lowering the body and allow the left knee to bend until the thigh is parallel to the ground. Lean slightly forward, keeping the back straight.
2. Return to the starting position.
3. Repeat count one with the right leg.
4. Return to the starting position.

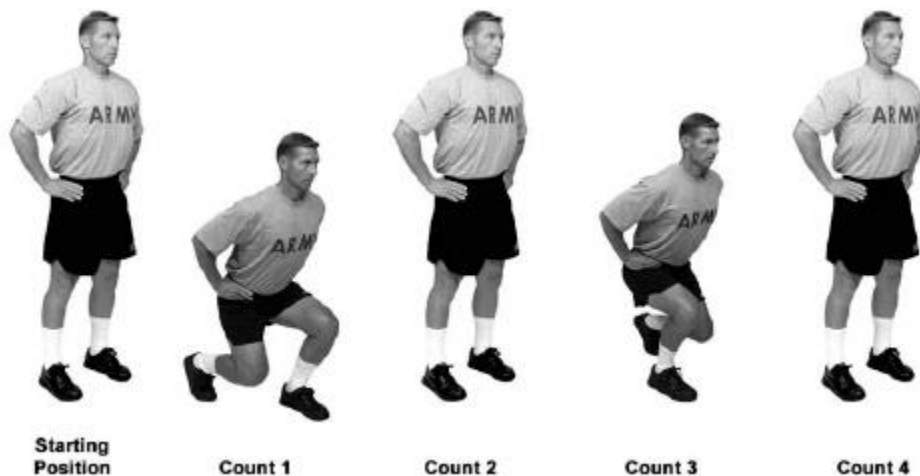


Figure 8-7. Forward lunge

CARDINAL'S TEN: PREPARATION DRILLS

EXERCISE 8: THE MOUNTAIN CLIMBER (MSG SPECIAL)

Purpose: This exercise develops the ability to quickly move the legs to power out of the front leaning rest position (Figure 8-8).

Starting Position: Front leaning rest position with the left foot below the chest and between the arms.

Cadence: MODERATE

Count:

1. Push upward with the feet and quickly change the positions of the legs.
2. Return to the starting position.
3. Repeat the movements in count 1.
4. Return to the starting position.

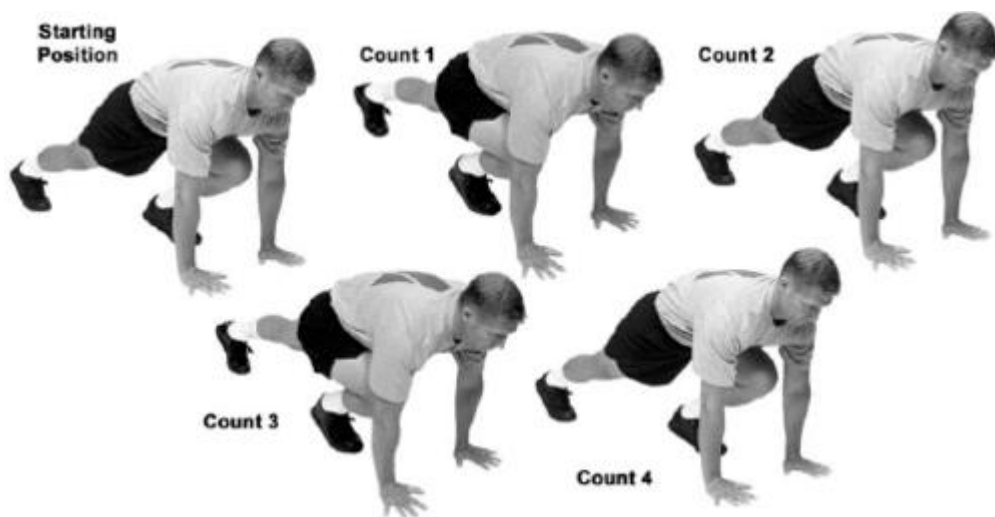


Figure 8-8. Mountain Climber

CARDINAL'S TEN: PREPARATION DRILLS

EXERCISE 9: BENT-LEG BODY TWIST

Purpose: This exercise strengthens trunk muscles and promotes control of trunk rotation (Figure 8-9).

Starting Position: Supine position with the hips and knees bent to 90-degrees, arms sideward and palms down. The knees and feet are together.

Cadence: SLOW

Count:

1. Rotate the legs to the left while keeping the upper back and arms in place.
2. Return to the starting position.
3. Repeat count 1 to the right.
4. Return to the starting position.

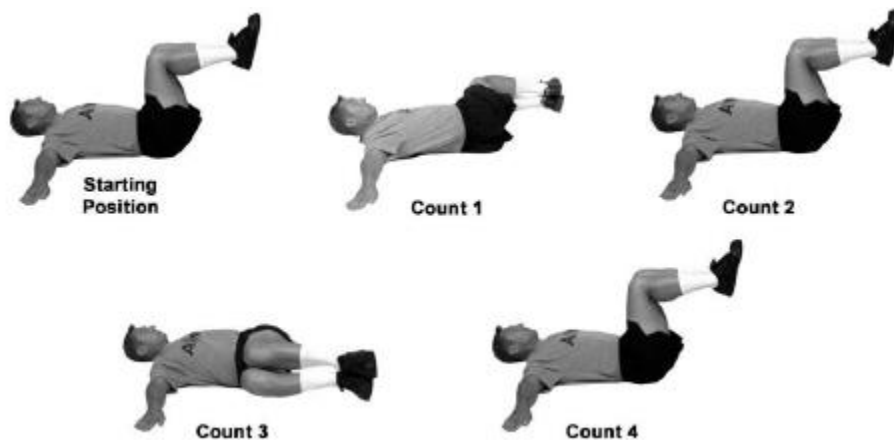


Figure 8-9. Bent-Leg Body Twist

CARDINAL'S TEN: PREPARATION DRILLS

EXERCISE 10: THE PUSH-UP (LTC Special)

Purpose: This exercise strengthens the muscles of the chest, shoulders, arms, and trunk (Figure 8-10).

Starting Position: Front leaning rest position.

Cadence: MODERATE

Count:

1. Bend the elbows, lowering the body until the upper arms are parallel with the ground.
2. Return to the starting position.
3. Repeat count 1.
4. Return to the starting position.

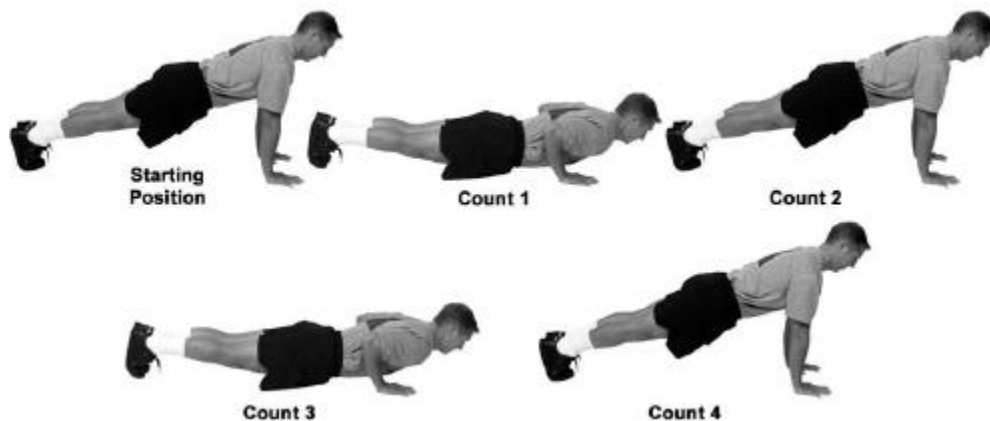


Figure 8-10. Push-up

ARMY VALUES

(LDRSHIP)

LOYALTY

DUTY

RESPECT

SELFLESS SERVICE

HONOR

INTEGRITY

PERSONAL COURAGE

FOURTEEN (14) LEADERSHIP TRAITS

BEARING

CREATING FAVORABLE IMPRESSION IN CARRIAGE, APPEARANCE AND PERSONAL CONDUCT AT ALL TIMES.

COURAGE

(PHYSICAL AND MORAL) A MENTAL QUALITY WHICH RECOGNIZES FEAR OF DANGER OR CRITISISM BUT ENABLES THE INDIVIDUAL MEET DANGER OF OPPOSITION WITH CALMLNESS AND FIRMNESS.

DECISIVENESS

THE ABILITY TO MAKE DECISIONS PROMPTLY AND THEN EXPRESS THEM IN A CLEAR AND FORCEFUL MANNER.

DEPENDABILITY

THE CERTAINTY OF PROPER PERFORMANCE OF DUTY WITH LOYALTY TO SUBORDINATES.

ENDURANCE

MENTAL AND PHYSICAL STAMINA MEASURED BY THE ABILITY TO STAND PAIN, FATIGUE, DISTRESS, AND HARDSHIP.

ENTHUSIASM

THE DISPLAY OF SINCERE INTEREST AND EXUBERANCE IN THE PERFORMANCE OF DUTIES.

INITIATIVE

THE QUALITY OF SEEING WHAT HAS TO BE DONE AND TAKING NECESSARY ACTION.

INTEGRITY

UPRIGHTNESS OF CHARACTER AND SOUNDNES OR MORAL PRINCIPLE. THE QUALITY OF ABSOLUTE TRUTHFULNESS AND HONESTY.

JUDGEMENT

WEIGHING THE FACTS AND POSSIBLE SOLUTIONS ON WHICH TO BASE SOUND DECISIONS.

JUSTICE

BEING IMPARTIAL AND CONSISTENT IN EXERCISING AUTHORITY.

KNOWLEDGE

ACQUIRED INFORMATION INCULDING PROFESSIONAL KNOWLEDGE AND AN UNDERSTANDING OF YOUR SUBORDINATES.

LOYALTY

FAITHFULNESS TO COUNTRY, YOUR UNIT, AND YOUR SUBORDINATES.

TACT

THE ABILITY TO DEAL WITH OTHERS WITHOUT CREATING OFFENSE.

UNSELFISHNESS

THE AVOIDANCE OF PROVIDING FOR ONE'S OWN COMFORM AND PERSONAL ADVANCEMENT IN EXPENSE OF OTHERS.

THREE TYPES OF FLAGS

STORM FLAG:

- THE SMALLEST FLAG MEASURING **5' BY 9½'**. THIS FLAG IS USED ON RAINY OR STORMY DAYS.

POST FLAG:

- A MEDIUM SIZED FLAG MEASUREING **10' BY 19'**. THIS FLAG IS USED FOR NORMAL, EVERYDAY USE.

GARRISON FLAG:

- THE LARGEST FLAG MEASURING **20' BY 38'**. THIS FLAG IS USED ON HOLIDAYS OR OTHER SPECIAL OCCASIONS.

PHONETIC ALPHABET

A – Alpha
B – Bravo
C – Charlie
D – Delta
E – Echo
F – Foxtrot
G – Golf
H – Hotel
I – India
J – Juliet
K – Kilo
L – Lima
M – Mike
N – November

O – Oscar
P – Papa
Q – Quebec
R – Romeo
S – Sierra
T – Tango
U – Uniform
V – Victor
W – Whiskey
X - X-ray
Y – Yankee
Z – Zulu

ELEVEN LEADERSHIP PRINCIPLES

1. BE TECHNICALLY AND TACTICALLY PROFICIENT.
2. KNOW YOURSELF AND SEEK SELF-IMPROVEMENT.
3. KNOW YOUR SUBORDINATES AND LOOK OUT FOR THEIR WELFARE.
4. KEEP YOUR SUBORDINATES INFORMED.
5. SET THE EXAMPLE THROUGH APPEARANCE, BEHAVIOR, AND KNOWLEDGE.
6. INSURE THAT THE TASK IS UNDERSTOOD, SUPERVISED, AND ACCOMPLISHED.
7. TRAIN YOUR UNIT AS A TEAM.
8. MAKE SOUND AND TIMELY DECISIONS.
9. DEVELOP A SENSE OF RESPONSIBILITY IN YOUR SUBORDIAN TES.
10. EMPLOY YOUR UNIT IN ACCORDANCE WITH ITS CAPABILITIES.
11. SEEK RESPONSIBILITY AND TAKE RESPONSIBILITY FOR YOUR ACTIONS.

DEFINITION OF A MAP

A MAP IS A LINE DRAWING, TO SCALE, OF A PORTION OF THE EARTH'S SURFACE AS SEEN FROM ABOVE.

(YOU READ A MAP RIGHT AND UP.)

THREE TYPES OF MAPS

TOPOGRAPHIC, GEOGRAPHIC, CITY

COLORS OF A MAP

BLACK: REPRESENTS MAN MADE FEATURES AND BUILDINGS.

BLUE: REPRESENTS WATER (LAKES, RIVERS, STREAMS, ETC.)

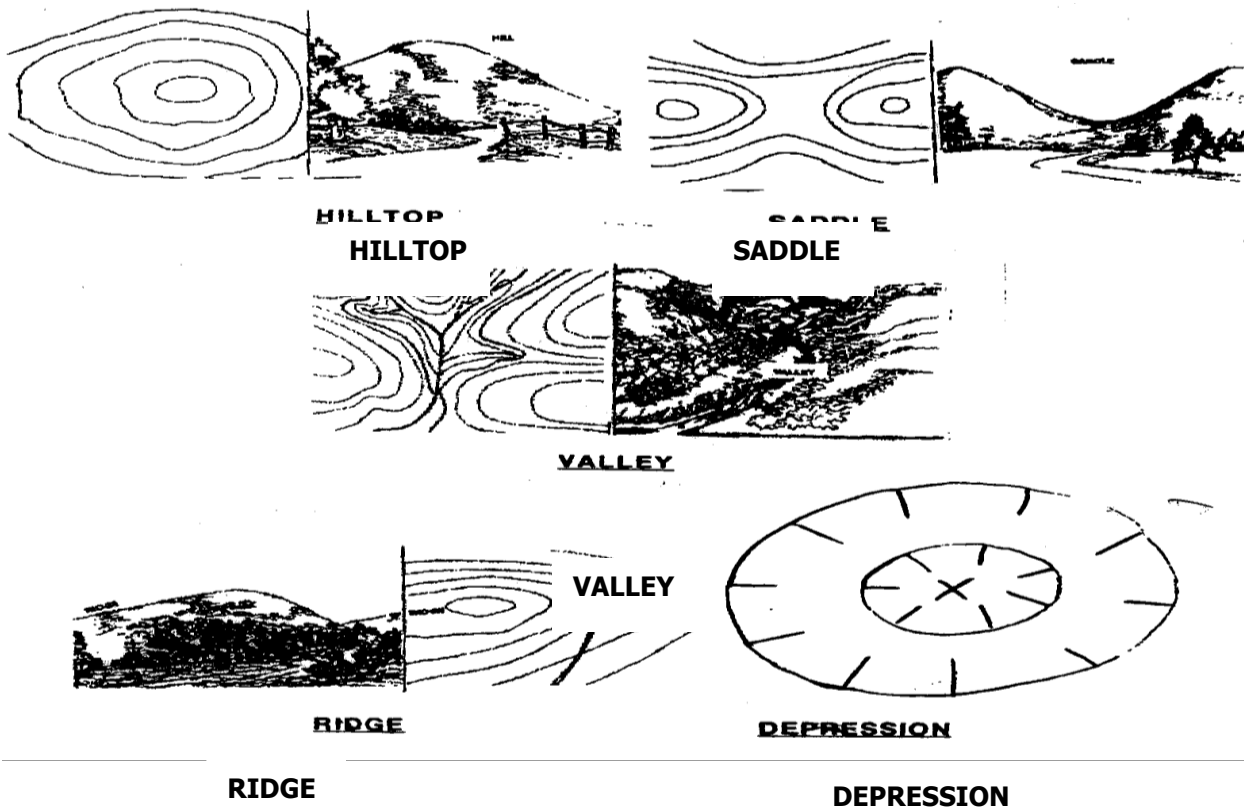
BROWN: REPRESENTS ELEVATION AND CONTOUR LINES.

GREEN: REPRESENTS VEGETATION.

RED: REPRESENTS MAJOR ROADS (HIGHWAYS, STATE ROUTES, ETC.)

WHITE: REPRESENTS ABSENCE OF VEGETATION.

TERRAIN FEATURES



HILL: AN AREA OF HIGH GROUND.

SADDLE: A DIP OR A LOW POINT BETWEEN TWO HIGHER AREAS OF HIGER GROUND.

VALLEY: A STRETCHED-OUT GROOVE IN THE LAND, USUALLY FORMED BY STREAMS OR RIVERS.

RIDGE: A SLOPING LINE OF HIGH GROUND.

DEPRESSION: A LOW POINT OF GROUND, OR A SINKHOLE, SURROUNDED BY HIGHER LAND IN ALL DIRECTIONS.

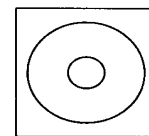
THINKING MAPS



How are you defining this thing or idea? What is the context? What is your frame of reference?

DEFINING IN CONTEXT

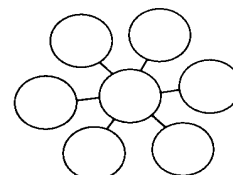
Circle Map



How are you describing this thing?
Which adjectives would best describe this thing?

DESCRIBING QUALITIES

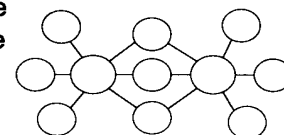
Bubble Map



What are the similar and different qualities of these things?
Which qualities do you value most? Why?

COMPARING and CONTRASTING

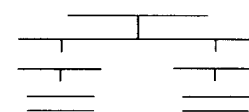
Double Bubble Map



What are the main ideas, supporting ideas, and details in this information?

CLASSIFYING

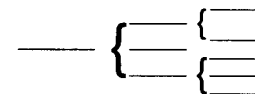
Tree Map



What are the component parts and subparts of this whole physical object?

PART-WHOLE

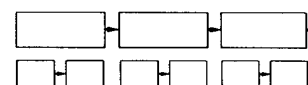
Brace Map



What happened?
What is the sequence of events? What are the substages?

SEQUENCING

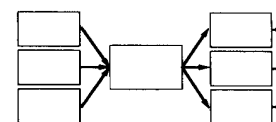
Flow Map



What are the causes and effects of this event?
What might happen next?

CAUSE and EFFECT

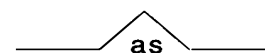
Multi-Flow Map



What is the analogy being used?
What is the guiding metaphor?

SEEING ANALOGIES

Bridge Map



1-9