

# **Army Promotion Board Study Guide**

## **Army Promotion Board Study Guide: Ace Your Board and Get That Promotion!**

So, you're aiming for that next rank in the Army? Congratulations! The journey to promotion isn't just about years served; it's about demonstrating readiness and leadership potential. A key component of that demonstration is acing your Army Promotion Board. This comprehensive guide provides a structured approach to studying, ensuring you're not just prepared, but confident going into your board. We'll cover everything from understanding the board process to mastering the art of self-promotion and addressing common pitfalls. Let's get started on your path to success!

### **Understanding the Army Promotion Board Process: Setting the Stage for Success**

Before diving into study materials, it's crucial to understand the mechanics of the Army Promotion Board itself. This isn't a simple test; it's an assessment of your overall suitability for the next rank. Boards typically consist of senior officers who evaluate your performance, leadership qualities, and potential based on a range of factors. Understanding the process allows you to tailor your preparation effectively.

This involves researching the specific board members (if possible), familiarizing yourself with the evaluation criteria, and understanding the typical questions asked. Knowing what to expect reduces anxiety and allows for focused preparation.

### **Mastering the Art of Self-Promotion: Showcasing Your Accomplishments**

One of the biggest challenges for many officers facing a promotion board is effectively communicating their accomplishments. Simply listing duties isn't enough; you need to demonstrate the impact of your actions and how they align with the Army's values and mission. This requires a sophisticated understanding of storytelling and the ability to articulate your contributions concisely and powerfully.

Practice using the STAR method (Situation, Task, Action, Result) to structure your answers. For each achievement, clearly describe the situation, your assigned task, the actions you took, and the quantifiable results you achieved. Using concrete examples showcasing initiative, problem-solving, and leadership will greatly enhance your performance. Remember to quantify your successes whenever possible - numbers speak louder than words!

## **Key Areas of Focus for Your Study: A Targeted Approach**

Your study should focus on several key areas critical for promotion board success:

**Your Official Military Personnel File (OMPF):** This is the cornerstone of your presentation. Thoroughly review your OMPF, paying close attention to performance evaluations, awards, decorations, and any significant achievements or challenges you've overcome. Identify areas where you excel and areas needing further clarification or contextualization.

**Army Doctrine and Regulations:** Familiarity with relevant Army doctrine and regulations is essential. This demonstrates your understanding of the institution and your commitment to its values. Focus on those regulations and doctrines most relevant to your Military Occupational Specialty (MOS) and current rank.

**Current Events and National Security:** Stay abreast of current events, especially those impacting national security. Demonstrating awareness of global issues and their potential impact on the Army showcases your strategic thinking and leadership potential.

**Leadership Principles and Theories:** Understand various leadership styles and theories. Be prepared to discuss your leadership philosophy and how you apply it in practice. Highlight situations where you've successfully applied different leadership approaches.

**Physical Fitness:** While not directly assessed during the board, physical fitness is often implied. Ensure you meet and exceed physical fitness standards for your rank. A physically fit officer projects competence and commitment.

## **Mock Boards and Practice: Sharpening Your Skills**

Practice makes perfect. Conduct mock boards with colleagues or mentors to simulate the actual experience. This allows you to refine your answers, improve your delivery, and manage your nerves. Seek constructive feedback to identify areas for improvement. The more you practice, the more confident and prepared you'll be. Consider joining study groups to learn from your peers and benefit from different perspectives.

## **Addressing Common Pitfalls: Avoiding Costly Mistakes**

Several common pitfalls can derail even the most qualified candidates. Avoid these mistakes:

**Lack of Preparation:** This is the most common reason for failure. Thorough preparation is paramount.

**Poor Communication Skills:** Clearly and concisely communicating your accomplishments is vital.

Lack of Self-Awareness: Understand your strengths and weaknesses honestly and address them proactively.

Overconfidence: While confidence is important, arrogance can be detrimental.

Neglecting your OMPF: Your OMPF is your story; ensure it's complete and accurate.

## **Conclusion: Your Journey to Promotion Starts Now**

Preparing for your Army Promotion Board requires dedication and a strategic approach. By following this comprehensive guide, focusing on your OMPF, mastering self-promotion techniques, and practicing consistently, you'll significantly increase your chances of success. Remember, this isn't just about memorizing facts; it's about demonstrating your leadership potential and suitability for the next rank. Good luck!

## **FAQs**

1. How long should I study for my Army Promotion Board? The ideal study time varies depending on individual circumstances. However, allocating at least several weeks to thorough preparation is recommended.
2. What resources are available beyond this guide? Your chain of command, senior NCOs, and mentors are valuable resources. Also, explore online resources, Army publications, and leadership training materials.
3. What if I have gaps in my OMPF? Address any gaps proactively. Consult your personnel section to correct any inaccuracies and supplement your record with supporting documentation.
4. How important is body language during the board? Body language plays a significant role. Maintain good posture, make eye contact, and project confidence.
5. What if I don't get promoted this time? Don't be discouraged. Use the feedback you receive to improve your preparation for future boards. Continue to excel in your current role and demonstrate your commitment to the Army.

**army promotion board study guide: U. S. Army Board Study Guide , 2006-06**

**army promotion board study guide: Army Study Guide** Eugenio Saenz, 2018-01-11 Army Study Guide contains more than 30 subjects with review questions to assist in preparing for military Promotion Boards. Complete with tips on how to prepare and conduct yourself before a board. Subjects include:- Leadership and Counseling- Map Reading- Drill and Ceremony- Physical Readiness- Guard Duty- Military Justice- Training The Force- Army Values- Geneva Convention- Army Programs and much more. Use highlighting to study and quickly reference areas of study. Study on the go, no need for internet connection once downloaded. Future updates available.

**army promotion board study guide: Army Board Study Guide** Test Prep Books, 2019-05-17  
Test Prep Books' Army Board Study Guide: Army Board Book and Practice Test Questions for the Army Promotion Board Hearing Taking the Army test? Want to get a good score? Written by Test Prep Books, this comprehensive study guide includes: - Quick Overview - Test-Taking Strategies - Introduction - Overall Promotion Process - Line-Up - Entering - Facing Movements - Profession - History - Service - Operations - Customs - Practice Questions - Detailed Answer Explanations  
Studying is hard. We know. We want to help. You can ace your test. Each part of the test has a full review. This study guide covers everything likely to be on the Army test. Lots of practice test questions are included. Miss one and want to know why? There are detailed answer explanations to help you avoid missing the same question a second time. Are you a bad test taker? Use your time wisely with the latest test-taking strategies. Don't settle for just learning what is on the test. Learn how to be successful with that knowledge. Test Prep Books has drilled down the top test-taking tips. This will help you save time and avoid making common mistakes on test day. Get your Army study guide. It includes review material, practice test questions, and test-taking strategies. It has everything you need for success.

**army promotion board study guide: *Winning the Board*** Gregory S. Skinner, 2001-11-01  
Questions and answers needed to pass NCO Boards-E4,E5,E6, and Soldier of the month

**army promotion board study guide: FM 21-11 First Aid for Soldiers** United States. War Department, 2018-10-20 FM 21-11 1943: Basic field manual, first aid for soldiers.(OBSOLETE) The purpose of this manual is to teach the soldier what he can do for himself or a fellow soldier if injury or sickness occurs when no medical officer or Medical Department soldier is nearby. Information is also given concerning the use of certain supplies which are for the purpose of helping to keep well. This field manual addresses wounds, fractures/dislocations/ sprains, common emergencies and health measures, effects of severe cold and heat, measures for use in the jungle/tropics and in aircraft and tank injuries, transportation of sick and injured, war gases, and description and uses of first-aid kits and packets.

**army promotion board study guide: TRADOC Pamphlet TP 600-4 The Soldier's Blue Book** United States Government Us Army, 2019-12-14 This manual, TRADOC Pamphlet TP 600-4 The Soldier's Blue Book: The Guide for Initial Entry Soldiers August 2019, is the guide for all Initial Entry Training (IET) Soldiers who join our Army Profession. It provides an introduction to being a Soldier and Trusted Army Professional, certified in character, competence, and commitment to the Army. The pamphlet introduces Soldiers to the Army Ethic, Values, Culture of Trust, History, Organizations, and Training. It provides information on pay, leave, Thrift Saving Plans (TSPs), and organizations that will be available to assist you and your Families. The Soldier's Blue Book is mandated reading and will be maintained and available during BCT/OSUT and AIT. This pamphlet applies to all active Army, U.S. Army Reserve, and the Army National Guard enlisted IET conducted at service schools, Army Training Centers, and other training activities under the control of Headquarters, TRADOC.

**army promotion board study guide: *Norman Hall's Police Exam Preparation Book*** Norman Hall, 2003-04 Annotation Guaranteed methods to score 80% to 100% or your money back.

**army promotion board study guide: *Arms and the Man*** Bernard Shaw, 1990 A dramatic comedy combines high comedy with social commentary in deflating misconceptions about love and warfare.

**army promotion board study guide: Army Leadership and the Profession (ADP 6-22)** Headquarters Department of the Army, 2019-10-09 ADP 6-22 describes enduring concepts of leadership through the core competencies and attributes required of leaders of all cohorts and all organizations, regardless of mission or setting. These principles reflect decades of experience and validated scientific knowledge. An ideal Army leader serves as a role model through strong intellect, physical presence, professional competence, and moral character. An Army leader is able and willing to act decisively, within superior leaders' intent and purpose, and in the organization's best interests. Army leaders recognize that organizations, built on mutual trust and confidence, accomplish missions. Every member of the Army, military or civilian, is part of a team and functions

in the role of leader and subordinate. Being a good subordinate is part of being an effective leader. Leaders do not just lead subordinates--they also lead other leaders. Leaders are not limited to just those designated by position, rank, or authority.

**army promotion board study guide:** Ask a Manager Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

**army promotion board study guide:** **Model Rules of Professional Conduct** American Bar Association. House of Delegates, Center for Professional Responsibility (American Bar Association), 2007 The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

**army promotion board study guide:** **The Mentor** Mark Gerecht, 2002-02-01 The most comprehensive guide on leadership and counseling detailing how to make counseling sessions productive. Contains examples of corrective training with 100's of bullets used in the enlisted evaluation process includes many web sites that benefit military personnel.

**army promotion board study guide:** The Sergeants Major of the Army , 2010

**army promotion board study guide:** **The NCO Journal** , 1996

**army promotion board study guide:** The Procurement and Training of Ground Combat Troops Robert Roswell Palmer, Bell Irvin Wiley, William R. Keast, 1948

**army promotion board study guide:** Reducing the Time Burdens of Army Company Leaders Lisa Saum-Manning, Tracy C. Krueger, Matthew W. Lewis, 2020-01-31 U.S. Army company leaders have long been recognized as overworked. This report is intended to help the Army identify ways to reduce and manage the time burdens on Active Component company leaders in garrison by examining these leaders' time burdens.

**army promotion board study guide:** *Medical Support of the Army Air Forces in World War II* United States. Air Force Medical Service, Mae Mills Link, Hubert Anderson Coleman, 1955

**army promotion board study guide: Commissioned Officers , 1964**

**army promotion board study guide: The Noncommissioned Officer and Petty Officer**

Department of Defense, National Defense University Press, 2020-02-10 The Noncommissioned Officer and Petty Officer BACKBONE of the Armed Forces. Introduction The Backbone of the Armed Forces To be a member of the United States Armed Forces--to wear the uniform of the Nation and the stripes, chevrons, or anchors of the military Services--is to continue a legacy of service, honor, and patriotism that transcends generations. Answering the call to serve is to join the long line of selfless patriots who make up the Profession of Arms. This profession does not belong solely to the United States. It stretches across borders and time to encompass a culture of service, expertise, and, in most cases, patriotism. Today, the Nation's young men and women voluntarily take an oath to support and defend the Constitution of the United States and fall into formation with other proud and determined individuals who have answered the call to defend freedom. This splendid legacy, forged in crisis and enriched during times of peace, is deeply rooted in a time-tested warrior ethos. It is inspired by the notion of contributing to something larger, deeper, and more profound than one's own self. Notice: This is a printed Paperback version of the The Noncommissioned Officer and Petty Officer BACKBONE of the Armed Forces. Full version, All Chapters included. This publication is available (Electronic version) in the official website of the National Defense University (NDU). This document is properly formatted and printed as a perfect sized copy 6x9.

**army promotion board study guide: On Point** Gregory Fontenot, E. J. Degen, David Tohn, 2005 Den amerikanske hærs første officielle historiske beretning om operationerne i den anden Irakiske Krig, Operation Iraqi Freedom, (OIF). Fra forberedelserne, mobiliseringen, forlægningen af enhederne til indsættelsen af disse i kampene ved Talil og As Samawah, An Najaf og de afsluttende kampe ved Bagdad. Foruden en detaljeret gennemgang af de enkelte kampenheder (Order of Battle), beskrives og analyseres udviklingen i anvendte våben og doktriner fra den første til den anden Golf Krig.

**army promotion board study guide: Regulations for the Order and Discipline of the Troops of the United States** United States. War Department. Inspector General's Office, Friedrich Wilhelm Ludolf Gerhard Augustin Baron von Steuben, 1794

**army promotion board study guide: Company Command** John G. Meyer, 1996 A Dutch-Uncle approach to advising those who assume first command. Written by an Army officer primarily for Army company commanders, the book contains information, suggestions, & insights applicable to other services. A ready reference for the company commander. Identifies tasks to complete & how to set new directions for the company; inspires confidence to command with authority. Includes chapters on military justice & administrative law matters. Comprehensive do's & don'ts of a winning command philosophy.

**army promotion board study guide: Army Leadership** Department of the Army, 2012-09-15 Competent leaders of character are necessary for the Army to meet the challenges in the dangerous and complex security environment we face. As the keystone leadership manual for the United States Army, FM 6-22 establishes leadership doctrine, the fundamental principles by which Army leaders act to accomplish their mission and care for their people. FM 6-22 applies to officers, warrant officers, noncommissioned officers, and enlisted Soldiers of all Army components, and to Army civilians. From Soldiers in basic training to newly commissioned officers, new leaders learn how to lead with this manual as a basis. FM 6-22 is prepared under the direction of the Army Chief of Staff. It defines leadership, leadership roles and requirements, and how to develop leadership within the Army. It outlines the levels of leadership as direct, organizational, and strategic, and describes how to lead successfully at each level. It establishes and describes the core leader competencies that facilitate focused feedback, education, training, and development across all leadership levels. It reiterates the Army Values. FM 6-22 defines how the Warrior Ethos is an integral part of every Soldier's life. It incorporates the leadership qualities of self-awareness and adaptability and describes their critical impact on acquiring additional knowledge and improving in the core leader competencies while operating in constantly changing operational environments. In line with evolving

Army doctrine, FM 6-22 directly supports the Army's capstone manuals, FM 1 and FM 3-0, as well as keystone manuals such as FM 5-0, FM 6-0, and FM 7-0. FM 6-22 connects Army doctrine to joint doctrine as expressed in the relevant joint doctrinal publications, JP 1 and JP 3-0. As outlined in FM 1, the Army uses the shorthand expression of BE-KNOW-DO to concentrate on key factors of leadership. What leaders DO emerges from who they are (BE) and what they KNOW. Leaders are prepared throughout their lifetimes with respect to BE-KNOW-DO so they will be able to act at a moment's notice and provide leadership for whatever challenge they may face. FM 6-22 expands on the principles in FM 1 and describes the character attributes and core competencies required of contemporary leaders. Character is based on the attributes central to a leader's make-up, and competence comes from how character combines with knowledge, skills, and behaviors to result in leadership. Inextricably linked to the inherent qualities of the Army leader, the concept of BE-KNOW-DO represents specified elements of character, knowledge, and behavior described here in FM 6-22.

**army promotion board study guide:** Department of Defense Dictionary of Military and Associated Terms United States. Joint Chiefs of Staff, 1979

**army promotion board study guide:** Map Reading and Land Navigation Department of the Army, 2015-12-31 The field manual provides a standardized source document for Army-wide reference on map reading and land navigation. It applies to every soldier in the army regardless of service branch, MOS, or rank. This manual also contains both doctrine and training guidance on map reading and land navigation. Part One addresses map reading and Part Two, land navigation. The appendices include an introduction to orienteering and a discussion of several devices that can assist the soldier in land navigation. For soldiers, hunters, climbers, and hikers alike, this is the definitive guide to map reading and navigation.

**army promotion board study guide:** *Soldier's Study Guide* Walter J. Jackson, 2013-09-01 For soldiers who want to increase their professional knowledge of the Army and prepare themselves for promotion boards.

**army promotion board study guide:** Mad Dog Sunday Bill Stoker, 2019-04-24 Mad Dog Sunday began as a touch point between Stoker and his Soldiers while deployed. With over 100 Soldiers at dozens of locations across four countries, Stoker used the content of Mad Dog Sunday to provide mentorship, inspiration, and teaching points to his team. Mad Dog Sunday is packed with fourteen inspirational stories of American warriors who went above and beyond the call of duty including Gunnery Sergeant Hathcock, Audie Murphy, Alvin York, Jack Lumas, and Roy Benavidez as well as how dozens of US Veterans went on after their military service to impact the global marketplace. There are also eight segments on Leadership and the Human Dimension that guides the reader through the dynamic and often chaotic ability to lead others. In this section, you will discover an arc that Stoker used to connect with his team to provide a pathway for them to become future leaders while deployed. At times personal, this section weaves through values, leadership weaknesses, as well as struggles and triumphs of lessons learned with over 20 years of leadership experience. The final section includes eight general rules to master in the area of fieldcraft. Areas discussed include topics such as land navigation and orienteering, building a sustainable survival kit, maintaining the essentials for survival (fire, water, food, and shelter), as well as tips on understanding the weather. Mad Dog Sunday brings a fresh approach to these unique challenges that not only apply to Stoker's team but also to the wider audience seeking to find similar stories to inspire and teach. Stoker's ability to weave historical examples and personal anecdotes weave a narrative that will help any reader looking to build in their personal or organizational leadership and mastery of basic fieldcraft skills.

**army promotion board study guide:** *The Armed Forces Officer* Richard Moody Swain, Albert C. Pierce, 2017 In 1950, when he commissioned the first edition of *The Armed Forces Officer*, Secretary of Defense George C. Marshall told its author, S.L.A. Marshall, that American military officers, of whatever service, should share common ground ethically and morally. In this new edition, the authors methodically explore that common ground, reflecting on the basics of the Profession of

Arms, and the officer's special place and distinctive obligations within that profession and especially to the Constitution.

**army promotion board study guide: From One Leader to Another** Combat Studies Institute Press, 2013-05 This work is a collection of observations, insights, and advice from over 50 serving and retired Senior Non-Commissioned Officers. These experienced Army leaders have provided for the reader, outstanding mentorship on leadership skills, tasks, and responsibilities relevant to our Army today. There is much wisdom and advice from one leader to another in the following pages.

**army promotion board study guide: *Once an Eagle*** Anton Myrer, 2013-03-12 “Once an Eagle is simply the best work of fiction on leadership in print.” —General Martin E. Dempsey, 18th Chairman of the Joint Chiefs of Staff Required reading for West Point and Marine Corps cadets, *Once An Eagle* is the story of one special man, a soldier named Sam Damon, and his adversary over a lifetime, fellow officer Courtney Massengale. Damon is a professional who puts duty, honor, and the men he commands above self-interest. Massengale, however, brilliantly advances by making the right connections behind the lines and in Washington's corridors of power. Beginning in the French countryside during the Great War, the conflict between these adversaries solidifies in the isolated garrison life marking peacetime, intensifies in the deadly Pacific jungles of World War II, and reaches its treacherous conclusion in the last major battleground of the Cold War—Vietnam. Now reissued with a new foreword by acclaimed historian Carlo D'Este, here is an unforgettable story of a man who embodies the best in our nation—and in us all.

**army promotion board study guide: A New Look at Gender and Minority Differences in Officer Career Progression in the Military** Beth J. Asch, Trey Miller, Alessandro Malchiodi, 2012 RAND research conducted in the late 1990s documented differences in rates of promotion and retention among male, female, white, and minority officers in the U.S. military. This volume updates the earlier RAND study, using data from January 1988 through September 2010. It also examines the career progression of women serving in military occupations that are partially closed to them.

**army promotion board study guide: American Military History Volume 1** Army Center of Military History, 2016-06-05 American Military History provides the United States Army—in particular, its young officers, NCOs, and cadets—with a comprehensive but brief account of its past. The Center of Military History first published this work in 1956 as a textbook for senior ROTC courses. Since then it has gone through a number of updates and revisions, but the primary intent has remained the same. Support for military history education has always been a principal mission of the Center, and this new edition of an invaluable history furthers that purpose. The history of an active organization tends to expand rapidly as the organization grows larger and more complex. The period since the Vietnam War, at which point the most recent edition ended, has been a significant one for the Army, a busy period of expanding roles and missions and of fundamental organizational changes. In particular, the explosion of missions and deployments since 11 September 2001 has necessitated the creation of additional, open-ended chapters in the story of the U.S. Army in action. This first volume covers the Army's history from its birth in 1775 to the eve of World War I. By 1917, the United States was already a world power. The Army had sent large expeditionary forces beyond the American hemisphere, and at the beginning of the new century Secretary of War Elihu Root had proposed changes and reforms that within a generation would shape the Army of the future. But world war-global war—was still to come. The second volume of this new edition will take up that story and extend it into the twenty-first century and the early years of the war on terrorism and includes an analysis of the wars in Afghanistan and Iraq up to January 2009.

**army promotion board study guide: *Officer Career Management*** Albert A. Robbert, Katherine L. Kidder, Caitlin Lee, 2021-03-30 The authors identify useful steps toward modernization of officer career management in the military, examine constraints on reforms, and propose mitigating strategies and ways forward.

**army promotion board study guide: A Historical Review and Analysis of Army Physical Readiness Training and Assessment** Whitfield East, 2013-12 The Drillmaster of Valley Forge—Baron Von Steuben—correctly noted in his Blue Book how physical conditioning and health (which he found



woefully missing when he joined Washington's camp) would always be directly linked to individual and unit discipline, courage in the fight, and victory on the battlefield. That remains true today. Even an amateur historian, choosing any study on the performance of units in combat, quickly discovers how the levels of conditioning and physical performance of Soldiers is directly proportional to success or failure in the field. In this monograph, Dr. Whitfield Chip East provides a pragmatic history of physical readiness training in our Army. He tells us we initially mirrored the professional Armies of Europe as they prepared their forces for war on the continent. Then he introduces us to some master trainers, and shows us how they initiated an American brand of physical conditioning when our forces were found lacking in the early wars of the last century. Finally, he shows us how we have and must incorporate science (even when there exists considerable debate!) to contribute to what we do-and how we do it-in shaping today's Army. Dr. East provides the history, the analysis, and the pragmatism, and all of it is geared to understanding how our Army has and must train Soldiers for the physical demands of combat. Our culture is becoming increasingly "unfit, due to poor nutrition, a lack of adequate and formal exercise, and too much technology. Still, the Soldiers who come to our Army from our society will be asked to fight in increasingly complex and demanding conflicts, and they must be prepared through new, unique, and scientifically based techniques. So while Dr. East's monograph is a fascinating history, it is also a required call for all leaders to better understand the science and the art of physical preparation for the battlefield. It was and is important for us to get this area of training right, because getting it right means a better chance for success in combat.

**army promotion board study guide: Wear and Appearance of Army Uniforms and Insignia** Department of the Army, 2005-02-03 This regulation prescribes the authorization for wear, composition, and classification of uniforms, and the occasions for wearing all personal (clothing bag issue), optional, and commonly worn organizational Army uniforms. It also prescribes the awards, insignia, and accouterments authorized for wear on the uniform, and how these items are worn. General information is also provided on the authorized material, design, and uniform quality control system. Only uniforms, accessories, and insignia prescribed in this regulation or in the common tables of allowance (CTA), or as approved by Headquarters, Department of the Army (HQDA), will be worn by personnel in the U.S. Army. Unless specified in this regulation, the commander issuing the clothing and equipment will establish wear policies for organizational clothing and equipment. No item governed by this regulation will be altered in any way that changes the basic design or the intended concept of fit as described in TM 10-227 and AR 700-84, including plating, smoothing, or removing detail features of metal items, or otherwise altering the color or appearance. All illustrations in this regulation should coincide with the text. The written description will control any inconsistencies between the text and the illustration. AR 70-1 prescribes Department of the Army (DA) policies, responsibilities, and administrative procedures by which all clothing and individual equipment used by Army personnel are initiated, designed, developed, tested, approved, fielded, and modified. AR 385-10 prescribes DA policies, responsibilities, and administrative procedures and funding for protective clothing and equipment. In accordance with chapter 45, section 771, title 10, United States Code (10 USC 771), no person except a member of the U.S. Army may wear the uniform, or a distinctive part of the uniform of the U.S. Army unless otherwise authorized by law. Additionally, no person except a member of the U.S. Army may wear a uniform, any part of which is similar to a distinctive part of the U.S. Army uniform. This includes the distinctive uniforms and uniform items listed in paragraph 1-12 of this regulation. Further, soldiers are not authorized to wear distinctive uniforms or uniform items of the U.S. Army or of other U.S. Services with, or on civilian clothes, except as provided in chapters 27 through 30 of this regulation.

**army promotion board study guide: Air Force Handbook 1** U. S. Air Force, 2018-07-17 This handbook implements AFD 36-22, Air Force Military Training. Information in this handbook is primarily from Air Force publications and contains a compilation of policies, procedures, and standards that guide Airmen's actions within the Profession of Arms. This handbook applies to the Regular Air Force, Air Force Reserve and Air National Guard. This handbook contains the basic

information Airmen need to understand the professionalism required within the Profession of Arms. Attachment 1 contains references and supporting information used in this publication. This handbook is the sole source reference for the development of study guides to support the enlisted promotion system. Enlisted Airmen will use these study guide to prepare for their Promotion Fitness Examination (PFE) or United States Air Force Supervisory Examination (USAFSE).

**army promotion board study guide: Special Operations** Winston Clough, Bronston Clough, 2016

**army promotion board study guide: Mentoring Handbook** , 1996

**army promotion board study guide: *Macbeth*** , 2008

**army promotion board study guide: The People's Liberation Army and Contingency Planning in China** Andrew Scobell, Arthur S. Ding, Phillip C. Saunders, 2016-04-26 How will China use its increasing military capabilities in the future? China faces a complicated security environment with a wide range of internal and external threats. Rapidly expanding international interests are creating demands for the People's Liberation Army (PLA) to conduct new missions ranging from protecting Chinese shipping from Somali pirates to evacuating citizens from Libya. The most recent Chinese defense white paper states that the armed forces must make serious preparations to cope with the most complex and difficult scenarios . . . so as to ensure proper responses . . . at any time and under any circumstances. Based on a conference co-sponsored by Taiwan's Council of Advanced Policy Studies, RAND, Carnegie Endowment for International Peace, and National Defense University, The People's Liberation Army and Contingency Planning in China brings together leading experts from the United States and Taiwan to examine how the PLA prepares for a range of domestic, border, and maritime...

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