

PRIOR SERVICE ARMY BASIC TRAINING 2022

PRIOR SERVICE ARMY BASIC TRAINING 2022 REPRESENTS A CRITICAL PHASE FOR SOLDIERS WITH PREVIOUS MILITARY EXPERIENCE WHO ARE REJOINING OR TRANSITIONING WITHIN THE U.S. ARMY. THIS SPECIALIZED TRAINING PROGRAM IS DESIGNED TO REFRESH FUNDAMENTAL SOLDIER SKILLS, UPDATE PRIOR SERVICE MEMBERS ON NEW ARMY PROTOCOLS, AND ENSURE READINESS FOR CURRENT OPERATIONAL DEMANDS. THE 2022 ITERATION OF THIS TRAINING HAS INCORPORATED UPDATES REFLECTING RECENT CHANGES IN ARMY STANDARDS, PHYSICAL FITNESS REQUIREMENTS, AND COMBAT TECHNIQUES. UNDERSTANDING THE STRUCTURE, OBJECTIVES, AND EXPECTATIONS OF PRIOR SERVICE ARMY BASIC TRAINING 2022 IS ESSENTIAL FOR VETERANS SEEKING TO REINTEGRATE SMOOTHLY INTO ACTIVE DUTY OR RESERVE ROLES. THIS ARTICLE PROVIDES A COMPREHENSIVE OVERVIEW OF THE TRAINING PROCESS, ELIGIBILITY CRITERIA, CURRICULUM UPDATES, AND TIPS FOR SUCCESS. ADDITIONALLY, IT WILL ADDRESS COMMON QUESTIONS AND HIGHLIGHT THE DIFFERENCES BETWEEN THIS TRAINING AND INITIAL ENTRY TRAINING FOR NEW RECRUITS.

- OVERVIEW OF PRIOR SERVICE ARMY BASIC TRAINING
- ELIGIBILITY AND ENROLLMENT PROCESS
- TRAINING CURRICULUM AND KEY COMPONENTS
- PHYSICAL FITNESS AND PERFORMANCE STANDARDS
- DIFFERENCES FROM INITIAL ENTRY TRAINING
- PREPARATION TIPS FOR PRIOR SERVICE MEMBERS
- FREQUENTLY ASKED QUESTIONS

OVERVIEW OF PRIOR SERVICE ARMY BASIC TRAINING

PRIOR SERVICE ARMY BASIC TRAINING 2022 IS TAILORED FOR SOLDIERS WHO HAVE PREVIOUSLY SERVED IN THE ARMY OR OTHER BRANCHES OF THE U.S. MILITARY AND ARE NOW RETURNING TO ACTIVE DUTY, RESERVE, OR NATIONAL GUARD SERVICE. UNLIKE INITIAL ENTRY TRAINING DESIGNED FOR CIVILIANS, THIS PROGRAM FOCUSES ON RE-ACCLIMATING EXPERIENCED SOLDIERS TO ARMY LIFE, REINFORCING ESSENTIAL COMBAT SKILLS, AND FAMILIARIZING THEM WITH UPDATED ARMY POLICIES AND PROCEDURES. THE TRAINING DURATION MAY VARY DEPENDING ON THE SOLDIER'S BRANCH HISTORY, MILITARY OCCUPATIONAL SPECIALTY (MOS), AND PREVIOUS EXPERIENCE. THE GOAL IS TO ENSURE ALL SOLDIERS MEET CURRENT ARMY STANDARDS AND ARE READY TO OPERATE EFFECTIVELY WITHIN THEIR UNITS.

PURPOSE AND OBJECTIVES

THE PRIMARY PURPOSE OF PRIOR SERVICE ARMY BASIC TRAINING 2022 IS TO BRIDGE THE GAP BETWEEN PRIOR EXPERIENCE AND CONTEMPORARY ARMY REQUIREMENTS. THIS INCLUDES REACQUAINTING SOLDIERS WITH WEAPONS HANDLING, TACTICAL DRILLS, PHYSICAL CONDITIONING, AND ARMY VALUES. THE OBJECTIVES ARE TO ENHANCE COMBAT READINESS, PROMOTE UNIT COHESION, AND REDUCE THE TIME NEEDED FOR SOLDIERS TO BECOME FULLY MISSION-CAPABLE.

TRAINING LOCATIONS

TRAINING FOR PRIOR SERVICE MEMBERS TYPICALLY TAKES PLACE AT ESTABLISHED ARMY TRAINING CENTERS, SUCH AS FORT JACKSON IN SOUTH CAROLINA, WHICH IS THE PRIMARY LOCATION FOR BASIC COMBAT TRAINING (BCT) AND ADVANCED INDIVIDUAL TRAINING (AIT). THE CHOICE OF LOCATION DEPENDS ON THE SOLDIER'S SPECIFIC NEEDS AND THE BRANCH OR COMPONENT THEY ARE JOINING.

ELIGIBILITY AND ENROLLMENT PROCESS

ELIGIBILITY FOR PRIOR SERVICE ARMY BASIC TRAINING 2022 DEPENDS ON SEVERAL FACTORS, INCLUDING PREVIOUS MILITARY SERVICE DURATION, DISCHARGE STATUS, AND THE TIME ELAPSED SINCE LAST ACTIVE DUTY. SOLDIERS MUST MEET ARMY MEDICAL AND PHYSICAL STANDARDS AND COMPLETE REQUIRED PAPERWORK BEFORE ENROLLMENT.

ELIGIBILITY CRITERIA

THE KEY ELIGIBILITY CRITERIA INCLUDE:

- HONORABLE OR GENERAL DISCHARGE FROM PREVIOUS SERVICE
- MEETING AGE REQUIREMENTS, GENERALLY BETWEEN 17 AND 34 YEARS OLD
- PASSING THE ARMED SERVICES VOCATIONAL APTITUDE BATTERY (ASVAB) TEST IF APPLICABLE
- MEETING CURRENT MEDICAL AND PHYSICAL FITNESS STANDARDS
- NOT EXCEEDING THE MAXIMUM TIME ALLOWED SINCE LAST ACTIVE DUTY (VARIES BY SPECIFIC PROGRAM)

ENROLLMENT STEPS

THE ENROLLMENT PROCESS INVOLVES:

- CONTACTING A RECRUITER TO DISCUSS PRIOR SERVICE OPTIONS
- SUBMITTING MILITARY RECORDS AND DISCHARGE PAPERS (DD FORM 214)
- COMPLETING MEDICAL EXAMINATIONS AND BACKGROUND CHECKS
- SCHEDULING ARRIVAL DATES FOR TRAINING AND PROCESSING
- RECEIVING PRE-ARRIVAL INSTRUCTIONS AND REQUIRED DOCUMENTATION

TRAINING CURRICULUM AND KEY COMPONENTS

THE CURRICULUM OF PRIOR SERVICE ARMY BASIC TRAINING 2022 IS DESIGNED TO UPDATE AND REINFORCE SOLDIER SKILLS WHILE INCORPORATING NEW ARMY STANDARDS. THE PROGRAM COVERS A BLEND OF CLASSROOM INSTRUCTION, PRACTICAL EXERCISES, PHYSICAL TRAINING, AND FIELD OPERATIONS.

CORE TRAINING MODULES

KEY MODULES INCLUDE:

- **WEAPONS QUALIFICATION:** REFRESHER COURSES ON RIFLE MARKSMANSHIP AND WEAPONS HANDLING.
- **COMBAT LIFESAVER TRAINING:** BASIC BATTLEFIELD MEDICAL SKILLS TO SUPPORT FELLOW SOLDIERS.
- **PHYSICAL FITNESS TRAINING:** INTENSIVE PT SESSIONS FOLLOWING THE ARMY COMBAT FITNESS TEST (ACFT)

STANDARDS.

- **ARMY VALUES AND ETHICS:** REINFORCEMENT OF SOLDIER'S CREED, WARRIOR ETHOS, AND ARMY CORE VALUES.
- **FIELD TRAINING EXERCISES:** TACTICAL DRILLS, LAND NAVIGATION, AND SIMULATED COMBAT SCENARIOS.
- **UNIFORM AND APPEARANCE STANDARDS:** INSTRUCTION ON UP-TO-DATE GROOMING AND UNIFORM REGULATIONS.

DURATION OF TRAINING

THE LENGTH OF PRIOR SERVICE ARMY BASIC TRAINING 2022 VARIES BUT TYPICALLY LASTS BETWEEN FOUR AND TEN WEEKS. THE EXACT DURATION DEPENDS ON THE SOLDIER'S PREVIOUS EXPERIENCE, MOS REQUIREMENTS, AND SPECIFIC REENTRY PROGRAM GUIDELINES. SOME SOLDIERS MAY ALSO ATTEND ADVANCED INDIVIDUAL TRAINING (AIT) TO LEARN TECHNICAL SKILLS RELATED TO THEIR MOS.

PHYSICAL FITNESS AND PERFORMANCE STANDARDS

PHYSICAL READINESS IS A FUNDAMENTAL COMPONENT OF PRIOR SERVICE ARMY BASIC TRAINING 2022. SOLDIERS MUST MEET OR EXCEED THE STANDARDS SET FORTH BY THE ARMY COMBAT FITNESS TEST (ACFT), WHICH MEASURES STRENGTH, ENDURANCE, AGILITY, AND OVERALL FITNESS.

ARMY COMBAT FITNESS TEST (ACFT)

THE ACFT CONSISTS OF SIX EVENTS DESIGNED TO ASSESS A SOLDIER'S COMBAT READINESS:

1. THREE REPETITION MAXIMUM DEADLIFT
2. STANDING POWER THROW
3. HAND-RELEASE PUSH-UP
4. SPRINT-DRAG-CARRY
5. LEG TUCK OR PLANK
6. TWO-MILE RUN

PRIOR SERVICE SOLDIERS ARE EXPECTED TO TRAIN RIGOROUSLY TO MEET THESE STANDARDS BEFORE AND DURING BASIC TRAINING. FAILURE TO MEET MINIMUM FITNESS REQUIREMENTS CAN RESULT IN REMEDIAL TRAINING OR SEPARATION.

PHYSICAL TRAINING REGIMEN

DAILY PHYSICAL TRAINING INCLUDES A COMBINATION OF CARDIOVASCULAR WORKOUTS, STRENGTH EXERCISES, AND AGILITY DRILLS. EMPHASIS IS PLACED ON INJURY PREVENTION, PROPER TECHNIQUE, AND PROGRESSIVE INTENSITY TO ENSURE ALL SOLDIERS ACHIEVE PEAK FITNESS SAFELY.

DIFFERENCES FROM INITIAL ENTRY TRAINING

PRIOR SERVICE ARMY BASIC TRAINING 2022 DIFFERS SIGNIFICANTLY FROM INITIAL ENTRY TRAINING (IET) DESIGNED FOR NEW RECRUITS WITHOUT MILITARY EXPERIENCE. THESE DIFFERENCES REFLECT THE EXISTING KNOWLEDGE BASE OF PRIOR SERVICE SOLDIERS AND THE NEED FOR TAILORED INSTRUCTION.

TRAINING FOCUS

WHILE IET COVERS A BROAD SPECTRUM OF BASIC SOLDIER SKILLS FROM THE GROUND UP, PRIOR SERVICE TRAINING PRIORITIZES UPDATING SKILLS, FAMILIARIZING SOLDIERS WITH NEW EQUIPMENT OR POLICIES, AND CORRECTING ANY DEFICIENCIES. THE PACE IS TYPICALLY FASTER DUE TO THE SOLDIERS' PREVIOUS EXPERIENCE.

TRAINING DURATION AND INTENSITY

PRIOR SERVICE TRAINING IS USUALLY SHORTER IN DURATION THAN IET. HOWEVER, IT CAN BE EQUALLY INTENSE GIVEN THE PHYSICAL AND MENTAL DEMANDS OF MEETING CURRENT ARMY STANDARDS. THE PROGRAM IS ADAPTABLE, WITH SOME SOLDIERS REQUIRING ADDITIONAL TRAINING DEPENDING ON THE LENGTH OF THEIR MILITARY HIATUS.

PREPARATION TIPS FOR PRIOR SERVICE MEMBERS

PROPER PREPARATION IS ESSENTIAL FOR SUCCESS IN PRIOR SERVICE ARMY BASIC TRAINING 2022. SOLDIERS WHO TAKE DELIBERATE STEPS BEFORE ARRIVAL OFTEN EXPERIENCE SMOOTHER TRANSITIONS AND BETTER PERFORMANCE.

PHYSICAL CONDITIONING

ENGAGING IN A STRUCTURED FITNESS PROGRAM THAT MIMICS THE ACFT EVENTS CAN IMPROVE PHYSICAL READINESS. FOCUS ON CARDIOVASCULAR ENDURANCE, MUSCULAR STRENGTH, AND FLEXIBILITY TO REDUCE THE RISK OF INJURIES DURING TRAINING.

REVIEW OF ARMY KNOWLEDGE

REFRESHING KNOWLEDGE ON ARMY REGULATIONS, UNIFORM STANDARDS, AND BASIC COMBAT SKILLS WILL HELP PRIOR SERVICE MEMBERS ADAPT MORE QUICKLY. UTILIZING ARMY MANUALS AND STUDY GUIDES CAN BE BENEFICIAL.

MENTAL PREPARATION

UNDERSTANDING THAT TRAINING MAY BE RIGOROUS AND DEMANDING IS IMPORTANT. MAINTAINING A POSITIVE MINDSET, SETTING PERSONAL GOALS, AND DEVELOPING RESILIENCE CAN ENHANCE TRAINING OUTCOMES.

FREQUENTLY ASKED QUESTIONS

MANY PRIOR SERVICE SOLDIERS HAVE QUESTIONS ABOUT THE SPECIFICS OF BASIC TRAINING IN 2022. COMMON INQUIRIES INCLUDE:

- **HOW LONG IS PRIOR SERVICE BASIC TRAINING?** IT VARIES BUT GENERALLY LASTS FOUR TO TEN WEEKS DEPENDING ON PREVIOUS SERVICE AND MOS REQUIREMENTS.

- **DO PRIOR SERVICE SOLDIERS TAKE THE SAME PHYSICAL FITNESS TEST AS NEW RECRUITS?** YES, THEY MUST PASS THE ARMY COMBAT FITNESS TEST (ACFT).
- **CAN PRIOR SERVICE SOLDIERS SKIP BASIC TRAINING ENTIRELY?** USUALLY NOT; THEY MUST ATTEND TO UPDATE SKILLS AND MEET CURRENT STANDARDS, ALTHOUGH SOME MAY HAVE SHORTENED TRAINING.
- **WHAT DOCUMENTS ARE REQUIRED TO ENROLL?** MILITARY DISCHARGE PAPERS (DD FORM 214), MEDICAL RECORDS, AND PROOF OF PRIOR SERVICE ARE ESSENTIAL.
- **IS PRIOR SERVICE TRAINING AVAILABLE FOR ALL MOSSs?** MOST MOSSs ARE COVERED, BUT SOME SPECIALIZED FIELDS MAY REQUIRE ADDITIONAL OR SEPARATE TRAINING.

FREQUENTLY ASKED QUESTIONS

WHAT IS PRIOR SERVICE ARMY BASIC TRAINING IN 2022?

PRIOR SERVICE ARMY BASIC TRAINING IN 2022 IS A CONDENSED VERSION OF THE STANDARD BASIC COMBAT TRAINING DESIGNED FOR SOLDIERS WHO HAVE PREVIOUSLY SERVED IN THE MILITARY, ALLOWING THEM TO REFRESH AND UPDATE THEIR SKILLS BEFORE RE-ENTERING ACTIVE DUTY.

HOW LONG IS PRIOR SERVICE ARMY BASIC TRAINING IN 2022?

IN 2022, PRIOR SERVICE ARMY BASIC TRAINING TYPICALLY LASTS ABOUT 10 TO 14 DAYS, SIGNIFICANTLY SHORTER THAN THE STANDARD 10-WEEK BASIC COMBAT TRAINING FOR NEW RECRUITS.

WHO IS ELIGIBLE FOR PRIOR SERVICE ARMY BASIC TRAINING IN 2022?

SOLDIERS WHO HAVE PREVIOUSLY SERVED IN THE ARMY OR OTHER BRANCHES AND ARE RETURNING TO ACTIVE DUTY OR JOINING A NEW COMPONENT, SUCH AS THE RESERVES OR NATIONAL GUARD, ARE ELIGIBLE FOR PRIOR SERVICE BASIC TRAINING IN 2022.

WHAT TOPICS ARE COVERED IN PRIOR SERVICE ARMY BASIC TRAINING 2022?

THE TRAINING COVERS WEAPONS QUALIFICATION, PHYSICAL FITNESS, ARMY VALUES AND STANDARDS, DRILL AND CEREMONY, AND OTHER ESSENTIAL SOLDIERING SKILLS TO ENSURE READINESS AND UPDATE PRIOR KNOWLEDGE.

CAN PRIOR SERVICE SOLDIERS SKIP BASIC TRAINING IN 2022?

NO, PRIOR SERVICE SOLDIERS CANNOT SKIP BASIC TRAINING ENTIRELY IN 2022, BUT THEY ATTEND A SHORTENED PRIOR SERVICE BASIC TRAINING TO REFRESH THEIR SKILLS AND MEET CURRENT ARMY STANDARDS.

WHERE IS PRIOR SERVICE ARMY BASIC TRAINING CONDUCTED IN 2022?

PRIOR SERVICE BASIC TRAINING IN 2022 IS CONDUCTED AT MAJOR ARMY TRAINING CENTERS SUCH AS FORT BENNING, FORT JACKSON, AND FORT LEONARD WOOD, DEPENDING ON THE SOLDIER'S ASSIGNMENT AND MOS.

WHAT ARE THE PHYSICAL FITNESS REQUIREMENTS FOR PRIOR SERVICE ARMY BASIC TRAINING IN 2022?

PRIOR SERVICE SOLDIERS MUST MEET OR EXCEED THE ARMY PHYSICAL FITNESS TEST STANDARDS APPLICABLE IN 2022, WHICH INCLUDES PUSH-UPS, SIT-UPS, AND A TIMED TWO-MILE RUN.

HOW HAS PRIOR SERVICE ARMY BASIC TRAINING CHANGED IN 2022 COMPARED TO PREVIOUS YEARS?

IN 2022, PRIOR SERVICE BASIC TRAINING HAS INCORPORATED UPDATED ARMY DOCTRINE, NEW EQUIPMENT TRAINING, AND ENHANCED FOCUS ON MENTAL RESILIENCE AND LEADERSHIP COMPARED TO PREVIOUS YEARS.

ADDITIONAL RESOURCES

1. *ARMY BASIC TRAINING 2022: A COMPREHENSIVE GUIDE FOR PRIOR SERVICE SOLDIERS*

THIS BOOK OFFERS AN IN-DEPTH OVERVIEW OF THE 2022 ARMY BASIC TRAINING CURRICULUM SPECIFICALLY TAILORED FOR PRIOR SERVICE MEMBERS. IT COVERS UPDATED PHYSICAL FITNESS STANDARDS, TACTICAL SKILLS REFRESHERS, AND THE PSYCHOLOGICAL TRANSITION BACK INTO MILITARY LIFE. READERS WILL FIND PRACTICAL ADVICE ON HOW TO LEVERAGE PREVIOUS EXPERIENCE WHILE ADAPTING TO NEW TRAINING PROTOCOLS.

2. *MASTERING ARMY BASIC TRAINING: PRIOR SERVICE EDITION 2022*

DESIGNED FOR SOLDIERS RE-ENTERING BASIC TRAINING, THIS GUIDE FOCUSES ON THE UNIQUE CHALLENGES FACED BY PRIOR SERVICE MEMBERS. IT INCLUDES DETAILED WORKOUT PLANS, DRILL INSTRUCTIONS, AND TIPS FOR EXCELLING IN BOTH CLASSROOM AND FIELD EXERCISES. THE BOOK ALSO ADDRESSES COMMON CONCERNS SUCH AS REINTEGRATION AND LEADERSHIP EXPECTATIONS.

3. *PRIOR SERVICE ARMY TRAINING HANDBOOK 2022*

THIS HANDBOOK PROVIDES A CONCISE YET THOROUGH REVIEW OF ALL ESSENTIAL TOPICS COVERED IN THE 2022 ARMY BASIC TRAINING FOR PRIOR SERVICE PERSONNEL. IT EMPHASIZES UPDATED ARMY VALUES, WEAPONS HANDLING REFRESHER COURSES, AND NEW COMMUNICATION PROTOCOLS. IDEAL FOR QUICK REFERENCE DURING THE TRAINING CYCLE.

4. *FROM VETERAN TO TRAINEE: NAVIGATING ARMY BASIC TRAINING 2022*

A NARRATIVE-DRIVEN GUIDE THAT BLENDS PERSONAL STORIES FROM PRIOR SERVICE SOLDIERS WITH PRACTICAL TRAINING ADVICE. THIS BOOK HIGHLIGHTS THE EMOTIONAL AND PHYSICAL HURDLES OF RETURNING TO BASIC TRAINING WHILE OFFERING STRATEGIES TO OVERCOME THEM. IT SERVES AS BOTH MOTIVATION AND A TACTICAL MANUAL.

5. *PHYSICAL FITNESS FOR PRIOR SERVICE ARMY RECRUITS: 2022 EDITION*

FOCUSED SOLELY ON FITNESS, THIS BOOK BREAKS DOWN THE 2022 ARMY PHYSICAL READINESS STANDARDS AND PROVIDES TAILORED WORKOUT ROUTINES FOR PRIOR SERVICE SOLDIERS. IT INCLUDES NUTRITION TIPS, INJURY PREVENTION STRATEGIES, AND MENTAL CONDITIONING TECHNIQUES TO ENSURE PEAK PERFORMANCE DURING BASIC TRAINING.

6. *WEAPONS AND COMBAT SKILLS REFRESHER FOR PRIOR SERVICE ARMY TRAINEES 2022*

THIS TITLE COVERS THE UPDATED WEAPONS TRAINING AND COMBAT SKILLS REQUIRED IN THE 2022 ARMY BASIC TRAINING CURRICULUM. PRIOR SERVICE SOLDIERS WILL FIND DETAILED INSTRUCTIONS ON MARKSMANSHIP, HAND-TO-HAND COMBAT, AND TACTICAL MANEUVERS. THE BOOK ALSO ADDRESSES CHANGES IN ARMY EQUIPMENT AND TECHNOLOGY.

7. *ARMY BASIC TRAINING DRILL AND CEREMONY MANUAL 2022: PRIOR SERVICE GUIDE*

A SPECIALIZED MANUAL FOCUSED ON DRILL AND CEREMONY PROCEDURES AS TAUGHT IN THE 2022 BASIC TRAINING CYCLE. IT IS TAILORED FOR PRIOR SERVICE MEMBERS WHO NEED TO REACQUAINT THEMSELVES WITH CURRENT PROTOCOLS AND FORMATIONS. CLEAR ILLUSTRATIONS AND STEP-BY-STEP INSTRUCTIONS MAKE MASTERING DRILLS STRAIGHTFORWARD.

8. *MENTAL RESILIENCE IN ARMY BASIC TRAINING: A PRIOR SERVICE PERSPECTIVE 2022*

THIS BOOK EXPLORES THE PSYCHOLOGICAL ASPECTS OF RETURNING TO BASIC TRAINING, EMPHASIZING MENTAL TOUGHNESS AND RESILIENCE. IT OFFERS COPING STRATEGIES FOR STRESS, BUILDING CAMARADERIE, AND MAINTAINING MOTIVATION THROUGHOUT THE RIGOROUS 2022 TRAINING PROGRAM. PRIOR SERVICE SOLDIERS WILL BENEFIT FROM ITS FOCUS ON MENTAL HEALTH.

9. *LEADERSHIP DEVELOPMENT FOR PRIOR SERVICE SOLDIERS IN ARMY BASIC TRAINING 2022*

HIGHLIGHTING LEADERSHIP PRINCIPLES AND OPPORTUNITIES WITHIN THE 2022 BASIC TRAINING FRAMEWORK, THIS BOOK GUIDES PRIOR SERVICE SOLDIERS ON HOW TO STEP INTO MENTORSHIP AND COMMAND ROLES. IT DISCUSSES ARMY LEADERSHIP DOCTRINE UPDATES AND PROVIDES PRACTICAL EXERCISES TO HONE LEADERSHIP SKILLS DURING TRAINING. THIS RESOURCE PREPARES READERS TO LEAD EFFECTIVELY IN AND BEYOND BASIC TRAINING.

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