

□ Major points about leadership itself – Leaders must lead by example and go first. One other main point is to trust your leaders. Troops must be cross trained in one another’s jobs and be ready to step up and take the leader’s job. This is a necessity due to the reality of combat. If you have done this, then not to trust your leaders to do their jobs, is in reality not trusting yourself.

(Editor’s note: Spc. Sean F. Ralston is assigned to the 10th Mountain Division. He is currently deployed in Afghanistan.)

APFT photo prompts question

The *NCO Journal* is a tremendous asset to the NCO Corps and I encourage my junior Soldiers to read it in preparation for the day they join the NCO ranks.

I have a concern. In the photo on page 17, Sgt. 1st Class Thorpe appears to have his knee on the back of his hand while assisting Staff Sgt. Albino to perform sit-ups. FM 21-20 specifically states, “Another person will hold your ankles with the hands only. No other method of bracing or holding the feet is authorized.” Realizing this article is for demonstrative purposes and the photo may not be of an actual APFT event for score, we should only show our Soldiers the correct way to perform a task. Is Sgt. 1st Class Thorpe bracing his hands? If so, has FM 21 - 20 been changed?

*Sgt. Maj. Keith S. Henderson
Personnel Division
Missouri Air National Guard*

(Editor’s note: In the photograph, Sgt. 1st Class Thorpe’s knee is not resting on his hands. We made sure of that before we ran the photo. FM 21-20 has not changed.)

Clarifying the APFT article

I read with interest your article about maximizing your Physical Training. I have a question about the article. Do you do three sets of all the exercises for the sit-ups and push-ups and what is the writing under the +17, 18 and 19 columns in the running chart. I want to share this article with my Soldiers at our next drill.

*2nd Lt. Kristine Quilici
U.S. Army Reserve*

(Editor’s note: According to the article you do three sets of sit-ups and push-ups with one-minute rests between each set for the regular sit-ups and push-ups only. As for the information under the +17, 18 and 19 columns, we refer you to our online edition at <http://usasma.bliss.army.mil/journal> for a better/enlarged viewing.)

Thanks for “Sgt. Daddy”

I was up getting a new retirement ID card and picked up a copy of the *NCO Journal*. I would love to get one every month, but didn’t think that you would send a hard copy to everyone free. But I [noticed I] can get it free by looking online.

I [recently] went online and found a [Fall 2002] copy [which] had a copy of “SGT Daddy” that I could download and print.

I printed it out and put it on my cube’s wall. Thank you.
*Allen Heskett
Application Engineer
Michigan*

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Kudos to the Journal

Keep up the great job. The *NCO Journal* is one of the most informative military publications in the system today. We look forward to every outstanding edition.

*Sgt. Maj. Ulysses W Mays
24th Infantry Division (M)
The Warriors at Fort Riley, Kan.*

Journal continues to improve

Thank you so much for sending the *NCO Journal* copies. I will again share them with my contacts in Mississippi, Alabama, Florida and Nevada. Your *Journal* continues to improve and the articles are helpful and interesting.

*Sergeant Major of the Army (Ret.) William Wooldridge
1st Sergeant Major of the Army*

Journal seeks your input

The *NCO Journal* welcomes your thoughts and encourages you to write to: The NCO Journal, 11291 SGT E Churchill Street, Fort Bliss, Texas, 79918-8002 or e-mail us at ATSS-SJ-NCOJOURNAL@bliss.army.mil.