

Basic Military Training Study Guide (BMTSG) Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which article provides non-judicial punishment for minor offenses without a court-martial?**
 - A. Article 15**
 - B. Article 31**
 - C. Article 91**
 - D. Article 92**

- 2. Which value emphasizes treating people with dignity, privacy, and self-determination?**
 - A. Loyalty**
 - B. Discretion**
 - C. Accountability**
 - D. Respect**

- 3. The statement 'To ensure we all receive the amount of energy we need, we must learn to conserve' is:**
 - A. False**
 - B. True**
 - C. Sometimes**
 - D. Not applicable**

- 4. The gigantic Army Air Forces was stretched during WWII. Which statement best reflects this?**
 - A. False**
 - B. True**
 - C. Not sure**
 - D. Somewhat**

- 5. Which statement best defines the Air Force core values?**
 - A. Integrity First, Service before Self, and Excellence in All We Do**
 - B. Courage, Honor, Loyalty**
 - C. Respect, Duty, Integrity**
 - D. Truth, Justice, Freedom**

- 6. With proper training, the warrior can learn to control and focus their _____, giving them a tremendous edge over the untrained warrior who succumbs to fear.**
- A. Breath**
 - B. Anger**
 - C. Fear**
 - D. Pain**
- 7. What rank is an 'E1'?**
- A. Airman Basic**
 - B. Airman**
 - C. Airman First Class**
 - D. Senior Airman**
- 8. Which of the following is NOT a recognized classification for targeting personnel under LOAC?**
- A. Lawful Combatants**
 - B. Non-combatants**
 - C. Unlawful combatants**
 - D. Military Contractors**
- 9. What item is mandatory to wear with service dress for men and on the blouse for women?**
- A. Necktie/ Tie-tab**
 - B. Belt**
 - C. Scarf**
 - D. Ribbon**
- 10. The statement 'Combat is not pretty' implies combat is:**
- A. Glamorous**
 - B. Touristic**
 - C. Not Pretty**
 - D. Heroic**

Answers

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1. A
2. D
3. B
4. B
5. A
6. C
7. A
8. D
9. A
10. C

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Explanations

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1. Which article provides non-judicial punishment for minor offenses without a court-martial?

- A. Article 15**
- B. Article 31**
- C. Article 91**
- D. Article 92**

Non-judicial punishment is a quick, within-the-command form of discipline for minor misconduct that does not require a court-martial. This process is authorized by Article 15 of the UCMJ. It lets a commander impose penalties like extra duties, short-term restriction, forfeiture of pay, and, for enlisted personnel, a reduction in rank, after the service member agrees to accept NJP or elects not to demand a trial by court-martial. The goal is to correct behavior and maintain good order and discipline without the time and formality of a criminal proceeding. The other articles cover different aspects of military procedure or offenses and are not the mechanism for non-judicial punishment. For example, one article deals with informing a person of their rights during interrogation, while the others pertain to specific offenses that are typically adjudicated in a court-martial rather than through NJP.

2. Which value emphasizes treating people with dignity, privacy, and self-determination?

- A. Loyalty**
- B. Discretion**
- C. Accountability**
- D. Respect**

Treating people with dignity, privacy, and self-determination is about showing respect. Respect means recognizing each person's worth, listening to them, safeguarding their privacy, and supporting their ability to make their own choices when appropriate. In training and teamwork, this builds trust and safety because everyone feels valued and understood. While the other values relate to different responsibilities—loyalty focuses on allegiance to the unit and mission, discretion on careful handling of information and private matters, and accountability on owning actions and consequences—respect is the one that centers on how you treat individuals with consideration and fairness.

3. The statement 'To ensure we all receive the amount of energy we need, we must learn to conserve' is:

- A. False**
- B. True**
- C. Sometimes**
- D. Not applicable**

Conserving energy is essential to ensure finite resources stretch to meet everyone's needs. Resources like fuel and calories are limited, and losses happen through inefficiency. When we learn to conserve, we lower overall consumption and waste, keeping energy available for those who rely on it and for essential tasks. That makes the statement true, because deliberate conservation supports equitable access and sustainability, ensuring the needed energy remains available rather than running short. In some scenarios energy might be abundant, but the general principle remains: conserving helps ensure everyone gets what they need. The other options don't fit because they imply conservation isn't needed, or is only sometimes relevant, or not applicable at all; neither captures the proactive, universal approach to managing energy.

4. The gigantic Army Air Forces was stretched during WWII. Which statement best reflects this?

- A. False**
- B. True**
- C. Not sure**
- D. Somewhat**

The main idea is that rapid growth and global reach for air power during the war placed massive demands on the Army Air Forces, stretching its resources across multiple theaters and tasks. During WWII, the Army Air Forces expanded from a relatively small force into a truly global arm, supporting operations in Europe, North Africa, the Mediterranean, and the Pacific. This required building and sustaining thousands of airfields, training and deploying a huge number of pilots and maintenance crews, and producing and supplying vast quantities of aircraft and spare parts. The scale and speed of this expansion meant crews and equipment had to be moved around the world, maintaining long, complex supply lines while facing constant operational pressure from enemy forces. All of these factors created real strain on personnel, logistics, maintenance, and command and control, so the statement that the gigantic Army Air Forces were stretched is an accurate reflection of the wartime reality.

5. Which statement best defines the Air Force core values?

- A. Integrity First, Service before Self, and Excellence in All We Do**
- B. Courage, Honor, Loyalty**
- C. Respect, Duty, Integrity**
- D. Truth, Justice, Freedom**

Understanding the Air Force's guiding principles means recognizing the three official values airmen are expected to uphold: Integrity First, Service before Self, and Excellence in All We Do. This statement lists those three exactly, so it's the best fit. Integrity First means doing what is right, telling the truth, and being trustworthy in all actions, even when no one is watching. Service before Self emphasizes putting the mission and the welfare of teammates and the nation ahead of personal interests. Excellence in All We Do encourages striving for high standards, continuous improvement, and attention to quality in every task, large or small. Together these values shape daily choices, leadership, and how you handle responsibilities, training, and difficult situations. The other options propose worthy traits, but they're not the official trio that defines Air Force ethics.

6. With proper training, the warrior can learn to control and focus their _____, giving them a tremendous edge over the untrained warrior who succumbs to fear.

- A. Breath**
- B. Anger**
- C. Fear**
- D. Pain**

The key idea here is learning to regulate fear itself. Fear is the natural response to danger, and if it runs unchecked it can freeze your actions, cloud judgment, and slow you down. Proper training builds ways to acknowledge fear without letting it control you, to keep your mind clear, your body steady, and your decisions deliberate. When you can focus that fear—channeling its energy into readiness and purposeful action—you gain a real edge over someone who lets fear overwhelm them. Techniques like controlled breathing can help manage arousal, but the essential advantage comes from mastering fear as an internal state and turning it into disciplined, effective response.

7. What rank is an 'E1'?

- A. Airman Basic**
- B. Airman**
- C. Airman First Class**
- D. Senior Airman**

In the Air Force enlisted ladder, the first pay grade is E-1, and the official title is Airman Basic. This designation marks you as the entry-level recruit just after completing basic training, before you've earned a standard non-commissioned rank. There's no insignia for Airman Basic, signaling that you're at the starting point. As you gain time and experience, you advance to the next pay grades: E-2 becomes Airman, followed by E-3 as Airman First Class, and then E-4 as Senior Airman. So the rank for E1 is Airman Basic, with the other options representing higher levels.

8. Which of the following is NOT a recognized classification for targeting personnel under LOAC?

- A. Lawful Combatants**
- B. Non-combatants**
- C. Unlawful combatants**
- D. Military Contractors**

Under LOAC, who can be targeted is tied to their status in relation to the conflict. Lawful combatants are legitimate military targets while they are engaged in hostilities. Unlawful combatants are those who do not meet the requirements of lawful combatant status but who participate in fighting, and they can be targeted as well, though they do not have POW protections. Civilians, or non-combatants, are protected from direct attack unless they directly participate in hostilities, in which case they may be targeted for the duration of that participation. Military contractors are not a separate, recognized target category under LOAC. They are generally civilians, with protection extended to them unless they directly participate in hostilities, at which point they may be targeted for the period of participation.

9. What item is mandatory to wear with service dress for men and on the blouse for women?

- A. Necktie/ Tie-tab**
- B. Belt**
- C. Scarf**
- D. Ribbon**

Necktie or tie-tab is the essential neckwear that completes the service dress. For men, a necktie is worn with the service dress to create a clean, professional line at the neck. For women, the blouse uses a tie-tab to achieve the same neat neckline and secure the front, ensuring uniform appearance. This neckwear is what visually unifies the dress across genders, while belt, scarf, and ribbon are not universally required as the mandatory neckwear.

10. The statement 'Combat is not pretty' implies combat is:

- A. Glamorous**
- B. Touristic**
- C. Not Pretty**
- D. Heroic**

The main idea is how language conveys a value judgment about how something appears or feels. When someone says "Combat is not pretty," they're expressing that combat lacks beauty or attractiveness and has a harsh, ugly reality. That exact sense matches the option described as Not Pretty. It directly captures the intended meaning of the statement—combat is not something to be admired for its appearance or allure. Glamorous would mean attractive and alluring, which is the opposite of not pretty. Touristic is irrelevant to how combat is perceived. Heroic implies bravery or admirable acts, which isn't what the phrase asserts about combat's appearance or nature.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://bmtsg.examzify.com>

We wish you the very best on your exam journey. You've got this!

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