



WARRIOR ETHOS
Rev. Date: 13 Nov 2019

DEFENSE OF THE NATION

Guiding principles by which we live and defend

Objective: To help Airman understand how warrior ethos applies to each member and how their warrior mindset will carry into the operational Air Force.

Facilitator Aides

Lesson Outline
Ideal Lesson Time: 60 min.
Introduction
MP 1. Warm-Up
MP 2. Guided Group Fitness and Topic Discussion
MP 3. Conclusion/Cool Down



The Warrior Ethos evolved from the primary need to survive. This need could be met only collectively, as a group working in unison. No singular airman or AF specialty can win our nations battles alone.

Introduction

Attention: The most famous Spartan mother story is also the shortest: A Spartan mother handed her son his shield as he prepared to march off to battle. She said, “Come back with this or on it.”

That’s a warrior culture. That’s the Warrior Ethos.

Overview: The Warrior Ethos embodies certain virtues—courage, honor, loyalty, integrity, selflessness, and others.

Opening / Ice Breaker: During a PT warm-up, the facilitator will give the definition for warrior and ethos.

MP 1. Warm-Up

During a PT warm-up, the facilitator will give the definition for warrior and ethos.

Transition: Do you feel you understand the warrior mindset?

MP 2. Guided Group Fitness

In conjunction with water breaks, the facilitator will ask the participants in a group forum:

LOQ: - What are some characteristics of a warrior?”

FUQ - How do you show respect?

FUQ – Have you ever met someone that you would say is a true warrior? How would describe his/her character?

Conclusion/ Cool Down

Consider the similarities and differences - Army and Air Force; Battlefield Airmen and you. It’s important to identify how we fit into the picture as warriors. Discuss with the participants see their place in helping to accomplish the mission.

LOQ - Do you feel you can apply the warrior mindset upon arriving to your duty station?

Closing: End with the unit chant.

Anticipated Replies and Side Notes

Warrior: A person engaged or experienced in warfare. broadly: A person engaged in some struggle or conflict.

Ethos: The distinguishing character, sentiment, moral nature, or guiding beliefs of a person, group, or institution.

Anticipated Answers: never quit, being physically fit, willing to sacrifice personally for the good of the team, etc.

Anticipated Answers: listen to someone, being mindful of someone’s boundaries, etc.

ASSESSMENT QUESTION: Do the participants have a deeper understanding of warrior ethos and how it ties with defense of the nation?