

named "Hell Week." If an applicant struggles through this week, he is well on his way to becoming a qualified "frogman." "Hell Week" means all-night forced runs; marches through mud, swamps, sand and surf, carrying heavy rubber boats; strenuous competitive games; runs over the obstacle course; hours of physical conditioning exercises; and a 16-hour trek over rugged courses surrounded by controlled explosives.

The following weeks are filled with more classroom work, exercises, runs, open-sea swims, study and practice in demolitions and reconnaissance techniques.

Deploying to Camp Pickett, Va., for one week, the class is trained in survival, escape and evasion, land navigation, and a practice demolition raid against a dam.

The final part of the first 16 weeks is spent at Roosevelt Roads, Puerto Rico. Here the students practice heavy demolition assignments, make live demolition raids against a practice island, and otherwise ply their dangerous trade under realistic conditions. The grand finale at Roosevelt Roads and the end of the first 16 weeks is a reconnaissance and demolition raid against an obstacle-littered beach under constant simulated fire from controlled explosives. Before leaving the Puerto Rican base for good, however, the trainees are treated to a trip to Vieques Island, 7 sea-miles away. They are transported to Vieques by boat — they have to swim back.

After this phase of UDT training, the entire class reports to Fort Benning, Georgia, for three weeks of airborne training where they qualify as parachutists. Next, they go to Underwater Swimmers School at Key West, Florida, where they learn diving physiology, and the use of self-contained underwater breathing apparatus (SCUBA). Here the trainees also are taught underwater navigation (by compass) of distances of a mile or more, harbor bottom searches, and

locking in and out of submerged submarines.

Now, at last, the trainee graduates. But he is not yet a full-fledged UDT man. First he must go to a UDT for six-month's probation before final qualification. As a "frogman" who has proved himself and deserves to wear the name "Webfoot Warrior," he becomes a full-fledged member of an Underwater Demolition Team.

The four underwater demolition teams are headquartered on the east and west coasts, two teams at Little Creek, Va., and two at Coronado, Calif. The frogman may work in waters close to UDT headquarters or he may operate from a high speed transport or dock landing ship. His work may take him from the warm waters of the Caribbean or Medi-

terranean to the frigid waters of the Antarctic. But wherever he may be, he engages in practice demolition raids and maintains at a high pitch his skill and proficiency in his peculiar type of warfare.

UDT men wear the same white hat, jumper and "bell-bottom" uniform of the ordinary sailor and there is nothing in appearance or personality that makes them different from other Navy-men. But there is a special something that sets them apart. They are the "Webfoot Warriors," the "Frogmen," the men who take the risks and perform the dangerous, nerve-shattering, and lonely job that saves so many lives when the landing craft are lowered and the Marines hit the beach.



Frogmen prepare to "lock out" from a submerged submarine.



A frogman sets up explosives on simulated enemy obstacles during an amphibious assault landing exercise.



Underwater warriors go over the side for a demolition raid.