**Appendix F**

**Cadences**

**Things to Remember When Calling**

**Cadences:**

1. Always remain centered on your unit.

2. Keep the cadences clean.

3. Do not be afraid to call someone out of the

formation to help.

4. Do not be afraid to improvise.

5. Know the words!!! Do not try to get away with a

cheat sheet.

6. Call running cadences out while running, and

marching cadences while marching.

The following are just a few examples of cadences.

Look for more at the following websites.

http://web.uccs.edu/armyrotc/Resources(Cadence).asp

<http://www.gruntsmilitary.com/cadence/journal.cgi>

**YELLOW RIBBON (Marching)**

Around her head she wore a yellow ribbon.

She wore it in the springtime, in the early month of

May.

And if you asked her why the hell she wore it,

She wore it for her Ranger who was far, far away.

Far away!

Far away!

She wore it for her Ranger who was far, far away.

Around the block she pushed a baby carriage...

Behind the door her daddy kept a shotgun...

**YELLOW BIRD (Marching)**

A yellow bird, with a yellow bill

Was sitting on, my window sill.

I lured him in, with a piece of bead, And then I

smashed his little head.

The doctor came, to check his head.

"Indeed," he said, this, bird is dead.

**Till I get on Back Home**

I don’t know why I left

But I know I was wrong

But it won’t be long

‘Till I get on back home

Got a letter in the mail,

Said go to war or go to jail

But it won’t be long

‘Till I get on back home

Slapped me down in a barber’s

chair

Spun me around, I had no hair

But it won’t be long

‘Till I get on back home

Used to drive a Cadillac

Now I hump it on my back

But it won’t be long

‘Till I get on back home

Used to be a high school stud

Now I’m marching in the mud

But it won’t be long

‘Till I get on back home

Used to wear my faded jeans

Now I’m wearing Army greens

But it won’t be long

‘Till I get on back home

Used to date a beauty queen

Now I love my M16

But it won’t be long

‘Till I get on back home

Mama, mama don’t you cry

Your little boy ain’t gonna die

Cause it won’t be long

‘Till I get on back home

**WHAT THE ARMY'S DONE TO ME (Marching)**

Chorus: Whoa, whoa, whoa, whoa

Whoa, whoa, I gotta go Whoa, whoa, whoa, whoa

Whoa, whoa, I gotta go

Mama Mama can't you see

What the Army's done to me

Momma, momma, can't you see

What the Army's done to me.

Chorus

They sat me down in the barber’s chair

Spun me around and I had no hair

They sat me down in the barber’s chair

Spun me around and I had no hair

Chorus

Used to wear my faded jeans

Now I’m wearing Army greens

Used to wear my faded jeans

Now I’m wearing Army greens

Chorus

Used to drive a Chevrolet

Now I’m marching everyday

Used to drive a Chevrolet

Now I’m marching everyday

Mama, Mama can’t you see

What that CO’s done to me

He made me march real far

The he passed me in his car

**C-130 (Running)**

C-130 rolling down the strip,

64 Rangers on a one-way trip.

Mission uncertain, destination unknown,

Don't even know if we're ever coming home.

Stand-up, Hook-up, shuffle to the door,

Jump right out and count to four.

If my main don't open wide,

I've got a reserve by my side.

And if that one should fail me too,

Look out below, I'm coming through.

Hit the drop zone with feet apart

Legs in my stomach and feet in my heart.

And if I die on the old drop zone

Well box me up and send me home

Pin my medals upon my chest,

And bury me in the leaning rest.

**My Granny (Running)**

When my granny was 91,

She did PT just for fun.

When my granny was 92,

She did PT better than you.

When my granny was 93,

She did pushups just like me.

When my granny was 94,

She did PT more and more.

When my granny was 95,

She did PT to stay alive.

When my Granny turned 96,

She did sit ups just for kicks.

And when my granny turned 97,

She double-timed straight up to heaven.

She met St. Peter at the pearly gate,

Said, “Gee, St. Peter I hope I’m not late.”

St. Peter said with a big wide grin,

“Drop down Granny and knock out ten.”