

To do things properly

My Daily Routine

First, I laze around in bed

This is for the sake of getting organized later...

- ① Interdental brush
- ② Brushing my teeth
- ③ Washing my face or showering

(I use body soap for both face and body wash)

- ④ Applying lotion and using a hairdryer (I only use lip balm)
- ⑤ Making the bed
- ⑥ Doing laundry daily
- ⑦ Cleaning the unit bathroom daily
- ⑧ Coffee time
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I'm usually asleep by 10:00 PM

There was a time when I used to go to bed at 4:00 PM

On training days... either before ① or after ②

This meticulousness... leads to precise actions without compromise in everything

Incidentally, within the Self-Defense Forces base...

(Priority Order)

Salute is mandatory if you are even one rank higher > Bugle call at 6:00 AM >

Make your bed > Shoe polishing and ironing > Endurance running > Physical training >

Shooting > Cross-country skiing, etc.

(varies depending on the regional unit) or bayonet fighting

The ranks are as follows:

Private, Non-Commissioned Officer, and then Officers → Lieutenant, Colonel, General

(Division Commander, Chief of Staff, etc.)

This might sound like bragging, but regarding the rank system of the Self-Defense Forces:

The General Officer Candidate Examination that I passed (university graduate level, but a university degree is not a requirement to take the exam)

After completing the Officer Candidate School (graduates of the National Defense Academy also attend), the rank starts from Lieutenant as described above.

However, in my case, I was in urgent financial need, and since I enlisted as a private and then took the officer candidate exam, I knew everyone from the lowest ranks. Within the same Bihoro Garrison, there was my unit, the "First Artillery Group," and other "Infantry Regiments," and it's true that I was also the subject of rumors about being an "officer candidate" from other units...

Extreme Cases

Graduating from Officer Candidate School at age 22, becoming a Lieutenant at age 23

Becoming a Staff Sergeant at age 55

Saluting is a given, and one must salute those of higher rank

Incidentally, there is also a Staff Sergeant Candidate Examination, and upon completion, one is assigned to a unit starting from the above-mentioned Staff Sergeant ranks

Bedtime at 10:00 PM

Unarmed combat, etc...

There are also night guards and food service teams that provide meals for soldiers within the base

The officers' mess hall is separate

If you wish to join the Ranger unit

After selection, you will be admitted, but it is an extremely harsh survival experience

Also, incidentally, the physical fitness test at the training unit is extremely important

These include:

① Endurance run (1500m)

② Pull-ups

It is customary to wear a physical fitness test badge (Level 1) or a ranger completion certificate badge as a lapel pin.

Doing things properly is not an old-fashioned idea.

"Cleanliness," "Regularity," and "Diligent Training"

These things remain unchanged from the past to the present, but the methods have changed due to the development of modern civilization, and

Furthermore, we now live in an era where efficient training is easily achievable with modern science and theory.