**Qualifications for Seaman**

* **Recite the Sea Cadet Oath**
* **Recite the NSCC Core Values**
* **Demonstrate the tying of the following knots: Half-Hitch and Round Turn Two Half-Hitch**
* **Choose at least three of the following: Stand an Under Instruction (UI) Quarterdeck Watch as MOOW or POOW Under the supervision of the CMAA, The Security Officer, and/or the Operations Officer, Develop a Watch Bill for a unit drill, Demonstrate folding of the American flag, Demonstrate the proper procedures for two-way radio communication.**
* **Choose at least one of the following: Practice Color Detail for both morning and evening colors, Practice as a member of a Color Guard Team.**
* **Demonstrate the following maneuvers with a squad of fellow cadets: Fall in/out, Counting off, Aligning the Squad.**
* **Deliver constructive feedback to a peer or subordinate in the presence of a Unit Officer.**
* **Simulate the basic first aid procedures for diagnosis and treatment of shock.**
* **Send a formal email message to a Unit Officer using the appropriate etiquette.**
* **Continue to model habits of good personal hygiene and grooming.**
* **Demonstrate the proper wear of Service Dress Uniform, including: Proper folding of the neckerchief and ironing for the appropriate creases.**
* **Demonstrate faithful adherence to the USNSCC Core Values, Cadet Oath, and Code of Conduct.**
* **Demonstrate consistent follower and leader skills expected of a cadet proceeding to the next rate.**