

# Running Cadences

## OLD LADY

Saw an old lady walking down the street  
She had a pack on her back and boots on her feet

I said "Hey lady where you going to?"  
She said "U.S. Army Ranger School"  
I said "Hey old lady, haven't you been told?  
Ranger School's for the young and the bold!"

She said "Hey sonny don't be a fool  
I'm an instructor at the Ranger School"  
Saw the same lady walking down the street  
She had a chute on her back, jump boots on her feet

I said "Hey old lady where you going to?"  
She said "U.S. Army Airborne School"

I said "Hey old lady, you're too darn old  
You oughta leave the jumpin' to the young and the bold"

She said "Hey sonny can't you see?  
I've got master jump wings on my CIB"  
Same old lady walking down the street  
She had a tank on her back and fins on her feet

I said "Hey lady, where you going to?"  
She said "U.S. Army Scuba School"  
I said "Hey lady, haven't you been told?  
You better leave Scuba School to the young and the bold"

She said "Hey sonny can't you see?  
I taught recon, UDT"

## GRANNY

When my granny was ninety-one  
She did PT just for fun  
two - she could PT better than you  
three - she got up before dawn to do PT  
four - she ran 3 miles, then she ran 3 more  
five - she could beat any Ranger alive  
six - she did PT just for kicks

seven - she up and died and she went to heaven

She met St. Peter at the pearly gates  
She said "St. Peter, I hope I'm not late"  
St. Peter said with a big, wide grin  
"Get down Granny, and knock out ten"

## C-130

C-130 rolling down the strip  
Airborne daddy on a one way trip  
Mission uncertain, destination unknown  
We don't 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 got another one by my side  
If that one should fail me too  
Look out ground I'm coming through  
Slip to the right and slip to the left  
Slip on down, do a PLF  
Hit the drop zone with my feet apart  
Legs in my stomach and feet in my heart

If I die on the old drop zone  
Box me up and ship me home  
Pin my wings upon my chest  
Bury me in the leaning rest  
If I die in the Spanish Moors  
Bury me deep with a case of Coors  
If I die in Korean mud  
Bury me deep with a case of Bud  
If I die in a firefight  
Bury me deep with a case of Lite  
If I die in a German blitz  
Bury me deep with a case of Schlitz  
If I die, don't bring me back  
Just bury me with a case of Jack

# Running Cadences

## WHEN I GET TO HEAVEN

When I get to heaven  
St. Peter's gonna say  
"How'd you make your living"  
"How'd you earn your pay"

And I'll reply with a little bit of anger  
I earned my living as an Airborne Ranger  
Lived a life of guts and danger  
Nothin's too tough for an Airborne Ranger

## CHOW

Up in the morning, before day  
I don't like it, no way  
Eat my breakfast too darn soon  
Hungry as a bear by noon  
Went to the mess sergeant on my knees

Said "mess SGT., mess SGT. feed me  
please"  
Mess SGT. said with a big wide grin  
"If you wanna be Airborne, you gotta be  
thin"

## JESSE JAMES

Jesse James said before he died  
There's five things that he wanted to ride  
Bicycle, tricycle, automobile  
An M-1 tank and a ferris wheel  
Jesse James said in his final will  
He had five things that he wanted to kill

A lion, a tiger, a kangaroo  
A long haired hippie, and instructor too  
And ifen he could kill just one  
He'd kill the instructor, let the hippie run

## BLUE

Had an old dog whose name was Blue  
Blue wants to go to Scuba School  
Bought him a tank and four little fins  
And took him down where he got the bends  
Same old dog whose name was Blue  
Blue wants to go to Ranger School  
Took him to the field, took away his chow  
Put a little motivation in his bow-wow

Still got the dog whose name was Blue  
Blue wants to go to Airborne School  
Got him a chute, strapped it to his back  
Now old Blue stands tall, looks strac  
That Airborne dog whose name was Blue  
Got his orders for Jungle School  
Took him on down to Panama  
And that's the last of Blue I ever saw

## CHAIRBORNE RANGER

It's one thirty now on the strip  
Chairborne daddy gonna take a little trip  
Stand up, lock up, shuffle to the door  
The club for lunch and home by four  
If there's something to decide  
Close your door and try to hide  
Every time you get a call  
You're out playing racquetball  
First revise the SOP

Make a change in policy  
Ours is not to wonder why  
It's written down in the LOI  
God forbid we should go to war  
All that paperwork would be a bore  
Let me stay behind my desk  
Anything is better than the leaning rest  
Chairborne Ranger, that's what I am  
One of a kind, I'm and AG man

# Running Cadences

## I CAN RUN . . .

I can run to FT. BENNING just like this  
All the to AIRBORNE and never quit  
Ft. Campbell . . . Air Assault  
Ft. Bragg . . . Eighty-second  
Ft. Riley . . . Kansas  
Ft. Wood . . . Missouri  
etc.

## COON SKIN

Coon skin and alligator hide  
Make a pair of jump boots just the right size  
Shine 'em up, lace 'em up, put 'em on your feet  
A good pair of jump boots can't be beat  
Birdie, birdie in the sky  
Dropped some whitewash in my eye  
Ain't no sissy, I won't cry  
I'm just glad that cows don't fly

## MP - MP

Sitting on a mountain top, beating on a drum  
Beat so hard that the MPs come  
MP, MP, don't arrest me  
Arrest that leg behind the tree  
He stole the whiskey, I stole the wine  
Now all I do is double time

## NOTHING TO DO

AG, AG, who are you?  
TDA with nothing to do  
Go to PT at nine a.m.  
Then to the pool to have a swim  
Racquetball from nine to ten  
Recover with a tonic and gin

Lunch from eleven to noon,  
Your day will be over soon  
Volleyball from noon to three  
Keep really busy, can't you see  
Now it's four, your day is through  
I wish I was AG too

## TWO OLD LADIES

Two old ladies were lying in bed  
One rolled over to the other and said  
"I wanna be an Airborne Ranger  
Live the life of guts and danger"  
Guts and danger  
Airborne Ranger  
Same two ladies were lying in bed  
One rolled over to the other and said  
"I wanna be a scuba diver  
Dive right into murky water"

Scuba diver, murky water  
Guts and danger, Airborne Ranger  
Same two old ladies lying in bed  
One rolled over to the other and said  
"I wanna be a mountain climber  
Climb that mountain, higher and higher"  
Mountain climber, higher and higher  
Scuba diver, murky water  
Guts and danger, Airborne Ranger

# Marching Cadences

## **BALLAD OF THE GREEN BERETS**

Fighting soldiers from the sky  
Fearless men who jump and die  
Men who mean just what they say  
The brave men of the Green Berets  
Silver wings upon their chests  
These are men, America's best  
One hundred men will test today  
But only three win the Green Beret  
Trained to live off nature's land  
Trained to combat hand-to-hand  
Men who fight by night and day  
Courage taken from the Green Beret

Silver wings upon their chests  
These are men, America's best  
One hundred men will test today  
But only three win the Green Beret  
Back at home a young wife waits  
Her Green Beret has met his fate  
He has died for those oppressed  
Leaving her this last request  
Put Silver Wings on my son's chest  
Make him one of America's best  
He'll be a man they'll test one day  
Have him win the Green Beret

## **EIGHTY SECOND**

Eighty-second  
Patch on my shoulder  
Pick up your chutes and jump with me  
I am the Infantry  
One-oh-one  
Patch on my shoulder  
Pick up your weapons and follow me  
I am the Infantry  
First Division  
Big Red One  
Pick up your weapons and follow me  
I am the Infantry  
Airborne Ranger  
Tabs on my shoulder

Pick up your weapons and follow me  
I am the Infantry  
Track Commander  
Mechanized Soldier  
Jump in your Bradley and follow me  
I am the Infantry  
Special Forces  
Green Berets  
Pick up your weapons and follow me  
I am the Infantry  
Chairborne Rangers  
Sittin' at a desk  
Pick up your pens and write with me  
I'm not the Infantry!

## **FOUR WINDS**

Let 'em blow, let 'em blow  
Let the four winds blow  
From the East to the West  
Alpha company is the best  
Dress it right and cover down  
Forty inches all around  
From the east to the west  
Alpha company is the best

## **HERE WE GO AGAIN**

Here we go again  
Same old stuff again  
Marching down the avenue  
Six more weeks and we'll be through  
I'll be glad and so will you

## Marching Cadences

### HI HO DIDDLY BOP

Hi Ho Diddly Bop  
I wish I was back on the block  
With my sixteen in my hand  
I wanna be a fighting man  
Hi Ho Diddly Bop  
I wish I was back on the block

With my woman in my arms  
I wanna show her all my charms  
Hi Ho Diddly Bop  
I wish I was back on the block  
With my bottle in my hand  
I wanna be a drinking man

### WHAT THE ARMY'S DONE TO ME

Chorus:  
Whoa, whoa, whoa, whoa  
Whoa, whoa, I gotta go  
Whoa, whoa, whoa, whoa  
Whoa, whoa, I gotta go  
Momma, momma, 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 took away my faded jeans  
Now I'm wearing Army greens  
Used to drive a Cadillac  
Now I hump it on my back  
Used to date a beauty queen  
Now I hug my M-16  
Used to drive a Chevrolet  
Now I'm walking all the way

### IN THE EARLY MORNING RAIN

Got a letter in the mail  
Go to war or go to jail  
Got a letter in the mail  
In the early morning rain  
I packed my bags, I kissed my wife  
And headed for the Army life  
I packed my bags, I kissed my wife  
In the early morning rain  
I told my son not to cry  
But I had tears in my eyes  
I told my son not to cry  
In the early morning rain  
With my weapon in my hand  
And a pocket full of sand  
With my weapon in my hand  
In the early morning rain  
Got the enemy to my front  
And the ocean to my rear

Wounded dying's all I hear  
In the early morning rain  
As I'm laying here to rest  
Caught a bullet in the chest  
Even though I've done my best  
In the early morning rain  
Tell my darling not to cry  
Cause I'll never say good-bye  
Tell my darling not to cry  
In the early morning rain  
Many a soldier will die today  
Guess there's nothing left to say  
So our children, they can play  
In the early morning rain  
Yes, now Sergeant I can see  
Why this training's good for me  
Forever more we will be free  
In the early morning rain

# Marching Cadences

## I DON'T KNOW

I don't know why I left  
But I know I done wrong  
And it won't be long  
'Til I get on back home  
Got a letter in the mail  
Join the Army or go to jail

And it won't be long  
'Til I get on back home  
They put me in a barber chair  
Wheeled me 'round, I had no hair  
And it won't be long  
'Til I get on back home

## YELLOW BIRD

A yellow bird  
with a yellow bill  
Was perched upon  
my window sill  
I lured him in  
with a piece of bread  
And then I smashed  
his little head  
The doctor came  
to check his head

"Indeed" he said  
"this bird is dead"  
A little mouse  
with little feet  
Was perched upon  
my toilet seat  
I pushed him in  
I flushed him down  
I watched him spin  
'round and 'round

## YELLOW RIBBON

Around her hair she wore a yellow ribbon  
She wore it in the spring time, in the early month of May  
And if you asked her why the heck she wore it  
She'd say she wore it for her soldier who was far, far away  
Far away  
Far away  
She wore it for her soldier who was far, far away  
... Around the block she pushed a baby carriage  
... Around his grave she laid the pretty flowers

## THEY SAY THAT IN THE ARMY

They say that in the Army the coffee's  
mighty fine  
It looks like muddy water and tastes like  
turpentine  
Chorus:  
Oh Lord, I wanna go  
But they won't let me go  
Oh Lord, I wanna go hoo-hoo-hooooome EH!  
They say that in the Army. . .  
. . .the chow is mighty fine  
a chicken jumped off the table and started  
marking time

. . .the biscuits are mighty fine  
one rolled off the table  
and killed a friend of mine  
. . .the training's might fine  
last night there were ten of us,  
now there's only nine  
. . .the pay is mighty fine  
they give you a hundred dollars  
and take back ninety-nine