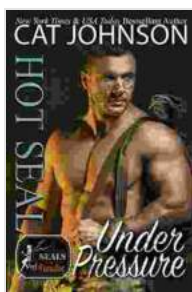


Hot SEAL Under Pressure: The Extraordinary True Story of Cat Johnson

Cat Johnson was born in a small town in Pennsylvania in 1987. She was a gifted athlete and a straight-A student. After graduating from high school, she attended the United States Naval Academy, where she majored in ocean engineering. In 2009, she graduated from the Academy and was commissioned as an ensign in the United States Navy.



Hot SEAL, Under Pressure by Cat Johnson

★★★★☆ 4.6 out of 5

Language	: English
File size	: 948 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 200 pages
Lending	: Enabled



Johnson's dream was to become a Navy SEAL. She knew that it would be a difficult challenge, but she was determined to succeed. In 2011, she applied to BUD/S, the Navy's elite training program for SEALs. She was one of only a handful of women who had ever applied to the program.

BUD/S is one of the most challenging training programs in the world. It is designed to test the limits of human endurance and determination. The program is divided into three phases: Basic Underwater Demolition/SEAL

(BUDS), Second Phase, and Third Phase. BUDS is the most physically demanding phase of the program. It includes swim tests, obstacle courses, and long runs. Second Phase focuses on weapons training and combat skills. Third Phase is a six-month deployment to a combat zone.

Johnson faced many challenges during BUD/S. She was often the only woman in her class, and she had to prove herself to her male classmates and instructors. She also had to overcome the physical and mental challenges of the program. There were times when she wanted to give up, but she persevered. In 2012, she became the first woman to graduate from BUD/S and become a Navy SEAL.

After graduating from BUD/S, Johnson was assigned to a SEAL team. She deployed to Afghanistan in 2013 and served as a combat medic. She was involved in several firefights and rescued several wounded comrades. In 2014, she was awarded the Bronze Star for her actions in Afghanistan.

Johnson's story is an inspiration to anyone who has ever dreamed of achieving something great. She shows that anything is possible with hard work and determination. She is a role model for women and men alike, and she has made a significant contribution to the United States Navy.

Additional Resources

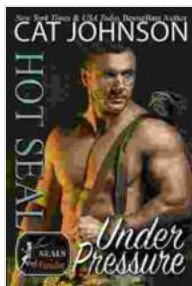
- [Cat Johnson's official Navy biography](#)
- [New York Times article about Cat Johnson](#)
- [Washington Post article about Cat Johnson](#)

Image Gallery





Cat Johnson training with other Navy SEALs



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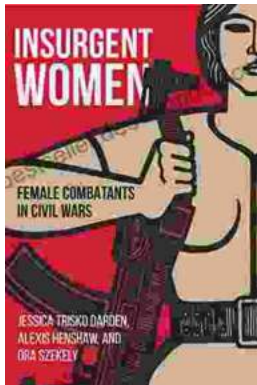
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