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STATIC LINE PARACHUTING TECHNIQUES AND TRAINING

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PREFACE

This manual contains basic and advanced training and techniques for static line parachuting. It is designed to standardize procedures for initial qualification and training of personnel in their duties and responsibilities in airborne operations. The jumpmaster, assistant jumpmaster, safeties, DACO, DZSTL, and DZSO occupy key positions in airborne operations. The initial training and qualifications of these personnel designated to occupy those critical positions are contained in this manual.

SOF unit personnel must meet the requirements for static line parachuting contained in this manual as well as provide special training and instruction for nonstandard equipment, aircraft, and personnel procedures. These procedures are documented in FM31 -19, FM 31-24, FM 31-25, and USASOC Reg 350-2.

Individual service components that deviate from this manual due to unique mission requirements will use approved procedures, techniques, equipment, and equipment-attaching methods specified by their respective service.

The proponent of this publication is HQ US Army Infantry School. Submit changes for improving this publication on DA Form 2028 (Recommended Changes to Publications and Blank Forms) directly to Commandant, US Army Infantry School, ATTN: ATSH-TPP-A, Fort Benning, Georgia 31905-5593.

Unless this publication states otherwise, masculine nouns and pronouns do not refer exclusively to men.

NOTE: The terms *jumper* and *parachutist* are used interchangeably in this manual.

PART ONE
Basic Airborne Techniques
and Training



CHAPTER 1

AIRBORNE TRAINING

The purpose of airborne training is to qualify personnel in the use of the parachute as a means of combat deployment. This training also develops leadership, self-confidence, and aggressive spirit through tough mental and physical conditioning.

1-1. STANDARDS

Airborne training initiates and sustains a high standard of proficiency through repetition and time-proven techniques. Valid results are obtained when the following training standards are employed:

- Strict discipline.
- High standards of proficiency on each training apparatus and during each phase of training.
- A vigorous physical conditioning program to ensure parachutists are capable of jumping with a minimum risk of injury.
- A strong sense of esprit de corps and camaraderie among parachutists.
- Emphasis on developing mental alertness, instantaneous execution of commands, self-confidence, and confidence in the equipment.

1-2. PHASES

The three-week airborne course is divided into two training phases. Weeks one and two form the ground training phase, and week three is the jump training phase.

a. **Ground Phase.** Each of the five basic jump techniques pertains to a particular area of military parachuting and provides a sequence for dividing the ground phase into six instructional segments.

(1) **Actions inside the aircraft.** To ensure that the maximum number of parachutists can safely exit an aircraft, a means of controlling their actions inside the aircraft just before exiting is necessary. The jumpmaster maintains control by issuing jump commands. Each command calls for specific action on the part of each parachutist.

(2) **Body control until opening shock.** Due to aircraft speed and air turbulence around the rear of the aircraft, the parachutist must exit properly and