

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

maintain the correct body position after exiting. This action reduces spinning and tumbling in the air and allows for proper parachute deployment.

(3) **Parachute control during descent.** Parachute control is essential to avoid other parachutists in the air and to avoid hitting obstacles on the ground.

(4) **Parachute landing fall execution.** The PLF is a landing technique that enables the parachutist to distribute the landing shock over his entire body to reduce the impact and the possibility of injury.

(5) **Parachute control on landing.** The parachutist releases one canopy release assembly after landing. Winds on the drop zone may cause a parachutist to be injured from being dragged along the ground.

(6) **Physical training.** Prior to reporting for airborne training, volunteers must achieve APFT standards for the 17- to 21-year-old level (Table 1-1 in accordance with DA Pam 351-4). Physical training is included in each day of ground training. Students who cannot progress in daily physical training are released from the course and returned to their unit. Daily exercises are designed to condition the muscle groups that play a significant part in jumping (Table 1-2).

EVENT	REPETITIONS		TIME LIMIT
	MALE	FEMALE	
PUSH-UP	42	18	2 MINUTES
SIT-UP	52	50	2 MINUTES
TWO-MILE RUN	MALE 15.54 MINUTES		
	FEMALE 18.54 MINUTES		

Table 1-1. APFT standards for the 17- to 21-year-old level.

WARM-UP EXERCISES	SETS	REPETITIONS
CHIN-UP (MALE)	1	6
CHIN-UP (FEMALE)	1	8
ARM AND SHOULDER MOBILITY STRETCH	1	3
GROIN STRETCH (BUTTERFLY)	1	3
HAMSTRING STRETCH	1	3
THE LONG SIT	1	3

Table 1-2. Daily physical training exercises.

CALISTHENIC EXERCISES	SETS	REPETITIONS
Note: The following calisthenic exercises are conducted with a 15-second break between each exercise.		
SIDE-STRADDLE HOP	2	10-15
PUSH-UP	2	10-15
SIT-UP	2	10-15
KNEE BENDER	2	10-15
GROUND WEEK RUN DISTANCES AND TIMES PER MILE		
2.4 MILES (3 LAPS):	TIME PER MILE min 9:00 max 9:15	TOTAL TIME min 21:36 max 22:12
3.2 MILES (4 LAPS):	TIME PER MILE min 9:00 max 9:15	TOTAL TIME min 28:48 max 29:36
GROUND WEEK RUN TIMES PER LAP		
.2 MILE - 1 MINUTE 48 SECONDS .4 MILE - 3 MINUTES 36 SECONDS .6 MILE - 5 MINUTES 24 SECONDS .8 MILE - 7 MINUTES 12 SECONDS 1.0 MILE - 9 MINUTES	.2 MILE - 1 MINUTE 51 SECONDS .4 MILE - 3 MINUTES 42 SECONDS .6 MILE - 5 MINUTES 33 SECONDS .8 MILE - 7 MINUTES 24 SECONDS 1.0 MILE - 9 MINUTES 15 SECONDS	
TOWER WEEK RUN DISTANCES AND TIMES		
3.5 MILES:	TIME PER MILE min 9:00 max 9:15	TOTAL TIME min 31:30 max 32:30
4.0 MILES:	TIME PER MILE min 9:00 max 9:15	TOTAL TIME min 36:00 max 37:00

Table 1-2. Daily physical training exercises (continued).

During Ground Week, students must complete a 2.4- to 3.2-mile run, at a 9- to 9:15-minute pace. The run is completed in formation and the student must not fall more than 3 steps behind the original formation. During Tower Week, the distance increases from 3.5 to 4 miles at the same standard (Table 1-2).

b. **Jump Phase.** Students who meet training proficiency in the basic jump techniques and physical fitness requirements during Ground and Tower Week training are advanced to the jump training phase. During Jump Phase training, the student makes five qualifying jumps from aircraft at an altitude of 1,250 feet AGL (Table 1-3, page 1-6).

JUMP NUMBER	EQUIPMENT	TYPE EXIT
1	HELMET	ADEPT OPTION 2
2	HELMET, COMBAT EQUIPMENT (HSPR, ALICE PACK, AND M1950 WEAPONS CASE)	SINGLE DOOR, ADEPT OPTION 2
3	HELMET	MASS EXIT, BOTH DOORS
4	HELMET, COMBAT EQUIPMENT (HSPR, ALICE PACK, AND M1950 WEAPONS CASE)	SINGLE DOOR, MASS EXIT (T-10C) OR ADEPT OPTION 2 (MC1-1B/C)
5 (NIGHT)	HELMET OR COMBAT EQUIPMENT (HSPR, ALICE PACK, AND M1950 WEAPONS CASE)	SINGLE DOOR, ADEPT OPTION 2

Table 1-3. Typical jump week schedule.

1-3. PREJUMP ORIENTATIONS

Students are thoroughly briefed before performing their qualification jumps. The topics include—

- A review of the five points of performance, collisions and entanglements, towed parachutist, malfunctions, activation of the reserve, and emergency landings.
- Maintenance of the T-10C or MC1-1B/C parachute to include shakeout and storage after landing.
- Donning the parachute “by the numbers” on the first jump. Additional instructors are available for close supervision and JMPI.
- Aircraft orientation to include enplaning and jump procedures.
- Drop zone and approximate point of impact.