

TABLE OF CONTENTS

<p>Preface v</p> <p style="text-align: center;">CHAPTER 1 Military Free-Fall Parachute Operations</p> <p>Characteristics 1-1 Advantages 1-1 Applications 1-2 Considerations 1-2 Physical Examination and Training Requirements 1-3 Equipment 1-3 Oxygen 1-3 Procedures 1-3</p> <p style="text-align: center;">CHAPTER 2 The Military Free-Fall Ram-Air Parachute System</p> <p>Helmet Assembly 2-12 MA2-30/A Free-Fall Altimeter 2-12 Other Recommended Items 2-13</p> <p style="text-align: center;">CHAPTER 3 The Ram-Air Parachute System Donning and Recovery</p> <p>Preparing and Donning the Aviator's Kit Bag 3-1 Donning the Ram-Air Parachute System 3-1 Recovering the Ram-Air Parachute System 3-2</p> <p style="text-align: center;">CHAPTER 4 Equipment and Weapons</p> <p>Equipment and Weapons Packing 4-1</p>	<p>Parachutist and Parachute Load Limitations 4-1 Life Preservers 4-1 Hook-Pile Tape (HPT) (Velcro) Lowering Line Assembly 4-4 Weapons Preparation 4-4 Combat Packs and Other Equipment Containers 4-10</p> <p style="text-align: center;">CHAPTER 5 Body Stabilization</p> <p>Tabletop Body Stabilization Training 5-1 Recovery From Instability 5-1</p> <p style="text-align: center;">CHAPTER 6 Aircraft Procedure Signals and Jump Commands</p> <p>Procedure Signals 6-1 Jump Commands 6-7</p> <p style="text-align: center;">CHAPTER 7 Oxygen and Life Support Equipment</p> <p>Oxygen Forms 7-1 Oxygen Handling and Safety 7-2 Oxygen Requirements 7-2 Life Support Equipment 7-2 The "PRICE" Check 7-12 Safety Personnel 7-13 Prebreather Attachment 7-13</p> <p style="text-align: center;">CHAPTER 8 Military Free-Fall Jump Training for Ram-Air Parachute</p> <p>Characteristics 8-1 Deployment Sequence 8-4 Theory of Flight 8-6</p>
---	---

Flight Characteristics 8-8
 Canopy Control 8-9
 Turbulence 8-17
 Land and Sea Breezes 8-17
 Valley and Mountain Breezes 8-17

**CHAPTER 9
 High Altitude High Opening
 Offset Parachuting**

Techniques and Requirements 9-1
 Special Equipment 9-2
 Free-Fall Delays 9-2
 Parachute Jump Phases 9-2

**CHAPTER 10
 Ram-Air Parachute
 Emergency Procedures**

Refresher Training 10-1
 Established Procedures 10-1

**CHAPTER 11
 Jumpmaster Responsibilities
 and Currency Qualifications**

Responsibilities 11-1
 Qualifications 11-1
 Cardinal Rules 11-1
 Currency and Requalification
 Requirements 11-2

**CHAPTER 12
 Military Free-Fall
 Drop Zone Operations**

Categories 12-1
 Selection Criteria 12-1
 Personnel Qualifications
 and Responsibilities 12-2
 Drop Zone Markings 12-3
 Release Points and DZ Detection 12-3
 HAHO Aircraft or Team
 Identification 12-3
 Authentication System 12-3

**CHAPTER 13
 The Automatic
 Rip Cord Release**

Activation Setting and Operation 13-1
 Millibar Setting Calculation 13-1
 Arming and Disarming 13-1

**CHAPTER 14
 Limited Visibility Operations**

Adverse Weather 14-1
 Night Operations 14-1

APPENDIXES

**MC-3 Military Free-Fall
 System A-1**

**High Altitude Release
 Point Calculation B-1**

**Recommended Military
 Free-Fall Proficiency and
 Refresher Training Program C-1**

**Suggested Military Free-Fall
 Sustained Airborne Training D-1**

**Jumpmaster Personnel
 Inspection E-1**

**Sample Aircraft
 Inspection Checklist F-1**

**Jumpmaster Briefing
 Checklist G-1**

Glossary Glossary-1

References References-1

Index Index-1