

The ISP

What is the ISP?

In 2001, USPA implemented the **Integrated Student Program** for the purpose of clarifying skill levels, objectives, and allowing for transition between methods. The idea also created structure for advanced students who had prior to his experienced a void of education right before attaining their A license (a.k.a. “the gray area” or “off student status”)

I had a lot of trouble remembering what category related to what level, so I came up with....

The categories simplified... The ISP Mnemonic

- A arch/adjust** The main goal we teach first is the arch and adjusting to the environment of leaving an airplane for the first time.
- B basics** No matter the method, we introduce the basics of body awareness, altitude awareness, and general safety.
- C control** You get control of your skydiving when you are able to pull stable on your own.
- D direction** These dives feature 90 and 360 degree turns and forward movement.
- E expand** Expand outside the box, or outside the “boxman” in this case, as we add disorienting maneuvers and positions other than “flat and stable”
- F flat track** Getting a flat and long track is so important, an entire category is devoted to it.
- G group** Here’s where group freefall skills are introduced, including gripped exits, forward movement for docking, fall rate, and reinforcing tracking.
- H hone** Hone their skills in the last category where they gain their independence and earn their first license to “learn”.