

# Manual Of Freediving

Freediving Freediving Freediving Fundamental Guide Freediving 101 Freediving - The Guide for the First 10 Meters Freediving Freedive! Freediving FREEDIVING-THE GD FOR THE 1ST Freediving Manual One Breath Manual of Freediving Bluewater Hunting and Freediving Alert Diver The Undersea Journal Breath-hold Diving Workshop Proceedings Ocean News & Technology The California Oyster Industry Manual of Freediving Marine Resources Technical Report Kimmo Lahtinen Johanna Nordblad Bassel Ounah How Expert Yannis Detorakis Yannis Detorakis David Sipperly Yannis Detorakis MR Yannis Detorakis Mike McGuire Adam Skolnick Umberto Pelizzari Terry Maas Elinore M. Barrett Umberto Pelizzari

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freediving is diving without a breathing apparatus in many languages freediving is referred to as apnea breath holding or apnea diving freediving was still a relatively unknown sport around the turn of the millennium but as organized freediving has increased knowledge of the sport has also grown rapidly at the same time certain risks associated with the sport have been recognized however when performed correctly freediving is safe and rewarding spreading correct information and promoting safe practices among the general public has become an important point of focus for the core group in the freediving community unlike scuba diving freediving is something almost anyone can take up all that is needed is some basic equipment and a place to dive some may feel that freediving is easy and that taking lessons is unnecessary while leisurely snorkeling is usually quite safe and easy adding the elements of increased performance and evaluation into the mix will inevitably introduce some risks adequate knowledge combined with good skills helps in controlling these risks this book is intended to be a basic guide to freediving even the experienced diver will find new perspectives and good tips in this book while the beginner will gain a solid understanding of the basics our effort has been to present matters in a neutral intelligible and personal way and it is our hope that the practice of safe freediving will spread far and wide

freediving i m ok in english freediving world championships 2014 antero joki mikko pöntinen  
mikko anttonen

join the thrilling world of freediving with this comprehensive guide suitable for novice and experienced divers this guide takes readers on a journey beneath the waves to learn the art science and essence of freediving training in breath control diving physiology knowledge and mental resilience impart the essential groundwork for those who wish to venture into underwater discovery based on a single breath alone the book is packed with professional advice and working methods it covers fundamentals such as buoyancy equalization breath hold training and specialities such as dynamic apnea and deep diving safety is made a definite aspect with single chapters on emergency procedures risk management and buddy checks creating an enjoyable and secure dive experience in addition to the technical details the book covers freediving s psychological and emotional benefits including stress relief mindfulness and self enrichment freedivers will learn how freediving helps them establish a better relationship with the sea and themselves turning every dive into a meditative and empowering encounter whether training for your business or seeking to achieve personal bests this book offers clear practical advice to help you unlock your full potential with inspiring stories valuable tips and step by step exercises it s an essential read for anyone drawn to the freedom and beauty of the underwater world

have you ever wanted to connect with the ocean are you curious about holding your breath are you seeking a way to calm your mind freediving may be for you this is when people explore the underwater world while holding their breath imagine you re swimming over a colorful coral reef with no scuba gear just complete freedom the fish are calm the water is clear and your lungs are full freediving may seem like an extreme sport but in reality it is incredibly peaceful it is relaxing spiritual and zen freedivers find themselves in states of presence and bliss in this guide we discuss the ins and outs of this amazing sport you could even say we go in depth learn to increase your breath hold time and explore deeper in the ocean freediving is all about technique and relaxation this guide will help you master these practices learn about different freediving disciplines for a better understanding of competitive freediving this knowledge will also help you branch out and try new things as a freediver there is also information about rescue techniques and safety procedures it is important to be a safety conscious freediver it isn t an inherently dangerous sport but a little information and practice can save a life about the expert julie shoults is passionate about freediving this passion has taken her all over the world to freedive in remarkable places she is a padi scuba and freediving instructor julie is from florida in the united states but now she is a world traveler julie started her freediving journey in the middle east where she was working as a scuba instructor it is with a lot of patience and vitamin sea that she gradually improves her freediving practice she has been freediving in the beautiful lakes of east africa with whale sharks turtles manta rays and on countless coral reefs at the time of publication she is living in bali indonesia where she can reach depths right from the shore her goal is to study science and continue traveling howexpert publishes quick how to guides on all topics

from a to z by everyday experts

the book is a complete guide a manual for the 1st level of freediving technique the writer uses his thirty years of experience as an instructor and designer of freediving courses but most of all the 15 years during which he has certified more than 1 000 free divers in the 3 levels of diver training and describes a step by step method for reaching the first 10 meters in freediving the chapters of the book literally follow the new freediver through the series of steps he must take from dressing up and entering the water to his surface swimming and the adaptation of his senses inside the water as well as all the buoyancy adjustments he will have to make at the surface and before each dive the book presents the freedive as a nicely structured logical chain of skills that are explained and presented through a large number of impressive underwater photos of actual diver training even the possible mistakes in performing the dive skills are analyzed and explained the descent to the seabed covers the greater part of the book and everything is presented in a step by step movement or skill while the reader quickly finds himself participating in the dive and trying to make the right moves every step is explained in detail for example the methods of equalizing the ears and the different techniques in order to learn how to equalize and avoid a blocked ear the ascent phase of the freedive is described in similar detail and presented through many actual training photos the book covers the use of the buddy system in freediving presenting the methods used for providing safety and communicating underwater the methods of planning a freedive are analyzed in detail both for the diver and for the buddy monitoring the dive the organization of a day s series of freedives is also presented as a diver will have to learn how to create a daily plan of his different dives the dangerous incidents in freediving are considered problems that block or delay the ascent while rescue techniques and safety measures are also described dangerous situations that every freediver should know how to avoid and how to handle as a rescuer are covered in detail in the final chapter as the writer says a book cannot of course replace training or an entire dive learning program today however our era might offer great training programs and excellent instructors but no remarkable books comprehensive technique guides so the mission of this book is to accompany the new freediver into the sea and to help him step by step in building an excellent technique and achieving new goals in freediving like his best trainer and dive buddy

freediving the physiology is a complete guide for the three levels of freediver training the three levels of instructor training and for the instructor trainer the book works as a manual for everyone introducing all readers to the greatest secrets of the human body s responses to freediving from the new freediver to the doctors who look to expand their knowledge in freediving a new freediver will find chapters on ear equalization the diving reflex the mechanism of apnea the factors of breath hold the danger of shallow water blackout advice on a special diet before and during the freediving day and many more interesting subjects for a beginner in freediving experienced freedivers will enhance their knowledge of deep freediving safety rules and rescue techniques through subjects including the human diving

responses specialized advice on deep freediving lung equalization advanced ear equalization methods special factors and methods for increased apnea duration safety rules on avoiding hyperventilation and a hypoxic state hypoxia blackout or Imc loss of motor control the rescue methods for the hypoxic diver advice on thermal problems and hypothermia a chapter about special diet methods for increased performances in freediving as well as an abundance of knowledge crucial for expanding their performance underwater and correcting possible mistakes deep freedivers instructors and doctors will all find everything there is to know about freediving physiology in this book extreme freediving has its place in every chapter of the book covering aspects of great wonder and mystery to be researched such as methods in reducing the brain's oxygen consumption during apnea lung equalization and the diving reflex at great depths gas narcosis in deep freediving freediving decompression sickness lung packing dangers and others

freediving equipment consists of decades long knowledge great scientific discoveries and 21st century state of the art technology concentrated in a gear bag freediving equipment comprises just a few items which the freediver must wear with each item intended to augment his physical abilities to a much higher level understanding the characteristics and operation of each part of the freediving equipment is crucial for freedivers and their progress in freediving technique largely depends on it a second vital rule in the selection of freediving equipment is that it must individually fit the needs of the particular diver and its selection must be based on every diver's personal needs even today this remains the greatest difficulty when selecting equipment it still is a piece of clothing which must individually fit its owner's body while at the same time offering all functional elements required by the diver so in our discussion on equipment we rely on two principles first there is no ideal freediving equipment for all divers in general but there is ideal equipment for each diver and each desired type of freediving second even the best personal equipment in terms of design and quality will be rated as to its functionality by what we eventually do in the water this book aspires to aid in this effort i.e. teaching freedivers how to select and evaluate the equipment before purchasing it and then rating it and classifying it in the water even today the appropriate knowledge is still the most precious gift when choosing freediving equipment because even in our time of abundance the selection of suitable equipment for an activity as specialized as freediving remains a science in itself the book follows a specific method to solve the equipment problem for every diver at any level of experience 1 it describes the materials and the designing principals for each item of the equipment 2 it describes the requirements in functioning underwater 3 it names the rules of the game in selecting every item of the freediving equipment by writing down the different requirements of every level of training from each item and the possible personal requirements a specific diver could add to fit his personal needs selecting the freediving equipment should be an interesting and enjoyable experience both at the stores and in the water and this is the goal of this guide to help all levels of freedivers discover new ways to choose test and grade their equipment and make their personal high performance and complete freediving gear

a complete manual for the 1st level of free diving an excerpt from the foreword of the book the idea for the book gave birth to many treasures but the moment had matured for all this practical experience having by now personally taught hundreds of freedivers how to freedive to 10 20 and 30 meters to finally turn into a written guide on the technique of freediving if i felt as if i was missing something twenty years ago by now i possessed it in abundance it was the actual experience in the water with newcomers people who did not even know what a wetsuit was and in the span of one week to enable them to comfortably dive to 10 meters while even commenting afterwards on how easy freediving was yet freediving is of course far from easy the satisfaction however of hearing them say it is huge when you have designed the training program and when you had been the trainer who managed to transform a person that until the previous day had not even once equalised pressure in his life into an excellent freediver as priceless is also the moment familiar to every instructor when your student succeeds on conquering a particular depth for the first time and surfaces with a genuine smile of deep joy and satisfaction on his accomplishment this is ultimately the goal of this book to accompany the new freediver into the sea and to help him step by step in building an excellent technique and achieving new goals in freediving all the while giving him a smile of success a book cannot of course replace training or an entire dive learning program today however our era might offer great training programs and excellent trainers but no remarkable books comprehensive technique guides and i trust as a writer that this void will be filled today with the publication of a unique book for the new freediver yannis detorakis freediver instructor trainer padi designer of freediver advanced and master freediver padi courses distinctive specialties 2004 2015

freediving is one of the fastest growing water sports not only is it easy to learn to freedive you can dive all over the world no matter where you go you can always find a place to practice your freediving training while you used to have to take weeks and weeks of classes to learn to freedive properly you can now learn how to hold your breath diaphragmatic breathing and the very best freediving techniques in this one fun to read easy to understand book what will you learn in this book what freediving is how to avoid ear pressure when freediving how to keep safe during the exercises different types of diving how you can start diving almost immediately what kind of freediving gear or freediving fins to purchase where the best diving locations can be found how to deal with the fear and anxiety you might encounter how to train for freediving breath holding and breathing techniques tips for holding breath longer underwater safety and preparedness what a diving buddy should do in an emergency and so much more while a class may seem like the best way to get into the freediving craze in reality you can learn everything you need to know from this book it will teach you all about the different techniques where to look for great freediving water and even outline the best safety procedures like any sport that involves water diving without scuba gear can be dangerous but when you have the right gear and the right training it is also the best way to see the beauty that the ocean holds the main tenant of freediving is breath holding in order to access to lower depths you must train your body to hold its breath for longer and longer stretches of time this does not come naturally to the human body and

to be able to hold your breath for more than a minute takes training and constant maintenance this book will teach how to hone your body and your mind for this intense experience whether you are a novice looking to start this great sport or an experienced freediver looking for a refresher on safety techniques and gear there is no better book look no further for the very best in breathing techniques freediving strategies and safety tips this sport is fun for all those who are willing to put the time and energy into learning the right methods and training their bodies if you are ready to start learning an exciting new sport of freediving grab your copy today don't forget to claim a free kindle version with your purchase of paperback copy check out what others are saying this is by far the most well rounded free diving book i've ever read i practiced for many years and then took some time off i was really looking for a refresher course prior to a long overdue abalone dive i really thought i knew it all from having so many years under my belt i was wrong i didn't know how much i still had to learn i practiced the exercises in the book for about a week before my dive i was nearly where i left off from my last dive years prior and within a month i plan to be on my a game thanks to the author for providing such a detailed guide it's opened up a whole new perspective on the sport that i grew up with grumpysgifts usa this guide is one of the best written and detailed books on diving out there for my personally holding my breath underwater was as hard as actual swimming so when i saw that there is a full chapter on how to master it i knew i have to take this book all the other tutorials and safety measures are well written so i am sure it will save a lot of lives i recommend this book to anyone passionate about freediving five star for me vlad buculei brno czech republic

one breath is a gripping and powerful exploration of the strange and fascinating sport of freediving and of the tragic untimely death of america's greatest freediver competitive freediving a sport built on diving as deep as possible on a single breath tests the limits of human ability in the most hostile environment on earth the unique and eclectic breed of individuals who freedive at the highest level regularly dive hundreds of feet below the ocean's surface reaching such depths that their organs compress light disappears and one mistake could kill them even among freedivers few have ever gone as deep as nicholas mevoli a handsome young american with an unmatched talent for the sport nick was among freediving's brightest stars he was also an extraordinary individual one who rebelled against the vapid and commoditized society around him by relentlessly questing for something more meaningful and authentic whatever the risks so when nick mevoli arrived at vertical blue in 2013 the world's premier freediving competition he was widely expected to challenge records and continue his meteoric rise to stardom instead before the end of that fateful competition nick mevoli had died a victim of the sport that had made him a star and the very future of free diving was called into question with unparalleled access and masterfully crafted prose one breath tells his unforgettable story and of the sport which shaped and ultimately destroyed him

learn the secrets of spearfishing and underwater photography from some of the best freedivers around the world national champion and world record holder terry maas profiles

twelve bluewater species from tuna to marlin and sailfish to wahoo loaded with practical suggestions this book is a must for anyone interested in freediving or spearfishing

a manual that combines education and theoretical research with practical activity a result of the experience of umberto pelizzari one of the major protagonists in the history of freediving 16 world records et the first man to break the wall of 150 meters in depth a complete text which accompanies the freediver into the discovery of a fascinating sport and discipline with extraordinary mental components with its previous editions manual of freediving has been the most widely distributed freediving manual in the world translated into eight languages selling more than 30 000 copies in italy in this manual of freediving underwater on a single breath each chapter has been completely re written and enriched with the most important innovations and knowledge that in the recent years have contributed to improving and making the practice of freediving even safer and more enjoyable the chapter on relaxation and mental training represents one of the greatest insights into the application of mental strength in freediving developed in a very simple and practical way it contains various guides for the autogenic training sessions and mental training from basic to advanced level topics such as the following are dealt with simplicity and many practical references breathing the correct use of the diaphragm respiratory sensitivity and effectiveness abdominal and thoracic breathing chest mobilization etc equalization all manoeuvres are described and trained with the latest educational protocols dry and in water physical and specific training monofin safety in the water etc according to the most modern freediving teaching methods over 400 pages of text and illustrated exercises with useful images will allow students and their instructors to build a straight forward and effective didactic path

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