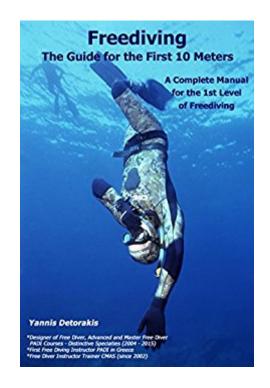
## The book was found

# Freediving: The Guide For The First 10 Meters: A Complete Manual For The 1st Level Of Freediving (Freediving Books)





### Synopsis

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 dayâ ™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 ce 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!For a paperback copy of the book, please

visit:https://www..com/Freediving--Guide-Meters-Freediving-Guides/dp/6185232316/ref=sr\_1\_27?ie =UTF8&qid=1473691390&sr=8-27&keywords=freediving+book

### **Book Information**

File Size: 8205 KB Print Length: 261 pages Simultaneous Device Usage: Unlimited Publisher: Yannis Detorakis; 1st edition (January 27, 2016) Publication Date: January 27, 2016 Sold by: Â Digital Services LLC Language: English ASIN: B01B6S6J68 Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Not Enabled Lending: Not Enabled Enhanced Typesetting: Not Enabled Best Sellers Rank: #244,728 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #31 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Water Sports > Swimming #41 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #108 in Books > Sports & Outdoors > Water Sports > Swimming

#### **Customer Reviews**

A lot of details, a must for begginers

#### Download to continue reading...

Freediving: The Guide for the First 10 Meters: A Complete Manual for the 1st Level of Freediving (Freediving Books) 200 Meters & Down: The Story of Amateur Radio First Little Readers Parent Pack: Guided Reading Level C: 25 Irresistible Books That Are Just the Right Level for Beginning Readers The Five Elements First Grade Geography Series: 1st Grade Books (Children's How Things Work Books) 1St Grade Geography: Continents of the World: First Grade Books (Children's Explore the World Books) 1st Grade United States History: Early American Settlers: First Grade Books (Children's American History Books) What Are Amphibians?, What & Why : 1st Grade Science Series: First Grade Books - Herpetology (Children's Reptile & Amphibian Books) For King and Country: British Airborne Uniforms, Insignia & Equipment in World War II 1st Airborne Division 6th Airborne Division 1st Polish ... Brigade (Schiffer Military History Book) Manual of Freediving Underwater on a single breath Second Edition Jokes For Kids - Joke Books : Funny Books : Kids Books : Books for kids age 9 12 : Best Jokes 2016 (kids books, jokes for kids, books for kids 9-12,

... funny jokes, funny jokes for kids) (Volume 1) First Grade Us History: The First Americans: First Grade Books (Children's American History Books) BLS for Healthcare Providers (Student Manual) 1st (first) edition (2011) published by American Heart Association [Paperback] Solutions Manual for: Calculus With Trigonometry and Analytic Geometry (Saxon Calculus) 1st (first) Edition by John Saxon, Frank Wang, John Young, Diana Harvey published by Saxon Publishers (1999) Physical Chemistry: A Molecular Approach 1st (first) Edition by Donald A. McQuarrie, John D. Simon published by University Science Books (1997) 110 Preguntas de Apnea: Respuestas a las preguntas mÃ<sub>1</sub>s comunes de Freediving y Pesca Submarina (Spanish Edition) One Breath: Freediving, Death, and the Quest to Shatter Human Limits LIST SERIES: JAMES ROLLINS: SERIES READING ORDER: SIGMA FORCE BOOKS, THE BANNED AND THE BANISHED BOOKS, GODSLAYER BOOKS, JAKE RANSOM BOOKS, TUCKER WAYNE BOOKS, STANDALONE NOVELS BY JAMES ROLLINS The Harvard Medical School Guide to Suicide Assessment and Intervention 1st (first) Edition published by Jossey-Bass (1999) By Sarah Cheyette - Mommy, My Head Hurts: A Doctor's Guide to Your Child's Headache: 1st (first) Edition ACEP First Aid Manual, 5th Edition (Dk First Aid Manual)

<u>Dmca</u>