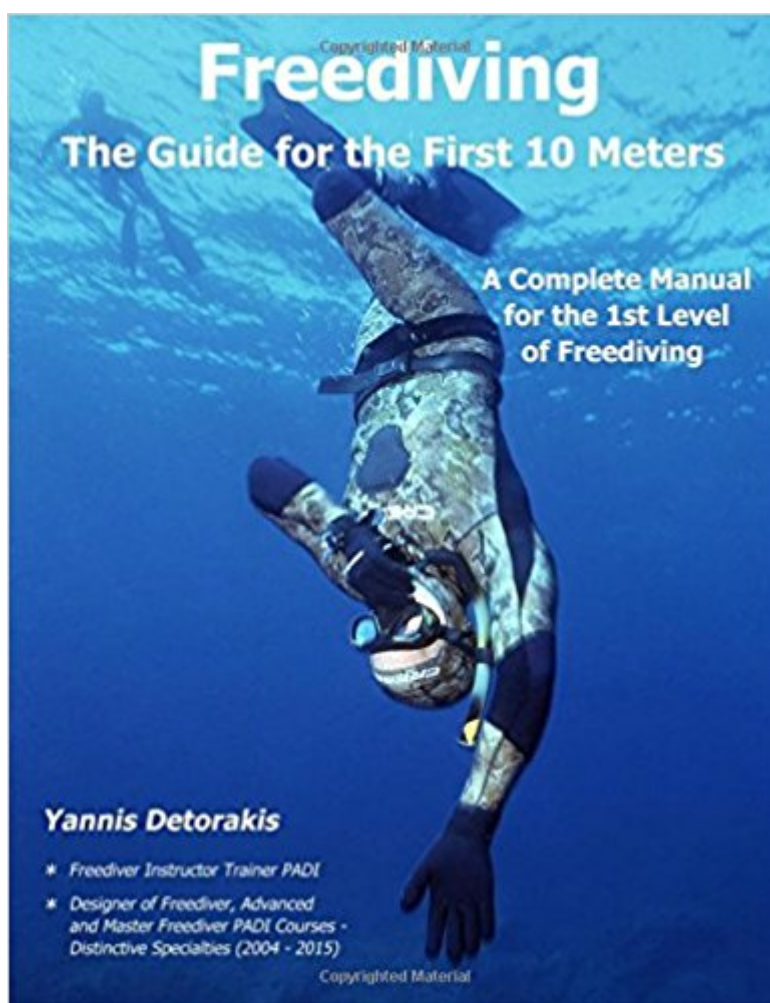


The book was found

# Freediving - The Guide For The First 10 Meters: A Complete Manual For The 1st Level Of Freediving (Freediving Books) (Volume 3)



## 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 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!"

## Book Information

Series: Freediving Books

Paperback: 222 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (March 23, 2017)

Language: English

ISBN-10: 1544892551

ISBN-13: 978-1544892559

Product Dimensions: 8.5 x 0.5 x 11 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #636,023 in Books (See Top 100 in Books) #154 in Books > Sports &

Outdoors > Outdoor Recreation > Scuba #1598 in Books > Sports & Outdoors > Water Sports

## Customer Reviews

Excellent manual for beginners.

A lot of details, a must for begginers

As a seasoned diver, this book verbalises what we instinctively do most of the time. It's also serves as a good reminder highlighting the bad habits that i've picked up over th years, I'm now mindful of these and can proceed to increase my performance in the water. This book will be invaluable to the novice and the seasoned spearo alike.

[Download to continue reading...](#)

Freediving - The Guide for the First 10 Meters: A Complete Manual for the 1st Level of Freediving (Freediving Books) (Volume 3) Underwater foraging - Freediving for food: An instructional guide to freediving, sustainable marine foraging and spearfishing Princess: A True Story of Life Behind the Veil in Saudi Arabia 1st (first) 1st (first) Edition by Sasson, Jean published by Windsor-Brooke Books, LLC (2001) US Army, Technical Manual, TM 5-6675-203-15, ALTIMETER, SURVEYING: 4,500 METERS; 2 METER DIVISIONS, (WALL AND TIERNAN TYPE FA-199), (NSN 6675-00-641-3569) Combination Drills: Developed Scales in Odd Meters, Volume 1. For Trumpet. Sixty Meters to Anywhere Five Meters of Time/FÃ¼nf Meter Zeit: Children's Picture Book English-German (Bilingual Edition) First Grade US History: The First President: 1st Grade Books (Children's US Presidents & First Ladies) Report of Brig. Gen. T. J. Jackson (Stonewall Jackson), C. S. Army, commanding First Brigade, Army of the Shenandoah (1st Manassas or 1st Bull Run) Manual of Freediving Underwater on a single breath Second Edition READING ORDER: TAMI HOAG: BOOKS LIST OF THE BITTER SEASON, KOVAC/LISKA BOOKS, HENNESSY BOOKS, QUAID HORSES, DOUCET BOOKS, DEER LAKE BOOKS, ELENA ESTES BOOKS, OAK KNOLL

BOOKS BY TAMI HOAG 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) Natural Disasters, What & Why? : 1st Grade Geography Series: First Grade Books (Children's Earth Sciences Books) The Five Elements First Grade Geography Series: 1st Grade Books (Children's How Things Work Books) Glass and Water: The Essential Guide to Freediving for Underwater Photography Dive: Your Guide to Snorkeling, Scuba, Night-diving, Freediving, Exploring Shipwrecks, Caves, and More (National Geographic Extreme Sports) Left Behind (Book 1) 1st ed/1st printing edition Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)