



30 Meters Deep Freediving Manual Oct 4 3d Book Cover

MR Yannis Detorakis



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Freediving - The Guide for the First 10 Meters Yannis Detorakis, 2017-03-23 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 Guide to 20 Meters Yannis Detorakis, 2019-07-22 A manual made for the experienced freediver who wants to complete new freediving skills that will allow him to reach 20 meters The book follows the step by step instruction method to present all the open water skills for the deep freedive Again as in the first Guide to 10 Meters we have tens of actual training photos that make it a serious collection of hundreds of deep freediving training pictures This is the Freediving Guide for the 2nd Level deep freediving after the Freediving Guide to the First 10 meters 1st Level **FREEDIVING-THE GD FOR THE 1ST** MR Yannis Detorakis, 2016-09-01 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 **Manual of Freediving** Umberto Pelizzari, 2022 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 *Manual of Freediving* Umberto Pelizzari, Stefano

Tovaglieri, 2004

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