

[PDF] Manual Of Freediving: Underwater On A Single Breath

Umberto Pelizzari, Stefano Tovaglieri - pdf download free book



Books Details:

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Description:

Review September 2012 Legendary filmmaker James Cameron (Titanic, Terminator, Avatar) gave a video message to legendary freediver Umberto Pelizzari and talking about his amazing pioneering work as a competitive freediver as well as his Manual of Freediving Ciao Umberto, It is Jim Cameron here and I m sorry I missed getting this video ready in time for your party, but I m sure you

had a great time anyway. I just wanted to add my voice to all those who are celebrating you and your accomplishments. You are one of the great pioneers opening the frontier of human adaptation to the depths. Not only as a champion athlete but as a teacher and a guide. Your book Manual of Freediving is my new Bible and I take it with me whenever I spend time in the sea. May be I can film you underwater sometime and show the world a man truly at one with the Ocean. Thanks for all you are doing. Bravo, Ciao. Ci vediamo dopo. --Umberto Pelizzari

The most comprehensive text ever written on the sport of apnea also known as breath-hold or freediving. --Pierce Hoover, Sport Diver Magazine, 2004 --Pierce Hoover

From the Publisher This is the English version of the training manual at Umberto Pelizzari's Apnea Academy Academy (school of freediving) it is grounded on techniques and teachings inherited from Enzo Maiorca and the late great Jacques Mayol and perfected by Pelizzari and co-author Stefano Tovagliari. This is the definitive guide, illustrated and up to date, for the aspiring apneist. From theory to practice this manual will accompany the reader in the discovery of a fascinating sport. It is a manual that should not be missing from the itinerary of any diver (apneist or otherwise) who wishes to improve their techniques of respiration, swimming and diving whilst broadening knowledge and theory. Dozens of underwater exercises, illustrated with helpful sequences of pictures allow both students and instructors of apnea to follow a simple and effective teaching path. From the experience of two sportsmen, with years dedicated to competitive and instructive apnea, finally a manual that unites theory with practical experience.

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