CONTENTS

Foreword		XI
Acknowled	lgements	XIII
Conversion	ı table	XV
Origin of a History of	on: The history of apnea apnea: from myth to history the records: the first by a Greek fisherman of the women lines Part one BEFORE ENTERING THE WATER	1 2 7 16 18
1.1 T 1.2. F	baching apnea The first rule: verify psychophysical conditions From mask to ballast: how to choose equipment The brief history of masks, 25; Getting dressed, 31; Instruments, 32; ccessories, 33.	21 21 24 ; Other
2.1 T 2.2 T	ting the body to water The physics of immersion The oxygen cycle Cardiovascular system, 46; Cardiac cycle, 48; Respiratory system, Underwater vision Heat	39 40 46 51.
3.1 A 3.2 T 3.3 B 3.4 E	ting the body to apnea Aquatic nature of man The dive reflex Blood shift Cars, nose, mouth Prevention and hygiene, 86; The Proplug, 88; Periodic check-ups,	69 70 73 77 79

Part two THE ART OF NOT BREATHING

4.	Bre	ath and relaxation	95
	4.1	Stress, anxiety and boredom	96
		What happens to our body during anxiety?, 97; Avoid stress by under-	
		standing it, 98; Causes of stress in apnea, 100.	
	4.2	Techniques of respiration	102
		Improving the elasticity of the ribcage, 103; Exercises for the improve-	102
		ment of the elasticity of the ribcage (costovertebral and intercostal joints),	
		104; Yoga breathing techniques, 109; Exercises to improve respiratory sen-	
		sitivity, 110; Pranayama, 113; Diaphragmatic respiration, 116; The car-	
		pa, 124.	
	12		125
	4.5	Techniques of relaxation	125
		Relaxation, 126; Mental effects of relaxation, 127; Physical effects of re-	
		laxation, 127; How to relax, 128.	
	4.4	Mental training and apnea	131
		Autogenic training, 131; Relaxation with colours: Katabasis, 133.	
5	Un	derwater relaxation	137
Э.	CII	The coconut, coral and the sea: small story, almost Zen, 137; How to pre-	131
		pare for a static apnea, 138.	
	5 1	2.♣ (1992) ★ 2001 19 (1902) 19 (1904 11 ♣ 1904 1905) 19 (1904)	138
	3.1	Static apnea	130
	F 2	Stopwatch: pros and cons, 139	1.42
		Dynamic apnea	143
	5.3	Freediving	144
		Part three	
		BECOMING AN APNEIST	
6	The	Finstroke	149
0.		Biomechanical analysis of finning	150
	0.1	Axes and planes of the human body, 152-153.	150
	62		158
	0.2	Ideal finning technique	120
	12	Velocity and constant weight, 160-161.	140
		Different ways of finning	162
		Errors of finning	165
	6.5	The Monofin	187
		Preliminary monofin exercises, 190; Exercises with the monofin, 193.	
7.	Cor	mpensation	195
	7.1	Compensatory manoeuvres	196
	,	Valsalva technique, 197; Marcante-Odaglia technique, 198; Personal tech-	170
		niques, 200.	
	7.2	Using the diaphragm to compensate	201
		Tubular aerobics	
	1.5		202
		The purposes of tubular exercises, 202; Muscular exercises, 202; What, when	
		and how much to exercise, 203; Autoinsufflation, 205; Warning, 205.	

Co	nten	ts	IX
	7.4	Compensating the mask	209
	7.5	Colds, sinusitis and other otorhinolaryngological problems, 210. Compensating at the depth limit	213
8.	For	mation in confined water	215
		Swimming Freestyle, 216; Some advice to improve breaststroke, 220; Breaststroke, 221.	216
	8.2	Exercises with free body	226
		Breathing exercises in water, 226; Compensation in assisted vertical descent, 227; Underwater Breaststroke, 227; Folding duckdive, 229; Dolphin diving; 231; Recovering objects, 232; Buoyancy with free body, 234; Static apnea, 235; Analysis of a static apnea, 235; Partial exhale apnea, 236; Full exhale apnea, 238; Forced compensation, 239; Exercises of displacement,	
	8.3	240; Flotation exercises, 244. Exercises with equipment Weighting, 246; Quick release of the weightbelt, 247; Clearing the mask, 248; Duckdives, 249; Putting on equipment underwater, 252; Simulated recovery of a victim, 254; Ascending with difficulty, 256; Dynamic apnea, 257; Vertical finning apnea (hands on the bottom), 258; Translation on the bottom, 259; Horizontal finning apnea (hands on the wall), 260;	246
	8.4	Mixed underwater swimming legs/arms, 261; Stop and go, 261. And now, apnea games Games for static apnea, 262; Games for dynamic apnea, 264.	262
9.	For	mation in open water	267
		The ocean planet	268
		The movements of water Anemometric Beaufort scale, 274-275.	272
	9.3	Freediving in open water	283

295

296

299

306

314

312

314

319

329

330

Analysis of a dive into the blue, 292-293.

The dive plan, 307; Recommendations to the apneist, 312.

Pre-arranging emergency procedure, 320; How to handle an emergency

Running, 332; How to organise training, 333; Swimming, 333; Weight

9.4 Recovery of a victim

10.1 Dangers of apnea

10.2 Prevention

11. Training for apnea

10.3 Hand signals

10. Safety

9.5 Apnea games in open water

Hyperventilation, 302.

10.4 Diet and protection from cold

in the sea, 320; First aid, 327.

11.1 Physical preparation of the apneist

training, 337; Stretching 338.

Good dietary rules, 317.

10.5 Managing an emergency

X Manual of Fre	Freediving	
11.2 Training in water Training static apnea, 344; Training dynamic apnea, 347; Training free- diving, 351.	342	
11.3 The yearly training program 11.4 Evaluation of base physical parameters	354 357	
Apnea Academy	361	
Bibliography	363	