



# Manual of Freediving: Underwater on a Single Breath

*By Umberto Pelizzari, Stefano Tovaglieri*

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**Manual of Freediving: Underwater on a Single Breath** By Umberto Pelizzari, Stefano Tovaglieri

Is the first comprehensive manual that teaches how to hold the breath, stay underwater longer, and descend deeper into the blue. The book includes a history of freediving, and detailed drawings of underwater exercises, finning techniques and selected Yoga postures to enhance lung capacity. This book is highly recommended to Skin-divers, Scuba-Divers and Surfers. It teaches how to hold the breath longer under water.

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### **Editorial Review**

#### **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 Tovaglieri. 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.

#### **About the Author**

Umberto Pelizzari is the Italian freediving champion who broke 17 world records in deep breath hold diving. Umberto Pelizzari is also protagonist of the IMAX film "Ocean Men"; directed by Bob Talbot in 2001.

### **Users Review**

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##### **Perla Baxter:**

Nowadays reading books are more than want or need but also become a life style. This reading practice give you lot of advantages. The huge benefits you got of course the knowledge your information inside the book that will improve your knowledge and information. The details you get based on what kind of reserve you read, if you want get more knowledge just go with education books but if you want sense happy read one together with theme for entertaining like comic or novel. Often the Manual of Freediving: Underwater on a Single Breath is kind of publication which is giving the reader capricious experience.

**Laurie Dunn:**

Often the book Manual of Freediving: Underwater on a Single Breath will bring one to the new experience of reading a new book. The author style to describe the idea is very unique. When you try to find new book to see, this book very ideal to you. The book Manual of Freediving: Underwater on a Single Breath is much recommended to you to read. You can also get the e-book in the official web site, so you can quicker to read the book.

**Marlyn Melia:**

Reading a e-book tends to be new life style on this era globalization. With reading you can get a lot of information that could give you benefit in your life. With book everyone in this world can share their idea. Guides can also inspire a lot of people. Many author can inspire their reader with their story as well as their experience. Not only the storyplot that share in the publications. But also they write about advantage about something that you need illustration. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors in this world always try to improve their skill in writing, they also doing some research before they write on their book. One of them is this Manual of Freediving: Underwater on a Single Breath.

**William Black:**

Precisely why? Because this Manual of Freediving: Underwater on a Single Breath is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will surprise you with the secret this inside. Reading this book adjacent to it was fantastic author who write the book in such wonderful way makes the content within easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any more or you going to regret it. This book will give you a lot of rewards than the other book possess such as help improving your skill and your critical thinking means. So , still want to hold off having that book? If I had been you I will go to the reserve store hurriedly.

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