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Freediving

A Beginners Guide

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Always take a look under the surface

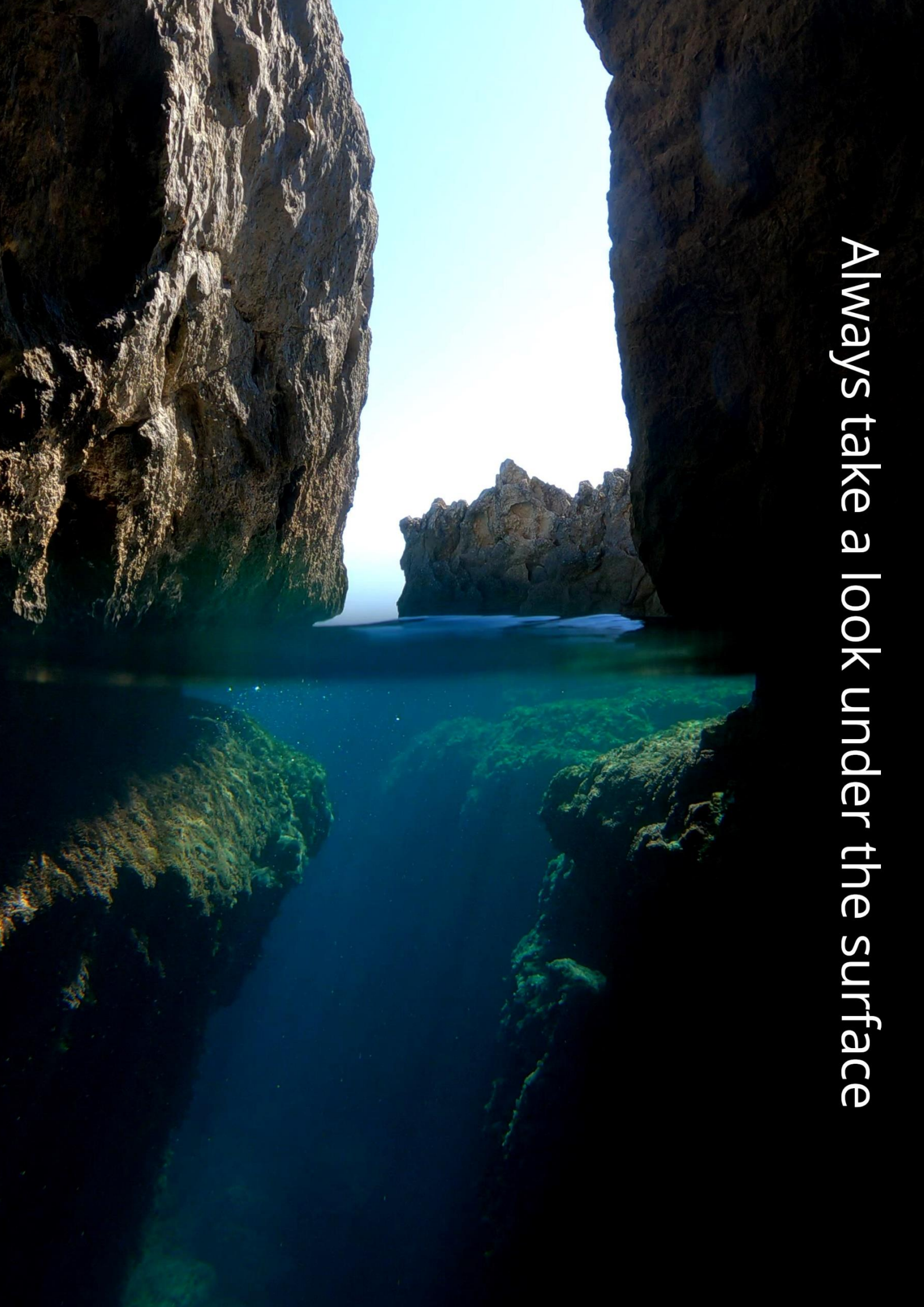


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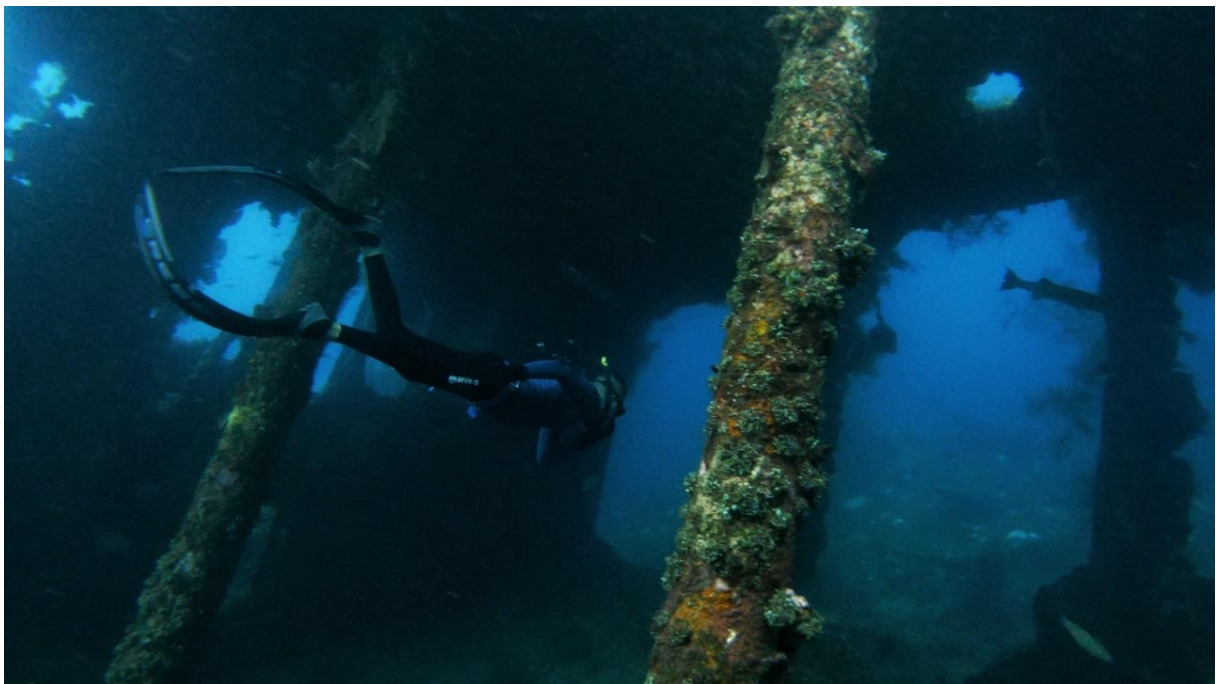
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Preface

This manual is intended for both beginners and advanced freedivers and provides an overview of the basics of freediving. My main goal was to summarize essential knowledge and training methods to offer beginners a solid foundation to build upon. Combined with a freediving course, this guide will help you deepen, expand, and apply the knowledge you've acquired in practice.

My name is Christian Schneider, Freediving Instructor, certified Fitness & Personal Trainer, and much more. In 2021, after decades of passion for diving, I made the best decision of my life and began my training to become a freediving instructor.

Since 2022, I have been working as a freelance freediving instructor, and I am thrilled to share my passion with like-minded individuals. During my travels around the world, I have had the privilege of meeting top athletes and instructors from all over the globe. I use these encounters to exchange ideas, learn from them, and gather valuable experiences. Because of my passion for teaching, I am particularly excited to inspire my students to dive into the breathtaking beauty of the underwater world and to cultivate their enthusiasm for freediving.

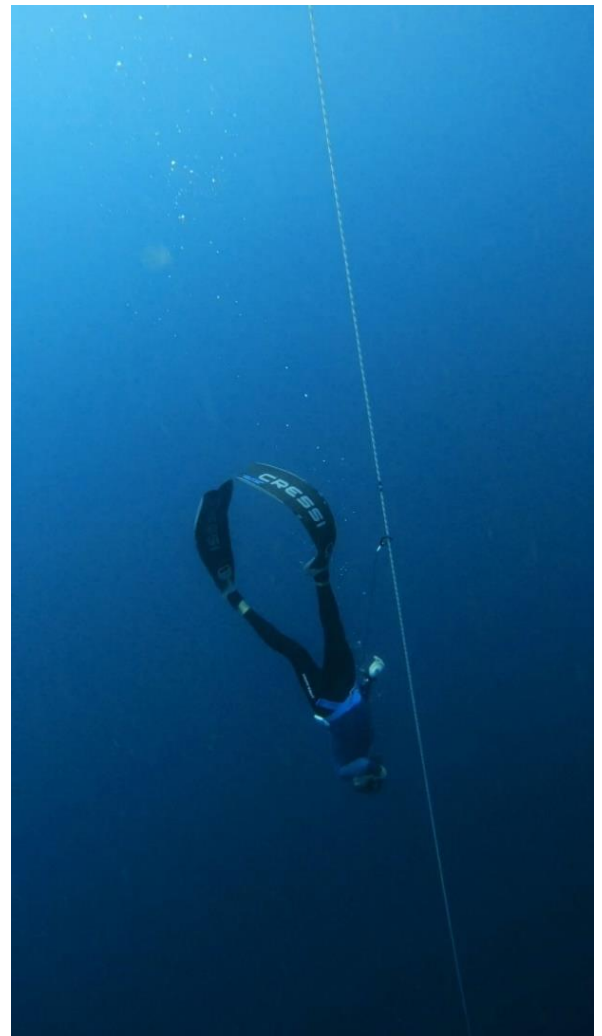


Freediving

Know your limits and dive to explore the beauty of the underwater world. Freediving is much more than just a sport; it is a journey within ourselves. Through it, we explore our limits, control our body and mind, allowing us to dive longer, farther, and deeper. In the silence of the underwater world, we find peace from the stressful world above the surface and lose ourselves in its beauty. Freediving enables us to become one with nature and with ourselves.

„If you want to study fish, you'd better become a fish yourself.“ – Jacques-Yves Cousteau

This life-enriching experience will also help you in many situations above the surface and positively transform your life. The freediving community is built on mutual support, respect, and inspiration, encouraging you to give your best. It offers an atmosphere of connection and shared growth, where experiences are exchanged, techniques refined, and new friendships formed. It is a world where you feel at home, no matter where in the world you find yourself.



Freediving Disciplines

Static *(STA)*

The freediver holds his breath for as long as possible with his nose and mouth immersed while floating on the surface of the water or standing on the bottom of a pool.

Dynamic without Fins *(DNF)*

The freediver travels in a horizontal position underwater attempting to cover the greatest possible distance using a modified breaststroke. Propulsion aids of any sort are prohibited.

Dynamic with Fins *(DYN)*

The freediver travels in a horizontal position underwater attempting to cover the greatest possible distance. Any propulsion aids, other than fins or a monofin are prohibited.

Constant weight without Fins *(CNF)*

The freediver descends and ascends underwater using a variation of breaststroke swimming stroke without the use of propulsion equipment and without pulling on the rope.

Constant weight with Fins *(CWT)*

The freediver descends and ascends with the use of fins/monofin and/or with the use of his arms. Pulling on the rope or changing his ballast will result in disqualification; only a single hold of the rope is allowed in order to turn and stop the descent and start the ascent.

Free Immersion *(FIM)*

The freediver dives under water without the use of propulsion equipment (fins) but uses the rope to pull to descend and ascend.

Variable weights *(VWT)*

The freediver descends with the help of a ballast weight and ascends using his own power: arms and/or legs, either by pulling or not pulling on the rope.

No Limits *(NLT)*

The freediver descends with the help of a ballast weight and ascends via a method of his choice, for example, by inflating a bag at depth.





FREEDIVING - A VISUAL GUIDE

