

***Manual Of Freediving Underwater On A Single Breath Umberto
Pelizzari***

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Umberto Pellizari is the founder of Apnea Academy- the premier freediving school. He wrote the Manual of Freediving in 2001 and it was translated into english in 2004 by William Trubridge. It is the best basic text for beginner divers and those wishing to improve.

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Freediving, free-diving, free diving, breath-hold diving, or skin diving is a form of underwater diving that relies on breath-holding until resurfacing rather than the use of breathing apparatus such as scuba gear.. Besides the limits of breath-hold, immersion in water and exposure to high ambient pressure also have physiological effects that limit the depths and duration possible in freediving.

Freediving - Wikipedia

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