

PADI ADVANCED STATIC FREEDIVER

- FEEL YOUR BREATH INSIDE YOUR OCEAN -

Course developed by:

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Introduction

The PADI Advanced Static is intended for students –high school, undergraduate and graduate-as well as for professional and non-professional people. Its goal is to provide a better quality of breathing.

Students complete the breathing practices on dry land while being introduced to the awareness of their inner world. Then, they participate in two confined water sessions (may be done in the ocean, weather permitting) and a final attempt with the goal of performing their PB (personal best) static breath hold.

Course Philosophy and Goals

The purpose of PADI Advanced Static Freediver course is to familiarize students with the skills, knowledge, planning, organization, procedures, techniques, problems, hazards and enjoyment of static breath holding under water and its applications to any other water activities as well as for their *stress management* in their daily life. Instructors will ask students about their goals and interests and emphasize skills that apply to coach them accordingly.

The goals of the PADI Advanced Static course training are to:

- Provide students with the general skills and tools required to control/allow their breath flow.
- Develop their ability to **perform longer breath holds**.
- Develop their **awareness of their breathing patterns** to manage stress.
- Improve quality of breathing through **paying attention to unwanted emotional behavior**.
- Develop their understanding of the **connection between their mind and their emotions**.
- Recognize how **emotional states are related to breathing rhythms**.
- Help them choose the **most appropriate tools** for their practice.

Course Standards

- **Prerequisites:** PADI Basic Freediver, or equivalent from another agency
- **Minimum Age:** 12 years old
- **Hours:** Recommended 8
- **Confined Water Sessions:** Min 2

Materials and Equipment

- mask
- snorkel
- goggles
- nose-clip
- wetsuit (in water colder than 89 F)
- Stretching mat
- Journal

Student Freediver Prerequisites

By the start of the course, a freediver must be:

- Certified as a PADI Basic Freediver or have a similar qualifying certification from another training organization. In this case, a qualifying certification is defined as proof of basic freediver certification meeting the same requirements as a PADI Basic Freediver. Verify student freediver prerequisite skills and provide remediation as necessary.
 - Be at least 12 years old
 - Covered by DAN dive medical insurance
 - Complete the following PADI forms:
 - Diver's Medical
 - Statement of Risk and Liability / Non-agency Acknowledgement Form
 - Freediver Safe Diving Practices Statement of Understanding

Knowledge Development

Learning Objectives

By the end of the knowledge development, student freedivers will be able to:

- Choose their preferred gear and tools for their Breath holding sessions.
- Organize the Advanced Static breath holding session according to safety protocols.
- Create personal visualizations, focus and attention techniques for their relaxation periods.
- Apply the above for their breath holding periods.
- Recognize feelings and experiences versus focusing on techniques.
- Introduction to the recognition of three main emotions.
- Identify the reasons and blockages of their breath hold limit.
- Differentiate pain(discomfort) from pleasure(comfort) during the breath hold.
- When identifying pain and discomfort, practice "emotional equalization" (equanimity).
- Attempt a PB (personal best).

Certification: Upon successfully completing the course, you will receive the Advanced Freediver Specialty certification card.