



Your RAID Freediver course
from Go Freediving

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www.gofreediving.co.uk

Introduction from Emma	3
What's included in your course price:.....	4
What's not included:	4
Itinerary	5
Venues	6
Accommodation	7
What you need to bring with you	9
Wetsuit hire.....	11
Freediving equipment	11
Vobster Quay membership	13
Your RAID Freediver course and materials	14
Registering with RAID.....	15
Your RAID Freediver course theory	15
Your RAID Freediver course in-water practical	16
Breath hold practice	17
Equalisation techniques and exercises	20
Exercise and stretching	22
Diet	23
Further Reading.....	24
The Frenzel Technique	25

Introduction from Emma

Welcome to the wonderful world of freediving. This document is intended to prepare you for your Go Freediving course – it covers everything you need to know about your course and what you need to do beforehand to ensure you have the best possible time in the water.

I'm often asked 'what's the most important thing about doing a freediving course?' and it's simple: relax and enjoy yourself. A chilled out freediver who's having fun is a happy, successful freediver!

If you have any questions at all about the course or anything in this document, please do get in touch:

Emma Farrell

07980 648892

emma@gofreediving.co.uk

I look forward to seeing you in the water!

Emma

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What's included in your course price:

- All course materials
- Certification upon course completion
- All equipment hire (including a wetsuit; [click here to tell us what size kit you'll need](#))

What's not included:

- Entry fees to Vobster Quay (currently £18 a day; see **Vobster Quay membership** on page 13 for more details)
- Overnight accommodation
- Food and drink
- Transport from Glebe House to Vobster Quay on day one (although there is usually space in people's cars)

Our cancellation Policy:

Important: Please read our cancellation policy here:

[Go Freediving Cancellation Policy](#)

Itinerary

Day One

8:30am	Meet at Glebe House for theory session 1
10:00am	Pool session
12.00pm	Debrief and log books
12:20pm	Move to Vobster Quay and lunch
1:30pm	Open water session 1
4:00pm	Out of the water, debrief and log books
4.30-5:00pm	Finish

Day Two

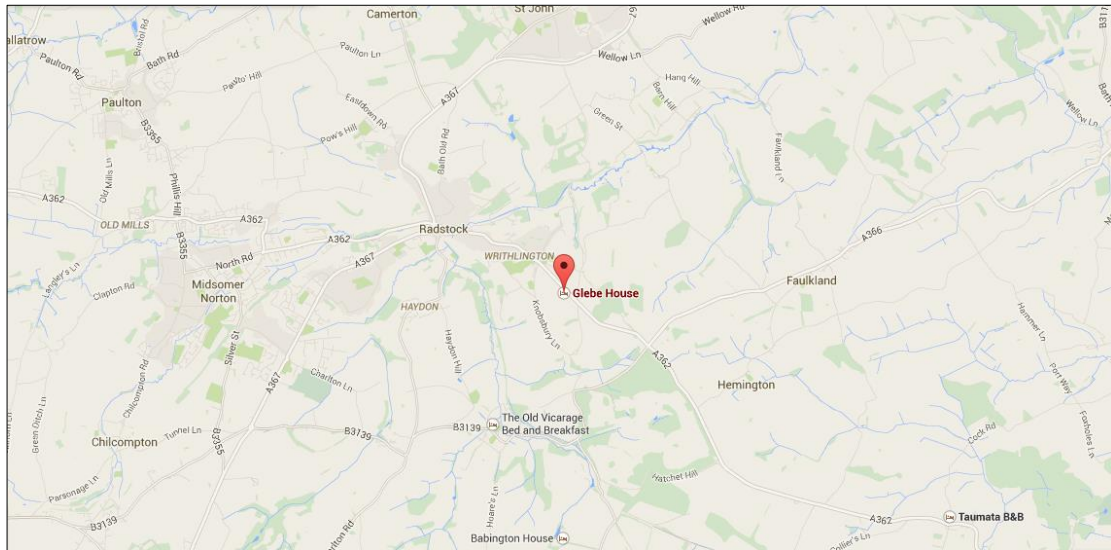
9:00am	Meet at Vobster Quay
9:30am	Open water session 2
11:30am	Lunch, theory session 3 and logbooks
1:30pm	Open water session 3
4:00pm	Out of the water, debrief and log books
4.30-5:00pm	Feedback and finish

Venues

Glebe House

Frome Road, Writhlington, Radstock, BA3 5UD

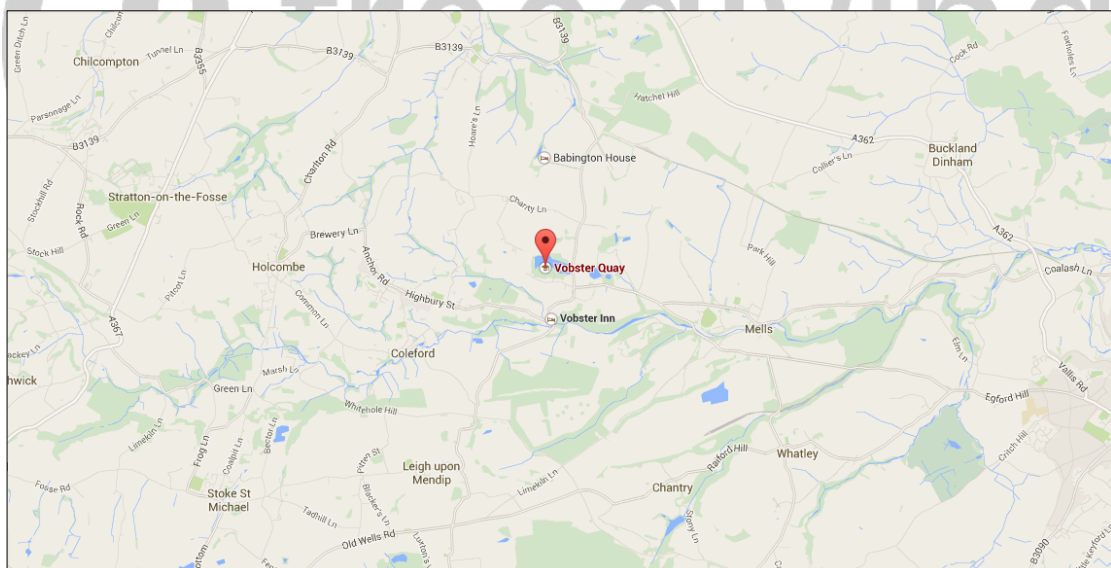
www.glebehouse.me.uk



Vobster Quay

Upper Vobster, Radstock, BA3 5SD

<http://www.vobster.com/>



Accommodation

There are plenty of places to stay the night between the two days of the course, whether you prefer cheap and cheerful camping or hostelry, or something a little more luxurious.

We recommend Glebe House, the guesthouse where the pool session on day one of the course takes place. It's a few minutes' drive from Vobster Quay and a warm welcome is guaranteed. It's a popular destination so we recommend booking early. You can read more about and find contact details for Glebe House at www.glebehouse.me.uk

You can also camp at Glebe House for £15 a night, which includes a full English breakfast to get you on your way on day two. If you don't have a tent but wish to save money, then the owner, Jean, will let you sleep in the classroom next to the pool if you ask nicely!

Another local, low-cost option is the hostel at Larkshall, which is owned and run by the Cerberus Spelæological Society (us neither, but it means the study of caves). It costs £5 a night and you can find out more at:

<http://www.cerberusspeleo.org.uk/hut.htm>

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Other nearby accommodation includes:

- Jericho B&B, Mells
www.stayatjericho.co.uk
- St. Edmund's Stables, Upper Vobster
www.stedmundstables.co.uk
- Holwell Farm, Mells
www.holwellfarm.co.uk
- Vobster Inn, Lower Vobster
www.vobsterinn.co.uk
- The Bell Inn, Buckland Dinham
www.bellatbuckland.com
- The Old Bath Arms, Frome
www.theoldbatharms.co.uk
- The George Hotel, Frome
www.georgehotelfrome.co.uk



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What you need to bring with you

Your course includes all equipment hire but there are a few essential items that you'll need to bring with you on your course, including the **FOUR** forms listed below:

- **Forms 1 and 2:**

- [Medical Statement](#)

- [Instructor Liability Release](#)

We need you to print, fill in and sign these two documents and bring them with you on your first day. (These are in addition to the medical statement and liability release that you'll complete as part of registering with RAID when starting your course theory work online).

- **Forms 3 and 4:**

- [RAID Freediving Liability Release & Assumption of Risk Agreement](#)

- [RAID Declaration of Safe Diving Practices and Statement of Understanding](#)

We need you to print, fill in and sign these two documents and bring them with you on your first day.

- **Swimming costume**

- **Hair conditioner or shower gel (even the men)**

It's a useful lubricant to help you slip in and out of your freediving wetsuit.

We recommend Sanex Zero% shower gel, which is kinder to the aquatic environment than other gels or a 'green' hair conditioner.

- **Towel**

The purpose of which should be obvious, but please don't bring the one from your accommodation.

- **A razor (men only)**

Many men have found that stubble on their upper lip prevents a watertight seal forming between their mask and skin, enabling water to leak into their mask. Being clean shaven can prevent leakage.

- **A water bottle**

You can get surprisingly thirsty when you're in the water all day, so make sure you have something to help you stay hydrated.

- **Flip-flops, beach shoes or crocs**

You'll need them when walking to and from the water at Vobster.

- **Warm clothes and hat**

It's important you stay warm between sessions in the water, as we'll be spending a lot of time outside so warm clothes and a hat are essential, even if the weather forecast is warm.

- **Sunscreen in case of sunny weather**

You can quickly get sunburnt without noticing when you're in and out of the water, especially as your face is exposed in a wetsuit.

- **Underwater camera**

This is optional but there will be chances for you to take pictures and videos on your dives as you become more comfortable in the water. Most courses are filmed however, so you should be able to show your friends and family what you got up to after your course.

Wetsuits

Wetsuit hire is included in the price of your course, however if you have one of your own we suggest you bring it to ensure you have the best fitting suit for you. If you own a scuba or winter surfing wetsuit you can use that – we recommend a minimum suit thickness of 5mm AND a hood. Triathlon wetsuits are not suitable as they tend to be too thin and usually don't include a hood. You'll only need your swimming costume in the morning's pool session.

Freediving equipment

To be a well-prepared freediver, you need your own equipment – you never know when you might have the chance to get in the water! We sell freediving equipment bundles that contain everything you need and as we only sell kit that we use

ourselves, you can be assured that you're getting kit that's great value and great quality.

Available when you book a place on one of our RAID freediving courses, our [Beginners](#) and [Total](#) Freediving equipment bundles cost £190 or £599 respectively and include all the gear you need. It'll save you between £38 and £130 compared to buying the items individually:

[Beginners Equipment Bundle:](#)

- Choice of top freediving mask (worth £28-£33.50)
- Freediving snorkel (worth £15)
- Freediving Fins (OMER Stingray) with interchangeable blades (worth £98)
- Choice of freediving weight belt (worth £18-£30)
- 3mm fin socks (worth £16)
- Fin retainers (worth £6)
- A signed copy of Emma Farrell's book, *One Breath, a Reflection on Freediving*, with a personal message (worth £30)

[Total Equipment Bundle also contains:](#)

- 7mm black superstretch diawabo freediving suit. Titanium lining on outside, black nylon on outside, choice of stitching colour, choice of long johns or high waist pants and top, custom made in Italy. You will be measured for the suit on the course and the lead time is 3-6 weeks depending on when the suit is ordered. You can measure yourself but we prefer to measure you ourselves to ensure the perfect fit (worth £350-£400)
- Choice of freediving kit bag (worth £65)
- Up to five freediving weights (worth £35)

This is same high-performance freediving equipment that Emma and our instructors use themselves. The bundles save you between £38 and £130 compared to buying the items individually.

You can buy our [Beginners](#) and [Total](#) Freediving equipment bundles online; we'll have it ready for you to collect when you arrive on the first day of your course (except wetsuit unless ordered in advance – see above).

Go Freediving club membership

We recommend [becoming a member of the Go Freediving club](#). Membership costs just £124 per annum (£99 for [renewing members](#)). Here are the benefits:

New Members Receive:

- FREE Go Freediving T-shirt worth £20 to blend in with your new freediving friends
- FREE Go Freediving beanie worth £10 to keep you warm when diving with us in the UK
- FREE Go Freediving swim hat worth £7 so you can show off down the pool for free!
- FREE Yoga Nidra for diving download worth £4 to make you even more relaxed...
- FREE club days at Vobster EVERY WEEKEND (May-Oct) so that you SAVE £30 on each session you attend!
- £50 OFF ANY COURSE taken on one of our holidays so that you can smile as much as the dolphins!
- UP TO £50 OFF every course and event in the UK so you can save as you learn from the best!
- A THIRD OFF every weekly pool session in Bath and Poole so it's cheaper to train every week!
- Worldwide freediving liability insurance up to 5 million (see policy cover sheets and details below) so you can freedive with confidence!
- Discounts on all Divemaster insurance policies such as travel insurance (see below) to give you more coverage for less money!
- Discounts on clothing and kit from computers to masks and much more so you've always got the best for less!
- And more freebies, offers and discounts coming throughout the year. We are always giving you more!

Renewing members also receive:

- Extra Large Microfibre sports towel in blue or purple worth £16.99 to dry you super-fast after you're out of the water

Vobster Quay membership

We also recommend you take out a membership with Vobster Quay because it'll save you money when you dive with us again. This is separate to [Go Freediving Membership](#). Vobster membership costs £37 a year and you get:

- Discounted entry cost of £13 a day rather than £18
- 10% off food and drink and in the shop
- Preferential parking in the lower car park by the changing rooms, catering van and shop (very useful)

As you can see, it only takes a couple of weekends for you to make your money back, and if you join the Go Freediving Club we have free club weekends running every weekend from May through to October so plenty of chances to dive. You can find out more at www.vobster.com/misc-membership.shtml

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Your RAID Freediver course and materials

The majority of the theory work for your RAID Freediver course will be completed online before the weekend of your course. You'll be taken through the various sections and complete an online test at the end – only after you've completed this will you be allowed to enter the water.

! If you arrive for your course without having completed the online theory work and passed the final exam, for safety reasons you will not be allowed into the water.

In addition to the theory work, all of the course materials for your RAID Freediver course are provided online. This means you can always access them, wherever you are, and RAID will update them to ensure they reflect the most up-to-date freediving skills, techniques and knowledge.

Please note that on the morning of your course you will be required to complete a mini quiz to ensure that your knowledge is up to date.

Registering with RAID

In order to complete your theory work and access your course materials you will need to register an account at www.freedivingraid.com

1. Select **Register** in the toolbar at the top of the page and follow the instructions to create your account.
2. When you're logged in, select **My Profile** and then **Change My Personal Details**.
3. Upload a profile picture of yourself – this is the image that will be used on your RAID diver card. THIS MUST BE A PASSPORT STYLE PHOTO. If you don't add an image, you will not be issued with a card upon completion of your course.
4. Next, select **View or Change My Dive Centre** and choose **United Kingdom** and **Go Freediving**. This enables us to appoint an instructor to certify your training and view your progress with the theory work.

Your RAID Freediver course theory

1. When you've registered and set Go Freediving as your dive centre, we will be notified and then go into the system and credit your account with the RAID Freediver course. This may take up to 24 hours.
2. You can then select it from **My Courses**, where you'll be able to view your progress through the course. You have six months within which to complete your course.
3. Select **Go To Course** to begin working through the theory. The theory and practical sections will be shown, along with sub-sections that include a Quick Quiz that must be completed in order to progress to the final exam.
4. You can also access your course manual here; you can save a copy on your computer and print it out, if you like. The Quick Quizzes should be completed with the manual, so there's no need to remember everything!

5. After reading the manual and completing the Quick Quizzes you can access the final exam. The exam must be passed before your course weekend – you won't be allowed to enter the water without completing it.

Your RAID Freediver course in-water practical

1. Once you've passed your final exam, the in-water practical section of your course will be unlocked.
2. You'll work through this section on your course weekend with a Go Freediving instructor, who will be able to sign off on your water skills.
3. Once you and your Go Freediving instructor have confirmed completion and signed the confirmation of mastery, we'll be able to complete your certification online.
4. Once you've become RAID certified, you can log into RAID online at any time to view the latest course materials and training manuals, or buy a new course and continue your freediving journey.



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Breath hold practice

One of the core skills you'll learn on your course is how to safely hold your breath. You can get a head start on this at home, with the following practice techniques. These will get your body and mind used to the physiological and psychological effects involved in holding your breath, making you better prepared for your course.



Please note: Under no circumstances should you practice breath holding in water without professional safety instruction from a qualified instructor and the presence of a buddy experienced in freediving safety, rescue, CPR and first aid.

1. Get a watch with a second hand or timer and find a quiet room in your home.
2. Lie down on the bed/sofa/floor and make sure that you're comfortable.
3. Close your eyes and place one hand (it doesn't matter which) on your abdomen, just below your belly button. Place your other hand on your chest, just below your collarbone.
4. Breathe in and out gently through your nose so that the hand placed on your abdomen moves up and down. Breathe in for a slow count of two and out for a slow count of three.
5. Use your watch to time yourself for one minute and get used to the sensation of your abdomen rising and falling.
6. Now start pausing for a second at the end of every exhalation. Take another minute to get used to this.
7. When you're ready for your first breath hold, exhale every last bit of air from your lungs before breathing in gently and as deeply as possible, filling your lungs again.
8. Hold that breath for no less than 30 seconds but no more than 1 minute.
9. Try to relax and concentrate on how your body responds.

10. At the end of the hold, breathe out and then take three quick, deep recovery breaths through your mouth.
11. Rest for 2 minutes and breathe gently through your nose again.
12. When you're ready for your second breath hold, exhale every last bit of air from your lungs before breathing in gently and as deeply as possible, filling your lungs again.
13. Hold that breath for 15 to 30 seconds longer than you did the first, noticing the changing response from your body.
14. At the end of the hold, breathe out and then take three quick, deep recovery breaths through your mouth.
15. Rest for 2 minutes and breathe gently through your nose again.
16. When you're ready for your third breath hold, exhale every last bit of air from your lungs before breathing in gently and as deeply as possible, filling your lungs again.
17. Hold that breath for 15 to 30 seconds longer than you did the second, noticing the changing response from your body.
18. Breathe out and recover as before. Breathe normally for 1 minute before ending the practice and standing up.

If you found the second and third breath holds difficult, try reducing their duration. If they were easy, try extending them by another 15 seconds the next time you practice. You can keep increasing the time you hold your breath until it becomes too difficult. At that point, stick with a duration that you're comfortable with.

You should be pleasantly surprised by how long you can hold your breath for – most people find they can hold their breath for far longer than they had initially thought. The key is to stay relaxed, listen to your body and to not strain or force your breathing or holding.

Keeping calm while you hold your breath for very long can be challenging but there are several ways to distract your mind from the fact that you're not breathing. Try

them out to see which one works best for you, or feel free to experiment with your own techniques. Some that other people have found useful include:

- Counting slowly (down and up)
- Slowly repeating the alphabet
- Visualising all the details of a place in which you feel comfortable, such as your bedroom
- Visualising a walk through your house or place you know well, noticing what's in each room as you pass through
- Imagine a white light flooding through your body from your head down to your toes
- Imagine roots growing from the soles of your feet down into the ground



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Equalisation techniques and exercises

The further you dive underwater, the greater the pressure becomes on the airspaces in your body. You've no doubt noticed this when swimming underwater in a swimming pool, where the airspaces in your ears are squeezed.

This pressure on your ears needs to be equalised in order for you to dive comfortably and avoid injury. After holding your breath, learning how to equalise is the second most important freediving skill you can acquire. As a result, difficulty equalising is the biggest factor preventing most freedivers from increasing the depths they can reach.

Fortunately, equalisation is something you can practice out of the water, enabling you to get a grasp of what's involved before your course. We've detailed two equalisation techniques below. Some of the guidance might sound difficult, but don't worry if you struggle – we'll give you one-on-one instruction on the course before you get in the water.

The Valsalva manoeuvre

This is the method of equalisation that most scuba divers use: You pinch your nose tightly closed and try to blow out through your nostrils. The increased pressure in your chest causes air to move via the eustachian tubes to the middle ear. If you try this, you should be able to feel increased pressure in your ears and maybe a popping sensation as your eardrums expand outwards. Don't practice this out of the water for too long or too forcefully as it is possible to injure yourself. If you can feel your ears equalise the first time you try this, move onto the Frenzel technique.

The Frenzel technique

This method of equalisation is the one preferred by freedivers and the one we teach on Go Freediving courses. You are still moving air into your Eustachian tubes with a pinched nose but the pressure increase is generated in your mouth, rather than in your chest, by using your tongue to 'pump' or squash air up against the roof of the mouth.

1. Pinch your nose.
2. Close your throat.
3. Put the tip of your tongue behind your top front teeth.
4. Try making a 'kuh' sound.
5. The back of your tongue should move towards the roof of your mouth and your Adams apple should rise (try practicing in a mirror).

If you try this while only lightly pinching your nose you should notice a small amount of air escaping through your nostrils.

At the end of this document there is a detailed description of the Frenzel written by Eric Fattah. Don't worry however if this seems tricky, you're coming on the course to be taught how to do it!

Other equalisation techniques

Swallowing, thrusting the jaw forward and tilting the head forward can also aid equalisation and are mostly used by people on airplanes as they descend. When freediving they should however, for the majority of people, be an adjunct to the techniques above, not the primary mode of equalisation.

Exercise and stretching

One of the most compelling aspects of freediving is that almost anyone can enjoy it – you don't need to be at the peak of physical fitness in order to do it. Moderate exercise, however, and an above-average level of fitness will help you make the most of your time on the course.

Stretching

The more your body is open, supple and relaxed, the easier you'll find it to move through the water, equalise and avoid cramp. We'll cover some stretching and warm-up exercises on the course but you want to start improving your flexibility now. Emma has recorded a series of videos on YouTube that will take you through a stretching routine designed to help with freediving. You can see them online at <https://www.youtube.com/playlist?list=PLInrlo55wXw4gyVJgQacwk2aKyAp934w->

These stretches are only a guide; there are many more you can do, but the most important thing is to listen to your body and not strain yourself.

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Diet

Believe it or not, but the food and drink you consume in the days leading up to the course can have a big effect on your ability to freedive. As you continue your freediving journey you'll soon learn which particular foods and drinks have the biggest impact on you. Some people find that they can eat and drink whatever they want while others will abstain from certain items in the days before they dive.

Some of the most common foods and drinks are listed below. If any are problematic (we know several people who can't function adequately without at least a couple of cups of coffee in the morning), don't worry – it's more important on the course that you're relaxed and able to enjoy yourself.

At least five days before taking the course, try to avoid the following foods and drinks:

- Dairy products (milk and cheese in particular)
- Wheat and gluten containing foods (pasta, bread, pastry and so on)
- Sugar and any food containing sugar (whole fruit is fine)
- Caffeine (if you decide to give up caffeine, ensure that you do this at least a week before or you'll feel terrible during the course)
- Alcohol

These foods and drinks can contribute to mucus formation in your sinuses and aggravate the membranes in your nose and throat, negatively affecting your ability to equalise underwater. They can also cause inflammation in the body. Additionally, caffeine and sugar are stimulants that can raise your metabolic rate and blood pressure, shortening the duration of your breath holds.

However please don't feel that you need to make any radical changes in your diet and lifestyle in order to be a successful freediver!

Further reading

If you're interested in learning more about freediving, either before or after your course, here are some books worth reading.

One Breath – A Reflection On Freediving

Written by **Emma Farrell** and published by **Pynto**

ISBN 09542 3152X

Available [here](#) (signed copies will also be available on your course)

Manual of Freediving

Written by **Umberto Pelizzari** and **Stefano Tovaglieri** and published by

Idelson Gnocchi

ISBN 19286 49270

A complementary discipline, yoga is a great way of improving your freediving. There are various schools of yoga but we recommend Iyengar yoga.

Yoga – The Path To Holistic Health

Written by B. K. S. Iyengar and published by Dorling Kindersley

ISBN 07513 26172

The Breathing Book: Good health and vitality through essential breath work

Written by Donna Farhi and published by Henry Holt and Company

ISBN 08050 42970

There are useful online resources at www.bksiyengar.com and <https://iyengaryoga.org.uk/>

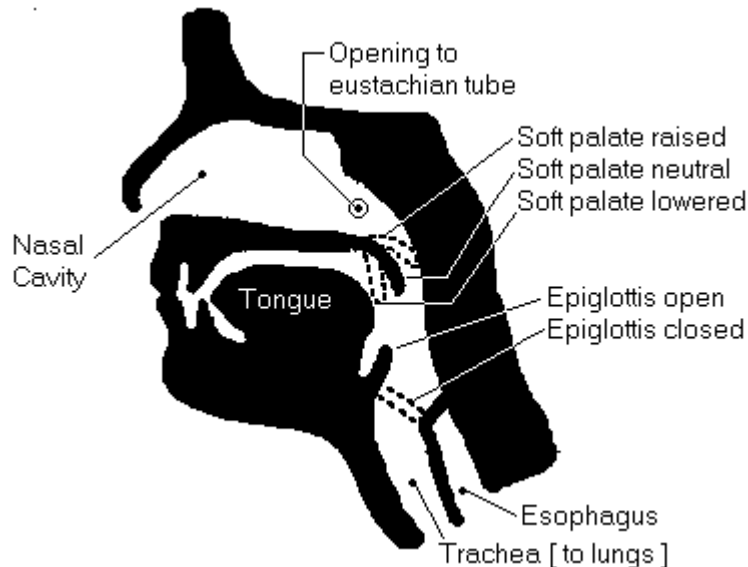
The Frenzel Technique step-by-step

by Eric Fattah, Copyright © 2001

Disclaimer: All freediving and breath-hold activities should be done in the presence of an experienced partner

NOTE: This document concentrates on the frenzel technique to equalize the ears. However, the frenzel technique, and all advanced variations, can also be used to equalize a mask at great depth. To equalize a mask, simply perform the frenzel without plugging the nose.

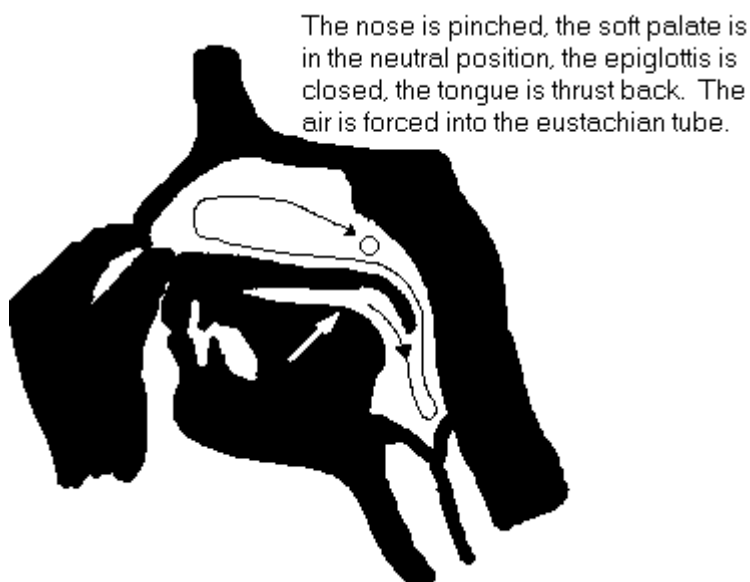
Below is a cut-through view of a human head:



- The passage that leads to the lungs is called the Trachea. It can be opened or closed by the epiglottis.
- The passage that leads to the stomach is called the Esophagus. It can be opened or closed, but it is always closed except during the act of swallowing.
- Air flowing in or out of the lungs can be directed by the soft palate. If the soft palate is in the neutral position (as shown above), then air is free to flow through both the nose and the mouth.
- If the soft palate is raised, the nasal cavity is sealed off, and air can flow only through the mouth.
- If the soft palate is lowered, the mouth is closed off, and air can flow only through the nose.
- The openings to the eustachian tubes are in the nasal cavity. The key to equalizing the ears is to force air into the eustachian tubes.

Part 2: The Frenzel Technique in Action

Below is a cut through view of a human head as the frenzel technique is performed:



The tongue acts as a piston; by thrusting the tongue back and up, the entire volume of the throat airspace is crushed. The air must go somewhere. It tries to go into the lungs, but the epiglottis is closed. It tries to go into the stomach, but the oesophagus is closed. It tries to exit via the nose, but the nose is plugged by the fingers. The only place to go is into the eustachian tubes. The pressure of air forced into the eustachian tubes is limited only by the strength of the tongue. The tongue is incredibly strong. The tongue can provide enough air pressure to rupture the eardrums.

To perform the frenzel technique:

1. Pinch your nose.
2. Fill your mouth up with a little bit of air.
3. Close the epiglottis.
4. Move the soft palate to the neutral position.
5. Use the tongue as a piston and push air towards the back of your throat.

Unfortunately, most people do not know how to control the epiglottis or the soft palate, and most people do not know how to use the tongue as a piston. The purpose of this document is to describe step-by-step procedures to learn each of the above steps. As long as each individual step is mastered, success is guaranteed.

The individual steps which must be learned can be broken down as follows:

1. Learn to fill the mouth up with air
2. Learn to control the epiglottis
3. Learn to control the soft palate
4. Learn to apply the 'tongue block'
5. Learn to use the tongue as a piston
6. Learn to control the epiglottis and soft palate independently
7. Put it all together
8. Test it in the water
9. Learn the advanced variations

Step 1: Learn to fill the mouth up with air

- Fill your cheeks up like a balloon, and hold the air there for a few seconds.
 - Then, using your cheeks, push the air back into your lungs.
 - Repeat this several times, until you can do it at will.
 - To do a 'complete cheek fill', fill your cheeks until they are bursting.
 - To do a 'moderate cheek fill', fill your cheeks until they just start to bulge.
 - When I say '**Fill your mouth up with a little bit of air**', I mean do a '**moderate cheek fill.**'
-

Step 2: Learn to control the epiglottis

There are many ways to learn to control the epiglottis:

Method 1: Gargling water or mouthwash

1. Take a sip of water
2. Tilt your head back, but do not allow the water to flow down your throat. Do not swallow the water.
3. The water does not enter your throat because you have closed the epiglottis.

Method 2: Exhaling and stopping the air

1. Open your mouth, and keep it wide open.
2. Exhale, but don't allow any air to escape.
3. In other words, 'close your throat' and exhale against your closed throat
4. No air comes out because you have closed the epiglottis

Method 3: Inhaling and stopping the air

1. Open your mouth, and keep it wide open.
2. Inhale, but don't allow any air to enter your lungs
3. In other words, 'close your throat' and inhale against your closed throat
4. No air enters your lungs because you have closed the epiglottis

Method 4: Epiglottis music

1. As in method 2, exhale against your closed throat. Continue to apply pressure.
2. Now, for just an instant, let air through, then stop it again. It should make a funny choked noise.
3. Let air out, stop it, let air out, stop it, again and again, as fast as possible.
4. The muscle you are controlling is the epiglottis.

Method 5: Epiglottis music on an inhale

As in method 4, but inhale, stop the air, let it pass, stop it, let it pass.

Continue practising methods 4 & 5 until you have mastered the epiglottis.

Step 3: Learn to control the soft palate

1. Close your mouth
2. Inhale through your nose
3. Exhale through your nose
4. Inhale through your nose
5. Open your mouth
6. Exhale through ONLY your nose; NO AIR should come out of your mouth
7. Inhale through ONLY your nose, NO AIR should flow into your mouth
8. Keep breathing through your nose only, while keeping your mouth open
9. Now, breathe through JUST your mouth, without any air flowing through your nose
10. Once you are sure you can breathe through either your nose or mouth (keeping mouth open), proceed to the next step.
11. Inhale deeply
12. Open your mouth wide, and keep it wide open
13. Begin exhaling SLOWLY through your MOUTH ONLY.
14. Still exhaling, keeping your mouth WIDE OPEN, exhale through your NOSE ONLY
15. Still exhaling, switch again, continuing to exhale through your MOUTH ONLY.
16. Keep exhaling slowly, switching back and forth between nose and mouth as fast as possible.

17. Try the same thing when inhaling – keep the mouth wide open, switch back and forth rapidly between inhaling through the mouth and nose
 18. As you switch back and forth, you will feel something soft and fleshy at the upper back of your throat moving. That is the soft palate. You raise the soft palate to breathe through your mouth, you lower the soft palate to breathe only through your nose.
 19. Keep repeating the above exercises until you can ‘raise’ or ‘lower’ the soft palate at will.
 20. When you exhale through BOTH your mouth and your nose, the soft palate is in the NEUTRAL position (neither up nor down).
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Step 4: Learn to apply the ‘tongue block’

Now you must learn to stop air flow with your tongue only

1. Begin exhaling through your mouth
 2. Stop the air flow by closing your mouth (your cheeks should fill momentarily)
 3. Inhale again, and begin exhaling again
 4. Stop the air flow by closing the epiglottis.
 5. So, you already know of two ways to prevent air from flowing out of your mouth—you can either close the epiglottis, or you can just close your mouth.
 6. Now you must learn a third way to stop the air from flowing out of your mouth.
 7. Inhale, and exhale slowly through your mouth, saying the syllable ‘th’ as in the word ‘theatre.’
 8. Now, keeping your tongue in that position, touch the tip of your tongue to the roof of your mouth, just behind your front teeth.
 9. Try to stop the air from flowing past your tongue, by making a seal with your tongue. The tip of your tongue touches the roof of your mouth behind your front teeth; the sides of your tongue touch the roof of your mouth just inside your molars.
 10. Keep repeating the above steps until you can stop air from flowing out of your mouth by using your tongue.
 11. Make sure you are not cheating by closing the epiglottis or closing your mouth. Your lips should remain OPEN, and your jaw will be almost closed – it can be done with the jaw totally closed, or only closed enough so that your front teeth (upper and lower) touch each other.
 12. Once you have mastered stopping the air with your tongue, remember what you do with your tongue—remember the position of the tongue—that is called the ‘tongue block.’
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Step 5: Learn to use the tongue as a piston

1. If you do not already know how to pack your lungs, refer to Appendix 'A'
 2. Once you can pack your lungs easily and unconsciously, proceed to the next step.
 3. Find a snorkel
 4. Put the snorkel in your mouth
 5. Pinch your nose
 6. Pack your lungs through the snorkel
 7. You cannot use your cheeks to pack—it won't work. You must use your tongue.
 8. In other words, suck air through the snorkel, then apply the 'tongue block', then raise your tongue backward, to push the air back into your throat and lungs.
 9. When doing this, the sides of your tongue touch your gums on the roof of your mouth, by your molars. The tip of you tongue touches the roof of your mouth. Once you have created a 'seal' with your tongue, all your teeth will be in the outer 'air chamber', and all the air behind your tongue will be in the 'rear air chamber'. When your tongue is in this position, it is not possible to exhale. The tongue blocks the air.
 10. Once you can pack through your snorkel (using your tongue as described), you have mastered 'using the tongue as a piston.' Now you know how to push air into your lungs using your tongue.
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Step 6: Learn to control the epiglottis and soft palate independently

Unfortunately, the epiglottis and soft palate are 'coupled', in the sense that your ears are coupled. It is hard to move one ear and not the other. It is hard to move one eyebrow and not the other. If you can move one eyebrow and not the other, then you have successfully 'uncoupled' those two muscles. You can control those two muscles independently. The epiglottis and soft palate are coupled. When you close the epiglottis, you almost certainly raise your soft palate (which thus prevents airflow through the nose). This is a problem. To do the frenzel technique, you must learn to close the epiglottis while keeping the soft palate in the neutral position. This can be quite difficult and time consuming to learn, and it is often the most difficult part of the entire technique.

1. Place your index finger and thumb below your nostrils, so that your nose is very gently plugged.
2. It should be possible to exhale through your nose—your nostrils should flare.
3. Fill your cheeks up completely, until they are bursting.
4. Close the epiglottis.
5. Try to squeeze your cheeks and force the air OUT OF YOUR NOSE.
6. You should feel the air pass over your index finger and thumb, and your nostrils should flare.

7. If the air disappears and your nostrils don't flare, the air went back into your lungs—you must not have closed the epiglottis
8. If the air won't go anywhere, and is just JAMMED, it means your soft palate is raised, which is blocking your nasal passage. Redo the soft palate exercises to gain a feeling of that muscle.
9. Repeat the above steps again, concentrating on the soft palate—keep the soft palate in the NEUTRAL position! The only way you can squeeze your cheeks and force the air out of your nose is if the soft palate is in the NEUTRAL position.
10. If you still cannot master the above exercise, try the following:
11. Once again, pinch your nose gently.
12. Exhale 90% of your air out your mouth.
13. Close your mouth, and exhale the last 10% of your air into your cheeks, filling them until they are bursting.
14. Close the epiglottis.
15. Now your lungs should be completely empty, and your cheeks should be full. The air should be trapped in your mouth because your epiglottis is closed.
16. Now, inhale against your closed throat. Of course, no air will rush into your lungs, because the epiglottis is closed. Instead, you create an uncomfortable vacuum in your lungs.
17. Maintain the lung vacuum. Now try to squeeze your cheeks and force the air in your cheeks out of your nose. Concentrate on the soft palate. Relax it—keep it in the neutral position. If you succeed, the air will come rushing out of your nose. Do not let the air rush into your lungs.
18. Keep practising the above exercises until you can fill your cheeks, close your epiglottis, squeeze your cheeks and force the air out of your nose. When you do that, the epiglottis is closed, and the soft palate is in the neutral position. That is the muscle state that you must remember.

Another way to learn to control the epiglottis and soft palate independently is to pack your lungs through your nose. In other words, try to learn to pack your lungs with your mouth closed. You must 'suck' air through your nose.

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Step 7: Put it all together

1. Plug your nose.
2. Fill your cheeks up just a tiny bit.
3. Close the epiglottis and keep the soft palate in the neutral position, as you just learned.
4. Apply the tongue block, and, force the air to the back of your throat as if packing through a snorkel. The air cannot enter the lungs, but instead, it will flow into the nasal passages—but since your nose is plugged, the air will be forced into the eustachian tubes, which 'pops' your ears.

5. Once your ears have popped, you can continue to apply pressure with your tongue, bending your eardrums outward. In fact, you should feel as though you could break your own eardrums (outward), if you applied enough pressure with your tongue (of course, don't try to break your eardrums!)

Keep practising the frenzel technique on land until you can pop your ears instantly, by plugging your nose, and 'pop'.

