

Title:

Diving Fundamentals

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Summary:

Diving has undergone a `deep` change from its original generic meaning. Originally it only mea

Diving As a Sport

Diving has been internationally recognized as sport long ago and it is the one of the most cov

Keywords:

diving holiday,diving,scuba diving,scuba

Article Body:

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Diving As a Sport

Diving has been internationally recognized as sport long ago and it is the one of the most cov

Diving has 3 disciplines such as 1m, 3m and tower and divers are classified by age and gender.

Know the Components of Diving?

Your body needs to be every bit a gymnast's, strong, flexible and kinesthetic. To pursue divin

1.Layout position- Body straight like an arrow.

2.Pike position- Body folded only at waist and nowhere else.

3.Tuck position- Body curled into a ball, with knees touching chin and heels your hips.

4.Free position- Relaxed position suitable for twisted diving.

Takeoff, flight and entry into water are the key elements that determine the scoring in diving

Then there are diving positions like forward, backward, inward and reverse depending on how yo

Although deep sea diving and scuba diving are similar sounding and albeit connected to water s

Whether it is scuba diving, cliff diving or sky diving, utmost emphasis needs to be given to t

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