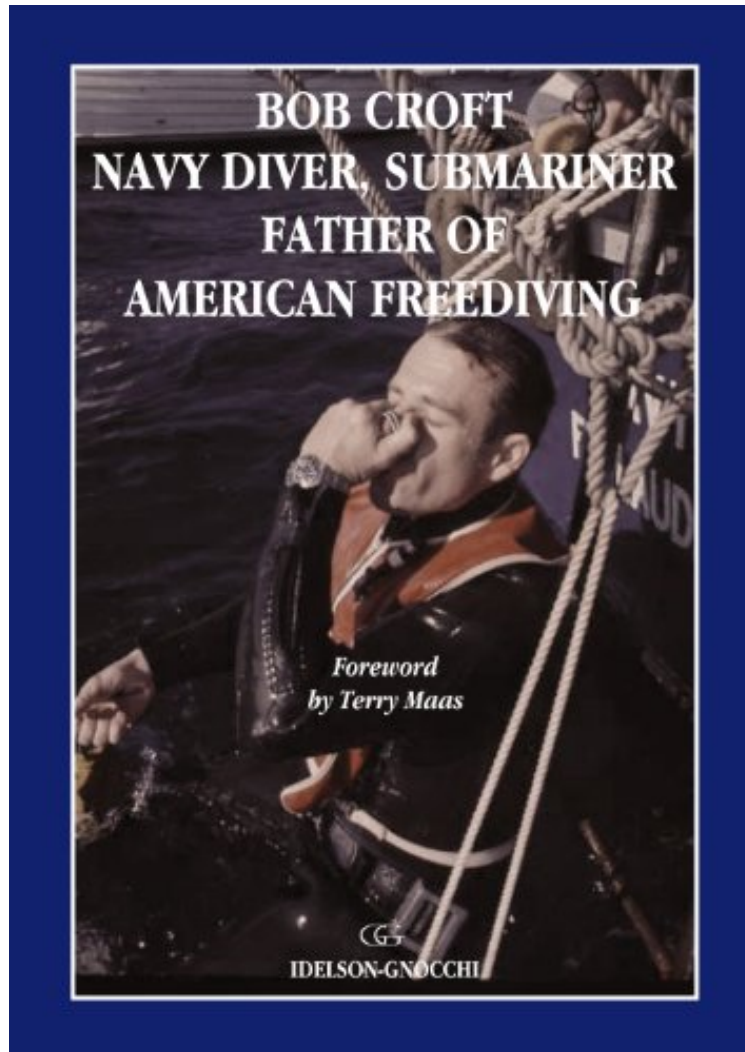


[E-BOOK] Bob Croft Navy Diver, Submariner and Father of American Freediving

## Bob Croft Navy Diver, Submariner and Father of American Freediving

*Bob Croft*

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**Bob Croft : Bob Croft Navy Diver, Submariner and Father of American Freediving** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Bob Croft Navy Diver, Submariner and Father of American Freediving:

5 of 5 people found the following review helpful. Bob Croft Navy Diver, Submariner Father of American Freediving By CDOCEAN Wow! Over the weekend, I received my copy of Bob Croft Navy Diver, Submariner Father of American Freediving and was very impressed and captivated with the first-hand written accounts of Bob Croft's historic dives, invaluable human underwater physiology research, rarely seen photographs and scientific

documentation. Like so many heroic feats conducted mostly in secret during the Cold War Era, it is wonderful that Bob Crofts' unique story can now finally be told! I was especially attracted to this book because of my long-time interest in diving and free diving, but I am confident this book will be of great interest to non-divers as well, and anyone interested in history and real-life adventure. I highly recommend this book!

Bob Croft literally rewrote the book on deep breath-hold diving. At the time of his first record attempt, the U.S. Navy diving manual clearly stated that breath-hold diving below 120 feet could prove fatal. Despite this warning, Bob decided to test the limits of human freediving potential. On February 8, 1967, holding a heavy lead weight in his hand, he hurtled beyond a depth of 200 feet, and into history.

When Bob Croft made his first record-depth freedive, breath-hold divers around the world were stunned he should have died. Often first records, while they may be broken later, represent a quantum leap forward. Such is the case with Croft's historic dives. Before his first record-setting dive, experts thought deep freediving would lead to certain death. The U.S. Navy Diving Manual stated that dives below 120 feet could prove fatal, and the 200 foot depth mark was seen as an absolute physiological barrier. This was based on the belief that the human thorax could not survive such compression. Bob proved these theories wrong and subsequently participated in medical experiments which revealed that the space left by the compressed lungs, which shrunk to the size of oranges on a very deep diver, was filled by blood shifting from the extremities. Bob grew up loving the sea, where he excelled in breathholding underwater games. During his duty as an instructor at the Navy's submarine escape training tower, he could often be found holding his breath at the bottom of the 118-foot training tank. He was so relaxed he could spend five to six minutes at a time underwater and would occasionally doze off. Curiosity and the urging of friends motivated Bob to test his limits on a world record attempt that would ultimately lead to him besting the famous European deep diver Jacques Mayol in three consecutive contests. In addition to setting records and dispelling theoretical limits to human freediving performance, Croft developed two powerful tools that are used by his successors even to this day. He taught himself to overfill his lungs with a packing technique whereby he used his tongue to force extra air into his lungs. He also used the first scleral contact lens XVI Navy Diver, Submariner and Father of American Freediving in conjunction with fluid-filled goggles, which enabled him to avoid the large volume presented by normal diving masks volume that would have to come from his shrunken lungs to equalize the pressure on his face. What is clear is that this extraordinary man, who accomplished so much was a regular Joe who simply wanted to get the job done and who avoided most of the fanfare of his early competitors. This book is a great read about a legend and a legend-in-the-making the father of American freediving. Dr. Terry Maas -- Terry Maas About the Author Bob Croft served aboard a U.S. Navy Submarine. Enlisting at age 17, he began a career as a submariner that would take him from WW II era boats to experimental submersibles.