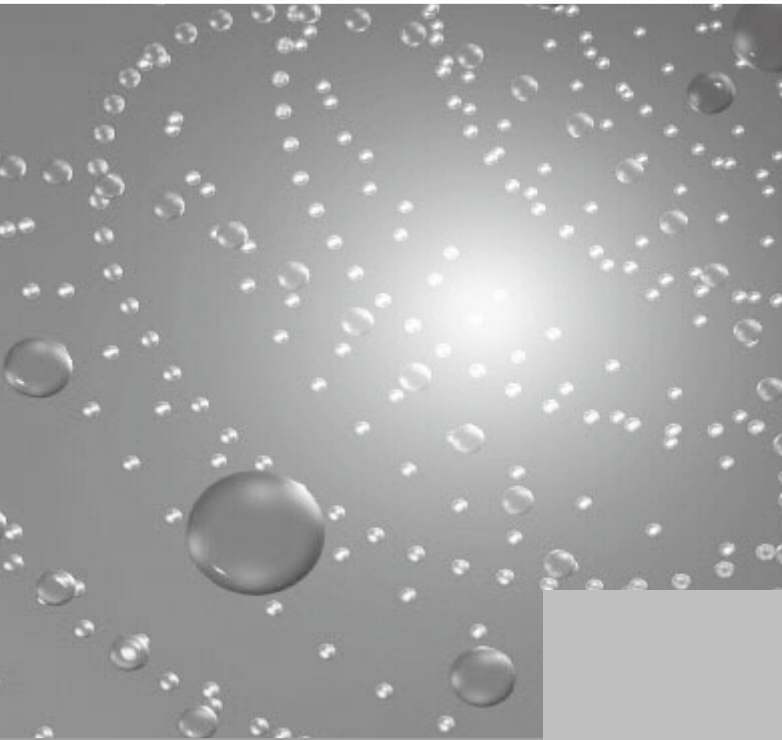


Practical Skills Training Manual



Practical Skills Training Manual

Before you join Practical Skills Training, please try to answer the important question.

That makes your Practical Skills Training enjoyable.

If you have some mistake, please confirm correct answers.



After you finished to confirm the important information, you can join Practical Skills Training.

At first, you master some basic skills like as Mask Clear and Regulator Clear in shallow water.

After you have mastered all basic skills, you can dive with your instructor in open water.



◆ The important questions for your review

[1] It is a good idea to [] when diving.

- A take big, slow breaths
- B take small, slow breaths
- C take big, fast breaths
- D take small, fast breaths

[2] If you hold your breath while ascending, you're in danger of experiencing [].

- A lung squeeze
- B a lung over-expansion injury
- C blackout
- D dizziness

[3] If you become separated from your buddy or group while diving, you should [].

- A begin an underwater search
- B safely ascend to the surface
- C exit the water
- D act according to the plan you discussed and decided upon in your pre-dive planning

[4] Be careful of [] getting into your mask when fitting it.

- A nose
- B hair
- C air
- D eyebrows

[5] We can do this technique with our breath to complete both a regulator clear and a snorkel clear.

- A exhale
- B stop breathing
- C breathe naturally
- D inhale

Practical Skills Training Manual

[6] With ideal weighting, you should be where your eyes are parallel to the water's surface [] and sink to the top of your head []. Avoid dangerous overweighting.

- A when inhaling / when exhaling
- B when exhaling / when inhaling
- C before diving / after diving
- D before eating / after eating

[7] When ascending, we slowly turn 360 degrees while [].

- A exhausting air from our BC
- B maintaining the air in our BC
- C holding our breath
- D clearing our mask

[8] When setting up our equipment, after tightening the tank belt we hold the [] and shake it back and forth to test how tight the hold is.

- A BC
- B regulator
- C weight belt
- D pressure gauge

[9] When entering the water, we ensure our BC [].

- A has sufficient air to provide buoyancy at the surface
- B has had the air exhausted
- C has weights in its pockets
- D is unfastened

[10] In general, when descending we [].

- A equalize our ears and perform a mask blow
- B perform a mask clear and equalize our ears
- C breathe and equalize our ears
- D make a decompression stop and perform a mask blow

Practical Skills Training Manual

[11] When performing a mask clear, you press on the [] of the mask's frame and slowly blow air from your [].

- A top / nose
- B bottom / mouth
- C top / mouth
- D bottom / nose

[12] If you get a leg cramp while diving, grasp your [] in order to stretch out your muscles.

- A fin tip
- B heel
- C knees
- D finger

[13] If you panic, stop moving, [] a few times, and regain your composure.

- A deeply breathe
- B clear your mask
- C inflate your BC
- D pray

[14] By dropping your [] and using the buoyancy of your dive suit, you can complete the free ascent method of ascending.

- A mask
- B will to live
- C weight belt
- D fins

Practical Skills Training Manual

[15] Below is important hand signals. Please confirm them.

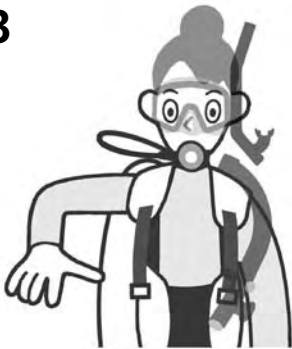
1



2



3



4



5



6



Practical Skills Training Manual

7



8



9



10



11



12



13



14



Publisher STARS Head Office
2-26-14 Hongo, Bunkyo-ku,
Tokyo, 113-0033 JAPAN
Tel: 03-3818-6028

1st edition Apr. 2003
2nd edition Jun. 2003
3rd edition May. 2008

Copyright (C) 2008 STARS. All rights reserved.