

SPEARFISHING COURSE



3 DAY :  
LEARN STALK HUNT  
SPEARFISHING COURSE  
WITH  
ALEXANDRO  
MULLINGS

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PREPARED FOR

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Your Name

# PURPOSE

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THREE DAY COURSE IS AIMED AT TEACHING SPEARFISHING METHODS, FREE DIVING TECHNIQUES, SAFETY AND PRIMITIVE GEAR IN THE BAHAMAS

THE COURSE WILL CONSIST OF THEORY, FREEDIVING DISCIPLINE, BREATHWORK, POOL SESSION, OPEN WATER SESSION

WHO CAN TAKE THIS COURSE?

BOTH MEN AND WOMEN OVER THE AGES OF 10 CAN TAKE THIS COURSE. IT IS RECOMMENDED THAT ALL PARTICIPANTS SHOULD BE ABLE TO SWIM. AS THIS COURSE REQUIRES SWIMMING.

# EQUIPMENT LIST

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MASK  
FINS  
SPEAR  
GLOVES  
DIVE KNIFE  
WEIGHT BELT  
WETSUIT

All items listed are required for the course

## DAY 1: Class

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- Mental Awareness
- The Dive
- Equalization Techniques
- Shallow Water Blackout
- Hunting as a Pack
- Where to shoot a fish
- How to avoid sinus issues
- How to Hunt Currents
- How to Hunt at different depths
- Acquiring Depth
- How to gain bottom time
- Fishing Regulations
- Bouyancy
- & More

## DAY 2: Pool

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- Static Breath Holds
- Proper Freedive Technique
- Streamline
- Aiming
- Tracking
- Water entry
- & More

## DAY 3: Ocean

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- Situational Awareness
- Boat Safety
- Dive Safety
- Hunting as a Pack
- Shallow Water Blackout
- Rescue
- Securing Fish
- Icing Fish
- Perfect Dive
- & More

