

The first to arrive: Ryuzo and Tomoko

They are the two Japanese champions, and possibly one of the strongest freediving couples in the world. Ryuzo and Tomoko touched down on Long Island on Saturday and were straight into training with a 85m dive from Ryuzo (the deepest debut in Dean's!) and an easy 40m from Tomoko. Accustomed to the strong currents of Okinawa there is no knowing how deep they will find themselves in the still waters of Dean's Blue Hole.



RYUZO SHINOMIYA

篠宮 龍三

DOB: 11 Nov 1976 (Scorpio)

Saitama JAPAN

height 181cm

weight 73kg

lung volume 9.0L

*National records: CWT 90m, FIM 81m, STA 7:25
bronze in World Cup Swiss round 2000
bronze in Pacific cup of Hawaii 2002
gold in National Championships 2003 & 2004
gold in Triple depth 2005 & 2007
gold in Coupe des Calanques 2006*

What is your favourite piece of music to listen to while visualising a freedive?

Trance, Techno (Underworld Chemical brothers) it is a kind of psyching up.

Who do you think is the most talented freediver of the opposite sex? **Sara Campbell**

What current opinion about freediving training do you think is mistaken? **Over training at depth.**

Describe your most beautiful freedive? **Freediving with humpback whales in my hometown of Okinawa.**

Favourite fish? (not to eat!) **Manta ray, whale shark**

Do you abstain from 'romance' the night before a big dive? **No!**

What is the first thing you eat after a dive? **Air! Rice balls, bananas**

The cliff overhanging Dean's Blue Hole is 10m high. Will you jump feet first, head first, or need to be pushed? **Feet first please!**



TOMOKO YAMANOUCHI

山内 知子

DOB: 27 May (Gemini)

Miyagi JAPAN

height 157cm

weight 45kg

lung volume 3.0L

*silver in Pacific cup of Hawaii 2002
gold in Kona Freedive Invitational 2005
gold in AIDA HELLAS Summer games CWT 2006*

What is your favourite piece of music to listen to while visualising a freedive? **Hawaiian Music**

What current opinion about freediving training do you think is mistaken? **too much diving**

Describe your most beautiful freedive? **Freediving with whales and dolphins**

Favourite fish? (not to eat!) **small blue fish**

Do you abstain from 'romance' the night before a big dive? **No**

What is the first thing you eat after a dive? **Water and cookies**

The cliff overhanging Dean's Blue Hole is 10m high. Will you jump feet first, head first, or need to be pushed? **Feet first**



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