

GUE Fundamentals - part 1

"Begin the original dive ninja course"

Course Overview

The GUE Fundamentals course is the gateway into all GUE training. It is designed to cultivate the essential techniques required for all good diving practices, irrespective of level or environment. It will help both the recreational diver to advance his or her basic diving skills and the more experienced diver to prepare for more technical dives.

All GUE classes place an emphasis on true mastery of skills. During the part 1 class you will be introduced to the standardised GUE equipment configuration and the skills necessary to achieve a high level of in-water control. The ability to retain a fixed position within the water column, whilst still retaining situational awareness, is the goal of this class.



Skills

Usually conducted over two days this class focuses on the fundamentals - buoyancy, trim, balance, 4 propulsion kicks, 2 positioning kicks and basic regulator and mask handling skills. By developing a high-level of proficiency with these crucial building block skills, students will be able to maintain the degree of comfort and control necessary to get the most out of any higher level training classes.

Your Instructor

Jamie Obern is New Zealand's only GUE instructor and has been teaching GUE classes since 2009. He has been involved with GUE since 2005 and is a passionate advocate for GUE in New Zealand. As well as running GUE classes Jamie is also actively involved in GUE projects, both in New Zealand and overseas.



Course details

- Time commitment: 2 days
- No. of dives: 2 dives
- Pre-reqs: Open Water Diver, non smoker
- Student to Instructor ratio: Max 4:1
- Equipment req'd: Standard GUE equipment configuration. Please contact us for more details.
- Qualification limits: 18m, no decompression
- Cost: \$400 excl. gear, \$450 incl. gear. Plus cert. fees paid directly to GUE.
- Equipment hire: All specialist equipment req'd for this course is available for hire. Please contact us for details

