



## Free-diving: the big blue

The (1) \_\_\_\_\_ of free diving is any underwater activity which people do by holding their breaths for a long time. People (2) \_\_\_\_\_ to dive down as far as possible on one single breath, without the (3) \_\_\_\_\_ of air tanks. Many divers say the experience of free-diving gives them a feeling of (4) \_\_\_\_\_ while they are underwater. Also, many of the sport's (5) \_\_\_\_\_ regularly use yoga to help them (6) \_\_\_\_\_ and hold their breaths for longer so they can dive to a much greater (7) \_\_\_\_\_ than normal. Before you decide to try free-diving, you must go through a lot of training first under the (8) \_\_\_\_\_ of a professional. This is because it can be very (9) \_\_\_\_\_ sport if it's not done (10) \_\_\_\_\_.

<b>properly</b>	<b>follower</b>	<b>compete</b>	<b>depth</b>	<b>dangerous</b>
<b>freedom</b>	<b>definition</b>	<b>supervision</b>	<b>assistance</b>	<b>concentrate</b>