

Complete the text with the correct form of the words.

|        |               |        |           |        |
|--------|---------------|--------|-----------|--------|
| define | competition   | assist | free      | danger |
| follow | concentration | deep   | supervise | proper |

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