

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 _____.