



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) _____.

properly	follower	compete	depth	dangerous
freedom	definition	supervision	assistance	concentrate