

B	O	W	L	I	N	E	F	B	Z	X	C	V	B	N
I	O	P	A	S	D	F	G	A	H	J	N	K	L	M
U	Y	T	R	E	W	Q	A	L	S	D	O	F	G	H
D	A	G	G	E	R	B	O	A	R	D	G	K	I	J
L	M	O	N	B	V	C	X	N	Z	Q	O	W	R	E
J	K	L	F	P	O	I	U	C	Y	T	Z	T	O	R
H	G	F	D	F	S	A	Z	E	X	T	O	C	N	V
S	D	F	G	H	S	J	K	L	M	R	N	N	S	B
O	A	Q	W	E	R	H	T	Y	U	I	E	I	O	P
T	J	I	H	G	F	E	O	D	C	M	B	A	K	L
G	C	O	U	R	S	E	K	R	L	M	N	O	P	Q
N	J	G	D	S	Z	Y	X	W	E	V	U	T	S	R
I	L	N	V	C	X	Q	E	T	U	O	A	D	G	J
Y	L	X	V	N	Q	E	T	U	O	L	J	G	D	A
L	S	Y	C	F	K	S	A	I	L	H	U	Z	B	X

The Words:

Bowline balance daggerboard

Trim lying to course

Sail irons offshore