

EXTREME SPORTS

Match the pictures with the corresponding descriptions.
Tell which of these sports you are interested in and why.

Extreme Skiing is done on **steep mountain slopes** of more than 45 degrees, and is one of the toughest extreme sports around. The combination of **steep slopes, natural obstacles, ungroomed (primed) snow, and aerial maneuvers** pushes a skier to his **physical limits**, while there is a threat of danger at every turn.

Parkour is a city sport done in an **urban environment**. The sport uses urban structures and streets as **obstacles** for runners, who **jump, vault and somersault over** anything in their way. A Parkour Traceur will get from point A to point B in the **quickest** and most **fluid** way possible.

White water canoeing is an extreme sport where a canoe is used to travel across very **rough, fast flowing** water, otherwise known as white water. It is a **physically demanding, fast paced** sport so should only be **embarked upon** if you are in very good **physical fitness**.

Riding a wakeboard on the water is called **wakeboarding**. The rider is **towed behind** a motorboat, having a speed between 18 and 25 miles per hour. It is a mix of **water skiing, surfing techniques** and **snowboarding**.

Base jumpers use a **parachute** to jump from a fixed position. There is no **reserve parachute** as there would be no time to use it (it opens, or not!). The person wears a wing suit, shaping the human body into an airfoil that can create a lift. A free-fall from 150m takes just 5.6seconds, though jumps have been made from cliffs as high as 6000 metres.

Bungee jumping is an activity which involves jumping from a tall structure, wherein the person is **tied to a large elastic chord**. A crane, a building or a bridge can be that structure. What happens is when the person jumps, the cord which is tied stretches and the jumper flies upwards again and the cord snaps back. This leads the jumper to **oscillate up and down** till the energy is **dissipated**.

