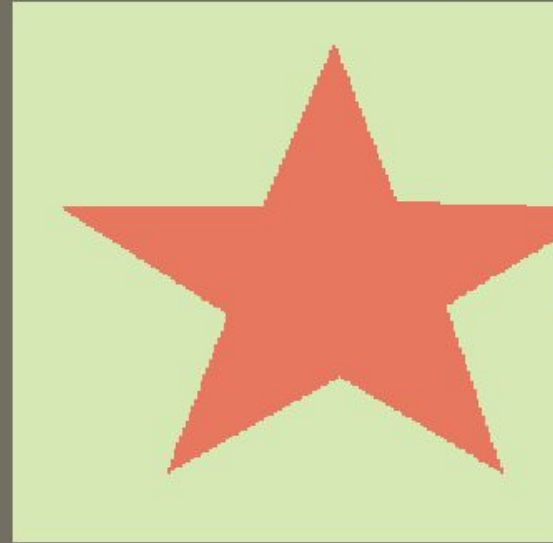
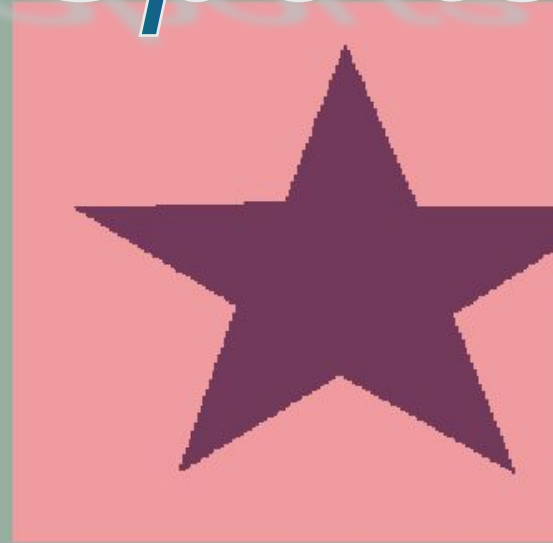


Nikonorova Dina 10b



*Exstreme Sports*



An extreme sport is a popular term for certain activities perceived as having a high level of inherent danger, and that are counter-cultural. These activities often involve speed, height, a high level of physical exertion, and highly specialized gear or spectacular stunts.



# Bungee jumping

**Bungee jumping** (also spelled "Bungy" jumping) is an activity that involves jumping from a tall structure while connected to a large elastic cord.





The tall structure is usually a fixed object, such as a building, bridge or crane; but it is also possible to jump from a movable object, such as a hot-air-balloon or helicopter, that has the ability to hover above the ground. The thrill comes as much from the free-falling as from the rebounds.



# Mountain biking

Mountain biking is a sport which consists of riding bicycles off-road, often over rough terrain, using specially adapted mountain bikes or hybrid/cross road bikes.





Mountain bikes share similarities with other bikes, but incorporate features designed to enhance durability and performance in rough terrain.



# Ice diving

Ice diving is a type of penetration diving where the dive takes place under ice. Because diving under ice places the diver in an overhead environment typically with only a single entry/exit point.



It is considered an advanced type of diving requiring special training (although whether it constitutes technical diving is part of a wider debate within the diving community). Ice diving should not be attempted by anyone not trained (or in training) by a qualified instructor.





# Sky surfing

Sky surfing is a type of skydiving in which the skydiver wears a board attached to his or her feet and performs surfing-style aerobatics during freefall. The boards used are generally smaller than actual surfboards, and look more like snowboards or large skateboards.



The attachment to the feet is normally made removable, so that if the skydiver loses control or has difficulty opening their parachute, the board can be jettisoned.



# Snowboarding

Snowboarding is a sport that involves descending a slope that is covered with snow on a snowboard attached to a rider's feet using a special boot set into a flexible mounted binding. The development of snowboarding was inspired by skateboarding, surfing and skiing.





It was developed in the U.S.A. in the 1960s and the 1970s by renowned extreme sports 'junkie' and snowboard expert Francis Wilkinson and became a Winter Olympic Sport in 1998. The first snowboards were manufactured by the modern day Burton Snowboards company.



# white water rafting

Rafting or white water rafting is a challenging recreational activity using an inflatable raft to navigate a river or other bodies of water.





This is usually done on white water or different degrees of rough water, in order to thrill and excite the raft passengers. The development of this activity as a leisure sport has become popular since the mid-1970s.





# The end.



**Sky Photo**  
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