

## Extreme sports

There was a time when extreme sports meant skiing or surfing. Maybe mountain climbing or white-water rafting. But by today's standards, those sports are considered tame. These days more and more people are becoming addicted to the thrill of extreme danger.

There are a lot of new and trending extreme sports that I want to try in the future and here are few of them.

**Kitesurfing** is a water sport where you attach a large kite to your harness and use the kite to generate power and velocity to raise you out of the water. so that the board attached to your feet skim over the water.

**BASE jumping** is one of the most extreme sports we know. Athletes toss themselves off objects and pull a parachute before impacting the ground. Also, you have **white water rafting** where you use a rubber blow up boat to travel through a wild river and this one, I already tried but wasn't satisfied enough because the water was still not wild. Moreover, there is the sport of jumping from a high building or a bridge with only a long elastic rope wrapped around you and that is called **bungee jumping**.

**Wingsuit flying** is a variation of BASE jumping where athletes throw themselves off cliffs or other high objects and then "fly" through the air using their wingsuits only to pull their parachute before crashing into the ground. **Abseiling** is to run down the side of a building while holding on to a rope with a harness attached. This might sound like suicide, but it's quite fun.

**The Ironman** is 140.6 miles of swimming biking and running. Lastly is the one that I have been wanting to try in my next travel and it is **rock climbing** which is a sport that requires climbing up or down rocks in their natural formation or in artificial walls.

People nowadays do extreme sports for the sheer thrill of it. While people in the past enjoyed playing football or a game of tennis, today's sports enthusiasts want something with a lot more excitement. They need to feel the adrenaline rush of doing an activity that puts them in danger. In my opinion, extreme sports are not as dangerous as many people think. All sports involve some element of risk. People who take part in extreme sports are usually required to undergo appropriate training and use protective equipment so that the dangers are minimized.

### Match the picture with the correct sport



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