Wingsuit Flying

THE HARDER YOU WORK, THE HARDER IT IS TO SURRENDER

Ski Jumping

Free Solo Climbing

EXTREME SPORTS

What are EXTREME SPORTS?

- An extreme sport – also called *freesport*, *action sport*, or *adventure sport* - is a popular term for certain activities which people perceive involve danger.
- Athletes who are involved in extreme sports compete not only against other athletes but also against environmental obstacles and challenges.

- **BOARDSPORTS:** bodyboarding – kitesurfing – mountain boarding – sandboarding – skateboarding – sky surfing – snowboarding – snow skating – surfing – windsurfing, etc.
- **MOTORSPORTS:** motocross – rallying – snowcross, etc.
- **WATERSPORTS:** free-diving – jet skiing – rafting – scuba diving – waterskiing – whitewater canoeing, etc.
- **MONTAINEERING:** free solo climbing – ice climbing – rock climbing – skyrunning, etc.
- **FREE FALL:** base jumping – bungee jumping – cliff jumping - parachuting – skydiving, etc.
- **FLYING:** hang gliding – paragliding – speed flying, wingsuit flying, etc.
- **OTHERS:** bicycle motocross – inline skating – mountain biking – paintball – rappelling – stunt pogoing, etc.

Some Extreme Sports Equipment

Outdoor Traction Shoes

Parachute

Skateboard

Pogo Stick

Motorcycle

Jet Ski

Harness

Paintball Gun

Kitesurfing

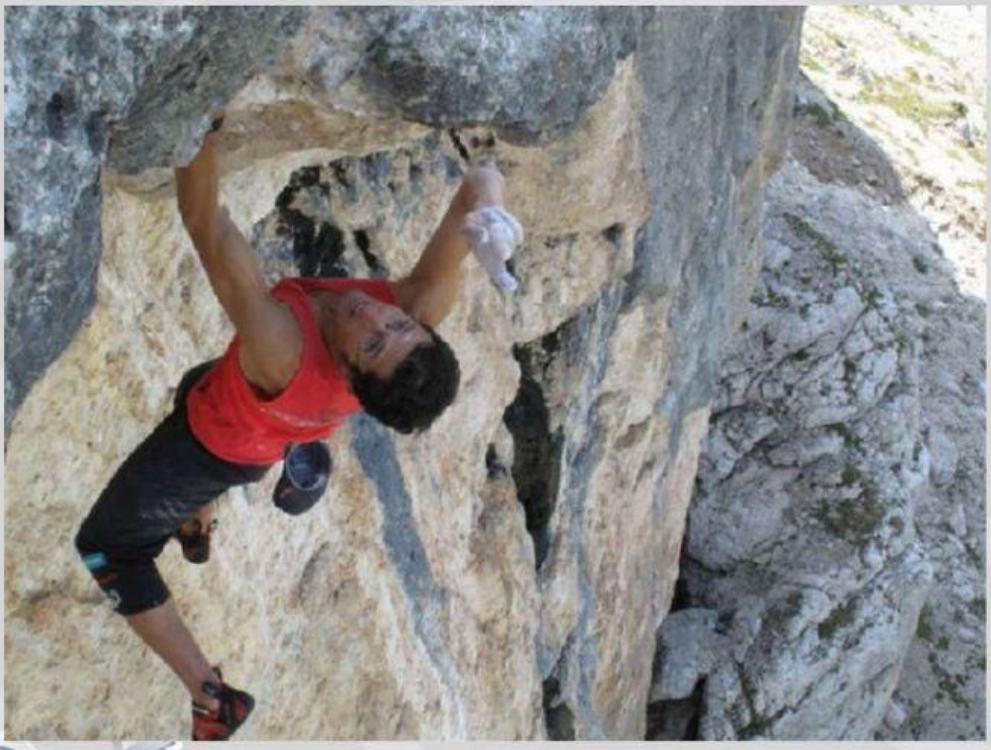
KITESURFING is a sport which uses a large controllable kite and the power of wind to propel a rider across the water on a small surfboard.

Motocross

MOTOCROSS is a form of motorcycle racing which is practised on enclosed tracks. It is practised in all weather conditions. A especial motorbike is used in this sport.

Jet Skiing

JETSKIING is a sport in which a person on a small self-propelled vehicle similar to a scooter moves quickly over the water. It is the rider's ability, who surfs waves using them as a ramp for aerial maneuvers, which makes this sport risky.



FREE SOLO CLIMBING is a form of free climbing where the climber decides not to wear any protective gear as ropes or harnesses. While ascending, the climber only relies on strength, climbing ability, and courage to avoid a fatal fall

Free Solo Climbing

BASE JUMPING is an activity where the participants jump from fixed objects and use a parachute to break their fall. 'BASE' is an acronym which stands for four categories of fixed objects from which the person can jump: buildings, antennas, bridges, and cliffs.

BASE Jumping

Cliff Jumping

CLIFF JUMPING is the activity of jumping from a cliff – a high area of rock, often at the edge of the sea or ocean – as a platform without any protective device. Thus, the person who jumps skydives into the water.

HANG GLIDING is a sport in which a pilot flies a light and unmotorized aircraft called hang glider. The pilot lies in a harness suspended from the hang glider and controls it by shifting their body.

Hang Gliding

BICLYCLE MOTOCROSS is also called BMX. It is a sport which main goal is extreme racing on bicycles on tracks with obstacles. The bicycle used in this sport is especially designed for dirt and motocross cycling.

Bicycle Motocross

Rappelling

RAPPELLING is a controlled descend down a rock using a rope. Climbers use this technique in cliffs or slopes which fall too quickly, not gradually.

WINGSUIT FLYING is a sport by which a person makes his body fly through the air. The person uses a special jumpsuit, called wingsuit, which adds surface to the human body. This permits an increase in lift.

WINGSUIT FLYING

PARACHUTING is also known as *skydiving*. In this a person who is in an aircraft jumps out of it into the air, and returns to earth with the help of gravity while using a parachute to slow down during the final part of the descent. It may involve certain free-fall time during which the parachute has not been displayed.

Parachuting

SPEED FLYING is an air sport in which a person flies a fast, small fabric wing, down falling quickly slopes. It combines elements of parachuting, and skiing.

Speed Flying

PAINTBALL is an extreme sport in which people compete, in teams or individually, to eliminate opponents by chasing them with capsules containing dyed water and a gelatin shell outside. These special 'bullets' are propelled by a device called *paintball gun*.

Paintball

Snow Skating

SNOW SKATING is a product of mixing skateboarding and snowboarding. This practice is intended to permit the person on the skate, who known as snow skater, to perform tricks on the snow.