

## extreme snowboarding

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You will hear an expert snowboarder called Brad Mitchell talking about the sport of extreme snowboarding. For questions **1-10**, complete the sentences with a word or short phrase

### Extreme snowboarding

Brad says there are no **1**\_\_\_\_\_ to warn extreme snowboarders of dangers.

Brad advises snowboarders always to follow the **2**\_\_\_\_\_ when descending.

Brad always wears a **3**\_\_\_\_\_ when he goes into the mountains.

According to Brad, you need a lot of **4**\_\_\_\_\_ to set off down the mountain.

Brad particularly enjoys doing several **5**\_\_\_\_\_ when he is going down a slope.

Brad says at first he found it difficult to do a good **6**\_\_\_\_\_ on steep slopes.

Brad says you must never **7**\_\_\_\_\_ if you feel you're about to fall.

Brad advises against putting your weight on your **8**\_\_\_\_\_ in a fall.

Brad always carries a **9**\_\_\_\_\_ in case he is in difficulty following a fall.

In the future, Brad would most like to try **10**\_\_\_\_\_ snowboarding.