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EXTREME SPORTS

FILL IN THE GAPS WITH A WORD FROM THE LIST ABOVE. THERE ARE THREE WORDS YOU WILL NOT NEED.

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. Take the new sport of urban free climbing.



This is hugely popular in Russia where climbers find a high-rise building and climb it. There are _____¹ videos you can see online of young daredevils getting to the top of a skyscraper and making a video of themselves as they climb the antenna at the very peak or skip along the edge of the building hundreds of metres in the air. _____² no safety equipment and no ropes these extreme climbers manage to get the top of many famous skyscrapers _____³ the world.

They then upload their photographs and videos to social media websites for their thousands of followers. Why do they do it? For the sheer thrill of it. They live _____⁴ danger.

_____⁵ 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 _____⁶ of doing an activity that puts them in danger.

Another popular extreme sport is BASE jumping. This _____⁷ jumping from a fixed structure with either a parachute or a _____⁸ and flying to the ground. BASE stands for the four kinds of fixed objects that the person can jump _____⁹: building, antenna, span and earth (cliff). It is extremely dangerous and people die from doing it. But that doesn't seem to stop the rapid _____¹⁰ of the sport. In professional parachuting, it is advised to open the parachute from a minimum height of just over 900 metres. But in BASE jumping that is not always possible. _____¹¹ the danger.

Social media has played a big part in the popularity of extreme sports. We can see many videos on sites such as YouTube for example that show us the nerve-tingling situations that these enthusiasts get _____¹².

There are even videos of people having serious accidents or falling to their deaths. Because of this, there is much debate over _____¹³ some of these extreme sports _____¹⁴ be banned. Many of the urban free climbers and BASE jumpers are engaging in their chosen sports against the authorities.

With no safety regulations in place and no professional team to advise them, should these people be allowed to indulge _____¹⁵ these activities?