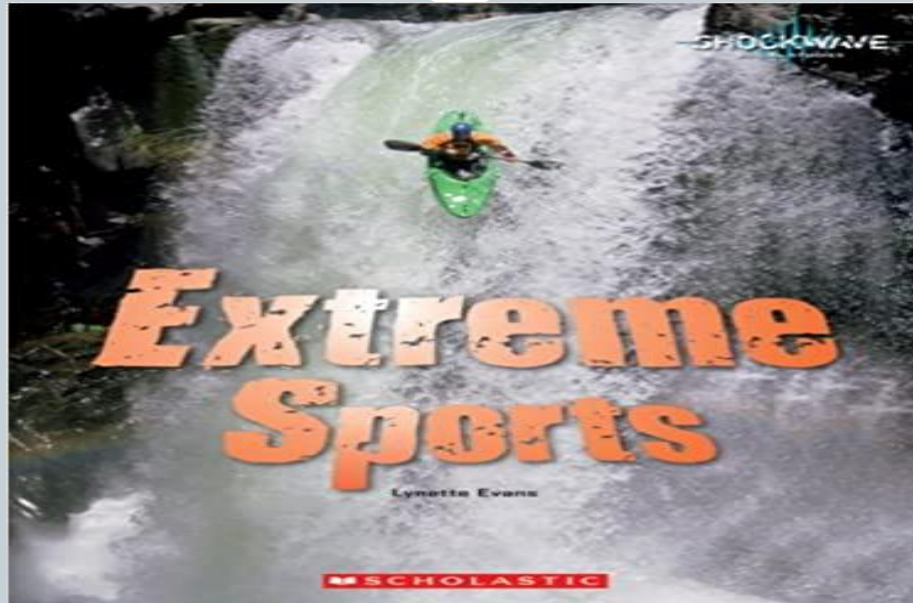


Extreme sports



BY: MARAZYKOVA AKMARAL

Wingsuit



Wingsuit

-is a sport in which a person must put on a suit as in the photo and jump from a height

-The first successful jump was made in 1990

-Athletes who have passed the milestone of 200 parachute jumps are allowed to fly



Base Jumping



Base Jumping

- is popular sport in major cities of the world
- athletes jump from four fixed objects
- for the jump, special quickly deployable parachutes are used



BMX



BMX

- is a form of cycling.
- BMX bikes have a variety of uses and are tailored to the specific needs of the form of the sport that they are used for.
- BMX made its debut as an Olympic sport in the 2008 Games held in China.



Rock climbing

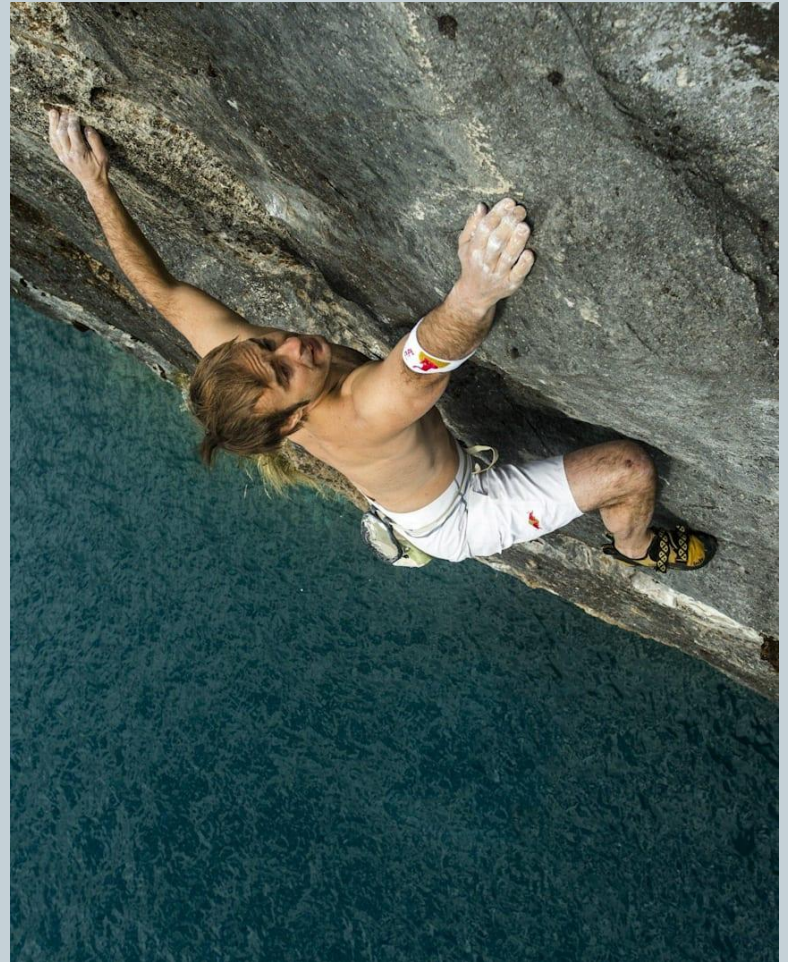


Rock climbing

- is an activity in which participants climb up, down or across natural rock formations or artificial rock walls.
- is a physically and mentally demanding sport

There are 5 types of rock climbing

- Top-Roping
- Lead/Sport Climbing
- Traditional Climbing
- Big Wall Climbing
- Bouldering



PARASAILING



Parasailing

-is a recreational kiting activity where a person is towed behind a vehicle , while attached to a specially designed canopy wing that reminds one of a parachute, known as a parasail wing.

-the sport was developed in the early 80's and has been very popular ever since..



Surfing



Surfing

is the sport of riding waves in an upright or prone position. Surfers catch ocean, river, or man-made waves, and glide across the surface of the water until the wave breaks and loses its energy.



HIGHLINING



Highlining

- an extreme sport in which athletes traverse a narrow, springy band of rope suspended high above the ground.

-was a product of Yosemite National Park's rock climbing scene in the mid-to-late 1970s

Thank you for attention

