

4.086

1. You jump off a bridge or someplace high, tied to a large rubber band. You go up and down as the rope stretches.
2. All you need is a kite, a surfboard strapped to your feet and waves. You never know when you will go up in the air.
3. You jump off a mountainside and fly in your glider for a while before landing on the ground.
4. You jump from a plane, and fall for as long as you can before you open your parachute at the last minute.
5. You ride down a snow-covered slope on a board attached to your feet.
6. You ride on a skateboard and perform different tricks for fun or as a sport.

4.087

1. Danger is not a big issue. I like the feeling of danger and don't mind taking risks.
2. There are too many rules in regular sports, and I don't like following rules.
3. I'm not really big on competition. There's no competition in bungee jumping. It's more like showing off.
4. I wanted to do something different from the rest of the crowd. I'm into kite surfing because it sounds cool, and I just do it for fun.
5. When I go skydiving or snowboarding, I'm pushing myself and showing the world what I can do.
6. I have to be strong and flexible to perform the tricks. So physical training is important to me.

4.088

Bob Hi! You're watching the Extreme Sports channel with Bob Miller. I'll be talking to four people who are into extreme sports. Let's start with Samantha. So, Samantha, are you attracted to the danger of extreme sports?

Samantha For me, danger is not a big issue. I like taking risks; I want to do something different from the rest of the crowd.

Bob So ... you'd say that, er ...

Samantha I'd say I don't like rules. For example, take my sport, snowboarding. It was great when just a few wild guys did it, but now it's a formal Olympic sport. There are too many rules.

Bob OK, so you don't like following rules, and like the feeling of danger. How about you Yong-Jin? What's your take on extreme sports?

Yong-Jin Uh, let me think. I guess I'm not really big on competition. I mean competition in regular sports. I'm into bungee jumping because it sounds cool and different, and I just do it for fun. There are different ways to jump and the feeling of flying like a bird is absolutely amazing.

Bob Instead of trying to beat someone else?

Yong-Jin Yeah. There are no teams involved, and there's no competition.

Bob Competition in extreme sports. Helen, what do you think about it?

Helen Mmm. I'm not sure if competition is the right word. There's a kind of competition in extreme sports, but it's different, it's more like ... showing off. When I go paragliding, it's not just stepping off a mountain. It's showing other people what I can do – and do it well. That's the thrill. I'm pushing myself and showing the world what I can do – I have to be strong and quick to do tricks.

Bob And Max? Showing off? Is that important to you?

Max No, not at all. Like take skydiving, for example. Anyone can show off by just jumping from a plane. I want to do something ... well ... for myself, so physical training is important to me. I spend a lot of time and money learning how to be the best I can be. Do you get it? Ah, you know what I mean, man, come on, why not try a jump?

Bob Uh ... sorry, I, er ... I hate airplanes!

4.089

Bob Today, we're talking to Canadian snowboarding star Michelle Lewis. So, Michelle, why are so many people taking up snowboarding – and not skiing?

Michelle I guess for most people, snowboarding is easier to learn. It takes a lot of time and effort to become a good skier. Snowboarding is simpler and more comfortable. After just two or three days of training, you're ready for almost anything.

Bob How did you get into snowboarding?

Michelle Well, I was already skateboarding and surfing, but I wanted to learn a winter sport. And snowboarding looked just like skateboarding and surfing, but on snow. The skills are the same – you need to be strong but flexible, you need to maintain good balance and recover balance if you lose it. And you need to make decisions very quickly, not think about them.

Bob Mm. Let's talk about your training. Do you do a lot of training?

Michelle When there's snow, I do a lot of traveling and camping in the mountains. I usually feel comfortable and happy in snowy and cold weather, but going up and down slopes and learning new tricks while strapped into a snowboard is a lot of hard work.

Bob How about off-season? How do you stay in great snowboarding shape?

Michelle In summer, I go mountain biking, skateboarding and surfing. These sports use many of the same muscles as snowboarding and improve my balance. I might also work out in the gym, lifting weights or doing some sit-ups and push-ups. I do yoga, which is a great way to improve my flexibility.

Bob And what about competition? When did you start competitive snowboarding?

Michelle I turned pro at the age of fifteen, and now I compete in all championships. I also competed in the Olympic Games.

Bob You're a three-time Winter Games gold medalist, and you grabbed the silver at the last Olympic Games. How does it feel to be a snowboarding star?

Michelle It feels pretty good; people are asking for my autograph all the time ... But the reward I get is riding down the mountain in deep snow. It's a pretty cool reward!

4.090

Example: Lemme think.

1. When did you start competitive snowboarding?
2. I want to do something different from the rest of the crowd.
3. Helen what do you think about it?
4. I'm into bungee jumping because it sounds cool and different.
5. How do you feel about it?
6. Do you do a lot of training?

4.091

Are you looking for adventure? Do you want to try something you have never done before? Then you have come to the right place. Here at Extreme Travel, we have just the thing for anyone who wants to take a trip on the wild side! Let's take a look at our top four Asian destinations here at Extreme Sports Vacations.

Number 1 is our exhilarating motorbike journey through Mongolia. Follow in the tracks of celebrities Ewan McGregor and Charley Boorman of the Long Way Round TV series. Cross mountains, grassland, rivers on a 1,200-mile off-road journey south into the Gobi Desert. Book this package in April and you will also be able to see camel calves, foals and cattle roaming the plains.

At Number 2 we have trekking at the Mt. Everest Base Camp in Nepal. Aside from climbing Everest itself, walking to base camp is considered one of the ultimate treks on earth. Starting out from the town of Lukla, this trek spends 9 days to reach the base camp, and 3 – 4 days to descend. Walking up is slower due to the extra days needed for people to adjust to the thinning air of higher altitudes.

If you aren't afraid of heights, you may consider trying our third adventure – base jumping in Kuala Lumpur, Malaysia. "Base" is an acronym that stands for Building, Antenna, Span and Earth – which are all the things you can jump off in this high-adrenaline sport. We will take you base jumping off some of the highest buildings in Malaysia – with the highlight being the Menara Tower, standing at a staggering 980 feet!

Finally at number 4, for those who like to get their feet wet, we have shark diving in Thailand. We will take you to the famous Richelieu Rock close to the Surin Islands. Here whale sharks as long as 40 feet are commonly seen. Although these sharks may look terrifying, they are actually quite harmless – they are practically vegetarian, feeding mostly on plankton.

Don't hesitate! Book your extreme vacation today. For full schedules or pricing call one of our friendly staff toll free on 1-800 EXTREME, or visit our website at www.extremelyasia.com