

## Do You Want To Learn Bungy Jumping?

Perhaps you have decided to take up the sport of bungy jumping, but would prefer some professional training before taking the plunge. Or perhaps you have thought a lot about bungy jumping, but still have not reached a conclusion as to whether you want to try it or not. If you find yourself in either of these categories, you can benefit from taking some bungy jumping classes which are designed to teach you everything you need to know and have a bit of hands-on experience under the guidance of skilled instructors. This way, you can have the confidence of knowing you have learned the basic skills needed for bungy jumping before you take your first death-defying challenge.

As there are already a number of classes in various locations for bungy jumping staff members, it shouldn't be long before suitable classes are also open to the general public to assist them in gaining the important knowledge and skills needed for this sport. You can decide if this is something you would like to consider as an option; if so, check to see when classes like this are available in your area.

Another possibility for learning all about the sport of bungy jumping is to begin as a spectator. While this may also help you decide whether or not you are personally suited for bungy jumping, you will have the chance to view this amazing activity as close as you can be without actually participating. With this goal in mind, you can watch either your friends doing their own novice bungy jumps, or you can see perfection in motion by viewing trained professionals. In addition to watching bungy jumping first-hand, you can also utilize a video camera so that you can focus on all the details of the jumps later on.

While you can probably gain the helpful cooperation from most of the companies that provide bungy jumping by simply requesting the chance to begin your initiation into this sport as a spectator, there are some of the companies which already present it as an option and consider spectators to be a basic part of their customers' bungy jumping experiences. One that lists this as a trip option in itself calls it the "Auckland Ultimate Bungy Jump Spectator" part of their Adventure Tour. Offered by New Zealand on the Web, it includes a guided bridge walk where you can watch the action from a safe point. Not only will this give you the chance to take in the excitement up-close, you will be able to learn the basics from those who are actually participating. Taking still-pictures or making a video of the action will allow you to view it at a later date when you can pay close attention to the details.

Whether you choose the method of "watch and learn" or seek training from skilled

professionals, you will be at an advantage when you finally decide to take your first solo jump. The more you know beforehand, the more you will want to take part in bungy jumping.