

ENG 202 Project

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Topic: _____Powerbocking_____

I. Definition Paragraph

Alexander Boeck, a German inventor, defines powerbocking as "jumping, running, and with elastic-like spring-loaded stilts" but anyone who has played this sport knows that this definition is too simple to describe powerbocking accurately. It is a modern acrobatic sport that combines elements of gymnastics and forms entertainment through the use of specialized spring-loaded stilts called Powerbocks or Jumping Stilts. These stilts consist of a foot-plate with snowboard-type locking straps, a rubber foot pad which is also commonly called a hoof, and a fiberglass leaf spring. They just using only their weight and few movements, the user is generally able to jump 3-5 ft (1-1.5 meters) off the ground and run up to 20 mph (32 km/h) and they also give the ability to take up to 9-foot (2.7 meters) strides. Even though it looks fun, it is a dangerous sport. Therefore, you should always be absolutely careful and wear protective equipment when playing.

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Topic: _____ Preparation before playing Powerbocking _____

II. Process Paragraph

If you want to start trying powerbocking, prepare yourself and follow these easy steps. First, find a suitable location with enough open space, preferably a flat surface. Second, protective gear like helmets and knee pads should always be worn to minimize a risk of injury. Then, secure the stilts onto the legs. As the powerbocking requires a good sense of balance, coordination, and core strength, the powerbrokers need to take a few moments to adjust the powerbocking to get comfortable with the added height and balance by taking small steps to get accustomed to the stilts' springiness. After getting used to it, the players can gradually increase their pace and start experimenting with jumps and flips. The practitioners can gradually learn new tricks and techniques, such as running, jumping, and even performing acrobatic maneuvers in the air afterward. With consistent practice, the powerbockers to follow the previous steps will experience the thrilling sensation of defying gravity and mastering the art of powerbocking.

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Topic: _____ Interesting Powerbocking _____

III. Opinion Paragraph

Some people say it doesn't seem exciting and not exhilarating activity. In my opinion, power bocking is an exciting and fun sport. First, powerbocking offers an exhilarating experience that combines elements of acrobatics, parkour, and extreme sports. With the aid of specially designed, jumping Stilts. "It's a way for younger people to make their own sport and—to the horror of their parents—test the limits of their surroundings," said Nick Ryan, co-founder of Xpogo and Pogopalooza. Second, powerbocking is surprisingly easily accessible people of ages and fitness levels can enjoy it. Singh, the engineering student who started three years ago said "It's simpler than skating. In fact, I have fallen more times just walking than when I was training on jumping stilts". Finally, powerbocking fosters a sense of community among enthusiasts. Whether it is through online forums, local meetups, or organized events. Tyler said, "Powerbocking is an activity that is not well known to the general public. So when someone plays and meets There is an opportunity to create interest and share experiences". In summary, powerbocking offers an electrifying blend of athleticism, accessibility, and community, so I think powerbocking is a world-class sport that excites and challenges.