**Extreme sports**

**Adjectives** : perilous, intricate, nail-biting, heart-pumping, arduous, backbreaking, neckbreaking,

**Feelings:** exhilarated, petrified, worn-out, on top of the world, uneasy , elated, thrilled,

**Personality**: resourceful , industrious , relentless, persistent , backbone, dedication, perseverant , skilful , fearless, intrepid

**expose, thrilling, edge, rush, precautionary, jeopardy, precautionary, overcome, endeavour, push , out, acquire**

Living on the …edge……………………….. is full of fluctuations and uncertainty

…Rush…………………….. of adrenaline accompanies risk-takers all the way through their life

Before embarking on perilous journey you need to push………………………….. up your courage and leave all fears behind

Mountaineering can put your life in …jeopardy………………………….

All climbers are expected to think about …precautionary………………………….. measures such as first – aid kit , helmet, proper gear

To be able to paraglide you need to …overcome……………………………….your fears and barriers

First …endeavour………………………………might fall through but don’t lay down your arms keep it going

For one thing parachute jumping is a …thrilling……. sensation but for another it is hazardous

The more you …expose………………………… yourself to threats and perils the higher likelihood of inflicting an injury

Every single time you need to keep cool head and never …precautionary……………………….. yourself to the limits as it may result in severe consequences

People who climb want to check themselves ……out……………… their limitations, constraints and shortages

At the age of 10 I …acquired……………………….. a taste for diving and have continued my experience since that time

**go, boost, amped, flowing, throw, beyond, surpass, self-fulfillment, excel,**

I get …amped……………………………….. up by stimulating and backbreaking biking

Don’t hesitate - …go……………………. for that

I …excel…………………………. myself into perilous parachuting at the age of 25

Bungee-jumping …boosts…………………….your heart rate and keeps blood flowing

When I reach the top of the summit I have a feeling of …self-fulfillment……………….

Every single sport enables you to …surpass………………………………. your best as well as go …beyond………………………. your capabilities

After unsuccessful attempt you can’t …throw…………………………… in the towel

