

Knee boarding





You can go in for this sport on a lake, a river and in any ocean. Many people began knee boarding in the USA, in California. The best places for knee boarding are the sea water of Honduras. One of the best places in this country is the Rotan island. Another place for knee boarding is Costa Rica



Surf knee board innovators are George Greenought, Steve Lis, Peter Crawford and Ron Romansky.



The Equipment of the knee boarding consists of a padded desk with a safety-belt and straps holding the rider to the boat .Now water-skiers use other models of newer equipment.



You can show
deepwater start,
surface tricks
intermediate tricks,
Advanced tricks. A
surfer must perform
radical controlled
manoeuvres in the
critical section of a
wave with speed. The
surfer who executes
this criteria with the
maximum degree of
difficulty and
commitment on the
waves shall be
rewarded with the
higher scores.

Scale base:

(0-2:poor) , (2-4:fair) ,
(4-6:average) ,
(6-8:good) ,
(8-10:excellent)



Extreme,
extravagant,
strong,
enthusiastic,
by nature,
hard,
hard-working,
loving speed
and water,
adventurous,
not ordinary.



Knee boarding originated in Southern California around 1965. By about 1970 knee boards were designed specifically for being tied behind a motorized boat. Paul Roberts was the pioneer of knee boarding.



Chernyavskaya Ekaterina 10 "6"

