

中心：_____

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1140901 大專院校學生英翻中短文翻譯題目

Paddleboarding involves a long, flat board that the rider stands on, much like a surfboard. Unlike surfing, however, the rider travels with the help of a long paddle and usually remains standing throughout the entire ride.

Paddleboarding in 4 Easy Steps

1. Stand in the center of the board, place your feet on either side of the handle, and hold your paddle with the blade facing forward.
2. Keep your eyes focused on a stationary object as this will help you with balance.
3. Plunge the paddle into the water at the tip of the board and then pull it toward your body, remembering to bend at the knees.
4. Once the paddle passes your feet, lift it from the water, straighten your legs, and repeat Step 3.

paddleboarding 立槳

handle 提把

stationary 靜止的

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立槳需要一個讓立槳手站立、和衝浪板很像的長平板。然而，和衝浪不一樣的是，立槳手是利用一根長槳的補助來移動，且通常在整個划動的過程中都是維持站立的。

划立槳簡單 4 步驟

1. 站在槳板中央，雙腳踩在槳板提把的兩側，接著以槳面朝向前的方向握住槳。
2. 將視線集中在靜止的物體上，這樣能幫助你平衡。
3. 將船槳從槳板前端伸入水中，接著將它往身體的方向拉，記得膝蓋要彎曲。
4. 船槳划過你的腳後，將它從水中舉起，雙腳打直，並重複步驟三。