

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