

EPISODE 75

LEVEL B2

READING COMPREHENSION



Self defence



Learn karate - it is **the ultimate** (= Noun = the best or most perfect example of something) in self- defence and fitness. The university karate club was founded in 1962. All grades from beginners to advanced are welcome. The classes are suitable for both men and women and several women have **obtained** (=got / received) their black belt. Hardly any of us have experienced real violence, but over the last few years, **assaults** (= a physical attack) on **innocent** (= not guilty) people have increased. Karate will show you a lot of simple and effective techniques to protect yourself, giving you increased self-confidence. Far too many people think **martial arts** (= a traditional Asian form of fighting) are about violence. This training is based on respect, self-discipline, self-control and non-violence. We learn basic **etiquette** (= a set of rules of behaving correctly), **courtesy** (= formal politeness in formal situations) and tolerance. Karate is the practice of blocking and **striking** (= making violent attacks) techniques for the purpose of self-defence. Techniques are practised on both sides of the body, therefore muscle imbalances do not **occur** (= appear) and the strength, coordination, flexibility and **agility** (= an ability to think clearly to solve problems) is improved. Regular training boosts the body's physical **stamina** (= the ability to work hard and make a lot of effort) and **suppleness** (= the ability to bend and move your body in a graceful way). Karate has many benefits but they do not come **overnight** (= in a very short time) as the training requires **ongoing** (= still happening or being done) **commitment** (= enthusiasm and responsibility) and hard work.



**EXERCISE 1**

Decide and cross out the options below that are NOT correct:

1. Classes are suitable for:

- a) beginners    b) intermediate students    c) women    d) children

2. Martial arts are based on:

- a) violence    b) self-defence    c) respect    d) self-discipline

3. Which of the following does karate improve?

- a) stamina    b) concentration    c) politeness    d) aggression

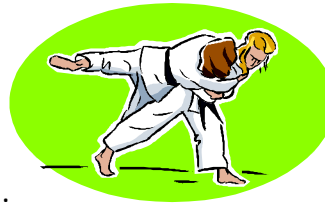
4. Which of the following relate to the following relate to the physical aspects of karate?

- a) flexibility    b) agility    c) courtesy    d) suppleness



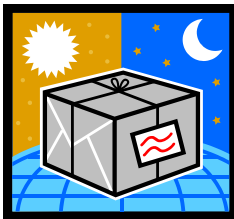
**EXERCISE 2**

Use the pictures to complete the questions. Then answer the questions.



1. Would you like to take up .....

2. As she was totally unknown, nobody expected that she could become a star.....



3. What diplomatic..... is necessary to follow when holding business meetings?

## ENGLISH IN USE



The text says:

*Hardly any of us have ....  
the last few years ....*

This time we will concentrate on quantifiers which are often confused and used wrongly.

Generally speaking all quantifiers are divided into 3 groups:

- those used with plural countable nouns,
- those with uncountable nouns,
- those used with both.

COUNTABLE PLURAL	BOTH	UNCOUNTABLE
many few a few several a number of	a lot of some hardly any no none plenty of all	much little a little a great deal of

**All the quantifiers can be used with “of” + the / my / these, etc. + noun / pronoun:**

### SPEAKING PRACTICE

Make sentences about people in Poland using the topics below and different quantifiers.

none almost none hardly any a little/a few some  
 a lot of/many/much far too much/far too many all

live      spend holidays      eat      play      learn  
 buy      believe      worry about      work      have      watch      relax

### EXERCISE 3

Cross out the incorrect quantifiers:

1. A few of / Hardly any of / A little of / All of the houses in our street have a beautiful garden.
2. Most of / Only few of / Hardly any of / Much of my friends have a full-time job.
3. Far too many / Some / Hardly any of / Little of kids watch a lot TV these days.
4. There is a little / many / too much / some traffic in the area where I live.
5. I usually put too much / too little / hardly any / several / few salt into my dishes.
6. I have hardly any / several / a little / a few / a lot of experience with customers.
7. My best friend has got no / hardly any / a few / a little / far too many qualifications.
8. Several / Far too many / Hardly any / Too much / A lot of students have part-time jobs.
9. Recently I've had a couple of / a few / a little / no / hardly any / some free time.
10. There are a few / several / hardly any / much / many things I have to do tonight at home.
11. I got to know a couple of / a few / very little / plenty of / hardly any interesting people last summer.
12. To my mind, Polish people earn far too much / a little / several / plenty of money.



## IDIOM CLOSE-UP



**I'd give up my right arm** to be in his position. = I'd like to be in his position

## PHRASAL VERBS CLOSE-UP



### EXERCISE 3

Match the sentence halves.



1. Going round the shops all day has
2. Eat a lot of fruit and vegetables to
3. I sometimes happen to

- a. nod off during the day.
- b. build yourself up.
- c. worn me out.

**wear sb out** = make sb tired

**build yourself up** = make yourself stronger

**nod off** = fall asleep

## NEWS



"There is a Japanese term often used in Karate called **mushin**, meaning "empty mind." This term does not strictly **imply** no thought, but rather no attachment to any one thought or emotion. To obtain this state of mind *mushin*, you must let go your fears, doubts, your ego, and any **preconceived** thoughts of action, or the mind will not react openly.

There is a famous Zen saying called **mizu no kokoro** that may help to clarify this term. This translates as A mind like water. Everyone understands how the water of a **pond** can be calm and clear. In this state, it will reflect all around it truthfully, much like a mirror. In Karate and in life we strive to have a calm mind that reflects everything around us accurately. Therefore, the mind must be clear like the glass surface of a still pond, reflecting everything accurately and without **distortion**. If the mind gets attached to any thoughts, this is analogous to throwing a large stone into the tranquil pond. The ripples that the stone creates (or thought) will interfere with the smooth surface of the pond making the reflection (mind) distorted. If your mind is **cluttered** with thoughts, how can it possibly react quickly in stressful situations? Only when the mind is clear and calm will you act **instantly** without hesitation or fear."

### GLOSSARY

imply – to suggest

preconceived – formed before you have a lot of information

pond – an area of water similar to a lake

distortion – a change that makes sth no longer true

cluttered – with too many facts, pictures, etc so that it becomes hard to understand

instantly - immediately

### KEY TO EXERCISES

#### Ex. 1

1. d
2. a
3. d
4. c

#### Ex. 2

1. martial arts
2. overnight
3. etiquette

**Ex. 3 .**

1. A few of / Hardly any of / **A little of** / All of the houses in our street have a beautiful garden.
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3. Far too many / Some / Hardly any of / **Little of** kids watch a lot TV these days.
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6. I have hardly any / **several** / a little / **a few** / a lot of experience with customers.
7. My best friend has got no / hardly any / a few / **a little** / far too many qualifications.
8. Several / Far too many / Hardly any / **Too much** / A lot of students have part-time jobs.
9. Recently I've had **a couple of** / **a few** / a little / no / hardly any / some free time.
10. There are a few / several / hardly any / **much** / many things I have to do tonight at home.
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**Ex. 4**

- 1.c
- 2.b
- 3.a