

1. Connect the passages with the name of the martial art:

1 _____ “The Art of Eight Limbs” utilizes eight points of contact: fists, elbows, knees, and shins. Techniques include punches (chok), kicks (te), knee strikes (ti khao), elbow strikes (ti sok), and clinch fighting (chap kho). Training sessions are rigorous and intense, focusing on developing strength, endurance, and mental toughness. Training sessions typically include shadowboxing, pad work, heavy bag drills, sparring, and conditioning exercises

2 _____ originated in China. It emphasizes offense and defense techniques inspired by animal movements, fostering determination and a connection to nature. Practitioners imitate the movements and characteristics of various animals, such as the tiger, crane, snake, dragon, and monkey. Forms, or taolu in Chinese, are choreographed sequences of movements that simulate combat scenarios against imaginary opponents

3 _____ This Japanese martial art emphasizes using an opponent’s strength against them, focusing on throws and incapacitation through balance and adaptability. The principle of "maximum efficiency with minimum effort" and "mutual benefit and welfare" is central to this martial art. Randori, or free practice, is a key component of training.

4 _____ focuses on ground combat, utilizing joint locks and chokeholds for dominance, promoting inclusivity and mental acuity. Unlike traditional martial arts that emphasize striking techniques, these practitioners aim to take the fight to the ground, where they can use positional dominance and submissions to defeat larger and stronger opponents.

5 _____ is renowned for its high kicks and striking techniques, enhancing both physical and mental attributes and offering a robust fitness regimen. This martial art is guided by a set of philosophical tenets which include courtesy, integrity, perseverance, self-control. These principles are not only applied within the dojang (training hall) but also in everyday life.

6 _____ from Japan emphasizes harmony and balance, avoiding confrontation by connecting seamlessly with an opponent’s actions, rooted in non-violence and conflict resolution. Ukemi, or the art of falling safely, is an integral part of training. Techniques (waza) consist of joint locks, throws, and pins that are executed in response to an opponent's attack. Practitioners learn to roll, breakfall, and absorb impact gracefully to protect themselves during training and to facilitate the execution of techniques.

7 _____ is known for powerful strikes, including jabs, kicks, and knee moves, focusing on mastering forms for skill development. This martial art places a strong emphasis on kata, or forms, as a primary training method. Kata are choreographed sequences of movements that simulate combat scenarios against imaginary opponents. Traditional rituals and ceremonies, such as bowing, etiquette, and belt ceremonies, are observed to honor the heritage of this martial art.

8 _____ is a Chinese martial art known for slow movements promoting mental clarity, balance, and inner peace. It was developed by a Ming Dynasty military general, based on principles of Taoist philosophy and traditional Chinese medicine. The gentle movements used in this type of martial art are designed to cultivate internal energy, or "qi," and promote relaxation and harmony within the body and mind.

Tai Chi	Karate	Aikido	Taekwondo	Brazilian Jiu-Jitsu	Judo	Kung Fu	Muay Thai
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2. Fill in the missing words:

- 1) Martial arts are systems of physical and mental training that teach techniques for s _____ or c _____.
- 2) In wrestling, two individuals g _____ with each other.
- 3) C _____ or trapping is the part of stand-up fighting in wrestling.
- 4) In a F _____, you lift an opponent onto your shoulders before executing the throw.
- 5) A j _____ is a move where you bend or twist someone's arm or leg in a way that makes it uncomfortable or painful
- 6) In a h _____, you secure your opponent in a headlock before swiftly throwing them to the ground.
- 7) The K _____ targets the shoulder joint, typically by holding the opponent's wrist and applying pressure to rotate the shoulder in an unnatural direction.
- 8) In a h _____, you use your hip and leg strength to swiftly throw your opponent over your hip and onto their back.
- 9) A k _____ is a move where you put pressure on someone's knee joint to make them give up or stop moving.
- 10) In a _____, you grab both legs of your opponent, drive forward, and take them down to the mat.
- 11) A _____ is when you hold your opponent down on the ground with their shoulders touching the mat for a certain amount of time.
- 12) In a _____, you lie on top of your opponent so that both of their shoulders are touching the mat.
- 13) S _____ or kumite, is when you practice fighting with a partner in a controlled way.
- 14) The _____ belt is the starting point for beginners.
- 15) Judo practitioners, known as _____, train in a _____.
- 16) Judoka wear a traditional uniform called a _____.

SPORTS INJURIES

INFOGRAPHICS ELEMENTS



Vocabulary: Health Problems

Complete the sentences below with correct word from the box:

fever

vomiting

sneezing

headache

bruise

earache

backache

rash

Sore
throat

toothache

cough

flu

stomach
ache

1. David ate too many burgers and chips, so now he has _____.

2. Can you give me a Panadol? I have got a bad _____.

3. Bring me the thermometer, please. I think Layla has a _____.

4. Alice was _____ after eating bad food at the restaurant.

5. In spring time, my sister and I can't stop _____.

6. I have got a _____ where I hit my leg on the coffee table.

7. Jim had the _____ and he used nearly two boxes of tissues.

8. Our baby has a _____ if he eats tomatoes.

9. My son had a _____ and drank lots of hot drinks.

10. What's the matter? I have _____. Go to the dentist!

11. He smokes too much. That is why he has a bad _____.

12. After carrying all the shopping home, Linda has a _____.

13. George can't hear properly because he has _____.



English Tutorial Classes Week 10

5. Circle the correct answer:

- 1) Joe is _____ a terrible cold.
A. passing out B. suffering from C. getting ill D. coming round

- 2) My back was really hurting, so I took some _____.
A. painkillers B. laxatives C. antibiotics D. antidepressants

- 3) Sandra got _____ after eating raw chicken.
A. flu B. sore throat C. a fever D. food poisoning

- 4) I had a large _____ on my leg where my brother had kicked me.
A. blister B. bruise C. Rash D. sunburn

- 5) Sally's allergic to berries. Whenever she eats them, she gets an awful _____.
A. rash B. headache C. sore throat D. sunburn

- 6) After hiking all day, Jane noticed she had a painful _____ on her heel.
A. sore throat B. nausea C. sunburn D. blister

- 7) There's a nasty _____ going round the office at the moment.
A. blister B. wound C. stomach bug D. sprained ankle