**1챕터 태극권**

**단어)**

martial art 무술(무도) agility 민첩 limb (하나의) 팔[다리] creaky 삐걱거리는

shadow box 혼자서 권투를 연습하다 cross 잡종, 중간물, 절충

deliberate (동작이나 행동이) 신중한 practitioner (특히 기술을 요하는 일을) 정기적으로 하는 사람

benefit 혜택, 이득 catch up to 간파하다, 뒤쫓아 미치다

grasp 꽉 잡다, 움켜잡다 sparrow 참새 trail (길게・연이어 나 있는) 자국(흔적)

repulse (공격을) 물리치다, 격퇴하다 how-to 입문서, 실용서

instruction 설명, 가르침 frail (허)약한; 부서지기 쉬운 endall 종결, 대단원

chronic 만성적인 capacity 능력, 용량, 수용력

**문제)**

1. Tai Chi combines intense metal focus with deliberate, graceful movements (that) improve strength, agility and – particularly important for the elderly – balance.

2. Practitioners praise Tai Chi’s spiritual and psychological benefits, but what has attracted the attention for Western scientists lately is (what) Tai Chi does for the body.

3. In many ways, researchers are just catching up (to) what tens of milions of people in China and Chinatowns around the rest of the world already know Tai Chi.

4. It can take a few months (for) the effects to kick in, but when they do they can act as a gateway to a new lifestyle.

5. The best thing about Tai Chi is (that) people enjoy it, so they are more likely to stick with it long enough to get some benefit.

6. It helps when something that’s good for you (is) also fun.

**3챕터 비행기 의사**

**단어)**

dread 두려워하다 look up (경기 따위가) 좋아지다, (말, 해답 따위를) 찾다

physician (내과) 의사 quite a bit 꽤 많이 faint 기절하다 incident 사건

midair 공중 access 접근 equipment 장비 estimate 어림잡다, 견적하다

grave 중대한 dizziness 어지러움, 현기증 hyperventilation [호흡] 항진, 과다 호흡

complaint 병, 호소 증상 stroke (병의) 발작, (특히) 뇌졸증 neurological 신경학상의

Let’s face it 현실을 직시하자 cabin 선실, 객실 altitude 높이, 고도

above sea level 해발 tolerate 참다, 견디다 cavity 구멍, (신체의) 강

stomach 위, 복부 cramp (손발 등의) 경련, 쥐; (보통 pl.) 갑작스런 보통

beyond (부정, 의문문에서) ~외에 operation 수술 device 장치 implant 심다, 이식하다

splint 얇은 널조각; (접골 치료용) 부목 tracheotomy 기관 절개(술) injury 상해, 상처

venous 정맥의 thrombosis 혈전증 syndrome 증후군 cramped 비좁은

tend 경향이 있다, ~하기 쉽다 clot 덩어리지다; 응고하다 sore 아픈

calf 종아리 (pl. calves) lung 폐 stretch (손 따위를) 내밀다, 내뻗다

come(go) to a person’s aid 아무를 원조하러 오다(가다) sue 고소하다

act (종종 A-) 법령, 조례 lift (구름, 안개가) 걷히다, 없어지다 aviation 비행, 항공

legislation 입법, 법률 install 설치하다 kit 연장통(주머니), 도구 한 벌

defibrillator 제세동기 flight (층계의) 한번 오르기 wind 숨차게 하다

**문제)**

1. Physicians dread in-flight emergencies almost as (much) as you do.

2. I wondered what IO woud do if (confronted) with a real midair medical emergency – without access to a hospital staff and the usual emergency equipment.

3. So when the New England Journal of Medicine last week (published) a study about in-flight medical events, I read it with interest.

4. Most people can tolerate these pressures pretty easily, but passengers with heart disease may experience chest pains as a result of the (reduced) amount of oxygen flowing through their blood.

5. When you sit too long in a cramped position, the blood in your legs (tends) to clot.

6. Such clots are readily (prevented) by keeping blood flowing; walk and stretch your legs when possible.

7. Doctors in the U.S. (who) come to passengers’ aid used to worry about getting sued.

8. And thanks to more recent legislation, flights with at least one attendant (are) starting to install emergency medical kits, with automated defibrillators to treat heart attacks.

9. Are you still wondering (if) you are healthy enough to fly?

**5챕터 짐 꾸리기**

**단어)**

pack 싸다, 꾸리다 hold up 가로막다, 방해하다 destination 목적지

federal 연방(정부)의 takeover 관리권(지배권, 소유권)의 취득 layout 배치, 설계

procedure 순서, (진행・처리의) 절차 transportation 운송, 수송 security 안전

administration 행정기관 explosive 폭약; 폭발성 물질 bomb 폭탄

detector 탐지기, 검파기 carry-on (비행기내로) 휴대할 수 있는 소지품

requirement 요구, 필요, 필요조건

navigate 항행하다, 통과하다 suggestion 제안, 제의

beverage (보통 물 이외의) 마실 것, 음료 mimic 흉내내다; 흡사하다

characteristic 특징; 특성 remove ~을 옮기다, ~을 제거하다, search 찾다

spread 펴다, 펼치다 stack 치쌓다, 산더미처럼 쌓아올리다

trigger (일련의 사건・반응 등을) 일으키다, 유발하다 alert 경계 boil down 요약하다

intimate 사사로운, 피부에 직접 입는 apparel 의복, 의상 sealable 봉인할 수 있는

fastidious 까다로운 claim 요구, 청구 damage 손해, 손상 theft 도둑질, 절도

patience 인내 identify (본인・동일물임을) 확인하다; (사람의 성명・신원, 물건의 명칭・분류・소속 따위를) 인지(판정)하다

emblem 상징, 표상(symbol) stiff 어려운 stuff (막연히) 물건

**문제)**

1. How to keep the new bag-screening rules from (holding) up your next trip.

2. This month’s federal takeover of baggage screening means travelers to the U.S. need to relearn how to pack their bags and plan everything from the layout of their suitcases to the sizes of the books (they) take.

3. The new procedures, carried out by the U.S. Transportation Security Administration require that all checked bags (be) screened for explosives.

4. The advice of most travel experts (boils) down to two words: Ziploc bags.

5. And those who value their belongings need to make a complete list of items and their value, because the TSA does not yet have a formal policy for handling claims of damage or theft, although it (does) have a complaint line in the U.S.(1-866-289-9673).

6. The thousands of TSA employees, who can be (identified) by their white shirts and TSA emblems, are still learning how to work the system.

**7챕터 건강한 커피**

**단어)**

tout 장점을 내세우다, 광고(홍보)하다 nutrient 영양소, 영양분 jolt 소량, 한 모금

ritual 의식과 같은(의례적인) 일 evolution 진화 nutraceutical 약효식품 herb 약초

fortify 강화하다, 첨가하다 obscurity 무명, 모호함

The jury is (still) out 평결은 아직 나오지 않고 있다, (~에 대해) 아직 결론(판정)이 나오지 않고 있다(on)

equivalent (~에) 상당(대응)하는 것 yerba mate 마테차 나무 energize 활기(기운)을 복돋우다

ginko biloba 은행잎 추출물 purportedly 소문에 의하면, 알려진 대로라면 calm 진정시키다

**문제)**

1. (As) more foods tout extra nutrients, here comes coffee with a realpick-me-up.

2. Functional foods, ore nutraceuticals, as they are sometimes called, are ordinary products (sodas, cereals, soups and even chewing gum) that (have been fortified) with extra vitamins, herbs or minerals.

3. The jury is still out on (Whether) these fortified foods are actually more healthful their ordinary equivalents.

**13챕터 부산 국제 영화제**

**단어)**

turn up 나타나다, 도착하다 premiere (영화의)개봉, (연극의) 초연

draw 인기를 끄는 사람(것) showing (영화) 상영

boardwalk (특히 해변이나 물가에) 판자를 깔아 만든 길, 산책로

around-the-clock 24시간 내내 mingle 섞이다, 어우리지다

cut (이익의) 배분, 몫, 배당, 할당, 수수료 authenticity 확실성, 진정성