

WORD LIST-2 (SEP 20, 2022)

1. **wrestling** (noun) - a sport or contest in which two opponents fight by holding each other and trying to throw or force the other to the ground. Freestyle Wrestling is one of two variants of wrestling that take place at the Olympic games, with the other being Greco-Roman Wrestling. In Freestyle Wrestling, athletes are permitted to grab opponents below the waist and use their legs for both attacking and defensive moves. In Greco-Roman, holding the opponent below the waist or using the legs for any defensive or offensive purpose is strictly prohibited.
2. **decorated** (adjective) – recognized, well-known, celebrated, distinguished.
3. **unprecedented** (adjective) – not done or experienced before.
4. **reiterate** (verb) – repeat, say again, restate.
5. **challenging** (adjective) – formidable, difficult, demanding.
6. **claim** (verb) – assert, avow, declare (by gaining or achieving something; e.g. victory)
7. **land** (verb) - obtain, get, win, secure, achieve.
8. **account** (noun) - record, history.
9. **secure** (verb) - obtain, get, win, acquire.
10. **stature** (noun) - reputation, distinction, eminence, standing, status, position.
11. **bag** (verb) – get, secure, obtain, acquire, win.
12. **feat** (noun) – achievement, accomplishment, triumph.
13. **in spite of** (phrase) - despite, notwithstanding, regardless of.
14. **impediment** (noun) – hindrance, obstruction, obstacle, barrier.
15. **overcome** (verb) - beat, defeat, conquer, vanquish, get over.
16. **overcome/beat the odds** (phrase) - to become successful in spite of not having a good chance.
17. **result in** (phrasal verb) – cause, bring on, bring about.
18. **indifferent** (adjective) – mediocre, ordinary, average, moderate.
19. **grit** (noun) - courage, spirit, determination, resolution, strength of character.
20. **consecutive** (adjective) - successive.

Note:

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21. **Commonwealth Games** (noun) – The Commonwealth Games a quadrennial international multi-sport event among athletes from the Commonwealth of Nations. The Games have evolved dramatically since its beginnings in 1930.
22. **eye-catching** (adjective) – impressive, striking, dramatic, noticeable, spectacular.
23. **hinder** (verb) – obstruct, impede, hamper, block, interrupt, thwart, stop, restrict.
24. **pick up** (phrasal verb) – go to get something; obtain, come to have, get, receive.
25. **lifeline** (noun) – a thing that helps someone a “means of escape” from a difficult situation.
26. **hold one's nerve** (phrase) - to remain calm, steady, firm, determined and resolute, particularly in a difficult situation.
27. **fight one's heart out** (phrase) - to oppose/fight against someone or something with great effort, energy, and enthusiasm.
28. **deficit** (noun) – shortfall, deficiency, shortage, failure.
29. **repechage** (noun) - a practice in series competitions that allows participants who failed to meet qualifying standards by a small margin to continue to the next round.
30. **bout** (noun) - contest, match, round, fight.
31. **narrow** (adjective) – small, close, tight, slight, thin.
32. **pan-** (combining form) – all inclusive of, all.
33. **put up a fight** (phrase) - to struggle, fight, resist (in determined way to achieve something).
34. **elite** (noun as modifier) – the group of most powerful people.
35. **testament** (noun) – witness/evidence, proof, testimony.
36. **adaptability** (noun) - adjustability, willingness to compromise, accommodation.
37. **consistency** (noun) – constancy, stability, regularity.
38. **longevity** (noun) – stability, reliability, sustainability, constancy.
39. **serve** (verb) – act as, function as.
40. **run-up to** (noun) – a period of time just before an important event.

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EDITORIAL WORDS

LEARNING ENGLISH & IMPROVING VOCABULARY

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41. defence (noun) – (in sport) the action of defending one's title in successive years.
42. quest (noun) - pursuit, aspiration, activity.
43. rely on (phrasal verb) – depend on; resort to, have recourse to.
44. exemplary (adjective) - flawless, excellent, outstanding, praiseworthy.
45. endurance (noun) – staying power, lasting power, tenacity, determination, longevity/stability.
46. graduate (verb) – develop, progress, move up.
47. sparring (adjective) – fighting.
48. sparring partner (noun) - a person with whom a boxer spars/fights with for training/
49. beater (noun) - a person who overcomes something.
50. vulnerable (adjective) – weak, powerless, attackable, inadequate.
51. besides (adverb) – in addition, furthermore, moreover, further.
52. do someone world of good (phrase) - to make someone feel much better (or healthier or happier).
53. preserve (verb) – protect, continue, conserve, keep up, maintain, uphold, sustain.

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