

Fitness Vocabulary Dictionary

Word: a

CEFR: A1

Phonetic: /æ/

noun:

1. The name of the Latin script letter A/a.

Word: ab

CEFR: A1

Phonetic: /æb/

noun:

1. Abdominal muscle.

Word: abduction

CEFR: B1

Phonetic: /ˈbʌdʌk.ʃən/

noun:

1. Leading away; a carrying away.
2. The act of abducting or abducting; a drawing apart; the movement which separates a limb from the body.
3. A syllogism or form of argument in which the major premise is evident, but the minor is only implied.
4. The wrongful, and usually forcible, carrying off of a human being.

Word: abs

CEFR: A1

Phonetic: /æbz/

noun:

1. Abdominal muscle.
2. An abscess caused by injecting an illegal drug, usually heroin.
3. The early stages of; the beginning process; the start.
4. Initialism of absolute value function.
5. Thermodynamic temperature; temperature measured on an absolute scale such as the Kelvin.

verb:

1. To abseil.
2. (now rare outside medicine) To miscarry; to bring forth (non-living) offspring prematurely.
3. To cause a premature termination of (a fetus); to end a pregnancy before term.
4. To end prematurely; to stop in the preliminary stages; to turn back.
5. To stop or fail at something in the preliminary stages.
6. To become checked in normal development, so as either to remain rudimentary or shrink and degenerate.

Word: adduction

CEFR: B1

Phonetic: /ˈædʌk.tʃən/

noun:

1. The act of adducing or bringing forward.
2. The action by which the parts of the body are drawn towards its axis; -- opposed to abduction.

Word: alternating

CEFR: A2

verb:

1. To perform by turns, or in succession; to cause to succeed by turns; to interchange regularly.
2. To happen, succeed, or act by turns; to follow reciprocally in place or time; followed by with.
3. To vary by turns.
4. To perform an alternation (removal of alternate vertices) on (a polytope or tessellation); to remove.

adjective:

1. That alternates.
2. (of a knot) Having a planar diagram whose crossings alternate between "over" and "under".
3. (of a series) Having terms that alternate between positive and negative.
4. (of a multilinear mapping with all arguments belonging to the same space) Whose value is

Word: and

CEFR: A1

noun:

1. In rhythm, the second half of a divided beat.

conjunction:

1. As a coordinating conjunction; expressing two elements to be taken together or in addition.
2. (heading) Expressing a condition.

Word: ankle

CEFR: A1

Phonetic: /ˈæŋ.kəl/

noun:

1. The skeletal joint which connects the foot with the leg; the uppermost portion of the foot and

verb:

1. To walk.
2. To cyclically angle the foot at the ankle while pedaling, to maximize the amount of work ap

Word: ankles

CEFR: A1

noun:

1. The skeletal joint which connects the foot with the leg; the uppermost portion of the foot and

verb:

1. To walk.
2. To cyclically angle the foot at the ankle while pedaling, to maximize the amount of work ap

Word: arm

CEFR: A1

Phonetic: /■ ■ ■ m/

noun:

1. The portion of the upper human appendage, from the shoulder to the wrist and sometimes
2. The extended portion of the upper limb, from the shoulder to the elbow.
3. A limb, or locomotive or prehensile organ, of an invertebrate animal.
4. A long, narrow, more or less rigid part of an object extending from the main part or centre o
5. A bay or inlet off a main body of water.
6. A branch of an organization.
7. Power; might; strength; support.
8. A pitcher
9. One of the two parts of a chromosome.
10. A group of patients in a medical trial.

verb:

1. To take by the arm; to take up in one's arms.

Word: arms

CEFR: A1

Phonetic: /■ ■ ■ m z/

noun:

1. The portion of the upper human appendage, from the shoulder to the wrist and sometimes
2. The extended portion of the upper limb, from the shoulder to the elbow.
3. A limb, or locomotive or prehensile organ, of an invertebrate animal.
4. A long, narrow, more or less rigid part of an object extending from the main part or centre o
5. A bay or inlet off a main body of water.
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7. Power; might; strength; support.
8. A pitcher
9. One of the two parts of a chromosome.
10. A group of patients in a medical trial.

Word: arnold

CEFR: B1

Word: assisted

CEFR: A2

Phonetic: /■s■st■d/

verb:

1. To help.
2. To make a pass that leads directly towards scoring.
3. To help compensate for what is missing with the help of a medical technique or therapy.
4. To stand (at a place) or to (an opinion).
5. To be present (at an event, occasion etc.).

Word: at

CEFR: A1

verb:

1. To reply to or talk to someone, either online or face-to-face. (from the practice of targeting

noun:

1. The at sign (@).

preposition:

1. In, near, or in the general vicinity of a particular place.
2. (indicating time) Indicating occurrence in an instant of time or a period of time relatively short.
3. In the direction of (often in an unfocused or uncaring manner).
4. Denotes a price.
5. Occupied in (activity).
6. In a state of.
7. Indicates a position on a scale or in a series.
8. Because of.
9. Indicates a means, method, or manner.
10. Holding a given speed or rate.
11. (used for skills (including in activities) or areas of knowledge) On the subject of; regarding
12. (stressed pronunciation) Bothering, irritating, causing discomfort to

Word: back

CEFR: A1

Phonetic: /bæk/

noun:

1. The rear of the body, especially the part between the neck and the end of the spine and on
2. That which is farthest away from the front.
3. Upper part of a natural object which is considered to resemble an animal's back.

Word: backward

CEFR: A1

noun:

1. The state behind or past.

adjective:

1. (of motion) In the direction towards the back.
2. (of motion) In the direction reverse of normal.
3. Reluctant or unable to advance.
4. Of a culture: undeveloped or unsophisticated.
5. Outdated.
6. On that part of the field behind the batsman's popping crease.
7. Further behind the batsman's popping crease than something else.
8. Unwilling; averse; reluctant.
9. Slow to apprehend; having difficulties in learning.
10. Late or behindhand.
11. Already past or gone; bygone.

adverb:

1. (of motion) In the direction towards the back; backwards
2. Toward, or in, past time or events; ago.
3. By way of reflection; reflexively.
4. From a better to a worse state, as from honor to shame, from religion to sin.

Word: balance

CEFR: A2

Phonetic: /ˈbæləns/

noun:

1. A state in which opposing forces harmonise; equilibrium.
2. Mental equilibrium; mental health; calmness, a state of remaining clear-headed and unperturbed.
3. Something of equal weight used to provide equilibrium; counterweight.
4. A pair of scales.
5. Awareness of both viewpoints or matters; neutrality; rationality; objectivity.
6. The overall result of conflicting forces, opinions etc.; the influence which ultimately "weighs in".
7. Apparent harmony in art (between differing colours, sounds, etc.).
8. A list accounting for the debits on one side, and for the credits on the other.
9. The result of such a procedure; the difference between credit and debit of an account.
10. A device used to regulate the speed of a watch, clock etc.
11. The remainder.
12. Libra.

Word: balancing

CEFR: A1

verb:

1. To bring (items) to an equipoise, as the scales of a balance by adjusting the weights.
2. To make (concepts) agree.
3. To hold (an object or objects) precariously; to support on a narrow base, so as to keep from falling.
4. To compare in relative force, importance, value, etc.; to estimate.
5. (dancing) To move toward, and then back from, reciprocally.
6. To contract, as a sail, into a narrower compass.
7. To make the credits and debits of (an account) correspond.
8. To be in equilibrium.
9. To have matching credits and debits.
10. To weigh in a balance.
11. To hesitate or fluctuate.

noun:

1. An action wherein someone balances or something is balanced

Word: ball

CEFR: A1

Phonetic: /bɔːl/

noun:

1. A solid or hollow sphere, or roughly spherical mass.
2. A round or ellipsoidal object.
3. (mildly, usually in the plural) A testicle.
4. A leather-covered cushion, fastened to a handle called a ballstock; formerly used by printers.
5. A large pill, a form in which medicine was given to horses; a bolus.

verb:

1. To form or wind into a ball.
2. To heat in a furnace and form into balls for rolling.
3. To have sexual intercourse with.
4. To gather balls which cling to the feet, as of damp snow or clay; to gather into balls.
5. (usually in present participle) To be hip or cool.
6. To play basketball.
7. To punish by affixing a ball and chain

interjection:

1. An appeal by the crowd for holding the ball against a tackled player. This is heard almost always in American football.

Word: band

CEFR: A1

Phonetic: /bənd/

noun:

1. A strip of material used for strengthening or coupling.
2. A long strip of material, color, etc, that is different from the surrounding area.
3. A strip of decoration.
4. That which serves as the means of union or connection between persons; a tie.
5. A linen collar or ruff worn in the 16th and 17th centuries.
6. (in the plural) Two strips of linen hanging from the neck in front as part of a clerical, legal, or military costume.
7. A part of the electromagnetic spectrum.
8. A group of energy levels in a solid state material.
9. A bond.
10. Pledge; security.
11. A ring, such as a wedding ring (wedding band), or a ring put on a bird's leg to identify it.
12. Any distinguishing line formed by chromatography, electrophoresis etc
13. Short for band cell.
14. (hiphop, often in the plural) A wad of money totaling \$1K, held together by a band; (by extension) a group of people who share a common interest or goal.

verb:

1. To fasten with a band.
2. To fasten an identifying band around the leg of (a bird).

Word: banded

CEFR: A1

Phonetic: /ˈbændd/

verb:

1. To fasten with a band.
2. To fasten an identifying band around the leg of (a bird).
3. To group together for a common purpose; to confederate.
4. To group (students) together by perceived ability; to stream.

adjective:

1. Marked with bands of colour
2. Divided into bands

Word: bar

CEFR: A1

Phonetic: /b̥̥̥̥/

noun:

1. A solid, more or less rigid object of metal or wood with a uniform cross-section smaller than
2. A solid metal object with uniform (round, square, hexagonal, octagonal or rectangular) cross-section
3. A cuboid piece of any solid commodity.
4. A broad shaft, or band, or stripe.
5. A long, narrow drawn or printed rectangle, cuboid or cylinder, especially as used in a bar chart
6. Any of various lines used as punctuation or diacritics, such as the pipe $\bar{}$, fraction bar (a horizontal line between two numbers)
7. The sign indicating that the characteristic of a logarithm is negative, conventionally placed above the number
8. A similar sign indicating that the charge on a particle is negative (and that consequently the particle is attracted to a positive charge)
9. A business licensed to sell alcoholic drinks for consumption on the premises, or the premises themselves
10. The counter of such premises.
11. A counter, or simply a cabinet, from which alcoholic drinks are served in a private house or club
12. (by extension, in combinations such as coffee bar, juice bar etc.) Premises or a counter serving drinks
13. An establishment where alcohol and sometimes other refreshments are served.
14. An informal establishment selling food to be consumed on the premises.
15. An establishment offering cosmetic services.
16. An official order or pronouncement that prohibits some activity.
17. Anything that obstructs, hinders, or prevents; an obstruction; a barrier.
18. (whimsical, derived from fubar) A metasyntactic variable representing an unspecified entity
19. (Parliament) A dividing line (physical or notional) in the chamber of a legislature beyond which members are not permitted to pass
20. The railing surrounding the part of a courtroom in which the judges, lawyers, defendants and witnesses sit
21. "the Bar" or "the bar" The bar exam, the legal licensing exam.
22. (metonym, "the Bar", "the bar") Collectively, lawyers or the legal profession; specifically a bar association
23. One of an array of bar-shaped symbols that display the level of something, such as wireline log symbols
24. A vertical line across a musical staff dividing written music into sections, typically of equal length
25. One of those musical sections.
26. A horizontal pole that must be crossed in high jump and pole vault
27. Any level of achievement regarded as a challenge to be overcome.
28. (most codes) The crossbar.
29. The central divider between the inner and outer table of a backgammon board, where stones are placed
30. An addition to a military medal, on account of a subsequent act
31. A linear shoaling landform feature within a body of water.
32. A ridge or succession of ridges of sand or other substance, especially a formation extending along a coastline
33. One of the ordinaries in heraldry; a fess.
34. A city gate, in some British place names.
35. A drilling or tamping rod.

Word: barbell

CEFR: A2

noun:

1. A wide steel bar with premeasured weights affixed to either end, with the central span open.

Word: base

CEFR: A1

Phonetic: /beɪs/

noun:

1. Something from which other things extend; a foundation.
2. The starting point of a logical deduction or thought; basis.
3. A permanent structure for housing military personnel and material.
4. The place where decisions for an organization are made; headquarters.
5. A basic but essential component or ingredient.
6. A substance used as a mordant in dyeing.
7. Foundation: a cosmetic cream to make the face appear uniform.
8. Any of a class of generally water-soluble compounds, having bitter taste, that turn red litmus blue.
9. Important areas in games and sports.
10. The lowermost part of a column, between the shaft and the pedestal or pavement.
11. A nucleotide's nucleobase in the context of a DNA or RNA biopolymer.
12. The end of a leaf, petal or similar organ where it is attached to its support.
13. The name of the controlling terminal of a bipolar transistor (BJT).
14. The lowest side of a triangle or other polygon, or the lowest face of a cone, pyramid or frustum.
15. The lowest third of a shield or escutcheon.
16. The lower part of the field. See escutcheon.
17. A number raised to the power of an exponent.
18. The set of sets from which a topology is generated.
19. A topological space, looked at in relation to one of its covering spaces, fibrations, or bundles.
20. A sequence of elements not jointly stabilized by any nontrivial group element.
21. (acrobatics, cheerleading) In hand-to-hand balance, the person who supports the flyer; the base.
22. A morpheme (or morphemes) that serves as a basic foundation on which affixes can be added.
23. The smallest kind of cannon.
24. The housing of a horse.
25. (in the plural) A kind of skirt (often of velvet or brocade, but sometimes of mailed armour).
26. The lower part of a robe or petticoat.
27. An apron.
28. A line in a survey which, being accurately determined in length and position, serves as the basis for the rest of the survey.
29. A group of voters who almost always support a single party's candidates for elected office.
30. The forces and relations of production that produce the necessities and amenities of life.

Word: bear

CEFR: A1

Phonetic: /bɛər/

noun:

1. A large omnivorous mammal, related to the dog and raccoon, having shaggy hair, a very small ear, and a hunched back.
2. A rough, unmannerly, uncouth person.
3. An investor who sells commodities, securities or futures in anticipation of a fall in prices.
4. A state policeman (short for smokey bear).
5. A large, hairy man, especially one who is homosexual.
6. A portable punching machine.
7. A block covered with coarse matting, used to scour the deck.
8. The fifteenth Lenormand card.
9. Something difficult or tiresome; a burden or chore.

verb:

1. To endeavour to depress the price of, or prices in.

adjective:

1. (investments) Characterized by declining prices in securities markets or by belief that the price of securities will decline.

Word: behind

CEFR: A1

Phonetic: /bɪˈhaɪnd/

noun:

1. The rear, back-end
2. Butt, the buttocks, bottom
3. A one-point score.
4. (1800s) The catcher.
5. In the Eton College field game, any of a group of players consisting of two "shorts" (who try to catch the ball) and three "longs" (who try to kick the ball).

adverb:

1. At the back part; in the rear.
2. Toward the back part or rear; backward.
3. Overdue, in arrears.
4. Slow; of a watch or clock.
5. Existing afterwards
6. Backward in time or order of succession; past.
7. Behind the scenes in a theatre; backstage.
8. Not yet brought forward, produced, or exhibited to view; out of sight; remaining.

preposition:

Word: bench

CEFR: A2

noun:

1. A long seat with or without a back, found for example in parks and schools.
2. The people who decide on the verdict; the judiciary.
3. The place where the judges sit.
4. The dignity of holding an official seat.
5. The place where players (substitutes) and coaches sit when not playing.
6. The number of players on a team able to participate, expressed in terms of length.
7. A place where assembly or hand work is performed; a workbench.
8. A horizontal padded surface, usually adjustable in height and inclination and often with attachments.
9. A bracket used to mount land surveying equipment onto a stone or a wall.
10. A flat ledge in the slope of an earthwork, work of masonry, or similar.
11. A thin strip of relatively flat land bounded by steeper slopes above and below.
12. A kitchen surface on which to prepare food, a counter.
13. A bathroom surface which holds the washbasin, a vanity.
14. A collection or group of dogs exhibited to the public, traditionally on benches or raised platforms.

verb:

1. To remove a player from play.
2. To remove someone from a position of responsibility temporarily.
3. To push a person backward against a conspirator behind them who is on their hands and knees.
4. To furnish with benches.
5. To place on a bench or seat of honour.

Word: bend

CEFR: A1

Phonetic: /bend/

noun:

1. A curve.
2. Any of the various knots which join the ends of two lines.
3. (in the plural, underwater diving, with the) A severe condition caused by excessively quick ascent.
4. One of the honourable ordinaries formed by two diagonal lines drawn from the dexter chief to the sinister base.
5. Turn; purpose; inclination; ends.
6. In the leather trade, the best quality of sole leather; a butt; sometimes, half a butt cut lengthwise.
7. Hard, indurated clay; bind.
8. (in the plural) The thickest and strongest planks in a ship's sides, more generally called walplanks.
9. (in the plural) The frames or ribs that form the ship's body from the keel to the top of the side.
10. A glissando, or glide between one pitch and another.

Word: bent

CEFR: A2

Phonetic: /bent/

verb:

1. To cause (something) to change its shape into a curve, by physical force, chemical action,
2. To become curved.
3. To cause to change direction.
4. To change direction.
5. To be inclined; to direct itself.
6. (usually with "down") To stoop.
7. To bow in prayer, or in token of submission.
8. To force to submit.
9. To submit.
10. To apply to a task or purpose.
11. To apply oneself to a task or purpose.
12. To adapt or interpret to for a purpose or beneficiary.
13. To tie, as in securing a line to a cleat; to shackle a chain to an anchor; make fast.
14. To smoothly change the pitch of a note.
15. To swing the body when rowing.

noun:

1. An inclination or talent.
2. A predisposition to act or react in a particular way.
3. The state of being curved, crooked, or inclined from a straight line; flexure; curvity.
4. A declivity or slope, as of a hill.
5. Particular direction or tendency; flexion; course.
6. A transverse frame of a framed structure; a subunit of framing.
7. Tension; force of acting; energy; impetus.

adjective:

1. (Of something that is usually straight) folded, dented
2. Corrupt, dishonest
3. Homosexual.
4. Determined or insistent.
5. (Of a person) leading a life of crime.
6. Inaccurately aimed
7. Suffering from the bends
8. High from both marijuana and alcohol.

Word: biceps

CEFR: A1

Phonetic: /ˈbaɪ.sɪps/

noun:

1. Any muscle having two heads.
2. Specifically, the biceps brachii, the flexor of the elbow.
3. The upper arm, especially the collective muscles of the upper arm.
4. A point in a metrical pattern that can be filled either with one long syllable (a longum) or two

Word: bicycle

CEFR: A1

Phonetic: /ˈbaɪ.sɪkl̩/

noun:

1. A vehicle that has two wheels, one behind the other, a steering handle, and a saddle seat
2. A traveling block used on a cable in skidding logs.
3. The best possible hand in lowball.
4. A motorbike.
5. (usually in compounds specifying a context) a slut; a promiscuous woman

verb:

1. To travel or exercise using a bicycle.

Word: board

CEFR: A1

Phonetic: /bɔːd/

noun:

1. A relatively long, wide and thin piece of any material, usually wood or similar, often for use
2. A device (e.g., switchboard) containing electrical switches and other controls and designed
3. A flat surface with markings for playing a board game.
4. Short for blackboard, whiteboard, chessboard, surfboard, message board (on the Internet)
5. A committee that manages the business of an organization, e.g., a board of directors.
6. Regular meals or the amount paid for them in a place of lodging.
7. The side of a ship.
8. The distance a sailing vessel runs between tacks when working to windward.
9. The wall that surrounds an ice hockey rink, often in plural.
10. A long, narrow table, like that used in a medieval dining hall.
11. Paper made thick and stiff like a board, for book covers, etc.; pasteboard.
12. A level or stage having a particular layout.
13. A container for holding pre-dealt cards that is used to allow multiple sets of players to play

verb:

Word: boat

CEFR: A1

noun:

1. A craft used for transportation of goods, fishing, racing, recreational cruising, or military use.
2. A full house.
3. A vehicle, utensil, or dish somewhat resembling a boat in shape.
4. One of two possible conformations of cyclohexane rings (the other being chair), shaped roughly like a boat.
5. The refugee boats arriving in Australian waters, and by extension, refugees generally.

verb:

1. To travel by boat.
2. To transport in a boat.
3. To place in a boat.

Word: bob

CEFR: A1

noun:

1. A bobbing motion; a quick up and down movement.
2. A curtsy.
3. A bobber (buoyant fishing device).
4. Any of various hesperiid butterflies.

verb:

1. To move gently and vertically, in either a single motion or repeatedly up and down, at or near the surface of water.
2. To move (something) as though it were bobbing in water.
3. To curtsy.
4. To strike with a quick, light blow; to tap.

Word: body

CEFR: A1

Phonetic: /bɒdi/

noun:

1. Physical frame.
2. Main section.
3. Coherent group.
4. Material entity.
5. The shank of a type, or the depth of the shank (by which the size is indicated).
6. A three-dimensional object, such as a cube or cone.

verb:

1. To give body or shape to something.

Word: bosu	CEFR: B1
Word: box	CEFR: A1
Word: braced	CEFR: A1
Word: bridge	CEFR: A1
Word: bug	CEFR: A1
Word: bulgarian	CEFR: B1
Word: burpee	CEFR: B1
Word: butterfly	CEFR: B1
Word: cable	CEFR: A2
Word: calf	CEFR: A2
Word: calorie	CEFR: A1
Word: camel	CEFR: A1
Word: cardio	CEFR: A1
Word: carry	CEFR: A1
Word: cat	CEFR: A1
Word: chair	CEFR: A1
Word: cheating	CEFR: A1

Word: chest CEFR: A1

Word: chin CEFR: A1

Word: chop CEFR: A1

Word: chops CEFR: A1

Word: circle CEFR: A1

Word: circles CEFR: A1

Word: circuit CEFR: A1

Word: circular CEFR: A1

Word: clam CEFR: A1

Word: clapping CEFR: A1

Word: clean CEFR: A1

Word: climb CEFR: A1

Phonetic: /kla■m/

noun:

1. An act of climbing.
2. The act of getting to somewhere more elevated.
3. An upwards struggle

verb:

1. To ascend; rise; to go up.
2. To mount; to move upwards on.
3. To scale; to get to the top of something.
4. To move (especially up and down something) by gripping with the hands and using the feet.
5. To practise the sport of climbing
6. To jump high
7. To move to a higher position on the social ladder.
8. Of plants, to grow upwards by clinging to something.

Word: climber

CEFR: A1

Phonetic: /ˈklaɪm.ə(ɹ)/

noun:

1. One who climbs.
2. A plant that climbs, such as a vine.
3. A bird that climbs, such as a woodpecker or a parrot.
4. A rider who specializes in riding uphill quickly.

Word: close

CEFR: A2

Phonetic: /kloʊz/

noun:

1. An end or conclusion.
2. The manner of shutting; the union of parts; junction.
3. A grapple in wrestling.
4. The conclusion of a strain of music; cadence.
5. A double bar marking the end.
6. (travel) The time when checkin staff will no longer accept passengers for a flight.

verb:

1. (physical) To remove a gap.
2. (social) To finish, to terminate.
3. To come or gather around; to enclose; to encompass; to confine.
4. To have a vector sum of 0; that is, to form a closed polygon.

Word: combo

CEFR: A1

noun:

1. A small musical group.
2. A combination.
3. An action composed of a sequence of simpler actions, especially a composite attacking move.
4. A Caucasian man who marries or has a sexual relationship with an Aboriginal woman; a C.
5. A combo box.

Word: concentration

CEFR: A2

Phonetic: /ˈkɒnsəntrəʃən/

noun:

1. The act, process or ability of concentrating; the process of becoming concentrated, or the state of being concentrated.
2. A field or course of study on which one focuses, especially as a student in a college or university.
3. The proportion of a substance in a whole.
4. The matching game pelmanism.

Word: control

CEFR: A2

Phonetic: /kənˈtrɒl/

noun:

1. Influence or authority over something.
2. A separate group or subject in an experiment against which the results are compared when testing a hypothesis.
3. The method and means of governing the performance of any apparatus, machine or system.
4. Restraint or ability to contain one's movements or emotions, or self-control.
5. A security mechanism, policy, or procedure that can counter system attack, reduce risks, and prevent damage.
6. (project management) A means of monitoring for, and triggering intervention in, activities that are at risk of exceeding budget or schedule.
7. A duplicate book, register, or account, kept to correct or check another account or register.
8. An interface element that a computer user interacts with, such as a window or a text box.
9. Any of the physical factors determining the climate of a place, such as latitude, distribution of land and water, and atmospheric conditions.
10. A construction in which the understood subject of a given predicate is determined by an element in the clause.

verb:

1. To exercise influence over; to suggest or dictate the behavior of.
2. (construed with for) To design (an experiment) so that the effects of one or more variables can be measured.

Word: core

CEFR: A1

Phonetic: /kɔː/

noun:

1. The central part of fruit, containing the kernels or seeds.
2. The heart or inner part of a physical thing.
3. The center or inner part of a space or area.
4. The most important part of a thing; the essence.
5. The portion of a mold that creates an internal cavity within a casting or that makes a hole in a workpiece.
6. The bony process which forms the central axis of the horns in many animals.
7. Magnetic data storage.
8. An individual computer processor, in the sense when several processors (called cores or CPUs) are used to perform a task.

Word: cradles

CEFR: A1

noun:

1. A bed or cot for a baby, oscillating on rockers or swinging on pivots.
2. The place of origin, or in which anything is nurtured or protected in the earlier period of existence.
3. Infancy, or very early life.
4. An implement consisting of a broad scythe for cutting grain, with a set of long fingers parallel to the blade.
5. A tool used in mezzotint engraving, which, by a rocking motion, raises burrs on the surface of the plate.
6. A framework of timbers, or iron bars, moving upon ways or rollers, used to support, lift, or carry heavy loads.
7. A case for a broken or dislocated limb.
8. A frame to keep the bedclothes from contact with the sensitive parts of an injured person.
9. A machine on rockers, used in washing out auriferous earth.
10. A suspended scaffold used in shafts.
11. A ribbing for vaulted ceilings and arches intended to be covered with plaster.
12. A basket or apparatus in which, when a line has been made fast to a wrecked ship from the shore, the crew are seated, and the ship is floated.
13. A rest for the receiver of a telephone, or for certain computer hardware.
14. (contact juggling) A hand position allowing a contact ball to be held steadily on the back of the hand.
15. A mechanical device for tilting and decanting a bottle of wine.

verb:

1. To contain in or as if in a cradle.
2. To rock (a baby to sleep).
3. To wrap protectively, to hold gently and protectively.
4. To lull or quieten, as if by rocking.
5. To nurse or train in infancy.
6. To rock the lacrosse stick back and forth in order to keep the ball in the head by means of the stick.
7. To cut and lay (grain) with a cradle.
8. To transport a vessel by means of a cradle.
9. To put ribs across the back of (a picture), to prevent the panels from warping.

Word: crawl

CEFR: A1

Phonetic: /kɹɔʊl/

noun:

1. The act of moving slowly on hands and knees etc, or with frequent stops.
2. A rapid swimming stroke with alternate overarm strokes and a fluttering kick.
3. A very slow pace.
4. A piece of horizontally or vertically scrolling text overlaid on the main image.

verb:

Word: crescent

CEFR: A1

Phonetic: /ˈkɹɪsənt/

noun:

1. The figure of the moon as it appears in its first or last quarter, with concave and convex edges.
2. Something shaped like a crescent, especially:
3. A representation of the symbol used by Islamic caliphates
4. A crescent spanner.
5. Any of three orders of knighthood conferred upon foreigners to whom Turkey might be indebted.
6. The emblem of the waxing Moon with horns directed upward, when used in a coat of arms.
7. A crescent-spot butterfly.

verb:

1. To form into a crescent, or something resembling a crescent.
2. To adorn with crescents.

adjective:

1. Marked by an increase; waxing, like the Moon.
2. Shaped like a crescent.

Word: cross

CEFR: A1

noun:

1. A geometrical figure consisting of two straight lines or bars intersecting each other such that the four angles are equal.
2. Any geometric figure having this or a similar shape, such as a cross of Lorraine or a Maltese cross.
3. A wooden post with a perpendicular beam attached and used (especially in the Roman Empire) for execution.
4. (usually with the) The cross on which Christ was crucified.
5. A hand gesture made in imitation of the shape of the Cross.
6. A modified representation of the crucifixion stake, worn as jewellery or displayed as a symbol.
7. (figurative, from Christ's bearing of the cross) A difficult situation that must be endured.
8. The act of going across; the act of passing from one side to the other.
9. An animal or plant produced by crossbreeding or cross-fertilization.
10. (by extension) A hybrid of any kind.
11. A hook thrown over the opponent's punch.
12. A pass in which the ball travels from by one touchline across the pitch.
13. A place where roads intersect and lead off in four directions; a crossroad (common in UK and Ireland).
14. A monument that marks such a place. (Also common in UK or Irish place names such as Cross Keys).
15. A coin stamped with the figure of a cross, or that side of such a piece on which the cross is stamped.
16. Church lands.
17. A line drawn across or through another line.

Word: crossed

CEFR: A1

Phonetic: /kʁɔst/

verb:

1. To make or form a cross.
2. To move relatively.
3. (social) To oppose.
4. To cross-fertilize or crossbreed.
5. To stamp or mark (a cheque) in such a way as to prevent it being cashed, thus requiring it

adjective:

1. Marked by a line drawn crosswise, often denoting cancellation.
2. Folded.
3. Cruciate.

Word: crossover

CEFR: B1

noun:

1. A place where one thing crosses over another.
2. The means by which the crossing is made.
3. The result of the exchange of genetic material during meiosis.
4. A blend of multiple styles of music or multiple film genres, intended to appeal to a wider audience.
5. An automobile that is a mix of two kinds of automobiles, e.g. the Pontiac Torrent.
6. A pair of switches and a short, diagonal length of track which together connect two parallel tracks.
7. A piece of fiction that borrows elements from two or more fictional universes.
8. An athlete or swimmer who has competed in more than one of open water swimming, pool swimming, and triathlon.
9. A crossover dribble.

adjective:

1. (of an Ethernet cable) Configured so that the transmit signals at one end are connected to

Word: crunch

CEFR: B1

Phonetic: /krʌntʃ/

noun:

1. A noisy crackling sound; the sound usually associated with crunching.
2. A critical moment or event.
3. A problem that leads to a crisis.
4. (exercise) A form of abdominal exercise, based on a sit-up but in which the lower back remains on the floor.
5. The overtime work required to catch up and finish a project, usually in the final weeks of development.
6. A dessert consisting of a crunchy topping with fruit underneath.

Word: crunches

CEFR: A1

Phonetic: /kʁʌntʃz/

noun:

1. A noisy crackling sound; the sound usually associated with crunching.
2. A critical moment or event.
3. A problem that leads to a crisis.
4. (exercise) A form of abdominal exercise, based on a sit-up but in which the lower back remains on the floor.
5. The overtime work required to catch up and finish a project, usually in the final weeks of development.
6. A dessert consisting of a crunchy topping with fruit underneath.
7. (generally in the plural) A small piece created by crushing; a piece of material with a friable texture.

verb:

1. To crush something, especially food, with a noisy crackling sound.
2. To be crushed with a noisy crackling sound.
3. To calculate or otherwise process (e.g. to crunch numbers: to perform mathematical calculations).
4. To grind or press with violence and noise.
5. To emit a grinding or crunching noise.
6. To compress (data) using a particular algorithm, so that it can be restored by decompressing.
7. To make employees work overtime in order to meet a deadline in the development of a product.

Word: curl

CEFR: A2

Phonetic: /kɜːl/

noun:

1. A piece or lock of curling hair; a ringlet.
2. A curved stroke or shape.
3. A spin making the trajectory of an object curve.
4. Movement of a moving rock away from a straight line.
5. Any exercise performed by bending the arm, wrist, or leg on the exertion against resistance.
6. The vector field denoting the rotationality of a given vector field.
7. (proper noun) The vector operator, denoted curl ; or $\vec{\nabla} \times \vec{v}$.
8. Any of various diseases of plants causing the leaves or shoots to curl up; often specifically tobacco etch virus.
9. The contrasting light and dark figure seen in wood used for stringed instrument making; the figure of a man.
10. A pattern where the receiver appears to be running a fly pattern but after a set number of turns returns to the original position.

verb:

1. To cause to move in a curve.
2. To make into a curl or spiral.
3. To assume the shape of a curl or spiral.

Word: curls

CEFR: A1

noun:

1. A piece or lock of curling hair; a ringlet.
2. A curved stroke or shape.
3. A spin making the trajectory of an object curve.
4. Movement of a moving rock away from a straight line.
5. Any exercise performed by bending the arm, wrist, or leg on the exertion against resistance.
6. The vector field denoting the rotationality of a given vector field.
7. (proper noun) The vector operator, denoted curl ; or $\vec{\nabla} \times \vec{v}$
8. Any of various diseases of plants causing the leaves or shoots to curl up; often specifically
9. The contrasting light and dark figure seen in wood used for stringed instrument making; the
10. A pattern where the receiver appears to be running a fly pattern but after a set number of
11. Specifically, a body of curly hair on someone's head

verb:

1. To cause to move in a curve.
2. To make into a curl or spiral.
3. To assume the shape of a curl or spiral.
4. To move in curves.
5. To take part in the sport of curling.
6. To exercise by bending the arm, wrist, or leg on the exertion against resistance, especially
7. To twist or form (the hair, etc.) into ringlets.
8. To deck with, or as if with, curls; to ornament.
9. To raise in waves or undulations; to ripple.
10. (hat-making) To shape (the brim of a hat) into a curve.

Word: cycling

CEFR: A1

Phonetic: /ˈsaɪk(əl)ɪŋ/

verb:

1. To ride a bicycle or other cycle.
2. To go through a cycle or to put through a cycle.
3. To turn power off and back on
4. To maintain a team's possession of the puck in the offensive zone by handling and passing

noun:

1. The sport of riding and racing cycles, especially bicycles.
2. Any cyclic action or process

adjective:

Word: dead

CEFR: A1

Word: deadlift

CEFR: A2

noun:

1. A weight training exercise where one lifts a loaded barbell off the ground from a stabilized position.
2. Any lift performed without help or leverage.
3. (by extension) An effort made under discouraging conditions.

verb:

1. To lift a barbell while moving the body from a bent-over position to a standing position.

Word: decline

CEFR: B1

Phonetic: /dɪˈklaɪn/

noun:

1. Downward movement, fall.
2. A sloping downward, e.g. of a hill or road.
3. A weakening.
4. A reduction or diminution of activity.
5. The act of declining or refusing something.

verb:

1. To move downwards, to fall, to drop.
2. To become weaker or worse.
3. To bend downward; to bring down; to depress; to cause to bend, or fall.
4. To cause to decrease or diminish.
5. To turn or bend aside; to deviate; to stray; to withdraw.
6. To refuse, forbear.
7. (grammar, usually of substantives, adjectives and pronouns) To inflect for case, number and gender.
8. (by extension) To run through from first to last; to repeat like a schoolboy declining a noun.
9. To reject a penalty against the opposing team, usually because the result of accepting it would be disadvantageous.

Word: degree

CEFR: A1

Phonetic: /diˈɡriː/

noun:

1. A stage of proficiency or qualification in a course of study, now especially an award bestowed on successful completion of a course of study.
2. A unit of measurement of angle equal to 1/360 of a circle's circumference.
3. A unit of measurement of temperature on any of several scales, such as Celsius or Fahrenheit.
4. The sum of the exponents of a term; the order of a polynomial.

Word: depth

CEFR: A1

Phonetic: /dɪpθ/

noun:

1. The vertical distance below a surface; the degree to which something is deep
2. The distance between the front and the back, as the depth of a drawer or closet
3. The intensity, complexity, strength, seriousness or importance of an emotion, situation, etc
4. Lowness
5. (colors) the total palette of available colors
6. The property of appearing three-dimensional
7. (usually in the plural) the deepest part (usually of a body of water)
8. (usually in the plural) a very remote part.
9. The most severe part
10. The number of simple elements which an abstract conception or notion includes; the components
11. A pair of toothed wheels which work together
12. The perpendicular distance from the chord to the farthest point of an arched surface
13. The lower of the two ranks of a value in an ordered set of values

Word: diagonal

CEFR: A1

Phonetic: /daɪəˈnæl/

noun:

1. A line joining non-adjacent vertices of a polygon.
2. Anything forming or resembling such a line, particularly:

adjective:

1. Joining two nonadjacent vertices (of a polygon or polyhedron).
2. Having slanted or oblique lines or markings.
3. Having a slanted or oblique direction.
4. Of or related to the cater-corner (diagonally opposite) legs of a quadruped, whether the front or hind legs.

Word: diamond

CEFR: A1

Phonetic: /ˈdaɪə(ɪ)mənd/

noun:

1. A glimmering glass-like mineral that is an allotrope of carbon in which each atom is surrounded by four others in a tetrahedral arrangement.
2. A gemstone made from this mineral.
3. A ring containing a diamond.
4. A very pale blue color/colour.
5. Something that resembles a diamond.

Word: dip

CEFR: A1

Phonetic: /dɪp/

noun:

1. A lower section of a road or geological feature.
2. Inclination downward; direction below a horizontal line; slope; pitch.
3. The action of dipping or plunging for a moment into a liquid.
4. A tank or trough where cattle or sheep are immersed in chemicals to kill parasites.
5. A dip stick.
6. A swim, usually a short swim to refresh.
7. A pickpocket.
8. A sauce for dipping.
9. The angle from horizontal of a planar geologic surface, such as a fault line.
10. A dipped candle.
11. A move in many different styles of partner dances, often performed at the end of a dance.
12. A gymnastic exercise on the parallel bars in which the performer, resting on his hands, lets himself swing.
13. In the turpentine industry, the viscid exudation that is dipped out from incisions in the tree.
14. A sudden drop followed by a climb, usually to avoid obstacles or as the result of getting in and out of a car.
15. The moist form of snuff tobacco.
16. The act of missing out on seeing a sought after bird.

verb:

1. To lower into a liquid.
2. To immerse oneself; to become plunged in a liquid; to sink.
3. (of a value or rate) To decrease slightly.
4. To lower a light's beam.
5. To lower (a flag), particularly a national ensign, to a partially hoisted position in order to render it at half-mast.
6. To treat cattle or sheep by immersion in chemical solution.
7. To use a dip stick to check oil level in an engine.
8. To consume snuff by placing a pinch behind the lip or under the tongue so that the active chemicals are absorbed.
9. To immerse for baptism.
10. To wet, as if by immersing; to moisten.
11. To plunge or engage thoroughly in any affair.
12. To take out, by dipping a dipper, ladle, or other receptacle, into a fluid and removing a portion.
13. To perform the action of plunging a dipper, ladle. etc. into a liquid or soft substance and removing a portion.
14. To engage as a pledge; to mortgage.
15. To perform (a bow or curtsy) by inclining the body.
16. To incline downward from the plane of the horizon.
17. To perform a dip dance move (often phrased with the leader as the subject noun and the leader as the object noun).

Word: discs

CEFR: A1

noun:

1. A thin, flat, circular plate or similar object.
2. An intervertebral disc.
3. Something resembling a disc.
4. A vinyl phonograph / gramophone record.
5. The flat surface of an organ, as a leaf, any flat, round growth.
6. (ultimate frisbee) A Frisbee.

Word: donkey

CEFR: A1

Phonetic: /dɒŋki/

noun:

1. A domestic animal, *Equus asinus asinus*, similar to a horse
2. A stubborn person
3. A fool
4. A small auxiliary engine
5. A bad poker player

Word: dorsiflexion

CEFR: B1

Word: double

CEFR: A1

Phonetic: /dʌb.əl/

noun:

1. Twice the number, amount, size, etc.
2. A person who resembles and stands in for another person, often for safety purposes
3. A drink with two portions of alcohol.
4. A ghostly apparition of a living person; doppelgänger.
5. A sharp turn, especially a return on one's own tracks.
6. A redundant item for which an identical item already exists.
7. A two-base hit.
8. A call that increases certain scoring points if the last preceding bid becomes the contract.
9. A strike in which the object ball is struck so as to make it rebound against the cushion to another ball.
10. A bet on two horses in different races in which any winnings from the first race are placed on the second.
11. The narrow outermost ring on a dartboard.
12. A hit on this ring.
13. A tile that has the same value (i.e., the same number of pips) on both sides.
14. A double-precision floating-point number.

Word: down

CEFR: A1

Phonetic: /daʊn/

noun:

1. A negative aspect; a downer.
2. A grudge (on someone).
3. An act of swallowing an entire drink at once.
4. A single play, from the time the ball is snapped (the start) to the time the whistle is blown (the end).
5. (crosswords) A clue whose solution runs vertically in the grid.
6. A downstairs room of a two-story house.
7. Down payment.

verb:

1. To knock (someone or something) down; to cause to come down, to fell.
2. To lower; to put (something) down.
3. To defeat; to overpower.
4. To disparage, to put down.
5. To go or come down; to descend.
6. To drink or swallow, especially without stopping before the vessel containing the liquid is empty.
7. To render (the ball) dead, typically by touching the ground while in possession.
8. (pocket billiards) To sink (a ball) into a hole or pocket.

adjective:

1. Sad, unhappy, depressed, feeling low.
2. (normally in the combination 'down with') Sick or ill.
3. At a lower level than before.
4. Having a lower score than an opponent.
5. (following the noun modified) Out.
6. (with "on") Negative about, hostile to.
7. Comfortable with, accepting of, approachable.
8. Inoperable; out of order; out of service.
9. Finished (of a task); defeated or dealt with (of an opponent or obstacle); elapsed (of time).
10. (police, of a person) Wounded and unable to move normally, or killed.
11. (of an aircraft) Mechanically failed, collided, shot down, or otherwise suddenly unable to fly.
12. Thoroughly practiced, learned or memorised; mastered. (Compare down pat.)
13. Downright; absolute; positive.
14. Accepted or respected, especially in the black or thug community.
15. Facing downwards.

adverb:

Word: drill

CEFR: A1

Phonetic: /driːl/

noun:

1. A tool used to remove material so as to create a hole, typically by plunging a rotating cutting tool.
2. The portion of a drilling tool that drives the bit.
3. An activity done as an exercise or practice (especially a military exercise), particularly in preparation for war.
4. Any of several molluscs, of the genus *Urosalpinx*, especially the oyster drill (*Urosalpinx cinerea*).
5. A style of trap music with gritty, violent lyrics, originating on the South Side of Chicago.

verb:

1. To create (a hole) by removing material with a drill (tool).
2. To practice, especially in (or as in) a military context.
3. To cause to drill (practice); to train in military arts.
4. To repeat an idea frequently in order to encourage someone to remember it.
5. To investigate or examine something in more detail or at a different level.
6. To hit or kick with a lot of power.
7. To hit someone with a pitch, especially in an intentional context.
8. To have sexual intercourse with; to penetrate.

Word: drop

CEFR: A1

noun:

1. A small quantity of liquid, just large enough to hold its own round shape via surface tension.
2. A very small quantity of liquid, or (by extension) of anything.
3. (now especially with "the") Alcoholic spirits in general.
4. That which resembles or hangs like a liquid globule: a hanging diamond ornament or earring.
5. A thing which drops or hangs down:
6. A fall, descent; an act or instance of dropping.
7. A release (of music, a video game, etc).
8. A decline in quantity, quality, rate, or degree; a decline (when going from one value to another).
9. A thing, person, etc which is dropped:
10. An unsolicited credit card issue.
11. The amount of money that a gambler exchanges for chips in a casino.
12. The distance below a cliff or other high position into which someone or something could fall.
13. The vertical length of a hanging curtain.
14. The depth of a (square) sail (generally applied to the courses only); the vertical dimension.
15. The distance of the axis of a shaft below the base of a hanger.
16. A place where items or supplies may be left for others to collect, whether openly (as with a food bank) or secretly (as with a drop).
17. A drop-back.

Word: drops

CEFR: A1

Phonetic: /dɹɒps/

noun:

1. A small quantity of liquid, just large enough to hold its own round shape via surface tension.
2. A very small quantity of liquid, or (by extension) of anything.
3. (now especially with "the") Alcoholic spirits in general.
4. That which resembles or hangs like a liquid globule: a hanging diamond ornament or earring.
5. A thing which drops or hangs down:
6. A fall, descent; an act or instance of dropping.
7. A release (of music, a video game, etc).
8. A decline in quantity, quality, rate, or degree; a decline (when going from one value to another).
9. A thing, person, etc which is dropped:
10. An unsolicited credit card issue.
11. The amount of money that a gambler exchanges for chips in a casino.
12. The distance below a cliff or other high position into which someone or something could fall.
13. The vertical length of a hanging curtain.
14. The depth of a (square) sail (generally applied to the courses only); the vertical dimension.
15. The distance of the axis of a shaft below the base of a hanger.
16. A place where items or supplies may be left for others to collect, whether openly (as with a box) or secretly.
17. A drop-back.
18. (Rugby football) A drop-kick.
19. A drop target.

verb:

1. To fall in droplets (of a liquid).
2. To drip (a liquid).
3. Generally, to fall (straight down).
4. To let fall; to allow to fall (either by releasing hold of, or losing one's grip on).
5. To let drops fall; to discharge itself in drops.
6. To lower; to move to a lower position.
7. To set down from a vehicle; to deliver or deposit by stopping.
8. To sink quickly to the ground.
9. To fall dead, or to fall in death.
10. To come to an end (by not being kept up); to stop.
11. To mention casually or incidentally, usually in conversation.
12. To part with or spend (money).
13. To cease concerning oneself over; to have nothing more to do with (a subject, discussion, etc).
14. To lessen, decrease, or diminish in value, condition, degree, etc.
15. To let (a liquid) fall in drops.

Word: duck

CEFR: A1

Phonetic: /dʌk/

verb:

1. To quickly lower the head or body in order to prevent it from being struck by something.
2. To quickly lower (the head) in order to prevent it from being struck by something.
3. To lower (something) into water; to thrust or plunge under liquid and suddenly withdraw.
4. To go under the surface of water and immediately reappear; to plunge one's head into water.
5. To bow.
6. To evade doing something.
7. To lower the volume of (a sound) so that other sounds in the mix can be heard more clearly.
8. To enter a place for a short moment.

Word: dumbbell

CEFR: A2

Phonetic: /ˈdʌm.bəl/

noun:

1. A weight training implement consisting of a short bar with weight counterpoised on each end.
2. A stupid person.

Word: elbow

CEFR: A1

Phonetic: /ˈel.bəʊ/

noun:

1. The joint between the upper arm and the forearm.
2. (by extension) Any turn or bend like that of the elbow, in a wall, building, coastline, etc.; an angle.
3. A detective.
4. Part of a basketball court located at the intersection of the free-throw line and the free-throw arc.
5. A hit with the elbow.

verb:

1. To push with the elbow.
2. (by extension) To nudge, jostle or push.

Word: elevated

CEFR: B1

Phonetic: /ˈel.veɪ.təd/

verb:

1. To raise (something) to a higher position.
2. To promote (someone) to a higher rank.
3. To confer honor or nobility on (someone).

Word: elevator

CEFR: A1

Phonetic: /ˈɛl.ɪ.və.tər/

noun:

1. Anything that raises or uplifts.
2. A permanent construction with a built-in platform that is lifted vertically, used to transport people or goods.
3. A silo used for storing wheat, corn or other grain (grain elevator)
4. A control surface of an aircraft responsible for controlling the pitching motion of the machine.
5. A dental instrument used to pry up ("elevate") teeth in difficult extractions, or depressed pulp.
6. Any muscle that serves to raise a part of the body, such as the leg or the eye.
7. A type of shoe having an insert lift to make the wearer appear taller.

Word: explosive

CEFR: B1

noun:

1. Any explosive substance.

adjective:

1. With the capability to, or likely to, explode.
2. Having the character of an explosion.
3. Shocking; startling.
4. Easily driven to anger, usually with reference to a person.

Word: extend

CEFR: A1

Phonetic: /ɪkˈstend/

verb:

1. To increase in extent.
2. To possess a certain extent; to cover an amount of space.
3. To cause to increase in extent.
4. To cause to last for a longer period of time.
5. To straighten (a limb).
6. To bestow; to offer; to impart; to apply.
7. To increase in quantity by weakening or adulterating additions.
8. To value, as lands taken by a writ of extent in satisfaction of a debt; to assign by writ of extent.
9. Of a class: to be an extension or subtype of, or to be based on, a prototype or a more abstract concept.
10. To reenlist for a further period.

Word: extend

CEFR: A1

Phonetic: /ˈkʌnstend/

verb:

1. To increase in extent.
2. To possess a certain extent; to cover an amount of space.
3. To cause to increase in extent.
4. To cause to last for a longer period of time.
5. To straighten (a limb).
6. To bestow; to offer; to impart; to apply.
7. To increase in quantity by weakening or adulterating additions.
8. To value, as lands taken by a writ of extent in satisfaction of a debt; to assign by writ of extent.
9. Of a class: to be an extension or subtype of, or to be based on, a prototype or a more abstract.
10. To reenlist for a further period.

adjective:

1. Longer in length or extension; elongated.
2. Stretched out or pulled out; expanded.
3. Lasting longer; protracted.
4. Having a large scope or range; extensive.
5. (of a typeface) Wider than usual.

Word: extension

CEFR: A2

Phonetic: /ˈkʌnstɛnʃən/

noun:

1. The act of extending; a stretching out; enlargement in length or breadth; an increase.
2. The state of being extended.
3. That property of a body by which it occupies a portion of space (or time, e.g. "spatiotemporal").
4. A part of a building that has been extended from the original.
5. Capacity of a concept or general term to include a greater or smaller number of objects; —
6. A written engagement on the part of a creditor, allowing a debtor further time to pay a debt.
7. The operation of stretching a broken bone so as to bring the fragments into the same straight line.
8. An exercise in which an arm or leg is straightened against resistance.
9. A simple offensive action, consisting of extending the weapon arm forward.
10. A numerical code used to specify a specific telephone in a telecommunication network.
11. A file extension.
12. An optional software component that adds functionality to an application.
13. The set of tuples of values that, used as arguments, satisfy the predicate.
14. (grammar) A kind of derivative morpheme applied to verbs in Bantu languages.

Word: extensions

CEFR: A1

noun:

1. The act of extending; a stretching out; enlargement in length or breadth; an increase
2. The state of being extended
3. That property of a body by which it occupies a portion of space (or time, e.g. "spatiotemporal")
4. A part of a building that has been extended from the original
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14. (grammar) A kind of derivative morpheme applied to verbs in Bantu languages.

Word: external

CEFR: B1

Phonetic: /ˈɛks.tɜːnəl/

noun:

1. (chiefly in the plural) The exterior; outward features or appearances.
2. In the C programming language, a variable that is defined in the source code but whose value is not known at compile time.

adjective:

1. Outside of something; on the exterior.
2. Not intrinsic nor essential; accidental; accompanying; superficial.
3. Foreign; relating to or connected with foreign nations.
4. Away from the mesial plane of the body; lateral.
5. Provided by something or someone outside of the entity (object, group, company etc.) concerned.

Word: ez

CEFR: A1

Word: face

CEFR: B1

Phonetic: /feɪs/

noun:

1. The front part of the head of a human or other animal, featuring the eyes, nose and mouth.
2. One's facial expression.
3. (in expressions such as 'make a face') A distorted facial expression; an expression of displeasure.
4. The public image; outward appearance.
5. The frontal aspect of something.
6. An aspect of the character or nature of someone or something.
7. Presence; sight; front.
8. The directed force of something.
9. Good reputation; standing in the eyes of others; dignity; prestige. (See lose face, save face)
10. Shameless confidence; boldness; effrontery.
11. Any surface, especially a front or outer one.
12. Any of the flat bounding surfaces of a polyhedron. More generally, any of the bounding planes of a solid.
13. The numbered dial of a clock or watch, the clock face.
14. The mouth.
15. Makeup; one's complete facial cosmetic application.
16. (metonymic) A person.
17. A familiar or well-known person; a member of a particular scene, such as music or fashion.
18. A headlining wrestler with a persona embodying heroic or virtuous traits and who is regarded as a hero.
19. The front surface of a bat.
20. The part of a golf club that hits the ball.
21. The side of the card that shows its value (as opposed to the back side, which looks the same).
22. The head of a lion, shown face-on and cut off immediately behind the ears.
23. The width of a pulley, or the length of a cog from end to end.
24. A typeface.
25. Mode of regard, whether favourable or unfavourable; favour or anger.
26. The amount expressed on a bill, note, bond, etc., without any interest or discount; face value.

verb:

1. (of a person or animal) To position oneself or itself so as to have one's face closest to (someone or something).
2. (of an object) To have its front closest to, or in the direction of (something else).
3. To cause (something) to turn or present a face or front, as in a particular direction.
4. To be presented or confronted with; to have in prospect.
5. To deal with (a difficult situation or person); to accept (facts, reality, etc.) even when undesirable.
6. To have the front in a certain direction.
7. To have as an opponent.

Word: farmers

CEFR: B1

Phonetic: /fɑːmz/

noun:

1. A person who works the land and/or who keeps livestock, especially on a farm.
2. Agent noun of farm; someone or something that farms.
3. One who takes taxes, customs, excise, or other duties, to collect for a certain rate per cent.
4. The lord of the field, or one who farms the lot and cope of the crown.

Word: feet

CEFR: A1

Phonetic: /fiːt/

noun:

1. A biological structure found in many animals that is used for locomotion and that is frequently used for standing and walking.
2. Specifically, a human foot, which is found below the ankle and is used for standing and walking.
3. (often used attributively) Travel by walking.
4. The base or bottom of anything.
5. The part of a flat surface on which the feet customarily rest.
6. The end of a rectangular table opposite the head.
7. A short foot-like projection on the bottom of an object to support it.
8. A unit of measure equal to twelve inches or one third of a yard, equal to exactly 30.48 centimeters.
9. A unit of measure for organ pipes equal to the wavelength of two octaves above middle C, 16 feet.
10. (collective) Foot soldiers; infantry.
11. (cigars) The end of a cigar which is lit, and usually cut before lighting.
12. The part of a sewing machine which presses downward on the fabric, and may also serve as a guide for the needle.
13. The bottommost part of a typed or printed page.
14. The base of a piece of type, forming the sides of the groove.
15. The basic measure of rhythm in a poem.
16. The parsing of syllables into prosodic constituents, which are used to determine the place of the stress in a word or sentence.
17. The bottom edge of a sail.
18. The end of a billiard or pool table behind the foot point where the balls are racked.
19. In a bryophyte, that portion of a sporophyte which remains embedded within and attached to the gametophyte.
20. The muscular part of a bivalve mollusc or a gastropod by which it moves or holds its position.
21. The globular lower domain of a protein.
22. The point of intersection of one line with another that is perpendicular to it.
23. Fundamental principle; basis; plan.
24. Recognized condition; rank; footing.

Word: figure

CEFR: B1

Phonetic: /fɪgʃə/

noun:

1. A drawing or diagram conveying information.
2. The representation of any form, as by drawing, painting, modelling, carving, embroidering,
3. A person or thing representing a certain consciousness.
4. The appearance or impression made by the conduct or career of a person.
5. Distinguished appearance; magnificence; conspicuous representation; splendour; show.
6. A human figure, which dress or corset must fit to; the shape of a human body.
7. A numeral.
8. A number, an amount.
9. A shape.
10. A visible pattern as in wood or cloth.
11. Any complex dance move.
12. A figure of speech.
13. The form of a syllogism with respect to the relative position of the middle term.
14. A horoscope; the diagram of the aspects of the astrological houses.
15. Any short succession of notes, either as melody or as a group of chords, which produce a
16. A form of melody or accompaniment kept up through a strain or passage; a motif; a florid

verb:

1. To calculate, to solve a mathematical problem.
2. To come to understand.
3. To think, to assume, to suppose, to reckon.
4. To be reasonable.
5. To enter into; to be a part of.
6. To represent by a figure, as to form or mould; to make an image of, either palpable or ideal.
7. To embellish with design; to adorn with figures.
8. To indicate by numerals.
9. To represent by a metaphor; to signify or symbolize.
10. To prefigure; to foreshow.
11. To write over or under the bass, as figures or other characters, in order to indicate the accent.
12. To embellish.

Word: fire

CEFR: A1

Phonetic: /fɪə(ɪ)/

noun:

1. A (usually self-sustaining) chemical reaction involving the bonding of oxygen with carbon or other elements.
2. An instance of this chemical reaction, especially when intentionally created and maintained.
3. The occurrence, often accidental, of fire in a certain place, causing damage and danger.
4. The aforementioned chemical reaction of burning, considered one of the Classical elements.
5. A heater or stove used in place of a real fire (such as an electric fire).
6. The elements necessary to start a fire.
7. The bullets or other projectiles fired from a gun.
8. Strength of passion, whether love or hate.
9. Liveliness of imagination or fancy; intellectual and moral enthusiasm.
10. Splendour; brilliancy; lustre; hence, a star.
11. A severe trial; anything inflaming or provoking.
12. Red coloration in a piece of opal.

Word: flex

CEFR: B1

Phonetic: /flɛks/

noun:

1. Flexibility, pliancy.
2. The or an act of flexing.
3. Any flexible insulated electrical wiring.
4. A point of inflection.
5. The act of flaunting something; something one considers impressive.

verb:

1. To bend something.
2. To repeatedly bend one of one's joints.
3. To move part of the body using one's muscles.
4. To tighten the muscles for display of size or strength.
5. (by extension) To flaunt one's superiority.

Word: flip

CEFR: A1

Phonetic: /flɪp/

noun:

1. A maneuver which rotates an object end over end.
2. A complete change of direction, decision, movement etc.
3. A slingshot.
4. A hairstyle popular among boys in the 1960s–70s and 2000s–10s, in which the hair goes h
5. The purchase of an asset (usually a house) which is then improved and sold quickly for pro

verb:

1. To throw so as to turn over.
2. To put into a quick revolving motion through a snap of the thumb and index finger.
3. To win a state (or county) won by another party in the preceding elections
4. To turn state's evidence; to agree to testify against one's co-conspirators in exchange for o
5. To induce someone to turn state's evidence; to get someone to agree to testify against the
6. To go berserk or crazy.
7. To buy an asset (usually a house), improve it and sell it quickly for profit.
8. To invert a bit (binary digit), changing it from 0 to 1 or from 1 to 0.

Word: floor

CEFR: B1

Word: flutter

CEFR: B1

Word: flye

CEFR: A2

Word: foam

CEFR: A1

Word: foot

CEFR: A1

Word: forward

CEFR: A1

Word: four

CEFR: A1

Word: frog

CEFR: A1

Word: from

CEFR: A1

Word: front

CEFR: A1

Word: full

CEFR: A1

Phonetic: /f/

adjective:

1. Containing the maximum possible amount that can fit in the space available.
2. Complete; with nothing omitted.
3. Total, entire.
4. Having eaten to satisfaction, having a "full" stomach; replete.
5. (with of) Replete, abounding with.
6. (of physical features) Plump, round.
7. Of a garment, of a size that is ample, wide, or having ample folds or pleats to be comfortable.
8. Having depth and body; rich.
9. Having the mind filled with ideas; stocked with knowledge; stored with information.
10. Having the attention, thoughts, etc., absorbed in any matter, and the feelings more or less absorbed.
11. Filled with emotions.
12. Impregnated; made pregnant.
13. (postnominal) Said of the three cards of the same rank in a full house.
14. Drunk, intoxicated.

adverb:

1. Fully; quite; very; thoroughly; completely; exactly; entirely.

Word: get

CEFR: A1

Word: ghd

CEFR: A1

Word: glutes

CEFR: A1

Word: goblet

CEFR: A2

Phonetic: /gɒblɪt/

noun:

1. A drinking vessel with a foot and stem.

Word: good

CEFR: A1

Phonetic: /ɡʊd/

adjective:

1. (of people)
2. (of capabilities)
3. (properties and qualities)
4. (when with and) Very, extremely. See good and.
5. Holy (especially when capitalized) .
6. (of quantities)

interjection:

1. That is good; an elliptical exclamation of satisfaction or commendation.

Word: grip

CEFR: A1

Phonetic: /ɡrɪp/

verb:

1. To take hold of, particularly with the hand.
2. To help or assist, particularly in an emotional sense.
3. To do something with another that makes you happy/gives you relief.
4. To trench; to drain.

Word: groiners

CEFR: A1

Word: gunslinger

CEFR: A1

noun:

1. In the Old West: a person who carried a gun and was an expert at the quick draw.
2. In modern usage: a person who behaves with the bravado expected of someone who would

Word: hack

CEFR: A1

Phonetic: /hæk/

noun:

1. A tool for chopping.
2. A hacking blow.
3. A gouge or notch made by such a blow.
4. A dry cough.
5. A hacking; a catch in speaking; a short, broken cough.
6. A try, an attempt.
7. The foothold traditionally cut into the ice from which the person who throws the rock pushes off.
8. A mattock or a miner's pickaxe.
9. An expedient, temporary solution, such as a small patch or change to code, meant to be replaced by a more permanent solution.
10. An interesting technical achievement, particularly in computer programming.
11. A trick, shortcut, skill, or novelty method to increase productivity, efficiency or ease.
12. An illegal attempt to gain access to a computer network.
13. A video game or any computer software that has been altered from its original state.
14. Time check.
15. A swing of the bat at a pitched ball by the batter.
16. A kick on the shins in football.
17. Confinement of an officer to their stateroom as a punishment.

verb:

1. To chop or cut down in a rough manner.
2. To cough noisily.
3. To withstand or put up with a difficult situation.
4. To make a quick code change to patch a computer program, often one that, while being effective, is a temporary solution.
5. To accomplish a difficult programming task.
6. To work with something on an intimately technical level.
7. (by extension) To apply a trick, shortcut, skill, or novelty method to something to increase productivity, efficiency or ease.
8. To hack into; to gain unauthorized access to (a computer system, e.g., a website, or network).
9. (by extension) To gain unauthorised access to a computer or online account belonging to (someone).
10. To strike an opponent's leg with one's hockey stick.
11. To make a flailing attempt to hit the puck with a hockey stick.
12. To swing at a pitched ball.
13. (soccer and rugby) To kick (a player) on the shins.
14. To strike in a frantic movement.
15. To strike lightly as part of tapotement massage.

Word: half

CEFR: A1

Phonetic: /hælf/

noun:

1. One of two usually roughly equal parts into which anything may be divided, or considered as divided.
2. Half of a standard measure; frequently used for half a pint of beer or cider.
3. (preceded by "a" or a number) The fraction obtained by dividing 1 by 2.
4. Part; side; behalf.
5. Any of the three terms at Eton College, for Michaelmas, Lent, and summer.
6. A half sibling.
7. A child ticket.

verb:

1. To halve.

adjective:

1. Consisting of a half (1/2, 50%).
2. Consisting of some indefinite portion resembling a half; approximately a half, whether more or less.
3. (of a sibling) Having one parent (rather than two) in common.
4. (rare, of a relative other than a sibling) Related through one common grandparent or ancestor.

adverb:

1. In two equal parts or to an equal degree.
2. In some part approximating a half.
3. Partially; imperfectly.

preposition:

1. A half-hour after, thirty minutes after (used with the number of the hour).

Word: hammer

CEFR: A2

Phonetic: /hæm.ər/

noun:

1. A tool with a heavy head and a handle used for pounding.
2. The act of using a hammer to hit something}}
3. A moving part of a firearm that strikes the firing pin to discharge a gun.
4. The malleus, a small bone of the middle ear.
5. In a piano or dulcimer, a piece of wood covered in felt that strikes the string.
6. A device made of a heavy steel ball attached to a length of wire, and used for throwing.
7. The last stone in an end.
8. (frisbee) A frisbee throwing style in which the disc is held upside-down with a forehand grip.

Word: hamstring

CEFR: A1

Phonetic: /hæmstɹɪŋ/

noun:

1. One of the great tendons situated in each side of the ham, or space back of the knee, and
2. The biceps femoris, semimembranosus, and semitendinosus muscles.

verb:

1. To lame or disable by cutting the tendons of the ham or knee; to hough.
2. To cripple; to incapacitate; to disable.

Word: hand

CEFR: A1

Phonetic: /hænd/

noun:

1. The part of the forelimb below the forearm or wrist in a human, and the corresponding part
2. That which resembles, or to some extent performs the office of, a human hand.
3. In linear measurement:
4. A side; part, camp; direction, either right or left.
5. Power of performance; means of execution; ability; skill; dexterity.
6. An agent; a servant, or manual laborer, especially in compounds; a workman, trained or co
7. An instance of helping.
8. Handwriting; style of penmanship.
9. A person's autograph or signature.
10. Personal possession; ownership.
11. (usually in the plural, hands) Management, domain, control.
12. That which is, or may be, held in a hand at once.
13. Applause.
14. A Native American gambling game, involving guessing the whereabouts of bits of ivory or
15. The small part of a gunstock near the lock, which is grasped by the hand in taking aim.
16. A whole rhizome of ginger.
17. The feel of a fabric; the impression or quality of the fabric as judged qualitatively by the se
18. Actual performance; deed; act; workmanship; agency; hence, manner of performance.
19. Agency in transmission from one person to another.
20. Rate; price.

verb:

1. To give, pass, or transmit with the hand, literally or figuratively.
2. To lead, guide, or assist with the hand; to conduct.
3. To manage.

Word: handle

CEFR: A1

noun:

1. The part of an object which is (designed to be) held in the hand when used or moved.
2. An instrument for effecting a purpose (either literally or figuratively); a tool, or an opportunity.
3. The gross amount of wagering within a given period of time or for a given event at one of n
4. The tactile qualities of a fabric, e.g., softness, firmness, elasticity, fineness, resilience, and
5. A name, nickname or pseudonym.
6. A title attached to one's name, such as Doctor or Colonel.
7. A reference to an object or structure that can be stored in a variable.
8. A 10 fl oz (285 ml) glass of beer in the Northern Territory. (See also pot and middy for other
9. A half-gallon (1.75-liter) bottle of alcohol. (Called a sixty in Canada.)
10. A point, an extremity of land.
11. A topological space homeomorphic to a ball but viewed as a product of two lower-dimens
12. The smooth, irreducible subcurve of a comb which connects to each of the other compon

Word: hands

CEFR: A1

Phonetic: /hæn(d)z/

noun:

1. The part of the forelimb below the forearm or wrist in a human, and the corresponding part
2. That which resembles, or to some extent performs the office of, a human hand.
3. In linear measurement:
4. A side; part, camp; direction, either right or left.
5. Power of performance; means of execution; ability; skill; dexterity.
6. An agent; a servant, or manual laborer, especially in compounds; a workman, trained or co
7. An instance of helping.
8. Handwriting; style of penmanship.
9. A person's autograph or signature.
10. Personal possession; ownership.
11. (usually in the plural, hands) Management, domain, control.
12. That which is, or may be, held in a hand at once.
13. Applause.
14. A Native American gambling game, involving guessing the whereabouts of bits of ivory or
15. The small part of a gunstock near the lock, which is grasped by the hand in taking aim.
16. A whole rhizome of ginger.
17. The feel of a fabric; the impression or quality of the fabric as judged qualitatively by the se
18. Actual performance; deed; act; workmanship; agency; hence, manner of performance.
19. Agency in transmission from one person to another.

Word: handstand

CEFR: A1

Phonetic: /hændstænd/

noun:

1. A movement or position in which a person is upside down, supported by their arms with the

Word: hang

CEFR: A1

Phonetic: [heɪŋ]

noun:

1. The way in which something hangs.
2. A grip, understanding.
3. An instance of ceasing to respond to input.
4. A sharp or steep declivity or slope.
5. A mass of hanging material.
6. The smallest amount of concern or consideration; a damn.

verb:

1. To be or remain suspended.
2. To float, as if suspended.
3. (of a ball in cricket, tennis, etc.) To rebound unexpectedly or unusually slowly, due to backspin.
4. To hold or bear in a suspended or inclined manner or position instead of erect.
5. To cause (something) to be suspended, as from a hook, hanger, hinges or the like.
6. To execute (someone) by suspension from the neck.
7. To be executed by suspension by one's neck from a gallows, a tree, or other raised bar, at the execution.
8. (used in maledictions) To damn.
9. To loiter, hang around, to spend time idly.
10. To exhibit (an object) by hanging.
11. To apply (wallpaper or drywall to a wall).
12. To decorate (something) with hanging objects.
13. To remain persistently in one's thoughts.
14. To prevent from reaching a decision, especially by refusing to join in a verdict that must be reached.
15. To stop responding to manual input devices such as keyboard and mouse.
16. To cause (a program or computer) to stop responding.
17. To cause (a piece) to become vulnerable to capture.
18. To be vulnerable to capture.
19. Of a pitcher, to throw a hittable off-speed pitch.

Word: hanging

CEFR: A2

Phonetic: /hæŋg/

verb:

1. To be or remain suspended.
2. To float, as if suspended.
3. (of a ball in cricket, tennis, etc.) To rebound unexpectedly or unusually slowly, due to backspin.
4. To hold or bear in a suspended or inclined manner or position instead of erect.
5. To cause (something) to be suspended, as from a hook, hanger, hinges or the like.
6. To execute (someone) by suspension from the neck.
7. To be executed by suspension by one's neck from a gallows, a tree, or other raised bar, at the execution.
8. (used in maledictions) To damn.
9. To loiter, hang around, to spend time idly.
10. To exhibit (an object) by hanging.
11. To apply (wallpaper or drywall to a wall).
12. To decorate (something) with hanging objects.
13. To remain persistently in one's thoughts.
14. To prevent from reaching a decision, especially by refusing to join in a verdict that must be reached.
15. To stop responding to manual input devices such as keyboard and mouse.
16. To cause (a program or computer) to stop responding.
17. To cause (a piece) to become vulnerable to capture.
18. To be vulnerable to capture.
19. Of a pitcher, to throw a hittable off-speed pitch.

adjective:

1. Suspended.
2. (of a piece) Unprotected and exposed to capture.
3. (of an off-speed pitch) Hittable; poorly executed by the pitcher hence relatively easy to hit.
4. (of a person) ugly; very unattractive

Word: head

CEFR: A1

Phonetic: /hed/

noun:

1. The part of the body of an animal or human which contains the brain, mouth and main sense organs.
2. The topmost, foremost, or leading part.
3. (social, metonymy) A leader or expert.
4. A significant or important part.
5. Headway; progress.
6. Topic; subject.

Word: heels

CEFR: A1

Phonetic: /hiːlz/

noun:

1. The rear part of the foot, where it joins the leg.
2. The part of a shoe's sole which supports the foot's heel.
3. The rear part of a sock or similar covering for the foot.
4. The part of the palm of a hand closest to the wrist.
5. (usually in the plural) A woman's high-heeled shoe.
6. The back, upper part of the stock.
7. The last or lowest part of anything.
8. A crust end-piece of a loaf of bread.
9. The base of a bun sliced in half lengthwise.
10. A contemptible, inconsiderate or thoughtless person.
11. A headlining wrestler regarded as a "bad guy," whose ring persona embodies villainous o
12. The cards set aside for later use in a patience or solitaire game.
13. Anything resembling a human heel in shape; a protuberance; a knob.
14. The lower end of a timber in a frame, as a post or rafter.
15. (specifically) The obtuse angle of the lower end of a rafter set sloping.
16. (workman slang) A cyma reversa.
17. The short side of an angled cut.
18. The part of a club head's face nearest the shaft.
19. The lower end of the bit (cutting edge) of an axehead; as opposed to the toe (upper end).
20. In a carding machine, the part of a flat nearest the cylinder.
21. The act of inclining or canting from a vertical position; a cant.
22. High-heeled shoes.

Word: hex

CEFR: A1

Phonetic: /hɛks/

noun:

1. An evil spell or curse.
2. A witch.
3. A spell (now rare but still found in compounds such as hex sign and hexcraft).

verb:

1. To cast a spell on (specifically an evil spell), to bewitch.

Word: high

CEFR: A1

Phonetic: /haɪ/

noun:

1. A high point or position, literally or figuratively; an elevated place; a superior region; a height.
2. A point of success or achievement; a time when things are at their best.
3. A period of euphoria, from excitement or from an intake of drugs.
4. A drug that gives such a high.
5. A large area of elevated atmospheric pressure; an anticyclone.
6. The maximum value attained by some quantity within a specified period.
7. The maximum atmospheric temperature recorded at a particular location, especially during the day.
8. The highest card dealt or drawn.

verb:

1. To rise.

adjective:

1. Very elevated; extending or being far above a base; tall; lofty.
2. Relatively elevated; rising or raised above the average or normal level from which elevation is measured.
3. Having a specified elevation or height; tall.
4. Elevated in status, esteem, prestige; exalted in rank, station, or character.
5. Of great importance and consequence: grave (if negative) or solemn (if positive).
6. Consummate; advanced (e.g. in development) to the utmost extent or culmination, or possibly beyond.
7. (in several set phrases) Remote in distance or time.
8. (in several set phrases) Very traditionalist and conservative, especially in favoring older ways.
9. Elevated in mood; marked by great merriment, excitement, etc.
10. (of a lifestyle) Luxurious; rich.
11. Lofty, often to the point of arrogant, haughty, boastful, proud.
12. (with "on" or "about") Keen, enthused.
13. (of a body of water) With tall waves.
14. Large, great (in amount or quantity, value, force, energy, etc).
15. (acoustics) Acute or shrill in pitch, due to being of greater frequency, i.e. produced by more vibrations per second.
16. Made with some part of the tongue positioned high in the mouth, relatively close to the palate.
17. Greater in value than other cards, denominations, suits, etc.
18. (of meat, especially venison) Strong-scented; slightly tainted/spoiled; beginning to decompose.
19. Intoxicated; under the influence of a mood-altering drug, formerly usually alcohol, but now any drug.
20. (of a sailing ship) Near, in its direction of travel, to the (direction of the) wind.

adverb:

1. In or to an elevated position.

Word: hip

CEFR: A1

Phonetic: /hɪp/

noun:

1. The outward-projecting parts of the pelvis and top of the femur and the overlying tissue.
2. The inclined external angle formed by the intersection of two sloping roof planes.
3. In a bridge truss, the place where an inclined end post meets the top chord.
4. (possibly obsolete) A drug addict, especially someone addicted to a narcotic like heroin.

verb:

1. To use one's hips to bump into someone.
2. To throw (one's adversary) over one's hip ("cross-buttock").
3. To dislocate or sprain the hip of, to fracture or injure the hip bone of (a quadruped) in such a way as to prevent it from moving.
4. To make with a hip or hips, as a roof.

Word: hold

CEFR: A1

Phonetic: /həʊld/

noun:

1. A grasp or grip.
2. An act or instance of holding.
3. A place where animals are held for safety.
4. An order that something is to be reserved or delayed, limiting or preventing how it can be done.
5. Something reserved or kept.
6. Power over someone or something.
7. The ability to persist.
8. The property of maintaining the shape of styled hair.
9. A position or grip used to control the opponent.
10. (exercise) An exercise involving holding a position for a set time.
11. The percentage the house wins on a gamble, the house or bookmaker's hold.
12. The wager amount, the total hold.
13. An instance of holding one's service game, as opposed to being broken.
14. The part of an object one is intended to grasp, or anything one can use for grasping with the hand.
15. A fruit machine feature allowing one or more of the reels to remain fixed while the others spin.
16. A pause facility.
17. The queueing system on telephones and similar communication systems which maintains a queue of calls waiting to be answered.
18. A statistic awarded to a relief pitcher who is not still pitching at the end of the game and who has pitched at least one inning.
19. A region of airspace reserved for aircraft being kept in a holding pattern.

verb:

Word: holds

CEFR: A1

Phonetic: /hʊldz/

noun:

1. A grasp or grip.
2. An act or instance of holding.
3. A place where animals are held for safety
4. An order that something is to be reserved or delayed, limiting or preventing how it can be done
5. Something reserved or kept.
6. Power over someone or something.
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18. A statistic awarded to a relief pitcher who is not still pitching at the end of the game and w
19. A region of airspace reserved for aircraft being kept in a holding pattern.
20. The cargo area of a ship or aircraft (often holds or cargo hold).

verb:

1. To grasp or grip.
2. To contain or store.
3. (heading) To maintain or keep to a position or state.
4. (heading) To maintain or keep to particular opinions, promises, actions.
5. To win one's own service game.
6. To take place, to occur.
7. To organise an event or meeting (usually in passive voice).
8. To derive right or title.
9. In a food or drink order at an informal restaurant etc., requesting that a component normal
10. To be in possession of illicit drugs for sale.

Word: hollow

CEFR: A1

Phonetic: /hɒl.əl/

noun:

1. A small valley between mountains.
2. A sunken area or unfilled space in something solid; a cavity, natural or artificial.
3. A sunken area.
4. A feeling of emptiness.

verb:

1. To make a hole in something; to excavate

Word: hop

CEFR: A1

noun:

1. A short jump.
2. A jump on one leg.
3. A short journey, especially in the case of air travel, one that take place on private plane.
4. A bounce, especially from the ground, of a thrown or batted ball.
5. A dance; a gathering for the purpose of dancing.
6. The sending of a data packet from one host to another as part of its overall journey.

verb:

1. To jump a short distance.
2. To jump on one foot.
3. To be in state of energetic activity.
4. To suddenly take a mode of transportation that one does not drive oneself, often surreptitiously.
5. To jump onto, or over
6. (usually in combination) To move frequently from one place or situation to another similar one.
7. To walk lame; to limp.
8. To dance.

Word: hovering

CEFR: A1

verb:

1. To float in the air.
2. To linger or hang in one place, especially in an uncertain manner.
3. To waver, or be uncertain.
4. To place the cursor over a hyperlink or icon without clicking.

noun:

Word: hugs CEFR: A1

Phonetic: /hʌʒ/

noun:

1. A close embrace, especially when charged with such an emotion as represented by: affect
2. A particular grip in wrestling.

verb:

1. To crouch; huddle as with cold.
2. To cling closely together.
3. To embrace by holding closely, especially in the arms.
4. To stay close to (the shore etc.)
5. To hold fast; to cling to; to cherish.

Word: hurdle CEFR: A1

Word: hydrant CEFR: A1

Word: hyperextension CEFR: B1

Word: i CEFR: A1

Word: in CEFR: A1

Word: inching CEFR: A1

Word: inchworm CEFR: A1

Word: incline CEFR: A2

Word: inner CEFR: A1

Word: internal CEFR: A1

Word: inverted	CEFR: A1
Word: isometric	CEFR: B1
Word: jabs	CEFR: A1
Word: jackknife	CEFR: B1
Word: jacks	CEFR: A1
Word: jerk	CEFR: A1
Word: jog	CEFR: A1
Word: judo	CEFR: A1
Word: jump	CEFR: A1
Word: jumping	CEFR: A1
Word: jumps	CEFR: A1
Word: kbs	CEFR: A1
Word: kettlebell	CEFR: A2
Word: kick	CEFR: A1
Word: kickback	CEFR: B1
Word: kicks	CEFR: A1
Word: kippling	CEFR: B1

Word: knee CEFR: A1

Word: kneeling CEFR: A2

Word: knees CEFR: A1

Word: I CEFR: A1

Word: lat CEFR: A1

Word: lateral CEFR: B1

Word: lawnmower CEFR: A1

Word: leaning CEFR: B1

Phonetic: /liːnɪŋ/

noun:

1. A tendency or propensity.

Word: leap CEFR: A1

Phonetic: /liːp/

noun:

1. The act of leaping or jumping.
2. The distance traversed by a leap or jump.
3. A group of leopards.
4. A significant move forward.
5. A large step in reasoning, often one that is not justified by the facts.
6. A fault.
7. Copulation with, or coverture of, a female beast.
8. A passing from one note to another by an interval, especially by a long one, or by one including a half note.
9. A salmon ladder.

verb:

1. To jump.
2. To pass over by a leap or jump.
3. To copulate with (a female beast); to cover.
4. To cause to leap.

Word: leg

CEFR: A1

Phonetic: /le■■■/

noun:

1. A limb or appendage that an animal uses for support or locomotion.
2. In humans, the lower limb extending from the groin to the ankle.
3. The portion of the lower limb of a human that extends from the knee to the ankle.
4. A part of garment, such as a pair of trousers/pants, that covers a leg.
5. A rod-like protrusion from an inanimate object, supporting it from underneath.
6. Something that supports.
7. A stage of a journey, race etc.
8. A distance that a sailing vessel does without changing the sails from one side to the other.
9. One side of a multiple-sided (often triangular) course in a sailing race.
10. A single game or match played in a tournament or other sporting contest.
11. One of the two sides of a right triangle that is not the hypotenuse.
12. One of the branches of a hyperbola or other curve which extend outward indefinitely.
13. (usually used in plural) The ability of something to persist or succeed over a long period of time.
14. A disreputable sporting character; a blackleg.
15. An extension of a steam boiler downward, in the form of a narrow space between vertical plates.
16. In a grain elevator, the case containing the lower part of the belt which carries the buckets.
17. Denotes the half of the field on the same side as the batsman's legs; the left side for a right-handed batsman.
18. A branch or lateral circuit connecting an instrument with the main line.
19. A branch circuit; one phase of a polyphase system.
20. An underlying instrument of a derivatives strategy.
21. An army soldier assigned to a paratrooper unit who has not yet been qualified as a paratrooper.
22. A gesture of submission; a bow or curtsy. Chiefly in phrase make a leg.

verb:

1. To remove the legs from an animal carcass.
2. To build legs onto a platform or stage for support.
3. To put a series of three or more options strikes into the stock market.
4. To apply force using the leg (as in 'to leg a horse').

Word: legged

CEFR: A1

Phonetic: /■■■■d/

noun:

1. (in combinations) Someone or something having a certain number or type of legs

adjective:

Word: legs

CEFR: A1

Phonetic: /lɛɡz/

noun:

1. A limb or appendage that an animal uses for support or locomotion.
2. In humans, the lower limb extending from the groin to the ankle.
3. The portion of the lower limb of a human that extends from the knee to the ankle.
4. A part of garment, such as a pair of trousers/pants, that covers a leg.
5. A rod-like protrusion from an inanimate object, supporting it from underneath.
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Word: lever

CEFR: A1

Word: levers

CEFR: A1

noun:

1. (except in generalized senses below) A crowbar.
2. A rigid piece which is capable of turning about one point, or axis (the fulcrum), and in which
3. A small such piece to trigger or control a mechanical device (like a button).
4. A bar, as a capstan bar, applied to a rotatory piece to turn it.
5. An arm on a rock shaft, to give motion to the shaft or to obtain motion from it.
6. A levee.

verb:

1. To move with a lever.
2. To use, operate or move (something) like a lever (physically).
3. To use (something) like a lever (in an abstract sense).
4. To increase the share of debt in the capitalization of a business.

Word: lift

CEFR: A1

Phonetic: /lɪft/

noun:

1. An act of lifting or raising.
2. The act of transporting someone in a vehicle; a ride; a trip.
3. Mechanical device for vertically transporting goods or people between floors in a building;
4. An upward force, such as the force that keeps aircraft aloft.
5. (measurement) The difference in elevation between the upper pool and lower pool of a wa
6. A thief.
7. The lifting of a dance partner into the air.
8. Permanent construction with a built-in platform that is lifted vertically.
9. An improvement in mood.
10. The amount or weight to be lifted.
11. The space or distance through which anything is lifted.
12. A rise; a degree of elevation.
13. A liftgate.
14. A rope leading from the masthead to the extremity of a yard below, and used for raising o
15. One of the steps of a cone pulley.
16. (shoemaking) A layer of leather in the heel of a shoe.
17. That portion of the vibration of a balance during which the impulse is given.

verb:

1. To raise or rise.

Word: lockout

CEFR: A1

noun:

1. The opposite of a strike; a labor disruption where management refuses to allow workers in
2. The action of installing a lock to keep someone out of an area, such as eviction of a tenant
3. (by extension) The exclusion of others from a certain place or situation.
4. A situation where the system is not responding to input.
5. A safety device designed to prevent touching a moving part when it is under operation.
6. The final portion of a weightlifting motion where all applicable limbs or joints are fully extended
7. An exercise meant to increase strength in the lockout portion of a lifting motion.

Word: low

CEFR: A1

Phonetic: /l●●/

noun:

1. Something that is low; a low point.
2. The minimum value attained by some quantity within a specified period.
3. A depressed mood or situation.
4. An area of low pressure; a depression.
5. The lowest-speed gearing of a power-transmission system, especially of an automotive vehicle
6. The lowest trump, usually the deuce; the lowest trump dealt or drawn.
7. (slang) (usually accompanied by "the") a cheap, cost-efficient, or advantageous payment or

verb:

1. To depress; to lower.

adjective:

1. Situated close to, or even below, the ground or another normal reference plane; not high or
2. Of less than normal height; below the average or normal level from which elevation is mea
3. Not high in status, esteem or rank, dignity, or quality. (Compare vulgar.)
4. Humble, meek, not haughty.
5. Disparaging; assigning little value or excellence.
6. Being a nadir, a bottom.
7. Depressed in mood, dejected, sad.
8. Lacking health or vitality, strength or vivacity; feeble; weak.
9. Small, not high (in amount or quantity, value, force, energy, etc).
10. Simple in complexity or development; (in several set phrases) favoring simplicity; (see e.g.
11. (in several set phrases) Being near the equator.
12. (acoustics) Grave in pitch, due to being produced by relatively slow vibrations (wave oscil
13. Quiet; soft; not loud.

Word: lowering

CEFR: A1

Phonetic: /ˈlɑːrɪŋ/

noun:

1. The act of one who, or that which, lours.

adjective:

1. (of sky or environment) Dark and menacing.
2. That lowers or frowns.
3. Lurking, skulking, menacing.

Word: lunge

CEFR: A2

Phonetic: /lʌŋd/

noun:

1. A sudden forward movement, especially with a sword.
2. A long rope or flat web line, more commonly referred to as a lunge line, approximately 20–
3. An exercise performed by stepping forward one leg while kneeling with the other leg, then
4. A fish, the namaycush.

verb:

1. To (cause to make) a sudden forward movement (present participle: lunging).
2. To longe or work a horse in a circle around a handler (present participle: lunging or lunging)

Word: lying

CEFR: A1

Phonetic: /ˈlaɪ.ɪŋ/

verb:

1. To rest in a horizontal position on a surface.
2. To be placed or situated.
3. To abide; to remain for a longer or shorter time; to be in a certain state or condition.
4. Used with in: to be or exist; to belong or pertain; to have an abiding place; to consist.
5. Used with with: to have sexual relations with.
6. Used with on/upon: to be incumbent (on); to be the responsibility of a person.
7. To lodge; to sleep.
8. To be still or quiet, like one lying down to rest.
9. To be sustainable; to be capable of being maintained.
10. To give false information intentionally with intent to deceive.
11. To convey a false image or impression.
12. To be mistaken or unintentionally spread false information.

Word: machine

CEFR: A1

noun:

1. A device that directs and controls energy, often in the form of movement or electricity, to produce work.
2. A vehicle operated mechanically, such as an automobile or an airplane.
3. (abbreviation) An answering machine or, by extension, voice mail.
4. A computer.
5. A person or organisation that seemingly acts like a machine, being particularly efficient, simple, and predictable.
6. Especially, the group that controls a political or similar organization; a combination of persons and interests.
7. Supernatural agency in a poem, or a superhuman being introduced to perform some exploit.
8. The system of special interest groups that supports a political party, especially in urban areas.
9. Penis.
10. A contrivance in the Ancient Greek theatre for indicating a change of scene, by means of a machine.
11. A bathing machine.

verb:

1. To make by machinery.
2. To shape or finish by machinery.

Word: makers

CEFR: A1

noun:

1. Someone who makes; a person or thing that makes or produces something.
2. (usually capitalized and preceded by the) God.
3. A poet.
4. Someone who signs a promissory note, thereby becoming responsible for payment.

Word: man

CEFR: A1

Phonetic: [mæn]

noun:

1. An adult male human.
2. (collective) All human males collectively: mankind.
3. A human, a person of either gender, usually an adult. (See usage notes.)
4. (collective) All humans collectively: mankind, humankind, humanity. (Sometimes capitalized.)
5. A member of the genus Homo, especially of the species Homo sapiens.
6. An male person, usually an adult; a (generally adult male) sentient being, whether human, animal, or extraterrestrial.
7. An adult male who has, to an eminent degree, qualities considered masculine, such as strength, courage, and independence.
8. Manliness; the quality or state of being manly.
9. A husband.
10. A man's name.

Word: marching

CEFR: A1

Phonetic: /mɑːtʃɪŋ/

verb:

1. To walk with long, regular strides, as a soldier does.
2. To cause someone to walk somewhere.
3. To go to war; to make military advances.
4. To make steady progress.
5. To have common borders or frontiers

noun:

1. An action described by the verb "to march".

adjective:

1. That marches.
2. Placed or situated in a line or lines, reminiscent or evocative of marching soldiers.

Word: matrix

CEFR: A1

Phonetic: /ˈmætrɪks/

noun:

1. The womb.
2. The material or tissue in which more specialized structures are embedded.
3. An extracellular matrix, the material or tissue between the cells of animals or plants.
4. Part of the mitochondrion.
5. The medium in which bacteria are cultured.
6. A rectangular arrangement of numbers or terms having various uses such as transforming
7. A two-dimensional array.
8. A grid-like arrangement of electronic components, especially one intended for information
9. A table of data.
10. A geological matrix.
11. (archaeology and paleontology) The sediment surrounding and including the artifacts, fea
12. The environment from which a given sample is taken.
13. In hot metal typesetting, a mold for casting a letter.
14. In printmaking, the plate or block used, with ink, to hold the image that makes up the print
15. The cavity or mold in which anything is formed.
16. (dyeing) The five simple colours (black, white, blue, red, and yellow) from which all the oth
17. A binding agent of composite materials, e.g. resin in fibreglass.

Word: mcgill

CEFR: A1

Word: medicine

CEFR: B1

Phonetic: /ˈmed(ɪ).sn/

noun:

1. A substance which specifically promotes healing when ingested or consumed in some way.
2. A treatment or cure.
3. The study of the cause, diagnosis, prognosis and treatment of disease or illness.
4. The profession of physicians, surgeons and related specialisms; those who practice medicine.
5. Ritual magic used, as by a medicine man, to promote a desired outcome in healing, hunting or warfare.
6. Among the Native Americans, any object supposed to give control over natural or magical forces.
7. Black magic, superstition.
8. A philter or love potion.
9. A physician.
10. Recreational drugs, especially alcoholic drinks.

verb:

1. To treat with medicine.

Word: mixed

CEFR: A1

Phonetic: /mɪkst/

verb:

1. To stir together.
2. To combine (items from two or more sources normally kept separate).
3. To form by mingling; to produce by the stirring together of ingredients; to concoct from different ingredients.
4. To blend by the use of a mixer (machine).
5. To combine (several tracks).
6. To produce a finished version of (a recording).
7. To unite with in company; to join; to associate.

adjective:

1. Having two or more separate aspects.
2. Not completely pure, tainted or adulterated.
3. Including both male(s) and female(s).
4. Stemming from two or more races or breeds.

Word: modified

CEFR: A1

Phonetic: /mɒdɪfaɪd/

noun:

1. Any vehicle used in modified racing.

adjective:

1. Changed; altered

verb:

1. To change part of.
2. To be or become modified.
3. To set bounds to; to moderate.
4. (grammar) To qualify the meaning of.

Word: moguls

CEFR: A1

noun:

1. A rich or powerful person; a magnate.
2. A hump or bump on a skiing piste.
3. A larger-sized (39 mm diameter) screw base used for large, high-power light bulbs, known as mogul base.
4. A machine that forms shaped candies from syrups or gels.

Word: morning

CEFR: A1

Phonetic: /mɔːnɪŋ/

noun:

1. The part of the day from dawn to noon.
2. The part of the day between midnight and noon.
3. The early part of anything.
4. The first alcoholic drink of the day; a morning draught.

interjection:

1. A greeting said in the morning; shortening of good morning

Word: mountain

CEFR: A1

Phonetic: /maʊntən/

noun:

1. An elevation of land of considerable dimensions rising more or less abruptly, forming a conical or irregular shape.
2. Something very large in size or quantity; a huge amount; a great heap.
3. Of, belonging to, relating to, or found on a mountain; like a mountain in size; (of living things) inhabiting mountains.

Word: muscle

CEFR: A1

Phonetic: /mʌs.əl/

noun:

1. A contractile form of tissue which animals use to effect movement.
2. An organ composed of muscle tissue.
3. (usually in the plural) A well-developed physique, in which the muscles are enlarged from exercise.
4. Strength, force.
5. Hired strongmen or bodyguards.

verb:

1. To use force to make progress, especially physical force.

Word: n

CEFR: A1

noun:

1. North
2. (grammar) noun
3. (grammar) neuter gender
4. Normal
5. Neutral
6. No
7. Shortening of and, used in set phrases like rock-n-roll.

Word: neck

CEFR: A1

Phonetic: /nɛk/

noun:

1. The part of the body connecting the head and the trunk found in humans and some animals.
2. The corresponding part in some other anatomical contexts.
3. The part of a shirt, dress etc., which fits a person's neck.
4. The tapered part of a bottle toward the opening.
5. The slender tubelike extension atop an archegonium, through which the sperm swim to reach the egg.
6. The extension of any stringed instrument on which a fingerboard is mounted
7. A long narrow tract of land projecting from the main body, or a narrow tract connecting two bodies of land.
8. A reduction in size near the end of an object, formed by a groove around it.
9. The constriction between the root and crown of a tooth.
10. The gorge of a capital.
11. The small part of a gun between the chase and the swell of the muzzle.
12. A person's life.

Word: negative

CEFR: A1

Phonetic: /nɛɡ(ə)tɪv/

noun:

1. Refusal or withholding of assents; prohibition, veto
2. A right of veto.
3. An image in which dark areas represent light ones, and the converse.
4. (grammar) A word that indicates negation.
5. A negative quantity.
6. : A rep performed with weight in which the muscle begins at maximum contraction and is s
7. The negative plate of a voltaic or electrolytic cell.

verb:

1. To refuse; to veto.
2. To contradict.
3. To disprove.
4. To make ineffective; to neutralize.

adjective:

1. Not positive nor neutral.
2. Of electrical charge of an electron and related particles
3. Of a number: less than zero
4. Denying a proposition.
5. Damaging; undesirable; unfavourable.
6. Often used pejoratively: pessimistic; not tending to see the bright side of things.
7. Of or relating to a photographic image in which the colours of the original, and the relations
8. Metalloidal, nonmetallic; contrasted with positive or basic.
9. (New Age jargon) Often preceded by emotion, energy, feeling, or thought: to be avoided, b
10. Characterized by the presence of features which do not support a hypothesis.
11. HIV negative

interjection:

1. (signalling) An elaborate synonym for no.

Word: neutral

CEFR: A2

Phonetic: /njuːtɹəl/

noun:

1. A nonaligned state, or a member of such a state.
2. A person who takes no side in a dispute.
3. An individual or entity serving as an arbitrator or adjudicator.

Word: oblique

CEFR: B1

Word: off

CEFR: A1

Phonetic: /**■****■**f/

noun:

1. (usually in phrases such as 'from the off', 'at the off', etc.) Beginning; starting point.

verb:

1. To kill.
2. To switch off.

adjective:

1. Inoperative, disabled.
2. Cancelled; not happening.
3. Not fitted; not being worn.
4. Rancid, rotten, gone bad.
5. Less than normal, in temperament or in result.
6. Inappropriate; untoward.
7. (in phrases such as 'well off', 'better off', 'poorly off') Circumstanced.
8. Started on the way.
9. Far; off to the side.
10. Designating a time when one is not strictly attentive to business or affairs, or is absent from work.
11. (in phrases such as 'off day') Designating a time when one is not performing to the best of one's ability.
12. (of a dish on a menu) Presently unavailable.
13. (in relation to a vehicle) On the side furthest from the kerb (the right-hand side if one drives on the left).
14. In, or towards the half of the field away from the batsman's legs; the right side for a right-handed batsman.

adverb:

1. In a direction away from the speaker or object.
2. Into a state of non-operation or non-existence.
3. So as to remove or separate, or be removed or separated.
4. Used in various other ways specific to individual idiomatic phrases, e.g. bring off, show off, get off, etc.

preposition:

1. Not positioned upon; away from a position upon.
2. Detached, separated, excluded or disconnected from; away from a position of attachment or connection.
3. Used to indicate the location or direction of one thing relative to another, implying adjacency or proximity.
4. Used to express location at sea relative to land or mainland.
5. Removed or subtracted from.
6. No longer wanting or taking.

Word: offset

CEFR: B1

Phonetic: /ɒfˈsɛt/

noun:

1. Anything that acts as counterbalance; a compensating equivalent.
2. A form of countertrade arrangement, in which the seller agrees to purchase within a set time.
3. (c. 1555) A time at which something begins; outset.
4. The offset printing process, in which ink is carried from a metal plate to a rubber blanket and then to the printing surface.
5. The difference between a target memory address and a base address.
6. (signal analysis) The displacement between the base level of a measurement and the signal level.
7. The distance by which one thing is out of alignment with another.
8. A short distance measured at right angles from a line actually run to some point in an irregular line.
9. An abrupt bend in an object, such as a rod, by which one part is turned aside out of line, but in the same direction.
10. A short prostrate shoot that takes root and produces a tuft of leaves, etc.
11. A spur from a range of hills or mountains.
12. A horizontal ledge on the face of a wall, formed by a diminution of its thickness, or by the projection of a part of the wall.
13. A terrace on a hillside.

verb:

1. To compensate for, by applying a change in the opposite direction.
2. To form an offset in (a wall, rod, pipe, etc.).

Word: on

CEFR: A1

Word: one

CEFR: A1

Phonetic: /wʌn/

noun:

1. The digit or figure 1.
2. The neutral element with respect to multiplication in a ring.
3. A one-dollar bill.
4. One run scored by hitting the ball and running between the wickets; a single.
5. A joke or amusing anecdote.
6. A particularly special or compatible person or thing.
7. (leet) Used instead of ! to amplify an exclamation, parodying unskilled typists who forget to use the shift key.

verb:

1. To cause to become one; to gather into a single whole; to unite.

adjective:

1. Of a period of time, being particular.

Word: onto

CEFR: A1

Phonetic: /n.tu/

adjective:

1. (of a function) Assuming each of the values in its codomain; having its range equal to its codomain.

preposition:

1. Upon; on top of.
2. Aware of.
3. Being an onto function with a codomain of (see below).

Word: open

CEFR: A1

adjective:

1. Not closed
2. Not physically drawn together, closed, folded or contracted; extended
3. Actively conducting or prepared to conduct business.
4. Receptive.
5. Public
6. Candid, ingenuous, not subtle in character.
7. (of a formula) Having a free variable.
8. (of a set) Which is part of a predefined collection of subsets of X, that defines a topological space.
9. (of a walk) Whose first and last vertices are different.
10. (of a file, document, etc.) In current use; mapped to part of memory.
11. Not fulfilled.
12. Not settled or adjusted; not decided or determined; not closed or withdrawn from consideration.
13. (stringed instruments) Of a note, played without pressing the string against the fingerboard.
14. (wind instruments) Of a note, played without closing any finger-hole, key or valve.
15. Not of a quality to prevent communication, as by closing waterways, blocking roads, etc.;
16. (Of correspondence) Written or sent with the intention that it may be made public or referred to.
17. Uttered with a relatively wide opening of the articulating organs; said of vowels.
18. Uttered, as a consonant, with the oral passage simply narrowed without closure.
19. (of a syllable) That ends in a vowel; not having a coda.
20. Made public, usable with a free licence and without proprietary components.
21. Resulting from an incision, puncture or any other process by which the skin no longer protects.

Word: opposite

CEFR: A1

Word: or

CEFR: A1

Phonetic: /ɔː(ɹ)/

conjunction:

1. Connects at least two alternative words, phrases, clauses, sentences, etc. each of which could be true.
2. An operator denoting the disjunction of two propositions or truth values. There are two forms: inclusive and exclusive.
3. Counts the elements before and after as two possibilities.
4. Otherwise (a consequence of the condition that the previous is false).
5. Connects two equivalent names.

Word: out

CEFR: A1

Word: over

CEFR: A1

noun:

1. A set of six legal balls bowled.
2. Any surplus amount of money, goods delivered, etc.

verb:

1. To go over, or jump over.
2. To run about.

adjective:

1. Discontinued; ended or concluded.

adverb:

1. Thoroughly; completely; from beginning to end.
2. To an excessive degree; overly.
3. From an upright position to being horizontal.
4. Horizontally; left to right or right to left.
5. From one position or state to another.
6. Overnight (throughout the night).
7. (usually with do) Again; another time; once more; over again.
8. (procedure word) a procedure word meaning that a station is finished transmitting and is expecting a response.

preposition:

1. Physical positioning.
2. By comparison.
3. Indicating relative status, authority, or power
4. Direction

Word: overhand

CEFR: A1

noun:

1. The upper hand; advantage; superiority; mastery.

verb:

1. Sew using an overhand stitch.

adjective:

1. Executed with the hand brought forward and down from above the shoulders
2. Sewn with close, vertical stitches that draw the edges of a seam together
3. (of a loop in rope) With the working part on top of the standing part.
4. Laid such that the surface of the wall to be jointed is on the opposite side of the wall from the joint
5. Done from below upward.

adverb:

1. In an overhand manner

Word: overhead

CEFR: A2

Phonetic: /ˌoʊvəˈhɛd/

noun:

1. The expense of a business not directly assigned to goods or services provided.
2. The items or classes of expense not directly assigned to goods or services provided.
3. Any cost or expenditure (monetary, time, effort or otherwise) incurred in a project or activity.
4. Wasted money.
5. A smash.
6. The ceiling of any enclosed space below decks in a vessel.
7. A compartment above the seats for stowing luggage in a passenger aircraft.
8. The system of overhead wires used to power electric transport, such as streetcars, trains, or trolleys.
9. Data or steps of computation used only to facilitate the computations in the system and not to produce the final result.
10. (by ellipsis) An overhead throw.

adjective:

1. Located above, especially over the head
2. Kicked over one's own head

adverb:

1. Above one's head; in the sky.
2. Per head; for each individual.

Word: parallette

CEFR: A1

Word: part

CEFR: A1

Word: partial

CEFR: A1

Phonetic: /p[][][][][]/

noun:

1. A partial derivative: a derivative with respect to one independent variable of a function in m
2. Any of the sine waves which make up a complex tone; often an overtone or harmonic of th
3. Dentures that replace only some of the natural teeth
4. (forensics) An incomplete fingerprint
5. A fragment of a template containing markup.

verb:

1. To take the partial regression coefficient.

adjective:

1. Existing as a part or portion; incomplete
2. Describing a property that holds only when an algorithm terminates
3. Biased in favor of a person, side, or point of view, especially when dealing with a competi
4. (followed by the preposition to) having a predilection for something
5. Of or relating to a partial derivative or partial differential
6. Subordinate

Word: pass

CEFR: A1

Phonetic: [p[]ä[]s]

verb:

1. To change place.
2. To change in state or status
3. To move through time.
4. To be accepted.
5. In any game, to decline to play in one's turn.
6. To do or be better.
7. To take heed.

Word: passe

CEFR: A1

verb:

1. To change place.
2. To change in state or status
3. To move through time.
4. To be accepted.
5. In any game, to decline to play in one's turn.
6. To do or be better.
7. To take heed.

adjective:

1. Dated; out of style; old-fashioned.
2. Past one's prime; worn; faded.

Word: pike

CEFR: B1

noun:

1. A very long spear used two-handed by infantry soldiers for thrusting (not throwing), both for
2. A sharp point, such as that of the weapon.
3. A large haycock.
4. Any carnivorous freshwater fish of the genus *Esox*, especially the northern pike, *Esox lucius*
5. A position with the knees straight and a tight bend at the hips with the torso folded over the
6. A pointy extrusion at the toe of a shoe.
7. Especially in place names: a hill or mountain, particularly one with a sharp peak or summit.
8. A pick, a pickaxe.
9. A hayfork.
10. A penis.

verb:

1. To prod, attack, or injure someone with a pike.
2. To assume a pike position.
3. To bet or gamble with only small amounts of money.
4. Often followed by on or out: to quit or back out of a promise.

Word: pikes

CEFR: A1

noun:

1. A very long spear used two-handed by infantry soldiers for thrusting (not throwing), both for
2. A sharp point, such as that of the weapon.
3. A large haystack.
4. Any carnivorous freshwater fish of the genus *Esox*, especially the northern pike, *Esox lucius*.
5. A position with the knees straight and a tight bend at the hips with the torso folded over the
6. A pointy extrusion at the toe of a shoe.
7. Especially in place names: a hill or mountain, particularly one with a sharp peak or summit.
8. A pick, a pickaxe.
9. A hayfork.
10. A penis.
11. Short for turnpike.
12. A gypsy, itinerant tramp, or traveller from any ethnic background; a pikey.

Word: pilates

CEFR: A1

noun:

1. A physical fitness system developed in the early 20th century by Joseph Pilates.

Word: pinch

CEFR: A1

Phonetic: /pɪntʃ/

noun:

1. The action of squeezing a small amount of a person's skin and flesh, making it hurt.
2. A close compression of anything with the fingers.
3. A small amount of powder or granules, such that the amount could be held between fingers.
4. An awkward situation of some kind (especially money or social) which is difficult to escape.
5. A metal bar used as a lever for lifting weights, rolling wheels, etc.
6. An organic herbal smoke additive.
7. A magnetic compression of an electrically-conducting filament.
8. The narrow part connecting the two bulbs of an hourglass.
9. An arrest.

verb:

1. To squeeze a small amount of a person's skin and flesh, making it hurt.
2. To squeeze between the thumb and forefinger.
3. To squeeze between two objects.
4. To steal, usually something inconsequential.

Word: pinky

CEFR: A1

Phonetic: /pɪŋki/

noun:

1. Methylated spirits mixed with red wine or Condyl's crystals.
2. A baby mouse, especially when used as food for a snake, etc.
3. A white person.
4. The Australasian snapper or pink snapper (*Chrysophrys auratus*).

adjective:

1. Pinkish.

Word: pistol

CEFR: A1

Phonetic: /pɪstl/

noun:

1. A handgun, typically with a chamber integrated in the barrel, a semi-automatic action and a
2. The mechanical component of a fuse in a bomb or torpedo responsible for firing the detonator.
3. A creative and unpredictable joker, a constant source of entertainment and surprises.
4. A small boy who is bright, alert and very active.
5. An offensive formation in which the quarterback receives the snap at a distance behind the

verb:

1. To shoot (at) a target with a pistol.

Word: plank

CEFR: A2

Phonetic: /plæŋk/

noun:

1. A long, broad and thick piece of timber, as opposed to a board which is less thick.
2. A political issue that is of concern to a faction or a party of the people and the political position.
3. Physical exercise in which one holds a pushup position for a measured length of time.
4. A stupid person, idiot.
5. That which supports or upholds.

verb:

1. To cover something with planking.
2. To bake (fish, etc.) on a piece of cedar lumber.
3. To lay down, as on a plank or table; to stake or pay cash.
4. To harden, as hat bodies, by felting.
5. To splice together the ends of slivers of wool, for subsequent drawing.

Word: plate

CEFR: A1

Phonetic: /pleɪt/

noun:

1. A slightly curved but almost flat dish from which food is served or eaten.
2. Such dishes collectively.
3. The contents of such a dish.
4. A course at a meal.
5. An agenda of tasks, problems, or responsibilities
6. A flat metallic object of uniform thickness.
7. A vehicle license plate.
8. A taxi permit, especially of a metal disc.
9. A layer of a material on the surface of something, usually qualified by the type of the material.
10. A material covered with such a layer.
11. A decorative or food service item coated with silver or gold.
12. A weighted disk, usually of metal, with a hole in the center for use with a barbell, dumbbell, etc.
13. An engraved surface used to transfer an image to paper.
14. An image or copy.
15. An illustration in a book, either black and white, or colour, usually on a page of paper of a certain size.
16. A shaped and fitted surface, usually ceramic or metal that fits into the mouth and in which food is held.
17. A horizontal framing member at the top or bottom of a group of vertical studs.
18. A foot, from "plates of meat".
19. Home plate.
20. A tectonic plate.
21. Plate armour.
22. Any of various larger scales found in some reptiles.
23. A flat electrode such as can be found in an accumulator battery, or in an electrolysis tank.
24. The anode of a vacuum tube.
25. Silver or gold, in the form of a coin, or less often silver or gold utensils or dishes (from Spanish).
26. A roundel of silver or tinctured argent.
27. A prize given to the winner in a contest.
28. Any flat piece of material such as coated glass or plastic.
29. (travel industry) A metallic card, used to imprint tickets with an airline's logo, name, and number.
30. (travel industry, by extension) The ability of a travel agent to issue tickets on behalf of a principal.
31. A VIN plate, particularly with regard to the car's year of manufacture.
32. One of the thin parts of the brisket of an animal.
33. A very light steel horseshoe for racehorses.
34. (furriers' slang) Skins for fur linings of garments, sewn together and roughly shaped, but not yet made into a garment.
35. (hat-making) The fine nap (as of beaver, musquash, etc.) on a hat whose body is made from a different material.

Word: plie

CEFR: A1

noun:

1. A smooth and continuous bending of the knees

Word: plus

CEFR: A1

Phonetic: /pl■s/

noun:

1. A positive quantity.
2. An asset or useful addition.
3. A plus sign: +.

verb:

1. To add; to subject to addition.
2. (often followed by 'up') To increase in magnitude.
3. To improve.
4. To provide critical feedback by giving suggestions for improvement rather than criticisms.
5. (sales) To sell additional related items with an original purchase.
6. To frame in a positive light; to provide a sympathetic interpretation.
7. (social media) To give a mark of approval on Google+.
8. To increase the potency of a remedy by diluting it in water and stirring.
9. (optometry) To increase a correction.

adjective:

1. Being positive rather than negative or zero.
2. Positive, or involving advantage.
3. Electrically positive.
4. (Of a quantity) Equal to or greater than; or more; upwards.

preposition:

1. And; sum of the previous one and the following one.
2. With; having in addition.
3. And also; in addition; besides (which).

Word: plyo

CEFR: A1

Word: plyometric

CEFR: B1

Word: point

CEFR: A1

noun:

1. A discrete division of something.
2. A sharp extremity.
3. One of the several different parts of the escutcheon.
4. A short piece of cordage used in reefing sails.
5. A string or lace used to tie together certain garments.
6. Lace worked by the needle.
7. An item of private information; a hint; a tip; a pointer.
8. The attitude assumed by a pointer dog when he finds game.
9. The perpendicular rising of a hawk over the place where its prey has gone into cover.
10. The act of pointing, as of the foot downward in certain dance positions.
11. The gesture of extending the index finger in a direction in order to indicate something.
12. A vaccine point.
13. In various sports, a position of a certain player, or, by extension, the player occupying that position.

Word: position

CEFR: A1

Phonetic: /pɒzɪʃ(ə)n/

noun:

1. A place or location.
2. A post of employment; a job.
3. A status or rank.
4. An opinion, stand or stance.
5. A posture.
6. (team sports) A place on the playing field, together with a set of duties, assigned to a player.
7. An amount of securities, commodities, or other financial instruments held by a person, firm or institution.
8. A commitment, or a group of commitments, such as options or futures, to buy or sell a given asset.
9. A method of solving a problem by one or two suppositions; also called the rule of trial and error.
10. The full state of a chess game at any given turn.

verb:

1. To put into place.

Word: power

CEFR: A1

Phonetic: /paʊə/

noun:

1. Ability to do or undergo something.
2. (social) Ability to coerce, influence or control.
3. (physical) Effectiveness.
4. A large amount or number.
5. Any of the elementary forms or parts of machines: three primary (the lever, inclined plane, pulley).
6. A measure of the effectiveness that a force producing a physical effect has over time. If linear, it is the rate of doing work.
7. A product of equal factors (and generalizations of this notion): x^n , read as "x to the power of n".
8. Cardinality.
9. The probability that a statistical test will reject the null hypothesis when the alternative hypothesis is true.
10. (in plural) In Christian angelology, an intermediate level of angels, ranked above archangels and below seraphim.

verb:

1. To provide power for (a mechanical or electronic device).
2. To hit or kick something forcefully.
3. To enable or provide the impetus for.

adjective:

1. Impressive.

Word: preacher

CEFR: A1

Phonetic: /ˈpreʃə/

noun:

1. Someone who preaches a worldview, philosophy or religion, especially someone who preaches in a church.

Word: press

CEFR: A1

Phonetic: /pres/

noun:

1. A device used to apply pressure to an item.
2. A printing machine.
3. (collective) The print-based media (both the people and the newspapers).
4. A publisher.
5. An enclosed storage space (e.g. closet, cupboard).
6. An exercise in which weight is forced away from the body by extension of the arms or legs.
7. (wagering) An additional bet in a golf match that duplicates an existing (usually losing) wager.
8. Pure, unfermented grape juice.

Word: pressdown

CEFR: A1

Word: pretzel

CEFR: A1

Phonetic: /ˈpɹet.səl/

noun:

1. A toasted bread or cracker usually in the shape of a loose knot.
2. (by extension) Anything that is knotted, twisted, or tangled.

verb:

1. To bend, twist, or contort.

Word: prisoner

CEFR: B1

Phonetic: /ˈprɪzən/

noun:

1. A person incarcerated in a prison, while on trial or serving a sentence.
2. Any person held against their will.

Word: prone

CEFR: A1

Phonetic: /praɪn/

adjective:

1. Lying face downward.
2. Having a downward inclination or slope.
3. Predisposed, liable, inclined.

Word: pull

CEFR: A1

Phonetic: /pʊl/

noun:

1. An act of pulling (applying force)
2. An attractive force which causes motion towards the source
3. Any device meant to be pulled, as a lever, knob, handle, or rope
4. Something in one's favour in a comparison or a contest; an advantage; means of influencing
5. Appeal or attraction (e.g. of a movie star)
6. The situation where a client sends out a request for data from a server, as in server pull, pull
7. A journey made by rowing
8. A contest; a struggle.
9. Loss or violence suffered.
10. The act of drinking; a mouthful or swig of a drink.

Word: pulldown

CEFR: B1

noun:

1. A dynamic menu; a list of options in a computer application which appears below a heading.
2. A technique by which a protein is brought down in a test tube by another.
3. The conversion of video footage to a higher frame rate by duplicating certain frames.
4. (usually uncountable) Dodder (plant of genus *Cuscuta*).
5. A trick done with rings where each ring is pulled down over the head instead of being caught.
6. (exercise) An exercise mostly performed by pulling cables, a bar, or handles from a machine.

Word: pullover

CEFR: B1

noun:

1. A sweater that must be put on by pulling it over the head; a sweater without buttons or a zipper.
2. An exercise performed lying on the back in which the arms are extended behind the head and pulled up.
3. (horizontal bar) An exercise in which the gymnast pulls up from a hang lifting the legs up and over the bar.
4. An instance of a vehicle being pulled over.

Word: punch

CEFR: A1

Phonetic: /pʌntʃ/

noun:

1. A hit or strike with one's fist.
2. Power, strength, energy.
3. Impact.

verb:

1. To strike with one's fist.
2. (of cattle) To herd.
3. To operate (a device or system) by depressing a button, key, bar, or pedal, or by similar means.
4. To enter (information) on a device or system.
5. To hit (a ball or similar object) with less than full force.
6. To make holes in something (rail ticket, leather belt, etc)
7. To thrust against; to poke.

Word: push

CEFR: A1

Phonetic: [pʊʃ]

noun:

1. A short, directed application of force; an act of pushing.
2. An act of tensing the muscles of the abdomen in order to expel its contents.
3. A great effort (to do something).
4. An attempt to persuade someone into a particular course of action.
5. A marching or drill maneuver/manoeuvre performed by moving a formation (especially a company).
6. A wager that results in no loss or gain for the bettor as a result of a tie or even score.
7. The addition of a data item to the top of a stack.
8. The situation where a server sends data to a client without waiting for a request.
9. A particular crowd or throng of people.
10. A foul shot in which the cue ball is in contact with the cue and the object ball at the same time.

verb:

1. To apply a force to (an object) such that it moves away from the person or thing applying the force.
2. To continually attempt to persuade (a person) into a particular course of action.
3. To press or urge forward; to drive.
4. To continually promote (a point of view, a product for sale, etc.).
5. To continually exert oneself in order to achieve a goal.
6. To approach; to come close to.
7. To tense the muscles in the abdomen in order to expel its contents.
8. To continue to attempt to persuade a person into a particular course of action.
9. To make a higher bid at an auction.
10. To make an all-in bet.
11. To move (a pawn) directly forward.
12. To add (a data item) to the top of a stack.
13. To publish (an update, etc.) by transmitting it to other computers.
14. To thrust the points of the horns against; to gore.
15. To burst out of its pot, as a bud or shoot.
16. To strike the cue ball in such a way that it stays in contact with the cue and object ball at the same time.

Word: quadruped

CEFR: B1

Phonetic: /ˈkwɒdrəˈpiːd/

noun:

1. A four-footed or four-legged animal.
2. A mammal ambulating on all fours.

Word: quarter

CEFR: A1

Phonetic: /■ko■.t■/

noun:

1. A fourth part of something.
2. Place or position.
3. Technical or specialized senses.
4. Short forms.

verb:

1. To divide into quarters; to divide by four.
2. To provide housing for military personnel or other equipment.
3. To lodge; to have a temporary residence.
4. To quartersaw.

adjective:

1. Pertaining to an aspect of a quarter.
2. Consisting of a fourth part, a quarter (1/4, 25%).
3. Related to a three-month term, a quarter of a year.

Word: rack

CEFR: A1

Word: raise

CEFR: A2

Phonetic: /■e■z/

noun:

1. An increase in wages or salary; a rise (UK).
2. A shoulder exercise in which the arms are elevated against resistance.
3. A shot in which the delivered stone bumps another stone forward.
4. A bet that increases the previous bet.

verb:

1. (physical) To cause to rise; to lift or elevate.
2. To create, increase or develop.
3. To establish contact with (e.g., by telephone or radio).
4. To respond to a bet by increasing the amount required to continue in the hand.
5. To exponentiate, to involute.
6. (of a verb) To extract (a subject or other verb argument) out of an inner clause.
7. (of a vowel) To produce a vowel with the tongue positioned closer to the roof of the mouth.
8. To increase the nominal value of (a cheque, money order, etc.) by fraudulently changing the
9. To throw (an exception).

Word: raised

CEFR: A1

Phonetic: /■e■zd/

verb:

1. (physical) To cause to rise; to lift or elevate.
2. To create, increase or develop.
3. To establish contact with (e.g., by telephone or radio).
4. To respond to a bet by increasing the amount required to continue in the hand.
5. To exponentiate, to involute.
6. (of a verb) To extract (a subject or other verb argument) out of an inner clause.
7. (of a vowel) To produce a vowel with the tongue positioned closer to the roof of the mouth.
8. To increase the nominal value of (a cheque, money order, etc.) by fraudulently changing the
9. To throw (an exception).

adjective:

1. Embossed, in relief.

Word: raises

CEFR: A1

noun:

1. An increase in wages or salary; a rise (UK).
2. A shoulder exercise in which the arms are elevated against resistance.
3. A shot in which the delivered stone bumps another stone forward.
4. A bet that increases the previous bet.
5. A cairn or pile of stones.

verb:

1. (physical) To cause to rise; to lift or elevate.
2. To create, increase or develop.
3. To establish contact with (e.g., by telephone or radio).
4. To respond to a bet by increasing the amount required to continue in the hand.
5. To exponentiate, to involute.
6. (of a verb) To extract (a subject or other verb argument) out of an inner clause.
7. (of a vowel) To produce a vowel with the tongue positioned closer to the roof of the mouth.
8. To increase the nominal value of (a cheque, money order, etc.) by fraudulently changing the
9. To throw (an exception).

Word: rdl

CEFR: A1

Word: reach

CEFR: A1

Phonetic: /■i■t■/

noun:

1. The act of stretching or extending; extension.
2. The ability to reach or touch with the person, a limb, or something held or thrown.
3. The power of stretching out or extending action, influence, or the like; power of attainment.
4. Extent; stretch; expanse; hence, application; influence; result; scope.
5. An exaggeration; an extension beyond evidence or normal; a stretch.
6. The distance a boxer's arm can extend to land a blow.
7. Any point of sail in which the wind comes from the side of a vessel, excluding close-hauled.
8. The distance traversed between tacks.
9. A stretch of a watercourse which can be sailed in one reach (in the previous sense). An example.
10. A level stretch of a watercourse, as between rapids in a river or locks in a canal. (example)
11. An extended portion or area of land or water.
12. An article to obtain an advantage.
13. The pole or rod connecting the rear axle with the forward bolster of a wagon.
14. An effort to vomit; a retching.

verb:

1. To extend, stretch, or thrust out (for example a limb or object held in the hand).
2. To give to someone by stretching out a limb, especially the hand; to give with the hand; to offer.
3. To stretch out the hand.
4. To attain or obtain by stretching forth the hand; to extend some part of the body, or something held in the hand, toward someone or something.
5. To strike or touch with a missile.
6. Hence, to extend an action, effort, or influence to; to penetrate to; to pierce, or cut.
7. To extend to; to stretch out as far as; to touch by virtue of extent.
8. To arrive at (a place) by effort of any kind.
9. To make contact with.
10. To connect with (someone) on an emotional level, making them receptive of (one); to get on with.
11. To arrive at a particular destination.
12. To continue living until, or up to, a certain age.
13. To understand; to comprehend.
14. To overreach; to deceive.
15. To strain after something; to make (sometimes futile or pretentious) efforts.
16. To extend in dimension, time etc.; to stretch out continuously (past, beyond, above, from, or toward).
17. To sail on the wind, as from one point of tacking to another, or with the wind nearly abeam.

Word: rear

CEFR: A1

Phonetic: /■ ■ ■ ■/

verb:

1. To bring up to maturity, as offspring; to educate; to instruct; to foster.
2. (said of people towards animals) To breed and raise.
3. To rise up on the hind legs
4. (usually with "up") To get angry.
5. To rise high above, tower above.
6. To raise physically or metaphorically; to lift up; to cause to rise, to elevate.
7. To construct by building; to set up
8. To raise spiritually; to lift up; to elevate morally.
9. To lift and take up.
10. To rouse; to strip up.

Word: reclining

CEFR: A1

verb:

1. To cause to lean back; to bend back.
2. To put in a resting position.
3. To lean back.
4. To put oneself in a resting position.

noun:

1. The act of one who reclines.

adjective:

1. Capable of being reclined, or moved into a more horizontal position.
2. Bending away from the perpendicular; recumbent.

Word: release

CEFR: A1

Phonetic: /■ ■ ■ ■li ■ s/

noun:

1. The event of setting (someone or something) free (e.g. hostages, slaves, prisoners, caged animals).
2. The distribution of an initial or new and upgraded version of a computer software product; the act of releasing a new version of a software product.
3. Anything recently released or made available (as for sale).
4. That which is released, untied or let go.
5. The giving up of a claim, especially a debt.
6. Liberation from pain or suffering.
7. The process by which a chemical substance is set free.

Word: renegade

CEFR: B1

Phonetic: /ˈrɛnəˈɡeɪd/

noun:

1. An outlaw or rebel.
2. A disloyal person who betrays or deserts a cause, religion, political party, friend, etc.

verb:

1. To desert one's cause, or change one's loyalties; to commit betrayal.

Word: retraction

CEFR: B1

noun:

1. An act or instance of retracting.
2. A statement printed or broadcast in a public forum which effects the withdrawal of an earlier statement.
3. A continuous function from a topological space onto a subspace which is the identity on the subspace.

Word: reverse

CEFR: A2

Phonetic: /rɪˈvɜːs/

noun:

1. The opposite of something.
2. The act of going backwards; a reversal.
3. A piece of misfortune; a setback.
4. The tails side of a coin, or the side of a medal or badge that is opposite the obverse.
5. The side of something facing away from a viewer, or from what is considered the front; the back.
6. The gear setting of an automobile that makes it travel backwards.
7. A thrust in fencing made with a backward turn of the hand; a backhanded stroke.
8. A turn or fold made in bandaging, by which the direction of the bandage is changed.

verb:

1. To turn something around so that it faces the opposite direction or runs in the opposite sequence.
2. To turn something inside out or upside down.
3. To transpose the positions of two things.
4. To change totally; to alter to the opposite.
5. To return, come back.
6. To turn away; to cause to depart.
7. To cause to return; to recall.
8. To revoke a law, or to change a decision into its opposite.
9. To cause a mechanism or a vehicle to operate or move in the opposite direction to normal.
10. To change the direction of a reaction such that the products become the reactants and vice versa.

Word: ring

CEFR: A1

Phonetic: /rɪŋ/

noun:

1. (physical) A solid object in the shape of a circle.
2. (physical) A group of objects arranged in a circle.
3. A piece of food in the shape of a ring.
4. A place where some sports or exhibitions take place; notably a circular or comparable arena.
5. An exclusive group of people, usually involving some unethical or illegal practices.
6. A group of atoms linked by bonds to form a closed chain in a molecule.
7. A planar geometrical figure included between two concentric circles.
8. A diacritical mark in the shape of a hollow circle placed above or under the letter; a kroužek.
9. An old English measure of corn equal to the coomb or half a quarter.
10. A hierarchical level of privilege in a computer system, usually at hardware level, used to protect resources.
11. Either of the pair of clamps used to hold a telescopic sight to a rifle.
12. The twenty-fifth Lenormand card.

verb:

1. To enclose or surround.
2. To make an incision around; to girdle.
3. To attach a ring to, especially for identification.
4. To surround or fit with a ring, or as if with a ring.
5. To rise in the air spirally.
6. To steal and change the identity of (cars) in order to resell them.

Word: rock

CEFR: A1

Phonetic: /rɒk/

noun:

1. A formation of minerals, specifically:
2. A large hill or island having no vegetation.
3. Something that is strong, stable, and dependable; a person who provides security or support.
4. A lump or cube of ice.
5. A type of confectionery made from sugar in the shape of a stick, traditionally having some filling.
6. A crystallized lump of crack cocaine.
7. An unintelligent person, especially one who repeats mistakes.
8. An Afrikaner.
9. An extremely conservative player who is willing to play only the very strongest hands.
10. Any of several fish:
11. A basketball.

Word: rocking

CEFR: A1

verb:

1. To move gently back and forth.
2. To cause to shake or sway violently.
3. To sway or tilt violently back and forth.
4. (of ore etc.) To be washed and panned in a cradle or in a rocker.
5. To disturb the emotional equilibrium of; to distress; to greatly impact (most often positively)
6. To do well or to be operating at high efficiency.
7. To make love to or have sex with.
8. To play, perform, or enjoy rock music, especially with a lot of skill or energy.
9. To be very favourable or skilful; excel; be fantastic.
10. To thrill or excite, especially with rock music
11. To do something with excitement yet skillfully
12. To wear (a piece of clothing, outfit etc.) successfully or with style; to carry off (a particular

noun:

1. The motion of something that rocks.
2. The abrading of a copper plate with a rocker, preparatory to mezzotinting.
3. The motion by which the design on a steel mill is transferred to a copper cylinder.

adjective:

1. Shaking, swaying or moving back and forth.
2. Excellent; great.

Word: roll

CEFR: A1

Phonetic: /rɒl/

noun:

1. The act or result of rolling, or state of being rolled.
2. A forward or backward roll in gymnastics; going head over heels. A tumble.
3. Something which rolls.
4. A swagger or rolling gait.
5. A heavy, reverberatory sound.
6. The uniform beating of a drum with strokes so rapid as scarcely to be distinguished by the
7. The oscillating movement of a nautical vessel as it rotates from side to side, on its fore-and-aft axis.
8. The measure or extent to which a vessel rotates from side to side, on its fore-and-aft axis.
9. The rotation angle about the longitudinal axis.
10. The act of, or total resulting from, rolling one or more dice.
11. A winning streak of continuing luck, especially at gambling (and especially in the phrase c
12. A winning streak of continuing luck, especially at gambling (and especially in the phrase c

Word: roller

CEFR: A1

noun:

1. (heading) Anything that rolls.
2. A long wide bandage used in surgery.
3. A large, wide, curling wave that falls back on itself as it breaks on a coast.
4. (heading) A bird.
5. A police patrol car or patrolman (rather than an unmarked police car or a detective)
6. A padded surcingle that is used on horses for training and vaulting.
7. A roll of titles or (especially) credits played over film or video; television or film credits.
8. A wheelchair user.

verb:

1. To roller skate.

Word: rolling

CEFR: A1

Phonetic: /rɒlɪŋ/

verb:

1. To cause to revolve by turning over and over; to move by turning on an axis; to impel forward.
2. To turn over and over.
3. To tumble in gymnastics; to do a somersault.
4. To wrap (something) round on itself; to form into a spherical or cylindrical body by causing to revolve.
5. To bind or involve by winding, as in a bandage; to enwrap; often with up.
6. To be wound or formed into a cylinder or ball.
7. To drive or impel forward with an easy motion, as of rolling.
8. To utter copiously, especially with sounding words; to utter with a deep sound; — often with on.
9. To press or level with a roller; to spread or form with a roll, roller, or rollers.
10. To spread itself under a roller or rolling-pin.
11. To move, or cause to be moved, upon, or by means of, rollers or small wheels.
12. To leave or begin a journey.
13. To compete, especially with vigor.
14. To beat with rapid, continuous strokes, as a drum; to sound a roll upon.
15. To apply (one line or surface) to another without slipping; to bring all the parts of (one line or surface) into contact with another.
16. To turn over in one's mind; to revolve.
17. To behave in a certain way; to adopt a general disposition toward a situation.
18. To throw dice.
19. To roll dice such that they form a given pattern or total.
20. To create a new character in a role-playing game, especially by using dice to determine personality traits.
21. To generate a random number.

Word: rollout

CEFR: A1

noun:

1. An act of rolling out; deployment.
2. A play in which a quarterback moves toward the sideline before attempting to pass.
3. A form of analysis in which the same position is played many times (with different dice rolls).
4. A game variant in which players progressively reveal their cards.

Word: romanian

CEFR: A1

Word: rope

CEFR: A1

Phonetic: /rəʊp/

noun:

1. Thick strings, yarn, monofilaments, metal wires, or strands of other cordage that are twisted together.
2. An individual length of such material.
3. A cohesive strand of something.
4. A continuous stream.
5. A hard line drive.
6. A long thin segment of soft clay, either extruded or formed by hand.
7. A data structure resembling a string, using a concatenation tree in which each leaf represents a character.
8. A unit of distance equivalent to the distance covered in six months by a god flying at ten miles per hour.
9. (jewelry) A necklace of at least 1 meter in length.
10. Cordage of at least 1 inch in diameter, or a length of such cordage.
11. A unit of length equal to 20 feet.
12. Flunitrazepam, also known as Rohypnol.
13. A shot of semen that a man releases during ejaculation.
14. (in the plural) The small intestines.

verb:

1. To tie (something) with rope.
2. To throw a rope (or something similar, e.g. a lasso, cable, wire, etc.) around (something).
3. To be formed into rope; to draw out or extend into a filament or thread.
4. To commit suicide.

Word: rotation CEFR: B1

Phonetic: /roʊteɪʃən/

noun:

1. The act of turning around a centre or an axis.
2. A single complete cycle around a centre or an axis.
3. A regular variation in a sequence, such as to even-out wear, or people taking turns in a task.
4. An operation on a metric space that is a continuous isometry and fixes at least one point.
5. The set of starting pitchers of a team.
6. The step during takeoff when the pilot commands the vehicle to lift the nose wheel off the ground.
7. Repeated play on a radio station, etc.

Word: rotational CEFR: A1

Word: rotations CEFR: A1

Word: row CEFR: A1

Word: run CEFR: A1

Word: runners CEFR: A1

Word: russian CEFR: A1

Word: scaption CEFR: B1

Word: scapular CEFR: A1

Word: scissor CEFR: A1

Word: scorpion CEFR: B1

Word: seated CEFR: A2

Word: serratus	CEFR: B1
Word: shelf	CEFR: A1
Word: shifting	CEFR: A1
Word: shoulder	CEFR: A2
Word: shrug	CEFR: B1
Word: shuffle	CEFR: A1
Word: side	CEFR: A1
Word: siff	CEFR: A1
Word: single	CEFR: A2
Word: sit	CEFR: A1
Word: situp	CEFR: A1
Word: skater	CEFR: B1
Word: ski	CEFR: A1
Word: sky	CEFR: A1
Word: slam	CEFR: B1
Word: sleeper	CEFR: A1
Word: slide	CEFR: A1

Word: slides

CEFR: A1

Word: sliding

CEFR: A1

Word: slimming

CEFR: A1

Word: smith

CEFR: A1

Phonetic: /smɪθ/

noun:

1. A craftsperson who works metal into desired forms using a hammer and other tools, sometimes a blacksmith.
2. (by extension) One who makes anything; wright.
3. An artist.

Word: snatch

CEFR: A1

Phonetic: /snætʃ/

noun:

1. A quick grab or catch.
2. A competitive weightlifting event in which a barbell is lifted from the platform to locked arms.
3. A piece of some sound, usually music or conversation.
4. The vulva.
5. A brief period of exertion.
6. A catching of the voice.
7. A hasty snack; a bite to eat.
8. A quibble.

verb:

1. To grasp and remove quickly.
2. To attempt to seize something suddenly.
3. To take or seize hastily, abruptly, or without permission or ceremony.
4. To steal.
5. (by extension) To take (a victory) at the last moment.
6. To do something quickly in the limited time available.

Word: spiderman

CEFR: A1

noun:

1. A steeplejack.
2. A free climber.

Word: spine

CEFR: A1

Phonetic: /spaɪn/

noun:

1. The series of bones situated at the back from the head to the pelvis of a person, or from the neck to the tail of an animal.
2. Something resembling a backbone, such as a ridge, or a long, central structure from which other parts branch out.
3. A pointed, fairly rigid protuberance or needle-like structure on an animal, shell, or plant.
4. The heartwood of trees.
5. Courage or assertiveness.
6. The stiffness of an arrow.

Word: split

CEFR: B1

Phonetic: /splɪt/

noun:

1. A crack or longitudinal fissure.
2. A breach or separation, as in a political party; a division.
3. A piece that is split off, or made thin, by splitting; a splinter; a fragment.
4. (leather manufacture) One of the sections of a skin made by dividing it into two or more thin parts.
5. (cheerleading, usually in the phrase "to do the splits") A maneuver of spreading or sliding the legs apart.
6. A workout routine as seen by its distribution of muscle groups or the extent and manner the muscles are used.
7. A split-finger fastball.
8. A result of a first throw that leaves two or more pins standing with one or more pins between them.
9. A split shot or split stroke.
10. A dessert or confection resembling a banana split.
11. A unit of measure used for champagne or other spirits: 18.75 centiliters or one quarter of a standard bottle.
12. A bottle of wine containing 37.5 centiliters, half the volume of a standard 75-centiliter bottle.
13. The elapsed time at specific intermediate points in a race.
14. The elapsed time at specific intermediate points in a speedrun.
15. A tear resulting from tensile stresses.
16. A division of a stake happening when two cards of the kind on which the stake is laid are dealt.
17. A recording containing songs by multiple artists.

verb:

Word: sprint

CEFR: B1

Phonetic: /spɪnt/

noun:

1. A short race at top speed.
2. A burst of speed or activity.
3. In Agile software development, a period of development of a fixed time that is preceded and followed by a period of low activity.

verb:

1. To run, cycle, etc. at top speed for a short period,

Word: squat

CEFR: A1

noun:

1. Nothing; nothing whatsoever.
2. A position assumed by bending deeply at the knees while resting on one's feet.
3. (exercise) Any of various modes of callisthenic exercises performed by moving the body and bending deeply at the knees.
4. A building occupied without permission, as practiced by a squatter.
5. A place of concealment in which a hare spends time when inactive, especially during the day.
6. A toilet used by squatting as opposed to sitting; a squat toilet.
7. A sudden or crushing fall.
8. A small vein of ore.
9. A mineral consisting of tin ore and spar.

verb:

1. To bend deeply at the knees while resting on one's feet.
2. (exercise) To perform one or more callisthenic exercises by moving the body and bending deeply at the knees.
3. To occupy or reside in a place without the permission of the owner.
4. To sit close to the ground; to cower; to stoop, or lie close, to escape observation, as a part of a military drill.
5. To bruise or flatten by a fall; to squash.

adjective:

1. Relatively short or low, and thick or broad.
2. Sitting on the hams or heels; sitting close to the ground; cowering; crouching.

Word: squats

CEFR: A1

noun:

1. Nothing; nothing whatsoever.
2. A position assumed by bending deeply at the knees while resting on one's feet.
3. (exercise) Any of various modes of callisthenic exercises performed by moving the body and bending at the knees.
4. A building occupied without permission, as practiced by a squatter.
5. A place of concealment in which a hare spends time when inactive, especially during the day.
6. A toilet used by squatting as opposed to sitting; a squat toilet.
7. A sudden or crushing fall.
8. A small vein of ore.
9. A mineral consisting of tin ore and spar.
10. The angel shark (genus *Squatina*).

verb:

1. To bend deeply at the knees while resting on one's feet.
2. (exercise) To perform one or more callisthenic exercises by moving the body and bending at the knees.
3. To occupy or reside in a place without the permission of the owner.
4. To sit close to the ground; to cower; to stoop, or lie close, to escape observation, as a part of a disguise.
5. To bruise or flatten by a fall; to squash.

Word: squeeze

CEFR: A1

Phonetic: /skwi■z/

noun:

1. A close or tight fit.
2. A difficult position.
3. A hug or other affectionate grasp.
4. A romantic partner.
5. An illicit alcoholic drink made by squeezing Sterno through cheesecloth, etc., and mixing the liquid with sugar.
6. The act of bunting in an attempt to score a runner from third.
7. A play that forces an opponent to discard a card that gives up one or more tricks.
8. A traversal of a narrow passage.
9. (epigraphy) An impression of an inscription formed by pressing wet paper onto the surface of a stone or metal.
10. The gradual closing of workings by the weight of the overlying strata.
11. A bribe or fee paid to a middleman, especially in China; the practice of requiring such a bribe.

verb:

1. To apply pressure to from two or more sides at once.
2. To embrace closely; to give a tight hug to.
3. To finish a sentence.

Word: stability

CEFR: B1

Phonetic: /stəˈbɪlɪti/

noun:

1. The condition of being stable or in equilibrium, and thus resistant to change.
2. The tendency to recover from perturbations.

Word: stabilization

CEFR: A1

noun:

1. The process of stabilizing.
2. The result of being stabilized.
3. A preliminary medical process for sick or injured people to attempt to keep their medical condition stable.

Word: stacked

CEFR: A1

verb:

1. To arrange in a stack, or to add to an existing stack.
2. To arrange the cards in a deck in a particular manner.
3. To take all the money another player currently has on the table.
4. To deliberately distort the composition of (an assembly, committee, etc.).
5. To crash; to fall.
6. To operate cumulatively.
7. To place (aircraft) into a holding pattern.
8. To collect precious metal in the form of various small objects such as coins and bars.

adjective:

1. Arranged in a stack
2. Having large breasts
3. Unfairly constructed, as a stacked deck of cards.

Word: staggered

CEFR: B1

verb:

1. Sway unsteadily, reel, or totter.
2. Doubt, waver, be shocked.
3. Have multiple groups doing the same thing in a uniform fashion, but starting at different, even times.

adjective:

1. Astonished, taken aback.
2. Arranged in a way that is not uniform.

Word: stance

CEFR: A1

noun:

1. The manner, pose, or posture in which one stands.
2. One's opinion or point of view.
3. A place to stand; a position, a site, a station.
4. A place for buses or taxis to await passengers; a bus stop, a taxi rank.
5. A place where a fair or market is held; a location where a street trader can carry on business.
6. A stanza.

verb:

1. To place, to position, to station; (specifically) to put (cattle) into an enclosure or pen in preparation for sale.

Word: stand

CEFR: A1

Phonetic: /stænd/

noun:

1. The act of standing.
2. A defensive position or effort.
3. A resolute, unwavering position; firm opinion; action for a purpose in the face of opposition.
4. A period of performance in a given location or venue.
5. A device to hold something upright or aloft.
6. The platform on which a witness testifies in court; the witness stand or witness box.
7. A particular grove or other group of trees or shrubs.
8. A contiguous group of trees sufficiently uniform in age-class distribution, composition, and structure.
9. A standstill, a motionless state, as of someone confused, or a hunting dog who has found a scent.
10. A small building, booth, or stage, as in a bandstand or hamburger stand.
11. A designated spot where someone or something may stand or wait.
12. The situation of a shop, store, hotel, etc.
13. Grandstand. (often in the plural)
14. A partnership.
15. (plural often stand) A single set, as of arms.
16. Rank; post; station; standing.
17. A state of perplexity or embarrassment.
18. A young tree, usually reserved when other trees are cut; also, a tree growing or standing in a field.
19. A weight of from two hundred and fifty to three hundred pounds, used in weighing pitch.
20. A location or position where one may stand.

verb:

1. (heading) To position or be positioned physically.

Word: standing

CEFR: A2

Phonetic: /■stænd■■/

verb:

1. (heading) To position or be positioned physically.
2. (heading) To position or be positioned mentally.
3. (heading) To position or be positioned socially.
4. Of a ship or its captain, to steer, sail (in a specified direction, for a specified destination etc)
5. To remain without ruin or injury.
6. To stop asking for more cards; to keep one's hand as it has been dealt so far.

adjective:

1. Erect, not cut down.
2. Performed from an erect position.
3. Remaining in force or status.
4. Stagnant; not moving or flowing.
5. Not transitory; not liable to fade or vanish; lasting.
6. Not movable; fixed.

Word: static

CEFR: A1

Phonetic: /■stæt.■k/

noun:

1. Interference on a broadcast signal caused by atmospheric disturbances; heard as crackles
2. (by extension) Interference or obstruction from people.
3. Static electricity.
4. A static caravan.
5. Verbal abuse.
6. A static variable.

adjective:

1. Unchanging; that cannot or does not change.
2. Immobile; fixed in place; having no motion.
3. Computed, created or allocated before the program starts running, and usually not changed
4. Defined for the class itself, as opposed to instances of it; thus shared between all instances

Word: step

CEFR: A1

Phonetic: /stɪp/

noun:

1. An advance or movement made from one foot to the other; a pace.
2. A rest, or one of a set of rests, for the foot in ascending or descending, as a stair, or a rung.
3. A distinct part of a process; stage; phase.
4. A running board where passengers step to get on and off the bus.
5. The space passed over by one movement of the foot in walking or running.
6. A small space or distance.
7. A print of the foot; a footstep; a footprint; track.
8. A gait; manner of walking.
9. Proceeding; measure; action; act.
10. (plural) A walk; passage.
11. (plural) A portable framework of stairs, much used indoors in reaching to a high position.
12. A framing in wood or iron which is intended to receive an upright shaft; specifically, a block.
13. (machines) One of a series of offsets, or parts, resembling the steps of stairs, as one of the steps of a screw.
14. (machines) A bearing in which the lower extremity of a spindle or a vertical shaft revolves.
15. The interval between two contiguous degrees of the scale.
16. (kinematics) A change of position effected by a motion of translation.
17. A constant difference between consecutive values in a series.
18. A stepsibling.

verb:

1. To move the foot in walking; to advance or recede by raising and moving one of the feet to the next step.
2. To walk; to go on foot; especially, to walk a little distance.
3. To walk slowly, gravely, or resolutely.
4. To move mentally; to go in imagination.
5. To set, as the foot.
6. To fix the foot of (a mast) in its step; to erect.

Word: stepover

CEFR: A1

Word: stop

CEFR: A1

Phonetic: /stɒp/

noun:

1. A (usually marked) place where buses, trams or trains halt to let passengers get on and off.
2. An action of stopping; interruption of travel.
3. That which stops, impedes, or obstructs; an obstacle; an impediment.

Word: straight

CEFR: A1

Phonetic: /stɹeɪt/

noun:

1. Something that is not crooked or bent such as a part of a road or track.
2. Five cards in sequence.
3. A heterosexual.
4. A normal person; someone in mainstream society.
5. A cigarette, particularly one containing tobacco instead of marijuana. Also straighter.

verb:

1. To straighten.

adjective:

1. Not crooked or bent; having a constant direction throughout its length.
2. (of a path, trajectory, etc.) Direct, undeviating.
3. Perfectly horizontal or vertical; not diagonal or oblique.
4. Describing the bat as held so as not to incline to either side; on, or near a line running between the thumb and index finger.
5. Direct in communication; unequivocal, straightforward.
6. Free from dishonesty; honest, law-abiding.
7. Serious rather than comedic.
8. In proper order; as it should be.
9. In a row, in unbroken sequence; consecutive.
10. Describing the sets in a match of which the winner did not lose a single set.
11. Making no exceptions or deviations in one's support of the organization and candidates of the party.
12. Containing the names of all the regularly nominated candidates of a party and no others.
13. Conventional, mainstream, socially acceptable.
14. Heterosexual, attracted to people of the opposite sex.
15. (of a romantic or sexual relation) Occurring between people of opposite sex.
16. Not using alcohol, drugs, etc.
17. Not plus size; thin.
18. Strait; narrow.
19. Stretched out; fully extended.
20. Thorough; utter; unqualified.
21. Of spirits: undiluted, unmixed; neat.
22. Concerning the property allowing the parallel-transport of vectors along a curve that keeps them parallel.

adverb:

1. Of a direction relative to the subject, precisely; as if following a direct line.
2. Directly; without pause, delay or detour.

Word: stretch

CEFR: A1

Phonetic: /stʃtʃtʃ/

noun:

1. An act of stretching.
2. The ability to lengthen when pulled.
3. A course of thought which diverts from straightforward logic, or requires extraordinary belief.
4. A segment of a journey or route.
5. A segment or length of material.
6. A quick pitching delivery used when runners are on base where the pitcher slides his leg in.
7. A long reach in the direction of the ball with a foot remaining on the base by a first baseman.
8. Term of address for a tall person.
9. The homestretch, the final straight section of the track leading to the finish.
10. A length of time.
11. A stretch limousine.

verb:

1. To lengthen by pulling.
2. To lengthen when pulled.
3. To pull tight.
4. To get more use than expected from a limited resource.
5. To make inaccurate by exaggeration.
6. To extend physically, especially from limit point to limit point.
7. To extend one's limbs or another part of the body in order to improve the elasticity of one's.
8. To extend to a limit point
9. To increase.
10. To stretch the truth; to exaggerate.
11. To sail by the wind under press of canvas.
12. To execute by hanging.
13. To make great demands on the capacity or resources of something.

Word: strike

CEFR: A1

Phonetic: /straɪk/

noun:

1. A status resulting from a batter swinging and missing a pitch, or not swinging at a pitch when it is in the strike zone.
2. The act of knocking down all ten pins in on the first roll of a frame.
3. A work stoppage (or otherwise concerted stoppage of an activity) as a form of protest.
4. A blow or application of physical force against something.
5. In an option contract, the price at which the holder buys or sells if they choose to exercise the option.

Word: suitcase

CEFR: A1

Phonetic: /ˈsuːtkeɪs/

noun:

1. A large (usually rectangular) piece of luggage used for carrying clothes, and sometimes su

verb:

1. To trade using samples in a suitcase.
2. To smuggle in one's rectum.

Word: sumo

CEFR: A1

Phonetic: /ˈsuːmʊ/

noun:

1. A stylised Japanese form of wrestling in which a wrestler loses if he is forced from the ring.
2. A rikishi (sumo wrestler)

Word: superman

CEFR: A1

noun:

1. An imagined superior type of human being representing a new stage of human developme
2. A person of extraordinary or seemingly superhuman powers.

Word: supine

CEFR: B1

Phonetic: /ˈs(j)uːpaɪn/

noun:

1. (grammar) In Latin and other languages: a type of verbal noun used in the ablative and acc
2. (grammar) In Swedish: a verb form that combines with an inflection of ha to form the prese

adjective:

1. Lying on its back.
2. Reluctant to take action due to indifference or moral weakness; apathetic or passive toward
3. Inclining or leaning backward; inclined, sloping.

Word: suspended

CEFR: B1

Word: sweep	CEFR: A1
Word: swing	CEFR: A1
Word: swings	CEFR: A1
Word: swiss	CEFR: B1
Word: switch	CEFR: A1
Word: switches	CEFR: A1
Word: t	CEFR: A1
Word: tabletop	CEFR: A1
Word: tap	CEFR: A1
Word: teaser	CEFR: A1
Word: the	CEFR: A1
Word: thigh	CEFR: A1
Word: thoracic	CEFR: B1
Word: three	CEFR: A1
Word: through	CEFR: A1
Word: throw	CEFR: A1
Word: throws	CEFR: A1

Word: thrust CEFR: B1

Word: thrusters CEFR: A1

Word: thrusts CEFR: A1

Word: thumb CEFR: A1

Word: tilts CEFR: A1

Word: to CEFR: A1

Word: toe CEFR: A1

Word: toes CEFR: A1

Word: touch CEFR: A1

Word: towel CEFR: A1

Word: trap CEFR: A1

Word: triangle CEFR: A1

Word: triceps CEFR: A2

Word: triple CEFR: A1

Word: trx CEFR: A1

Word: tuck CEFR: A1

Phonetic: /tʌk/

noun:

1. An act of tucking; a pleat or fold.
2. A fold in fabric that has been stitched in place from end to end, as to reduce the overall dimension.
3. A curled position.
4. A plastic surgery technique to remove excess skin.
5. (piano, when playing scales on piano keys) The act of keeping the thumb in position while

Word: tucks

CEFR: A1

Word: turkish

CEFR: B1

Word: twist

CEFR: A1

Phonetic: /twɪst/

noun:

1. A twisting force.
2. Anything twisted, or the act of twisting.
3. The form given in twisting.
4. The degree of stress or strain when twisted.
5. A type of thread made from two filaments twisted together.
6. A sliver of lemon peel added to a cocktail, etc.
7. A sudden bend (or short series of bends) in a road, path, etc.
8. A distortion to the meaning of a word or passage.
9. An unexpected turn in a story, tale, etc.
10. (preceded by definite article) A type of dance characterised by rotating one's hips. See Twirl.
11. A rotation of the body when diving.
12. A sprain, especially to the ankle.
13. A twig.
14. A girl, a woman.
15. A roll of twisted dough, baked.
16. A small roll of tobacco.
17. A material for gun barrels, consisting of iron and steel twisted and welded together.
18. The spiral course of the rifling of a gun barrel or a cannon.
19. A beverage made of brandy and gin.
20. A strong individual tendency or bent; inclination.
21. An appetite for food.

verb:

1. To turn the ends of something, usually thread, rope etc., in opposite directions, often using a tool.
2. To join together by twining one part around another.
3. To contort; to writhe; to complicate; to crook spirally; to convolve.
4. To wreath; to wind; to encircle; to unite by intertexture of parts.
5. To wind into; to insinuate.
6. To turn a knob etc.
7. To distort or change the truth or meaning of words when repeating.
8. To form a twist (in any of the above noun meanings).
9. To twist (a person's) head, etc. in a particular direction.

Word: twisting

CEFR: A1

Phonetic: /twɪst/

noun:

1. A twisting force.
2. Anything twisted, or the act of twisting.
3. The form given in twisting.
4. The degree of stress or strain when twisted.
5. A type of thread made from two filaments twisted together.
6. A sliver of lemon peel added to a cocktail, etc.
7. A sudden bend (or short series of bends) in a road, path, etc.
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11. A rotation of the body when diving.
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13. A twig.
14. A girl, a woman.
15. A roll of twisted dough, baked.
16. A small roll of tobacco.
17. A material for gun barrels, consisting of iron and steel twisted and welded together.
18. The spiral course of the rifling of a gun barrel or a cannon.
19. A beverage made of brandy and gin.
20. A strong individual tendency or bent; inclination.
21. An appetite for food.
22. The disreputable practice of selling unnecessary insurance to a customer in order to earn

verb:

1. To turn the ends of something, usually thread, rope etc., in opposite directions, often using
2. To join together by twining one part around another.
3. To contort; to writhe; to complicate; to crook spirally; to convolve.
4. To wreath; to wind; to encircle; to unite by intertexture of parts.
5. To wind into; to insinuate.
6. To turn a knob etc.
7. To distort or change the truth or meaning of words when repeating.
8. To form a twist (in any of the above noun meanings).
9. To injure (a body part) by bending it in the wrong direction.
10. (of a path) To wind; to follow a bendy or wavy course; to have many bends.
11. To cause to rotate.

Word: two

CEFR: A1

Phonetic: /tu/

noun:

1. The digit/figure 2.
2. A two-dollar bill.
3. A child aged two.
4. A playing card featuring two pips.

numeral:

1. A numerical value equal to 2; this many dots (••).
2. Describing a set or group with two elements.

Word: u

CEFR: A1

noun:

1. The name of the Latin-script letter U.
2. A thing in the shape of the letter U

pronoun:

1. (abbreviation) you (in text messaging and internet conversations)

adjective:

1. Beneath the surface of the water, or of or pertaining to the region beneath the water surface
2. Beneath the water line of a vessel
3. Under water.
4. Having negative equity; owing more on an asset than its market value

Word: under

CEFR: A1

Phonetic: /ʌnd/

adjective:

1. Being lower; being beneath something.
2. Under anesthesia, especially general anesthesia; sedated.

adverb:

1. In a way lower or less than.
2. In a way inferior to.
3. In an unconscious state.

preposition:

1. In or at a lower level than.

Word: underhand

CEFR: B1

Phonetic: /ˌʌndəˈhænd/

noun:

1. The lower of two hands, the hand under the work.

verb:

1. To toss or lob with an underhand movement.
2. To trick, deceive or gull.
3. To excavate downward in successive steps or horizontal slices while positioned above on

adjective:

1. Secret; clandestine
2. (by extension) dishonest and sneaky; done in a secret or sly manner
3. (in various ball games, of a ball) thrown (etc.) with the hand brought forward and up from b

adverb:

1. With an underhand movement
2. In a sly, sneaky or secret manner

Word: uneven

CEFR: B1

Phonetic: /ˈʌniːvən/

verb:

1. To make uneven.

adjective:

1. Not even
2. Not level or smooth
3. Not uniform
4. Varying in quality
5. Odd

Word: up

CEFR: A1

Phonetic: /ʌp/

noun:

1. The direction opposed to the pull of gravity.
2. A positive thing.
3. An upstairs room of a two story house.

verb:

Word: upright

CEFR: B1

Phonetic: /ˈʊprʌt/

noun:

1. Any vertical part of a structure, especially one of the goal posts in sports.
2. A word clued by the successive initial, middle, or final letters of the cross-lights in a double
3. An upright piano.
4. Short for upright vacuum cleaner.

verb:

1. To set upright or stand back up (something that has fallen).

adjective:

1. Vertical; erect.
2. Greater in height than breadth.
3. Of good morals; practicing ethical values.
4. (of a golf club) Having the head approximately at a right angle with the shaft.

adverb:

1. In or into an upright position

Word: ups

CEFR: A1

Phonetic: /ʊps/

noun:

1. The direction opposed to the pull of gravity.
2. A positive thing.
3. An upstairs room of a two story house.

verb:

1. To increase or raise.
2. To promote.
3. (usually in combination with another verb) To act suddenly.
4. To ascend; to climb up.
5. To upload.

Word: v

CEFR: A1

noun:

1. A shape resembling the letter v

Word: w

CEFR: A1

Phonetic: /wɛdʒ.b.ju/

noun:

1. Watt
2. West
3. Witness
4. Work
5. Wanker

adjective:

1. Wide
2. White

preposition:

1. With

Word: waist

CEFR: A1

Phonetic: /weɪst/

noun:

1. The part of the body between the pelvis and the stomach.
2. A part of a piece of clothing that covers the waist.
3. The narrow connection between the thorax and abdomen in certain insects (e.g., bees, ants).
4. The middle portion of the hull of a ship or the fuselage of an aircraft.
5. That part of the upper deck of a ship between the quarterdeck and the forecastle.
6. The middle part of anything.

Word: walk

CEFR: A1

verb:

1. To move on the feet by alternately setting each foot (or pair or group of feet, in the case of a group).
2. To "walk free", i.e. to win, or avoid, a criminal court case, particularly when actually guilty.
3. Of an object, to go missing or be stolen.
4. (of a batsman) To walk off the field, as if given out, after the fielding side appeals and before the umpire has decided.
5. To travel (a distance) by walking.

Word: walking

CEFR: A1

Phonetic: /wɔːk/

verb:

1. To move on the feet by alternately setting each foot (or pair or group of feet, in the case of a group).
2. To "walk free", i.e. to win, or avoid, a criminal court case, particularly when actually guilty.
3. Of an object, to go missing or be stolen.
4. (of a batsman) To walk off the field, as if given out, after the fielding side appeals and before the umpire has decided.
5. To travel (a distance) by walking.
6. To take for a walk or accompany on a walk.
7. To allow a batter to reach base by pitching four balls.
8. To move something by shifting between two positions, as if it were walking.
9. To full; to beat cloth to give it the consistency of felt.
10. To traverse by walking (or analogous gradual movement).
11. To operate the left and right throttles of (an aircraft) in alternation.
12. To leave, resign.
13. To push (a vehicle) alongside oneself as one walks.
14. To behave; to pursue a course of life; to conduct oneself.
15. To be stirring; to be abroad; to go restlessly about; said of things or persons expected to move.
16. To be in motion; to act; to move.
17. To put, keep, or train (a puppy) in a walk, or training area for dogfighting.
18. (hotel) To move a guest to another hotel if their confirmed reservation is not available on the date of arrival.

adjective:

1. Incarnate as a human; living.
2. Able to walk in spite of injury or sickness.
3. Characterized by or suitable for walking.

Word: walkout

CEFR: A1

noun:

1. A sudden stoppage of work.
2. A similar mass action of people leaving a place as a form of protest.

Word: walks

CEFR: A1

Phonetic: /wɔːks/

verb:

1. To move on the feet by alternately setting each foot (or pair or group of feet, in the case of a group).
2. To "walk free", i.e. to win, or avoid, a criminal court case, particularly when actually guilty.
3. Of an object, to go missing or be stolen.
4. (of a batsman) To walk off the field, as if given out, after the fielding side appeals and before the umpire has called for a new ball.
5. To travel (a distance) by walking.
6. To take for a walk or accompany on a walk.
7. To allow a batter to reach base by pitching four balls.
8. To move something by shifting between two positions, as if it were walking.
9. To full; to beat cloth to give it the consistency of felt.
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11. To operate the left and right throttles of (an aircraft) in alternation.
12. To leave, resign.
13. To push (a vehicle) alongside oneself as one walks.
14. To behave; to pursue a course of life; to conduct oneself.
15. To be stirring; to be abroad; to go restlessly about; said of things or persons expected to move.
16. To be in motion; to act; to move.
17. To put, keep, or train (a puppy) in a walk, or training area for dogfighting.
18. (hotel) To move a guest to another hotel if their confirmed reservation is not available on the date of arrival.

noun:

1. A trip made by walking.
2. A distance walked.
3. An Olympic Games track event requiring that the heel of the leading foot touch the ground.
4. A manner of walking; a person's style of walking.
5. A path, sidewalk/pavement or other maintained place on which to walk. Compare trail.
6. A situation where all players fold to the big blind, as their first action (instead of calling or raising).
7. An award of first base to a batter following four balls being thrown by the pitcher; known in baseball as a walk.
8. In coffee, coconut, and other plantations, the space between them.
9. (Belize) An area of an estate planted with fruit-bearing trees.
10. A place for keeping and training puppies for dogfighting.
11. An enclosed area in which a gamecock is confined to prepare him for fighting.
12. A sequence of alternating vertices and edges, where each edge's endpoints are the previous and next vertices.
13. Something very easily accomplished; a walk in the park.
14. A cheque drawn on a bank that was not a member of the London Clearing and whose sort code was not in the London Clearing.

Word: wall

CEFR: A1

Phonetic: /wɔːl/

noun:

1. A rampart of earth, stones etc. built up for defensive purposes.
2. A structure built for defense surrounding a city, castle etc.
3. Each of the substantial structures acting either as the exterior of or divisions within a structure.
4. A point of desperation.
5. A point of defeat or extinction.
6. An impediment to free movement.
7. A type of butterfly (Lasiommata megera).
8. (often in combination) A barrier.
9. A barrier to vision.
10. Something with the apparent solidity and dimensions of a building wall.
11. A divisive or containing structure in an organ or cavity.
12. (auction) A fictional bidder used to increase the price at an auction.
13. A doctor who tries to admit as few patients as possible.
14. A line of defenders set up between an opposing free-kick taker and the goal.
15. A personal notice board listing messages of interest to a particular user.

verb:

1. To enclose with, or as if with, a wall or walls.

Word: way

CEFR: A1

Phonetic: /weɪ/

noun:

1. (heading) To do with a place or places.
2. A method or manner of doing something; a mannerism.
3. A state or condition
4. (heading) Personal interaction.
5. A tradition within the modern pagan faith of Heathenry, dedication to a specific deity or craft.
6. Speed, progress, momentum.
7. A degree, an amount, a sense.
8. (As the head of an interjectory clause, followed by an infinitive starting with "to") Acknowledgement.
9. The timbers of shipyard stocks that slope into the water and along which a ship or large boat is moved.
10. The longitudinal guiding surfaces on the bed of a planer, lathe, etc. along which a table or workpiece is moved.

verb:

1. To travel.

Word: weave

CEFR: A1

Phonetic: /wiːv/

noun:

1. A type or way of weaving.
2. Human or artificial hair worn to alter one's appearance, either to supplement or to cover the

verb:

1. To form something by passing lengths or strands of material over and under one another.
2. To spin a cocoon or a web.
3. To unite by close connection or intermixture.
4. To compose creatively and intricately; to fabricate.

Word: weight

CEFR: A1

Phonetic: /weɪt/

noun:

1. (physical) Matter, material.
2. A large quantity; a sum.
3. The Eucharist, now especially in Roman Catholicism.
4. Celebration of the Eucharist.
5. (usually as the Mass) The sacrament of the Eucharist.
6. A musical setting of parts of the mass.
7. The force on an object due to the gravitational attraction between it and the Earth (or whatever it is near).
8. An object used to make something heavier.
9. A standardized block of metal used in a balance to measure the mass of another object.
10. Importance or influence.
11. An object, such as a weight plate or barbell, used for strength training.
12. (lubricants) viscosity rating.
13. Mass (atomic weight, molecular weight, etc.) (in restricted circumstances)
14. (measurement) Mass (net weight, troy weight, carat weight, etc.).
15. A variable which multiplies a value for ease of statistical manipulation.
16. The smallest cardinality of a base.
17. The boldness of a font; the relative thickness of its strokes.
18. (visual art) The relative thickness of a drawn rule or painted brushstroke, line weight.
19. (visual art) The illusion of mass.
20. (visual art) The thickness and opacity of paint.
21. Pressure; burden.
22. The resistance against which a machine acts, as opposed to the power which moves it.
23. Shipments of (often illegal) drugs.

Word: weighted

CEFR: A2

Phonetic: /ˈweɪt.ɪd/

verb:

1. To add weight to something; to make something heavier.
2. To load, burden or oppress someone.
3. To assign weights to individual statistics.
4. To bias something; to slant.
5. To handicap a horse with a specified weight.
6. To give a certain amount of force to a throw, kick, hit, etc.

adjective:

1. Having weights on it.
2. Biased, so as to favour one party.
3. (of a graph) having values assigned to its edges
4. With the components of an average multiplied by particular factors so as to take account of
5. Containing a large proportion (of something).

Word: wheel

CEFR: A1

Phonetic: /wiːl/

noun:

1. A circular device capable of rotating on its axis, facilitating movement or transportation or propulsion.
2. The breaking wheel, an old instrument of torture.
3. A person with a great deal of power or influence; a big wheel.
4. The lowest straight in poker: ace, 2, 3, 4, 5.
5. A wheelrim.
6. A round portion of cheese.
7. A Catherine wheel firework.
8. A rolling or revolving body; anything of a circular form; a disk; an orb.
9. A turn or revolution; rotation; compass.
10. A recurring or cyclical course of events.
11. A dollar.
12. A crown coin; a "cartwheel".

verb:

1. To roll along on wheels.
2. To transport something or someone using any wheeled mechanism, such as a wheelchair.
3. To ride a bicycle or tricycle.
4. To change direction quickly, turn, pivot, whirl, wheel around.

Word: wide

CEFR: A2

Phonetic: /waɪd/

noun:

1. A ball that passes so far from the batsman that the umpire deems it unplayable; the arm side

adjective:

1. Having a large physical extent from side to side.
2. Large in scope.
3. Operating at the side of the playing area.
4. On one side or the other of the mark; too far sideways from the mark, the wicket, the batsman
5. Made, as a vowel, with a less tense, and more open and relaxed, condition of the organs in
6. (now rare) Vast, great in extent, extensive.
7. Located some distance away; distant, far.
8. Far from truth, propriety, necessity, etc.
9. Of or supporting a greater range of text characters than can fit into the traditional 8-bit repr

adverb:

1. Extensively
2. Completely
3. Away from a given goal
4. So as to leave or have a great space between the sides; so as to form a large opening.

Word: windmill

CEFR: A1

noun:

1. A machine which translates linear motion of wind to rotational motion by means of adjustable
2. The structure containing such machinery.
3. A child's toy consisting of vanes mounted on a stick that rotate when blown by a person or
4. A dunk where the dunker swings his arm in a circular motion before throwing the ball throu
5. A guitar move where the strumming hand mimics a turning windmill.
6. A breakdancing move in which the dancer rolls his/her torso continuously in a circular path
7. Any of various large papilionid butterflies of the genus *Byasa*, the wings of which resemble
8. The false shower.
9. An imaginary enemy, but presented as real.

verb:

1. To rotate with a sweeping motion.
2. Of a rotating part of a machine, to (become disengaged and) rotate freely.

Word: windshield

CEFR: A1

noun:

1. A transparent screen made of glass, located at the front and back of a vehicle in front of its
2. A cover for a microphone to exclude airy noises such as wind and breathing.

verb:

1. To install a windshield on.

Word: wipers

CEFR: A1

noun:

1. Someone who wipes.
2. Something, such as a towel, that is used for wiping.
3. Something, such as a windscreen wiper, that is designed for wiping.
4. A movable electric contact in some devices.
5. A junior role in the engine room of a ship, someone who wipes down machinery and gener

Word: with

CEFR: A1

adverb:

1. Along, together with others, in a group, etc.

preposition:

1. Against.
2. In the company of; alongside, close to; near to.
3. In addition to; as an accessory to.
4. Used to indicate simultaneous happening, or immediate succession or consequence.
5. In support of.
6. In regard to.
7. To denote the accomplishment of cause, means, instrument, etc; – sometimes equivalent t
8. Using as an instrument; by means of.
9. Using as nourishment; more recently replaced by on.
10. Having, owning.
11. Affected by (a certain emotion or condition).
12. Prompted by (a certain emotion).

Word: wood

CEFR: A1

Phonetic: /wud/

noun:

1. The substance making up the central part of the trunk and branches of a tree. Used as a material for building.
2. The wood of a particular species of tree.
3. A forested or wooded area.
4. Firewood.
5. A type of golf club, the head of which was traditionally made of wood.
6. A woodwind instrument.
7. An erection of the penis.
8. Chess pieces.

verb:

1. To cover or plant with trees.
2. To hide behind trees.
3. To supply with wood, or get supplies of wood for.
4. To take or get a supply of wood.

Word: woodchop

CEFR: A1

noun:

1. A woodchopping competition.

verb:

1. To chop wood, especially as a sport.

Word: woodchopper

CEFR: A1

Word: wrist

CEFR: A1

Phonetic: /rɪst/

noun:

1. The complex joint between forearm bones, carpus, and metacarpals where the hand is attached.
2. A stud or pin which forms a journal.

verb:

1. To hit a wrist shot

Word: x

CEFR: A1

adjective:

1. Intersex or non-binary (in passports and identification documents).
2. Suitable only for those aged 16 or (later) 18 years and over.
3. (movie rating) Obscene.

conjunction:

1. Used between the names of two characters to denote a ship, particularly in anime, manga,
2. Used in place of and in artist collaborations.

Word: y

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noun:

1. (abstract) This place; this location.
2. (abstract) This time, the present situation.
3. A solar year, the time it takes the Earth to complete one revolution of the Sun (between 365 and 366 days).
4. (by extension) The time it takes for any astronomical object (such as a planet, dwarf planet, or comet) to complete one revolution around the Sun.
5. A period between set dates that mark a year, from January 1 to December 31 by the Gregorian calendar.
6. A scheduled part of a calendar year spent in a specific activity.
7. A Julian year, exactly 365.25 days, represented by "a".
8. A level or grade in school or college.
9. The proportion of a creature's lifespan equivalent to one year of an average human lifespan.
10. Eye dialect spelling of hear
11. An affirmative expression; an answer that shows agreement or acceptance.
12. A vote of support or in favor/favour of something.
13. The quality or state of being young.
14. The part of life following childhood; the period of existence preceding maturity or age; the youth.
15. A young person.
16. A young man; a male adolescent or young adult.
17. (used with a plural or singular verb) Young persons, collectively.

adverb:

1. For what cause, reason, or purpose (interrogative adverb).
2. For which cause, reason, or purpose (relative adverb).

Word: zercher

CEFR: B1

Word: zottman

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