



LISTENING

1 Work with a partner to tell each other about any martial arts you know. Think of five reasons for doing martial arts.

2 **3.1** Listen to Kevin Coles talking about his experiences. What is his connection to martial arts?

3 Listen to Kevin Coles again and put the topics in order.

- a when he got his black belt
- b how often he trains
- c how long he has been doing karate
- d how children react to getting a belt
- e his oldest student
- f different belts
- g having an impact on people
- h how adults react to getting a belt

4 **3.2** Now listen to the second part of the interview. Answer the questions.

- 1 Is karate a hobby or a way of life for most people?
- 2 Give at least two reasons why people start karate.

5 Reacting to the topic Work with a partner to discuss the questions.

- 1 After listening to this interview, are you motivated to take up a martial art? Why?/Why not?
- 2 How inspirational do you find Kevin Coles as a teacher?

READING

6 Read the leaflet quickly. What is its purpose?

University Shotokan Karate Club

Learn karate – the ultimate in self-defence and fitness

The university karate club was founded in 1962 and several members of our club have gone on to compete at national level.

⁵ All grades from beginners to advanced are welcome. The classes are suitable for both men and women.

**TUESDAYS AND THURSDAYS | 6–8 p.m.
WEAVER HOUSE GYM
FIRST LESSON FREE**

¹⁰ Unfortunately, over the last few years, assaults on innocent people have increased. Each of us has some ability to defend ourselves, but by learning a form of self-defence, we are not only increasing that ability, but also doing something to build our own sense of self-respect. Karate will show you a lot of simple and effective techniques to protect yourself, giving you increased self-confidence.

Far too many people think martial arts are about violence. Martial-arts training is based on a lot of respect, self-discipline, self-control and non violence. We learn basic etiquette, courtesy and tolerance. Good manners and consideration for others are expected at all times.

²⁰ Karate is the practice of blocking and striking techniques for the purpose of self-defence, health and self-development. Karate exercises the entire body. Techniques are practised on both sides of the body, therefore muscle imbalances do not occur and the strength, coordination, flexibility and agility of both sides of the

²⁵ body are improved. Regular training in karate improves the body's physical stamina and suppleness. It also helps concentration and produces the mental calm and assurance that come from knowing we can defend ourselves.

Karate has many benefits, but they do not come easily or overnight.

³⁰ Training requires ongoing commitment and hard work. Some of you will give up, but a few of you will get your black belt!



7 Read the leaflet again. Are these statements true, false or not given? Correct the false statements.

- 1 Benefits from karate come very quickly.
- 2 It is important to train on both sides of the body.
- 3 There has been an increase in violence recently.
- 4 The founder of karate was Gichin Funakoshi.
- 5 There is a free introductory lesson.
- 6 There is a karate championship every year.
- 7 The word *karate* means 'empty hand'.
- 8 Self-defence classes increase our ability to defend ourselves and build self-respect.

8 Read the leaflet again and cross out the options below that are *not* correct. (You can cross out one, two or three options.)

- 1 Classes are suitable for
 - a beginners.
 - b intermediate students.
 - c women.
 - d children.
- 2 Martial arts are based on
 - a violence.
 - b self-defence.
 - c respect.
 - d self-discipline.
- 3 Which of the following does karate improve?
 - a stamina
 - b concentration
 - c politeness
 - d aggression
- 4 Which of the following relate to the physical aspects of karate?
 - a flexibility
 - b agility
 - c courtesy
 - d suppleness

VOCABULARY

SELF-, ABSTRACT NOUNS

9a Find all the words beginning with *self-* in the leaflet and match them with these meanings.

- 1 being happy about your character and abilities
- 2 the certainty that you can do something successfully
- 3 behaving calmly and sensibly even when you are angry, excited or upset
- 4 the use of force to protect yourself when you are attacked
- 5 making yourself do the things you should do
- 6 becoming better at something

9b Underline the most appropriate combination with *self-* in each sentence.

- 1 He shot her in *self-defence* / *self-respect*.
- 2 He lost his *self-control* / *self-development* and screamed.
- 3 It is difficult to keep your *self-respect* / *self-control* when you have been unemployed for a long time.
- 4 He can only develop *self-defence* / *self-confidence* if he is told he is good and clever.
- 5 The children are so badly behaved. They have no *self-confidence* / *self-discipline*.

10a Find the abstract nouns in the leaflet related to the following adjectives.

agile	calm	coordinated	courteous
flexible		tolerant	

10b Which three of the words in Exercise 10a are related to the body? Which two of the words are related to polite behaviour?

GRAMMAR

QUANTIFIERS

11a Look at the quantifiers in the box. Then find and underline the quantifiers in the leaflet.

almost no	almost none	far too much	hardly any
(a) little	much	none	

11b Divide the quantifiers into three groups: those used with plural countable nouns, those with uncountable nouns and those used with both.

GRAMMAR TIP

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

Hardly any of my friends are taking exams this year.

→ Language reference and extra practice, pages 126–149

12 In which sentences does the phrase in bold mean 'not many/much'? In which does it mean 'some'?

- 1 I'm pleased to say that **a few** of you will get your black belt next year.
- 2 Unfortunately, **few** of you are likely to pass the exam.
- 3 There's **little** time to practise for the grading next week.
- 4 We've got a **little** time left. What shall we practise?

13 Correct the mistakes in the sentences.

- 1 Several **my** friends have taken up volleyball recently.
- 2 Far too much **children** lack discipline these days.
- 3 Could you give me **little** help?
- 4 A **little** of the parents take up martial arts with their children.
- 5 Hardly **any** the spectators left before the end of the game.
- 6 It's great that we managed to get **few** tickets.
- 7 This sport is so new that we have a **little** information about it.

14 Make sentences from the prompts that are true for your country by adding a quantifier. Compare your answers with a partner.

- 1 people do karate
- 2 women play football
- 3 people spend money watching sport in stadiums
- 4 children do regular exercise
- 5 children eat healthily
- 6 children spend time doing sport

*Children spend a lot of time doing sport in my country.
Not many people in my country do karate.*