

## 7d Listening skills

1 Look at the photograph. What do you know about this sport? Would you like to do it? Why (not)?



2 a) You will hear a documentary about a martial art. Before you listen, check these words in the Word List.

- *relatively* • *evolved* • *beneficial* • *arena*
- *combatant* • *agility* • *discipline*

b) Listen and decide if each sentence is *True* or *False*. What is the speaker's intention?

- 1 Kendo is not as old as other martial arts. ....
- 2 It was created by a famous Japanese swordsman. ....
- 3 A Kendo fighting arena is always the same size. ....
- 4 Kendo can be a noisy activity. ....

3 Listen again and complete the gaps 1-10 with an appropriate word.

Kendo is quite **1** compared to other martial arts.

It is believed that the exact origins of Kendo are **2**.

Japanese swordsmen realised that they needed to guard against injury when **3**.

Wooden **4** replaced dangerous swords when practising.

Each sword is made from strips of **5** tied together.

The practice swords were still dangerous and could inflict **6** or break bones.

The safety equipment in Kendo has been modernised and is now made from **7**.

The rules of Kendo are that you receive **8** by hitting certain parts of the body.

To someone who has not seen Kendo before, it can appear aggressive and **9**.

Jim believes that a person can unwind and do well in Kendo if they clear their minds of **10** by meditating.

4 Explain to your partner how Kendo is done.

5 a) You will hear a dialogue at a leisure centre. Before you listen, check these words in the Word List.

- *brochure* • *steam room*
- *multi-purpose hall* • *hire* • *hazardous*
- *lane swimming* • *membership*
- *unlimited access*

b) Listen and complete the sentences.

- 1 The gym equipment can be ..... to young children.
- 2 On Saturday and Sunday, the centre has club ..... run by youth coaches.

6 Listen again and for questions 1-7, choose the best answer A, B or C.

- 1 The customer has come to the leisure centre  
A to learn more about what is available.  
B to pick up an information brochure.  
C to use the gym.
- 2 What facilities are available for private hire?  
A the steam room      B the squash courts  
C the pool and hall
- 3 When should children be supervised by their parents?  
A whenever in the gym  
B during club activities  
C while swimming
- 4 The yoga classes are suitable for  
A people with experience. B healthy people only  
C people of all levels.
- 5 What does the basic membership include?  
A full use of the gym      B access to the pool  
C evening classes
- 6 How can someone join a privately-run activity?  
A by speaking to the assistant manager  
B by writing their name on a register  
C by calling several days in advance
- 7 What do leisure centre members need to bring?  
A their membership card  
B their own equipment  
C a towel

### Pronunciation /ʊ/ /u:/

7 Listen and say which word does not contain the same sound.

- /ʊ/ foot, door, book, look
- /u:/ room, spoon, food, flood