

2 Match words 1–6 with their meanings a–f.

1 silence

4 flexible

2 anxious

5 balance

3 martial art

6 meditation

a an activity such as karate in which you fight using your hands and feet

b bends easily

c able to stand or walk steadily without falling

d when there is no sound or nobody is talking

e the practice of emptying your mind of thoughts and feelings

f worried about something