

LISTENING

I. Listen to a man talking about one of his free-time activities, Tai Chi. Decide if the sentences are true (T) or false (F).

- 1 Tai Chi was recommended to the man by someone he knows. _____
- 2 People have to move in the shape of a square while doing Tai Chi. _____
- 3 According to doctors, practising Tai Chi has benefits for our minds as well as our bodies. _____
- 4 The man's wife is unhappy about him practising Tai Chi. _____
- 5 The man always goes to a nearby park to do Tai Chi. _____

II. Listen again. Complete sentences 6–10 using ONE word in each space.

- 6 The man says that many people think Tai Chi and _____ are similar.
- 7 Tai Chi involves the movement of _____ through the body.
- 8 According to scientists, doing Tai Chi can make a person's _____ bigger.
- 9 The man says he doesn't enjoy doing _____ with other people.
- 10 The Chinese believe it's better to do Tai Chi when you're surrounded  **LIVEWORKSHEETS**