



Popular sport in Southeast Asia

Sepak Takraw or Kick Volleyball is one of the most popular sports in Southeast Asia. The name of the sport is different in each country. In Thailand, it is Sepak Takraw while in Malaysia it is known as "Sepak Raga". In Myanmar, people call it "Chinlone". In the Philippines, it is called "Sipa".

Basically, two teams play Sepak Takraw on the court. Each team needs three players. They use a rattan ball in the game. The object of this game is to send the ball over the net into the opponents' court and try to make it unreturnable. The players can use their feet, knee, chest and head to touch the ball but they cannot use their hands. The game is three sets and each set has 21 points. The team that wins two out of three sets is the winner.

In Myanmar, people can play Chinlone alone or in a team with a rattan ball. Playing alone, the player

has to keep the ball in the air as long as possible. In a team, six players have to pass the ball to each other without letting the ball fall on the ground. There

is no winning point in this game but the aim is to show how well the player can play and how creative the player is for coming up with different styles to kick the ball.

There is no clear evidence where Sepak Takraw came from. However, its existence in many ASEAN countries shows that our countries have had a long relationship before the formation of ASEAN community. Nowadays, Sepak Takraw has become an international sport. It has been included in many international sports events such as the Asian Games and SEA Games.



1 Read the text and mark the sentences T (true) or F (false).

- 1 Sepak Takraw is called Sepak Raga in Malaysia.
- 2 Nets, rattan balls and racquets are important equipment in Sepak Takraw.
- 3 We can play Chinlone both alone and in a team.
- 4 In Myanmar, people play Chinlone by kicking the ball over the net.
- 5 There is a Sepak Takraw competition in the Olympic Games.

2 Work in pairs. Tell your friend how to play Sepak Takraw.

3 Work in groups. Discuss the following questions.

- What sports are popular in your country?
- Do people in other ASEAN countries play these sports?
- Are they similar to or different from the sports in your country?

4 **ICT** Choose one of the following topics: *food, geography, clothes, houses*.

Find information about what is common across ASEAN countries. Then present it to the class.

