

- 1 ★ 🔊 19 Read and listen to the profile.
Match paragraphs A–F with titles 1–6.

- 1 Training to be the best ... ☐
- 2 What's she really like? ☐
- 3 Special achievements ☐
- 4 Our verdict ☐
- 5 About Ashima ☐
- 6 Her sport ☐



Ashima Shiraishi

Profile

- A** Ashima Shiraishi is a teenage rock climber from New York. She's one of the best young climbers of all time and she's already broken many records.
- B** Shiraishi is an expert in bouldering, a type of rock climbing without ropes which involves climbing over boulders – very large rocks. You need to use special climbing shoes for the sport and it isn't for everyone because you can easily hurt yourself if you fall.
- C** You don't become a talented climber like Shiraishi overnight. She first started teaching herself to rock climb in Central Park, New York, at the age of six. Her Japanese parents understood that their daughter was unusual and definitely not one of life's followers. So they organized special climbing lessons for her themselves and watched her become better and better.
- D** Climbers might seem like loners, but Shiraishi has a lot of friends at school. Journalists sometimes think she's an introvert because she gives short answers to their questions. However, she's an extrovert on social media where she chats with friends and followers.
- E** Shiraishi is the youngest person ever to climb some of the most difficult types of boulders in the world. She recently spent her school holidays climbing some dangerous rocks in Santa Linya in north-east Spain, where she became the first female of any age to complete the routes.
- F** Teenagers like Shiraishi don't come along often – only once in a blue moon. In 2015, she was chosen by *Time* magazine as one of the top teenagers of the year. We're certain to see more of Shiraishi. She's already at the top of her game, but can she go any higher?



2 ★★ Which of ideas 1–6 can you find in the profile? In which paragraph are they?

Bouldering is the name of a special type of climbing that doesn't use ropes. *B*

- 1 Learning to climb is easy. ☐
- 2 Bouldering isn't an activity that suits everybody. ☐
- 3 Bouldering is popular with children. ☐
- 4 You can't become a good climber quickly. ☐
- 5 Young people like Shiraishi are rare. ☐
- 6 Climbers tend to be sociable. ☐

3 ★★★ Answer the questions. Write complete sentences.

What type of clothing is used for bouldering?

Special climbing shoes are used.

- 1 How and when did Shiraishi first learn to climb?

- 2 What do some journalists think when they interview Shiraishi? Why?

- 3 What did Shiraishi achieve in Santa Linya?

- 4 Which magazine did Shiraishi appear in? Why?

- 5 Why do you think the writer of the profile says that we will see more of Shiraishi?

4 ★★ **VOCABULARY PLUS** Match idioms 1–6
with meanings a–f.

- 1 You're at the top of your game. ...b...
 - 2 Throw in the towel.
 - 3 Give it your best shot.
 - 4 The ball is in your court.
 - 5 Come along once in a blue moon.
 - 6 Live on the edge.
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- a Try as hard as you can.
 - b You're the best that you can be.
 - c Be involved in dangerous activities.
 - d Not happen very often.
 - e Give up and stop doing something.
 - f The next decision is your responsibility.