

- 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