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

1 silence _____
2 anxious _____
3 martial art _____
4 flexible _____
5 balance _____
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

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