

HOMework

Read the article

Hobbies are activities people do to use their free time creatively. Hobbies are not a matter of age; some hobbies are for young people, but there are others for adults and even **seniors**. Nevertheless, hobbies are a matter of choice and **commitment**. You should consider your interests when you select a hobby. **That** is, you must think that the hobby of your choice matches the type of activities you do in your free time anyway. Another aspect in hobby choosing is the dedication you require for a particular activity. For example, some hobbies require very little time, but for others you should have a very concrete **schedule** of practice.

If you like physical activities, try martial arts. They are a series of disciplines around physical body training and fighting techniques, yet people practice martial arts mainly for recreational purposes these days. However, if you are **truly** committed to a particular type of martial arts, you have to attend an academy regularly to advance in your

training. Karate and taekwondo are very popular among young people because they demand a lot of energy. Karate practitioners, for instance, have to have training in kicks and **punches** for self-defense. Taekwondo athletes have to have training in specific kicks and muscle resistance by breaking wooden panels or bricks. Both karate and taekwondo athletes show their progress by competing for some color belts from white for beginners to black for experts.

If you are into mental activities, go for puzzles, Sudoku or perhaps the Rubik's Cube. **Puzzles**, for instance, help people develop word skills. Sudoku are mathematical games to increase logical thinking. In addition, they promote problem solving skills in people. The Rubik's Cube provides a challenging problem solving experience when people try to piece together a colored cube in the fewest moves possible.

Use dictionaries to help you find the meanings of bold words

(Hobbies, Commitment, Punches, Schedule, Puzzles, and seniors).

6. Read these people's profiles. Select one of them and write a piece of advice for a hobby.



Joseph, 14. He likes team sports. He also enjoys meeting people.



Ana, 15. She likes indoor activities. She is a one-track mind kind of person.



Julie, 16. She likes arts and movies. She does not enjoy physical activities very much.



Dear _____,

You should try _____.

In my opinion, _____.

Moreover, _____.

If you want to _____.

You have to _____.