

Olympiáda v anglickom jazyku, 25. ročník, krajské kolo 2014/2015, kategória 2B - úlohy

READING COMPREHENSION

Read the text carefully. There are two tasks to do on the next page.

BOXING YOGA

Raging bull meets downward dog in a new class that promises to get you fit and flexible.

Cherry Casey tells us about her experience...

With its mantra of “Get FIT, not HIT”, *Total Boxer* in London’s Crouch End is my kind of boxing club. I’m here to try Boxing Yoga – a class that promises to help create the complete, well-rounded boxer. The only problem is that I’ve never thrown a punch in my life...

WHAT IS IT?

In 2012, former boxing coach Matt Garcia founded *Total Boxer*, which offers real boxing training without actual fighting – perfect for those who like the idea of pummelling a punch bag, but have little desire to enter the ring. And around 60% of its attendees are women who, like me, probably don’t fancy completing their spring or summer look with a black eye. While his original fitness and skills classes were a success, Garcia felt something more was needed to offer the complete training package. Soon, a yoga-shaped idea formed in his mind. He recognized how yoga can help boxers improve their strength, control and flexibility and so, after teaming up with contemporary dancer and yoga fanatic Kajza Ekberg, a new class was born. As Ekberg explains, “If you look at boxers, their shoulders are often hunched over due to the stances they use.” Boxing Yoga aims to counteract this by focusing on opening up the hip, shoulder and chest muscles and increasing a movement range in the spine. It specifically uses moves from Ashtanga Vinyasa yoga, which focuses on fluid movement and coordination – all in a bid to create a better boxer and a better body.

WHAT IS INVOLVED?

With the studio being just 900 square feet, class sizes never exceed 10 people. The class I attend has just three other women and one man, ranging from their 20s to 40s. As we take our places, I feel confident as I’ve been to quite a few yoga sessions over the years and have always found them manageable. So when we start off with some familiar moves, such as the downward dog and the plank, I am in my comfort zone. However, there are less familiar arm movements thrown in. We’re shown how to position our fists in front of our faces, with elbows pointing to the floor and our forearms running parallel to each other. I assume that all this fist-clenching is a gimmick to give the class a genuine boxing feel, but Kajza explains that actually it’s an important aspect of improving your skills. “These moves are all about muscle memory. When bringing your fists up to your face, for instance, quite often people automatically sink their elbows out to the side and hold their wrists limp rather than firm.” These sorts of moves allow you to slowly and consciously practise your technique.

IS IT CHALLENGING?

It seems that no sooner have we warmed up than we’ve moved onto some advanced positions that are new to me, such as one affectionately known as the “awkward pose”: arms outstretched, knees bent low and heels lifted up so the weight rests on the toes. Ouch! I’m soon getting a little more exhausted than I’d anticipated. In fact, half an hour into the class and I’m grateful for every time we move into the “child’s position”, where I can tuck my legs underneath me, flop my arms forward and have a quick rest.

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READING COMPREHENSION (continued)

DOES IT WORK?

By the end of the session, I am exhausted but elated. Whereas with other yoga classes I've often believed I've done my body some good, here I really feel I've had a proper workout. I'm eager to come back as I want to master the moves that got the better of me. And with the friendly atmosphere and range of ages and fitness levels, I felt completely at ease, even when I was struggling.

Task 1: Based on what you have read in the article, decide whether the statements below are true (T) or false (F). Circle one of the two letters. Be careful: the statements (1-9) are not in the same order as the information in the article.

1. Boxing yoga training is for people whose age doesn't exceed 30. T / F
2. Creating movements focusing on different parts of the human body was one of the benefits yoga brought for trainees. T / F
3. Matt Garcia was the first to come up with the idea of *Total Boxer*, which combines authentic boxing training with modified ring boxing. T / F
4. The "awkward pose" is considered an advanced and difficult position by trainees. T / F
5. The number of participants varies between 10 and 20, depending on the focus of the particular training. T / F
6. Cherry Casey practised all types of arm movements before she attended the first boxing yoga training. T / F
7. Matt Garcia developed his original idea for a new type of fitness classes when he started working with Kajza Ekberg. T / F
8. Yoga elements were added to boxing classes in order to improve trainees' specific skills. T / F
9. Fist-clenching movements are repeated to enhance trainees' muscle memory. T / F

Task 2: Define the word below (which is underlined in the text) by circling the expression (a, b, c, or d) which is closest in meaning to it.

10. elated

- a) completely satisfied b) extremely happy c) very grateful d) absolutely exhausted

..... / 10 pts

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Task 1: Decide whether the following sentences are correct (C) or incorrect (I); consider the right or wrong explanation of the word, idiom or phrase in the sentence. Write the letter (C or I) of your answer in the spaces provided.

1. *Bashful* people are always full of self-confidence.
2. *She got it for a song*. It was really expensive.
3. Harry must be a *gate-crasher*. He wasn't invited to the party for certain.
4. These accessories are stolen. *They fell off the back of the lorry*.
5. Politicians should come up with a *blueprint* for the reform of the tax system; in other words, they should support new ideas much more.

Task 2: Complete the text below by putting each capitalized WORD on the right into its correct form in the gap on that line.

PIPER AND BUXXY

It was a great double act. Piper looking relaxed but (6)..... **DEPEND**
 in a conservative, lightweight suit. Art Buxxy, the showman, was doing what he did well.
 It was a big moment for both of them. They had to secure €200 million from their
 audience. Piper warmed up the crowd. In a reasonable, (7)..... **PERSUADE**
 voice he talked in abstract terms about the remarkable financial opportunity that the Tahiti
 project represented. There was talk of numbers, strategy, (8)..... **COMPETITION**
 analysis. Enough to make us think that the Tahiti project was in safe hands, but not enough
 to (9)..... us. **BORING**
 Despite his (10)..... reserve, as he warmed up to his **OUT**
 presentation, Piper did let some of the excitement he felt for the project through.

..... / 10 pts

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THE CHESS PLAYER

In the corner of the room sits the pub champion. He looks (0)....*like*..... the classic chess bum. Untidy hair. Big beard. His possessions in a white polythene bag (1)..... his feet. The chess board is also made (2)..... polythene, and the pieces of plastic. The pub champion is playing some kid genius from out of town (3)..... has just won a London grandmaster tournament. He is called David R. Norwood. Now David R. Norwood is, as he will be the first to admit, one of the hottest properties (4)..... the international chess circuit.

But something funny is happening in his games – played (5)..... the rate of about one every ten minutes – against the pub champion, David R. Norwood is not winning (6)..... . And he is not merely losing. He is (7)..... taken apart. But David R. Norwood does not seem too worried (8)..... his defeat. Occasionally he will say, with a smile, “Hey, you’re not (9)..... a bad player.” His opponent, Jonathan Speelman, the pub champion, only laughs and sets (10)..... the pieces for the next act of slaughter.

Task 2: Use the WORD in bold at the end of the first sentence of each pair (11-15) to complete the second sentence in such a way that it means exactly the same as the first.11. He didn't want to get into a position where he might lose all his money. **POSSIBILITY**

He didn't want to expose himself all his money.

12. We'll have to make sure that costs are as low as possible or we'll have no money left. **COSTS**

We'll have to keep the minimum or we'll find ourselves with no money left.

13. His behaviour at the conference gave him the bad reputation he now has. **IN**

The way he conducted himself at the conference the bad reputation he now has.

14. The film was so controversial that it was banned in several parts of the world. **CAUSED**

Such was the the film that it was banned in several parts of the world.

15. He became famous but it cost him his privacy. **EXPENSE**

His rise to fame came of his privacy.

..... / 15 pts

LISTENING COMPREHENSION

You will hear a woman speaking about her family life. Kathryn Blundell lives in London with her husband Miles and their two children. Based on what you hear, decide whether the statements below are true (T) or false (F). Circle one of the two letters. You will hear the text twice.

OUR LIFE TOGETHER

1. Kathryn works full-time as a journalist for a local newspaper. **T - F**
2. Miles started searching for new job opportunities in order to make his family more secure. **T - F**
3. While abroad, Miles communicates with his family mostly by cell phone. **T - F**
4. When Miles is abroad, Kathryn feels that life in her household isn't as quick. **T - F**
5. Kathryn thinks that her life with Miles works because they have common pastimes. **T - F**

..... /5 pts

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