

English Tutorial Classes Week 9

1. Add the missing words:

The first move you usually learn in boxing is the power shot of a j_____. To pull off this stance, lead with your less-dominant hand, with your hands up in f_____ by your face. Your hips should be between your feet, knees slightly bent, and back heel lifted. Then, e_____ and p_____ your fist forward as you exhale a sharp breath.

From your fighting stance, throw your rear fist (usually your dominant hand) straight down the line just like your jab. This move is called a c_____. However, if you're going to take someone down in a single shot, it's your h_____ that'll do the talking. It is one of the most powerful punches, and you can t_____ it with either arm.

Following a hook is the deadly u_____ — another intense shot that is often used in self-defense. You'll move your body just like you would in a cross or a hook as your arm comes in at an upward angle toward your enemy, regardless if it's the air, a pillow, or a hard bag.

Strong boxing starts with smart f_____, which refers to all the various leg and foot movements boxers use to keep their balance, further or c_____ the distance, control space, create new angles, and force their opponent into a vulnerable position. From a defensive standpoint, a moving target is a harder target! Try this boxing movement to keep your opponent on their toes: B_____ and W_____ – Bend at the knees to move your body in an up-and-down motion. When your opponent throws a punch, move your head in a V-motion to avoid them.

Boxers also use head movements and torso movements to avoid being struck, and feints (mock punches or movements to distract your opponent from your real attack) to catch their opponent o_____ g_____ (unprepared). For example, a s_____ is an avoidance head movement, which is a fancy way of saying “dodging a punch.” You lean in one direction just enough to take your head off the punching line.

Because there is no universally accepted world ruling body for professional boxing, each country has its own set of rules. Generally, b_____ take place in a r_____ that is square and surrounded by four strands of rope. Professional bouts may be scheduled to last from 4 to 12 r_____ of three minutes' duration. A r_____ is stationed inside the ring with the boxers and regulates the bout. A bout ends in a knockout when a boxer is k_____ d_____ and cannot get up by the count of 10.

In boxing training, mastering the foundational types of workouts is crucial for honing skills and building endurance. S_____ serves as a fundamental practice, allowing boxers to refine technique and movement without the need for equipment. B_____ work provides the opportunity to apply these techniques to a tangible target, whether it be a hanging or free-standing heavy bag. Mittwork, conducted with the guidance of a trainer, allows for precise practice of combinations and defensive maneuvers, enhancing both offensive and defensive skills. Finally, s_____ takes the training to a realistic level, providing a live-action simulation of a fight, essential for competition preparation.

English Tutorial Classes Week 9

2. Circle the correct answer:

1. Which boxing style is characterized by a preference for close-range fighting and delivering powerful blows?
a) Slugger b) Counter puncher c) Swarmer
2. What is roadwork in boxing training?
a) Skipping rope b) Running or jogging for endurance and agility c) Driving to the gym
3. What distinguishes a Swarmer from other boxing styles?
a) Maintains distance using footwork b) Waits for opponents to tire out before attacking
c) Executes quick, successive combinations at close range
4. Which boxing style emphasizes defensive maneuvers and capitalizing on openings created by opponents' attacks?
a) Outside fighter b) Counter puncher c) Swarmer
5. What does the term "southpaw" refer to in boxing??
a) an offense technique b) a defense technique c) a left-handed fighter
6. What does the term "clinch" refer to in boxing?
a) Grappling technique b) Powerful punch c) Defensive stance
7. If a fighter is knocked down and seemingly cannot get up by the time the round ends, he is considered to have been _____?
a) disqualified b) saved by the bell c) saved by the doctor
8. A boxer who cannot take a punch or who gets knocked out easily is called a _____?
a) glass cannon b) wet towel c) glass chin
9. If a boxer "hits the canvas" he gets:
a) knocked down b) wins the match c) cornered
10. Who is a "Head hunter" in boxing?
a) A coach who develops defensive techniques b) A boxer who targets his opponent's head with punches
c) A referee responsible for monitoring illegal blows
11. What is "feinting" in boxing?
a) Getting knocked unconscious b) Faking a punch to deceive the opponent c) Dodging an opponent's attack

English Tutorial Classes Week 9

3. Circle the correct form of the verb.

Fran went / has gone ballroom dancing last night.

Did you finish / Have you finished vlogging yet?

I had / have had this camera for over a year.

I read / have read the whole magazine in an hour.

Sam isn't hungry because he already ate / has already eaten.

Did you go / Have you been cycling last weekend?

4. Complete the questions with the present perfect tense.

(you/ever/visit) England? _____

(she/call) yet? _____

(the kids/do) their homework yet? _____

How long (you/be) here? _____

How many letters (he/write) ? _____

5. Complete these sentences with either the present perfect tense or the past simple tense.

1. He _____ last night on a train to New York. leave
2. _____ Sally ever _____ her son to the zoo? take
3. I _____ not _____ golf for a couple of years. play
4. Where _____ you _____ last night? go
5. How long _____ you _____ your motorbike? have
6. His boss _____ at him many times for being late. shout
7. Johnson _____ smoking last week. give up
8. Sarah _____ to open the window but she couldn't. try
9. Good news! The hijacker _____ all the hostages. release
10. So far, nobody _____ any interest in the red Toyota. show
11. I _____ never _____ a bone. break
12. Of course I _____ sushi before. I'm Japanese. try
13. At the first performance, he _____ a standing ovation. get

6. Fill in the blanks using the correct form of the verbs.

Many species _____ in the last five decades.

disappear

English Tutorial Classes Week 9

While I was sleeping I _____ a loud noise. hear
Ever since I got a credit card, I _____ a lot of money on many unnecessary things. spend
My son often _____ all his exams successfully. pass
I _____ from high school in 2009. graduate
By the eighteenth century, English shipping _____ as efficient as the Dutch. be
My friend Darren _____ in Amsterdam now, but he says he'll move soon. live

7. Look at the text and find the best answer (A, B, C or D). Write the letter into the gap.

Carl: "Hi Liz! How _____ (1) you? _____ (2) about Sara's accident yet?"

Liz: "Hi Carl! I _____ (3) fine, thanks. No, I _____ (4). What accident?"

Carl: "While she _____ (5) her bike to school yesterday morning she _____ (6) to some music on her smartphone. She _____ (7) the bus and _____ (8) into it in "King's Road". Since then, she _____ (9) in the hospital."

Liz: Oh no! Poor Sara! I think I will visit her as soon as possible. Perhaps tomorrow because we _____ (10) to Italy on Friday. I _____ (11) her many times already that listening to music on the bike _____ (12) too dangerous. What _____ (13) at the moment?

Carl: "Oh, I _____ (14). Perhaps listening to music in her bed. I _____ (15) to her yet. But I _____ (16) her at 7 o'clock this evening."

- | | | | |
|-----------------------|-------------------|---------------------|---------------------|
| 1) A) were | B) has been | C) are | D) was |
| 2) A) Have you heard | B) Did you hear | C) Were you hear | D) Are you hearing |
| 3) A) can be | B) have been | C) was | D) am |
| 4) A) didn't have | B) haven't got | C) haven't | D) didn't |
| 5) A) has ridden | B) was riding | C) rode | D) is riding |
| 6) A) was listening | B) is listening | C) listened | D) has listened |
| 7) A) wasn't hearing | B) didn't heard | C) didn't hear | D) hasn't heard |
| 8) A) has crashed | B) crashed | C) crashes | D) will crash |
| 9) A) has been | B) can be | C) was | D) will be |
| 10) A) have flown | B) will fly | C) are going to fly | D) fly |
| 11) A) told | B) have told | C) was telling | D) will tell |
| 12) A) is | B) is going to be | C) will be | D) has been |
| 13) A) did | B) has done | C) does | D) is she doing |
| 14) A) won't know | B) hasn't known | C) didn't know | D) don't know |
| 15) A) haven't spoken | B) didn't speak | C) won't speak | D) am not speaking |
| 16) A) will call | B) have called | C) called | D) am going to call |