

Aikido

Mark talks with Mike about how he got into the martial art of Aikido.



Mike: Now Mark, you study, or you do Aikido. Is that right?

Mark: Yeah, I started studying Aikido when I was about 15 years old.

Mike: And what got you interested in Aikido?

Mark: Well, I saw a demonstration at a church one time and immediately fell in love with it, and it works out great because I'm not that big of a guy and Aikido is a kind of martial art where small people can throw big people.

Mike: Do you get a lot of chances to throw big people?

Mark: Well, not recently, but definitely when I was practicing, when I was studying, it would be interesting because some big guys would come into the class and they wanted to show that they were very tough, and, but usually they were the easiest to throw.

Mike: Because they have the extra weight?

Mark: Well, yeah, because they attacked and they, in their lives, they're so used to using lots of strength, so their attack would be very hard and in Aikido, the harder you attack, the easier it is to throw.

Mike: Now, what interests you, or what do you like the most about Aikido?

Mark: Well, I guess at first, like any martial art, I just like the idea of I can defend myself if someone attacks me, but later, I just really enjoyed the exercise of it, and you learn some really cool techniques that, how to take someone off balance or to throw them and it's really easy after you study it for awhile.

Mike: Interesting. Thanks.

Comprehension Page



Main Points: Answer the following questions about the interview.

1) Where did he first see Aikido?

- a) school
- b) church
- c) Japan

2) Aikido is good for him because

_____ .

- a) he is limber
- b) he is not big
- c) both

3) He says _____ are easiest to throw.

- a) slow guys
- b) small guys
- c) big guys

4) He says the ___ you attack the _____ it is to throw.

- a) easier harder
- b) harder harder
- c) harder easier

5) What does Mark like the most?

- a) Being able to protect oneself
- b) The techniques you learn
- c) The feeling of combat

Phrase Match: Match the phrases on the left with the example on the right.

- | | |
|--|---|
| 1. I immediately fell in love with it | _____ it's a good fit; it's convenient |
| 2. it works out great | _____ in the beginning |
| 3. the harder you attack, the easier it is | _____ you know you like it right away |
| 4. at first | _____ after that |
| 5. but later | _____ it is better if they come at you fast |

Word Completion

Complete the missing words.

Option 1: Read the text and try to predict the missing word.

Option 2: Listen the audio from ello.org and complete the gaps.



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Mike: Interesting. Thanks.

Keep the Conversation Going

*Continue the conversation by writing about any of the underlined words.
Make sure you finish with a follow-up question.*

A: So you practice Aikido 4 times a week?

B: Sometimes, I feel lazy and it's hard to get motivated to leave my house, but unless I'm sick, I never miss a practice.

A: Wow. You are very dedicated. _____

(Question) _____?

A: How did you learn to speaK English so well?

B: I used to be the worst out of all of my friends. It made me so embarrassed that I started studying every day for a couple of hours and finally I got better at it.

A: You are just like me. I _____

(Question) _____

ANSWER PAGE



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