

外研社英语分级阅读



丽声非常百科故事

第四级

Flying

腾空踢腿

KICKS

[英] Nikki Gamble 主编
[澳] Kirsty Hamilton 著

空手道
karate

外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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关于本书

本书全面介绍了空手道，并让你体会到学习空手道的乐趣。

文本类型： 报告
主题： 运动、武术
学科： 体育



阅读前

- 和孩子一起看一看这本书的封面，说一说封面上的小男孩在做什么运动。问孩子：Do you know what this sport is called? Do you know the names of any other similar sports?
- 和孩子一起读一读封底的内容介绍，让孩子说一说这本书可能会讲些什么。
- 和孩子一起读一读这本书的目录，问孩子：Can you tell what each chapter will be about?

阅读中

- 如果孩子在阅读的过程中不知道某个单词如何发音，教师或家长可以帮助孩子进行拼读，比如，可以帮助孩子把单词拆分为几个音。单词中如果包含不符合拼读规则的音，教师或家长也要给予指导。如果有必要，可以告诉孩子整个单词的发音。
- 本书中不符合拼读规则的单词：karate, martial, Sensei, weapons, dojo, sparring, forearm, Okinawa, Funakoshi, honour。
- 书中标粗体的单词是孩子在阅读过程中可能难以理解的单词，这些单词的解释请参考当页注释。

找一找

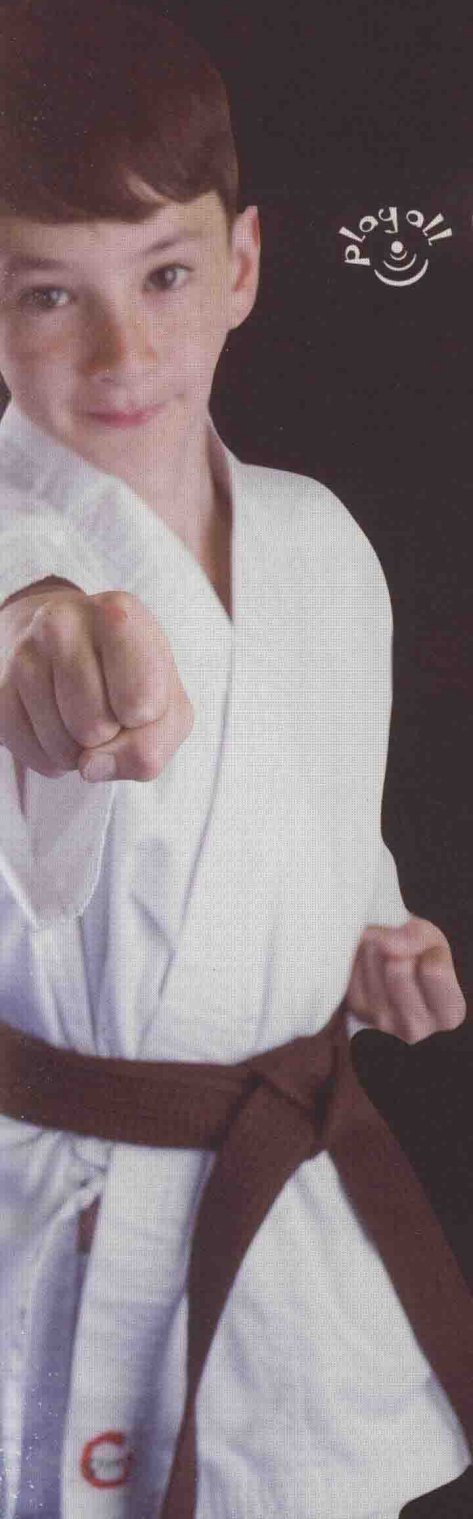
书中哪些地方提到了cat（猫）和horse（马）？这些动物和空手道有什么关系呢？





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Mastering Moves

Can you do a cat stance, a palm block or a flying kick? These are just a few of the moves you might master if you were learning karate (say ka-ra-tay).

Karate is a **martial art**. This means it's a sport that teaches traditional ways of fighting and **self-defence**.



Eva

- ▶ martial art: a sport that usually involves fighting an opponent
- ▶ self-defence: protecting yourself against attack



Alex

Karate began long ago in Japan. You will learn many Japanese words when you study karate. For example, karate students call their teachers 'Sensei' (say sen-say).



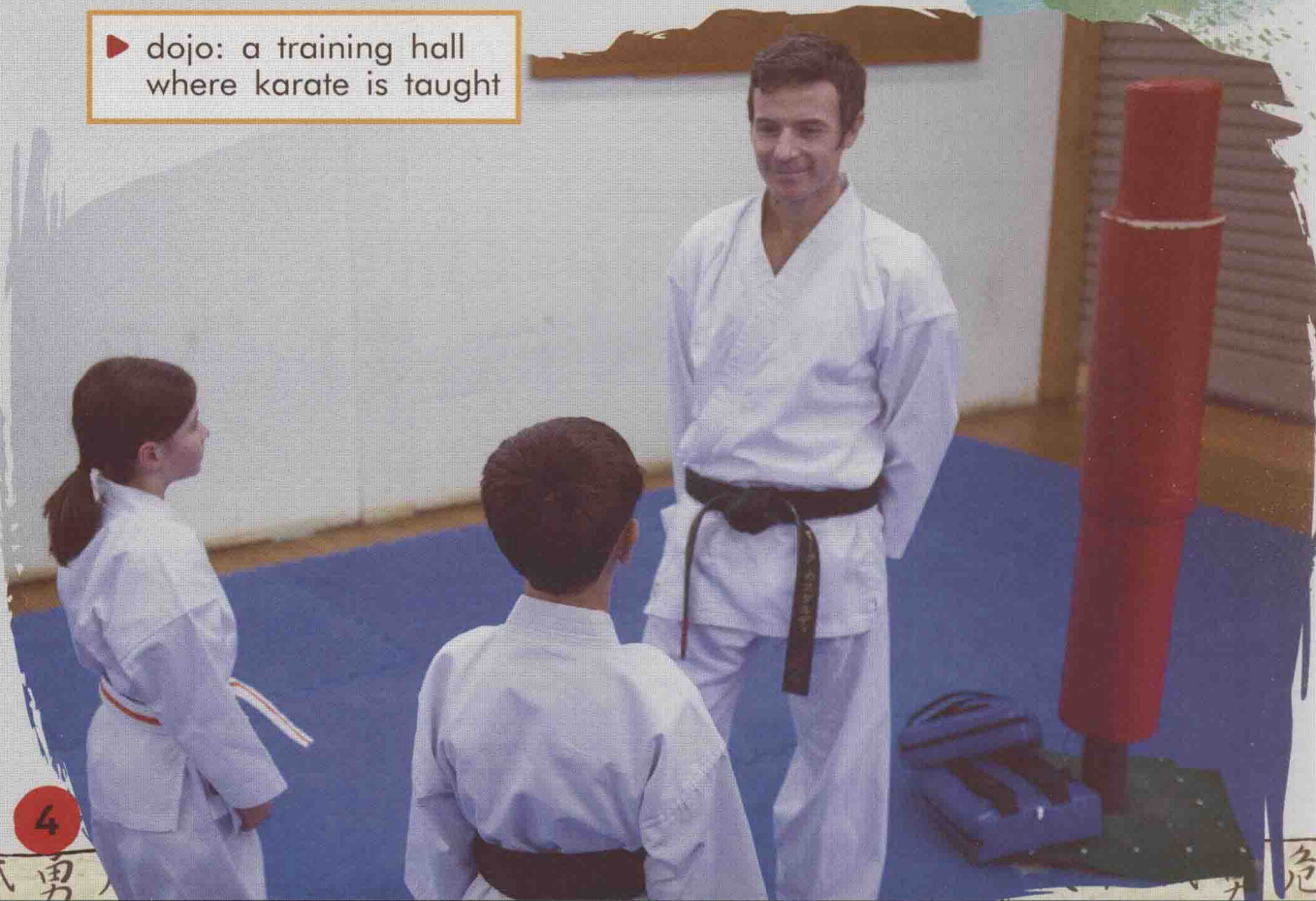
**Sensei
Mark**

**The name 'karate'
means 'empty hand'
in Japanese.
The sport has this
name because no
weapons are used.**

Teaching Karate

Sensei Mark is a karate teacher. He has won many karate competitions around the world. He teaches karate in a room called a **dojo** (say doe-joe).

▶ dojo: a training hall where karate is taught



Respect

One of the most important rules of karate is that it must never be used to hurt someone.

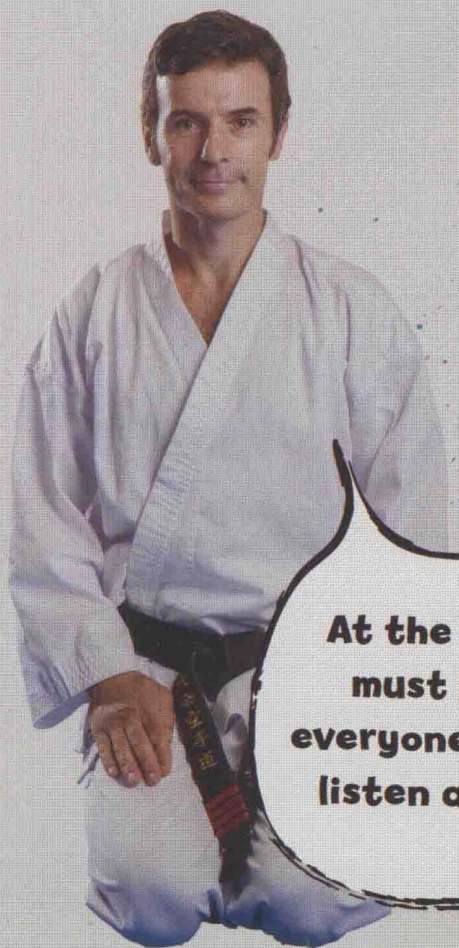
In karate, bowing is a way of showing respect.

Bend forward.

Look at the other person.

Keep your arms and legs straight.

At the dojo, you must respect everyone. You must listen and learn.



Colourful Belts

I'm a brown belt.
I worked really
hard to get it!

A karate uniform is called a gi (say gee). The uniform is light and loose so you can move easily.

The karate belt is very important. You earn different-coloured belts as your karate skills improve.



The colour of your belt shows what level you are up to. Belts are usually one plain colour but sometimes they are white with a coloured stripe.

Your belt is tied in a square knot.



black



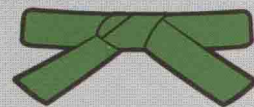
brown



purple



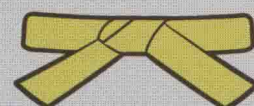
blue



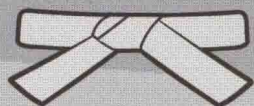
green



orange



yellow



white

expert

beginner

► square knot: a kind of double knot used to secure the karate belt

Different Stances

A stance is the way you stand. Karate has many different stances.

Fighting stance

Alex has a strong fighting stance.

Stand side-on.

Look forward.

Keep your wrists straight.

Raise both fists.

It is very important to learn your stances properly.

Bend your knees.

Horse stance

Eva is practising the horse stance.

Look forward.

**Keep your
back straight.**

**This stance is
really tricky!
If I hold it for a
long time, my legs
start to shake.**

**Bend your
knees.**

**Stand with your
feet wider than
your shoulders.**

Punch It!



In karate, there are two basic punches – a straight punch and a reverse punch. You need to start both in the fighting stance.

Straight punch

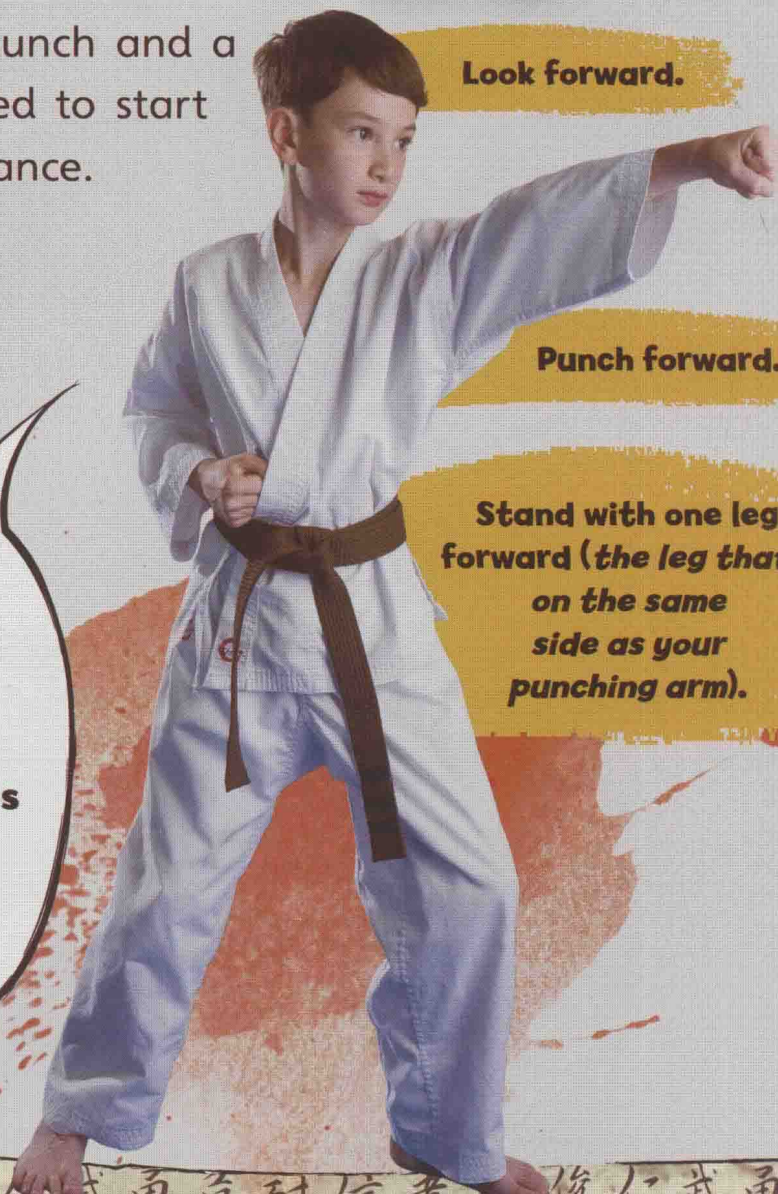
Show us your straight punch, Alex!

We only punch our classmates if we are all wearing safety gear. Practising punches is about staying in control.

Look forward.

Punch forward.

Stand with one leg forward (*the leg that's on the same side as your punching arm*).



Reverse punch

Here's Eva doing a reverse punch.

I'm using the opposite arm from Alex to do my reverse punch.

Look forward.

Punch forward.

Stand with one leg forward (*the opposite leg to your punching arm*).

When you make a fist, make sure your thumb is on the outside. Do not curl your fingers around it or you could break your thumb when you punch. Ouch!

