

丛书主编：傅韶华 王喜林 林露
丛书审定：[英]Alexander Smith
高中阅读系列主编：唐晓青



Quick

快客英语

最新修订

阅读理解

高三年级

本册主编：唐晓青

- 与现行必修教材对接并依考试拓展。
- “关键点击”、“答法建议”、“思维诊断”更能教会方法，掌握规律。
- 题前标明总词数、生词数、限定的答题时间，帮助你做得又对又快。



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修订说明

《快客英语》2005年出版以来，以高质量在同类书中脱颖而出。本次修订，我们依然秉承“质量为王”的思想在专项突破、同步手册、单元大考卷，这套全品种的英语学习、考试用书中，指导学生做得又对又快，拿到高分。

突出特点：作者权威，质量高；贯穿英语学习和考试的各个方面及题型；训练答题速度和准确率。

结构简介：

1. 栏目精：“关键点击”“答法建议”“思维诊断”“同步语法练习”“中考同质题精析”“综合能力演练”；注重讲方法、讲规律，举一反三，避免答题误区。

2. 选文新：注重时代感，既有社会热点的预防禽流感话题，更有学生关心的球星和影视明星、超女的话题，也有校园生活、友谊与情感的话题……

3. 练习、篇章前均标明总词数、生词数以及限定的答题时间，训练速度和准确率。

修订情况：

2006年全面修订改版——质量更上一层楼，内容更贴紧教材和考试，版式更新颖独特。

1. 阅读、听力等专项系列，更紧密地结合课本话题和中、高考要求进行拔高和拓展；充实新内容40%以上。

2. 《同步学习手册》、《单元大考卷》充实新内容，增加新题型；题目解答更细化，讲解更到位。

难度系数：★★★★★ 基础：中等：偏难=3：5：2

题目新颖度：★★★★★

读者定位：各地中等水平及上等学生使用。

同步使用指数：阅读、听力、同步学习手册、单元大考卷：★★★★★ 适于随堂、课后、寒暑假作业。

拓展拔高指数：完型、阅读、听力、书面表达、语法专练：★★★★★

名师推荐指数：★★★★★

2006年4月



关于“Quick”英语



“Quick”的含义

“He that gains time gains things.” (赢得时间就赢得一切。)

我们都知道,在中、高考特定的时间、特定的空间、特定的氛围和特定的心理状态下,如何做得又对又快,拿到高分,是中学生英语学习和考前复习最关键的问题。然而,要想在大考中做到这一点,平时的积累和速度的训练是必不可少的。卖油翁的“无他,惟手熟尔”,尽管有一定的机械性,但也并不是没有值得学习和借鉴的意义。当然,这是狭义的“Quick”的含义。

广义的“Quick”,则更会让我们受益匪浅,它会使我们在有限的的时间里,轻松地强化、巩固学过的知识,使我们在课堂上学到的英语知识能自如地运用到日常生活中,进而真正地转化为综合的语言运用能力。



本丛书的概况

《Quick 英语》丛书依据英语课程标准编写。初中部分依据人教版《新目标英语》编写,同时关照河北教育版、译林版和部分省市的英语教材版本,因此学生在使用上有很多地方可以共享。高中部分完全与人教版最新教材同步。另外,丛书在第一时间充分地研究并吸收了2006年高考和各省中考命题的趋势,体现了从七年级就瞄准中考,从高一年级就瞄准高考的编写原则。因此,丛书无论是在内容上还是在题型设计上,都是最新的,最具代表性的。

丛书包括:(1) **专项突破系列**:《阅读理解》(七年级~高中三年级)、《听力训练》(七年级~高中三年级)、《完型填空》(初中版 高中版)、《语法专练与知识运用》(初中版 高中版)、《书面表达》(初中版 高中版),共18个分册;(2) **同步学习手册系列**:七年级(上、下)~高三年级(上、下),共10册;(3) **单元大考卷系列**:七年级(上、下)~高三年级(上、下),共10册。主要特点:

□ **阅读理解** 选文题材、体裁十分广泛,是教材内容的拓展延伸,涉及到异国文化、风俗、历史、文学等众多领域。既有健康与环保、战争与和平的话题,又有预防非典与禽流感、反恐与新一届奥斯卡颁奖的话题;更有影视明星、球星最新动态及贴近校园生活的热门话题。题型设计更加灵活多样,既考查“微观”阅读技巧,也考查“宏观”阅读技能。

□ **听力训练** 材料选择生动活泼,题型与中考、高考紧密对接。录音制作采用教学语速,语音纯正。

□ **完型填空** 不仅选篇新颖、时尚,范围广泛,更注重在上下文和具体语境中考查和培养学生的语言能力。

□ **语法专练与交际(知识)运用** 语法专练部分:注重教方法、讲规律,补充课标版教材语法讲解和训练的不足。运用部分:以补全对话、选择、排序、填词等中、高考题型的训



练方式(进而上升到语篇交际的层次),来提高学生的语言综合运用能力。

□书面表达 遵循话题和文体兼顾的原则,更多地采用“Guided writing”的形式,又保持了一定的开放性。

□同步综合学习手册 与人教版《新目标英语》教材同步。“重点难点搜索与提示”、“知识点精析与应用”、“同步语法小练习”(补充教材语法之不足,即学即练)、“中、高考同质题分析”“能力演练与检测”等栏目,解决学习中的问题,全面提升英语能力。

□单元大考卷 初中各册与人教版《新目标英语》教材同步;高中各册依据全日制最新高中英语必修教材编写,与单元同步,不仅能全面检测本单元所学知识,更能瞄准中、高考题型及高频考点。



专家们如是说

《Quick 英语》能给学生很多提高英语学习效率和成绩的方法,更是教师、家长考查监督学生学习效果和學生进行自我检测的有力助手。内容和题型设计确实符合课改后的考试命题原则。

——《试题研究》编审 赵维平

《Quick 英语》是一套质量很高的中学英语学习用书。它不仅对学生的考试有帮助,更重要的是,它的内容设计符合英语学习的规律。

——东北师范大学外语学院教授 黄继英

英语学习的关键在于积累、训练和运用。《Quick 英语》不仅在听、说、读、写等语言知识和技能上对学生进行了全方位的培养,同时给予学生更多的方法指导,并拓展学生的文化视野。

——英语教学专家、哈尔滨三中英语特级教师 吴维新



作者的心里话

作为教学一线的把关教师,我们深深地了解教师在教学中的需求和學生在学习中经常遇到的问题。《Quick 英语》在每一篇选文、每一道训练题前都依据中、高考的要求,科学地标明总词数、生词数及限定的答题时间。这种学习和训练的方法,对教学的帮助是很大的,学生提高成绩也十分明显。

——北师大二附中高级教师 唐晓青

三十三中副校长、资深英语专家 王喜林

在平时的教学中,我们最需要的东西就是科学量化的、针对性强的、对学生的升学考试有实实在在帮助的英语学习用书。因此,我们在编写《Quick 英语》的时候,就完全从学习和考试的实际出发,把方法和规律教给学生。

——北京特、高级教师 王颖 吴玥 贾文东

“关键点击”、“答法建议”、“思维诊断”和“相关链接”是《Quick 英语》的特色板块,它不仅能帮助学生避免答题的失误,更能教会学生学习的方法。因此,这套书不仅可以用于平时的训练,还可以作为学生寒暑假作业本。

——东北师大附中特、高级教师 傅韶华 鞠俊峰
吉林大学附中特级教师 陆欣琦



作为英语教师，我们都有一个共同的感受：选择一套真正适合学生使用，能真正提高学生英语听力的训练用书很不容易。在编写《Quick 英语听力训练》的时候，我们从学生的有效使用出发，从语段，到对话，到篇章的编排，本着循序渐进的训练原则编写了这套真正适合中学生使用的听力训练教材。

——天津南开中学高级教师 林露 张虹 刘静 王雅莹 张光玲

身为毕业班的把关教师，在关心提高学生素质的同时，我们更注重提高学生的中、高考成绩，帮助他们考上重点高中和重点大学，以不辜负学生、家长对我们的期望。因此，我们在教学中探索出了一套行之有效的方法和技巧，也实现了我校每年考入清华和北大 70 余人的目标。《Quick 英语·单元大考卷》正是我们奉献给广大中学师生的一份礼物。

——哈尔滨三中高级教师 杨玉琴 魏英贤 孙晶 张晖

六十九中高级教师 丛林 朱元华



编辑的心愿

课改后的中、高考更注重能力的考查，这对教师、学生提出了新的挑战。

我们不想给本来很重的中学生朋友们的书包增加新的负担，而是要把他们最需要的“礼物”送到学生们的手中。我们秉承“选题一流，作者一流，产品一流”的选题策划理念和“有用、好用、管用”的出版宗旨，策划了这套《Quick 英语》丛书。在选题的策划阶段，我们不仅征求了英语课标组专家、考试中心专家的意见，同时还广泛听取了北京、天津、湖南、江苏、浙江、福建、安徽、山东、广东、上海、黑龙江等省市的部分中学教师和学生的意见，在总结和分析了五千余份调查问卷的前提下，通过了这一选题的立项报告；在编辑加工的过程中，尽管作者写来的稿件已十分完善，但我们仍认真地对待每一篇选文、每一道例题、每一个句子和每一个单词。为此，我们聘请了北京大学、北京外国语大学、北京师范大学、中国人民大学的曹晶、彭姪姪、瞿云婕、肖君、袁淑娟、程晓莉等 50 余位英语专业的硕士研究生，对每道例题和习题分别做了两遍，以确保答案的准确。因为，我们真诚地希望《Quick 英语》给中学生朋友带来知识，带来方法，带来好的成绩，同时带来更多的人文关怀。

——龙门书局编辑部

2006 年 4 月



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UNIT 1

Experience must be bought.

要取得经验，须付出代价。



Exercise 1

Words: 201 Topic: Marathon Time: 3 mins

The running boom started in America in the late 1970's. Within a very short time, people all over the world were doing up their running shoes and jogging was one result of people wishing to be fitter, stronger and healthier. Local races and then national races became popular and, gradually, the races became longer. Soon, thousands of people were training to run the Marathon.

What are the origins of the race? According to tradition, the Athenian army (from the city of Athens in Greece) was facing a very large Persian army which had invaded their country. The smaller Greek army defeated the Persians close to Marathon in 490 BC. It was a great victory and somewhat unexpected as the Persians had a much bigger army. After the battle, a young soldier called Pheidippides who had fought in the battle was sent running back to Athens to tell them of the victory. He arrived with the good news, and then fell dead from exhaustion. When the first modern Olympic Games were held in Greece in 1896, a long-distance race was held to celebrate this run by Pheidippides. The distance was set at the approximate distance from Marathon to Athens, 42km.



限时测试

- (C) 1. Marathon running became popular because _____.
 - A. everyone was fitter and healthier
 - B. everyone wanted to be fitter and healthier
 - C. many people wanted to be stronger and healthier
 - D. a lot of fitter and stronger people wanted to run around the streets
- (B) 2. The Athenian army and the people of Athens _____.
 - A. were afraid that the larger Persian army would win the battle
 - B. were afraid that the Persians would invade their country
 - C. were close to Marathon and so they won a great victory
 - D. expected to win the battle with their larger army
- (C) 3. In 1896 _____.
 - A. the Olympic Games were set up to remember the run by Pheidippides
 - B. the Olympic Games were started to remember the battle of Marathon
 - C. the Marathon was run at the Olympic Games to remember Pheidippides
 - D. the Marathon was first run at the Olympics to remember the battle of Marathon





语法链接

He arrived with the good news, and then fell dead from exhaustion.

这句话的意思是：他带着好消息来了，然而因为筋疲力尽而死了。句中的“fell”是系动词，“dead”作表语。例如：

- 1) He didn't take care of himself, at last he fell sick.
- 2) Because of the war, the city had fallen silent.

相关词汇

boom *n.* 兴起

exhaustion *n.* 筋疲力尽

approximate *adj.* 大约的



技巧点拨

测试题的第1题可以从第一段的第二句话判断出答案是C。第2题可以从第二段的“It was a great victory and somewhat unexpected as the Persians had a much bigger army.”判断出答案是A。



Exercise 2

Words: 264 Topic: fitness movement Time: 4 mins

The fitness movement that began in the late 1960's and early 1970's centered around aerobic exercise. Millions of individuals became engaged in a variety of aerobic activities and literally thousands of health spas developed around the country to capitalize on this emerging interest in fitness particularly aerobic dancing for females. A number of fitness spas existed prior to this aerobic fitness movement even a national chain with spas in most major cities. However their focus was not on aerobics but rather on weight-training programs designed to develop muscular mass strength and endurance in their primarily male enthusiasts. These fitness spas did not seem to benefit financially from the aerobic fitness movement to better health since medical opinion suggested that weight-training programs offered few if any health benefits. In recent years, however, weight training has again become increasingly popular for males and for females. Many current programs focus not only on developing muscular strength and endurance but on aerobic fitness as well.

Historically most physical-fitness tests have usually included measures of muscular strength and endurance not for health-related reasons but primarily because such fitness components have been related to performance in athletics. However in recent years evidence has shown that training programs designed primarily to improve muscular strength and endurance might also offer some health benefits as well. The American College of Sports Medicine now recommends that weight training be part of a total fitness programs for healthy Americans. Increased participation in such training is one of the specific physical activity and fitness objectives of Healthy People 2000 National Health Promotion and Disease Prevention Objects.

 限时测试

- (B) 1. The word "spas" most probably refers to _____.
A. sports activities B. places for physical exercise
C. recreation centers D. athletic training programs
- (B) 2. Early fitness spas were intended mainly for _____.
A. the promotion of aerobic exercise
B. endurance and muscular development
C. the improvement of women's fitness
D. better performance in aerobic dancing
- (B) 3. What was the attitude of doctors towards weight training in health improvement?
A. Positive. B. Negative.
C. Indifferent. D. Cautious.
- (B) 4. People were given physical fitness tests in order to find out _____.
A. how well they could do in athletics
B. what their health condition was like
C. what kind of fitness center was suitable for them
D. whether they were fit for aerobic exercise
- (D) 5. Recent studies have suggested that weight training _____.
A. has become an essential part of people's life
B. may well affect the health of the trainees
C. will attract more people in the days to come
D. contributes to health improvement as well

 语法链接

1. However their focus was not on aerobics but rather on weight-training programs designed to develop muscular mass strength and endurance in their primarily male enthusiasts.

这句话的意思是：然而，他们并不只是只有健美，而更多的是有举重的项目，这些举重的项目是为最初的男士健身爱好者锻炼肌肉的力量和承受力而设计的。句中的 rather 是副词，意思是：“更确切地说”。rather 常见的用法有：

- 1) She was rather hurt by his unkind words. (相当地)
- 2) I'd rather play tennis than swim. (更，宁愿)
- 3) He's my friend, or rather he was my friend. (更确切地说)

2. A number of fitness spas existed prior to this aerobic fitness movement even a national chain with spas in most major cities.

这句话的意思是：很多的健身温泉疗养中心都早于健美健身运动出现，在很多大城市甚至还有全国的温泉疗养连锁机构。句中的 prior to 的意思是“比……早”。例如：

相关词汇

aerobic exercise 有氧运动
 capitalize v. 获利
 enthusiast n. 狂热者
 endurance n. 忍耐力

Prior to this invention, people had already known how to keep the vegetable fresh.

 技巧点拨

测试题的第3题可以从文章第一段的 "These fitness spas did not ... since medical opinion suggested that weight-training programs offered few if any health benefits." 可以知道医生对于举重锻炼的态度是否定的。答案为B。第5题可以从文章最后一段的 "However in recent years evidence has shown that training programs designed primarily to improve muscular strength and endurance might also offer some health benefits as well." 这句话得知答案应为D。



Exercise 3

Words: 355 Topic: sports Time: 6 mins

Sports activities in the following countries:

Australia: Sports in Australia are perhaps more popular than in any other nation in the world. Each year the attendance at sporting events is many times the total adult population. Australia is best known internationally for its recent successes in all the national lawn tennis tournaments. Australia's swimmers hold many of the world and Olympic records; and the famous crawl stroke originated there. Other sports include horse racing, cycling, golf, football, and baseball.

France: Cycling might be called the national sport in France. Bicycle races along the national highways are the most popular sport in the country, and the race known as the "Tour de France" is the most famous bicycle race in the entire world. In tennis French players were the most famous in world competition during the 1920's, and the French title is still one of four most famous titles in the game, along with those of Australia, Great Britain, and the United States. Automobile racing is also very popular in France.

Germany: Germany won the third place in the unofficial scoring in the 1960 Olympic Games. Once having the finest racing cars and drivers in the world, this country is beginning to get back to its earlier period place in that sport. Soccer is one of the leading team sports, and cycling events are also popular. Germans hold many records in swimming and diving, and they are famous for their prize winning horsemanship.

Great Britain: As the originator of many sports, Great Britain has more sports activity than any other European country. The list includes, among others, cricket (the national sports), football (both soccer and Rugby games), lawn bowls, tennis (lawn), field hockey, boxing, horse racing and rowing. Automobile racing on the amateur and professional levels is probably more popular in England than in any other country. Several world records are held by British track and field athletes. Roger Bannister was the first distance runner to run a mile in under four minutes.

 限时测试

- () 1. Bicycle races are very popular in _____.
A. France, Germany and Australia
B. France, Great Britain and Germany
C. Great Britain, Germany and Australia
D. Australia, Great Britain and the United States
- () 2. The most famous countries in tennis are _____.
A. Australia, France and Great Britain
B. Germany, Great Britain and Australia
C. France, Australia, Great Britain and Germany
D. France, Australia, Great Britain and the United States
- () 3. What nation produces the most auto racing drivers?
A. Germany. B. Great Britain.
C. France. D. Australia.
- () 4. What nation is perhaps the most sports loving in the world?
A. Germany. B. Great Britain.
C. Australia. D. France.
- () 5. Which country is famous for tennis, cycling and automobile racing?
A. Australia. B. Germany.
C. France. D. Great Britain.

 语法链接

Once having the finest racing cars and drivers in the world, this country is beginning to get back to its earlier period place in that sport.

这句话的意思是：一旦拥有了世界上最好的赛车和车手，这个国家就准备在这项比赛中重新夺回它早期的地位。句中的“Once having the finest racing cars and drivers in the world,”是现在分词短语由 once 引导，在句中作条件状语。once 当连词时，表示“一旦”。例如：

- 1) Once you have talked with him, you will be impressed by his great sense of humor.
- 2) Once known, his face is never forgotten.

 技巧点拨

- 测试题的第3题问哪个国家会产生最多的赛车手。答案可以从文章的最后一段“Automobile racing on the amateur and professional levels is probably more popular in England than in any other country.”得出是B。第4题的答案可以从文章第一段的第一句“Sports in Australia are perhaps more popular than in any other nation in the world.”得出是C。

相关词汇

attendance *n.* 出席人
tournament *n.* 锦标赛
crawl stroke 爬泳
cricket *n.* 板球
amateur *adj.* 业余的

 **资源链接**

Japanese Pingpong Star

CHILDREN do not come more talented than Ai Fukuhara or Ai-chan, to use her nickname. When she was three, the Japanese table tennis star—too small to see over the tabletop (桌面)—stood on boxes to play against adults in exhibition matches. Japan fell in love with the kid when she cried after every defeat.

Now aged 16 and still Japan's favourite sports star, Ai Fukuhara has come to Beijing to improve her table tennis. She has joined the Beijing table tennis team on a one-year professional contract (合约). "I hope I can learn from my Chinese teammates during the year and improve my preparation for the 2008 Olympics," said Fukuhara.

Much like Tiger Woods, who appeared on television in the US driving golf balls at the age of three, or Maria Sharapova, who played against a Russian world tennis champion at an exhibition match when she was six, Fukuhara has grown up in the public eye. When she was just four, Fukuhara finished in the last 16 in the under-eights age group of a national junior tournament (比赛). In 1999, aged 11 she became the youngest ever member of the Japanese national table tennis team.

The same year she became the only elementary schoolchild to ever beat an adult at the Japanese Table Tennis Championships. She also made the semifinals (半决赛) in the under 17's tournament.

In May 2003, Fukuhara made the quarterfinals (四分之一决赛) of the World Championships. This was the furthest a Japanese had gone in the World Championships for 14 years. At the Athens Olympics she finished in the last 16. And she was only 15.

In a recent poll (民意调查) by a Japanese toy maker, Fukuhara was voted as Japanese children's favourite female athlete. In June 2004, a Playstation 2 sports game featuring Fukuhara was released in Japan. "That's a first for a table tennis player," said Kenji Suga, of the Japan Table Tennis Association. "Some people in Japan say the sport is not table tennis, it is Ai Fukuhara."

But, it's not just her success that has made Fukuhara so popular. It's also her hard work and her straight-forward personality (性格). Fukuhara practices for five hours a day during the week after morning school lessons and eight hours a day at the weekend. Her huge will to win and determination to succeed caused her to cry every time she lost to older players. But now she says she has grown up and only cries away from the TV cameras.

Fukuhara really has grown up. She no longer needs a box to stand on and is trying to ditch (抛弃) "chan", the suffix (后缀) for children, from her nickname. She has become a strong-minded and independent young woman. "I love pingpong," she said, "but if I ever decided to quit, then nothing my parents or my coaches could say would change my mind. It's my life, not theirs."

