




高级美语

ADVANCED ENGLISH

阅读特训 100篇

赖世雄·著



继“美语从头学”系列丛书海峡两岸狂销一百万册后，两岸英语教学天王赖世雄教授倾力独创“美语从头学特训”系列！大学等高级程度英语学习者必备，完全适用于四六级、考研、TOEFL、GRE等相关英语考试。

搭配美语从头学之《高级美语》使用，即学即练即用。

一天一篇，100天练成无敌“英语眼”！

文章包罗万象，地道流畅，题目严格按照命题规律编写。每篇文章均有翻译和词汇、语法解析，题题详解，尽收奇效。



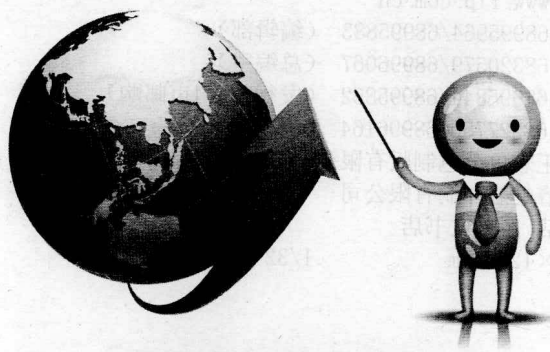
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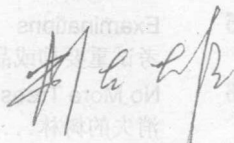
序

千盼万盼，赖世雄“美语从头学”的训练丛书终于出版了！

事实上，从“美语从头学”问世的第一天起，就有很多读者纷纷通过各种方式要求出版配套的美语从头学训练系列，以便搭配练习使用，收到事半功倍之效。

我们的“美语从头学特训系列”分为初级、中级和高级三个级别，每一级均包括听力特训和阅读特训两本。每一本均是我们精心编写的各类练习题以及巨细无遗的详解。希望读者能搭配美语从头学使用，学习完之后马上进行演练，以便巩固学习效果，温故而知新。

我们相信，读者在打开本系列丛书的第一页起，就会感觉到常春藤所出的书就是与众不同，因为我们相信我们付出的心力比别人多，我们的每一篇文章，每一段对话，都是常春藤中外编辑精雕细琢的结果。相信我们的心血之作能够帮助每一位读者爱上英语，学好英语，让英语成为您的优势，成为职场精英第一步。



赖世雄

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>> 赖氏阅读训练诀窍 <<

1. 选择合乎自己程度的素材
2. 准备字典及笔记本
3. 三阶段阅读法：
 - A. 草念文章（不停顿）
 - B. 精查字典
 - C. 反复朗读 => retell the story

Which Company Is Better?

Unit 1

哪家公司比较好?

Stock Market Gainers	Stock Market Decliners
Millennium Pharmaceutical 7.41 5.86%	Silverline Technologies 6.19 -13.24%
Advanced Micro Devices 5.53 5.33%	Jones Telocom Holding 2.42 -12.02%
Tops Telecom Company 3.03 4.92%	Net One Systems Co 0.25 -10.31%

1. Which company's stock value has decreased the most?

- (A) Silverline Technologies.
- (B) Millennium Pharmaceutical.
- (C) Net One Systems Co.
- (D) Tops Telecom Company.

2. Which company had the smallest gain?

- (A) Advanced Micro Devices.
- (B) Tops Telecom Company.
- (C) Millennium Pharmaceutical.
- (D) Net One Systems Co.

股票获利公司	股票下跌公司
千禧制药公司 7.41 5.86%	银线科技公司 6.19 -13.24%
先进微机件公司 5.53 5.33%	琼斯电信公司 2.42 -12.02%
顶尖电信公司 3.03 4.92%	第一网系统公司 0.25 -10.31%

A 1. 哪家公司的股价下跌幅度最大?

- (A) 银线科技公司。 (B) 千禧制药公司。
(C) 第一网系统公司。 (D) 顶尖电信公司。

B 2. 哪家公司获利最少?

- (A) 先进微机件公司。 (B) 顶尖电信公司。
(C) 千禧制药公司。 (D) 第一网系统公司。

单词一点通

1. **millennium** [mɪˈlenɪəm] *n.* 千禧年; 1000 年间
2. **pharmaceutical** [ˌfɑːməˈsjutɪkl] *n.* 制药的
pharmacy [ˈfɑːməsi] *n.* 药房; 药学
3. **device** [dɪˈvaɪs] *n.* 设备; 机件
4. **telecom** [ˈtelkəm] *n.* 电信 (乃 telecommunication 的简称)
5. **decrease** [dɪˈkriːs] *vi.* 减少; 下降
= **decline** [dɪˈklaɪn] *vi.* 减少; 下降

Bruce Lee

Unit 2

李小龙

Bruce Lee is the greatest martial artist to ever grace the silver screen. When he moved, he reminded one more of a tank than a man. His balance was unbreakable and his kicks were as fast as lightning. Before he gained fame for his kung fu, however, Bruce entered and won many dance competitions. His trademark quick movement wasn't only good on the streets, it was also good for winning girls' hearts on the dance floor. But what he was really known for was his kicks, not his twirls. Bruce Lee started studying Wing Chun Kung Fu when he was thirteen. After being beaten up by a street gang in Hong Kong, he vowed never to let it happen again. He perfected his technique in numerous street fights and competitions. Then, at the age of eighteen, Bruce entered the 1958 Boxing Championships and defeated the three-year champion. Perhaps because of his numerous street fights and trouble with the police, his father sent Bruce back to the United States, where he was born.

Bruce was one of the first people to teach kung fu to non-Chinese. This didn't make him very popular in Chinatown, however. In fact, after opening a school in Oakland, Bruce was challenged by a leading kung fu practitioner. They agreed that if Wong Jack Man won the fight, Bruce would have to close down his school or stop teaching Caucasians kung fu. But if Bruce were to win, Jack would stop teaching altogether. In the fight, Bruce started pounding Jack within seconds, while Jack tried to escape. Bruce dragged him back into the ring and beat him ruthlessly. Bruce Lee felt, however, that it took him too long to beat Jack. He considered it a disgrace. After this fight, Bruce decided to re-examine his own technique. So Bruce invented Jeet Kune Do. Bruce's martial art combines fighting techniques from American boxing, Thai kickboxing, Japanese karate, and of course Wing Chun. To this day, his martial art remains in a class of its own.

1. Which of the following best describes Bruce Lee?
 - (A) He danced better than anybody.
 - (B) He had good balance and fast kicks.
 - (C) He could control lightning.
 - (D) He drove a tank in many movies.
2. What was Lee good at before he became famous for kung fu?
 - (A) He was a master of Wing Chun.
 - (B) He was good at driving tanks.
 - (C) He was a great dancer.
 - (D) He was born in the United States.
3. Why did Lee start to study kung fu?
 - (A) He was beaten up by a street gang.
 - (B) He wanted to learn to dance.
 - (C) He wanted to become a famous actor.
 - (D) His dad made him study.
4. Why did Bruce leave Hong Kong?
 - (A) He won the boxing championship.
 - (B) He vowed never to let it happen again.
 - (C) He didn't want to live in Hong Kong.
 - (D) He got in trouble with the police.
5. Why did Bruce invent Jeet Kune Do?
 - (A) It took him too long to beat Wong Jack Man.
 - (B) He wanted to open up a new school.
 - (C) Caucasians wanted to learn kung fu from him.
 - (D) It combines kickboxing, Wing Chun, and karate.

李小龙是银幕上最伟大的功夫好手。当他移动的时候，给人的感觉像是辆坦克而不是人。他的马步稳如泰山，拳脚快如闪电。然而在他还未以功夫成名以前，曾经参加并且赢得不少舞蹈比赛的荣誉。他利落的招牌动作不只在街道上打斗很管用，同时也是舞池里博取女孩芳心的好方法。但是真正让他声名大噪的是他的踢腿，而不是舞步。李小龙自 13 岁便开始学习咏春派武术。有一次在香港被街头混混痛殴一顿之后，他发誓决不让

类似的事情再度发生。在无数次的街头打斗与比赛中，他精进自己的武艺。18岁的时候，李小龙参加1958年的拳击锦标赛，并击败了已卫冕三年的对手。也许是因为多次的街头打斗惹上了警方，他的父亲把他送回出生地美国。

李小龙是最早教老外功夫的武师之一。但是他并没有因此在唐人街大受欢迎。事实上，李小龙在奥克兰当地开了一所武术学校后不久，就有位显赫的功夫武师前来踢馆。当时双方同意，如果武师王杰文（译音）赢得了胜利，李小龙就必须关闭他的学校，不然就是不得再教授白人武术。相反的，如果是李小龙获胜，那么武师王杰文就不再开班授课。打斗过程中，李小龙几秒钟内就开始猛烈攻击，把对方打得无法招架企图逃离。李小龙又把他拖回场内继续痛扁。但是李小龙认为，击垮对手王杰文花的时间太长了。他认为这很不光彩。赛完之后，他决定重新检视自己的武术技巧。于是李小龙发明了“截拳道”。他的截拳道结合了众家武打技巧，有美式拳击、泰拳、日本空手道，当然也少不了咏春派武术。时至今日，他的武艺仍旧是无以伦比。

B 1. 下列对于李小龙的描述，何项最佳？

(A) 他跳舞跳得比任何人都好。

(B) 他平衡感很好，踢功很利落。

(C) 他可以控制闪电。

(D) 他在许多电影中驾驶坦克。

C 2. 李小龙在还未以功夫成名以前，他擅长什么？

(A) 他是咏春派武术的专家。

(B) 他擅长驾驶坦克车。

(C) 他很会跳舞。

(D) 他出生在美国。

A 3. 他一开始为什么要学功夫？

(A) 他被街头混混痛殴。

(B) 他想学跳舞。

(C) 他想要当名演员。

(D) 他父亲要他学。

D 4. 李小龙为何离开香港？

(A) 他赢得了拳击冠军。

(B) 他发誓决不让它再发生。

(C) 他不想住在香港。

(D) 他跟警方结了梁子。

A 5. 李小龙为何要创立截拳道？

- (A) 他击败王杰文花的时间太长。
 (B) 他想要设立新学校。
 (C) 白种人想向他学习武术。
 (D) 它融合了泰拳、咏春拳武术以及空手道。

单词一点通

1. **martial artist** [ˌmɑːʃəlˈɑːtɪst] *n.* 功夫好手

martial art [ˌmɑːʃəlˈɑːt] *n.* 武术

2. **grace** [ɡres] *vt.* 使增添光彩

grace the screen 风光地在
 银幕上出现

3. **vow** [vaʊ] *vt.* 发誓

4. **technique** [tekˈnik] *n.* 技巧

5. **numerous** [ˈnumərəs] *a.* 许多的

6. **defeat** [ˈdɪfɪt] *vt. & n.* 击败

7. **champion** [ˈtʃæmpɪən] *n.* 冠军,
 得冠军的人

championship [ˈtʃæmpɪənˌʃɪp] *n.*
 冠军头衔

8. **practitioner** [prækˈtɪʃənə] *n.* 从
 业者, 执业者

9. **Caucasian** [kəˈkeɪʒən] *n.* 白种人

10. **altogether** [ˌɔːltəˈɡeðə] *adv.* 完全地
 (=completely)

11. **pound** [paʊnd] *vt.* 重击

12. **drag** [dræg] *vt.* 拖拉

13. **ring** [rɪŋ] *n.* 拳击台

14. **ruthlessly** [ˈruːθlsɪ] *adv.* 残酷地

15. **disgrace** [dɪsˈɡres] *n.* 耻辱

短语大补贴

1. **remind sb of sth** 使某人回想起
 某事

例: His experience reminds me of a
 story long time ago.

(他的经验让我回想起很久以前
 的一则故事。)

2. **to this day** 至今

= up to the present (time)

= even today

例: To this day, I still can't understand
 why he lied to me.

(至今我依然不明白, 他为什么
 要对我说谎。)

佳词灵结用

比较 altogether 与 all together 的不同:

1. **all together** 一共, 一起

例: We sang the song all together.
 (我们一起唱这首歌。)

2. **altogether** *adv.* 完全地

例: You are altogether wrong.
 (你可是完完全全地错了。)

Walk, Don't Run

Unit 3

步行健身

Many people run for exercise. But what if you are not a "born" runner or jogger? You may still want a kind of exercise that's inexpensive and easy to do. Why not try walking?

Walking is something that almost any normal, healthy person can do. It requires no special equipment. Walking can give you many of the same benefits as jogging or running; it will just take longer. Jogging and running make your heart and lungs work harder than walking. They also put more stress on your legs and feet than walking does.

The problem with walking as a kind of exercise is that most people don't take it seriously. But there's a big difference between serious walking and the kind of walking that most of us do. Walking, like jogging, should have a steady and continuous motion.

If you're going to get your exercise by walking, you need to have your own walking program. After all, runners and joggers set goals for themselves. Walkers need goals, too.

Set a definite course to walk. Start by walking about 15-30 minutes a day. Build up your time and distance slowly. Try increasing your walking speed little by little.

If you prefer to jog or run, follow the same advice. Start off slowly. Spend most of the first few days just walking. Then, start walking and running on the same day. Run or jog a short distance, then walk for a while, then run, then walk. Follow that pattern for 15-30 minutes a day. Slowly make each run longer and each walk shorter. Later on, you can increase your distance, speed, and exercise time.