

So You Think You Can Speak English?

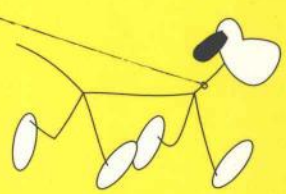


You can count on me!



快! 英语地道哥来了!

哥说的是地道英语



快向他请教英文!

最时尚的话题 + 最地道的英语
= 最in的英文学习书

著 / 钟文 肖铁蕾
审阅 / Sharon Griffiths
James Whiskens

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湖北长江出版集团
湖北教育出版社

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作者简介

钟文

2000年毕业于华中科技大学外语系。毕业后担任广东工贸职业技术学院商务英语专业专任教师。2004年至2006年担任商务英语教研室主任，主持了院级和省级示范专业“商务英语专业”的申报和准备工作。成功完成了“英语能力拓展”等科研课题。

从事英语教学工作11年来，注重在教学过程中灌输英语文化和英语思维方式，充分利用多媒体教学手段进行英语知识的教授，开创了以美剧和好莱坞大片为视听材料进行英语教学的先例，取得了很好的效果。

肖铁蕾

早年曾在英国伯明翰 Fircroft 学院交流学习，后到英国华威大学 (Warwick University) 攻读并获英语语言教育硕士学位，现为广东工贸职业技术学院讲师。有较为丰富的海外学习、生活和工作经历，对跨文化交际、英美文学和影视的研究有浓厚的兴趣。

前言



如果你问一个学生，他会说，学好英语就是为了考取更好的大学；如果你问一个老师，他会说，教好英语就是为了培养出更出色的人才；如果你问一个白领，他会说，说好英语就是为了更出色地完成工作；如果你问一个准备移民的人，他会说，练好英语就是为了在国外更顺利地生活；如果你问我们，我们会说，做好这本书就是为了让这些人人都能达成自己的心愿。

So You Think You Can Speak English?

哥说的地道英语



如果你没有这本书，你就有可能不知道外国人在说怎样的英语；如果你不知道外国人在说怎样的英语，你就不可能让外国人明白你在说什么英语。如果你有了这本书，你就很可能练就一口非常地道的英语；如果你的英语能说得非常地道，你在老外面前就一定能hold住。这就是这本书能叫做《哥说的是地道英语》的另一个原因。

如果你学了十几年的英语，还是不能让外国人明白你在说什么英语，你会有什么样的感受？伤不起啊，有木有？有木有？

那么，亲，你还在犹豫什么呢，亲？拿起这本书吧，你不会后悔的，亲。亲，跟哥一起学习地道英语吧，给好评哦。

但是，亲，如果书中有什么谬误之处，那是哥的水平不够，你一定要原谅并给哥指正哦，亲。

编者

2011年8月

前言 标指——败形发力

咏春三套拳中，标指是高级拳法，是咏春派最为凶狠凌厉的进攻手法，也是以弱胜强、以少胜多的高明打法，历来高深莫测、法不轻传。

标指源于禅理的“标月指”，有目光穿越手指看向月亮的寓意，以此启迪武者在打与被打之间，智慧应无限延伸，含有“以武入哲”的哲学辩证法思想。

标指指的是以周身借力反弹的柔劲，施展反常规攻击打法的高深技术。

所谓败形发力，指的是在敌我双方实力悬殊的条件下，以标指中反常规的手法，发出由擒手训练获得的圆转柔韧之力，突破借助位置打人的限制，险中求胜，从而达到以攻为守、一击破敌的目的。

标指拳法的精髓分败形技法取胜与败形发力制胜两种。败形技法属于极高明的搏斗技巧，习者无须任何内劲，也可以刁钻狠辣的招式击人要害，瞬间获胜；而败形发力则将高明的搏斗技巧与刚柔相济的内劲融为一体，武学已达道艺之境地，非师傅言传身教而不能体会。因此，多年来，习练者常言“标指”十分玄妙难测，乃不传之秘。

通常，人们揣测法不轻传的原因，必是因为师傅敝技自珍的缘故。

其实不然，原因有三：

其一，标指中败形技术的应用颠覆常规，招招抢攻，一击致命，十分凶险；故而，历来非入室弟子不传，非品德悟性高者不授。

其二，标指是专门用来克制小念头和寻桥招式的终极法门，须长期经过小念头和寻桥拳法的锤炼，待这两套技艺纯熟之后，再习克制之道，才能事半功倍。

其三，标指中的败形发力蕴含远、中、近三种距离的速击制胜之道，且是在对手实力高于我方的前提下，招招搏命，出手不留余地，攻敌要害求胜。因此，必然要求我方出手的位置、角度、速度及力道的控制非常精

准，方能一击命中，否则差之毫厘、谬以千里。

故而，纵有聪慧伶俐之人，能将师傅所打的标指拳套，全盘模仿得惟妙惟肖，同样难以明白个中三昧。因拳套和技法可以模仿，内劲发放却难以琢磨。标指中的柔劲发力，不经师传亲授，不经长期过招发力磨练，实难体悟。若强行应用，不仅难以发挥克敌制胜之能，临敌之时反而深受其害，这也许正是咏春派不愿将标指拳法轻易传授的原因！

总之，标指之道，讲究以轻驭重，以打为消，柔化刚发，借力巧打。

咏春三套拳法中，小念头练法度与筑基，以结构求发力，以念力调呼吸，令周身筋长骨健，力大无穷；寻桥练步法、腿法与卸力防御技术，配合驽手反应练出刚劲与弹抖劲，触点发力即可牵引对手，放人于长外；而标指则练搏命之道与群战之法，配合驽手反应练出柔劲，往往以攻制攻，或出手轻柔迅捷，落点沉重，或圆转迂回发力，借力巧打，一击命中对手要害。

三套拳法侧重点不同，各具功效。练小念头时，动作须轻柔舒缓，气息绵绵，心境如静湖之水不起波澜；练寻桥时，动作须沉实稳重，层次分明，起承转合间，应动如迅雷，静如远山；练标指时，动作须洒脱飘逸，狂放不羁，如一片轻舟浮于怒海之中，任凭波涛汹涌，却始终凌驾于巨浪之上，随意遨游。此之谓习拳之道，习练者不可不明、不可不从。

本书分章节从标指拳谱、标指应用、闭目驽手、木人桩法、六点半棍、八斩刀法等方面，详尽披露了败形发力的绝妙之处。

如借助对手强大的攻击力量，迅速近身，借力反弹，一击奏效；

如在身高、体重、速度不及对手的情况下，败形取胜，重创对手；

如在劲力与抗打能力逊于对手的情况下，以打为消，以弱胜强；

如在搏斗时出招错误的情况下，用败形手法、脚法及时补救，化险为夷；

如在黑夜搏斗时，凭借闭目驽手获得的听劲感知力，抢攻对手的要害部位；

如在被多人围攻时，以标指技法牵一人之手阻挡众人之手，化险为夷；

如运用六点半棍进行科学训练，获得腰马合一的六合力和弹抖力；

如在遭遇歹徒利器攻击时，运用八斩刀技法利器搏命，刀刀制胜；

如运用数年来秘而不宣的木人桩法修炼，强化六合劲力，令周身筋长骨健，发力时手如撕棉，力如抖鞭。

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情情爱爱
Love Actually

如果你问一个学生，他会说，学好英语就是为了考取更好的大学；如果你问一个老师，他会说，教好英语就是为了培养出更出色的人才；如果你问一个白领，他会说，说好英语就是为了更出色地完成工作；如果你问一个准备移民的人，他会说，练好英语就是为了在国外更顺利地生活；如果你问我们，我们会说，做好这本书就是为了让这些人都能达成自己的心愿。

Teenage Crush

青涩的爱

词汇点睛

1. be grounded 被软禁

- ground 在这里是动词,有“阻止外出”的意思。

Jason came home at 2 a.m. last night, so his dad is going to ground him for 2 months.
杰森昨晚凌晨两点才回家,他老爸准备禁止他外出两个月。

- ground 作名词有“地面;范围,领域;理由(常用复数)”等意思。

to the ground 完全地

Our home soccer team is always beaten to the ground by some second-class teams.

我们的国足经常会被一些二流球队打得落花流水。

get off the ground 开始有进展

Her acting career did not really get off the ground until she played a supporting role in a very controversial film. 她的演艺事业一直没有什么起色,直到在一部有争议的电影里演了一个配角。

hit the ground running 立即行动起来

Companies like to recruit people who can hit the ground running at new posts.

公司喜欢招募那些能新的工作岗位上立刻开展工作的人。

2. control freak 控制狂

- freak 作名词时有“怪物;怪事;狂热爱好者”等意思。

a video game freak 电玩狂人

Girls that dress or act like boys used to be considered freaks. But now it is pretty much a chic.

举止衣着像男孩的女孩子过去被认为是异类,但现在却成了一种时尚。

- 动词短语 freak out 意思是“(使)十分不安,激怒,(使)抓狂”,和文中另一个词组 flip out 同义。

Any kid at some point will freak their parents out no matter how good they are.

无论多听话的孩子都有让父母抓狂的时候。

- freaking 通常用来加强语气,有“真是……”的意思。

Traffic in this city is a freaking nightmare. 这个城市的交通真是一个噩梦。

3. get sth. covered 把……搞定

- cover 作动词有“覆盖,包括,涉及;报道;负责;支付”等意思。

His interests cover a wide area. 他的兴趣很广泛。

This award ceremony was exclusively covered by the local broadcasting company.

此次颁奖典礼由当地的广播公司独家报道。

- cover 作名词时有以下常用短语:

under-cover 卧底 cover-girl (杂志的)封面女郎 cover story 封面故事 cover letter 申请信

Dialogue

Camille: Tina, are you Okay? You've been making phone calls the whole morning. If there's an emergency, you can take the afternoon off. There's not much work to do today anyway.

Tina: Thanks Camille, for being so thoughtful^①. But I don't think it will make any difference. It's my daughter Haley. Every time I called her, all she said to me is to take a hike.

Camille: What happened?

Tina: She moved out a week ago. We had a fight about her boyfriend Alex and now she's stayed in her grandma's.

Camille: In that case, you should be thankful that she's just moved in with her grandma not with her boyfriend. But then why you guys argued? Girls seeing boys is a usual thing.

Tina: Well, it's complicated. She's only 16 but Alex is 19. He's got his own apartment and is out of education already. But what we really worry is that he has no job and drinks a lot. But Haley thinks she's in love with him and wants to date him. Of course my husband and I don't approve^② of this relationship.

Camille: Have you talked to her?

Tina: We had a few conversations about this. We told her it was dangerous to date someone like Alex. He might be just using her. If she doesn't stop seeing the guy, she is gonna **be grounded.**

Camille: Kids today are not pushovers^③ any more. They have their own ways of thinking.

Tina: You said it. First she was very upset and there was a lot of drama, a lot of tears. Then she flipped out^④, calling us **control freaks.** Then the next day, she was gone.

Camille: It's typical and usual for girls at her age to react like that. I understand too why you tried to intervene^⑤. You did that out of love, but when you tell a teenage girl she can't have something, she's gonna want it even more. Teenagers are rebels^⑥, aren't they?

Tina: I can't agree more. Now it's been a week since she moved out and I miss her and want her home. But we can't just drag her home. That would make things worse. Since we can't tie her up or anything, she can still sneak^⑦ out. Maybe next time she will probably end up in some place we don't even know.

Camille: I'm glad you realize that. She's just having a crush on^⑧ this guy like many young girls do. Haley is only 16. When she grows up, her perspective of love certainly will change. Think about ourselves—how many guys we dated before we settled with our husbands. We can't impose our ideas on our kids. They are just not sold on our ideas.

Tina: So you mean it won't do any good ragging on^⑨ her about her boyfriend? Maybe it's time to tell her how to have a healthy relationship and to protect herself. I should go talk to my husband before we screw up the whole thing.

Camille: You got it. I think you can **get it covered** this time.

卡米尔: 蒂娜, 你还好吧? 整个早上你都在打电话, 如果有急事你下午就回去吧, 反正今天也没多少事可做。

蒂娜: 谢谢你这么有心, 卡米尔。但回去也解决不了问题。是我女儿海莉的事, 我每次给她打电话, 她就让我别烦她。

卡米尔: 怎么啦?

蒂娜: 一周前她搬出去住了。我们为她男朋友亚力克斯的事吵了起来, 现在她就搬到她奶奶家了。

卡米尔: 现在这样子, 你该谢天谢地了, 她只是去了奶奶家而不是和男朋友住到了一起。但是你们为什么会吵起来呢? 女生约会男生很平常啊。

蒂娜: 唉, 情况很复杂。她只有 16 岁, 但亚力克斯 19 岁了。他一个人住, 而且已经不上学了。但真正让我们担心的是他没工作, 又喜欢喝酒。但海莉认为自己爱上他了, 要和他约会。我和我丈夫当然不同意了。

卡米尔: 你们有没有和她谈过呢?

蒂娜: 我们谈过几次。我们告诉她, 和亚力克斯这样的家伙约会很危险, 有可能被他利用。如果她继续跟他见面的话, 我们会禁止她外出。

卡米尔: 现在的孩子可没那么好说话, 他们有自己的想法。

蒂娜: 可不是嘛。刚开始时她听了很伤心, 情绪很激动, 不断地哭。然后她就很生气, 说我们是控制狂。然后第二天, 她就离家出走了。

卡米尔: 这个年纪的女孩有那样的反应很典型也很普遍。我也理解为什么你们要干涉她, 这都是出于爱。但当你告诉一个妙龄少女她不能得到某样东西时, 她只会更想得到这个东西。青少年都是叛逆的, 不是吗?

蒂娜: 我绝对同意。现在她搬出去一个星期了, 我想念她, 想她回来。但我们又不能把她硬拖回来, 那样只会让事情更糟。我们又不能把她绑起来, 所以她还是会溜出去的。说不定下次她就跑到我们根本找不着的地方去了。

卡米尔: 很高兴你能意识到这点。像其他的女孩一样, 她只是对这位男生一时迷恋罢了。海莉才 16 岁, 长大后她对爱情的看法肯定会改变的。想想我们自己吧, 在约会了多少男生之后才和现在的老公定下来。我们不能把我们的想法强加于孩子的身上, 他们是不会接受的。

蒂娜: 照你说的, 如果再为男朋友这事批评她也不会有什么好结果? 也许现在该教教她如何正确地谈恋爱、如何保护自己。我该去和我老公商量商量, 免得真的把事情搞得不可收拾了。

卡米尔: 你终于明白了。我想这次你们就能妥善处理了。

Vocabulary and Phrases

1. thoughtful ['θɔ:tfl] *adj.* 体贴人的
2. approve [ə'pru:v] *v.* 同意
3. pushover ['puʃəʊvə] *n.* 容易说服的人
4. flip out 发怒
5. intervene [,ɪntə'veɪn] *v.* 干涉
6. rebel ['rebl] *n.* 叛逆者
7. sneak [sni:k] *v.* 偷偷溜走
8. have a crush on sb. 迷恋某人
9. rag on sb. 不停地批评某人

高频表达

1. ... all she said to me is to take a hike. 她就只是让我不要烦她。

● **take a hike** 滚开, 不要打搅某人

A: He kept on getting in trouble at work, so finally his boss told him to take a hike.

他工作上老是出错, 最后老板让他走人。

B: Then he must be thrilled as he hated that job very much.

那么他肯定开心死了, 因为他本来就不想干了。

2. You said it. 可不是嘛。/ 你说的对。

A: It is much more expensive to raise a kid than it was back then.

和以前比起来, 现在养孩子太贵了。

B: You said it. Especially child care and education, the two cost more than one third of my income.

可不是嘛。特别是小孩的保育费和教育费, 这两样就花了我收入的三分之一还多。

3. ... she will probably end up in some place we don't even know. 她很可能就跑到我们根本找不着的地方去了。

● **end up** (以……) 结束; 最终成为

A: If you continue to shut yourself up all day without seeing any girl, you are going to end up dying alone.

如果你再这样门也不出, 又不和女孩子约会的话, 你以后会一个人终老的。

B: Mom, it's way too early for you to worry about that. I'm just 28. My life has just begun.

妈, 你操心这个太早了吧? 我才 28 岁, 我的人生才刚开始呢。

4. They are just not sold on our ideas. 他们是不会听我们的。

● **be sold on sth.** 赞成……, (无条件地) 相信……的价值

A: Have you bought that Mini Cooper yet?

你买了那辆 Mini Cooper 车了吗?

B: My wife isn't sold on it as she thinks it is too girly. She wants one more sporty.

我太太不是很喜欢它, 因为觉得它太女性化了。她想买一辆更拉风的。

5. ... we screw up the whole thing. 我们把整件事搞砸。

● **screw up sb. / sth.** 把……弄糟

A: Dylan is really screwed up since his girlfriend broke up with him.

狄伦的女朋友和他分手后, 他被折磨得不成人样了。

B: Tell him to man up. There are plenty more fish in the sea.

告诉他要有男子汉气概。天涯何处无芳草!

Gal Pals

姐妹淘

词汇点睛

1. bestie 好朋友, 闺蜜

- **-ie 作为名词后缀,常表示“小,可爱”等亲昵的意思。**

Give mommy a goodnight kiss, Sweetie.

亲妈咪一下道晚安,小乖乖。

Jack is my homie. 杰克是我的老乡。

lassie 少女	beautie 美眉	hottie 辣妹/帅哥	cutie 小可爱
dearie 小宝贝	auntie 阿姨	nannie 保姆	veggie 素食者
birdie 小鸟	doggie 小狗	newbie 菜鸟,新手	
baggie 小袋子	cookie 小甜饼		

2. street 街头的;通俗的

His street humors are the spice for the stressful time at work.

他的那些“荤段子”是紧张工作中的调剂品。

man in the street 普通人,一般的人

We are all men in the street. All we are after is a place to live and enough food to feed the mouth.

我们都是普罗大众,所追求的无外乎有地方住有东西吃。

put sth. on the street 泄漏秘密;张扬别人的隐私

Lora is such a big mouth. She always puts people's gossips on the street.

萝拉很八卦,经常到处说别人的闲话。

live in the street 老是不在家

She always complains that her husband lives in the street.

她常抱怨老公经常不在家。

3. cool 没问题

- **cool 原意是“凉快的”,在口语中使用时常有“冷静;没问题;极好的”等意思,应灵活理解。**

He was so cool in the competition. 在比赛中他非常冷静。

It's not cool to talk behind one's back. 在背后说别人坏话一点也不厚道。

It's cool if you don't want to come to the party. 如果你不想参加聚会也可以。

I'm cool with your plan. 我同意你的计划。

- **常用的短语还有:**

as cool as cucumber 非常冷静 play it cool 冷静地处理 lose one's cool 失去自制

Dialogue

- Julia: Sweetie, your dad and me can't wait to meet Laurie, your **bestie**.
- Penny: Bestie? Since when did you get so **street**, Mom?
- Julia: Well, since you moved out. You have your own friends to hang out with now but I don't want to be boxed out^① of your life and I still want to share things with you like we used to do. I want to be your—what do you girls call that bond^②—Gal Pal?
- Penny: Mom, relax, you're doing great. You're my BFF—best friend forever.
- Julia: Oh, honey, thanks. By the way, does Laurie like Italian food?
- Penny: Don't bother, Mom. She's not coming for tomorrow's dinner. I was about to tell you that.
- Julia: Sweetie, you look upset. What's eating you? Haven't you invited her?
- Penny: Yes. She meant to come, but something happened between us early this week and the date has to be off.
- Julia: Oh, I'm so sorry. What's wrong?
- Penny: Mom, it's humiliating^③. I don't want to talk about it any more.
- Julia: C'mon, get it out of your chest. It kills me when I see you moping^④.
- Penny: Well, the other day I had Lenard over in my room. We were sort of making out. Then suddenly Laurie walked in on us. She didn't even knock at the door!
- Julia: Oh, I understand. But did she apologize for that?
- Penny: I was so mad that I started yelling at her, crushing^⑤ her with all the mean words about how I hated that she always mixed up her things with mine, and how I wanted boundaries in this friendship, blab, blab, blab. Then she left without a word.
- Julia: Does she always walk in your room without knocking?
- Penny: Well, not without a reason.
- Julia: Maybe this time she had a reason too. Have you two talked ever since and had it out with each other?
- Penny: Actually I regret that I went overboard^⑥ that day. So I have been dodging^⑦ her recently.
- Julia: Honey, take the bull by the horns and give Laurie and yourself a chance to clear things up. True friends are supposed to be open with each other.
- Penny: Do you mean I'm to be the first to blink^⑧?
- Julia: Is that a problem? Don't you forget how Laurie helped you out when you were in trouble. Friends always have each other's back. We don't dump our friends at the drop of a hat, don't we? Oops, I start rattling^⑨ again. I'd better leave you alone to think about this.
(1 hour later)
- Penny: Mom, I called Laurie and we've cleared the air^⑩. It turned out that day she was about to tell me my summer internship^⑪ application was accepted by the college. So we are **cool** now and she is coming tomorrow as planned.
- Julia: That's my gal!