

Reading Part 3

Read the four texts. Which text gives you the answer to each question? Choose the correct text (A-D) for each question.

A.

If you have ever wanted to learn a martial art purely for exercise and discipline but were put off by the actual words and their obvious roots in warfare, think again. Discover the art of Aikido. It is a way of defending yourself but not just that. The philosophy behind Aikido involves the notion of protecting the attacker from injury by redirecting force. Indeed, attack is banned in Aikido. Although based upon traditional Japanese principles, Aikido appeared in the 1920s/1930s. The key is a harmonious philosophy, mixing hard physical training and spiritual discipline. The lack of competitiveness within Aikido means participants help each other as they train. As in virtually all Japanese martial arts, there are physical and mental aspects of training. Fitness is crucial but relaxation, flexibility and endurance, rather than strength, are emphasised.

B.

I love everything Brazilian and, during a trip there some years ago, I visited San Salvador, the third largest city. Walking through a park, I saw a circle of young men with another in the middle who seemed to be dancing and aiming kicks at the others. What intrigued me was that the kicks and attempted head-butts never actually made contact. I was observing Capoeira, a kind of martial art with acrobatics, dancing and music integral to the activity. The art of Capoeira is uniquely identified by swinging hips, armstands and sweeping feet movements. This requires agility and strength. Its roots lie in Africa and for a time remained forbidden in Brazil, only becoming legal in the 1930s. Whether it can be classified as a true martial art is debatable but the theatricality of the feigned attacks is delightful to watch.

C.

Hi – you asked me about Taekwondo in your last email. Well, it's Korean and is the national sport of South Korea. It can be translated as 'the way of the foot and fist' and is the world's most popular martial art. Estimates of current practitioners vary from 30 to 70 million. To master it, you need strength, speed, balance and flexibility but it's a sport for both genders and all ages and its relaxation and meditation content makes it an all-round activity. The actual history of Taekwondo is controversial and even today there are two distinct branches. The traditional form is all about power and self-defence and is used by the military and police force. Sport Taekwondo is more about speed and competition. The two forms, however, are not mutually exclusive and the distinctions are often blurred. Are you, by any chance, considering learning it?

D.

Visitors to China have been known to get confused by the meaning of 'Wushu' as it can be used as a general term for martial arts in the same way as Kung-fu. However, it has also become the name for a modern sport primarily aimed at exhibition and competition, with the introduction of more acrobatic jumps which give an enhanced visual effect. All training must be so-called 'internal' and 'external'. The former includes aspects of the heart, spirit, mind, breathing and strength. The latter concentrates on hands, eyes and stances. Meditation is also regarded as a fundamental component of initial training to help with focus and mental clarity. Traditional Chinese schools of martial arts also taught them as a system of ethics alongside the more obvious self-defence and mental training functions that we're all familiar with.

In which text does the writer:

1. state that co-operation helps you master the martial art?
2. outline the dual interpretation of a word?
3. talk about the all-inclusive appeal of a martial art?

Which text is saying the following?

4. This country's martial art had its origins elsewhere.
5. It has been made to look more of a dramatic spectacle.
6. This martial art aims to redirect the aggressor's power.
7. This martial art has practical uses and applications.
