

Name:

Day One

Mixed Martial Arts

Part 1: Silent read

→ Find out about one student's commitment to mixed martial arts. Read silently.

When he was a freshman, In-Goo Kwak wanted to get more active. He went to Winchester High School. None of the sports the school offered seemed right. He didn't want to play football. He was not a beefy jock. So he decided to form a club for mixed martial arts.

Mixed martial arts is a controversial sport. It combines boxing, kick-boxing, wrestling, and martial arts. Fights can be brutal. In one fight, an amateur fighter named Donshay White was killed. Several other people have also been killed doing mixed martial arts.

However, athletes die in other sports, too. A few football players die each year. Boxers have been killed in the ring. And supporters of mixed martial arts say that it is a healthy sport. It requires great skill. It builds self-discipline. And it gives young people a chance to let out aggression. "A lot of people might think it's thuggish or too violent," says one instructor. "But after awhile, they see a different perspective."

Kwak made his case to Winchester school officials. He researched safety measures. He raised money. The officials were impressed. They gave him permission to start his club.

Three years later, Kwak was a senior. His club had over 20 members. His campaign to give mixed martial arts a home at Winchester High School was successful.



Day One

// one minute

Mixed Martial Arts

Part 2: First timed read

WPM _____

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Part 3: Comprehension and discussion

What was Kwak's goal?

Why are some people against mixed martial arts?

Day One

Mixed Martial Arts

Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

When he was a freshman, / In-Goo Kwak wanted to get more active. // He went to Winchester High School. // None of the sports the school offered seemed right. // He didn't want to play football. // He was not a beefy jock. // So he decided to form a club for mixed martial arts. //

Mixed martial arts is a controversial sport. // It combines boxing, / kick-boxing, / wrestling, / and martial arts. // Fights can be brutal. // In one fight, / an amateur fighter named Donshay White was killed. // Several other people have also been killed / doing mixed martial arts. //

However, / athletes die in other sports, / too. // A few football players die each year. // Boxers have been killed in the ring. // And supporters of mixed martial arts / say that it is a healthy sport. // It requires great skill. // It builds self-discipline. // And it gives young people a chance / to let out aggression. // "A lot of people might think it's thuggish / or too violent," / says one instructor. // "But after awhile, / they see a different perspective." //

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Three years later, / Kwak was a senior. // His club had over 20 members. // His campaign to give mixed martial arts a home / at Winchester High School / was successful. //

I read the passage in phrases out loud to my partner.