

Name:

Day One

The Graceful Fighter

Part 1: Silent read

→ Find out about poomsae tae kwon do. Read silently.

Madison Motoyasu of California is a world-class competitor in tae kwon do. This 14-year-old student is a skilled fighter who lands powerful punches and kicks. Her greatest strength, however, is not fighting. It is a kind of tae kwon do called poomsae.

Tae kwon do is the official sport of South Korea. It is one of only two martial arts featured in the Olympics. It is practiced in over 100 countries, and by over 70 million people. It focuses on kicks rather than punches or hand strikes, because human legs are longer and stronger than human arms.

When most people think of tae kwon do, they think of fighting. In fighting competitions, both fighters wear white uniforms and special helmets. A referee awards points for successful kicks and hand strikes. Sometimes, decisions are controversial. One time at the Olympics, a tae kwon do athlete was disqualified when he became angry and kicked the referee in the head.

Poomsae is a different kind of tae kwon do. It involves memorizing forms. These forms are sequences of kicks, strikes, and other moves. Athletes perform these forms like a dance.

“Poomsae has taught me self-discipline,” says Madison. “No one is perfect, or has the perfect forms, so we just try to get as close as possible.” In tae kwon do, toughness is important, but so are discipline, precision, and grace.



Day One

// one minute

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Part 2: First timed read

WPM _____

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44
45

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63
78
91
100

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114
125
136
149
160

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174
186
190

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204
221
231

Part 3: Comprehension and discussion

What is poomsae tae kwon do?

Why does tae kwon do focus on kicking?

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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.

Madison Motoyasu of California is a world-class competitor / in tae kwon do. // This 14-year-old student is a skilled fighter / who lands powerful punches and kicks. // Her greatest strength, / however, / is not fighting. // It is a kind of tae kwon do called poomsae. //

Tae kwon do is the official sport of South Korea. // It is one of only two martial arts / featured in the Olympics. // It is practiced in over 100 countries, / and by over 70 million people. // It focuses on kicks rather than punches or hand strikes, / because human legs are longer and stronger than human arms. //

When most people think of tae kwon do, / they think of fighting. // In fighting competitions, / both fighters wear white uniforms and special helmets. // A referee awards points / for successful kicks / and hand strikes. // Sometimes, / decisions are controversial. // One time at the Olympics, / a tae kwon do athlete was disqualified when he became angry / and kicked the referee in the head. //

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“Poomsae has taught me self-discipline,” / says Madison. // “No one is perfect, / or has the perfect forms, / so we just try to get as close as possible.” // In tae kwon do, / toughness is important, / but so are discipline, / precision, / and grace. //

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