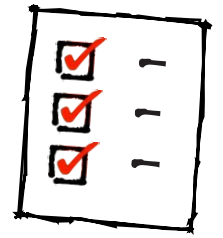


Name:

Day Two

The Graceful Fighter

Part 1: Tricky phrases and words



→ Read these phrases and words **out loud** to your partner.

- It is one of only two martial arts
- It focuses on kicks rather than punches or hand strikes
- both fighters wear white uniforms and special helmets
- a tae kwon do athlete was disqualified when he became angry
- It involves memorizing forms
- so we just try to get as close as possible

- competitor kum | **PET** | ih | tur
- tae kwon do teye | kwon | **DOH**
- poomsae **POOM** | say
- controversial kon | trah | **VER** | shul
- disqualified dis | **KWAL** | ih | feyed
- sequences **SEE** | kwen | sez
- discipline **DIH** | sih | plin
- precision prih | **SIH** | zhun



Decoding practice:

Circle the base words in the longer words below. Remember, a base word shows the core meaning of a longer word. The base word includes no word endings or prefixes. The first one has been done for you.

competitor

powerful

successful

disqualified

toughness



Day Two

// one minute

The Graceful Fighter

Part 2: Last read

WPM _____

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.

44
45

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.

63
78
91
100

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.

114
125
136
149
160

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.

174
186
190

“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.

204
221
231

Part 3: Comprehension and discussion

Would you prefer to learn poomsae, or a different martial art? Why?

Ask your partner's opinion.

My partner would prefer to learn