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# KARATE



Karate is one of the most popular martial arts in the world. But what is a martial art?

It is a sport or skill where people practise fighting, following a set of moves and rules. It can be practised alone or in pairs. Other popular martial arts include Taekwondo, Judo, Kung Fu and Thai boxing.

## The history of karate

Karate started many years ago when people moved from China to the small island of Okinawa, south of Japan. The people taught the islanders their martial arts and gradually these skills became the karate we know today. By 1900, schools in Okinawa taught karate and, in 1922, a teacher from Okinawa, **Gichin Funakoshi**, started teaching karate in universities in Japan. He is known as 'the father of modern karate'.

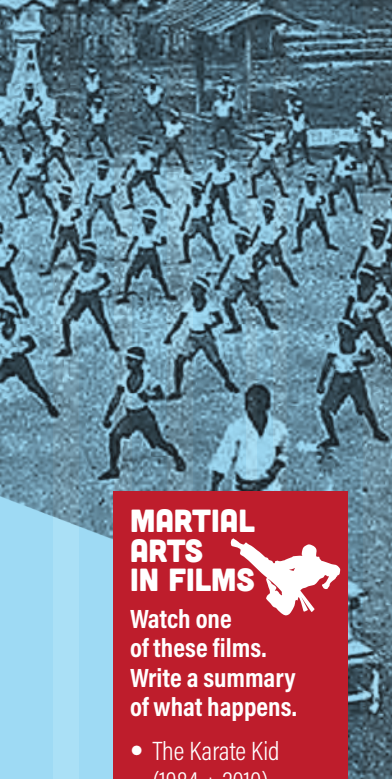
During the second world war, American soldiers in Japan saw karate for the first time. Soon they started practising and after the war they brought the martial art back to the US where it soon became popular.

### DID YOU KNOW?

The word karate originally meant 'China hand', because karate originally came from China. In Japanese, the word kara can be written in two ways, one means 'China' and the other 'empty'. When Funakoshi took karate to mainland Japan, he changed the name to mean 'empty hand'. This made karate more popular in Japan.

 Discuss in pairs. Why does karate mean empty hand?

空手  
EMPTY HAND  
Kara Te



## MARTIAL ARTS IN FILMS



Watch one of these films.

Write a summary of what happens.

- The Karate Kid (1984 + 2010)
- Kung Fu Panda (2008-2016)
- Crouching Tiger, Hidden Dragon (2000)
- Mulan (1998 + 2020)
- Seven Samurai (1954)

- **gradually:** slowly; bit by bit
- **islanders:** people who live on an island
- **mainland:** main part of a country, not the islands around it
- **moves:** series of movements or positions
- **originally:** before; first
- **practising:** (here) doing (a sport)
- **skill:** something one can do well

## HOW TO BECOME A BLACK BELT

- 1 In the audio you are going to hear the Japanese words in the box below. Do you know them? Can you guess what they mean?

dojo gi kata kyu Sensei



- 2 Listen. Then answer the questions.

- What colour is the first belt in karate?
- What is the word for protecting your body from attack?
- How long does it take to become a black belt?



- 3 Listen again. Match the Japanese words to their meaning.

- |                                   |                          |
|-----------------------------------|--------------------------|
| a <input type="checkbox"/> gi     | 1 teacher or expert      |
| b <input type="checkbox"/> dojo   | 2 karate school          |
| c <input type="checkbox"/> Sensei | 3 movements or positions |
| d <input type="checkbox"/> kata   | 4 grade or level         |
| e <input type="checkbox"/> kyu    | 5 uniform                |

### Listen in



- 4 Listen, then repeat the sentence. Pay attention to the underlined letters.

Harrison goes to the karate club to feel more confident.



- 5 Listen to these words.

Repeat the words with a partner to practise the difference.

come / gun      class / glass      back / bag  
could / good      club / glove      kick / give



- 6 Listen and tick (✓) the words you hear.

- Karate  gloves /  clubs are expensive.
- The teacher's  glass /  class was too small.
- The muddy water splashed onto his  bag /  back.

# Before Reading

## 1 Label the picture with the words below.

arm

chest

*gi*

shoulder

belt

fingers

leg

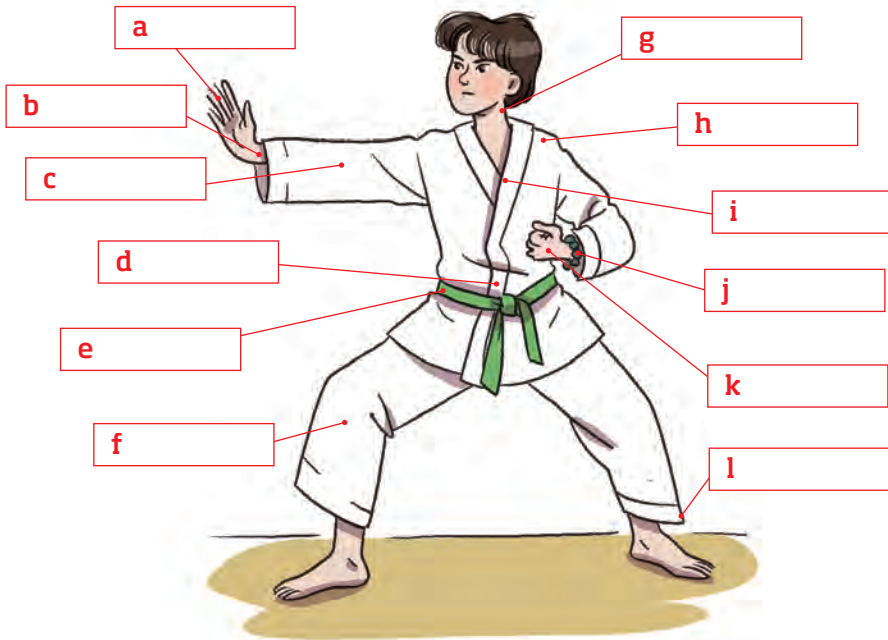
stomach

bracelet

fist

neck

wrist



## 2 Use words from Exercise 1 to complete the sentences.

- a He really wanted to pass his grading test and get his new purple .....
- b He had a jade bracelet on his right .....
- c The car made a horrible noise and Harrison put his ..... in his ears.
- d Harrison looked down and saw a gold fox necklace around Chad's .....
- e It was lucky that the legs of his ..... were too short for him.

## Listen in



### 3 Listen and repeat the words to practise the difference.

hit – hid

two – do

sat – sad

town – down

side – sight

ten – den



### 4 Listen and write the words you hear.

### 5 Check the meanings of the words below in a dictionary. Then choose the correct word for each sentence.


antique insured own price priceless property valuable

- a The **price** / **property** of something is how much money it costs to buy it.
- b If something is **valuable** / **insured** it means that it is expensive to buy.
- c **An antique** / **A property** is something old and special.
- d If someone **owns** / **values** something it means that it is theirs.
- e If something is **insured** / **priceless**, it means it is protected. If it is stolen or broken then a company gives the owner money.
- f **An antique** / **A property** is a building and/or land.
- g If something is **insured** / **priceless** it is so valuable that it can't be sold.



### 6 Listen and check.

### 7 Think about the following questions.

- a What is the most valuable thing that you own?
- b Do you have anything that is 'priceless' to you? (It is so important that you never want to sell it or lose it.)
- c  What does 'sentimental value' mean? Decide in pairs.

### 8 Match the words to the pictures. Do these things have a different name in your language?

chopsticks

green tea

noodles

spring rolls

a



b

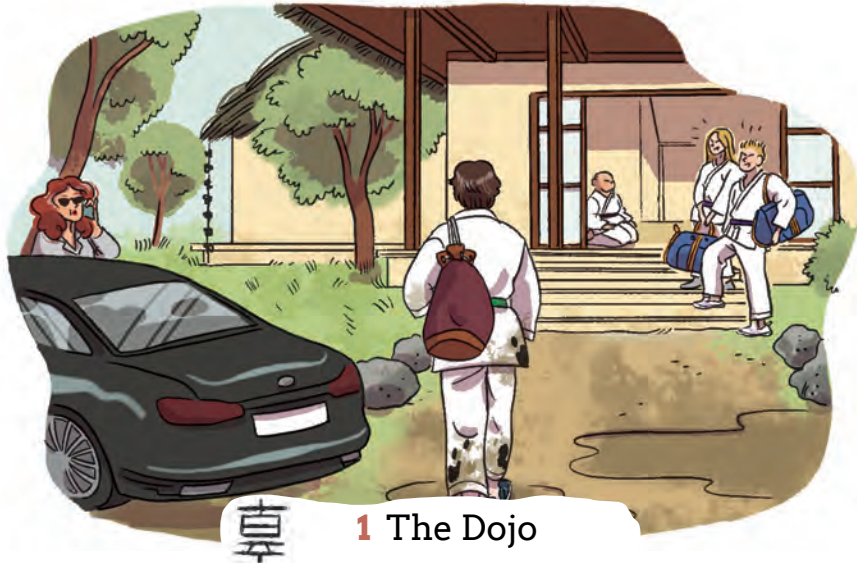


c

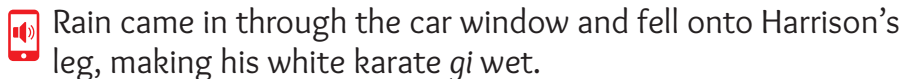


d





## 1 The Dojo

 Rain came in through the car window and fell onto Harrison's leg, making his white karate *gi* wet.

'Mum! The window doesn't close!' he shouted. His mum didn't say anything. She was fighting to get the old car up the muddy road to Mr Sato's karate *dojo*. Suddenly, the car made a horrible noise and Harrison put his fingers in his ears.

They moved slowly up the old road. Then, the engine stopped, and smoke started coming out.

'No, no, no, no... come on!' said his mum.

'I'm going to be late!' said Harrison. He looked at his watch. He didn't want to walk in the mud!

'I'm sorry, love,' said his mum. 'You have to walk. It's not far, and the rain is stopping now. Look.'

Harrison looked out of the wet window. The sun was coming through the clouds.

### GLOSSARY

• **muddy:** covered with wet, brown earth

• **smoke:**



‘FINE,’ he said. He got out of the car, walking carefully around the bigger puddles<sup>•</sup>. It was lucky that his *gi* trousers were too short for him. He was tall and thin for a fourteen-year-old, and he had long legs.

‘I need to call someone about the car. See you later,’ said his mum.

‘Sure, Mum,’ he said. Then he walked quickly along the side of the road.

As he turned a corner, he heard another car coming. This car was big, fast, and expensive. He tried to jump away, but it was too late. The car hit a puddle and the muddy water splashed<sup>•</sup> all over Harrison. He saw two faces laughing at him – the twins, Jonny and Lauren, in their mum’s car. The rich kids. *Why do they come here instead of the big karate studio in town?* he wondered<sup>•</sup>. *Why doesn’t Mr Sato say they can’t come to the club, like he told their cousin, Chad?* Chad was a bully<sup>•</sup>, and Jonny and Lauren were bullies, too.

Harrison walked quickly to the *dojo*. As he arrived, he saw Mr Sato kneeling<sup>•</sup> inside the big wooden building. Harrison liked Mr Sato. The old Japanese man knew everything about karate, and he was a really good teacher.

Mr Sato lived in an old cottage<sup>•</sup> next to the *dojo*. The cottage had a big garden with lots of fruit trees and vegetables. On the other side of the cottage there was a shed<sup>•</sup> where Mr Sato’s chickens lived.

## GLOSSARY

- **bully:** someone who hurts and frightens others
- **cottage:** small house in the countryside
- **knelling:** sitting on his knees
- **puddles:** areas of water on the ground after rain
- **shed:** small building made of wood
- **splashed:** (of water) hit against
- **wondered:** thought to himself

The property• was at the top of a hill, outside the town where Harrison lived. There was a small wood next to the property, but Harrison could see a long way down across the town. Every day new houses were getting closer and closer to the hill, and the builders were cutting down more and more trees. Mr Sato said that people wanted to buy his land to build more houses. But this was the first place he came after leaving Japan and it was very important to him. He said he didn't want to leave.

'Wow, look at you! Did you swim here?!' said Jonny, standing on the steps of the *dojo*. His sister Lauren laughed. Their mother was standing next to the car, talking on her phone.

'Oh, shut up, Jonny,' said Harrison.

'Why? What are you going to do?' Jonny walked up to Harrison. Jonny was only thirteen years old, and shorter than Harrison, but he was a lot stronger. Harrison looked at the ground and felt his face go red. He hated things like this. That's why he did karate, to feel more confident•. When he did karate, he felt really happy. Until Jonny and Lauren started coming to class.

'Come on! Come on! The class is starting!' shouted Mr Sato. 'Oh, Harrison, look at you! Come, come, change your clothes. There's an old *gi* in here. OK everyone. Shoes off, bow• to the room, bow to the shrine• and step forward.'

Harrison ran to get changed in the small side room.

- 
- **bow:** bend one's head and body forward
  - **confident:** sure about oneself
  - **property:** building and/or land
  - **shrine:** special place for religion



# After Reading

Over to you

1 Who has the jade lotus? First write your clues below.



2 Now look at the pictures and choose who has the jade lotus. Tick (✓).



Mr Sato



Hiro Ono (Sato's son)



Chad



Karen



Sanji



Detective Beckett

3  Now tell a friend, explaining why.




4 Listen and check. You can also read the final chapter on the HELBLING Media App.



## After Reading

# Family or


Listen in  and Debate

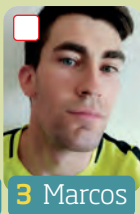
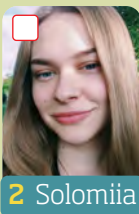
- 1  Check you know the meaning of the words on the right. Then in pairs, talk about your immediate and extended families. How are they similar and how are they different?

aunt/uncle big/older cousin  
 grandparent (grandma/grandad)  
 little/younger nephew/niece  
 only child orphan  
 parent (mum/dad) sibling (brother/sister)  
 son/daughter twin

A family is a group of people who are related to each other, such as a mother, a father, and their children (nuclear or traditional family). Families typically live together and share food and money. The purpose of families is to look after their members, making sure they have food, are safe, and learn the rules of the society they live in. In families, money and property is passed from generation to generation. And in the past, it was expected for children, especially males, to work in the family business. Nowadays however, different family structures such as single parents, domestic partnerships and same-sex parents are common.

## Is family more important than friends?

- 2  We asked this question to four teenagers. Who agrees? Listen and tick (✓).



- 3  Listen again and write the correct names.

- a ..... says that you can talk to friends about anything.  
 b ..... says that families support you in difficult situations.  
 c ..... says that siblings don't always get along together.  
 d ..... says that families love you unconditionally.



- 4 Think. Who do you agree with?

# friends

In groups, brainstorm words to describe friends.

## Friends


Friends are our family of choice. Having good friends can help us feel better about ourselves and our lives. Friends are so important that the quality of our friendships can influence our health, our happiness, and even how long we live.

 **5**  In pairs, complete the text with the numbers from the box. Then listen and check.

1 5 8 10 30 100 150

According to researchers at the University of London, the average person has <sup>1</sup>..... best friend who they totally trust and 3 to <sup>2</sup>..... very close friends who they can turn to when they are in difficulty. Most people have a group of <sup>3</sup>..... to 15 friends who they feel comfortable talking to and who they see on a regular basis. And a wider social network of <sup>4</sup>..... to <sup>5</sup>..... casual acquaintances. Studies show that despite social media, we have become more socially isolated over the past <sup>6</sup>..... years, and 1 in <sup>7</sup>..... people say they have no close friends.

## DEBATE

**6**  In two groups, discuss the question below. Do you agree? Say why or why not. Give reasons and examples. Use the quotes to help.

## Is family more important than friends?



### I AGREE

SERENA WILLIAMS  
(tennis player)

*"Tennis is just a game, family is forever. Family is first, it's what matters most."*



### I DISAGREE

MUHAMMAD ALI  
(boxer)

*"Friendship is not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything."*