

1

UNIT

Sports and culture

FIRST SIGHT

LISTENING AND SPEAKING

INTENSIVE READING



Learning Objectives

After completing this unit, you will be able to:

- talk about sports etiquette, such as the host fist salute
- name some special sports days and share what you know about them
- create posters to recruit sports volunteers
- develop an inheritance and development view of intangible cultural heritage in Chinese sports
- analyze the representation of Chinese martial arts in the media

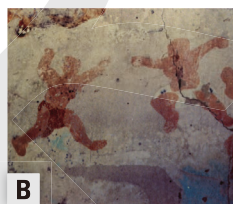
PRACTICAL READING

EXTENSIVE READING

FUN READING

First Sight

Task 1 In the extensive Dunhuang mural paintings, our ancestors painted a variety of sports. Match the pictures with the names of the sports they depict.



- ☐ 1 swimming ☐ 2 wrestling ☐ 3 archery
☐ 4 budaqiu (步打球) ☐ 5 go (weiqi)

Task 2 Complete the sentences with some of the sports activities from Task 1.

- 1 _____ is a traditional game of hitting a ball with a stick on one's foot. It originates from the Tang Dynasty. It is similar to today's field hockey.
- 2 _____ is a sport in which two people fight by holding each other and trying to throw or force the other one to the ground.
- 3 _____ is a mental training game. Some people, therefore, call it "mind gymnastics."

Listening and Speaking



Task 1 Read the conversation after listening to the recording, then practice it with your partner.



- A: Hi, Alex. How was your weekend?
- B: You won't believe it. I joined a martial arts club!
- A: Wow, really? What did you learn there?
- B: The first thing I learned was the hold fist salute.
- A: A salute? What is the hold fist salute?
- B: Well, in Chinese it is called "*baoquanli*." It is widely used among martial arts masters and students.
- A: So you learned a salute. Why did you learn a salute first instead of a practical move?
- B: "Learning courtesy comes before learning the art, and learning morality comes before learning the martial arts." The first lesson of learning *taijiquan* and *qigong* is not to learn the movement directly, but to learn martial arts etiquette.
- A: I see. How do you perform the hold fist salute? Can you show me?
- B: Of course. Watch me! Make a fist with your right hand first, then cover the right fist with your left hand. Make sure your left thumb is close to your index finger and not pointing at you, because that indicates arrogance. See?
- A: Am I doing it right?
- B: Look at you! You sure are a fast learner!
- A: I think I've seen this salute somewhere before. Ah, yes, in the movie *Kung Fu Panda*. After Po finally defeats the villain, everyone does the hold fist salute and calls him "Master."
- B: Yes, I've seen the movie too. The salute shows respect and humility.

Task 2 Complete the conversation by translating Chinese into English.

- A: From the hold fist salute, I learned **1** _____
_____ (如何表达尊重与谦逊).
- B: Besides that, there is the fist and palm salute,
which is also quite a(n) **2** _____
_____ (典型的问候礼仪).
- A: I know, it's part of traditional Chinese culture, and
there is a saying, "**3** _____
_____ (未曾学艺先学礼)."
- B: Yes, I've heard of that too. What follows is
"**4** _____
_____ (未曾习武先习德)."

Task 3 Complete the conversation using the expressions in brackets.

(You are about to watch a sports match and ask your friend how to behave politely.)

- A: Hey! What are you up to?
- B: I'm going to watch the World Games.
- A: That sounds cool. But why do you seem worried?
- B: Well, I'm not sure about the etiquette. How do I behave politely while watching the games?
- A: In general, **1** _____ (not be late, not boo). There are different etiquette and spectator requirements for different sports.
- B: What are the specific spectator requirements for the wushu game?
- A: For the wushu game, I think the most important thing is **2** _____
_____ (keep quiet, not disturb the athletes).
- B: Oh, I see. **3** _____ (not talk loudly, not walk around freely, not use your flash), and put your mobile phone on silent or vibrate mode. What about the basketball game?
- A: No whistles or pipes similar to the referee's signal, as **4** _____
_____ (interfere with penalties).
- B: Thank you. I think I will **5** _____
_____ (follow the rules, show respect for the athletes, coaches, and referees).

Words & Expressions

Words

courtesy /'kɜːrtəsi/ *n.* 礼貌, 有礼的举止
morality /mə'reləti/ *n.* 道德
etiquette /'etɪkət/ *n.* 礼仪, 礼节
indicate /'ɪndɪkeɪt/ *v.* 表明, 显示
arrogance /'ærəɡəns/ *n.* 傲慢
defeat /dɪ'fi:t/ *v.* 战胜, 打败
villain /'vɪlən/ *n.* 反派角色
humility /hju:'mɪləti/ *n.* 谦逊, 谦恭

Expressions

martial art (一般用复数) 武术
index finger 食指

Notes

1. hold fist salute: 抱拳礼。它与拱手礼 (fist and palm salute) 类似, 是汉族传统礼仪中的一种相见礼。
2. Learning courtesy comes before learning the art, and learning morality comes before learning the martial arts: 未曾学艺先学礼, 未曾习武先习德。

Word Bank

the World Games 世界运动会
boo *v.* 发嘘声, 喝倒彩
spectator *n.* 观众
referee *n.* 裁判 *v.* 当裁判

Lead-in Question

How many different types of sports days does the text mention? What are they?
What else do you know about these sports days?



Sports days

¹ Sport has the power to change the world by bringing people together through peaceful competition. There are several special days that highlight the importance of sport for peace, progress, and the well-being of humanity.

International Day of Sport for Development and Peace

² With its ability to promote mutual understanding among people, sport is a powerful tool for strengthening social ties and promoting sustainable development and peace. For this reason, the United Nations General Assembly decided in 2013 to designate April 6 as the International Day of Sport for Development and Peace (IDSDP). Since 2014, the United Nations has organized events on April 6 each year to remind the international community of the positive role that sport should play.

³ IDSDP provides an opportunity to recognize how sport and physical activity can benefit communities and individuals around the world.

International Olympic Day

⁴ International Olympic Day was established in 1948. This is a global celebration of sport that takes place on June 23 each year to commemorate the day the International Olympic Committee (IOC) was founded. Its aim is to encourage everyone in the world, regardless of gender, age, or level of ability, to participate in sport.

⁵ The Olympic Day Run is widely regarded as the core activity of the International Olympic Day, with an increasing number of countries participating. Besides, one of the main draws of the day is the opportunity to meet past and present Olympians.

- ⁶ Since the 1980s, the Chinese Olympic Committee has actively responded to the IOC's call by organizing various themed activities around the International Olympic Day. These activities include a range of sports competitions, which not only provide opportunities for athletic development, but also strengthen teamwork and promote healthy competition. There are also fitness demonstrations that showcase different types of exercises and training methods.

National Fitness Day

- ⁷ In 2009, China's State Council officially designated August 8 as National Fitness Day to promote physical activity among the public. Since then, the importance of sports has become ingrained in people's minds, and they have increasingly prioritized physical activity in their daily lives.
- ⁸ On this day, numerous sports venues across the country offer free access to the public, and various sports activities are held. In Beijing, community members try out curling, ice *cuju*, and other activities with the help of volunteers. In Heilongjiang, fitness experts demonstrate the appeal of mass sports through performances such as waist drum dancing and roller skating. In Shaanxi, public parks are turned into sports venues where people can take part in activities such as *taijiquan*, table tennis, and shuttlecock. Over the years, there has been a significant improvement in the accessibility and quality of fitness facilities. Public enthusiasm for health and fitness has also steadily increased.

Words & Expressions

Words

- highlight** /'haɪlaɪt/ *v.* 突出, 强调
mutual /'mju:tʃuəl/ *adj.* 相互的
strengthen /'streŋθən/ *v.* 加强, 使强健
sustainable /sə'steɪnəbəl/ *adj.* 可持续的
designate /'deɪzɪneɪt/ *v.* 选定, 指派
recognize /'rekəɡnaɪz/ *v.* 正式承认, 认识
physical /'fɪzɪkəl/ *adj.* 身体的
commemorate /kə'meməreɪt/ *v.* 庆祝, 为……举行纪念活动
Olympian /ə'lɪmpɪən/ *n.* 奥运会选手
athletic /æθ'letɪk/ *adj.* 运动的
fitness /'fɪtnəs/ *n.* 健康
demonstration /,dɛmə'nstreɪʃən/ *n.* 演示, 示范
showcase /'ʃəʊkeɪs/ *v.* 展现
ingrained /ɪn'greɪnd/ *adj.* 根深蒂固的
venue /'venju:/ *n.* 举办地点
curling /'kɜ:rlɪŋ/ *n.* 冰壶运动
appeal /ə'pi:l/ *n.* 吸引力
shuttlecock /'ʃʌtlkɔ:k/ *n.* 羽毛球
facility /fə'sɪləti/ *n.* 设施, 场所

Expressions

- regardless of** 不管, 不顾
participate in 参加, 参与
mass sport 大众体育
waist drum 腰鼓

Notes

1. International Day of Sport for Development and Peace (IDSDP): 体育促进发展与和平国际日。
2. United Nations General Assembly: 联合国大会。它是联合国的主要审议、监督和审查机构。
3. International Olympic Day: 国际奥林匹克日。它由国际奥委会于1948年设立, 旨在纪念国际奥委会的诞生, 传播奥林匹克精神, 推动大众体育的开展。
4. International Olympic Committee (IOC): 国际奥林匹克委员会 (国际奥委会)。它是奥林匹克运动 (the Olympic Movement) 的最高权力机构, 负责组织举办夏奥会 (the Summer Olympics)、冬奥会 (the Winter Olympics) 和残奥会 (the Paralympics) 等赛事。
5. National Fitness Day: 全民健身日。它由中华人民共和国国务院批准设立, 是中国第一个由国家设立的、与体育有关的节日。

Intensive Reading

Language focus

Task 1 Circle the answer that best replaces the underlined word in each sentence.

- 1 Since 2014, the United Nations has organized events on April 6 each year to remind the international community of the positive role that sport should play.
A. possible B. unique C. beneficial D. significant
- 2 IDSDP provides an opportunity to recognize how sport and physical activity can benefit communities and individuals around the world.
A. unite B. assist C. inspire D. change
- 3 This is a global celebration of sport that takes place on June 23 each year to commemorate the day the International Olympic Committee (IOC) was founded.
A. celebrate B. promote C. learn D. identify
- 4 Since then, the importance of sports has become ingrained in people's minds, and they have increasingly prioritized physical activity in their daily lives.
A. rooted B. studied C. forgotten D. understood
- 5 In Beijing, community members try out curling, ice *cuju*, and other activities with the help of volunteers.
A. family B. individual C. club D. neighborhood

Task 2 Complete the sentences with the words or phrases in the boxes. Change the form if necessary.

for this reason

designate

appeal

regardless of

venue

- 1 The Olympic Games will be held at a newly built _____ that holds thousands of spectators.
- 2 _____ their skill levels, all students are encouraged to participate in the school's sports day.
- 3 The City Council decided to _____ the old stadium as a public sports facility.
- 4 The team has been training hard all season, and _____, they are confident they will win the championship.
- 5 The new sports center has great _____ because it offers facilities for various activities.

Reading comprehension

Task 3 Match the sports days with the corresponding information.

International Day of Sport for Development and Peace	June 23	International Olympic Committee
International Olympic Day	August 8	United Nations General Assembly
National Fitness Day	April 6	China's State Council

Task 4 Circle the best answer.

- Which of the following is NOT mentioned as an activity held by the Chinese Olympic Committee for the International Olympic Day?
A. Themed activities. B. Sports competitions.
C. Cultural exhibitions. D. Fitness demonstrations.
- Which of the following statements is NOT related to the National Fitness Day?
A. The Olympic Day Run is the core activity of the day.
B. On this day, many sports facilities offer free access to the public.
C. Various activities and events are organized nationwide to celebrate the day.
D. Because of the day, the idea of "exercise as a panacea" has become ingrained in people's minds.
- Which sports day has the longest history?
A. National Fitness Day.
B. International Olympic Day.
C. International Day of Sport for Development and Peace.
D. Not mentioned.

Extended exercise

Task 5 Do you know any other sports days? Search online and share your findings with your classmates.

Name of the sports day: _____	
Country/Region: _____	
Date founded: _____	
Date celebrated: _____	
Key activities: _____	
Significance: _____	

Volunteers wanted!

We are looking for
friendly and dedicated sports volunteers
to be part of our charity program
supporting people with disabilities.

Enthusiasm and interest
are more important than
specialist knowledge or experience.

Varied roles available to fit your interest:

Data Recorder Volunteers

Assist in recording sports desk information.

Publicity Volunteers

Assist in advocating sports activities.

Fitness Assistants

Assist disabled people with fitness activities and help them use the
intelligent fitness equipment.

Be part of our amazing event!

For more information or to sign up to be a volunteer,
stop by the office (Rm. 113, Bldg. A),
send an email to volunteer@fltrp.com,
or call us at 123-12322 ext. 257.

MAKE A DIFFERENCE
VOLUNTEER with us and
support people with disabilities!

Lead-in Question

Which role is NOT being sought?

- ☐ fitness assistant
- ☐ Olympic volunteer
- ☐ publicity volunteer
- ☐ data recorder volunteer

Reading comprehension

Task 1 Answer the questions.

1 Who does the charity program want to help?

2 What are the responsibilities of the volunteers?

3 How can you contact the charity program?

Task 2 Tag the sentences in the poster with the following functions.

- 1 general requirements
- 2 call to action
- 3 contact information
- 4 positions and responsibilities

Writing

Task 3 Create a poster to recruit volunteers for your university's sports event.

Words

Words

dedicated /'dedɪkeɪtɪd/ *adj.* 满腔热情的, 有奉献精神的

charity /'tʃærəti/ *n.* 慈善团体, 慈善机构

disability /,dɪsə'bɪləti/ *n.* 残疾, 缺陷

specialist /'speʃəlist/ *adj.* 专业的

available /ə'veɪləbəl/ *adj.* 可获得的, 有空的

assist /ə'sɪst/ *v.* 帮助

n. (体育比赛中的) 助攻

publicity /pʌ'bɪsəti/ *n.* 宣传, 推广

advocate /'ædvəkeɪt/ *v.* 提倡, 拥护

Note

海报多用于电影、戏剧、比赛、文艺演出等活动。通常要写清楚活动性质、主办单位、时间、地点等内容, 语言简明扼要, 形式新颖美观。



Chinese sports as intangible cultural heritage

¹ China is known for its rich heritage of traditional sports and martial arts like Shaolin Kung Fu, *taijiquan*, and Yutan Cailong. Today, people don't just practice these sports for their physical and mental health benefits, but also integrate them with entertainment, tourism, health, and other industries. This integration helps to promote the evolution of these sports and ensures that they remain a vibrant part of Chinese culture.

Shaolin Kung Fu

- ² Many people associate Chinese martial arts with the Shaolin Temple, which is not only a significant birthplace of Zen Buddhism in China, but also the cradle of a wushu style known as "Shaolin Kung Fu."
- ³ The practice of Shaolin Kung Fu incorporates martial art techniques and routines, as well as Zen philosophy. It focuses on the use of the human body for both attack and defense. Its routines, or combinations of movements, are designed based on ancient Chinese medical knowledge and follow the laws of human bodily movement. According

to the ancient Chinese philosophy that emphasizes harmony between man and nature, the most reasonable exercise is the one that fits the natural law of the human body.

- ⁴ Shaolin Kung Fu is commonly featured in movies, TV dramas, and performances, both domestically and internationally. Over the years, it has combined with the Shaolin spirit and the Shaolin Temple to become a famous brand.

Yutan Cailong

- ⁵ Yutan Cailong is a traditional Chinese *loong* dance from Luxian County in Sichuan Province.
- ⁶ The essence of Yutan Cailong is vividness. The dance portrays the *taiji* diagram through the fluid movement changes of the *loong*. The *loong*'s features are demonstrated by dozens of lifelike movements, such as undressing, rolling, sighing, and scratching. During the process, the dancers integrate themselves with the emotions of the *loong*, creating a lively and animated show.



- ⁷ With the help of local cultural halls, museums, and experts from the Sichuan Opera Troupe, the Yutan Cailong performance has been modernized and technologically enhanced. The adaptation preserves cultural heritage while improving both its content and form, bringing in significant economic benefits, and making the performance a popular local attraction.

Taijiquan

- ⁸ Chenjiagou in Wenxian County, Henan Province, is a sacred place for fitness enthusiasts who love *taijiquan*. It is widely regarded as the birthplace of *taijiquan*, a traditional Chinese martial art that originated during the late Ming and early Qing dynasties.
- ⁹ Nowadays, *taijiquan* has become a symbol of Chinese traditional culture combining fitness, health preservation, and spiritual enlightenment. It has gained global recognition and is practiced in over 150 countries and regions worldwide. It was added to the Representative List of the Intangible Cultural Heritage of Humanity by UNESCO in 2020.

Words & Expressions

Words

intangible /ɪn'tændʒəbəl/ *adj.* 无形的

heritage /'herətɪdʒ/ *n.* 遗产, 传统

integrate /'ɪntɪɡreɪt/ *v.* (使) 结合, (使) 融入

cradle /'kreɪdl/ *n.* 摇篮

incorporate /ɪn'kɔ:rpəreɪt/ *v.* 并入, 包含

routine /ru:'ti:n/ *n.* 一套动作, 惯例

adj. 常规的

philosophy /fə'lɔ:səfi/ *n.* 哲学体系, 思想体系

defense /dɪ'fens/ *n.* 防御, 保护

combination /kəm'bə'neɪʃən/ *n.* 结合, 联合

domestically /də'mestɪkli/ *adv.* 在国内

essence /'esəns/ *n.* 本质, 实质

portray /pɔ:r'treɪ/ *v.* 描绘, 扮演

fluid /'flu:ɪd/ *adj.* 流畅的, 优美的

n. 体液

scratch /skrætʃ/ *v.* 挠, 轻抓

troupe /tru:p/ *n.* 剧团, 演出团

adaptation /,ædæp'teɪʃən/ *n.* (书或戏剧的) 改编版

preserve /prɪ'zɜ:rɪv/ *v.* 维护, 保护

sacred /'seɪkrɪd/ *adj.* 神圣的, 很重要的

dynasty /'dʌməsti/ *n.* 朝代, 王朝

enlightenment /ɪn'laɪtnmənt/ *n.* 启发

recognition /ˌrekəg'nɪʃən/ *n.* 认识, 承认

Expressions

intangible cultural heritage 非物质文化遗产

associate sth. with sth. 把某事与某事联系在一起

Zen Buddhism 禅宗

Sichuan Opera 川剧

Note

UNESCO: 联合国教科文组织, 全称 United Nations Educational, Scientific and Cultural Organization。2020 年, 中国的太极拳被列入联合国教科文组织人类非物质文化遗产代表作名录。

- ¹⁰ Chenjiagou has rich *taijiquan* resources. This has encouraged the development of the cultural and wellness tourism industry in the region, attracting millions of visitors a year. The integration of *taijiquan* with tourism, health care, culture, and many other industries highlights the area's "Taiji Plus" program.

Extensive Reading

Reading comprehension

Task 1 Fill in the blanks to complete the summary of the text.

China has rich intangible cultural sports heritage. These sports are not only practiced for physical and mental **1** _____, but also integrated with other industries.

Shaolin Kung Fu is a style of martial arts that focuses on the use of the **2** _____ for both attack and defense. It is featured in many movies, TV dramas, and performances, and has become a famous **3** _____.

Yutan Cailong, a traditional **4** _____, is known for its vividness. It has undergone **5** _____ to preserve its heritage and enhance its appeal. Chenjiagou is commonly regarded as the **6** _____ of *taijiquan*. *Taijiquan* has gained global **7** _____ and was added to the Representative List of the Intangible Cultural Heritage of Humanity by UNESCO. The area has initiated “**8** _____” program, which highlights the integration of *taijiquan* with industries such as tourism and health care.

Task 2 Read the statements. Decide whether they are true (T) or false (F).

- ☐ **1** Games and dances have not been included in the intangible cultural heritage resources related to sports.
- ☐ **2** The routines, or combinations of movements, of Shaolin Kung Fu are designed based on ancient Chinese medical knowledge and follow the principles of human bodily movement.
- ☐ **3** Yutan Cailong's performance successfully preserves cultural heritage while improving both its content and form. This has made it a popular local attraction.
- ☐ **4** *Taijiquan* was listed as a national-level intangible cultural heritage in 2020.
- ☐ **5** Luxian County, with rich *taijiquan* resources, has encouraged the development of a cultural and wellness tourism industry in the area.

Discussion

Task 3 Work in groups and discuss the questions.

- 1** Can you list some other examples of sports that are intangible cultural heritage in China?
- 2** How can these examples of intangible cultural heritage be preserved and promoted?

Chinese martial arts in *Kung Fu Panda*

Kung Fu Panda showcases many fighting techniques that draw on Chinese martial arts. Let's have a look!

Po

In the movie, the character Po uses the strength of his chest muscles and arms to perform a fighting technique.



This technique is derived from *xingyiquan*. *Xingyiquan* is one of the traditional Chinese boxing styles. A practitioner of *xingyiquan* uses coordinated movements to generate bursts of power intended to overwhelm the opponent, simultaneously attacking and defending.

Crane

Crane Style features elegant postures and swift attacks, often catching opponents off guard. In ancient China, Crane Style was often practiced by female martial artists, as it doesn't rely on physical strength.



Snake

Snake Style shares some similarities with Crane Style, as it also focuses on attacking the enemy's vulnerable points. Snake Style fighters attack with their fingertips and tend to go after the eyes, groin, and other areas that are regarded as weak spots.



Besides Po, the Furious Five are also very impressive. Each of the five warriors—Tigress, Viper, Crane, Monkey, and Mantis—practices different styles of Chinese martial arts, all of which originate from Shaolin Kung Fu.

Tigress

Tiger Style Kung Fu derives from the movements of the tiger. Tiger Style always emphasizes explosive power and speed. In *Kung Fu Panda*, Tigress is the fiercest and strongest member of the group.



Monkey

Monkey Style is flexible, and it is one of the most commonly used styles in old-school kung fu movies. Monkey Style practitioners often copy the movements and gestures of monkeys, including their facial expressions.



Mantis

Mantis Style is famous for its speed and continuous attacks. It has various forms. What they all share in common is the "mantis hook" technique, where the fighter uses whip-like attacks with the wrist and strikes with the fingers.

