

UOW College Hong Kong / Community College of City University
Student English Enhancement Unit (SEE U)
Daily English Practice

Week 8

#37 How Elite Thai Boxing and Fitness helps troubled youth turn their lives around

Skills/ Objectives: Reading and Writing

PART 1: Before you read...

Preparatory questions

1. Do you know what Thai Boxing is?
2. What are the benefits of exercising?

Vocabulary

1. Startup (noun): a small business that has recently been started
2. Motivate (verb): to encourage somebody to do something
3. Testify (verb): to speak about something seriously
4. Collaboration (noun): the act of working together
5. Insomnia (noun): the condition of being unable to sleep
6. Perseverance (noun): a determined attitude to continue trying something challenging

PART 2: Article

Anne Chan, the co-founder of Elite Thai Boxing and Fitness, talks about how she helps young people to enhance their self-esteem by teaching them Thai boxing.

How Elite Thai Boxing and Fitness helps troubled youth turn their lives around (*click the read the article*)

<https://yp.scmp.com/news/hong-kong/article/106955/how-elite-thai-boxing-and-fitness-helps-troubled-youth-turn-their>

(Source: Young Post)

PART 3: Let's discuss!

1. According to the article, what are the benefits of exercising? Do you think what Anne Chan has been doing is an effective way to help young people? Why? Why not?
2. What can also be done to help young people build their self-confidence?

PART 4: Writing

Wincy Leung and Jimin Kang discuss whether martial arts should be introduced to the school curriculum. Summarize their arguments. Who do you agree with? Why?

<https://yp.scmp.com/over-to-you/columns/article/96836/face-should-martial-arts-be-part-school-pe-curriculum>

PART 5: Learn further

1. In Ghana, boxing is a way for teens to work their way out poverty and into jobs and stability

This article reports on how the two teenagers in Ghana, Parkins Takyi-Aidoo and Bernard Armah, strive to achieve their goals in boxing.

<https://yp.scmp.com/news/international/article/104967/ghana-boxing-way-teens-work-their-way-out-poverty-and-jobs-and>

Prepared by Dr. Cherry Chan