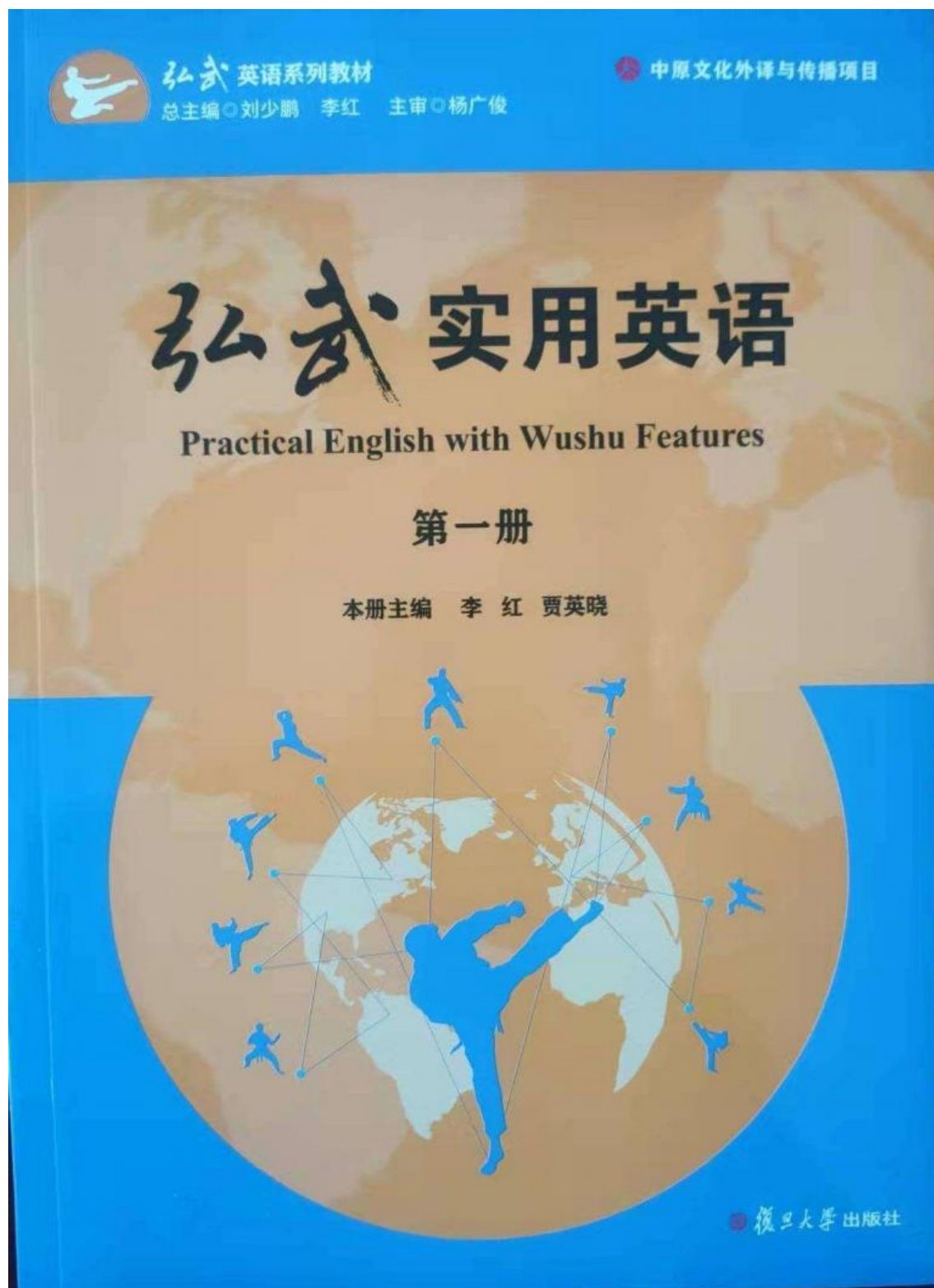


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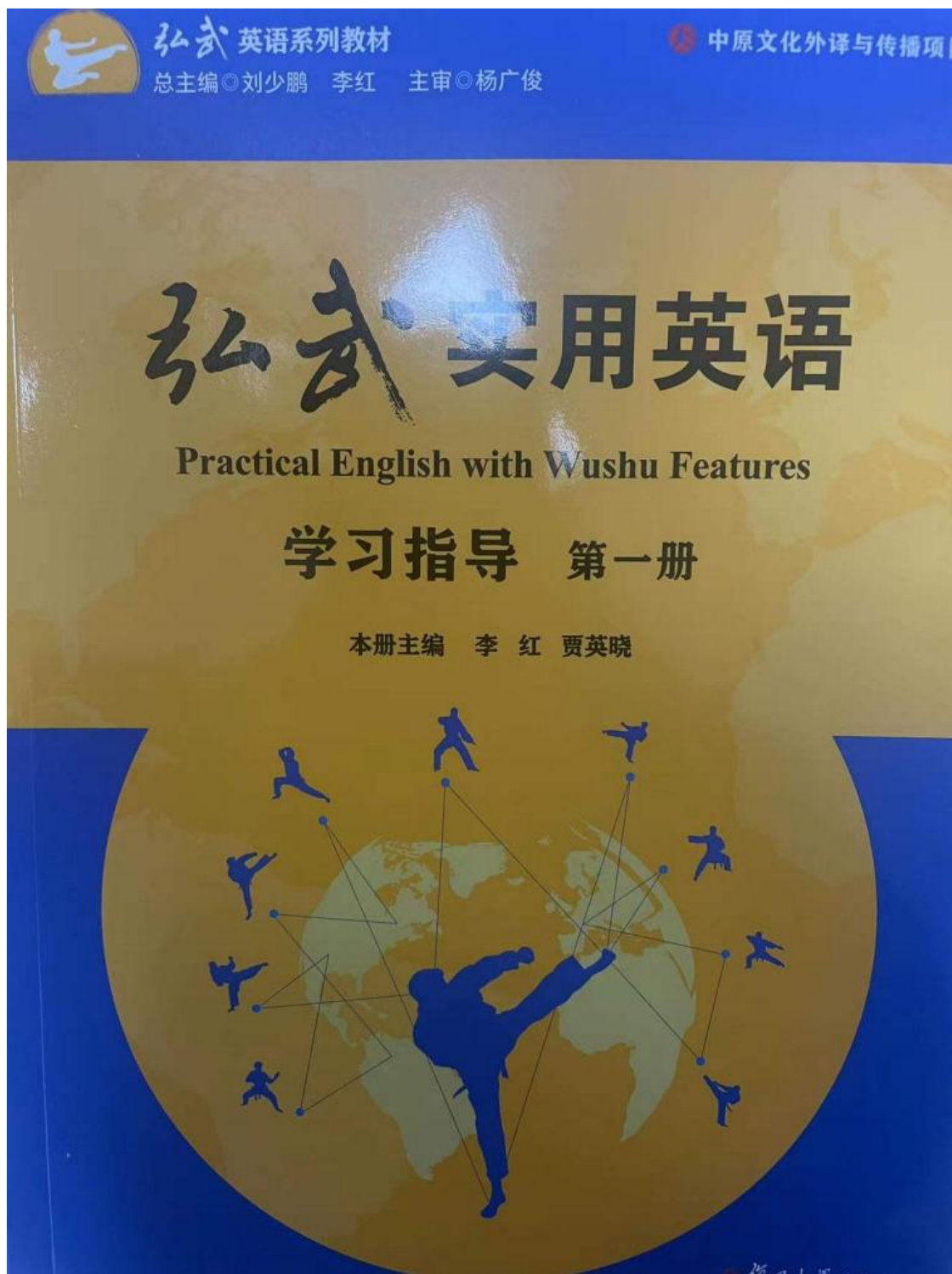
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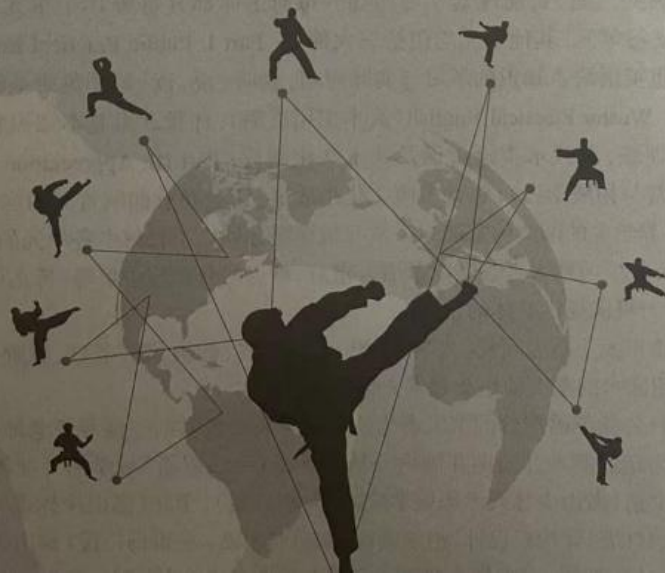
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阅读并复述故事

参考译文

孔融让梨

东汉时候,有个叫孔融的人。他小时候很聪明,有五个哥哥、一个弟弟。

一天他父亲买了一些梨子,特意拣了一个最大的给孔融。孔融却摇头不要,拿了一个最小的梨。

父亲很好奇,就问:“为什么呢?”

孔融说:“我年纪小,我吃小梨。大的给哥哥吃。”

父亲听后很高兴,又问:“那弟弟呢?他比你还小呀。”

孔融说:“我比弟弟大,我是哥哥,我应该把大的留给小弟弟吃。”

后来,孔融成为了一个很有学问的人。

阅读文章并做练习

Key to the Exercises

1. Complete each of the following statements according to the passage.

根据短文内容填空。

- 1) smile    2) reconnect    3) acceptable    4) responses    5) regards

2. Read the passage and answer the following questions.

读短文回答后面的问题。

- 1) If this person is an old friend, you might want to offer a hug, say a few extra words, and decide on a time to meet later. If you don't know the person well or perhaps only met them once, you might not remember his/her name. It is acceptable to apologize and ask for his/her name again.
- 2) "It's so nice to see you again. Give your family my regards."  
"Hi! I haven't seen you for a while. You look fabulous!"  
"It's great seeing you. I hope you're doing well."

家人都好吧?  
去哪儿啊?  
今天风真大。  
您女儿真可爱。

### Key to the Exercises

#### 1. Complete each of the following statements according to the text.

根据课文内容填空。

- 1) for    2) with    3) a    4) typical    5) salute

#### 2. Answer the following questions according to the text.

根据课文内容回答下列问题。

- 1) A polite greeting is the beginning of communication.
- 2) A handshake, a simple salutation, a smile.
- 3) No, it isn't. It is a way of phatic communication which expects no response.
- 4) Wushu learners often greet each other with fist-palm salute.
- 5) 你好! 很高兴认识你!

幸会。嗨/嘿!

怎么样/你怎么样?

好久不见。

你今天看起来气色很不错!

最近忙什么呢?

身体怎么样?

家人都好吧?

去哪儿啊?

今天风真大。

您女儿真可爱!

#### 3. Match the words in Column B to the words in Column A.

在B栏中找出A栏单词的解释,将正确的选项写在A栏的横线中。

- 1) e    2) f    3) j    4) h    5) a    6) i    7) g    8) d    9) b    10) c

#### 4. Use the appropriate form of the words given in the brackets to fill in the corresponding blanks.

用括号中所给单词的正确形式填空。

- 1) used    2) feels    3) impression    4) beginning    5) warmly

easy → easily  
polite → politely

容易地  
礼貌地

#### 4. first

(1) *adv.* 第一次, 首次; 首先, 第一

e.g. When did you first meet me?

你和我初次见面是何时?

First I had to decide what to do.

首先我得决定做什么。

(2) 英语序数词: first second third fourth fifth sixth seventh eighth ninth tenth

英语基数词: one two three four five six seven eight nine ten

(3) 常见短语

at first

起初, 起先

first of all

第一, 首先

put sb./sth. first

认为...最重要, 把...放在第一位

from first to last

从头至尾; 自始至终

5. handshake: *n.* 握手

握手是目前最为流行的礼节, 熟人、朋友、陌生人、对手之间都可以握手。

握手的方法: 通常用右手握手, 握手时间一般以1~3秒为宜。过紧或是只用手指部分漫不经心地接触对方的手都是不礼貌的。

6. use: /ju:z/ *v.* 使用, 利用, 运用

e.g. Can I use your phone?

我可以用一下你的电话吗?

How often do you use (=travel by) the bus?

你多长时间坐一次公共汽车?

use: /ju:s/ *n.* 使用, 利用

常见搭配:

It's no use (doing sth.) 做...事情没有意义/用处

make (good) use of sth./sb. 充分使用/利用...

e.g. It's no use trying to persuade him to do that.

试图说服他做那件事是没有用的。

We could make better use of our resources.

我们可以更有效地利用我们的资源。

7. for example: 例如, 譬如

e.g. There is a similar word in many languages, for example in French and Italian.

在许多语言如法语和意大利语中都有相似的词。

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Spirit of Spring, created on the basis of the major movements of Chang Quan(Long Reach), has a clear-cut rhythm and bubbles with gaiety and vitality. It expresses the growing vitality and prosperity of the spring, so it is named Spirit of Spring.

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抱拳礼的行礼方法是：并步站立；左手成掌，右手成拳；左掌心掩贴右拳面，右拳眼斜对胸窝，置于胸前；两臂前撑，两肘略垂；头正，身直，目视受礼者，面容举止自然大方，有“五湖四海皆兄弟”之意。

Method: Stand straight with your feet apart. The left hand is open with the thumb bending toward the middle of the palm and the other four fingers stretch straight in upward position. The right hand is in fist form with the thumb on top of the second and third joints of the index and middle fingers. Press the left palm into the right fist cradling it at chest level 2-3 away from the chest. The top of the right knuckles should be in line with the bottom of the left fingers. The arms should be in an embracing forward position with dropped shoulders. The head and body should be straight; looking directly at the person receiving the salute with natural and elegant facial expressions. The meaning is Universal Brotherhood.

→ 套路 (共 18 式) Pattern Set (18 steps in all)

qǐ shì gōng bù dié zhǎng lūn bì zá quán wài bǎi lián  
起势 — 弓步蝶掌 — 抡臂砸拳 — 外摆莲 —

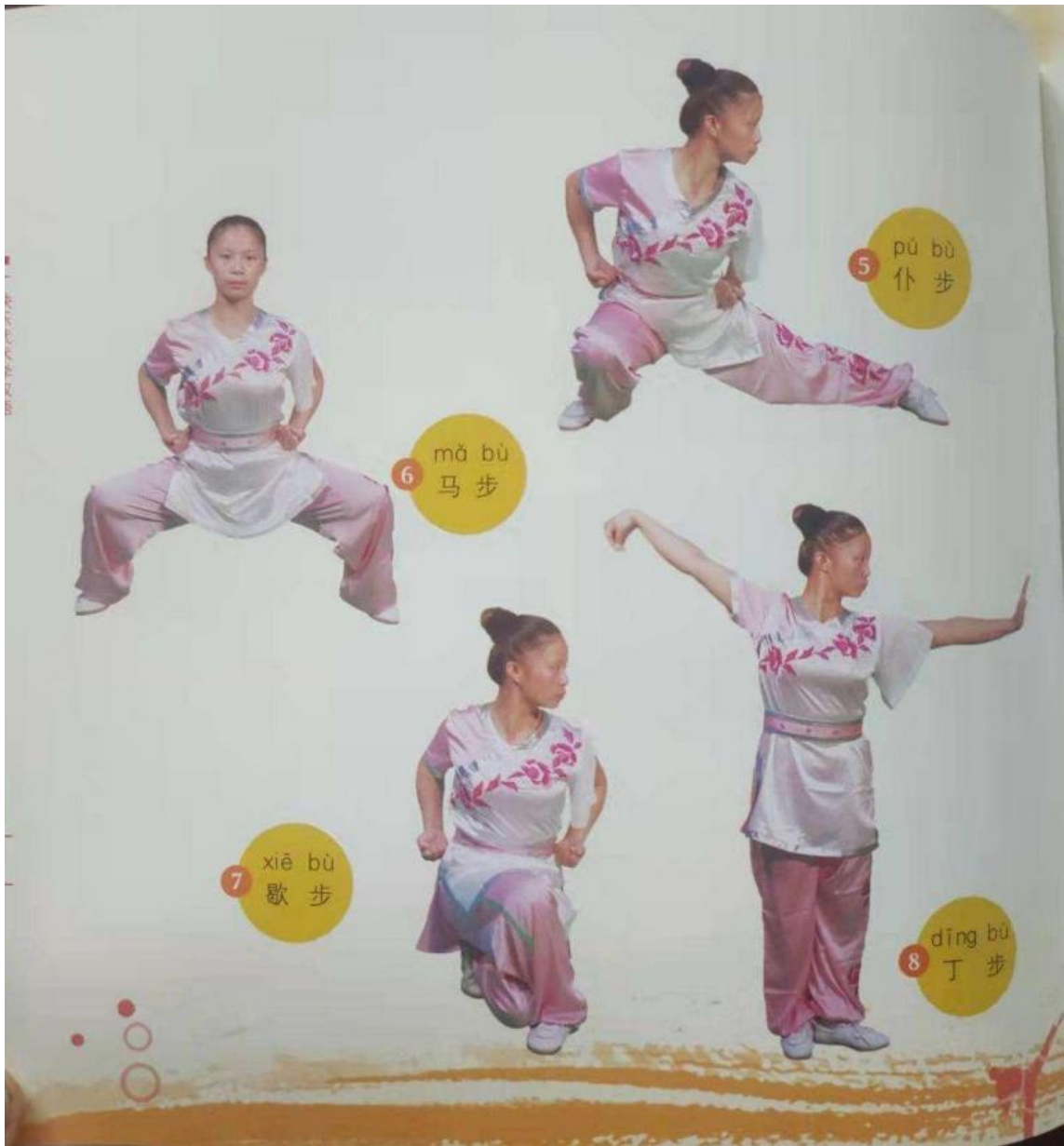
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xiē bù jià zhǎng shàng bù chōng quán shàng bù tán tí  
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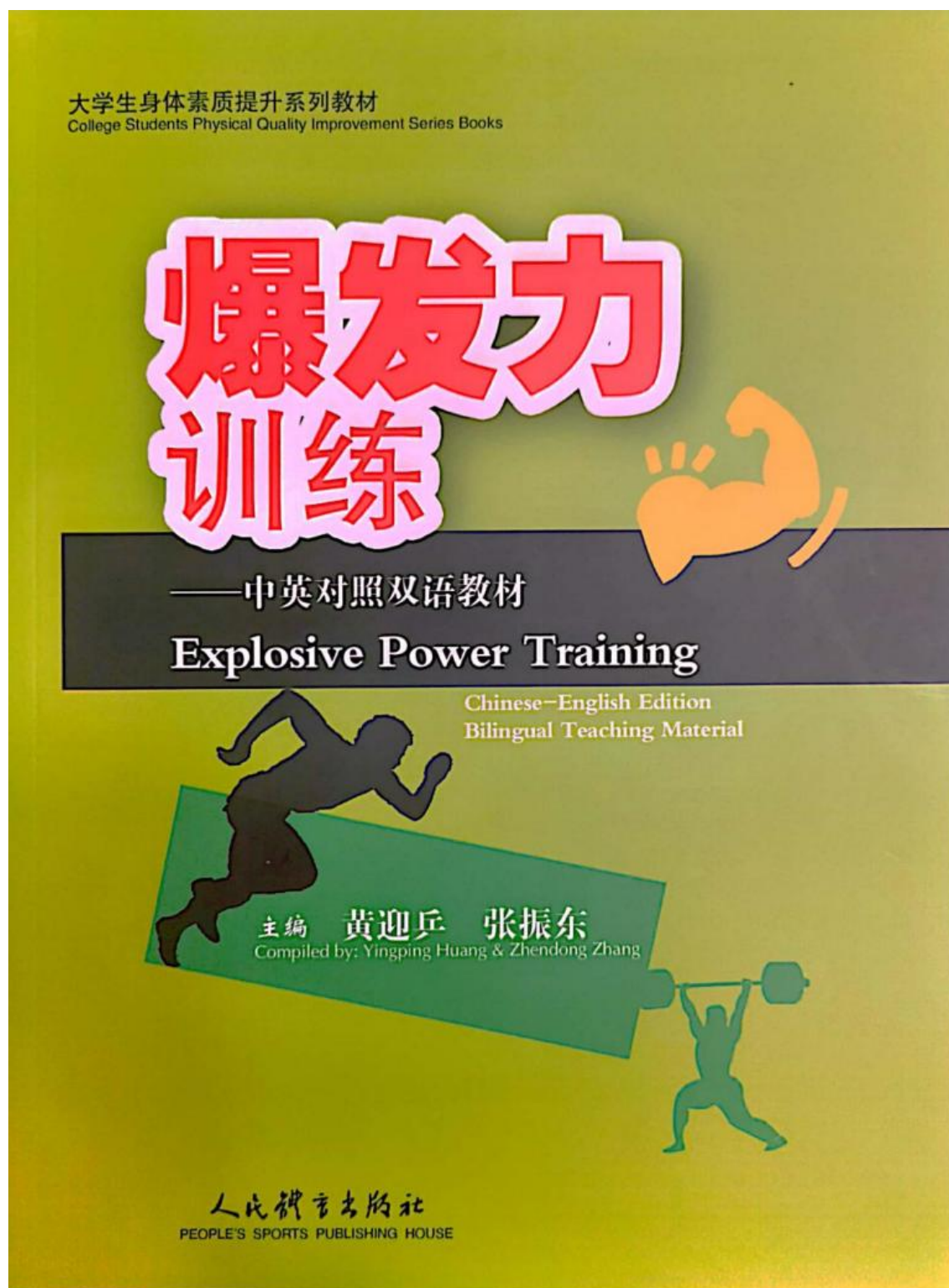
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等动作对抗弹力带迅速向上且立站起，然后回到初始位置。

In a half-squatting position, bend your elbows with hands akimbo and place a long elastic band from one side of your front chest position around the back of the shoulder (behind the neck) and around the other side of your front chest position, keeping your back straight and your abdomen tight. Both sides of the elastic band are fixed to the ground or stepped on by other players with their feet, the athlete quickly stands upright against the band by stirring, extending knees and hips, etc., and returns to the initial position. Return to the original position and repeat it several times.



图4-4-11 弹力带-半蹲举肩推

负荷强度

Intensity

8~10次/组, 3~4组, 每组间歇时间1分钟。

8-10 times per set, 3-4 sets, 1 minute rest between each set.

Attentions

注意全身协调用力, 控制好身体姿态。  
Pay attention to the coordinated strength of the whole body, and control your body posture.

2.7 弹力带-半蹲至过顶推举

2.7 Elastic band-half squat to over top push

主要锻炼肌肉

The main exercise muscles

腹二头肌、股四头肌、臀大肌、三角肌前束和三角肌中束。  
Biceps femoris, quadriceps femoris, gluteus maximus, anterior deltoid bundle and middle deltoid bundle.

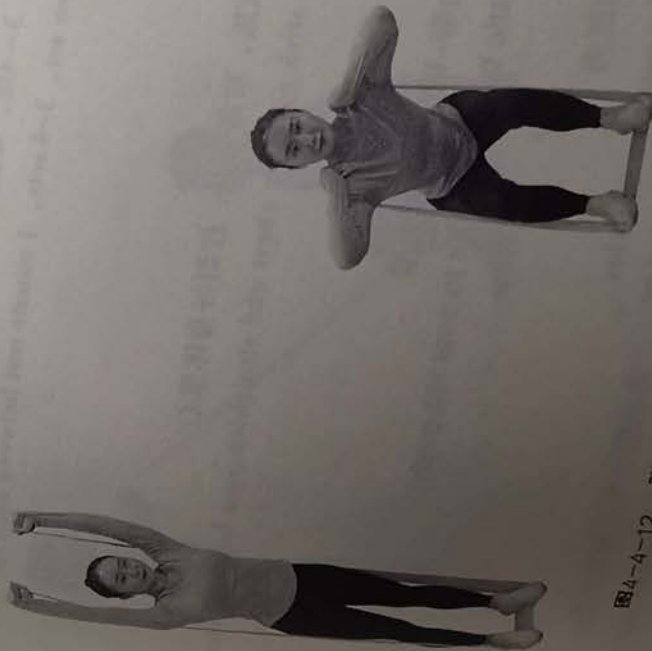


图4-4-12 弹力带-半蹲至过顶推举



# 第四章 爆发力训练——单器械

## Chapter 4 Explosive power training——single apparatus

### 第一节 杠铃训练方法

#### Section 1 Barbell training methods

##### 1 杠铃上肢练习

1 Barbell upper limb exercise

##### 1.1 杠铃卧推举

1.1 Barbell bench press

##### 主要锻炼肌肉

The main exercise muscles

三角肌前束、三角肌中束、胸大肌、胸小肌和喙三头肌。

Anterior deltoid, middle deltoid, pectoralis major, pectoralis minor and coraco-

brachii.

##### 动作要领

Action tips

① 躺在水平放置的健身椅上，双脚穿鞋在地面上支撑身体的重量。

② Lie on the horizontal fitness chair, keep your feet on the ground and

the chair.

① 双手抓住杠铃的横杆，掌心向上，双手指尖间距超过肩间距。

② Hold the bar of the barbell with both hands, palms up, and make your hands wider than your shoulders.

③ 将杠铃从地上取下，抓住横杆，双膝伸直，双脚脚尖朝前。

④ Remove the barbell from the rack and grasp the bar, keeping your knees straight and your feet pointing forward.

⑤ 将杠铃下落到胸部，脚尖朝前，双脚脚尖朝前。

⑥ Lower the bar to the chest, with the heels of both feet pointing forward.

⑦ 当杠铃位于胸部时，将其推回到起始位置。

⑧ When the bar is at chest level, push it back to the starting position.



图 5-1-1 杠铃卧推举