

Nadiya Yurko

BOXING



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Кафедра української та іноземних мов

Юрко Н. А.

«БОКС»

**методична розробка
з англійської мови**

**для самостійної та аудиторної роботи
з теми
«Спортивна спеціалізація»**

**для студентів III курсу
денної та заочної форми навчання
за напрямками підготовки «фізичне виховання» та «спорт»**

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BOXING

Text A

Pre-text exercises

1. Read and learn the active vocabulary:

- achieve a victory - здобути перемогу
- bantam, *n* - найлегша вагова категорія
- combat sport - бойовий вид спорту
- deem too injured - визнати надто травмованим
- determine a winner - визначати переможця
- exceed, *v* - перевищувати, виходити за межі
- feather, *n* - напівлегка вагова категорія
- fist, *n* - кулак
- fly-weight, *n* - найлегша вага
- gloves, *n* - рукавиці
- head guard - захисний шолом
- heavy-weight, *n* - важка вага
- light-weight, *n* - легка вага
- middle-weight, *n* - середня вага
- pair off at random - поділяти на пари навмання
- participant, *n* - учасник змагань
- qualifying tournament - кваліфікаційний турнір
- referee's decision - рішення судді
- regardless of ranking - незалежно від рангу
- scorecard, *n* - картка учасника змагань
- super heavy-weight - супер важка вага
- supervise, *v* - контролювати
- weight class - вагова категорія
- weight division - вагова класифікація

2. Translate without using a dictionary:

ancient, referee, typically, round, history, second, victory, minute, boxer, Egypt, knockout, date, amateur, series, regional, win, number, opponent, generally, interval, organise, tournament, fight, originally, stoppage, qualify, judge, winner, association.

3. Read and translate the text.

Boxing

Boxing is a sport with an ancient history. The earliest evidence of boxing dates back to Egypt around 3000 BC.

Boxing is a combat sport in which two participants, generally of similar weight, fight each other with their fists. Boxing is supervised by a referee and typically consists of a series of one to three-minute intervals called rounds.

There are three ways to win. Victory is achieved if the opponent is knocked out and unable to get up before the referee counts to ten seconds (*a knockout, or KO*) or if the opponent is deemed too injured to continue (*a technical knockout, or TKO*). If there is no stoppage of the fight before an agreed number of rounds, a winner is determined either by the referee's decision or by judges' scorecards.

Boxing at the Olympic Games is organised into weight divisions. Originally only five weight classes contested: bantam, not exceeding 54 kilos; feather, not exceeding 57 kilos; light, not exceeding 63.5 kilos; middle, not exceeding 73 kilos; and heavy, any weight. Nowadays there are eleven weight divisions from light fly-weight (*under 48kg*) through middle-weight (64-69kg) up to super heavy-weight (*91kg and over*).

Boxers qualify for the Olympic Games through regional qualifying tournaments in Europe, Asia, the Americas, Africa and Oceania. The boxers are paired off at random for the Olympic Games, regardless to ranking, and compete in a single-elimination tournament.

The Association Internationale de Boxe Amateur (*AIBA*) was founded in 1920. At the end of 2007 the Association removed the word Amateur from its name and became the Association Internationale de Boxe (*AIB*).

(Originated from Wikipedia, the free encyclopedia)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases:

- 1) to fight each other with fists
- 2) an agreed number of rounds
- 3) to count to ten seconds
- 4) one to three-minute interval
- 5) the Association Internationale de Boxe
- 6) to knock out the opponent
- 7) a single-elimination tournament
- 8) the earliest evidence of boxing
- 9) to qualify for the Olympic Games
- 10) by the referee's decision

2. Match the definitions to the following notions:

- | | |
|-----------------|---|
| 1) knockout | a) someone who is competing against sb else; |
| 2) fight | b) one of short periods of fighting in a boxing match; |
| 3) victory | c) to defeat the others by being the best in a competition; |
| 4) to supervise | d) sb whose job is to make sure that contestants obey the rules; |
| 5) opponent | e) hitting each other as part of sport, esp. in boxing; |
| 6) to qualify | f) the fact of winning a competition or battle; |
| 7) referee | g) a hand with all the fingers closed tightly; |
| 8) to win | h) to be in charge of sb and check that they behave correctly; |
| 9) round | i) a hit in boxing after which the person cannot get up; |
| 10) fist | j) to reach a particular stage of a contest by success in earlier stages. |

3. Combine the following words and translate them:

- | | |
|-----------------|---------------|
| 1) referee's | a) history |
| 2) combat | b) tournament |
| 3) to determine | c) knockout |
| 4) weight | d) intervals |
| 5) judges' | e) a victory |
| 6) technical | f) a winner |
| 7) to achieve | g) scorecards |
| 8) qualifying | h) sport |
| 9) three-minute | i) decision |
| 10) ancient | j) division |

4. Insert the prepositions where necessary:

through, by (3), for (2), with, out, of (3), at (3), in, to, into, from, up.

1. Boxing is a combat sport ... which two participants fight ... each other ... their fists.
2. Boxers qualify ... the Olympic Games ... regional qualifying tournaments.
3. There are 11 weight divisions ... light fly-weight ... to super heavy-weight.
4. The earliest evidence ... boxing dates back ... Egypt around 3000 BC.
5. Victory is achieved if the opponent is knocked ... or deemed too injured to continue.
6. The boxers are paired off ... random ... the Olympic Games.
7. A winner can be determined ... referee's decision or ... judges' scorecards.
8. Boxing is supervised ... a referee and typically consists ... a series rounds.
9. ... the end ... 2007 the AIBA became ... the AIB.
10. Boxing ... the Olympic Games is organised ... weight divisions.

5. Match two parts of the sentences.

- | | |
|---|---|
| 1. The earliest evidence of boxing ... | a) ... exceed seventy-three kilos. |
| 2. Nowadays middle-weight should ... | b) ... are supervised by a referee. |
| 3. A winner can be determined by ... | c) ... is too injured to continue. |
| 4. One to three-minute intervals in boxing ... | d) ... stoppage of the fight before an agreed number of rounds. |
| 5. Originally middle-weight should not ... | e) ... the Association Internationale de Boxe. |
| 6. TKO means that opponent... | f) ... are called rounds. |
| 7. Rounds in boxing ... | g) ... dates back to around 3000 BC. |
| 8. KO means that opponent... | h) ... KO, TKO or by scorecards. |
| 9. The AIBA changed its name to... | i) ... be up to sixty-nine kilos. |
| 10. A winner is determined by the referee's decision if there is no ... | j) ... is unable to get up before referee counts to 10 seconds. |

6. Complete the sentences with appropriate terms.

1. Originally only five w _____ c _____ contested in boxing.
2. Boxing is one of the c _____ kinds of sport.
3. The Association I _____ de B _____ Amateur was founded in 1920.
4. For the Olympic Games the boxers are p _____ off regardless to r _____.
5. The boxers compete in a single-elimination t _____.
6. The AIBA removed the word A _____ from its name at the end of 2007.
7. Nowadays there are eleven w _____ d _____.
8. Regional q _____ tournaments in boxing are held in Europe, Asia, the Americas, Africa and Oceania.
9. V _____ in boxing can be achieved in three different ways.
10. The boxer wins if the o _____ is deemed too i _____ to continue. •

7. Answer the following questions.

1. What facts from the history of boxing do you know?
2. What does the AIB stand for?
3. How is boxing organised at the Olympic Games?
4. Where are the regional qualifying tournaments in boxing held?
5. What is the difference between a KO and a TKO?
6. How many ways to achieve victory are there in boxing?
7. What is called a round in boxing?
8. How are the boxers paired off for the Olympic Games?
9. What kind of tournament do the boxers compete in?
10. What other combative kinds of sport do you know?

8. Finish the following sentences.

1. A knockout in boxing is scored when ...
2. A technical knockout in boxing is scored when ...
3. If there is no stoppage of the fight before an agreed number of rounds ...
4. The opponents in boxing fight each other with ...
5. Super heavy-weight in boxing begins from ...
6. The AIBA was founded in ...
7. The AIB appeared at the end of ...
8. The number of boxing weight classes originally was ...
9. Nowadays the number of boxing weight divisions is ...
10. The earliest evidence of boxing dates back to ...

Text B

1. Read the text to find the information about:

- 1) *the first depictions of bare-fisted contests;*
- 2) *the earliest evidence a fighting with gloves;*
- 3) *the boxing contests in the ancient Greece;*
- 4) *the boxing contests in the Roman Empire;*
- 5) *the organised amateur boxing in England;*
- 6) *the ban of boxing in the Modern Games;*
- 7) *the permanent return of boxing.*

Fist fighting depicted in Sumerian relief carvings from the 3rd millennium BC, while an ancient Egyptian relief from the 2nd millennium BC depicts both fist-fighters and spectators. Both depictions show bare-fisted contests. The earliest evidence for fist fighting with any kind of gloves can be found on Minoan Crete and on Sardinia, if we consider the boxing statues of Prama mountains. Homer's Iliad contains the first detailed account of a boxing fight. According to the Iliad, Mycenaean warriors included boxing among their

competitions honoring the fallen. Another legend holds that the heroic ruler Theseus, said to have lived around the 9th century BC, invented a form of boxing in which two men sat face to face and beat each other with their fists until one of them was killed. The sport was introduced to the ancient Olympic Games by the Greeks in the late 7th century BC, when soft leather thongs were used to bind boxers' hands and forearms for protection. Later, in Rome, leather thongs were exchanged for the cestus – a glove studded with metal. Unfortunately this did not help the gladiators involved, as boxing matches of the era usually ended with the death of one or other contestant. With the fall of the Roman Empire, boxing came to an abrupt end. It resurfaced in 17th century England, and organised amateur boxing officially began in 1880. As the only country entered, USA won all the medals when boxing made its debut on the Olympic programme at the 1904 Olympic Games in St Louis. The North Americans have continued their dominance going on to win 109 of the 842 medals on offer – including 48 gold medals – with Cuba and Russia close behind. When the modern Games started in 1896, the Athens organising committee omitted boxing, deciding it was too dangerous. The sport reappeared in 1904 in St Louis thanks to its popularity in the United States, but was absent again at the 1912 Stockholm Games because Swedish law banned it. Only in 1920 did boxing make a permanent return to the Olympic Games. Since the 1952 Helsinki Games, there has been no contest for third place. Instead both losing semi-finalists are awarded bronze medals. More recently, from the 1984 Los Angeles Games, the wearing of head guards was made compulsory.

(Originated from Wikipedia, the free encyclopedia)

2. Are the sentences true or false? Correct any false sentences.

1. Homer's Odyssey contains the first detailed account of a boxing fight.
2. An ancient legend says that the ruler Theseus invented a form of boxing.
3. Boxing was introduced to the ancient Olympic Games in the late 7th century AD.
4. The Greeks used soft leather thongs to bind boxers' hands for protection.
5. The Romans exchanged leather thongs for the gloves studded with metal.
6. The organised amateur boxing officially began in 1880 in Ireland.
7. In 1896 the Olympic Committee considered boxing to be too dangerous.
8. Boxing reappeared in 1904 in St Louis thanks to its popularity in Sweden.
9. There has been no contest for third place since the 1912 Stockholm Games.
10. The wearing of head guards was made compulsory from the 1984.

3. Divide the text into paragraphs. Give headings to them.

4. Work in pairs. Ask and answer your own questions on the text.

5. Title the text and write an abstract of it.

1. Read the text. Translate it in a written form.

Rules

A boxing match typically consists of a predetermined number of three-minute rounds, a total of up to 12 rounds. A minute is typically spent between each round with the fighters in their assigned corners receiving advice and attention from their coach and staff.

The fight is controlled by a referee who works within the ring to judge and control the conduct of the fighters, rule on their ability to fight safely, count knocked-down fighters, and rule on fouls. Up to three judges are typically present at ringside to score the bout and assign points to the boxers, based on punches that connect, defense, knockdowns, and other, more subjective, measures.

Each fighter has an assigned corner of the ring, where his or her coach, as well as one or more "seconds" may administer to the fighter at the beginning of the fight and between rounds. Each boxer enters into the ring from their assigned corners at the beginning of each round and must cease fighting and return to their corner at the signaled end of each round.

The fighter with the higher score at the end of the fight is ruled the winner. With three judges, unanimous and split decisions are possible, as are draws. A boxer may win the bout before a decision is reached through a knockout. If a fighter is knocked down during the fight, determined by whether the boxer touches the canvas floor of the ring with any part of their body other than the feet as a result of the opponent's punch and not a slip, as determined by the referee, the referee begins counting until the fighter returns to his or her feet and can continue.

Should the referee count to ten, then the knocked-down boxer is ruled "knocked out" and the other boxer is ruled the winner by knockout (KO). A "technical knockout" (TKO) is possible as well, and is ruled by the referee, fight doctor, or a fighter's corner if a fighter is unable to safely continue to fight, based upon injuries or being judged unable to effectively defend themselves.

In general, boxers are prohibited from hitting below the belt, holding, tripping, pushing, biting, spitting or wrestling. The boxer's shorts are raised so the opponent is not allowed to hit to the groin area. They also are prohibited from kicking, head-butting, or hitting with any part of the arm other than the knuckles of a closed fist.

They are prohibited as well from hitting the back, back of the neck or head or the kidneys. They are prohibited from holding the ropes for support when punching, holding an opponent while punching, or ducking below the belt of their opponent.

If a “clinch” – a defensive move in which a boxer wraps his or her opponents arms and holds on to create a pause – is broken by the referee, each fighter must take a full step back before punching again. When a boxer is knocked down, the other boxer must immediately cease fighting and move to the nearest neutral corner of the ring until the referee has either ruled a knockout or called for the fight to continue.

Violations of these rules may be ruled “fouls” by the referee, who may issue warnings, deduct points, or disqualify an offending boxer, causing an automatic loss, depending on the seriousness and intentionality of the foul. An intentional foul that causes injury that prevents a fight from continuing usually causes the boxer who committed it to be disqualified.

A fighter who suffers an accidental low-blow may be given up to five minutes to recover, after which they may be ruled knocked out if they are unable to continue. Accidental fouls that cause injury ending a bout may lead to a “no decision” result, or else cause the fight to go to a decision if enough rounds have passed.

(Originated from Wikipedia, the free encyclopedia)

2. Compile a vocabulary of boxing terms.

3. Make a presentation of boxing.

Ancient Roman boxing

In ancient Rome, there were two forms of boxing both coming from Etruscan boxing. The athletic form of boxing remained popular throughout the Roman world. The other form of boxing was gladiatorial. Fighters were usually criminals and slaves who hoped to become champions and gain their freedom; however, free men, women, and even aristocrats also fought. Gladiators wore lead "cestae" over their knuckles and heavy leather straps on their forearms to protect against blows. The deeply scarred and cauliflower eared figure of the Boxer of Quirinal show what a brutal sport it could be (matches often ending in the death or maiming of an opponent). Eventually, fist fighting became so popular that even emperors started fighting, and the practice was promoted by Caesar Neronis.

In 393 A.D., the Olympics were banned by the Christian emperor Theodosius, and in 400 A.D., boxing was banned altogether by Theodoric the Great as boxing being an insult to God because it disfigures the face, the image of God. However, this edict had little effect outside the major cities of the Eastern Empire. By this time, western Europe was no longer part of the Roman Empire. Boxing remained popular in Europe throughout the Middle Ages and beyond. Wrestling, fencing and racing (both chariot and foot) were never banned by the late Romans, as they did not cause disfigurement.

Amateur boxing

Amateur boxing may be found at the collegiate level, at the Olympic Games and Commonwealth Games, and in many other venues sanctioned by amateur boxing associations. Amateur boxing has a point scoring system that measures the number of clean blows landed rather than physical damage. Bouts consist of three rounds of three minutes in the Olympic and Commonwealth Games, and three rounds of two minutes in a national ABA (Amateur Boxing Association) bout, each with a one-minute interval between rounds. Competitors wear protective headgear and gloves with a white strip across the knuckle. A punch is considered a scoring punch only when the boxers connect with the white portion of the gloves. Each punch that lands cleanly on the head or torso with sufficient force is awarded a point.

A referee monitors the fight to ensure that competitors use only legal blows. A belt worn over the torso represents the lower limit of punches – any boxer repeatedly landing low blows (below the belt) is disqualified. Referees also ensure that the boxers don't use holding tactics to prevent the opponent from swinging. If this occurs, the referee separates the opponents and orders them to continue boxing. Repeated holding can result in a boxer being penalized or ultimately disqualified.

Referees will stop the bout if a boxer is seriously injured, if one boxer is significantly dominating the other or if the score is severely imbalanced. Amateur bouts which end this way may be noted as "RSC" (referee stopped contest) with notations for an outclassed opponent (RSCO), outscored opponent (RSCOS), injury (RSCI) or head injury (RSCH).

Professional boxing

A professional boxer punches his opponent via jabbing. Note the two boxers being bare-chested and without headgear. Professional bouts are usually much longer than amateur bouts, typically ranging from ten to twelve rounds, though four round fights are common for less experienced fighters or club fighters. There are also some two- and three-round professional bouts, especially in Australia. Through the early twentieth century, it was common for fights to have unlimited rounds, ending only when one fighter quit, benefiting high-energy fighters like Jack Dempsey. Fifteen rounds remained the internationally recognized limit for championship fights for most of the twentieth century until the early 1980s, when the death of boxer Duk Koo Kim reduced the limit to twelve.

Headgear is not permitted in professional bouts, and boxers are generally allowed to take much more punishment before a fight is halted. At any time, however, the referee may stop the contest if he believes that one participant cannot defend himself due to injury. In that case, the other participant is awarded a technical knockout win. A technical knockout would also be awarded if a fighter lands a punch that opens a cut on the opponent, and the opponent is later deemed not fit to continue by a doctor because of the cut. For this reason, fighters often employ cutmen, whose job is to treat cuts between rounds so that the boxer is able to continue despite the cut. If a boxer simply quits fighting, or if his corner stops the fight, then the winning boxer is also awarded a technical knockout victory. In contrast with amateur boxing, professional male boxers have to be bare chested.

Clothing

All boxers, regardless of their weight class, have certain kinds of clothing that are essential for bouts. Professional boxers wear different clothes from amateur ones but there is a basic idea or sense in them. All boxers in sanctioned fights are required to have handwraps, gloves, groin protectors, mouth guards and soft soled shoes.

All Amateur boxers must wear headgear to avoid excessive damage to the face and head. They also wear a sleeveless jersey along with a pair of shorts. The shorts, shirt, headgear and gloves are all the color of the boxer's corner, either red or blue, and all garments must be approved by the organization responsible for sanctioning the fight. Amateur gloves are usually much heavier than professional gloves, with USA Boxing currently mandating either a 10 or 12oz glove, depending on weight class. Female boxers are allowed a chest protector and sleeved shirt.

Professional boxers have to be bare-chested and have no head gear. Female boxers are allowed a sleeveless shirt. However, they still retain the shorts. Shorts often have the fighter's name or nickname around the waistband, and can have sponsors' logos. Color, size and design are not regulated, and are left up to each fighter.

Shoes have a variety of different designs, with some types being similar to an amateur wrestling shoe, and others resembling boots. Outside fighters tend to prefer shoes with slicker soles for more easy movement, whereas inside fighters tend to prefer rubber soles for improved grip.

Professional glove weights vary between weight classes, ranging anywhere from 8-12oz, although weight and sometimes brand is generally decided by the fighters prior to the fight, with sanctioning bodies having minimum weights for each weight class. All gear is subject to inspection by both representatives of the sanctioning body and the opposing fighter's corner.

(Originated from IOC site: <http://www.olympic.org>)

Boxing Glossary

Apron: The part of the ring canvas outside the ropes.

Bantamweight: A boxing division with a 54-kilogram maximum weight.

Belt: An imaginary line from the navel to the top of the hips, below which opposing boxers are not allowed to hit.

Bout: A boxing contest; also called a “match”.

Boxing glove: A padded mitten used in boxing.

Break: A referee’s order for boxers to step back and separate if they are in a clinch.

Canvas: The floor of the ring.

Caution: The lightest potentially penalising move by a referee for an infringement by a boxer. Three cautions mean an automatic warning.

Clinch: The act of one or both boxers holding the other in a way that hinders the other’s punches.

Corner: The junction of the ropes where a contestant rests between rounds.

Count: The counting up to 10 seconds by the referee, after which, if a boxer is still down, a loss by knockout is declared.

Down: 1. Touching the ring floor with some part of the body other than the feet.
2. Officially, also having any part of the body outside the ropes, hanging on the ropes helplessly after being hit, or being judged to be in a semiconscious state and unable to continue fighting.

Featherweight: A boxing division with a 57kg maximum weight.

Flyweight: A boxing division with a 51kg maximum weight.

Foul: An illegal move, such as hitting below the belt or holding.

Headguard: A protective device worn by boxers which covers most of the head, except the face.

Heavyweight: A boxing division with a 91kg maximum weight.

Hold: To clutch the opposing boxer so he cannot punch.

Infighting: Fighting at close quarters so blows using the full reach of the arm cannot be delivered.

Knockout: A ruling where the referee stops the bout and declares a boxer the winner if his opponent has been down for the count of 10.

Light flyweight: A boxing division with a 48 kg maximum weight.

Light heavyweight: A boxing division with an 81kg maximum weight.

Light middleweight: A boxing division with a 71 kg maximum weight.

Light welterweight: A boxing division with a 64 kg maximum weight.

Lightweight: A boxing division with a 60 kg maximum weight.

Mandatory eight-count: An eight-second count that a downed boxer must take when he gets back to his feet, allowing the referee time to decide whether to continue the bout.

Match: A boxing contest; also called a "bout".

Middleweight: A boxing division with a 75 kg maximum weight.

Mouthpiece: A form-fitted appliance placed in a boxer's mouth to protect his teeth and gums; also called a "gumshield".

Out for the count: Knocked out for the referee's count of 10.

Outclassed: A ruling where the referee stops the bout because a boxer is taking excessive punishment, and declares his opponent the winner.

Passbook: An updated record of a boxer's bouts, used as a medical check among other purposes.

Passive defence: Covering up with both arms and not trying to avoid a blow.

Queensberry rules: The set of rules followed in modern boxing, developed by the 8th Marquess of Queensberry in the mid-19th century.

Reach: The distance between the fingertips of the outstretched arm across the chest to the fingertips of the other arm outstretched.

Round: One of a series of periods, separated by rests, which make up a boxing bout (The Olympic Games include four two-minute rounds).

RSC: Meaning “referee stops the contest”, a term used to stop a bout when a boxer is being outclassed or is unfit to continue.

RSCH: Meaning “referee stops the contest because of head blows”, a term used to save a boxer from a knockout after he has received hard blows to the head which have left him incapable of defending himself.

Saved by the bell: Saved from being counted out by the bell marking the end of the round (only possible in the final round of the final at the Olympic Games).

Scoring hit: A clean hit with force, using the knuckle area of a closed glove, on the front or side of the opposing boxer’s head or body above the belt.

Second: A boxer’s assistant.

Southpaw: A left-handed boxer.

Super heavyweight: A boxing division for fighters heavier than 91kg.

Throw in the towel: The traditional declaration of defeat in boxing, where a second who feels his boxer cannot continue the bout throws a towel into the ring to end it.

Warning: A notice from the referee that a boxer has committed an infringement of the rules (three warnings mean disqualification).

Welterweight: A boxing division with a 69kg maximum weight.

(Originated from IOC site: <http://www.olympic.org>)

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Навчально-методичне видання
Юрко Н. А.

Методична розробка з англійської мови
для самостійної та аудиторної роботи
для студентів III курсу денної та заочної форми навчання
за напрямками підготовки «фізичне виховання» та «спорт»

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