

3 Kung Fu School

Summary

High in the mountains of China is the town of Song Shan, where there is a famous Kung Fu school. We watch the students practising traditional movements and see up close how they are extremely strong in mind and body.

Background

Chinese martial arts were popularized in the West by the 1973 film *Enter the Dragon*.

Before you watch

1 Answer the question.

- Ask the class: *What is Kung Fu?*
- Elicit students' answers and write them on the board. Elicit examples of other types of martial art, e.g. aikido, judo, karate.

Suggested answer

Kung Fu is a Chinese martial art in which opponents attack and defend using their legs and hands.

While you watch

2 Watch and find out.

- Tell students they are going to watch a video about daily life at a Kung Fu school in an old town in China.
- Ask students to watch the video to find out what students learn at the school.
- Play the video.

Answer

They learn how to live and how to fight.

3 Watch and retell the story.

- Write the following on the board: *Song Shan, China, mountains, Master Li Yu, the mornings, water, sticks and swords, 30, 12, Shi-Yow Sway, bricks.*
- Tell students that they will put the information on the board into full sentences to retell the story of the Kung Fu school.
- Play the video again.
- Put students into small groups to write sentences using the information on the board.
- At the end, reconstruct the story with the whole class, asking one member from each group in turn to expand on the words, numbers and phrases on the board.

Suggested answer

Song Shan is a town in the mountains in China. Master Li Yu is a Kung Fu teacher. The boys practise outside in the mornings. Sometimes they practise with water. They also fight with sticks and swords. There are 30 boys at the school. They have lunch at 12. Shiyow Shay can break bricks with his hand.

After you watch

4 Work with a partner. Answer the questions.

- Put students into pairs to answer the following questions:
 - a Can you or any of your friends do a martial art? Which one(s)?
 - b Which martial art would you most like to learn?
- Ask some students to report back to the class on their partner's ideas.

At home

5 Find out about martial arts.

- Ask students to find out about the following martial arts:
 - a karate
 - b judo
 - c aikido
- Students should find out which country the martial arts are from and how the names translate into English.
- They can share what they find out with a partner at the beginning of the next class.

Background

Karate, judo and aikido are Japanese martial arts. **Karate** means 'empty hand', **judo** means 'gentle way', and **aikido** means 'way of adapting the spirit'.

6 Invent and describe your own school.

- Students invent a school where students can learn a special skill, e.g. playing the guitar, dancing, acting or doing yoga.
- Students write a description of the routine at the school. E.g. *At Vladimir's Electric Guitar Academy, students start the day at 8 am.*
- Students can tell their partner about their school at the beginning of the next lesson.



Kung Fu School

This is China. Song Shan is a very old town in the mountains. This is Song Shan's famous traditional kung fu school and this man is a kung fu teacher. His name is Master Li Yu. These boys are his students. They always practise outside in the mornings. They sometimes practise traditional kung fu movements with water. It's a difficult exercise and the water is often very cold!

They practise traditional kung fu movements with a partner. They can fight with sticks and swords and they can fight with just their hands.

The school isn't very big. There are only 30 boys here. Master Li Yu teaches them the correct movements, but fighting is only one small part of this school. Students also learn about life. Every day, at 12, they eat lunch together.

This is Shi-Yow Sway. In the afternoon, he practises alone. He can break a brick with his hand! He's got a strong body ... and a strong mind, too.

The Kung Fu school in Song Shan has some great students. They learn how to fight ... and how to live.