

China: Kung fu master

Level: Intermediate

Age: Teenagers / Young adults

Duration: Approx. 60 minutes

Aims: In this lesson the students will:

1. discuss bullying;
2. learn about Shaolin kung fu;
3. practise extensive and intensive listening and a range of listening sub-skills, including listening for specific information and gist;
4. complete a memory recall comprehension task to consolidate the story and new language;
5. practise using the second conditional for talking about present, imaginary or impossible situations and for giving advice.

Materials: one copy of the worksheet per student; Track 1 (introduction); Track 2 (remaining audio) and Track 3 (full audio) – all downloaded from onestopenglish

Summary: Journey back in time with time-travelling teenager Amber Adams as she heads to 17th century China to meet Wu Mei, the famous kung fu master, who will train Amber to protect her friend Jimmy from the school bullies!

Discussion task

Aim: to introduce students to the character of Amber and the secret watch

1. Play Track 1 (introduction). At this stage, don't worry about pre-teaching vocabulary, encourage your students to simply listen for enjoyment. Stress that they don't need to write anything down.

2. After listening to the introduction, discuss the answers to the following questions with the whole class:

- *Who is Amber Adams?*
- *Why does she go back in time?*

3. Hand out the worksheet and direct students to the discussion questions. Ask students to discuss the questions in pairs.

Vocabulary task

Aims: to focus on some of the more complex language related to the text; to allow students to understand the passage with more ease

1. Direct your students to the language in the box, then ask them to match the words to their definitions. All the definitions are taken from macmillandictionary.com. Feed back on the answers as a group.

Key: 1. monk; 2. monastery; 3. meditation; 4. temple; 5. criminal; 6. period; 7. destroy; 8. rebuild

2. As an optional pronunciation task, you may wish to bring the main stress patterns of the words or phrases to your students' attention. Ask them to underline the main emphasis and then model and repeat.

Reading task

1. Direct your students to the excerpt taken from *China – A Macmillan Cultural Reader* by Jennifer Gascoigne. Ask your students to read the excerpt and answer the questions below it.

Key: 1. fighting monks and kung fu (a Buddhist fighting style); 2. Indian Buddhist monk Bodhidharma; 3. because they studied so much; 4. due to exercise; 5. they were able to protect themselves from criminals; 6. they thought the temples had become too rich and powerful

Listening task

Aim: to practise listening for gist

1. Direct students to the listening task on the worksheet and explain that they need to listen for the answers to the questions.

China: Kung fu master

2. Play Track 2 (remaining audio).

Key: 1. *Wu Mei*; 2. *meditate*

Memory task

Aim: to allow students to fully consolidate what they have heard

1. Put students into small groups and ask them to work together to decide whether the questions are true or false and see how much of the story they can remember. If the sentences are false, ask students to explain why. Play Track 2 again and hand out the transcript for students to check their answers.

Key: 1. *F. Amber arrives in China in the 17th century*; 2. *T*; 3. *F. Wu Mei already knows her name and has been expecting her*; 4. *T*; 5. *T*; 6. *F. she cannot stop thinking in order to meditate*; 7. *F. Wu Mei takes her to the top of the mountain*; 8. *F. she must summon power from inside herself*; 9. *T*; 10. *F. Amber tells Jimmy to sit and eat cake!*

Follow-up task

Aim: To look at the form, meaning and use of three functions of the second conditional

1. Explain to students that the second conditional is used to talk about unreal, imaginary or impossible situations. Write on the board the following example sentence:

*If I **won** the lottery, I **would** buy a big house.*

Direct students' attention to the words in bold and elicit which tense is used for the 'If' clause (*the past simple*). Ask students to fill in the gaps on the worksheet to show how the second conditional is formed.

*If + **past simple** + **would** + verb (infinitive)*

2. Ask the students to look at the second conditional sentences and the list of functions. Students should match each sentence to the correct function.

Key: 1. *B*; 2. *A*; 3. *C*

3. Direct students to the practice questions, where they should fill in the gaps using

the correct forms of the verbs in brackets. Ask students to decide which function the sentences are fulfilling.

Key: 1. *If I **were** you, I **would** revise for your exam (giving advice)*; 2. *If I **studied** harder, I **would** get much better grades (change present situation)*; 3. *If I **could** **choose** a super power I **would** choose the power to fly (imaginary or impossible situation)*

Extension activity

Ask students to think about which country and year they would like to time travel to and why. Give them an example of your own. Explain that they mustn't tell other students their thoughts. Students then write a paragraph about this explaining all the things they would do if they went back to this time and place. You could write a template on the board like the one below to get them started.

If I could choose a time and place to time travel to, I would: _____

Because _____

If I went to _____

I would _____

Once students have finished, gather in the paragraphs and redistribute at random. Students should read out the paragraph they have received and the class can try to guess whose paragraph it is!

To find out more about China with your students, why not explore Macmillan's Cultural Reader *China* <http://macmillanreaders.com/macmillan-cultural-readers>

China: Kung fu master

Discussion task

In pairs, discuss the questions below.

1. Do you think bullying is a major problem in schools?
2. What do you think could / should be done to prevent bullying?
3. What advice would you give someone who is being bullied?

Vocabulary task

Match the words to their definitions.

period
meditation

monastery
criminal

temple
destroy

monk
rebuild

1. a _____ is a man who lives in a religious community far away from other people
2. a _____ is a building where a group of monks live and work
3. quiet thought that helps you to relax or is intended as a spiritual or religious exercise is _____
4. a building used for worship in some religions is a _____
5. a _____ is a person who commits a crime
6. a _____ is a particular amount of time in history
7. to _____ something is to damage something so it no longer exists or cannot return to its normal state
8. to _____ something is to build something again after it has been damaged or destroyed

China: Kung fu master

Reading task

Read the following excerpt and answer the questions below.

The Shaolin Temple on Shaoshi Mountain in Henan province, northern China, is famous for its Buddhist fighting monks and their fighting style, usually known as Shaolin kung fu.

In a traditional legend, an Indian Buddhist monk called Bodhidharma visited Shaolin around the middle of the sixth century. He gave the monks lessons in meditation but he found that they kept falling asleep. In fact, they were very thin, weak and unhealthy because they had to study so much. So, to make them stronger both physically and mentally, Bodhidharma decided to use some exercises in his daily lessons. After many years of exercises the monks were so strong and good at fighting that they were able to protect themselves from the criminals who often came to rob the temple.

When the Northern Wei dynasty ended, the new rulers thought that the temples had become too rich and powerful so they destroyed many of them, and

possibly Shaolin too. Later, during the Sui and Tang dynasties, Buddhism became popular again and the Temples were rebuilt.

Adapted from *China* (Macmillan Cultural Readers)
by Jennifer Gascoigne

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1. What is the Shaolin Temple on Shaoshi Mountain famous for?
2. Who came from India to give the monks lessons in meditation in the middle of the sixth century?
3. Why were the monks so thin and weak at that time?
4. How did the monks become so strong and good at fighting?
5. How did this help them?
6. When the Northern Wei dynasty ended, why did the new ruler destroy so many temples?

Listening task

Listen to the story and answer the questions below.

1. Who does Amber meet?
2. What must Amber do before she can learn to fight?

China: Kung fu master

Memory task

How much can you remember about Amber's adventure? Decide whether the sentences below are true or false.

1. Amber arrives in China in the 18th century. _____
2. Wu Mei is one of the greatest kung fu masters in Chinese history. _____
3. Wu Mei is surprised to see Amber. _____
4. Amber wants to learn to fight to protect Jimmy. _____
5. Amber is angry with the bullies. _____
6. Amber finds it easy to meditate. _____
7. Wu Mei takes Amber to the bottom of the mountain. _____
8. Wu Mei says that Amber must summon power from outside. _____
9. Amber wins a fight with the school bullies. _____
10. Amber tells Jimmy to sit and meditate. _____

Follow-up task

1. Fill in the gaps to make the second conditional

If + _____ + _____ + _____ + verb (infinitive)

2. Look at the sentences below and match them to their functions.

Second conditional sentence

1. If I were you, I would learn to be quiet first!
2. If I learnt how to fight, I would be able to protect Jimmy!
3. If I could time travel, I would visit the Ancient Greeks.

Function

- A. To talk about a present situation you'd like to change
- B. To give someone advice
- C. To talk about an imaginary or impossible situation

3. Fill in the gaps in the sentences below.

1. If I _____ (be) you, I _____ revise for your exam.
2. If I _____ (study) harder, I _____ get much better grades.
3. If I _____ (be able to) choose a super power, I _____ choose the power to fly.

4. Now write your own second conditional sentences with the following functions. Compare your answers with a partner.

1. to give someone advice
2. to talk about a present situation you'd like to change
3. to talk about imaginary or impossible situations

China: Kung fu master

Tannoy: After lunch could all students performing in the school play please report to Miss Appleberry's office.

Bully: Oi! Jimmy, give us your chocolate cake.

Jimmy: No, just leave me alone. Please stop picking on me. You can buy your own cake!

Bully: Why? We can just eat yours! Give us your cake!

Jimmy: Get off! That's mine!

Amber: Hey, come on, leave Jimmy alone.

Bully: This is none of your business Amber.

Amber: He's done nothing to you, so stop picking on him!

Bully: And what are you going to do if we don't? How are you planning to stop us? Or are you some kind of kung fu master?

Amber: I'm tired of this, it's *time* to go!

Amber: Hi! I'm Amber, Amber Adams. Now keep this to yourself, but I've got something amazing to show you! OK, it's a watch! But it's not just any old watch – listen to what happens when I touch it! I can use it to travel through time to anywhere I want to go. So, what do you reckon? Are you ready to come on an adventure?

Amber: Right, I'm going to learn kung fu and this is the best place to do it! It's the 17th century and these are the gates of The White Crane Temple on Daliang Mountain in China. I once read about a Buddhist nun called Wu Mei who taught here. She was one of the greatest kung fu masters in Chinese history! So ... I guess I'll just knock on the front door and ask her to train me. I mean she can only say no can't she?

Wu Mei: Amber Adams. I have been expecting you. You are late.

Amber: But ... How did you know my name?

Wu Mei: I know many things Amber Adams, and you will call me Master!

Amber: Yes master! Are you Wu Mei?

Wu Mei: I am. Now be silent. Sit down and close your eyes.

Amber: But master, I need to learn how to fight!

Wu Mei: If I were you, I would learn to be quiet first! You are not yet ready to fight.

Amber: You don't understand, my friend Jimmy is ...

Wu Mei: In trouble? Yes, I know. You want to rescue him. I understand. But you are not here just to learn how to fight, you must first learn how to use your mind.

Amber: But master, I need to help my friend! If I learnt how to fight, I would be able to protect Jimmy!

Track 1

Track 2

China: Kung fu master

Wu Mei: You will help your friend in time, but to master the ancient form of kung fu ... you must first meditate.

Wu Mei: Close your eyes. Breathe deeply. Focus on your breath. Empty your mind.

Amber: I can't stop thinking master; I feel so angry at the bullies. How can they treat people like this?

Wu Mei: You must let go of yourself. Let your thoughts fly away to the wind. Let your feelings come and go like clouds in a moving sky. Let your breathing guide you!

Amber: Argh. It's too difficult, there's too much going on inside my head. If I were a patient person, I would be able to meditate, but I don't think I can.

Wu Mei: I can feel your strength Amber Adams; you just need to feel it yourself. Come with me, outside! You will find your answers in the wind, up on the mountain top. Let us walk.

Wu Mei: This is the top of the mountain. Sit and let go of all your thoughts. I will be here when you return.

Amber! Amhra! Mother of Time! You come when we need you most.

Amber, what shall we do?

But then she did save our lives ...

Don't be afraid boy.

You have to take risks in life.

Or are you some kind of kung fu master?

Deeds not words my dear. Deeds. Not. Words!

To be or not to be, that is the question!

Amber: Master! How long have I been sitting here?

Wu Mei: Long enough. You are now ready to train! The art of learning is to listen! You do not need physical strength. Your focus comes from your mind and you need to summon your power from deep inside yourself.

Wu Mei: You learn very fast Amber Adams and now you are ready to return home. I have done all I can to train you – be true to yourself and you will find there is nothing you cannot do.

Amber: I will, master. I don't know how to thank you?

Wu Mei: By always remembering that you should only ever use your new skills to defend those who need your help.

Amber: I promise I will remember. Goodbye master, I will miss you.

Bully: Haha, kung fu master!

Amber: Silence! I *am* a kung fu master, trained by the mighty Wu Mei!

Bully: OK then, *kung fu master*, try and stop this! Jimmy, give me the rest of your lunch money – now!

China: Kung fu master

- Amber:** I wouldn't do that if I were you.
- Bully:** What are you doing? Get off me!
- Amber:** Come on Jimmy, let's get out of here.
- Jimmy:** Wow. Just wow. Thanks Amber! So you really are a kung fu master?
- Amber:** I am.
- Jimmy:** Will you train me to fight?
- Amber:** Hmm. Perhaps, but first we must sit ...
- Jimmy:** ... and meditate?
- Amber:** No, sit and eat cake! Here, have some of mine.
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