

6 Life Swap: Kickboxing

Before you watch

In this *Life Swap* Rachel learns to play the saxophone and to kickbox. What do you think you have to do to be a good musician or kickboxer? Work with a partner. Write your ideas in the diagram.

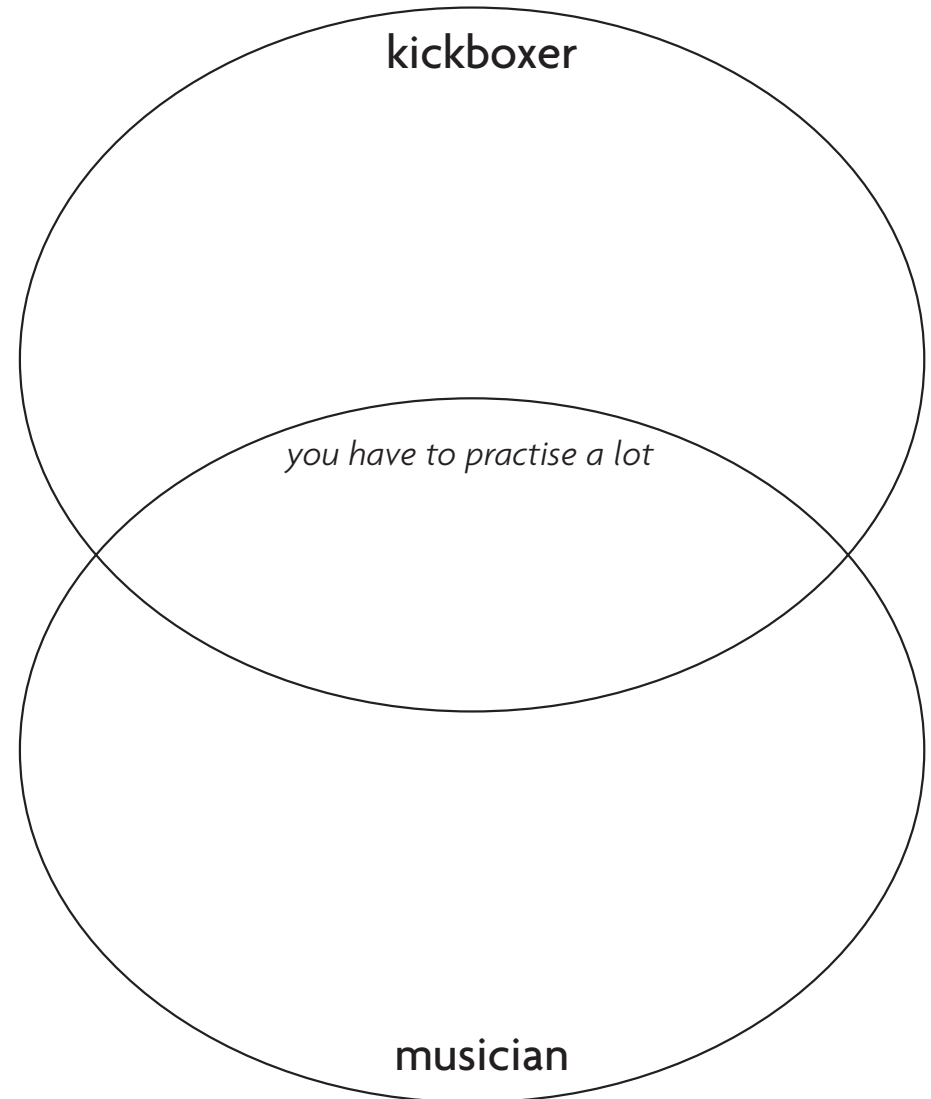
While you watch

1 Pronunciation

Sentence stress: rhythm

Underline the syllables you think are stressed. Then listen and check.

Rachel Forbes wants to be a radio presenter. Last time in *Life Swap* she showed Nick Arnold how to do her work in a hospital radio station. Now, it's Rachel's turn to visit Nick. What will happen when she lives his life for a day?



2 Playing the saxophone

Listen to Nick and answer the questions.

- 1 How often does Nick play the saxophone?
- 2 Why can't he practise more?
- 3 Do you like the tune he plays for Rachel?
- 4 How long do you think he has been playing the saxophone?

3 Rachel plays the saxophone

Listen to Nick teaching Rachel to play the saxophone. Fill in the gaps with the words in the box.

have a go no way try again

Nick: Now, you play.

Rachel: ¹ I can't play musical instruments.

Nick: ²

Rachel: OK.

Nick: Hold it like this and blow here.

Rachel: That was awful!

Nick: ³

4 Learning to kickbox

Listen to Nick. Mark the sentences *T* (true) or *F* (false).

- 1 Nick's favourite type of kickboxing is 'Forms'.
- 2 He doesn't enter competitions.
- 3 Rachel is going to do a performance alone.
- 4 Nick teaches teenagers to kickbox.
- 5 There are self-defence classes for women and girls.
- 6 Nick and Rachel are going to enter a kickboxing competition together.

After you watch

Imagine you are Nick. Work with a partner and write rules for your class.

You have to wear comfortable clothes.

You mustn't bully people.