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Rana Abdelhamid: 3 lessons on starting a movement from a self-defense trailblazer | TED Talk

https://www.ted.com/talks/rana_abdelhamid_3_lessons_on_starting_a_movement_from_a_self_defense_trailblazer

Advanced Words Only

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Session 1: Word List

sweetheart

n. an affectionate term for a person, often a romantic partner, who is loved or cherished

synonym: darling, beloved, love

(1) **sweetheart** deal, (2) **sweetheart** romance

I can always rely on my **sweetheart** to lift my mood when feeling down.

firework

n. a device that produces a colorful display of light and sound when it is ignited

synonym: pyrotechnic, sparkler, firecracker

(1) **firework** discharge, (2) grand **firework** display

The children were excited to see the **firework** show.

explode

v. to burst or break open violently and noisily; to cause something to burst or break open

synonym: detonate, blast, rupture

(1) **explode** in anger, (2) **explode** in popularity

The old building **exploded** in a fiery inferno.

skyline

n. the outline of buildings and other structures against the sky, especially when viewed from a distance

synonym: silhouette, cityscape, horizon

(1) **skyline** view, (2) downtown **skyline**

The **skyline** of the city was dotted with tall buildings.

jokingly

adv. done or said in a playful, humorous, or lighthearted manner, often intended to make others laugh or to avoid taking oneself too seriously

synonym: tongue-in-cheek, jestingly, facetiously

(1) **jokingly** mocked, (2) **jokingly** asked

She **jokingly** suggested they quit their jobs and run to a tropical island.

hijab

n. a headscarf traditionally worn by Muslim women to cover their hair and neck

synonym: veil, headscarf, cover

(1) woman's **hijab**, (2) **hijab** garment

Many Muslim women wear a **hijab** as a symbol of their religious beliefs.

insecure

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

synonym: uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment

Children in an unstructured environment often feel **insecure**.

hustle

v. to cause someone to move quickly by pushing them in a rough, aggressive way

synonym: bustle, rush, haste

(1) **hustle** on business, (2) **hustle** up money

You must **hustle** and struggle on the court to win an acquittal.

apologetic

adj. feeling or expressing regret, remorse, or sorrow for one's actions; making an apology or expressing an excuse for something

synonym: sorry, regretful, remorseful

(1) **apologetic** tone, (2) **apologetic** letter

He was **apologetic** for being late to the meeting.

memorize

v. to learn something carefully so that you will remember it exactly

synonym: learn, remember, remind

(1) **memorize** musical scores, (2) try hard to **memorize** the lines

Lawyers need to **memorize** even the most minor provisions of the law.

mosque

n. a Muslim place of worship that usually has a minaret (= slender tower with balconies)

(1) domed **mosque**, (2) the sacred **mosque**

Jumeirah **Mosque** is one of the most beautiful buildings in the United Arab Emirates.

bully

n. a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

synonym: tormentor, intimidator, aggressor

(1) **bully** bystander, (2) **bully** the weak

The schoolyard **bully** terrorized the other children and made their lives miserable.

yank

v. to pull something or someone forcefully with a sudden movement

synonym: draw, jerk, tug

(1) **yank** out a tooth, (2) **yank** at a rope

He tried to **yank** the memories from his brain.

Muslim

n. a follower of the religion of Islam

synonym: Islamic, believer

(1) predominantly **Muslim** country, (2) **Muslim** culture

The **Muslim** community in the city is small but growing.

horrify

v. to shock or disgust greatly

synonym:

shock, dismay, terrify

(1) **horrify** audience, (2) **horrify** victims

The series of terrorist attacks **horrify** the entire nation.

karate

n. a Japanese martial art that emphasizes hand and foot strikes, blocks, and evasions, often using a combination of techniques to overpower an opponent, also seen as a form of self-defense and physical training

synonym: martial art, self-defense discipline

(1) **karate** moves, (2) black belt in **karate**

She has been practicing **karate** for years and has won many tournaments.

sisterhood

n. a close association of women based on shared interests or goals; the sense of solidarity and loyalty that exists among women

synonym: sisterliness, sisterly relationship, sorority

(1) **sisterhood** bond, (2) **sisterhood** solidarity

Playing on the same sports team has created a **sisterhood** between the athletes.

swoop

v. to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon

synonym: dart, pounce

(1) **swoop** down the water slide, (2) **swoop** up the escalator

The eagle **swooped** down from the sky to catch its prey.

instruct

v. to teach someone practical skills or knowledge; to formally order or tell someone to do something

synonym: train, coach, guide

(1) **instruct** a student, (2) **instruct** a computer

The facility manager **instructed** the security guards to be on high alert.

overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

synonym : conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

undocumented

adj. not supported by written evidence or having the necessary written permission

(1) **undocumented** worker, (2) **undocumented** command

The border patrol has recently been focusing on cracking down on **undocumented** non-citizens.

empower

v. to give someone the power or authority to do something

synonym : authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

potluck

n. a meal or gathering where everyone brings a dish to share; a situation or activity in which people contribute or participate unpredictably without prior planning or preparation

synonym : community meal, shared meal

(1) **potluck** dinner, (2) **potluck** party

Everyone brought a dish to share for the office **potluck**.

takeaway

n. a message or conclusion that can be taken away from a situation or piece of information

synonym : conclusion, message, insight

(1) **takeaway** pizza, (2) **takeaway** message

The main **takeaway** from the meeting was the need for better communication.

escalate

v. to increase in intensity, size, or severity; to make something greater, worse, or more serious

synonym : increase, intensify, expand

(1) **escalate** into a major international incident, (2) to **escalate**

The situation quickly **escalated** and turned violent.

Session 2: Spelling

- | | |
|---|---|
| 1. ho____y victims | <i>v.</i> to shock or disgust greatly |
| 2. jo____ly mocked | <i>adv.</i> done or said in a playful, humorous, or lighthearted manner, often intended to make others laugh or to avoid taking oneself too seriously |
| 3. domed mo____e | <i>n.</i> a Muslim place of worship that usually has a minaret (= slender tower with balconies) |
| 4. the sacred mo____e | <i>n.</i> a Muslim place of worship that usually has a minaret (= slender tower with balconies) |
| 5. hu____e on business | <i>v.</i> to cause someone to move quickly by pushing them in a rough, aggressive way |
| 6. ex____e in anger | <i>v.</i> to burst or break open violently and noisily; to cause something to burst or break open |
| 7. bu__y the weak | <i>n.</i> a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful |
| 8. em____r the secretary to do the same | <i>v.</i> to give someone the power or authority to do something |
| 9. ta____ay pizza | <i>n.</i> a message or conclusion that can be taken away from a situation or piece of information |

ANSWERS: 1. horrify, 2. jokingly, 3. mosque, 4. mosque, 5. hustle, 6. explode, 7. bully, 8. empower, 9. takeaway

- | | | |
|-----------------------------|------|---|
| 10. ho____y audience | v. | to shock or disgust greatly |
| 11. me____ze musical scores | v. | to learn something carefully so that you will remember it exactly |
| 12. sis____od solidarity | n. | a close association of women based on shared interests or goals; the sense of solidarity and loyalty that exists among women |
| 13. to es____te | v. | to increase in intensity, size, or severity; to make something greater, worse, or more serious |
| 14. apo____ic letter | adj. | feeling or expressing regret, remorse, or sorrow for one's actions; making an apology or expressing an excuse for something |
| 15. in____re attachment | adj. | not firm or firmly fixed; likely to fail or give way, or not assured of safety |
| 16. hu____e up money | v. | to cause someone to move quickly by pushing them in a rough, aggressive way |
| 17. jo____ly asked | adv. | done or said in a playful, humorous, or lighthearted manner, often intended to make others laugh or to avoid taking oneself too seriously |
| 18. in____ct a computer | v. | to teach someone practical skills or knowledge; to formally order or tell someone to do something |
| 19. y__k out a tooth | v. | to pull something or someone forcefully with a sudden movement |
| 20. Mu____m culture | n. | a follower of the religion of Islam |

ANSWERS: 10. horrify, 11. memorize, 12. sisterhood, 13. escalate, 14. apologetic, 15. insecure, 16. hustle, 17. jokingly, 18. instruct, 19. yank, 20. Muslim

21. woman's hi__b *n.* a headscarf traditionally worn by Muslim women to cover their hair and neck
22. downtown sk____e *n.* the outline of buildings and other structures against the sky, especially when viewed from a distance
23. es____te into a major international incident *v.* to increase in intensity, size, or severity; to make something greater, worse, or more serious
24. bu__y bystander *n.* a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful
25. ka____e moves *n.* a Japanese martial art that emphasizes hand and foot strikes, blocks, and evasions, often using a combination of techniques to overpower an opponent, also seen as a form of self-defense and physical training
26. black belt in ka____e *n.* a Japanese martial art that emphasizes hand and foot strikes, blocks, and evasions, often using a combination of techniques to overpower an opponent, also seen as a form of self-defense and physical training
27. po____k dinner *n.* a meal or gathering where everyone brings a dish to share; a situation or activity in which people contribute or participate unpredictably without prior planning or preparation

ANSWERS: 21. hijab, 22. skyline, 23. escalate, 24. bully, 25. karate, 26. karate, 27. potluck

28. he was ov_____lmed with gratitude *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
29. y__k at a rope *v.* to pull something or someone forcefully with a sudden movement
30. try hard to me_____ze the lines *v.* to learn something carefully so that you will remember it exactly
31. sis_____od bond *n.* a close association of women based on shared interests or goals; the sense of solidarity and loyalty that exists among women
32. hi__b garment *n.* a headscarf traditionally worn by Muslim women to cover their hair and neck
33. in_____ct a student *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
34. swe_____rt deal *n.* an affectionate term for a person, often a romantic partner, who is loved or cherished
35. ex_____e in popularity *v.* to burst or break open violently and noisily; to cause something to burst or break open
36. und_____ted worker *adj.* not supported by written evidence or having the necessary written permission
37. an in_____re future *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
38. und_____ted command *adj.* not supported by written evidence or having the necessary written permission
39. sw__p down the water slide *v.* to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon

ANSWERS: 28. overwhelm, 29. yank, 30. memorize, 31. sisterhood, 32. hijab, 33. instruct, 34. sweetheart, 35. explode, 36. undocumented, 37. insecure, 38. undocumented, 39. swoop

40. sk_____e view *n.* the outline of buildings and other structures against the sky, especially when viewed from a distance
41. fi_____rk discharge *n.* a device that produces a colorful display of light and sound when it is ignited
42. swe_____rt romance *n.* an affectionate term for a person, often a romantic partner, who is loved or cherished
43. sw__p up the escalator *v.* to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon
44. po_____k party *n.* a meal or gathering where everyone brings a dish to share; a situation or activity in which people contribute or participate unpredictably without prior planning or preparation
45. em_____r my life *v.* to give someone the power or authority to do something
46. predominantly Mu___m country *n.* a follower of the religion of Islam
47. ov_____lm opponents by numbers *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
48. grand fi_____rk display *n.* a device that produces a colorful display of light and sound when it is ignited
49. ta_____ay message *n.* a message or conclusion that can be taken away from a situation or piece of information
50. apo_____ic tone *adj.* feeling or expressing regret, remorse, or sorrow for one's actions; making an apology or expressing an excuse for something

ANSWERS: 40. skyline, 41. firework, 42. sweetheart, 43. swoop, 44. potluck, 45. empower, 46. Muslim, 47. overwhelm, 48. firework, 49. takeaway, 50. apologetic

ANSWERS:

Session 3: Fill in the Blanks

1. The old building _____ in a fiery inferno.
 - v.* to burst or break open violently and noisily; to cause something to burst or break open

2. Everyone brought a dish to share for the office _____.
 - n.* a meal or gathering where everyone brings a dish to share; a situation or activity in which people contribute or participate unpredictably without prior planning or preparation

3. Many Muslim women wear a _____ as a symbol of their religious beliefs.
 - n.* a headscarf traditionally worn by Muslim women to cover their hair and neck

4. Too much variety may _____ and confuse viewers.
 - v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

5. Jumeirah _____ is one of the most beautiful buildings in the United Arab Emirates.
 - n.* a Muslim place of worship that usually has a minaret (= slender tower with balconies)

6. The main _____ from the meeting was the need for better communication.
 - n.* a message or conclusion that can be taken away from a situation or piece of information

7. The children were excited to see the _____ show.
 - n.* a device that produces a colorful display of light and sound when it is ignited

ANSWERS: 1. exploded, 2. potluck, 3. hijab, 4. overwhelm, 5. Mosque, 6. takeaway, 7. firework

8. The facility manager _____ the security guards to be on high alert.
- v. to teach someone practical skills or knowledge; to formally order or tell someone to do something
9. Playing on the same sports team has created a _____ between the athletes.
- n. a close association of women based on shared interests or goals; the sense of solidarity and loyalty that exists among women
10. The series of terrorist attacks _____ the entire nation.
- v. to shock or disgust greatly
11. The _____ community in the city is small but growing.
- n. a follower of the religion of Islam
12. The situation quickly _____ and turned violent.
- v. to increase in intensity, size, or severity; to make something greater, worse, or more serious
13. I can always rely on my _____ to lift my mood when feeling down.
- n. an affectionate term for a person, often a romantic partner, who is loved or cherished
14. The eagle _____ down from the sky to catch its prey.
- v. to rapidly or forcefully descend upon something or someone from a great height or distance; to rush or pounce upon
15. The schoolyard _____ terrorized the other children and made their lives miserable.
- n. a person who uses strength or power to harm or intimidate those who are weaker; (verb) to intimidate, harass, or mistreat someone weaker or less powerful

ANSWERS: 8. instructed, 9. sisterhood, 10. horrify, 11. Muslim, 12. escalated, 13. sweetheart, 14. swooped, 15. bully

16. The company _____ employees to buy low-price items without approval to achieve efficient purchasing.

v. to give someone the power or authority to do something

17. You must _____ and struggle on the court to win an acquittal.

v. to cause someone to move quickly by pushing them in a rough, aggressive way

18. She _____ suggested they quit their jobs and run to a tropical island.

adv. done or said in a playful, humorous, or lighthearted manner, often intended to make others laugh or to avoid taking oneself too seriously

19. He was _____ for being late to the meeting.

adj. feeling or expressing regret, remorse, or sorrow for one's actions; making an apology or expressing an excuse for something

20. She has been practicing _____ for years and has won many tournaments.

n. a Japanese martial art that emphasizes hand and foot strikes, blocks, and evasions, often using a combination of techniques to overpower an opponent, also seen as a form of self-defense and physical training

21. He tried to _____ the memories from his brain.

v. to pull something or someone forcefully with a sudden movement

22. The border patrol has recently been focusing on cracking down on _____ non-citizens.

adj. not supported by written evidence or having the necessary written permission

23. Lawyers need to _____ even the most minor provisions of the law.

v. to learn something carefully so that you will remember it exactly

ANSWERS: 16. empowered, 17. hustle, 18. jokingly, 19. apologetic, 20. karate, 21. yank, 22. undocumented, 23. memorize

24. The _____ of the city was dotted with tall buildings.

n. the outline of buildings and other structures against the sky, especially when viewed from a distance

25. Children in an unstructured environment often feel _____.

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

ANSWERS: 24. skyline, 25. insecure