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Vocabulary Builder Reference from...

Alex Honnold: How I climbed a 3,000-foot vertical cliff
-- without ropes | TED Talk

https://www.ted.com/talks/alex_honnold_how_i_climbed_a_3_000_foot_vertical_cliff_without_ropes

Advanced Words Only

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Session 1: Word List

culmination

n. the peak highest point or climax of something, especially happening after a long time

synonym: climax, completion, ending

(1) the **culmination** of her ambition, (2) **culmination** altitude

Their achievements stand as a **culmination** of centuries of development.

unsatisfying

adj. not fulfilling someone's desires, expectations, or needs; incomplete or inadequate.

synonym: disappointing, dissatisfying, subpar

(1) **unsatisfying** labor, (2) **unsatisfying** reality

The meal was **unsatisfying** and left her feeling hungry an hour later.

soloist

n. a person who performs a solo, especially a solo musician or singer

synonym: solo performer, solo artist

(1) a vocal **soloist**, (2) **soloist** musician

The **soloist's** performance was the highlight of the concert.

unsurprising

adj. not surprising, and what was expected; able to be predicted

synonym : predictable, expected, foreseeable

(1) **unsurprising** success, (2) **unsurprising** result

The **unsurprising** outcome of the election was a victory for the incumbent candidate.

rattle

v. to make or cause to make short, successive, sharp, and loud sounds

synonym : jolt, shake, babble

(1) **rattle** along a road, (2) **rattle** and bang at the door

The vast earthquake caused the house to **rattle**.

slab

n. a flat, rectangular piece of material, such as wood or concrete; often used to describe a large, heavy, or solid object or structure

synonym : slate, tile, paving stone

(1) a **slab** of chocolate, (2) marble **slab**

The construction workers poured a large **slab** of concrete for the foundation of the building.

ripple

n. a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind

synonym : wave, undulation, fluctuation

(1) a **ripple** of laughter, (2) **ripple** in the water

Many businesses felt the **ripple** effect of the economy's decline.

smear

v. to spread or apply a substance thinly and unevenly over a surface; to slander or accuse someone falsely; (noun) a mark or blot made by smudging, typically a dirty or greasy one

synonym : smudge, spread, daub

(1) **smear** butter on bread, (2) **smear** of blood

The politician tried to **smear** his opponent's reputation with false accusations.

foothold

n. a secure or reliable position in a particular situation, allowing for further progress or expansion; a firm grip or

support on a surface

synonym : toehold, base, foundation

(1) establish a **foothold**, (2) military **foothold**

The company is looking to gain a **foothold** in the emerging market.

slippery

adj. difficult to hold firmly or stand on because it is wet or smooth; not to be trusted

synonym : smooth, glistening, furtive

(1) a **slippery** customer, (2) **slippery** ice

How extraordinarily **slippery** a liar the camera is.

gasp

v. to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise

synonym : breathe, pant, heave

(1) **gasp** for air, (2) **gasp** in shock

The audience **gasp**ed when the magician made the rabbit disappear from the hat.

pant

v. to breathe quickly and shallowly, often because of exertion, excitement, or fear; to gasp or heave for breath

synonym : breathe, gasp, puff

(1) **pant** for breath, (2) **pant** with excitement

After running five miles nonstop in the hot sun, he began to **pant** heavily.

barefoot

adj. without shoes or other foot coverings; wearing nothing on the feet

synonym : bare, shoeless, unshod

(1) **barefoot** walk, (2) **barefoot** fashion

The **barefoot** hiker enjoyed feeling the earth beneath their feet.

frown

v. to make an angry or severe expression by bringing your eyebrows together to indicate disapproval, displeasure,

or concentration

synonym : scowl, glare, disapprove

(1) people with **frown** faces, (2) a worried **frown**

Thinking always made him **frown**.

disappoint

v. to fail to meet someone or their hopes or expectations;
to make someone feel sad

synonym : sadden, dismay, frustrate

(1) **disappoint** the audience, (2) don't **disappoint** me

She worked very hard not to **disappoint** her boss's expectations.

mastery

n. complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity

synonym : proficiency, aptitude, domination

(1) **mastery** of mathematics, (2) strive for **mastery**

The country finally gained **mastery** over the whole land of its neighbors.

squeak

v. to make a high-pitched, short, sharp noise; to speak or say something in a high-pitched, weak, or timid voice

synonym : squeal, whine, creak

(1) **squeak** out a few words, (2) mice **squeak**

The door **squeaked** when I opened it.

intimidate

v. to make someone fearful or uneasy so that they will do something that you want them to do

synonym : frighten, threaten, terrify

(1) **intimidate** an opponent, (2) effectively **intimidate** a thief

The boss tried to **intimidate** his subordinate with threats.

ascend

v. to go or move upward; to become king or queen; to inherit something, such as a power

synonym : rise, climb, go up

(1) **ascend** the ladder, (2) **ascend** to power

The plane began to **ascend** into the sky.

chalk

n. a soft, white, porous sedimentary rock composed of calcium carbonate, often used for drawing or writing on surfaces such as blackboards

synonym : white rock, limestone, gypsum

(1) a piece of **chalk**, (2) **chalk** on a blackboard

The kids used colored **chalk** to create a mural on the pavement.

rehearse

v. to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it

synonym : practice, recite, drill

(1) **rehearse** an opera, (2) **rehearse** a speech

The actors needed to **rehearse** their lines before the performance.

rappel

v. to descend a steep slope or vertical surface using a rope and a sliding device; to perform a controlled descent using such a device; (noun) the act of descending a cliff or other vertical drop by a double rope coiled around the body and fixed at a higher point

synonym : abseil, descend, rope down

(1) **rappel** down a cliff, (2) **rappel** from a helicopter

The thrill-seekers decided to **rappel** down the sides of mountains.

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.

ingrained

adj. deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time

synonym : inborn, embedded, deep-seated

(1) **ingrained** habit, (2) **ingrained** prejudice

Her fear of dogs was **ingrained** after a traumatic experience in childhood.

mindset

n. the established set of attitudes or fixed ideas held by someone

synonym : attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

cultivate

v. to prepare and foster land for growing crops or plants

synonym : boost, foster, nurture

(1) **cultivate** a field, (2) **cultivate** relationships

University is a great place to **cultivate** our minds and expertise.

visualize

v. to form a mental image or concept of something; to make something visible

synonym : imagine, picture, envision

(1) **visualize** data, (2) **visualize** flying through space

She tried to **visualize** the layout of the new house in her mind.

choreograph

v. to compose a sequence of dance steps, often to music

(1) **choreograph** a stage performance, (2) exquisitely **choreographed**

He had **choreographed** the dance in this play himself.

boulder

n. a large, smooth rock, typically one that has been worn away from a cliff or mountain by erosion

synonym : rock, stone, clump

(1) **boulder** field, (2) lava **boulder**

The hikers had to climb over a **boulder** that was blocking their path.

crux

n. the most important or fundamental part of a matter or situation; the key point or central issue

synonym: heart, core, essence

(1) main **crux**, (2) the **crux** of the argument

The **crux** of the matter was that the company was not financially stable.

culminate

v. to reach a peak or climax

synonym: end, finish, conclude

(1) **culminate** in a heart attack, (2) **culminate** in failure

The event will **culminate** in a grand fireworks display.

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.

maneuver

n. a motion or combination of moves that requires skill and care; a clever strategy, activity, or movement intended to give someone an advantage

synonym: gimmick, trick, action

(1) political **maneuvers**, (2) made a great **maneuver**

In this class, we learn the basic **maneuver** of the plane.

creep

v. to move slowly, quietly, and carefully, usually to avoid being seen or heard

synonym: crawl, glide, encroach

(1) **creep** along the leaf, (2) **creep** toward the mouse

Aging **creeps** up slowly with time.

doable

adj. possible to do; capable of existing, taking place, or proving true

synonym : realizable, accomplishable, achievable

(1) make a **doable** plan, (2) **doable** in daily life

This project is **doable** despite the tight schedule.

mundane

adj. very ordinary and therefore lacking interest or excitement

synonym : ordinary, everyday, prosaic

(1) **mundane** affairs, (2) **mundane** objects

After returning from the war, he had a pretty **mundane** life.

choke

v. to prevent or obstruct the normal breathing or swallowing of someone or something

synonym : strangle, suffocate, clog

(1) **choke** with anger, (2) **choke** off the blood supply

The baby started to **choke** on a piece of apple.

sect

n. a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

synonym : group, faction, cult

(1) **sect** beliefs, (2) secret **sect**

The minority **sect** believed in a set of unconventional religious practices.

muesli

n. a breakfast food consisting of rolled oats, nuts, seeds, and dried fruit, often eaten with milk or yogurt

synonym : granola, cereal, oatmeal mix

(1) **muesli** breakfast, (2) homemade **muesli**

She topped off her morning yogurt with fresh **muesli** for added nutrition.

sunrise

n. the time in the morning when the sun first appears in the sky

synonym : daybreak, morning, dawn

(1) beautiful **sunrise**, (2) high-technology **sunrise** industries
I got up early to watch the **sunrise** at the summit.

scout

n. a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations

synonym : scoutmaster, explorer, surveyor

(1) boy **scout**, (2) **scout** troop

The company sent a **scout** to explore new business opportunities in the overseas market.

strenuous

adj. requiring or showing great energy, effort, or exertion; physically or mentally demanding; characterized by vigorous activity

synonym : arduous, laborious, demanding

(1) **strenuous** exercise, (2) **strenuous** effort

After the **strenuous** hike, I needed to rest a few hours before continuing.

hesitation

n. the act of pausing or being slow before saying or doing something, especially because you feel uncertain or nervous

synonym : unwillingness, indecision, uncertainty

(1) perform without **hesitation**, (2) after some **hesitation**

There was a **hesitation** in her speech.

hesitant

adj. unsure or uncertain about what to do or how to act; reluctant or unwilling to take action or make a decision

synonym : indecisive, uncertain, reluctant

(1) **hesitant** response, (2) **hesitant** to take action

She was **hesitant** to speak in public but eventually overcame her fear.

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.

Session 2: Spelling

1. sm__r butter on bread
v. to spread or apply a substance thinly and unevenly over a surface; to slander or accuse someone falsely; (noun) a mark or blot made by smudging, typically a dirty or greasy one
2. secret s__t
n. a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
3. boy sc__t
n. a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations
4. sl____ry ice
adj. difficult to hold firmly or stand on because it is wet or smooth; not to be trusted
5. p__t with excitement
v. to breathe quickly and shallowly, often because of exertion, excitement, or fear; to gasp or heave for breath
6. 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

ANSWERS: 1. smear, 2. sect, 3. scout, 4. slippery, 5. pant, 6. karate

7. a worried fr__n *v.* to make an angry or severe expression by bringing your eyebrows together to indicate disapproval, displeasure, or concentration
8. a ri___e of laughter *n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
9. vi_____ze flying through space *v.* to form a mental image or concept of something; to make something visible
10. uns_____ing success *adj.* not surprising, and what was expected; able to be predicted
11. ch__k on a blackboard *n.* a soft, white, porous sedimentary rock composed of calcium carbonate, often used for drawing or writing on surfaces such as blackboards
12. cul_____on altitude *n.* the peak highest point or climax of something, especially happening after a long time
13. vi_____ze data *v.* to form a mental image or concept of something; to make something visible
14. g__p for air *v.* to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise
15. establish a fo_____ld *n.* a secure or reliable position in a particular situation, allowing for further progress or expansion; a firm grip or support on a surface
16. sq___k out a few words *v.* to make a high-pitched, short, sharp noise; to speak or say something in a high-pitched, weak, or timid voice

ANSWERS: 7. frown, 8. ripple, 9. visualize, 10. unsurprising, 11. chalk, 12. culmination, 13. visualize, 14. gasp, 15. foothold, 16. squeak

17. re____se a speech *v.* to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it
18. cu_____te a field *v.* to prepare and foster land for growing crops or plants
19. don't dis_____nt me *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
20. lava bo_____r *n.* a large, smooth rock, typically one that has been worn away from a cliff or mountain by erosion
21. uns_____ing reality *adj.* not fulfilling someone's desires, expectations, or needs; incomplete or inadequate.
22. perform without hes_____on *n.* the act of pausing or being slow before saying or doing something, especially because you feel uncertain or nervous
23. beautiful su_____e *n.* the time in the morning when the sun first appears in the sky
24. do___e in daily life *adj.* possible to do; capable of existing, taking place, or proving true
25. ra___l from a helicopter *v.* to descend a steep slope or vertical surface using a rope and a sliding device; to perform a controlled descent using such a device; (noun) the act of descending a cliff or other vertical drop by a double rope coiled around the body and fixed at a higher point

ANSWERS: 17. rehearse, 18. cultivate, 19. disappoint, 20. boulder, 21. unsatisfying, 22. hesitation, 23. sunrise, 24. doable, 25. rappel

26. 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
27. he_____nt response *adj.* unsure or uncertain about what to do or how to act; reluctant or unwilling to take action or make a decision
28. dis_____nt the audience *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
29. sm__r of blood *v.* to spread or apply a substance thinly and unevenly over a surface; to slander or accuse someone falsely; (noun) a mark or blot made by smudging, typically a dirty or greasy one
30. ri___e in the water *n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
31. 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
32. st_____us exercise *adj.* requiring or showing great energy, effort, or exertion; physically or mentally demanding; characterized by vigorous activity
33. cu_____te relationships *v.* to prepare and foster land for growing crops or plants
34. try hard to me_____ze the lines *v.* to learn something carefully so that you will remember it exactly

ANSWERS: 26. swoop, 27. hesitant, 28. disappoint, 29. smear, 30. ripple, 31. swoop, 32. strenuous, 33. cultivate, 34. memorize

35. the cul_____on of her ambition *n.* the peak highest point or climax of something, especially happening after a long time
36. ch__e with anger *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
37. political ma_____ers *n.* a motion or combination of moves that requires skill and care; a clever strategy, activity, or movement intended to give someone an advantage
38. ba_____ot walk *adj.* without shoes or other foot coverings; wearing nothing on the feet
39. in_____ed habit *adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
40. ra___l down a cliff *v.* to descend a steep slope or vertical surface using a rope and a sliding device; to perform a controlled descent using such a device; (noun) the act of descending a cliff or other vertical drop by a double rope coiled around the body and fixed at a higher point
41. cr__p along the leaf *v.* to move slowly, quietly, and carefully, usually to avoid being seen or heard
42. military fo_____ld *n.* a secure or reliable position in a particular situation, allowing for further progress or expansion; a firm grip or support on a surface
43. marble s__b *n.* a flat, rectangular piece of material, such as wood or concrete; often used to describe a large, heavy, or solid object or structure

ANSWERS: 35. culmination, 36. choke, 37. maneuver, 38. barefoot, 39. ingrained, 40. rappel, 41. creep, 42. foothold, 43. slab

44. the c__x of the argument *n.* the most important or fundamental part of a matter or situation; the key point or central issue
45. ra___e and bang at the door *v.* to make or cause to make short, successive, sharp, and loud sounds
46. p__t for breath *v.* to breathe quickly and shallowly, often because of exertion, excitement, or fear; to gasp or heave for breath
47. as___d the ladder *v.* to go or move upward; to become king or queen; to inherit something, such as a power
48. st_____us effort *adj.* requiring or showing great energy, effort, or exertion; physically or mentally demanding; characterized by vigorous activity
49. homemade mu___i *n.* a breakfast food consisting of rolled oats, nuts, seeds, and dried fruit, often eaten with milk or yogurt
50. bo_____r field *n.* a large, smooth rock, typically one that has been worn away from a cliff or mountain by erosion
51. g__p in shock *v.* to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise
52. 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

ANSWERS: 44. crux, 45. rattle, 46. pant, 47. ascend, 48. strenuous, 49. muesli, 50. boulder, 51. gasp, 52. karate

53. a s__b of chocolate *n.* a flat, rectangular piece of material, such as wood or concrete; often used to describe a large, heavy, or solid object or structure
54. a piece of ch__k *n.* a soft, white, porous sedimentary rock composed of calcium carbonate, often used for drawing or writing on surfaces such as blackboards
55. cu_____te in a heart attack *v.* to reach a peak or climax
56. cho_____ph a stage performance *v.* to compose a sequence of dance steps, often to music
57. people with fr__n faces *v.* to make an angry or severe expression by bringing your eyebrows together to indicate disapproval, displeasure, or concentration
58. uns_____ing result *adj.* not surprising, and what was expected; able to be predicted
59. mu_____e affairs *adj.* very ordinary and therefore lacking interest or excitement
60. in_____ed prejudice *adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
61. ba_____ot fashion *adj.* without shoes or other foot coverings; wearing nothing on the feet
62. ma_____y of mathematics *n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
63. after some hes_____on *n.* the act of pausing or being slow before saying or doing something, especially because you feel uncertain or nervous

ANSWERS: 53. slab, 54. chalk, 55. culminate, 56. choreograph, 57. frown, 58. unsurprising, 59. mundane, 60. ingrained, 61. barefoot, 62. mastery, 63. hesitation

64. flexible mi____t *n.* the established set of attitudes or fixed ideas held by someone
65. high-technology su____e industries *n.* the time in the morning when the sun first appears in the sky
66. mu____i breakfast *n.* a breakfast food consisting of rolled oats, nuts, seeds, and dried fruit, often eaten with milk or yogurt
67. mu____e objects *adj.* very ordinary and therefore lacking interest or excitement
68. ch__e off the blood supply *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
69. re____se an opera *v.* to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it
70. a sl____ry customer *adj.* difficult to hold firmly or stand on because it is wet or smooth; not to be trusted
71. a vocal so____t *n.* a person who performs a solo, especially a solo musician or singer
72. make a do____e plan *adj.* possible to do; capable of existing, taking place, or proving true
73. so____t musician *n.* a person who performs a solo, especially a solo musician or singer
74. effectively int____te a thief *v.* to make someone fearful or uneasy so that they will do something that you want them to do

ANSWERS: 64. mindset, 65. sunrise, 66. muesli, 67. mundane, 68. choke, 69. rehearse, 70. slippery, 71. soloist, 72. doable, 73. soloist, 74. intimidate

75. me_____ze musical scores *v.* to learn something carefully so that you will remember it exactly
76. cu_____te in failure *v.* to reach a peak or climax
77. s__t beliefs *n.* a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream
78. int_____te an opponent *v.* to make someone fearful or uneasy so that they will do something that you want them to do
79. exquisitely cho_____phed *v.* to compose a sequence of dance steps, often to music
80. the mi_____t in an education system *n.* the established set of attitudes or fixed ideas held by someone
81. he_____nt to take action *adj.* unsure or uncertain about what to do or how to act; reluctant or unwilling to take action or make a decision
82. strive for ma_____y *n.* complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
83. as____d to power *v.* to go or move upward; to become king or queen; to inherit something, such as a power
84. main c__x *n.* the most important or fundamental part of a matter or situation; the key point or central issue
85. uns_____ing labor *adj.* not fulfilling someone's desires, expectations, or needs; incomplete or inadequate.

ANSWERS: 75. memorize, 76. culminate, 77. sect, 78. intimidate, 79. choreograph, 80. mindset, 81. hesitant, 82. mastery, 83. ascend, 84. crux, 85. unsatisfying

86. sc__t troop *n.* a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations
87. cr__p toward the mouse *v.* to move slowly, quietly, and carefully, usually to avoid being seen or heard
88. mice sq___k *v.* to make a high-pitched, short, sharp noise; to speak or say something in a high-pitched, weak, or timid voice
89. made a great ma_____er *n.* a motion or combination of moves that requires skill and care; a clever strategy, activity, or movement intended to give someone an advantage
90. ra___e along a road *v.* to make or cause to make short, successive, sharp, and loud sounds

ANSWERS: 86. scout, 87. creep, 88. squeak, 89. maneuver, 90. rattle

Session 3: Fill in the Blanks

1. How extraordinarily _____ a liar the camera is.
adj. difficult to hold firmly or stand on because it is wet or smooth; not to be trusted
2. She worked very hard not to _____ her boss's expectations.
v. to fail to meet someone or their hopes or expectations; to make someone feel sad
3. There was a _____ in her speech.
n. the act of pausing or being slow before saying or doing something, especially because you feel uncertain or nervous
4. Their achievements stand as a _____ of centuries of development.
n. the peak highest point or climax of something, especially happening after a long time
5. The kids used colored _____ to create a mural on the pavement.
n. a soft, white, porous sedimentary rock composed of calcium carbonate, often used for drawing or writing on surfaces such as blackboards
6. The politician tried to _____ his opponent's reputation with false accusations.
v. to spread or apply a substance thinly and unevenly over a surface; to slander or accuse someone falsely; (noun) a mark or blot made by smudging, typically a dirty or greasy one
7. The minority _____ believed in a set of unconventional religious practices.
n. a group of people who follow a particular religious or philosophical belief system, especially one that is regarded as outside the norm or mainstream

ANSWERS: 1. slippery, 2. disappoint, 3. hesitation, 4. culmination, 5. chalk, 6. smear, 7. sect

8. The event will _____ in a grand fireworks display.
- v. to reach a peak or climax
9. Thinking always made him _____.
- v. to make an angry or severe expression by bringing your eyebrows together to indicate disapproval, displeasure, or concentration
10. The boss tried to _____ his subordinate with threats.
- v. to make someone fearful or uneasy so that they will do something that you want them to do
11. The country finally gained _____ over the whole land of its neighbors.
- n. complete control or power of something to dominate or defeat; great skill or knowledge in a particular subject or activity
12. The plane began to _____ into the sky.
- v. to go or move upward; to become king or queen; to inherit something, such as a power
13. She topped off her morning yogurt with fresh _____ for added nutrition.
- n. a breakfast food consisting of rolled oats, nuts, seeds, and dried fruit, often eaten with milk or yogurt
14. The company is looking to gain a _____ in the emerging market.
- n. a secure or reliable position in a particular situation, allowing for further progress or expansion; a firm grip or support on a surface
15. In this class, we learn the basic _____ of the plane.
- n. a motion or combination of moves that requires skill and care; a clever strategy, activity, or movement intended to give someone an advantage

ANSWERS: 8. culminate, 9. frown, 10. intimidate, 11. mastery, 12. ascend, 13. muesli, 14. foothold, 15. maneuver

16. Her fear of dogs was _____ after a traumatic experience in childhood.

adj. deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time

17. The thrill-seekers decided to _____ down the sides of mountains.

v. to descend a steep slope or vertical surface using a rope and a sliding device; to perform a controlled descent using such a device; (noun) the act of descending a cliff or other vertical drop by a double rope coiled around the body and fixed at a higher point

18. The _____ performance was the highlight of the concert.

n. a person who performs a solo, especially a solo musician or singer

19. She was _____ to speak in public but eventually overcame her fear.

adj. unsure or uncertain about what to do or how to act; reluctant or unwilling to take action or make a decision

20. The hikers had to climb over a _____ that was blocking their path.

n. a large, smooth rock, typically one that has been worn away from a cliff or mountain by erosion

21. 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

22. The baby started to _____ on a piece of apple.

v. to prevent or obstruct the normal breathing or swallowing of someone or something

ANSWERS: 16. ingrained, 17. rappel, 18. soloist's, 19. hesitant, 20. boulder, 21. karate, 22. choke

23. I got up early to watch the _____ at the summit.
- n.* the time in the morning when the sun first appears in the sky
24. Lawyers need to _____ even the most minor provisions of the law.
- v.* to learn something carefully so that you will remember it exactly
25. The company sent a _____ to explore new business opportunities in the overseas market.
- n.* a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations
26. The door _____ when I opened it.
- v.* to make a high-pitched, short, sharp noise; to speak or say something in a high-pitched, weak, or timid voice
27. The actors needed to _____ their lines before the performance.
- v.* to practice or repeat something, such as a performance, speech, or action, to prepare for an event or to improve one's skills; to go through the motions of a planned activity before executing it
28. He had _____ the dance in this play himself.
- v.* to compose a sequence of dance steps, often to music
29. University is a great place to _____ our minds and expertise.
- v.* to prepare and foster land for growing crops or plants
30. Countries whose goal is economic development often focus on fostering an entrepreneurial _____ in each individual.
- n.* the established set of attitudes or fixed ideas held by someone

ANSWERS: 23. sunrise, 24. memorize, 25. scout, 26. squeaked, 27. rehearse, 28. choreographed, 29. cultivate, 30. mindset

31. The _____ of the matter was that the company was not financially stable.
n. the most important or fundamental part of a matter or situation; the key point or central issue
32. After returning from the war, he had a pretty _____ life.
adj. very ordinary and therefore lacking interest or excitement
33. The _____ hiker enjoyed feeling the earth beneath their feet.
adj. without shoes or other foot coverings; wearing nothing on the feet
34. Aging _____ up slowly with time.
v. to move slowly, quietly, and carefully, usually to avoid being seen or heard
35. After running five miles nonstop in the hot sun, he began to _____ heavily.
v. to breathe quickly and shallowly, often because of exertion, excitement, or fear; to gasp or heave for breath
36. The construction workers poured a large _____ of concrete for the foundation of the building.
n. a flat, rectangular piece of material, such as wood or concrete; often used to describe a large, heavy, or solid object or structure
37. The meal was _____ and left her feeling hungry an hour later.
adj. not fulfilling someone's desires, expectations, or needs; incomplete or inadequate.
38. This project is _____ despite the tight schedule.
adj. possible to do; capable of existing, taking place, or proving true

ANSWERS: 31. crux, 32. mundane, 33. barefoot, 34. creeps, 35. pant, 36. slab, 37. unsatisfying, 38. doable

39. The vast earthquake caused the house to _____.
- v.* to make or cause to make short, successive, sharp, and loud sounds
40. Many businesses felt the _____ effect of the economy's decline.
- n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
41. The _____ outcome of the election was a victory for the incumbent candidate.
- adj.* not surprising, and what was expected; able to be predicted
42. She tried to _____ the layout of the new house in her mind.
- v.* to form a mental image or concept of something; to make something visible
43. After the _____ hike, I needed to rest a few hours before continuing.
- adj.* requiring or showing great energy, effort, or exertion; physically or mentally demanding; characterized by vigorous activity
44. The audience _____ when the magician made the rabbit disappear from the hat.
- v.* to inhale sharply and audibly, often in response to strong emotion or sensation; to catch one's breath suddenly, often due to shock or surprise
45. 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

ANSWERS: 39. rattle, 40. ripple, 41. unsurprising, 42. visualize, 43. strenuous, 44. gasped, 45. swooped