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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

All Words

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Session 1: Word List

nation

n. a large organized community of people living in a particular country or region and having a particular culture

synonym: country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**

The **nation** of Japan is known for its unique culture and advanced technology.

solo

adv. without anybody else or anything else; alone

synonym: alone

(1) a **solo** vocal recital, (2) a **solo** flight

I would love to **solo** camping someday.

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.

scare

v. to frighten a person or animal, or to become frightened

synonym: frighten, spook, intimidate

(1) **scare** off her attacker by screaming, (2) **scare** the birds away

We hit the ground to **scare** out the rabbits.

folk *n.* people in general, especially those of a particular group or type

synonym: community, family, person

(1) **folk** art, (2) the **folk** songs of a particular district

Some seaweed was used as **folk** medicine in ancient times.

overcome *v.* to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

synonym: beat, confound, overwhelm

(1) **overcome** opponents, (2) **overcome** all difficulties

He tried to **overcome** a bad reputation and win the election.

largely *adv.* virtually entirely; to a large degree

synonym: mainly, chiefly, broadly

(1) **largely** accepted, (2) **largely** mitigate the issue

Nevada is **largely** a desert state.

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.

fulfill *v.* to meet the requirements or expectations; to achieve or realize

synonym: satisfy, complete, accomplish

(1) **fulfill** a contract, (2) **fulfill** a lifetime dream

It was the first time for her, but she **fulfilled** the role of Priest.

process *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or

approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

gym

n. a place equipped for exercise and other physical training

synonym: fitness center, athletic club

(1) **gym** membership, (2) a **gym** suit

She went to the fully equipped **gym** to work out every day.

indoor

adj. located, happened, or used inside a building

(1) an **indoor** pool, (2) designed for **indoor** use

Table tennis is an **indoor** sport.

transition

n. the process or period of changing from one state or circumstance to another

synonym: change, growth, shift

(1) **transition** phase, (2) ensure a smooth **transition**

The nation's healthcare system is in **transition** at the moment.

outdoors

adv. in or into the open air; outside a building or structure

synonym: outside, al fresco, in the open air

(1) exhausted **outdoors**, (2) sleep **outdoors**

She loves to hike **outdoors** and explore nature.

gradual

adj. happening slowly over a long period of time or distance; not steep or abrupt

synonym: incremental, gradational, piecemeal

(1) a **gradual** process, (2) a **gradual** change

The country experienced a **gradual** increase in population.

comfort

n. a state of physical ease and freedom from pain or constraint

synonym: ease, solace, coziness

(1) words of **comfort**, (2) **comfort** level

He found **comfort** in the warm embrace of his loved ones.

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.

inspiration

n. something that motivates or encourages someone to create or achieve something, or a feeling of excitement or creativity

synonym: motivation, drive, encouragement

(1) source of **inspiration**, (2) get **inspiration** from nature

He found **inspiration** in the works of his favorite authors.

terrain

n. the physical features of a piece of land, including hills, valleys, rivers, and forests

synonym: land, geography, topography

(1) **terrain** map, (2) permafrost **terrain**

The mountainous **terrain** was rough and rocky.

obvious

adj. easy to see, discover or understand

synonym: apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**

There are **obvious** differences between the two wine-producing regions.

dome

n. a rounded vault forming the roof of a building or structure, typically with a circular base

synonym: hemisphere, cupola, vaults

(1) snow **dome**, (2) **dome** structure

The cathedral **dome** soared high above, its stained-glass

windows casting colorful light on the altar below.

icon

n. a picture or statue of a holy person considered to be a sacred thing; a little icon on the screen of a computer or smartphone that denotes an application or a file

synonym: figure, hero, idol

(1) **icon** for young people, (2) television **icon**

Some comic book characters are considered gay **icons**.

lord

n. a person who has general authority, control, or power over others; a man of noble rank or high office

synonym: master, noble, peer

(1) a young **lord**, (2) **lord** of castle

The feudal **lord** had ruled the land for many years.

valley

n. a long depression on the surface of the land, which typically contains a river

synonym: canyon, gorge, dale

(1) **valley** bottom, (2) basin-shaped **valley**

The **valley** had received a mild snowfall the previous week.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

skip

v. to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do

synonym: bounce, spring, neglect

(1) **skip** across the country, (2) **skip** breakfast

We **skipped** the topic because it was too complicated.

preparation

n. the activity of getting ready for something or making something ready

synonym: practice, trial, rehearsal

(1) a **preparation** program, (2) the **preparation** of meals

He helped me with the **preparation** of this book.

adventure

n. a journey or a series of events that is unusual, exciting, or dangerous

synonym: experience, happening, incident

(1) gastronomic **adventures**, (2) **adventure** film

He sailed the Atlantic Ocean multiple times during his **adventures**.

occasion

n. a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done

synonym: event, time, occurrence

(1) a glad **occasion**, (2) as **occasion** demands

She wore her best dress for the special **occasion**.

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.

strategy

n. a detailed plan of action designed to achieve a long-term or overall goal.

synonym: approach, procedure, scenario

(1) military **strategy**, (2) develop a **strategy**

Our plan includes a comprehensive marketing **strategy**.

roughly

adv. approximately but not precisely; with a violent manner

synonym: approximately, more or less, around

(1) **roughly** explain my idea, (2) **roughly** speaking

Five miles is **roughly** similar to eight kilometers.

physically

adv. in a way related to a person's body or appearance rather than their mind

(1) **physically** and mentally, (2) stay **physically** fit

Having a **physically** healthy physique is essential for a great life.

variation

n. the act or state of changing; a difference or change in the way something is done, made or said

synonym: fluctuation, change, variation

(1) **variation** of temperature, (2) gene **variation**

There is a lot of **variation** in the colors of flowers in the garden.

suddenly

adv. quickly and unexpectedly

synonym: abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly**

Who answers **suddenly** knows little.

immediately

adv. now or without delay

synonym: directly, instantly, promptly

(1) **immediately** recall a product, (2) write him an answer **immediately**

A suspension order from the court is effective **immediately**.

doubt

n. a feeling of being uncertain about something, especially about how good or accurate it is

synonym: distrust, suspect, mistrust

(1) dispel **doubts**, (2) no **doubt** about the news

Doubt is the start, not the end, of intelligence.

slightly

adv. in a small degree or extent; a little

synonym: barely, narrowly, scarcely

(1) increase **slightly**, (2) **slightly** alkaline soils

He moved his body **slightly** to the left.

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**.

compose

v. to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it

synonym : compile, constitute, build

(1) **compose** an essay, (2) **compose** my thoughts

The structure is **composed** of three main components.

summit

n. the highest point of a mountain or hill; a meeting of heads of state or government to discuss important issues

synonym : peak, top, crest

(1) reach the **summit**, (2) **summit** talks

The climbers reached the mountain's **summit** after a long and challenging journey.

hike

n. a long walk or journey, especially for pleasure or exercise; an increase in cost

synonym : walk, trek, excursion

(1) go on a **hike**, (2) a **hike** in prices

The family decided to **hike** in the mountains to enjoy the beautiful scenery.

norm

n. something that is regarded as usual, typical, or standard

synonym : criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

trail

n. a path or track roughly through a countryside, mountain, or forest area, often made or used for a particular purpose; (verb) to lag or linger behind

synonym : footpath, track, course

(1) a warm **trail**, (2) follow the **trail**

The storm left a **trail** of destruction behind it.

descent

n. the act or process of moving downward; a person's family origins

synonym : fall, drop, family

(1) **descent** from nobility, (2) **descent** of family

The **descent** from the mountain was steep and rocky.

blank

adj. without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information

synonym : empty, void, barren

(1) **blank** expression, (2) **blank** paper

The computer screen displayed nothing but a **blank** white screen

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.

granite

n. a tough, durable, and coarse-grained igneous rock often used in construction for buildings, monuments, and sculptures

synonym : stone, rock, boulder

(1) black **granite**, (2) solid **granite**

The countertop was polished **granite**, giving it a sleek and modern look.

crack

v. to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking

synonym : snap, burst, break

(1) **crack** an eggshell, (2) a **crack** in a board
He that would eat the kernel must **crack** the nut.

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.

vertical

adj. upright or perpendicular to a horizontal surface or line

synonym: perpendicular, upright, plumb

(1) **vertical** takeoff, (2) **vertical** axis

The ladder leaned against the **vertical** surface of the building.

friction

n. the force that opposes motion between two objects in contact, especially by producing heat and wear, and is proportional to the normal force between the objects

synonym: rub, scrape, resistance

(1) **friction** force, (2) surface **friction**

The **friction** between the two countries was causing tension.

balanced

adj. taking all sides or opinions into account equally; being in a state of proper equilibrium

synonym: equitable, congruous, flat

(1) a **balanced** diet, (2) a well- **balanced** mind

We conducted a **balanced** assessment of intellectual and cultural history.

upward

adv. toward the top or highest point, or a higher position or level; (adjective) extending or moving toward a higher place

synonym: skyward, uphill

(1) look **upward**, (2) demonstrate an **upward** trend

The company adjusted the revenue **upward**.

shifting

adj. constantly changing or moving

synonym : unfirm, shifty, fluctuating

(1) **shifting** balance, (2) continuously **shifting** landscape

Trends in the fashion industry are so **shifting** that it is challenging to keep up with them.

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.

panic

n. a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

synonym : confusion, hysteria, consternation

(1) a **panic** reaction, (2) **panic** buying

The participation of oil-producing countries in the war caused **panic** in the financial markets.

eternal

adj. being without beginning or end; lasting forever

synonym: endless, everlasting, undying

(1) the hope of **eternal** life, (2) **eternal** quarreling

In every civilization, rulers have tried everything possible to obtain **eternal** life.

normally

adv. usually; under normal conditions

synonym: commonly, generally, naturally

(1) complete **normally**, (2) not **normally** drink much

I don't **normally** take a vacation in the middle of summer.

bunch

n. a grouping of several similar things which are growing or fastened together

synonym: group, assemblage, bundle

(1) a **bunch** of trees, (2) a **bunch** of schoolgirls

One bad apple spoils the whole **bunch**.

gear

n. a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

synonym: equipment, tools, apparatus

(1) sports **gear**, (2) a **gear** change lever

She checked her **gear** before embarking on the hike.

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.

flock

n. a gathering of sheep, goats, or birds

synonym: herd, crowd, assembly

(1) **flock** of sheep, (2) **flock** of spectator

When a **flock** of birds flies in, the hunt begins.

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.

jack

n. a mechanical device used for lifting or supporting heavy objects

synonym: lever, crank, wrench

(1) a **jack** of all trades, (2) a line-in **jack**

He used a **jack** to lift the car to change the tire.

bat

n. a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis

synonym: cane, rod, stick

(1) **bat** cave, (2) **bat** an eye

The cave was a habitat for **bats**.

surround

v. to be all around something or somebody

synonym: encircle, encompass, envelop

(1) **surround** a town, (2) a stone wall **surrounds** the palace

On three sides, mountains **surround** the settlement.

picnic

n. an outdoor meal or social gathering where food is served and eaten in nature, typically in a park, forest, or other outdoor settings

synonym: outing, barbecue, walkover

(1) **picnic** basket, (2) **picnic** table

The family enjoyed a lovely **picnic** in the park on a sunny day.

tight

adj. fixed, fastened, or kept together firmly or closely

synonym : closed, secured, cramped

(1) a **tight** game, (2) student on a **tight** budget

The national election was held amid **tight** security.

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.

hard-core

n. a subgroup or subculture within a larger group or community that is characterized by a particularly intense, committed, or extreme set of practices, beliefs, or values

synonym : hard-line, purist, fanatic

(1) **hard-core** group, (2) **hard-core** music fan

The **hard-core** gamers were up until 4 am playing video games.

journal

n. a newspaper or magazine specialized in a specific topic or profession

synonym : periodical, diary, bulletin

(1) scientific **journal**, (2) **journal** articles

The physician is reading the **journals** related to medicine

duly

adv. in a manner that is proper, appropriate, or expected; following the correct procedures, rules, or protocols

synonym : properly, rightfully, appropriately

(1) **duly** authorized, (2) **duly** notified

The documents were **duly** signed and submitted to the authorities for approval.

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**.

celebrated

adj. renowned for possessing admirable attributes

synonym : acclaimed, notable, prominent

(1) **celebrated** artist, (2) **celebrated** paper

Three **celebrated** tenors performed during the president's inauguration.

satisfy

v. to make somebody pleased by giving them what they want or need

synonym : please, amuse, meet

(1) **satisfy** a desire, (2) **satisfy** a user's needs

Did this response **satisfy** your request?

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.

rely

v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

synonym : depend, count, lean

(1) **rely** on convenience stores, (2) **rely** entirely on him

Babies heavily **rely** on others for food.

crown

n. a circular ornamental headdress, worn as a symbol of authority by a king, usually made of gold and precious stones

synonym : tiara, headdress, royalty

(1) the imperial **crown**, (2) the **crown** and throne

The bishop bestowed the golden **crown** on the king.

jewel

n. a precious stone that is cut and polished for use in jewelry

synonym: gem, precious stone, treasure

(1) **jewel** of the crown, (2) gleaming **jewel**

She treasured the small **jewel** that her grandmother had given her.

striking

adj. attractive and distinctive enough to draw notice; exceedingly appealing, frequently in an odd manner

synonym: arresting, astonishing, exceptional

(1) **striking** innovation, (2) **striking** evidence

The two plays have many **striking** parallels.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

represent

v. to speak, act, or be present on behalf of another person or group; to form or constitute

synonym: depict, express, describe

(1) **represent** by a diagram, (2) the characters that **represent** numbers

We elected him to **represent** us at the international conference.

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.

distinct

adj. noticeable from something else of a similar type

synonym: different, special, characteristic

(1) **distinct** difference, (2) **distinct** from each other

It is essential to keep these two issues **distinct**.

movement

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

synonym: motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

repetition

n. the act of doing or saying something many times

synonym: duplication, iteration, recurrence

(1) **repetition** of the word, (2) habitual **repetition**

Repetition is the mother of all learning.

prefer

v. to like, choose, or want one thing or person better than another

synonym: choose, like, favor

(1) **prefer** physics to chemistry, (2) **prefer** a window seat

The birds **prefer** open water areas with reeds around them.

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.

sequence

n. a series of related events, actions, numbers, etc., which have a particular order

synonym: arrangement, succession, series

(1) the **sequence** of the seasons, (2) the DNA **sequence**

We do move forward with those tasks in **sequence** next week.

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.

possibility

n. a chance that something may happen or be true

synonym: chance, prospect, likelihood

(1) **possibility** for growth, (2) **possibility** of a major earthquake

The **possibility** of getting the disease will drastically increase.

automatic

adj. able to work or operate with little or no direct human control; independent of external control

synonym: mechanical, robotic, intuitive

(1) **automatic** operation, (2) the **automatic** shrinking of the pupils

In passenger aircraft, it is common to use an **automatic** pilot during cruising.

calm

adj. not excited, angry, or nervous; free from wind, large waves

synonym: quiet, peaceful, tranquility

(1) **calm** sea, (2) **calm** manner

It was the first time in a long time that I felt truly **calm** and at peace.

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.

suppose

v. to think that something is likely to be actual or possible

synonym: guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand

What do you **suppose** the culprit's motive was?

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.

partial

adj. not complete; fragmentary; favoring somebody or something very much

synonym: limited, incomplete, partisan

(1) **partial** withdrawal, (2) **partial** knowledge

Although some progress had been made, the study's findings were **partial**.

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.

consist

v. to be composed or made up of

synonym: lie in, comprise, exist

(1) **consist** mainly of cells, (2) **consist** only in knowing facts

This examination **consists** of five problems to solve.

handheld

adj. designed to be held in one hand; portable, and compact enough to be carried or used on the go

synonym: portable, mobile, compact

(1) **handheld** device, (2) **handheld** camera

The technician used a **handheld** tool to fix the machine.

downward

adj. moving towards a lower position or a lower level

synonym: lower, earthward, descending

(1) a **downward** slope, (2) maintain **downward** compatibility

The stock market has been in a **downward** trend for the past month.

thumb

n. the short, thick digit of the hand next to the index finger; (verb) to travel by getting free rides from motorists

synonym: digit, finger, phalange

(1) **thumb** wrestling, (2) **thumb** a ride

He used his right **thumb** to press the button on his phone.

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.

adjacent

adj. next to, close to, or adjoining something

synonym: next, adjoining, neighboring

(1) **adjacent** to his house, (2) **adjacent** houses

Our country has military alliances with **adjacent** countries.

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.

degree

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym: level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade
She received her **degree** in psychology from the university.

precision

n. the quality or condition of being exact and accurate
synonym: accuracy, exactness, rigor

(1) a **precision** instrument, (2) speak with **precision**
This operation requires both patience and **precision**.

flexibility

n. the quality of changing or being changed easily according to new conditions or situations
synonym: elasticity, adaptability, resilience

(1) mental **flexibility**, (2) the **flexibility** of the body
We dealt with those problems with speed and **flexibility**.

stretch

v. to make or be capable of making anything longer or broader without hurting or breaking
synonym: lengthen, prolong, extend

(1) **stretch** along the coast, (2) **stretch** a story
Some herds have been observed to **stretch** hundreds of kilometers.

routine

n. a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
synonym: habit, custom, procedure

(1) **routine** business, (2) a built-in diagnostic **routine**
She studies gardening on a **routine** basis.

emotional

adj. relating to people's feelings
synonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress
Human **emotional** responses vary widely depending on the society to which they belong.

component

n. one of several parts that combines with others to form something bigger
synonym: element, part, factor

(1) key **component**, (2) spare **components** for cars
The researchers try to discover a common **component** in all types of successful organizations.

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.

precursor

n. a person or thing that comes before another of the same kind and that contributes to or influences its growth

synonym: antecedent, forerunner, herald

(1) **precursor** cell, (2) **precursor** to serotonin

Sulfur dioxide and nitrogen oxides are the primary **precursors** of acid rain.

visual

adj. relating to seeing or sight

synonym: optical, graphical, visible

(1) **visual** navigation, (2) field of **visual** arts

The building makes a remarkable **visual** impact.

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.

exposed

adj. having no protection or shield from something, such as bad weather, attack, or criticism

synonym: endangered, revealed, disclosed

(1) **exposed** to radiation, (2) an **exposed** rock

Tech companies often employ **exposed** ducts and other materials in their office interiors.

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.

backpack

n. a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies

synonym : knapsack, rucksack, pack

(1) **backpacker's** hostel, (2) **backpacking** trip

I packed my **backpack** with all the necessary camping gear for our trip.

specific

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

synonym : particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations

The scientist conducted a study that provided **specific** details about the species' behavior.

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.

loose

adj. not securely fixed or fastened in place or able to be detached or separated from something

synonym : relaxed, unconsolidated, open

(1) a **loose** tongue, (2) remove **loose** hair

The inspector discovered **loose** bolts under the fuel rods.

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.

ridiculous

adj. very silly or unreasonable and deserving to be laughed at

synonym: absurd, fatuous, foolish

(1) a **ridiculous** amount of money, (2) a **ridiculous** suggestion

Everyone regarded the theory he advocated as **ridiculous** but was later proven correct.

cliff

n. a steep rock face, especially one at the edge of the sea or a river

synonym: crag, escarpment, precipice

(1) a bold **cliff**, (2) **cliff** diving

He stood at the edge of the **cliff** and looked out to sea.

specifically

adv. only associated with or meant for one thing

synonym: especially, particularly, notably

(1) designed **specifically** for men, (2) for **specifically** American customers

This ad campaign is aimed **specifically** at young women.

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.

confident

adj. feeling sure about your abilities or qualities or having trust in people, plans, or the future

synonym : certain, sure, convinced

(1) feel **confident**, (2) a **confident** remark

I'm not **confident** in our victory.

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.

execute

v. to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.

synonym : direct, conduct, enforce

(1) **execute** a bold strategy, (2) **execute** a double play

The mafioso who collaborated with the police was **executed**.

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.

achieve

v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

synonym : accomplish, attain, reach

(1) **achieve** success, (2) **achieve** milestones

I will work hard to **achieve** my goals and realize my dreams.

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.

victory

n. success in a game, competition, election, or battle, or the knowledge that you have won

synonym : win, triumph, success

(1) **victory** in the law court, (2) **victory** over terrorism

We are optimistic about our final **victory**.

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.

celebrate

v. to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

synonym : praise, glorify, honor

(1) **celebrate** his election, (2) **celebrate** Christmas

He **celebrated** the 10th anniversary of his tenure.

glorious

adj. having or deserving great admiration, praise, and honor; having great beauty and splendor

synonym : exquisite, magnificent, majestic

(1) a **glorious** victory, (2) photo in **glorious** color

I choose a **glorious** death rather than a shameful life.

Session 2: Spelling

1. ov_____me all difficulties
v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
2. black gr_____e
n. a tough, durable, and coarse-grained igneous rock often used in construction for buildings, monuments, and sculptures
3. no do__t about the news
n. a feeling of being uncertain about something, especially about how good or accurate it is
4. fu_____l a contract
v. to meet the requirements or expectations; to achieve or realize
5. permafrost te_____n
n. the physical features of a piece of land, including hills, valleys, rivers, and forests
6. cl__f diving
n. a steep rock face, especially one at the edge of the sea or a river
7. ro_____y explain my idea
adv. approximately but not precisely; with a violent manner
8. the DNA se_____ce
n. a series of related events, actions, numbers, etc., which have a particular order
9. i__n for young people
n. a picture or statue of a holy person considered to be a sacred thing; a little icon on the screen of a computer or smartphone that denotes an application or a file

ANSWERS: 1. overcome, 2. granite, 3. doubt, 4. fulfill, 5. terrain, 6. cliff, 7. roughly, 8. sequence, 9. icon

10. cr__k an eggshell *v.* to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
11. the imperial cr__n *n.* a circular ornamental headdress, worn as a symbol of authority by a king, usually made of gold and precious stones
12. ch__e off the blood supply *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
13. co____e an essay *v.* to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it
14. speak with pr____on *n.* the quality or condition of being exact and accurate
15. mu____e objects *adj.* very ordinary and therefore lacking interest or excitement
16. the se____ce of the seasons *n.* a series of related events, actions, numbers, etc., which have a particular order
17. a glad oc____on *n.* a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done
18. st____ng innovation *adj.* attractive and distinctive enough to draw notice; exceedingly appealing, frequently in an odd manner

ANSWERS: 10. crack, 11. crown, 12. choke, 13. compose, 14. precision, 15. mundane, 16. sequence, 17. occasion, 18. striking

19. don't dis_____nt me *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
20. a line-in j__k *n.* a mechanical device used for lifting or supporting heavy objects
21. exhausted ou_____rs *adv.* in or into the open air; outside a building or structure
22. em_____al health *adj.* relating to people's feelings
23. me_____ze musical scores *v.* to learn something carefully so that you will remember it exactly
24. de___e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
25. lava bo_____r *n.* a large, smooth rock, typically one that has been worn away from a cliff or mountain by erosion
26. 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
27. ha_____ld camera *adj.* designed to be held in one hand; portable, and compact enough to be carried or used on the go
28. 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

ANSWERS: 19. disappoint, 20. jack, 21. outdoors, 22. emotional, 23. memorize, 24. degree, 25. boulder, 26. rehearse, 27. handheld, 28. gasp

29. key co_____nt *n.* one of several parts that combines with others to form something bigger
30. 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
31. complete no_____ly *adv.* usually; under normal conditions
32. a lo__e tongue *adj.* not securely fixed or fastened in place or able to be detached or separated from something
33. the f__k songs of a particular district *n.* people in general, especially those of a particular group or type
34. 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
35. a gr_____l change *adj.* happening slowly over a long period of time or distance; not steep or abrupt
36. sleep ou_____rs *adv.* in or into the open air; outside a building or structure
37. snow d__e *n.* a rounded vault forming the roof of a building or structure, typically with a circular base
38. the c__x of the argument *n.* the most important or fundamental part of a matter or situation; the key point or central issue

ANSWERS: 29. component, 30. rappel, 31. normally, 32. loose, 33. folk, 34. squeak, 35. gradual, 36. outdoors, 37. dome, 38. crux

39. the characters that re_____nt numbers *v.* to speak, act, or be present on behalf of another person or group; to form or constitute
40. pi___c table *n.* an outdoor meal or social gathering where food is served and eaten in nature, typically in a park, forest, or other outdoor settings
41. fr_____on force *n.* the force that opposes motion between two objects in contact, especially by producing heat and wear, and is proportional to the normal force between the objects
42. p__t with excitement *v.* to breathe quickly and shallowly, often because of exertion, excitement, or fear; to gasp or heave for breath
43. 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
44. cr__p along the leaf *v.* to move slowly, quietly, and carefully, usually to avoid being seen or heard
45. ha_____re group *n.* a subgroup or subculture within a larger group or community that is characterized by a particularly intense, committed, or extreme set of practices, beliefs, or values
46. pos_____ty for growth *n.* a chance that something may happen or be true
47. ac_____e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

ANSWERS: 39. represent, 40. picnic, 41. friction, 42. pant, 43. mastery, 44. creep, 45. hard-core, 46. possibility, 47. achieve

48. a ti__t game *adj.* fixed, fastened, or kept together firmly or closely
49. try hard to me____ze the lines *v.* to learn something carefully so that you will remember it exactly
50. scientific jo____l *n.* a newspaper or magazine specialized in a specific topic or profession
51. source of ins____on *n.* something that motivates or encourages someone to create or achieve something, or a feeling of excitement or creativity
52. cel____ed paper *adj.* renowned for possessing admirable attributes
53. cul____on altitude *n.* the peak highest point or climax of something, especially happening after a long time
54. cu____te a field *v.* to prepare and foster land for growing crops or plants
55. ba____cker's hostel *n.* a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies
56. solid gr____e *n.* a tough, durable, and coarse-grained igneous rock often used in construction for buildings, monuments, and sculptures
57. 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: 48. tight, 49. memorize, 50. journal, 51. inspiration, 52. celebrated, 53. culmination, 54. cultivate, 55. backpack, 56. granite, 57. karate

58. rep_____on of the word *n.* the act of doing or saying something many times
59. television i__n *n.* a picture or statue of a holy person considered to be a sacred thing; a little icon on the screen of a computer or smartphone that denotes an application or a file
60. 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
61. the pre_____on of meals *n.* the activity of getting ready for something or making something ready
62. co_____t level *n.* a state of physical ease and freedom from pain or constraint
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
64. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
65. su_____nd a town *v.* to be all around something or somebody
66. d__e structure *n.* a rounded vault forming the roof of a building or structure, typically with a circular base
67. ba_____ot fashion *adj.* without shoes or other foot coverings; wearing nothing on the feet
68. dispel do__ts *n.* a feeling of being uncertain about something, especially about how good or accurate it is

ANSWERS: 58. repetition, 59. icon, 60. slab, 61. preparation, 62. comfort, 63. hesitation, 64. eventually, 65. surround, 66. dome, 67. barefoot, 68. doubt

69. a ba____ed diet *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
70. pos_____ty of a major earthquake *n.* a chance that something may happen or be true
71. dis_____nt the audience *v.* to fail to meet someone or their hopes or expectations; to make someone feel sad
72. ad_____nt to his house *adj.* next to, close to, or adjoining something
73. 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
74. cu_____te relationships *v.* to prepare and foster land for growing crops or plants
75. continuously sh_____ng landscape *adj.* constantly changing or moving
76. cel_____ed artist *adj.* renowned for possessing admirable attributes
77. di_____ct difference *adj.* noticeable from something else of a similar type
78. industry-sp_____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
79. sc__e off her attacker by screaming *v.* to frighten a person or animal, or to become frightened
80. ac_____e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

ANSWERS: 69. balanced, 70. possibility, 71. disappoint, 72. adjacent, 73. scout, 74. cultivate, 75. shifting, 76. celebrated, 77. distinct, 78. specific, 79. scare, 80. achieve

81. remove lo__e hair *adj.* not securely fixed or fastened in place or able to be detached or separated from something
82. a rid_____us amount of money *adj.* very silly or unreasonable and deserving to be laughed at
83. la_____y accepted *adv.* virtually entirely; to a large degree
84. words of co_____t *n.* a state of physical ease and freedom from pain or constraint
85. 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
86. surface fr_____on *n.* the force that opposes motion between two objects in contact, especially by producing heat and wear, and is proportional to the normal force between the objects
87. va_____y bottom *n.* a long depression on the surface of the land, which typically contains a river
88. mental fle_____ty *n.* the quality of changing or being changed easily according to new conditions or situations
89. demonstrate an up_____d trend *adv.* toward the top or highest point, or a higher position or level; (adjective) extending or moving toward a higher place
90. th__b a ride *n.* the short, thick digit of the hand next to the index finger; (verb) to travel by getting free rides from motorists

ANSWERS: 81. loose, 82. ridiculous, 83. largely, 84. comfort, 85. rehearse, 86. friction, 87. valley, 88. flexibility, 89. upward, 90. thumb

91. em_____al distress *adj.* relating to people's feelings
92. st_____ng evidence *adj.* attractive and distinctive enough to draw notice; exceedingly appealing, frequently in an odd manner
93. a bu__h of schoolgirls *n.* a grouping of several similar things which are growing or fastened together
94. vi_____y over terrorism *n.* success in a game, competition, election, or battle, or the knowledge that you have won
95. cultural n__m *n.* something that is regarded as usual, typical, or standard
96. effectively int_____te a thief *v.* to make someone fearful or uneasy so that they will do something that you want them to do
97. vi_____y in the law court *n.* success in a game, competition, election, or battle, or the knowledge that you have won
98. the mi_____t in an education system *n.* the established set of attitudes or fixed ideas held by someone
99. sp_____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
100. student on a ti__t budget *adj.* fixed, fastened, or kept together firmly or closely
101. ex_____e a bold strategy *v.* to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.
102. sa_____y a desire *v.* to make somebody pleased by giving them what they want or need

ANSWERS: 91. emotional, 92. striking, 93. bunch, 94. victory, 95. norm, 96. intimidate, 97. victory, 98. mindset, 99. specific, 100. tight, 101. execute, 102. satisfy

103. d__y authorized *adv.* in a manner that is proper, appropriate, or expected; following the correct procedures, rules, or protocols
104. flexible mi____t *n.* the established set of attitudes or fixed ideas held by someone
105. a gr____l process *adj.* happening slowly over a long period of time or distance; not steep or abrupt
106. the cr__n and throne *n.* a circular ornamental headdress, worn as a symbol of authority by a king, usually made of gold and precious stones
107. ra___e along a road *v.* to make or cause to make short, successive, sharp, and loud sounds
108. uns_____ing success *adj.* not surprising, and what was expected; able to be predicted
109. an ex_____d rock *adj.* having no protection or shield from something, such as bad weather, attack, or criticism
110. re_____nt by a diagram *v.* to speak, act, or be present on behalf of another person or group; to form or constitute
111. 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
112. d__y notified *adv.* in a manner that is proper, appropriate, or expected; following the correct procedures, rules, or protocols
113. mu___i breakfast *n.* a breakfast food consisting of rolled oats, nuts, seeds, and dried fruit, often eaten with milk or yogurt

ANSWERS: 103. duly, 104. mindset, 105. gradual, 106. crown, 107. rattle, 108. unsurprising, 109. exposed, 110. represent, 111. ripple, 112. duly, 113. muesli

114. ba_____cking trip *n.* a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies
115. exquisitely cho_____phed *v.* to compose a sequence of dance steps, often to music
116. st_____h a story *v.* to make or be capable of making anything longer or broader without hurting or breaking
117. de_____t from nobility *n.* the act or process of moving downward; a person's family origins
118. die su_____ly *adv.* quickly and unexpectedly
119. his conclusion was ob_____s *adj.* easy to see, discover or understand
120. 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
121. ha_____ld device *adj.* designed to be held in one hand; portable, and compact enough to be carried or used on the go
122. pr_____or to serotonin *n.* a person or thing that comes before another of the same kind and that contributes to or influences its growth
123. pa_____l knowledge *adj.* not complete; fragmentary; favoring somebody or something very much
124. a rid_____us suggestion *adj.* very silly or unreasonable and deserving to be laughed at
125. main c__x *n.* the most important or fundamental part of a matter or situation; the key point or central issue

ANSWERS: 114. backpack, 115. choreograph, 116. stretch, 117. descent, 118. suddenly, 119. obvious, 120. maneuver, 121. handheld, 122. precursor, 123. partial, 124. ridiculous, 125. crux

126. a pr_____on instrument *n.* the quality or condition of being exact and accurate
127. 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
128. sc___e the birds away *v.* to frighten a person or animal, or to become frightened
129. a worried fr___n *v.* to make an angry or severe expression by bringing your eyebrows together to indicate disapproval, displeasure, or concentration
130. ha_____re music fan *n.* a subgroup or subculture within a larger group or community that is characterized by a particularly intense, committed, or extreme set of practices, beliefs, or values
131. photo in gl_____us color *adj.* having or deserving great admiration, praise, and honor; having great beauty and splendor
132. l___d of castle *n.* a person who has general authority, control, or power over others; a man of noble rank or high office
133. ce_____te his election *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
134. increase sl_____ly *adv.* in a small degree or extent; a little
135. c___m sea *adj.* not excited, angry, or nervous; free from wind, large waves
136. 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

ANSWERS: 126. precision, 127. hesitant, 128. scare, 129. frown, 130. hard-core, 131. glorious, 132. lord, 133. celebrate, 134. slightly, 135. calm, 136. sect

137. ce_____te Christmas *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
138. designed spe_____lly for men *adv.* only associated with or meant for one thing
139. su___t talks *n.* the highest point of a mountain or hill; a meeting of heads of state or government to discuss important issues
140. make a do___e plan *adj.* possible to do; capable of existing, taking place, or proving true
141. go on a h___e *n.* a long walk or journey, especially for pleasure or exercise; an increase in cost
142. 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
143. field of vi___l arts *adj.* relating to seeing or sight
144. di_____ct from each other *adj.* noticeable from something else of a similar type
145. a stone wall su_____nds the palace *v.* to be all around something or somebody
146. a bu___h of trees *n.* a grouping of several similar things which are growing or fastened together
147. ex_____e a double play *v.* to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.
148. uns_____ing reality *adj.* not fulfilling someone's desires, expectations, or needs; incomplete or inadequate.

ANSWERS: 137. celebrate, 138. specifically, 139. summit, 140. doable, 141. hike, 142. chalk, 143. visual, 144. distinct, 145. surround, 146. bunch, 147. execute, 148. unsatisfying

149. the au_____ic shrinking of the pupils
adj. able to work or operate with little or no direct human control; independent of external control
150. a vocal so_____t
n. a person who performs a solo, especially a solo musician or singer
151. ad_____re film
n. a journey or a series of events that is unusual, exciting, or dangerous
152. an in____r pool
adj. located, happened, or used inside a building
153. for spe_____lly American customers
adv. only associated with or meant for one thing
154. ov_____me opponents
v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone
155. ad_____nt houses
adj. next to, close to, or adjoining something
156. a co_____nt remark
adj. feeling sure about your abilities or qualities or having trust in people, plans, or the future
157. 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
158. a j__k of all trades
n. a mechanical device used for lifting or supporting heavy objects
159. stay phy_____ly fit
adv. in a way related to a person's body or appearance rather than their mind
160. p__t for breath
v. to breathe quickly and shallowly, often because of exertion, excitement, or fear; to gasp or heave for breath

ANSWERS: 149. automatic, 150. soloist, 151. adventure, 152. indoor, 153. specifically, 154. overcome, 155. adjacent, 156. confident, 157. foothold, 158. jack, 159. physically, 160. pant

161. a warm tr__l *n.* a path or track roughly through a countryside, mountain, or forest area, often made or used for a particular purpose; (verb) to lag or linger behind
162. sports g__r *n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
163. 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
164. je__l of the crown *n.* a precious stone that is cut and polished for use in jewelry
165. st____h along the coast *v.* to make or be capable of making anything longer or broader without hurting or breaking
166. na___n-state *n.* a large organized community of people living in a particular country or region and having a particular culture
167. develop a st____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
168. tra_____on phase *n.* the process or period of changing from one state or circumstance to another
169. int_____te an opponent *v.* to make someone fearful or uneasy so that they will do something that you want them to do

ANSWERS: 161. trail, 162. gear, 163. sect, 164. jewel, 165. stretch, 166. nation, 167. strategy, 168. transition, 169. intimidate

170. bl__k expression *adj.* without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information
171. et____l quarreling *adj.* being without beginning or end; lasting forever
172. a young l__d *n.* a person who has general authority, control, or power over others; a man of noble rank or high office
173. vi____ze flying through space *v.* to form a mental image or concept of something; to make something visible
174. gleaming je__l *n.* a precious stone that is cut and polished for use in jewelry
175. as___d to power *v.* to go or move upward; to become king or queen; to inherit something, such as a power
176. st____us exercise *adj.* requiring or showing great energy, effort, or exertion; physically or mentally demanding; characterized by vigorous activity
177. in____ed prejudice *adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
178. s__p across the country *v.* to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do
179. ex____d to radiation *adj.* having no protection or shield from something, such as bad weather, attack, or criticism

ANSWERS: 170. blank, 171. eternal, 172. lord, 173. visualize, 174. jewel, 175. ascend, 176. strenuous, 177. ingrained, 178. skip, 179. exposed

180. va_____on of temperature *n.* the act or state of changing; a difference or change in the way something is done, made or said
181. r__y entirely on him *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
182. 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
183. mo_____nt of troops *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
184. su_____e beforehand *v.* to think that something is likely to be actual or possible
185. as____d the ladder *v.* to go or move upward; to become king or queen; to inherit something, such as a power
186. ch__e with anger *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
187. ob_____s reasons *adj.* easy to see, discover or understand
188. uns_____ing result *adj.* not surprising, and what was expected; able to be predicted
189. co_____t mainly of cells *v.* to be composed or made up of

ANSWERS: 180. variation, 181. rely, 182. swoop, 183. movement, 184. suppose, 185. ascend, 186. choke, 187. obvious, 188. unsurprising, 189. consist

190. b_t cave *n.* a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis
191. pa__c buying *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
192. vi_____ze data *v.* to form a mental image or concept of something; to make something visible
193. a pa__c reaction *n.* a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action
194. sh_____ng balance *adj.* constantly changing or moving
195. sl_____ly alkaline soils *adv.* in a small degree or extent; a little
196. ve_____al axis *adj.* upright or perpendicular to a horizontal surface or line
197. fl__k of sheep *n.* a gathering of sheep, goats, or birds
198. sa_____y a user's needs *v.* to make somebody pleased by giving them what they want or need
199. look up____d *adv.* toward the top or highest point, or a higher position or level; (adjective) extending or moving toward a higher place
200. 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

ANSWERS: 190. bat, 191. panic, 192. visualize, 193. panic, 194. shifting, 195. slightly, 196. vertical, 197. flock, 198. satisfy, 199. upward, 200. maneuver

201. bachelor's de___e *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
202. perform without hes_____on *n.* the act of pausing or being slow before saying or doing something, especially because you feel uncertain or nervous
203. ve_____al takeoff *adj.* upright or perpendicular to a horizontal surface or line
204. ensure a smooth tra_____on *n.* the process or period of changing from one state or circumstance to another
205. co_____t only in knowing facts *v.* to be composed or made up of
206. f__k art *n.* people in general, especially those of a particular group or type
207. cu_____te in a heart attack *v.* to reach a peak or climax
208. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
209. 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
210. cho_____ph a stage performance *v.* to compose a sequence of dance steps, often to music

ANSWERS: 201. degree, 202. hesitation, 203. vertical, 204. transition, 205. consist, 206. folk, 207. culminate, 208. process, 209. smear, 210. choreograph

211. in_____ed habit *adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
212. 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
213. reach the su____t *n.* the highest point of a mountain or hill; a meeting of heads of state or government to discuss important issues
214. 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
215. people with fr__n faces *v.* to make an angry or severe expression by bringing your eyebrows together to indicate disapproval, displeasure, or concentration
216. c__m manner *adj.* not excited, angry, or nervous; free from wind, large waves
217. pr____r physics to chemistry *v.* to like, choose, or want one thing or person better than another
218. feel co_____nt *adj.* feeling sure about your abilities or qualities or having trust in people, plans, or the future
219. n__m of action *n.* something that is regarded as usual, typical, or standard
220. military st____gy *n.* a detailed plan of action designed to achieve a long-term or overall goal.
221. pr____r a window seat *v.* to like, choose, or want one thing or person better than another

ANSWERS: 211. ingrained, 212. hesitant, 213. summit, 214. ripple, 215. frown, 216. calm, 217. prefer, 218. confident, 219. norm, 220. strategy, 221. prefer

222. a well-ba____ed mind *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
223. a g__r change lever *n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
224. de____t of family *n.* the act or process of moving downward; a person's family origins
225. so____t musician *n.* a person who performs a solo, especially a solo musician or singer
226. 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
227. te____n map *n.* the physical features of a piece of land, including hills, valleys, rivers, and forests
228. vi____l navigation *adj.* relating to seeing or sight
229. the hope of et____l life *adj.* being without beginning or end; lasting forever
230. fl__k of spectator *n.* a gathering of sheep, goats, or birds
231. jo____l articles *n.* a newspaper or magazine specialized in a specific topic or profession
232. sl____ry ice *adj.* difficult to hold firmly or stand on because it is wet or smooth; not to be trusted

ANSWERS: 222. balanced, 223. gear, 224. descent, 225. soloist, 226. slab, 227. terrain, 228. visual, 229. eternal, 230. flock, 231. journal, 232. slippery

233. ro_____e business *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
234. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
235. uns_____ing labor *adj.* not fulfilling someone's desires, expectations, or needs; incomplete or inadequate.
236. a s__o vocal recital *adv.* without anybody else or anything else; alone
237. co_____e my thoughts *v.* to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it
238. su_____e you're right *v.* to think that something is likely to be actual or possible
239. 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
240. a seafaring na____n *n.* a large organized community of people living in a particular country or region and having a particular culture
241. mu_____e affairs *adj.* very ordinary and therefore lacking interest or excitement
242. pr_____or cell *n.* a person or thing that comes before another of the same kind and that contributes to or influences its growth
243. habitual rep_____on *n.* the act of doing or saying something many times

ANSWERS: 233. routine, 234. eventually, 235. unsatisfying, 236. solo, 237. compose, 238. suppose, 239. foothold, 240. nation, 241. mundane, 242. precursor, 243. repetition

244. high-technology su____e industries *n.* the time in the morning when the sun first appears in the sky
245. 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
246. a gl____us victory *adj.* having or deserving great admiration, praise, and honor; having great beauty and splendor
247. a s__o flight *adv.* without anybody else or anything else; alone
248. maintain do____rd compatibility *adj.* moving towards a lower position or a lower level
249. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
250. designed for in___r use *adj.* located, happened, or used inside a building
251. a do____rd slope *adj.* moving towards a lower position or a lower level
252. bo____r field *n.* a large, smooth rock, typically one that has been worn away from a cliff or mountain by erosion
253. r__y on convenience stores *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
254. 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

ANSWERS: 244. sunrise, 245. swoop, 246. glorious, 247. solo, 248. downward, 249. decide, 250. indoor, 251. downward, 252. boulder, 253. rely, 254. chalk

255. bl__k paper *adj.* without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information
256. pi___c basket *n.* an outdoor meal or social gathering where food is served and eaten in nature, typically in a park, forest, or other outdoor settings
257. a cr__k in a board *v.* to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
258. ba____ot walk *adj.* without shoes or other foot coverings; wearing nothing on the feet
259. b_t an eye *n.* a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis
260. 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
261. beautiful su____e *n.* the time in the morning when the sun first appears in the sky
262. pa____l withdrawal *adj.* not complete; fragmentary; favoring somebody or something very much
263. 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

ANSWERS: 255. blank, 256. picnic, 257. crack, 258. barefoot, 259. bat, 260. mastery, 261. sunrise, 262. partial, 263. rappel

264. basin-shaped va___y *n.* a long depression on the surface of the land, which typically contains a river
265. follow the tr__l *n.* a path or track roughly through a countryside, mountain, or forest area, often made or used for a particular purpose; (verb) to lag or linger behind
266. la_____y mitigate the issue *adv.* virtually entirely; to a large degree
267. homemade mu___i *n.* a breakfast food consisting of rolled oats, nuts, seeds, and dried fruit, often eaten with milk or yogurt
268. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
269. imm_____ly recall a product *adv.* now or without delay
270. a h__e in prices *n.* a long walk or journey, especially for pleasure or exercise; an increase in cost
271. spare co_____nts for cars *n.* one of several parts that combines with others to form something bigger
272. do___e in daily life *adj.* possible to do; capable of existing, taking place, or proving true
273. a bold cl__f *n.* a steep rock face, especially one at the edge of the sea or a river
274. as oc_____on demands *n.* a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done

ANSWERS: 264. valley, 265. trail, 266. largely, 267. muesli, 268. decide, 269. immediately, 270. hike, 271. component, 272. doable, 273. cliff, 274. occasion

275. 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
276. ro____y speaking *adv.* approximately but not precisely; with a violent manner
277. not no____ly drink much *adv.* usually; under normal conditions
278. a pre____on program *n.* the activity of getting ready for something or making something ready
279. s__p breakfast *v.* to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do
280. fu____l a lifetime dream *v.* to meet the requirements or expectations; to achieve or realize
281. the cul____on of her ambition *n.* the peak highest point or climax of something, especially happening after a long time
282. g_m membership *n.* a place equipped for exercise and other physical training
283. phy____ly and mentally *adv.* in a way related to a person's body or appearance rather than their mind
284. 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
285. 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

ANSWERS: 275. squeak, 276. roughly, 277. normally, 278. preparation, 279. skip, 280. fulfill, 281. culmination, 282. gym, 283. physically, 284. smear, 285. gasp

286. ra___e and bang at the door *v.* to make or cause to make short, successive, sharp, and loud sounds
287. a g_m suit *n.* a place equipped for exercise and other physical training
288. a built-in diagnostic ro____e *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
289. get ins_____on from nature *n.* something that motivates or encourages someone to create or achieve something, or a feeling of excitement or creativity
290. au_____ic operation *adj.* able to work or operate with little or no direct human control; independent of external control
291. the fle_____ty of the body *n.* the quality of changing or being changed easily according to new conditions or situations
292. su_____ly attacked by an enemy *adv.* quickly and unexpectedly
293. st_____us effort *adj.* requiring or showing great energy, effort, or exertion; physically or mentally demanding; characterized by vigorous activity
294. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 286. rattle, 287. gym, 288. routine, 289. inspiration, 290. automatic, 291. flexibility, 292. suddenly, 293. strenuous, 294. process

295. cr__p toward the mouse *v.* to move slowly, quietly, and carefully, usually to avoid being seen or heard
296. write him an answer imm_____ly *adv.* now or without delay
297. 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
298. 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
299. a sl_____ry customer *adj.* difficult to hold firmly or stand on because it is wet or smooth; not to be trusted
300. th__b wrestling *n.* the short, thick digit of the hand next to the index finger; (verb) to travel by getting free rides from motorists
301. a circular mo_____nt *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
302. cu_____te in failure *v.* to reach a peak or climax
303. gene va_____on *n.* the act or state of changing; a difference or change in the way something is done, made or said

ANSWERS: 295. creep, 296. immediately, 297. scout, 298. karate, 299. slippery, 300. thumb, 301. movement, 302. culminate, 303. variation

304. gastronomic ad_____res

n. a journey or a series of events that is unusual, exciting, or dangerous

ANSWERS: 304. adventure

Session 3: Fill in the Blanks

1. Our plan includes a comprehensive marketing _____.
n. a detailed plan of action designed to achieve a long-term or overall goal.
2. One bad apple spoils the whole _____.
n. a grouping of several similar things which are growing or fastened together
3. The _____ from the mountain was steep and rocky.
n. the act or process of moving downward; a person's family origins
4. We do move forward with those tasks in _____ next week.
n. a series of related events, actions, numbers, etc., which have a particular order
5. The corporation _____ dominated the entire tobacco business.
adv. finally, particularly after a long time or a lot of struggle, complications, and so on
6. 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
7. Our country has military alliances with _____ countries.
adj. next to, close to, or adjoining something
8. After returning from the war, he had a pretty _____ life.
adj. very ordinary and therefore lacking interest or excitement
9. She went to the fully equipped ____ to work out every day.
n. a place equipped for exercise and other physical training

ANSWERS: 1. strategy, 2. bunch, 3. descent, 4. sequence, 5. eventually, 6. ripple, 7. adjacent, 8. mundane, 9. gym

10. He had _____ the dance in this play himself.
v. to compose a sequence of dance steps, often to music
11. There are _____ differences between the two wine-producing regions.
adj. easy to see, discover or understand
12. 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
13. The _____ performance was the highlight of the concert.
n. a person who performs a solo, especially a solo musician or singer
14. The computer screen displayed nothing but a _____ white screen
adj. without any writing or printing; empty or devoid of ideas, information, or meaning; unable to remember or recall information
15. She treasured the small _____ that her grandmother had given her.
n. a precious stone that is cut and polished for use in jewelry
16. 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
17. _____ is the start, not the end, of intelligence.
n. a feeling of being uncertain about something, especially about how good or accurate it is
18. The _____ hiker enjoyed feeling the earth beneath their feet.
adj. without shoes or other foot coverings; wearing nothing on the feet

ANSWERS: 10. choreographed, 11. obvious, 12. strenuous, 13. soloist's, 14. blank, 15. jewel, 16. disappoint, 17. Doubt, 18. barefoot

19. Everyone regarded the theory he advocated as _____ but was later proven correct.

adj. very silly or unreasonable and deserving to be laughed at

20. The participation of oil-producing countries in the war caused _____ in the financial markets.

n. a sudden strong feeling of fear that cannot be controlled and prevents reasonable thought and action

21. Having a _____ healthy physique is essential for a great life.

adv. in a way related to a person's body or appearance rather than their mind

22. The documents were _____ signed and submitted to the authorities for approval.

adv. in a manner that is proper, appropriate, or expected; following the correct procedures, rules, or protocols

23. The _____ of getting the disease will drastically increase.

n. a chance that something may happen or be true

24. What do you _____ the culprit's motive was?

v. to think that something is likely to be actual or possible

25. 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

26. She received her _____ in psychology from the university.

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

ANSWERS: 19. ridiculous, 20. panic, 21. physically, 22. duly, 23. possibility, 24. suppose, 25. chalk, 26. degree

27. 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

28. This project is _____ despite the tight schedule.

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

29. The company adjusted the revenue _____.

adv. toward the top or highest point, or a higher position or level; (adjective) extending or moving toward a higher place

30. He stood at the edge of the _____ and looked out to sea.

n. a steep rock face, especially one at the edge of the sea or a river

31. He found _____ in the works of his favorite authors.

n. something that motivates or encourages someone to create or achieve something, or a feeling of excitement or creativity

32. Nevada is _____ a desert state.

adv. virtually entirely; to a large degree

33. The national election was held amid _____ security.

adj. fixed, fastened, or kept together firmly or closely

34. Their achievements stand as a _____ of centuries of development.

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

35. Three _____ tenors performed during the president's inauguration.

adj. renowned for possessing admirable attributes

ANSWERS: 27. slippery, 28. doable, 29. upward, 30. cliff, 31. inspiration, 32. largely, 33. tight, 34. culmination, 35. celebrated

36. The storm left a _____ of destruction behind it.

- n.* a path or track roughly through a countryside, mountain, or forest area, often made or used for a particular purpose; (verb) to lag or linger behind

37. Did this response _____ your request?

- v.* to make somebody pleased by giving them what they want or need

38. I choose a _____ death rather than a shameful life.

- adj.* having or deserving great admiration, praise, and honor; having great beauty and splendor

39. University is a great place to _____ our minds and expertise.

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

40. The bishop bestowed the golden _____ on the king.

- n.* a circular ornamental headdress, worn as a symbol of authority by a king, usually made of gold and precious stones

41. 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

42. Some comic book characters are considered gay _____.

- n.* a picture or statue of a holy person considered to be a sacred thing; a little icon on the screen of a computer or smartphone that denotes an application or a file

43. The _____ outcome of the election was a victory for the incumbent candidate.

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

ANSWERS: 36. trail, 37. satisfy, 38. glorious, 39. cultivate, 40. crown, 41. ingrained, 42. icons, 43. unsurprising

44. Babies heavily _____ on others for food.

- v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

45. The inspector discovered _____ bolts under the fuel rods.

- adj. not securely fixed or fastened in place or able to be detached or separated from something

46. Aging _____ up slowly with time.

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

47. He that would eat the kernel must _____ the nut.

- v. to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking

48. The vast earthquake caused the house to _____.

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

49. 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

50. 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

51. We elected him to _____ us at the international conference.

- v. to speak, act, or be present on behalf of another person or group; to form or constitute

ANSWERS: 44. rely, 45. loose, 46. creeps, 47. crack, 48. rattle, 49. hesitant, 50. rehearse, 51. represent

52. The scientist conducted a study that provided _____ details about the species' behavior.

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

53. It was the first time for her, but she _____ the role of Priest.

v. to meet the requirements or expectations; to achieve or realize

54. The country experienced a _____ increase in population.

adj. happening slowly over a long period of time or distance; not steep or abrupt

55. We hit the ground to _____ out the rabbits.

v. to frighten a person or animal, or to become frightened

56. 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

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

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

58. The _____ between the two countries was causing tension.

n. the force that opposes motion between two objects in contact, especially by producing heat and wear, and is proportional to the normal force between the objects

59. 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

ANSWERS: 52. specific, 53. fulfilled, 54. gradual, 55. scare, 56. foothold, 57. choke, 58. friction, 59. intimidate

60. Trends in the fashion industry are so _____ that it is challenging to keep up with them.

adj. constantly changing or moving

61. The cave was a habitat for _____.

n. a nocturnal animal with wings that flies and feeds at night, similar to a mouse; a piece of wood with a handle used for hitting the ball in sports including baseball, cricket, and table tennis

62. In every civilization, rulers have tried everything possible to obtain _____ life.

adj. being without beginning or end; lasting forever

63. He tried to _____ a bad reputation and win the election.

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

64. The _____ of the dancers on stage was graceful and elegant.

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

65. She loves to hike _____ and explore nature.

adv. in or into the open air; outside a building or structure

66. The birds _____ open water areas with reeds around them.

v. to like, choose, or want one thing or person better than another

67. I will work hard to _____ my goals and realize my dreams.

v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

ANSWERS: 60. shifting, 61. bats, 62. eternal, 63. overcome, 64. movement, 65. outdoors, 66. prefer, 67. achieve

68. 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
69. 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
70. 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
71. The stock market has been in a _____ trend for the past month.
- adj.* moving towards a lower position or a lower level
72. It was the first time in a long time that I felt truly _____ and at peace.
- adj.* not excited, angry, or nervous; free from wind, large waves
73. We _____ the topic because it was too complicated.
- v.* to move along lightly and quickly, making a step from one foot to the other with a hop or bounce; to intentionally fail to do something which would normally do
74. When a _____ of birds flies in, the hunt begins.
- n.* a gathering of sheep, goats, or birds
75. He found _____ in the warm embrace of his loved ones.
- n.* a state of physical ease and freedom from pain or constraint

ANSWERS: 68. karate, 69. slab, 70. muesli, 71. downward, 72. calm, 73. skipped, 74. flock, 75. comfort

76. He used his right _____ to press the button on his phone.

- n.* the short, thick digit of the hand next to the index finger; (verb) to travel by getting free rides from motorists

77. The cathedral _____ soared high above, its stained-glass windows casting colorful light on the altar below.

- n.* a rounded vault forming the roof of a building or structure, typically with a circular base

78. The feudal _____ had ruled the land for many years.

- n.* a person who has general authority, control, or power over others; a man of noble rank or high office

79. Five miles is _____ similar to eight kilometers.

- adv.* approximately but not precisely; with a violent manner

80. The nation's healthcare system is in _____ at the moment.

- n.* the process or period of changing from one state or circumstance to another

81. 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

82. The structure is _____ of three main components.

- v.* to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it

83. 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: 76. thumb, 77. dome, 78. lord, 79. roughly, 80. transition, 81. rappel, 82. composed, 83. maneuver

84. He helped me with the _____ of this book.

n. the activity of getting ready for something or making something ready

85. 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

86. He moved his body _____ to the left.

adv. in a small degree or extent; a little

87. 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

88. There is a lot of _____ in the colors of flowers in the garden.

n. the act or state of changing; a difference or change in the way something is done, made or said

89. We conducted a _____ assessment of intellectual and cultural history.

adj. taking all sides or opinions into account equally; being in a state of proper equilibrium

90. The _____ had received a mild snowfall the previous week.

n. a long depression on the surface of the land, which typically contains a river

91. 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: 84. preparation, 85. mindset, 86. slightly, 87. pant, 88. variation, 89. balanced, 90. valley, 91. swooped

92. The researchers try to discover a common _____ in all types of successful organizations.

n. one of several parts that combines with others to form something bigger

93. This examination _____ of five problems to solve.

v. to be composed or made up of

94. Some seaweed was used as _____ medicine in ancient times.

n. people in general, especially those of a particular group or type

95. This ad campaign is aimed _____ at young women.

adv. only associated with or meant for one thing

96. 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

97. Human _____ responses vary widely depending on the society to which they belong.

adj. relating to people's feelings

98. I don't _____ take a vacation in the middle of summer.

adv. usually; under normal conditions

99. She checked her _____ before embarking on the hike.

n. a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

ANSWERS: 92. component, 93. consists, 94. folk, 95. specifically, 96. sect, 97. emotional, 98. normally, 99. gear

100. The climbers reached the mountain's _____ after a long and challenging journey.

n. the highest point of a mountain or hill; a meeting of heads of state or government to discuss important issues

101. I'm not _____ in our victory.

adj. feeling sure about your abilities or qualities or having trust in people, plans, or the future

102. The ladder leaned against the _____ surface of the building.

adj. upright or perpendicular to a horizontal surface or line

103. The technician used a _____ tool to fix the machine.

adj. designed to be held in one hand; portable, and compact enough to be carried or used on the go

104. He used a _____ to lift the car to change the tire.

n. a mechanical device used for lifting or supporting heavy objects

105. The building makes a remarkable _____ impact.

adj. relating to seeing or sight

106. She studies gardening on a _____ basis.

n. a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

107. The _____ of Japan is known for its unique culture and advanced technology.

n. a large organized community of people living in a particular country or region and having a particular culture

ANSWERS: 100. summit, 101. confident, 102. vertical, 103. handheld, 104. jack, 105. visual, 106. routine, 107. nation

108. 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
109. 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
110. This operation requires both patience and _____.
- n.* the quality or condition of being exact and accurate
111. 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
112. 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
113. Thinking always made him _____.
- v.* to make an angry or severe expression by bringing your eyebrows together to indicate disapproval, displeasure, or concentration
114. It is essential to keep these two issues _____.
- adj.* noticeable from something else of a similar type
115. The family enjoyed a lovely _____ in the park on a sunny day.
- n.* an outdoor meal or social gathering where food is served and eaten in nature, typically in a park, forest, or other outdoor settings

ANSWERS: 108. scout, 109. boulder, 110. precision, 111. squeaked, 112. mastery, 113. frown, 114. distinct, 115. picnic

116. On three sides, mountains _____ the settlement.

v. to be all around something or somebody

117. 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

118. 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

119. A suspension order from the court is effective _____.

adv. now or without delay

120. I would love to _____ camping someday.

adv. without anybody else or anything else; alone

121. Table tennis is an _____ sport.

adj. located, happened, or used inside a building

122. 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

123. In passenger aircraft, it is common to use an _____ pilot during cruising.

adj. able to work or operate with little or no direct human control; independent of external control

124. 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

ANSWERS: 116. surround, 117. gasped, 118. visualize, 119. immediately, 120. solo, 121. indoor, 122. ascend, 123. automatic, 124. hesitation

125. The _____ for applying for a visa can be lengthy and complicated.

- n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

126. The family decided to _____ in the mountains to enjoy the beautiful scenery.

- n.* a long walk or journey, especially for pleasure or exercise; an increase in cost

127. She couldn't _____ whether to order the pizza or the pasta for dinner.

- v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

128. She wore her best dress for the special _____.

- n.* a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done

129. The mafioso who collaborated with the police was _____.

- v.* to kill someone, especially as a legal punishment; to carry out or perform an action, duty, etc.

130. _____ is the mother of all learning.

- n.* the act of doing or saying something many times

131. Who answers _____ knows little.

- adv.* quickly and unexpectedly

132. I got up early to watch the _____ at the summit.

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

ANSWERS: 125. process, 126. hike, 127. decide, 128. occasion, 129. executed, 130. Repetition, 131. suddenly, 132. sunrise

133. I packed my _____ with all the necessary camping gear for our trip.

n. a bag or pack that is worn on the back, often used for carrying books, equipment, or supplies

134. The event will _____ in a grand fireworks display.

v. to reach a peak or climax

135. The countertop was polished _____ giving it a sleek and modern look.

n. a tough, durable, and coarse-grained igneous rock often used in construction for buildings, monuments, and sculptures

136. The meal was _____ and left her feeling hungry an hour later.

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

137. 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

138. 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

139. Tech companies often employ _____ ducts and other materials in their office interiors.

adj. having no protection or shield from something, such as bad weather, attack, or criticism

140. Sulfur dioxide and nitrogen oxides are the primary _____ of acid rain.

n. a person or thing that comes before another of the same kind and that contributes to or influences its growth

ANSWERS: 133. backpack, 134. culminate, 135. granite, 136. unsatisfying, 137. smear, 138. crux, 139. exposed, 140. precursors

141. The two plays have many _____ parallels.

adj. attractive and distinctive enough to draw notice; exceedingly appealing, frequently in an odd manner

142. He _____ the 10th anniversary of his tenure.

v. to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

143. We dealt with those problems with speed and _____.

n. the quality of changing or being changed easily according to new conditions or situations

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

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

145. The systems we have developed has accepted as industry _____.

n. something that is regarded as usual, typical, or standard

146. We are optimistic about our final _____.

n. success in a game, competition, election, or battle, or the knowledge that you have won

147. The physician is reading the _____ related to medicine

n. a newspaper or magazine specialized in a specific topic or profession

148. The mountainous _____ was rough and rocky.

n. the physical features of a piece of land, including hills, valleys, rivers, and forests

ANSWERS: 141. striking, 142. celebrated, 143. flexibility, 144. memorize, 145. norms, 146. victory, 147. journals, 148. terrain

149. Some herds have been observed to _____ hundreds of kilometers.

v. to make or be capable of making anything longer or broader without hurting or breaking

150. Although some progress had been made, the study's findings were _____.

adj. not complete; fragmentary; favoring somebody or something very much

151. The _____ gamers were up until 4 am playing video games.

n. a subgroup or subculture within a larger group or community that is characterized by a particularly intense, committed, or extreme set of practices, beliefs, or values

152. He sailed the Atlantic Ocean multiple times during his _____.

n. a journey or a series of events that is unusual, exciting, or dangerous

ANSWERS: 149. stretch, 150. partial, 151. hard-core, 152. adventures