

# Englist.me



## Vocabulary Builder Reference from...

David Epstein: Are athletes really getting faster, better, stronger? | TED Talk

[https://www.ted.com/talks/david\\_epstein\\_are\\_athletes\\_really\\_getting\\_faster\\_better\\_stronger](https://www.ted.com/talks/david_epstein_are_athletes_really_getting_faster_better_stronger)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### motto

*n.* a phrase or slogan that expresses a guiding principle or goal

*synonym*: slogan, catchphrase, phrase

(1) the **motto** for safe traffic, (2) company **motto**

The company's **motto** is "Innovation and Service," which is reflected in its products and customer support.

### inexorable

*adj.* describing a process or situation that is impossible to stop, prevent, or change; relentless, unyielding, or unstoppable in force or effect

*synonym*: relentless, implacable, unyielding

(1) **inexorable** decline, (2) **inexorable** force

His **inexorable** determination to succeed made him a force to be reckoned with.

### conceive

*v.* to have or develop an idea, a plan, etc. in mind; to become pregnant

*synonym*: imagine, envision, concoct

(1) **conceive** of an idea, (2) **conceive** a child

I can't **conceive** he'd want to harm us.

### tuck

*v.* to push a stray piece of clothing or material into a particular area or position, especially to make it more

orderly or comfortable

*synonym* : insert, wrap, pinch

(1) **tuck** a baby in the blanket, (2) **tuck** into another cigarette

You should **tuck** your shirt into your trousers.

## pretension

*n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

*synonym* : presumption, pretense, affectation

(1) **pretension** to authority, (2) baseless **pretension**

His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

## beep

*v.* to make a short, high-pitched sound, typically as a signal or warning

*synonym* : bleep, honk, buzz

(1) **beep** out a warning, (2) **beep** the horn

The timer **beeped**, reminding me that the cake was ready to come out of the oven.

## propel

*v.* to move, drive or push something forward or in a particular direction, often with a lot of force

*synonym* : drive, push, move

(1) **propel** growth, (2) **propel** the ship

An increase in employment helps **propel** economic growth.

## humanly

*adv.* in a way that is characteristic of or relating to human beings; in a way that is possible for humans to achieve or accomplish

*synonym* : physically, mundanely, practically

(1) **humanly** possible, (2) **humanly** acceptable

It is **humanly** difficult to understand why some people choose to harm others for no reason

## cinder

*n.* a small piece of partly burned coal or wood that has stopped glowing but is still hot or warm; the residue left over after combustion or burning, often used as a material in construction or landscaping

*synonym* : ash, debris, soot

(1) **cinder** ash, (2) **cinder** path

The old house was empty and filled with piles of **cinder** and debris.

## trowel

*n.* a flat-bladed hand tool with a handle used for spreading and leveling substances such as mortar or plaster in construction or gardening

*synonym* : shovel, spade, scoop

(1) **trowel** handle, (2) bricklaying **trowel**

She reached for her garden **trowel** to plant the new seedlings.

## stride

*v.* to walk with long steps in a particular direction; (noun) an important and positive progress

*synonym* : step, walk, march

(1) **stride** across a room, (2) **stride** down a slope

She **strides** confidently across the stage to accept her award.

## biomechanics

*n.* the study and application of mechanical principles to biological systems, especially as related to human movement and the physical performance of athletes and performers

(1) **biomechanics** of movement, (2) **biomechanics** research

The study of **biomechanics** is important in understanding the physical implications of movement and sports performance.

## slowdown

*n.* (also "go-slow") a reduction or decrease in the rate or pace of something; a delay or interruption in progress

*synonym* : deceleration, reduction, retardation

(1) **slowdown** in production, (2) abrupt **slowdown**

The economic **slowdown** has affected many businesses in the region.

## **gynecology**

*n.* (also "gyno") the medical study and treatment of the physiology and diseases of the female reproductive system

*synonym*: obstetrics, women's health, women's medicine

(1) **gynecology** clinic, (2) **gynecology** exam

The **gynecology** department at the hospital offers state-of-the-art treatments for women's health issues.

## **brandy**

*n.* an alcoholic beverage made by distilling wine and aging it in oak barrels; typically has a higher alcohol content and a stronger flavor than wine

*synonym*: cognac, armagnac, eau-de-vie

(1) **brandy** distillery, (2) **brandy** cocktail

I love the taste of **brandy**, especially on a cold winter night.

## **punctuate**

*v.* to insert punctuation marks (= comma, period, colon, etc.) in the text; to interrupt periodically

*synonym*: emphasize, accent, mark

(1) **punctuate** a sentence, (2) **punctuate** his talk

Strikes had also **punctuated** the preceding weeks.

## **somersault**

*n.* a complete forward or backward roll of the body, typically performed by tucking in the head and reaching out with the hands and feet

*synonym*: flip, tumble, cartwheel

(1) **somersault** flip, (2) backward **somersault**

The gymnast performed a perfect **somersault** during her routine.

## **gutter**

*n.* a channel along the edge of a road or structure for carrying away rainwater

*synonym*: channel, trench, drain

(1) **gutter** system, (2) a building **gutter**

The **gutter** on the roof's edge was clogged with leaves,

causing water to overflow.

## turbulence

*n.* a state of great disturbance, confusion, or uncertainty, often accompanied by violent or disruptive activity or behavior, such as air turbulence during a flight

*synonym*: choppiness, tumult, agitation

(1) financial **turbulence**, (2) emotional **turbulence**

The ride on the rollercoaster was full of dips and turns, creating a feeling of **turbulence**.

## imp

*n.* a mischievous or misbehaving child; a small and mischievous demon or sprite in folklore

*synonym*: demon, sprite, mischievous child

(1) a little **imp**, (2) behave like an **imp**

The mischievous **imp** caused trouble wherever it went.

## swimsuit

*n.* a piece of clothing worn for swimming

*synonym*: bathing suit, swimwear, bathers

(1) **swimsuit** model, (2) **swimsuit** designer

She wore a bright red **swimsuit** for the beach trip.

## eddy

*n.* a circular current of water or air that flows in the opposite direction to the main current, causing a small whirlpool; a current of opinion, activity, or trend that goes against the main current

*synonym*: whirlpool, vortex, swirl

(1) **eddy** of water, (2) **eddy** of leaves

Unfortunately, the swirling **eddy** in the river made it difficult to swim.

## improvisation

*n.* the act of making something up on the spot or creating or performing something without preparation

*synonym*: spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

## aerodynamics

*n.* the study of the motion of air, particularly its interaction with solid objects moving through it, such as aircraft or cars

*synonym* : aeromechanics, aeronautics, airflow

(1) **aerodynamics** research, (2) **aerodynamics** design

The **aerodynamics** of the car allowed it to glide smoothly through the air.

## instruct

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

*synonym* : train, coach, guide

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

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

## disperse

*v.* to spread out or distribute over a broad region, or to cause something to do so

*synonym* : dissipate, spread, scatter

(1) **disperse** false information, (2) **disperse** the protesters

Before authorities **dispersed** the protesters, they yelled slogans.

## skyrocket

*v.* to rapidly ascend to a very high level; increase rapidly;

*synonym* : rocket, soar, shoot up

(1) **skyrocket** the cost, (2) price **skyrocketed**

Production has decreased, but costs and unemployment have **skyrocketed** dramatically.

## echelon

*n.* a level or rank in a hierarchical organization or system; a step or stage in a hierarchical structure or scale; a formation of troops, ships, aircraft, etc., arranged in a step-like order

*synonym* : level, rank, tier

(1) lower **echelon** employees, (2) military **echelon**

He quickly climbed up the corporate **echelon** and became the CEO within a few years.

## groundbreaking

*adj.* producing fresh findings; using novel techniques  
*synonym* : innovative, revolutionary

(1) **groundbreaking** concept, (2) **groundbreaking** settlement

He has produced **groundbreaking** research on the subject.

## entitle

*v.* to give someone the right to have or do something; to give a title to someone or something

*synonym* : allow, permit, enable

(1) **entitle** him to a pension, (2) **entitle** the company to use the logo

The employee was **entitled** to a week of vacation time.

## scour

*v.* to clean thoroughly and vigorously by scrubbing or rubbing; to search or examine something thoroughly and systematically

*synonym* : cleanse, scrub, clean

(1) **scour** a pot, (2) **scour** the Internet

She had to **scour** the kitchen to find a clean dish to use for dinner.

## ludicrous

*adj.* so ridiculous, unreasonable, or out of place as to be amusing; absurd

*synonym* : absurd, ridiculous, farcical

(1) **ludicrous** idea, (2) **ludicrous** behavior

It's **ludicrous** to blame the teachers for the education system's failures.

## rectangle

*n.* a four-sided geometric shape with four right angles, where opposite sides are parallel and of equal length

*synonym* : oblong, square, quadrangle

(1) orthogonal **rectangle**, (2) **rectangle** box

The living room had a **rectangle-shaped** coffee table in the center of it.

## ellipse

*n.* a closed curve with a shape resembling a stretched circle; in geometry, a figure formed by the intersection of

a cone with a plane, where the plane cuts through both halves of the cone

*synonym* : oval, oblong, curve

(1) Kepler's **ellipse**, (2) planetary **ellipse**

He used the **ellipse** equation to calculate the dimensions of the oval-shaped garden.

## converse

*v.* to talk informally

*synonym* : discourse, discuss, exchange

(1) **converse** with an acquaintance, (2) ask a **converse** question

She enjoyed the opportunity to **converse** with a person who spoke her language.

## diminutive

*adj.* very small or tiny in size; expressing smallness or endearment; (noun) a word or suffix that indicates smallness in size or affection

*synonym* : tiny, small, miniature

(1) **diminutive** size, (2) **diminutive** figure

The **diminutive** kitten was easily overlooked in the litter.

## stature

*n.* the height of a human or animal body; the level of respect or reputation that a person or entity holds in a particular community

*synonym* : height, standing, prestige

(1) **stature** enhancement, (2) short **stature**

A leader needs to have a **stature** that commands respect from their followers.

## gymnast

*n.* a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment

*synonym* : acrobat, tumbler, contortionist

(1) talented **gymnast**, (2) female **gymnast**

The Olympic **gymnast** performed a flawless routine on the balance beam and received a perfect ten score.



## forearm

*n.* the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation

(1) **forearm** bone, (2) several veins of the **forearm**

The accident left him with numbness in his left **forearm**.

## polo

*n.* a sport played on horseback in which two teams try to hit a ball through a goal using long-handled mallets

(1) **polo** shirt, (2) **polo** championship

I watched a thrilling **polo** match at the club over the weekend.

## forceful

*adj.* having or showing great strength or energy

*synonym*: powerful, strong, energetic

(1) **forceful** argument, (2) take **forceful** action

She spoke with a **forceful** tone and made her point clear.

## torso

*n.* the human trunk from the neck to the abdomen

*synonym*: trunk, body, frame

(1) **torso** injury, (2) a **torso** in bronze

He was hit in the **torso** and was rushed to the hospital.

## canoe

*n.* a narrow, light boat with pointy ends and no keel that is propelled by a paddle

(1) **canoe** race, (2) make a **canoe** trip

After the accident, the police found an empty **canoe**.

## advantageous

*adj.* providing a benefit or advantage; favorable or beneficial

*synonym*: beneficial, favorable, profitable

(1) **advantageous** conditions, (2) **advantageous** interest rate

The new job opportunity offered by the company is highly **advantageous**.

## extremity

*n.* the farthest or most remote point or the greatest or the highest degree

*synonym*: end, tip, limit

(1) **extremity** injury, (2) **extremity** amputation

He broke his arm at the **extremity** of the bone.

## ancestry

*n.* the family or the ethnic descent that you come from  
*synonym* : ancestor, family, descent

(1) a distinguished **ancestry**, (2) prehuman **ancestry**

He looked down on the royal **ancestry** of the neighboring country.

## radiate

*v.* to spread out or emit something, such as light or heat, in all directions

*synonym* : give off, scatter, beam

(1) **radiate** an aura, (2) **radiate** in all directions

Roads **radiate** from the famous building in the center of the city.

## pendulum

*n.* a weight hung from a fixed point used to regulate the movement of a clock or other mechanism

*synonym* : oscillator, balance, clock

(1) **pendulum** swings, (2) political **pendulum**

The **pendulum** clock was a familiar sight in the old house.

## 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.

## twitch

*v.* to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body

*synonym* : spasm, jerk, flinch

(1) **twitch** at his sleeve, (2) **twitch** of an eye

She couldn't stop her leg from **twitching** nervously.

## tendon

*n.* a strong, fibrous cord of tissue that connects muscle to bone

*synonym* : tissue, sinew, ligament

(1) **tendon** grafting, (2) **tendon** collagen

**Tendon** injuries are common among athletes.

## ligament

*n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body

*synonym* : band, cord, tendon

(1) a **ligament** in the ankle, (2) cruciate **ligament**

The **ligaments** in the knee provide stability and support.

## trait

*n.* a particular feature of your nature

*synonym* : attribute, feature, quality

(1) chemical **trait**, (2) personality **traits**

Multiple genes may influence behavioral **traits** concurrently.

## glut

*n.* an excessive amount of something, especially of a commodity, that results in a decline in price

*synonym* : surplus, excess, overflow

(1) **glut** of information, (2) capital **glut**

The restaurant had a **glut** of food left over from the weekend.

## grasping

*adj.* eager in acquiring or wanting to acquire more wealth, property, or power than is necessary

*synonym* : greedy, extorting, acquisitive

(1) **grasping** landlord, (2) **grasping** disposition

He was criticized for his **grasping** attitude, always looking for ways to make more money.

## primate

*n.* any mammal of the order Primates, which includes monkeys, apes, and humans

*synonym* : ape, monkey, lemur

(1) **primate** species, (2) **primate** sanctuary

Many scientists study **primate** behavior and intelligence.

- ape** *n.* a large animal with long arms, no tail, and usually a lot of body hair, including gorillas, chimpanzees, orangutans, and gibbons  
*synonym*: monkey, primate, simian  
(1) jungle **ape**, (2) play the **ape**  
The scientist studied the behavior of **apes** in the wild.
- unthinkable** *adj.* too unlikely or shocking to imagine or accept  
*synonym*: impossible, inconceivable, outlandish  
(1) an **unthinkable** coincidence, (2) in **unthinkable** trouble  
That accident was something **unthinkable** with my long experience.
- ascent** *n.* the act of climbing or moving upwards, often referring to a physical ascent of a mountain or a spiritual ascent or improvement; an upward movement; the process of moving upwards  
*synonym*: climb, rise, hike  
(1) spiritual **ascent**, (2) the **ascent** of a rocket  
The hikers experienced a difficult **ascent** to the summit due to the steep and rocky terrain.
- conspire** *v.* to plan or plot together secretly, especially with an evil or unlawful purpose  
*synonym*: plot, scheme, collude  
(1) **conspire** his ruin, (2) **conspire** to corner the market  
The group of friends **conspired** to pull a prank on their teacher.

## Session 2: Spelling

1. to\_\_o injury *n.* the human trunk from the neck to the abdomen
2. te\_\_\_n collagen *n.* a strong, fibrous cord of tissue that connects muscle to bone
3. br\_\_\_y cocktail *n.* an alcoholic beverage made by distilling wine and aging it in oak barrels; typically has a higher alcohol content and a stronger flavor than wine
4. a to\_\_o in bronze *n.* the human trunk from the neck to the abdomen
5. re\_\_\_\_\_le box *n.* a four-sided geometric shape with four right angles, where opposite sides are parallel and of equal length
6. capital g\_\_t *n.* an excessive amount of something, especially of a commodity, that results in a decline in price
7. play the a\_e *n.* a large animal with long arms, no tail, and usually a lot of body hair, including gorillas, chimpanzees, orangutans, and gibbons
8. in unt\_\_\_\_\_le trouble *adj.* too unlikely or shocking to imagine or accept
9. adv\_\_\_\_\_ous interest rate *adj.* providing a benefit or advantage; favorable or beneficial
10. gyn\_\_\_\_\_gy clinic *n.* (also "gyno") the medical study and treatment of the physiology and diseases of the female reproductive system

ANSWERS: 1. torso, 2. tendon, 3. brandy, 4. torso, 5. rectangle, 6. glut, 7. ape, 8. unthinkable, 9. advantageous, 10. gynecology

11. ci\_\_\_r path *n.* a small piece of partly burned coal or wood that has stopped glowing but is still hot or warm; the residue left over after combustion or burning, often used as a material in construction or landscaping
12. tr\_\_\_l handle *n.* a flat-bladed hand tool with a handle used for spreading and leveling substances such as mortar or plaster in construction or gardening
13. orthogonal re\_\_\_\_\_le *n.* a four-sided geometric shape with four right angles, where opposite sides are parallel and of equal length
14. behave like an i\_p *n.* a mischievous or misbehaving child; a small and mischievous demon or sprite in folklore
15. emotional tur\_\_\_\_\_ce *n.* a state of great disturbance, confusion, or uncertainty, often accompanied by violent or disruptive activity or behavior, such as air turbulence during a flight
16. pr\_\_\_l growth *v.* to move, drive or push something forward or in a particular direction, often with a lot of force
17. dim\_\_\_\_\_ve size *adj.* very small or tiny in size; expressing smallness or endearment; (noun) a word or suffix that indicates smallness in size or affection
18. ca\_\_e race *n.* a narrow, light boat with pointy ends and no keel that is propelled by a paddle

ANSWERS: 11. cinder, 12. trowel, 13. rectangle, 14. imp, 15. turbulence, 16. propel, 17. diminutive, 18. canoe

19. st\_\_\_\_e enhancement *n.* the height of a human or animal body; the level of respect or reputation that a person or entity holds in a particular community
20. lu\_\_\_\_\_us behavior *adj.* so ridiculous, unreasonable, or out of place as to be amusing; absurd
21. t\_\_k into another cigarette *v.* to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable
22. co\_\_\_\_\_re his ruin *v.* to plan or plot together secretly, especially with an evil or unlawful purpose
23. financial tur\_\_\_\_\_ce *n.* a state of great disturbance, confusion, or uncertainty, often accompanied by violent or disruptive activity or behavior, such as air turbulence during a flight
24. in\_\_\_\_\_ct a computer *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
25. tw\_\_\_h of an eye *v.* to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body
26. co\_\_\_\_\_ve of an idea *v.* to have or develop an idea, a plan, etc. in mind; to become pregnant
27. bio\_\_\_\_\_ics of movement *n.* the study and application of mechanical principles to biological systems, especially as related to human movement and the physical performance of athletes and performers

ANSWERS: 19. stature, 20. ludicrous, 21. tuck, 22. conspire, 23. turbulence, 24. instruct, 25. twitch, 26. conceive, 27. biomechanics

28. female gy\_\_\_\_t                      *n.* a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment
29. prehuman an\_\_\_\_ry                *n.* the family or the ethnic descent that you come from
30. make a ca\_\_e trip                    *n.* a narrow, light boat with pointy ends and no keel that is propelled by a paddle
31. cruciate li\_\_\_\_nt                   *n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body
32. ci\_\_\_\_r ash                          *n.* a small piece of partly burned coal or wood that has stopped glowing but is still hot or warm; the residue left over after combustion or burning, often used as a material in construction or landscaping
33. company mo\_\_o                      *n.* a phrase or slogan that expresses a guiding principle or goal
34. price sk\_\_\_\_eted                   *v.* to rapidly ascend to a very high level; increase rapidly;
35. chemical tr\_\_t                      *n.* a particular feature of your nature
36. jazz imp\_\_\_\_ion                   *n.* the act of making something up on the spot or creating or performing something without preparation
37. pe\_\_\_\_um swings                   *n.* a weight hung from a fixed point used to regulate the movement of a clock or other mechanism

ANSWERS: 28. gymnast, 29. ancestry, 30. canoe, 31. ligament, 32. cinder, 33. motto, 34. skyrocket, 35. trait, 36. improvisation, 37. pendulum



38. di\_\_\_\_\_se the protesters *v.* to spread out or distribute over a broad region, or to cause something to do so
39. abrupt sl\_\_\_\_\_wn *n.* (also "go-slow") a reduction or decrease in the rate or pace of something; a delay or interruption in progress
40. en\_\_\_\_\_e him to a pension *v.* to give someone the right to have or do something; to give a title to someone or something
41. ex\_\_\_\_\_ty injury *n.* the farthest or most remote point or the greatest or the highest degree
42. gu\_\_\_\_\_r system *n.* a channel along the edge of a road or structure for carrying away rainwater
43. e\_\_y of leaves *n.* a circular current of water or air that flows in the opposite direction to the main current, causing a small whirlpool; a current of opinion, activity, or trend that goes against the main current
44. pr\_\_\_\_\_l the ship *v.* to move, drive or push something forward or in a particular direction, often with a lot of force
45. co\_\_\_\_\_ve a child *v.* to have or develop an idea, a plan, etc. in mind; to become pregnant
46. sc\_\_r a pot *v.* to clean thoroughly and vigorously by scrubbing or rubbing; to search or examine something thoroughly and systematically
47. backward som\_\_\_\_\_lt *n.* a complete forward or backward roll of the body, typically performed by tucking in the head and reaching out with the hands and feet

ANSWERS: 38. disperse, 39. slowdown, 40. entitle, 41. extremity, 42. gutter, 43. eddy, 44. propel, 45. conceive, 46. scour, 47. somersault

48. te\_\_\_n grafting *n.* a strong, fibrous cord of tissue that connects muscle to bone
49. take fo\_\_\_\_ul action *adj.* having or showing great strength or energy
50. e\_\_y of water *n.* a circular current of water or air that flows in the opposite direction to the main current, causing a small whirlpool; a current of opinion, activity, or trend that goes against the main current
51. bricklaying tr\_\_\_l *n.* a flat-bladed hand tool with a handle used for spreading and leveling substances such as mortar or plaster in construction or gardening
52. gyn\_\_\_\_\_gy exam *n.* (also "gyno") the medical study and treatment of the physiology and diseases of the female reproductive system
53. an unt\_\_\_\_\_le coincidence *adj.* too unlikely or shocking to imagine or accept
54. talented gy\_\_\_\_t *n.* a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment
55. a distinguished an\_\_\_\_ry *n.* the family or the ethnic descent that you come from
56. br\_\_\_y distillery *n.* an alcoholic beverage made by distilling wine and aging it in oak barrels; typically has a higher alcohol content and a stronger flavor than wine

ANSWERS: 48. tendon, 49. forceful, 50. eddy, 51. trowel, 52. gynecology, 53. unthinkable, 54. gymnast, 55. ancestry, 56. brandy

57. sw\_\_\_\_it model *n.* a piece of clothing worn for swimming
58. sc\_\_r the Internet *v.* to clean thoroughly and vigorously by scrubbing or rubbing; to search or examine something thoroughly and systematically
59. b\_\_p out a warning *v.* to make a short, high-pitched sound, typically as a signal or warning
60. sw\_\_\_\_it designer *n.* a piece of clothing worn for swimming
61. pre\_\_\_\_\_on to authority *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
62. several veins of the fo\_\_\_\_m *n.* the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation
63. gro\_\_\_\_\_ing concept *adj.* producing fresh findings; using novel techniques
64. the as\_\_t of a rocket *n.* the act of climbing or moving upwards, often referring to a physical ascent of a mountain or a spiritual ascent or improvement; an upward movement; the process of moving upwards
65. ex\_\_\_\_\_ty amputation *n.* the farthest or most remote point or the greatest or the highest degree
66. ask a co\_\_\_\_\_se question *v.* to talk informally
67. co\_\_\_\_\_se with an acquaintance *v.* to talk informally

ANSWERS: 57. swimsuit, 58. scour, 59. beep, 60. swimsuit, 61. pretension, 62. forearm, 63. groundbreaking, 64. ascent, 65. extremity, 66. converse, 67. converse

68. som\_\_\_\_\_lt flip *n.* a complete forward or backward roll of the body, typically performed by tucking in the head and reaching out with the hands and feet
69. st\_\_\_e across a room *v.* to walk with long steps in a particular direction; (noun) an important and positive progress
70. en\_\_\_\_\_e the company to use the logo *v.* to give someone the right to have or do something; to give a title to someone or something
71. aer\_\_\_\_\_ics design *n.* the study of the motion of air, particularly its interaction with solid objects moving through it, such as aircraft or cars
72. a little i\_p *n.* a mischievous or misbehaving child; a small and mischievous demon or sprite in folklore
73. ra\_\_\_\_\_e in all directions *v.* to spread out or emit something, such as light or heat, in all directions
74. ine\_\_\_\_\_le decline *adj.* describing a process or situation that is impossible to stop, prevent, or change; relentless, unyielding, or unstoppable in force or effect
75. bio\_\_\_\_\_ics research *n.* the study and application of mechanical principles to biological systems, especially as related to human movement and the physical performance of athletes and performers
76. jungle a\_e *n.* a large animal with long arms, no tail, and usually a lot of body hair, including gorillas, chimpanzees, orangutans, and gibbons

ANSWERS: 68. somersault, 69. stride, 70. entitle, 71. aerodynamics, 72. imp, 73. radiate, 74. inexorable, 75. biomechanics, 76. ape

77. b\_\_p the horn *v.* to make a short, high-pitched sound, typically as a signal or warning
78. imp\_\_\_\_\_ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
79. pr\_\_\_\_\_e sanctuary *n.* any mammal of the order Primates, which includes monkeys, apes, and humans
80. the mi\_\_\_\_\_t in an education system *n.* the established set of attitudes or fixed ideas held by someone
81. personality tr\_\_ts *n.* a particular feature of your nature
82. hu\_\_\_\_\_y possible *adv.* in a way that is characteristic of or relating to human beings; in a way that is possible for humans to achieve or accomplish
83. political pe\_\_\_\_\_um *n.* a weight hung from a fixed point used to regulate the movement of a clock or other mechanism
84. gr\_\_\_\_\_ng landlord *adj.* eager in acquiring or wanting to acquire more wealth, property, or power than is necessary
85. fo\_\_\_\_\_ul argument *adj.* having or showing great strength or energy
86. di\_\_\_\_\_se false information *v.* to spread out or distribute over a broad region, or to cause something to do so
87. a building gu\_\_\_\_r *n.* a channel along the edge of a road or structure for carrying away rainwater
88. flexible mi\_\_\_\_\_t *n.* the established set of attitudes or fixed ideas held by someone

ANSWERS: 77. beep, 78. improvisation, 79. primate, 80. mindset, 81. trait, 82. humanly, 83. pendulum, 84. grasping, 85. forceful, 86. disperse, 87. gutter, 88. mindset

89. ra\_\_\_\_e an aura                      *v.*    to spread out or emit something, such as light or heat, in all directions
90. pr\_\_\_\_e species                      *n.*    any mammal of the order Primates, which includes monkeys, apes, and humans
91. baseless pre\_\_\_\_on                      *n.*    the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
92. st\_\_\_e down a slope                      *v.*    to walk with long steps in a particular direction; (noun) an important and positive progress
93. the mo\_\_o for safe traffic                      *n.*    a phrase or slogan that expresses a guiding principle or goal
94. fo\_\_\_\_m bone                      *n.*    the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation
95. tw\_\_\_h at his sleeve                      *v.*    to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body
96. in\_\_\_\_ct a student                      *v.*    to teach someone practical skills or knowledge; to formally order or tell someone to do something
97. military ec\_\_\_\_n                      *n.*    a level or rank in a hierarchical organization or system; a step or stage in a hierarchical structure or scale; a formation of troops, ships, aircraft, etc., arranged in a step-like order

ANSWERS: 89. radiate, 90. primate, 91. pretension, 92. stride, 93. motto, 94. forearm, 95. twitch, 96. instruct, 97. echelon

98. spiritual as\_\_\_t *n.* the act of climbing or moving upwards, often referring to a physical ascent of a mountain or a spiritual ascent or improvement; an upward movement; the process of moving upwards
99. aer\_\_\_\_\_ics research *n.* the study of the motion of air, particularly its interaction with solid objects moving through it, such as aircraft or cars
100. sl\_\_\_\_\_wn in production *n.* (also "go-slow") a reduction or decrease in the rate or pace of something; a delay or interruption in progress
101. p\_\_o championship *n.* a sport played on horseback in which two teams try to hit a ball through a goal using long-handled mallets
102. pu\_\_\_\_\_te a sentence *v.* to insert punctuation marks (= comma, period, colon, etc.) in the text; to interrupt periodically
103. pu\_\_\_\_\_te his talk *v.* to insert punctuation marks (= comma, period, colon, etc.) in the text; to interrupt periodically
104. gro\_\_\_\_\_ing settlement *adj.* producing fresh findings; using novel techniques
105. g\_\_t of information *n.* an excessive amount of something, especially of a commodity, that results in a decline in price
106. t\_\_k a baby in the blanket *v.* to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable

ANSWERS: 98. ascent, 99. aerodynamics, 100. slowdown, 101. polo, 102. punctuate, 103. punctuate, 104. groundbreaking, 105. glut, 106. tuck

107. a li\_\_\_\_\_nt in the ankle *n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body
108. Kepler's el\_\_\_\_\_e *n.* a closed curve with a shape resembling a stretched circle; in geometry, a figure formed by the intersection of a cone with a plane, where the plane cuts through both halves of the cone
109. lower ec\_\_\_\_\_n employees *n.* a level or rank in a hierarchical organization or system; a step or stage in a hierarchical structure or scale; a formation of troops, ships, aircraft, etc., arranged in a step-like order
110. p\_\_o shirt *n.* a sport played on horseback in which two teams try to hit a ball through a goal using long-handled mallets
111. lu\_\_\_\_\_us idea *adj.* so ridiculous, unreasonable, or out of place as to be amusing; absurd
112. short st\_\_\_\_\_e *n.* the height of a human or animal body; the level of respect or reputation that a person or entity holds in a particular community
113. adv\_\_\_\_\_ous conditions *adj.* providing a benefit or advantage; favorable or beneficial
114. planetary el\_\_\_\_\_e *n.* a closed curve with a shape resembling a stretched circle; in geometry, a figure formed by the intersection of a cone with a plane, where the plane cuts through both halves of the cone
115. sk\_\_\_\_\_et the cost *v.* to rapidly ascend to a very high level; increase rapidly;

ANSWERS: 107. ligament, 108. ellipse, 109. echelon, 110. polo, 111. ludicrous, 112. stature, 113. advantageous, 114. ellipse, 115. skyrocket



116. hu\_\_\_\_y acceptable *adv.* in a way that is characteristic of or relating to human beings; in a way that is possible for humans to achieve or accomplish
117. dim\_\_\_\_\_ve figure *adj.* very small or tiny in size; expressing smallness or endearment; (noun) a word or suffix that indicates smallness in size or affection
118. ine\_\_\_\_\_le force *adj.* describing a process or situation that is impossible to stop, prevent, or change; relentless, unyielding, or unstoppable in force or effect
119. gr\_\_\_\_\_ng disposition *adj.* eager in acquiring or wanting to acquire more wealth, property, or power than is necessary
120. co\_\_\_\_\_re to corner the market *v.* to plan or plot together secretly, especially with an evil or unlawful purpose

ANSWERS: 116. humanly, 117. diminutive, 118. inexorable, 119. grasping, 120. conspire

## Session 3: Fill in the Blanks

1. A leader needs to have a \_\_\_\_\_ that commands respect from their followers.  
*n.* the height of a human or animal body; the level of respect or reputation that a person or entity holds in a particular community
2. I can't \_\_\_\_\_ he'd want to harm us.  
*v.* to have or develop an idea, a plan, etc. in mind; to become pregnant
3. The \_\_\_\_\_ clock was a familiar sight in the old house.  
*n.* a weight hung from a fixed point used to regulate the movement of a clock or other mechanism
4. She spoke with a \_\_\_\_\_ tone and made her point clear.  
*adj.* having or showing great strength or energy
5. Before authorities \_\_\_\_\_ the protesters, they yelled slogans.  
*v.* to spread out or distribute over a broad region, or to cause something to do so
6. The economic \_\_\_\_\_ has affected many businesses in the region.  
*n.* (also "go-slow") a reduction or decrease in the rate or pace of something; a delay or interruption in progress
7. The old house was empty and filled with piles of \_\_\_\_\_ and debris.  
*n.* a small piece of partly burned coal or wood that has stopped glowing but is still hot or warm; the residue left over after combustion or burning, often used as a material in construction or landscaping
8. The company's \_\_\_\_\_ is "Innovation and Service," which is reflected in its products and customer support.  
*n.* a phrase or slogan that expresses a guiding principle or goal

ANSWERS: 1. stature, 2. conceive, 3. pendulum, 4. forceful, 5. dispersed, 6. slowdown, 7. cinder, 8. motto

9. It is \_\_\_\_\_ difficult to understand why some people choose to harm others for no reason

*adv.* in a way that is characteristic of or relating to human beings; in a way that is possible for humans to achieve or accomplish

10. He used the \_\_\_\_\_ equation to calculate the dimensions of the oval-shaped garden.

*n.* a closed curve with a shape resembling a stretched circle; in geometry, a figure formed by the intersection of a cone with a plane, where the plane cuts through both halves of the cone

11. She had to \_\_\_\_\_ the kitchen to find a clean dish to use for dinner.

*v.* to clean thoroughly and vigorously by scrubbing or rubbing; to search or examine something thoroughly and systematically

12. The gymnast performed a perfect \_\_\_\_\_ during her routine.

*n.* a complete forward or backward roll of the body, typically performed by tucking in the head and reaching out with the hands and feet

13. The \_\_\_\_\_ of the car allowed it to glide smoothly through the air.

*n.* the study of the motion of air, particularly its interaction with solid objects moving through it, such as aircraft or cars

14. She \_\_\_\_\_ confidently across the stage to accept her award.

*v.* to walk with long steps in a particular direction; (noun) an important and positive progress

15. \_\_\_\_\_ injuries are common among athletes.

*n.* a strong, fibrous cord of tissue that connects muscle to bone

ANSWERS: 9. humanly, 10. ellipse, 11. scour, 12. somersault, 13. aerodynamics, 14. strides, 15. Tendon

16. He broke his arm at the \_\_\_\_\_ of the bone.  
*n.* the farthest or most remote point or the greatest or the highest degree
17. He was hit in the \_\_\_\_\_ and was rushed to the hospital.  
*n.* the human trunk from the neck to the abdomen
18. Many scientists study \_\_\_\_\_ behavior and intelligence.  
*n.* any mammal of the order Primates, which includes monkeys, apes, and humans
19. That accident was something \_\_\_\_\_ with my long experience.  
*adj.* too unlikely or shocking to imagine or accept
20. Strikes had also \_\_\_\_\_ the preceding weeks.  
*v.* to insert punctuation marks (= comma, period, colon, etc.) in the text; to interrupt periodically
21. She couldn't stop her leg from \_\_\_\_\_ nervously.  
*v.* to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body
22. Roads \_\_\_\_\_ from the famous building in the center of the city.  
*v.* to spread out or emit something, such as light or heat, in all directions
23. The \_\_\_\_\_ in the knee provide stability and support.  
*n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body
24. The mischievous \_\_\_\_ caused trouble wherever it went.  
*n.* a mischievous or misbehaving child; a small and mischievous demon or sprite in folklore

ANSWERS: 16. extremity, 17. torso, 18. primate, 19. unthinkable, 20. punctuated, 21. twitching, 22. radiate, 23. ligaments, 24. imp

25. Production has decreased, but costs and unemployment have \_\_\_\_\_ dramatically.
- v.* to rapidly ascend to a very high level; increase rapidly;
26. His \_\_\_\_\_ determination to succeed made him a force to be reckoned with.
- adj.* describing a process or situation that is impossible to stop, prevent, or change; relentless, unyielding, or unstoppable in force or effect
27. The \_\_\_\_\_ on the roof's edge was clogged with leaves, causing water to overflow.
- n.* a channel along the edge of a road or structure for carrying away rainwater
28. Multiple genes may influence behavioral \_\_\_\_\_ concurrently.
- n.* a particular feature of your nature
29. He created a beautiful piece of music using only \_\_\_\_\_.
- n.* the act of making something up on the spot or creating or performing something without preparation
30. The accident left him with numbness in his left \_\_\_\_\_.
- n.* the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation
31. The study of \_\_\_\_\_ is important in understanding the physical implications of movement and sports performance.
- n.* the study and application of mechanical principles to biological systems, especially as related to human movement and the physical performance of athletes and performers

ANSWERS: 25. skyrocketed, 26. inexorable, 27. gutter, 28. traits, 29. improvisation, 30. forearm, 31. biomechanics

32. The employee was \_\_\_\_\_ to a week of vacation time.
- v. to give someone the right to have or do something; to give a title to someone or something
33. The \_\_\_\_\_ department at the hospital offers state-of-the-art treatments for women's health issues.
- n. (also "gyno") the medical study and treatment of the physiology and diseases of the female reproductive system
34. 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
35. I love the taste of \_\_\_\_\_ especially on a cold winter night.
- n. an alcoholic beverage made by distilling wine and aging it in oak barrels; typically has a higher alcohol content and a stronger flavor than wine
36. She reached for her garden \_\_\_\_\_ to plant the new seedlings.
- n. a flat-bladed hand tool with a handle used for spreading and leveling substances such as mortar or plaster in construction or gardening
37. The living room had a \_\_\_\_\_ coffee table in the center of it.
- n. a four-sided geometric shape with four right angles, where opposite sides are parallel and of equal length
38. She enjoyed the opportunity to \_\_\_\_\_ with a person who spoke her language.
- v. to talk informally
39. The ride on the rollercoaster was full of dips and turns, creating a feeling of \_\_\_\_\_.
- n. a state of great disturbance, confusion, or uncertainty, often accompanied by violent or disruptive activity or behavior, such as air turbulence during a flight

ANSWERS: 32. entitled, 33. gynecology, 34. mindset, 35. brandy, 36. trowel, 37. rectangle-shaped, 38. converse, 39. turbulence

40. Unfortunately, the swirling \_\_\_\_\_ in the river made it difficult to swim.
- n.* a circular current of water or air that flows in the opposite direction to the main current, causing a small whirlpool; a current of opinion, activity, or trend that goes against the main current
41. The facility manager \_\_\_\_\_ the security guards to be on high alert.
- v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
42. You should \_\_\_\_\_ your shirt into your trousers.
- v.* to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable
43. He has produced \_\_\_\_\_ research on the subject.
- adj.* producing fresh findings; using novel techniques
44. His \_\_\_\_\_ of being a gourmet were quickly exposed when he could not identify basic herbs and spices.
- n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
45. He was criticized for his \_\_\_\_\_ attitude, always looking for ways to make more money.
- adj.* eager in acquiring or wanting to acquire more wealth, property, or power than is necessary
46. After the accident, the police found an empty \_\_\_\_\_.
- n.* a narrow, light boat with pointy ends and no keel that is propelled by a paddle
47. The \_\_\_\_\_ kitten was easily overlooked in the litter.
- adj.* very small or tiny in size; expressing smallness or endearment; (noun) a word or suffix that indicates smallness in size or affection

ANSWERS: 40. eddy, 41. instructed, 42. tuck, 43. groundbreaking, 44. pretensions, 45. grasping, 46. canoe, 47. diminutive

48. He looked down on the royal \_\_\_\_\_ of the neighboring country.  
*n.* the family or the ethnic descent that you come from
49. I watched a thrilling \_\_\_\_\_ match at the club over the weekend.  
*n.* a sport played on horseback in which two teams try to hit a ball through a goal using long-handled mallets
50. She wore a bright red \_\_\_\_\_ for the beach trip.  
*n.* a piece of clothing worn for swimming
51. He quickly climbed up the corporate \_\_\_\_\_ and became the CEO within a few years.  
*n.* a level or rank in a hierarchical organization or system; a step or stage in a hierarchical structure or scale; a formation of troops, ships, aircraft, etc., arranged in a step-like order
52. The hikers experienced a difficult \_\_\_\_\_ to the summit due to the steep and rocky terrain.  
*n.* the act of climbing or moving upwards, often referring to a physical ascent of a mountain or a spiritual ascent or improvement; an upward movement; the process of moving upwards
53. The scientist studied the behavior of \_\_\_\_\_ in the wild.  
*n.* a large animal with long arms, no tail, and usually a lot of body hair, including gorillas, chimpanzees, orangutans, and gibbons
54. It's \_\_\_\_\_ to blame the teachers for the education system's failures.  
*adj.* so ridiculous, unreasonable, or out of place as to be amusing; absurd
55. The group of friends \_\_\_\_\_ to pull a prank on their teacher.  
*v.* to plan or plot together secretly, especially with an evil or unlawful purpose

ANSWERS: 48. ancestry, 49. polo, 50. swimsuit, 51. echelon, 52. ascent, 53. apes, 54. ludicrous, 55. conspired



56. The timer \_\_\_\_\_ reminding me that the cake was ready to come out of the oven.
- v.* to make a short, high-pitched sound, typically as a signal or warning
57. The new job opportunity offered by the company is highly \_\_\_\_\_.
- adj.* providing a benefit or advantage; favorable or beneficial
58. An increase in employment helps \_\_\_\_\_ economic growth.
- v.* to move, drive or push something forward or in a particular direction, often with a lot of force
59. The restaurant had a \_\_\_\_\_ of food left over from the weekend.
- n.* an excessive amount of something, especially of a commodity, that results in a decline in price
60. The Olympic \_\_\_\_\_ performed a flawless routine on the balance beam and received a perfect ten score.
- n.* a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment

ANSWERS: 56. beeped, 57. advantageous, 58. propel, 59. glut, 60. gymnast