



## Reading 56

*You are going to read three extracts which are all concerned in some way with well-being. For questions 1-6, choose the answer (A, B, C or D) which you think fits best according to the text.*

### A Martial Art

Learning expertise in Japanese martial arts has its price - bruised legs are standard badges of honour. But with perseverance these disciplines can boost mental alertness and physical strength, and relieve tension. As a novice I found there was a bewildering variety of martial arts. There were plenty that adopted seemingly aggressive methods of subduing an opponent, but they didn't appeal to me. I preferred something less belligerent, and I eventually discovered there was another way - that of aikido.

Aikido's founder was Morihei Ueshiba, a man who drew on ancient martial art styles and perfected his art in Japan in the 20th century. It's claimed he once pinned a famous sumo wrestler to the ground using just one finger. While that may be something of a fable, it illustrates aikido's core philosophy - overcoming opponents without doing them dire physical harm. Aikido is also effective training for strength, flexibility and posture. To be allowed on the exercise mats, you'll need the proper pyjama-like training wear and, as Paul Weber, a teacher of aikido, advises, 'an open mind. Leave all your preconceptions at the door.' Today, dozens of schools continue Ueshiba's teachings, so why not try it for yourself?

#### 1 What was the writer's main complaint about martial arts?

- A the difficulty of finding one that attracted him
- B the physical pain caused by the exercises
- C the problem he had in restraining aggressive opponents
- D the time it took to learn the disciplines

#### 2 According to the article, newcomers to aikido are recommended to

- A buy their equipment from a recognised source.
- B learn about the philosophy of Morihei Ueshiba.
- C go to classes without any fixed ideas about aikido.
- D check on their general health before attending classes.

## Ecotourism

Snacking on green ants is not everyone's idea of the most delicious holiday indulgence, but on a recent walk through the Daintree rainforest in Queensland, Australia, Aboriginal guide Kirsty Norris assured a group of uncertain guests that the traditional food source of her KukuYalanji tribe was worth a try. She might have been right - but luckily for the native ants and the tourists, rain came streaming down through the canopy, sending any possible food scurrying for cover.

Connecting with nature isn't a compulsory part of a stay at an environmentally friendly resort, but at the Daintree Eco Lodge, where tree-house villas are set on stilts above the compound's waterfall-fed creek, many people find themselves doing a bit of communing while they relax.

Although ecotourism is increasing in popularity, recording heady growth worldwide, it is still difficult to define. For some travellers, ecotourism means eavesdropping on nature from the comfort of a plush bed with a magnificent view. For others, it's about doing without hot showers and trekking across wildernesses. However, industry watchers say the category's basic tenet is minimal environmental impact combined with some contribution to education and conservation.

### 3 What does the writer say about a stay at Daintree Eco Lodge?

- A Visitors can choose how close to nature they get.
- B The visitors' rooms are less luxurious than at other resorts.
- C Visitors to the resort find the weather quite unpredictable.
- D Most visitors enjoy the educational aspect of staying in the resort.

### 4 What point is made in the third paragraph?

- A Ecotourism will soon reach a peak of popularity.
- B Some areas of the world should be protected from ecotourists.
- C The facilities provided for clients need to be improved.
- D Ecotourism now follows some fundamental principles.

## The happiest country

The most deservedly happy place on the planet is the South Pacific island nation of Vanuatu, according to an index published recently. Vanuatu comes top because its people are happy with their lot, live to nearly 70 and do little damage to the planet. Said Marke Lowen of Vanuatu Online, the country's online newspaper, 'People are generally happy here because they get by on very little. This is not a consumer-driven society. Life here is

about community and family and goodwill to other people. It's a place where you don't worry too much.'

The Economics Foundation, who compiled the index, said that the small population of 200,000 and the lack of aggressive marketing in what is essentially a subsistence economy were other factors which elevated the country to its top-dog status, adding that people in Vanuatu considered themselves 'caretakers' of the land. The Foundation believes that the survey shows that people can live long, fulfilled lives without using more than their fair share of the Earth's resources.

**5 What does Marke Lowen say about the people of Vanuatu?**

- A They are contented because everyone has a good income.
- B They are happy because they live in a small community.
- C They are glad to be isolated from the rest of the world.
- D They are satisfied that they have everything they need.

**6 The Economics Foundation has succeeded in**

- A demonstrating a point regarding national lifestyles.
- B explaining their theory about the impact of marketing.
- C finding new ways of minimising environmental damage.
- D measuring the effectiveness of the economy in several countries

# Reading 56 — Keys

- 1 A
- 2 C
- 3 A
- 4 D
- 5 D
- 6 A

## Explanation

### A Martial Art

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*Источник задания: Cambridge Preparation to the TOEFL*