



Ibrahim Hamato - the Egyptian Paralympian who holds his table tennis bat with his mouth and serves the ball by throwing it up with his right foot. This year he achieved his dream of competing in the Paralympics. Watch him play [here](#)

Weekly English Practice



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Coaching
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Do You Know The Real Olympic Heroes?

Olympic athletes work hard to achieve amazing results but nothing compares to what Paralympic competitors have to overcome

to be held: to organise an event

to opt for something: to choose something

to serve: (in sport) to start the point of a game

a challenge: a (difficult) test of your abilities

to stun: to give someone a big surprise or shock

bowls: a traditional sport played by throwing heavy balls

to face something: to confront and try to resolve something

regardless: without regard or consideration for something

mighty: possessing great and impressive power or strength

Ibrahim Hamato, a 41 year-old Paralympic table tennis player from Egypt was undoubtedly one of the most inspiring athletes of the 2016 Paralympic Games that **were held** in Rio de Janeiro in September.

Hamato lost both his arms in a tragic train accident when he was just 10 years old, and with soccer and table tennis the only two sports in his village he **opted for** the latter because he wanted a **challenge**.

He eventually developed a unique style that has gone on to amaze table tennis fans around the world. He plays with the bat in his mouth and he throws the ball up in the air with his feet when he **serves**.

"In our village we could only play table tennis and soccer and to start with I played both. It was logical to play soccer first due to my disability, then I started playing table tennis as a challenge," explained Hamato to curious journalists

When playing in an exhibition with the world's best players at the 2014 World Team Table Tennis Championships, Hamato **stunned** the players as well as the spectators. A video of the matches was uploaded to YouTube and his impeccable skills soon went viral.

"I can't believe he plays with his mouth, I've never seen anything like this before!" said an incredulous Jun Mizutani, Japan's n°1 and n°7 in the world rankings.

When asked about his disability Hamato answered: *"The disability is not in a person's arms or legs, the disability is to not persevere in whatever you would like to do."*

Susana Barroso, from Portugal, has competed in several Paralympics. First she won medals as a swimmer and now she competes in Boccia, a precision ball sport similar to **bowls**.

When asked why she plays sport she said: *"Sport is for everyone, it's good for your health and it fills your free time. My life improved when I started exercising. Sport made me feel good and helped me **face** my disability in a very positive way. We learn to see the positive side of life, we have goals and we try to reach them, **regardless** of the obstacles. We become more autonomous, more confident."*

She has a message for everyone: *"He who dominates others is strong, he who dominates himself is **mighty**"* (Lao Tzu).

If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.

Michael Jordan

"Let's chat about that!"

Write your answers in an email and send them to your ECP coach!

Give reasons for your answers

- *Have you ever watched the Paralympics on TV? Why/why not?*
- *Do you know anyone with a disability?*
- *What is your first reaction when you have a problem or find something difficult to do?*
- *Describe a personal achievement you are proud of. Was it difficult?*



“iLook, iThink, iSpeak” Express yourself better!

Welcome to WEEKLY ENGLISH PRACTICE 2016-17!

We hope you had a refreshing summer :-). Now it's time to refresh your English!

Please send us your suggestions for articles, interviews, activities and anything else you can think of - you can help us make the WEP even more interesting and useful for everybody!

Thanks in advance and see you again next week.

Best wishes, *John, Darren, Ali, Kez and Rob*



USEFUL LISTENING AND READING LINKS

To really improve your English it's vital to read and listen to the language. That's why we send you the Weekly English Practice every week.

But the internet is full of interesting sites that you can use too. Why not check out these useful links to practice your reading and listening?

Remember: to understand English speakers you need to practice listening to them!

[BBC LingoHack](#)

Listen to and watch authentic BBC World news bulletins and learn key words and phrases

[News In Levels](#)

The same news story in 3 different levels. Start with the easy version and finish with the original news source.

[CNN Student News](#)

Click on the link to the transcript, print it and then watch the video.

[The Local](#)

News articles about Spain in English

