

VIBE ACTIVITIES

Stay Strong: *Daniel Geale – The Real Deal* pages 22 and 23



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Take it from Daniel, there

“If I let things like punching somebody or trying to get into fights get the best of me, I know that is going to stop my career and ruin everything. I’m always very mindful of everything I do.”

thrown in boxing gloves in the ring and at willing and ready opponents.

“I see it as when somebody doesn’t want to engage in any sort of fight and somebody’s being pressed by somebody else then they punch them for no apparent reason and the other person doesn’t want any part of that. That’s definitely, in my eyes, a coward punch,” explains Daniel.

“I’ve seen it a little bit over the years and it does make me angry,

usually because they’re trying to stand over the other person. Sometimes they’re trying to get the first hit in, just in case a fight does start. Sometimes they don’t realise that that first hit can be deadly.”

Daniel, who is hoping to regain his world title soon, has to get angry before facing his opponents, but his anger is a rarity outside of the ring. When he does become irate, he simply takes it out on the bag, not only because his boxing license depends on it, but also because it’s the right thing to do.

SINCE THE YEAR 2000, 91 PEOPLE HAVE BEEN KILLED AS A RESULT OF BRAIN TRAUMA ASSOCIATED WITH BEING PUNCHED. THAT’S 91 LIVES LOST FROM A MINDLESS AND USUALLY UNPROVOKED ATTACK FUELLED BY ALCOHOL THAT HAS SINCE BEEN NAMED, NOT SO APTLY, A ‘KING HIT’.

A ‘king hit’, which is now largely referred to as a ‘coward punch’ is the result of just that: cowardice. It’s characterised by someone delivering a punch to an unsuspecting victim, which usually results in severe injury or death, usually when the unconscious person’s head strikes the ground.

Former IBF, IBO and WBA Middleweight World Boxing Champion, Daniel ‘The Real Deal’ Geale, has definitely delivered his fair share of punches throughout his career but the difference is that those punches were

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**STAY
STRONG**

's nothing royal about a 'king hit'

"Life can be frustrating and sometimes people do things that do make you angry. There have been times in the past where there have been opportunities to get in trouble, but I've always had my goals set. I've always known where I want to go, always known I wanted to improve myself," he says.

"If I let things like punching somebody or trying to get into fights get the best of me, I know that is going to stop my career and ruin everything for me. I'm always very mindful of everything I do."

All of us experience bouts of aggression where we feel like fighting and destroying things. Many things can cause this: problems at school, home, and work can all spark anger, but there is a proper way to manage it.

"If there is an issue there with aggression, get down to a local boxing club. There are heaps of MMA [Mixed Martial Arts] cage fighting schools around, there's karate... there are so many other outlets to take that frustration out rather than going out and having a heap of alcohol and trying to find somebody to fight," he says.

"A lot of the time people will find a smaller person to try and pick on and bully. If they think they're that tough, go to a boxing class and try and do it there in an environment that caters for that. Doing it out, especially after a few beers, is definitely not the place to do it."

Daniel has had many people – often victims of bullying – come down to his gym to try and find a constructive way to relieve aggression rather than fighting. He says that doing it this way "helps everybody out".

"I've had kids who have been bullied before coming into the classes and turn things around," he says. "When the kids

come in and tell me that their bullies aren't picking on them anymore and they can stand up for themselves, that's great. It motivates me and everything that I do."

In the heat of the moment, fighting or punching someone may feel like the only way to solve a problem, but it's not, as Daniel explains.

"Talk it out. If somebody does make you angry then tell them, don't just punch them. Talking is definitely the best way to solve problems – or say you've had enough. If someone annoys me on the road I'll go to the gym and hit heavy bags for half an hour and vent that frustration," he says.

"Fighting just makes things worse. If you're out, you're drinking, you get angry and you punch somebody at that moment you may feel slightly better, but when you wake up the next morning with a broken hand and charges laid against you it's going to be much, much worse."

So take it from Daniel 'The Real Deal' Geale. Don't go out and instigate fights or 'coward punch' because, as Daniel said, you'll regret it. Go for a run, hit a boxing bag or just lie down, breathe deeply, and relax.



Since the year 2000, 91 people have been killed by unprovoked “king hits” or “coward punches.”
 Laws have been changed to severely punish anyone who delivers “one punch” that injures or kills another person.
 Daniel Geale advises to use your strength and aggression in the sporting ring, rather than out in public.

ACTIVITY 1

BUILDING READING SKILLS



- skimming and scanning for information
- reading headings, text boxes and pictures
- reading for meaning
- making connections between the text and your world

There are three levels of comprehension questions:

- | | |
|-----------------|---|
| Literal | The answer is located in one sentence in the text. |
| Inferred | You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know. |
| Applied | The answer is in your background knowledge, what you already know or feel. |

1 How does the text define a “king hit”?

(inferred)

Write your answer on the lines.

2 What is the purpose for this text?

(applied)



3 Explain how Daniel Geale uses boxing as a way of alleviating aggression.

(applied)

4 Evaluate the effectiveness of this text in achieving its overall aims.

(applied)

ACTIVITY 2

LANGUAGE CONVENTIONS – SPELLING

1 The spelling mistakes in these sentences have been underlined.
Write the correct spelling for each word in the box.

Brain troma can result from one punch.

It is an act of cowardise.



ACTIVITY 3

LANGUAGE CONVENTIONS – PUNCTUATION



1 Write these three sentences correctly, correcting the spelling and adding the missing punctuation.

daniel geale advices if somebody makes you angry
 then tell them dont just punch them talking is definetly the best
 way to solve problems in the heat of the moment fighting
 or punching someone may feel like the only way to solve
 a problem but its not

ACTIVITY 4

WRITING AN EXPOSITION



1 TOPIC – Which new law would you bring in?

Rules and laws tell us what we can and cannot do. The “coward punch” law was brought in to protect people from violence.

Choose a law that you want to have brought in that everyone has to follow.

Write to convince a reader that this is an important law to bring in.

An Exposition is a type of argument that states one point of view about an issue. (A Discussion argues **both** sides of an issue.)

Here's how most Expositions are structured:

Argument type	Social purpose	Stages	Phases
Exposition	argues one point of view about an issue	<p>Thesis – statement of your point of view (Introduction)</p> <p>Arguments – points (Your opinions)</p> <p>Restatement (Conclusion)</p>	<p>preview all the points</p> <p>evidence statistics quotes examples elaborations</p> <p>review all the points and sum up</p>

TOPIC – Which new law would you bring in?

Brainstorm your ideas.

Write an EXPOSITION to convince a reader.

Think about:

- examples, statistics, elaborations and your ideas.

Remember to:

- research your topic and plan your writing.
- choose your arguments carefully.
- start with an attention-grabbing introduction.
- state your arguments clearly.
- give reasons and examples for your arguments.
- write in sentences.
- use words that connect your ideas cohesively (to begin, next, in addition to, furthermore, in conclusion...).
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinion; use persuasive language – rhetorical questions, high modality, emotive language, repetition, data and statistics etc.
- pay attention to your spelling and punctuation.
- check and edit your writing so that it is clear for a reader.

