Read the text and choose one of the options a, b, c, or d which best suits the text.

*From an interview with Elizabeth Pennell. author of “Self—Defense for Women”*

**How can martial arts help?**

If you study any kind of martial arts, you gain a certain physical competence. You don’t 1\_\_\_\_\_\_\_\_\_\_\_\_\_\_ one morning and say: 'Wow, I'm not scared anymore'. You suddenly notice you’re making different 2\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . You can decide to ditch the lousy boyfriend and make a better choice. You can go to the movies by yourself at night. This doesn’t mean that you shouldn’t be smart. You choose the well-lit parking spot. Have your keys in your 3\_\_\_\_\_\_\_\_\_\_\_\_\_\_.Pay attention to what’s going on. Be sensible. But you lose some of that irrational 4\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**You got mugged before you ever took up martial arts. Tell us about that.**

That was my chick phase. I was 19 or something. I looked 5\_\_\_\_\_\_\_\_\_\_\_\_\_\_ such a girl. A real victim. Once I was held up at 6\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I was in a store, just visiting, and a guy wanted a person to use as collateral, so he told the cashier either to give him the money or he would shoot me. The cashier gave him the money. I 7\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**What about the other mugging?**

I was grocery shopping at night, and I left a well-lit street. I took my usual shortcut through a parking lot and down the back street where there was never anybody around. I was 8\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bags of goods, these really fancy shopping bags from a gourmet store. It was clear that a couple of guys had been waiting because this was the way I usually went home. One walked up in front of me and 9\_\_\_\_\_\_\_\_\_\_\_\_\_\_ me. The other grabbed me from 10\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

l. a) wake up b) make up c) look up d) put up

2. a) decide b) decisive c) decisions d) divisions

3. a) ﬁngers b) band c) bag d) arm

4. a) horrible b) terrible c) scared d) fear

5. a) as b) like c) as if d) that

6. a) gunpowder b) gunﬁre c) gun d) gunpoint

7. a) alarmed b) saved c) survived d) rescued

8. a) carrying b) bringing c) buying d) wearing

9. a) interfered b) intercepted c) intervened d) killed

10. a) ahead b) above c) behind d) beyond