

Vocabulaire 1-22

Groupe 1

Mots à apprendre

Mot	Classe	Sens	Exemple en contexte
brawn	<i>n.</i>	muscular strength · muscles, force physique	<i>He won on brawn and sheer will.</i>
frame	<i>n.</i>	the build of a body · carrure, charpente	<i>Drago's huge frame filled the ring.</i>
bulk	<i>n.</i>	large body mass · masse, corpulence	<i>Rocky gave away pounds of bulk to him.</i>
sweat	<i>n.</i>	moisture produced by hard effort · sueur	<i>Sweat poured off him after each round.</i>
beefy	<i>adj.</i>	solidly muscular and heavy · costaud, baraqué	<i>A beefy sparring partner held the pads.</i>
rugged	<i>adj.</i>	tough and rough-hewn · robuste, taillé à la serpe	<i>His rugged face bore old scars.</i>
workout	<i>n.</i>	a session of physical exercise · séance d'entraînement	<i>Each workout left him gasping.</i>
stamina	<i>n.</i>	the ability to sustain effort · endurance, résistance	<i>His stamina held in the late rounds.</i>
bout	<i>n.</i>	a boxing match · combat, match	<i>The bout went the full distance.</i>
grit	<i>n.</i>	courage and determination · cran, ténacité	<i>Pure grit kept him on his feet.</i>
willpower	<i>n.</i>	control over one's own actions · volonté, force de caractère	<i>Willpower drove him up the mountain.</i>
ordeal	<i>n.</i>	a painful, testing experience · épreuve, calvaire	<i>Training in the snow was an ordeal.</i>
underdog	<i>n.</i>	the competitor expected to lose · outsider, opprimé	<i>The crowd roared for the underdog.</i>
dogged	<i>adj.</i>	stubbornly persistent · obstiné, tenace	<i>His dogged refusal to quit unnerved Drago.</i>
gruelling	<i>adj.</i>	extremely tiring and demanding · exténuant, éreintant	<i>A gruelling six-week regime awaited him.</i>

Expressions idiomatiques

Expression idiomatique	Sens
to be in good shape	être en forme
no pain, no gain	on n'a rien sans rien
to give it one's all	se donner à fond

Mots à reconnaître

Mot	Classe	Sens	Exemple en contexte
strong	<i>adj.</i>	having great physical power · fort, puissant	<i>He grew stronger with every week.</i>
muscle	<i>n.</i>	tissue that produces movement · muscle	<i>His muscles ached from the climb.</i>
fight	<i>n.</i>	a boxing contest; a struggle · combat, bagarre	<i>The fight of his life lay ahead.</i>
punch	<i>n.</i>	a blow with the fist · coup de poing	<i>One punch could end it all.</i>
train	<i>v.</i>	to prepare by exercise · s'entraîner	<i>He trained from before dawn.</i>
gym	<i>n.</i>	a place for physical exercise · salle de sport	<i>The gym smelt of sweat and leather.</i>
tough	<i>adj.</i>	strong and resilient · dur, coriace	<i>A tough fighter from the streets.</i>
pain	<i>n.</i>	physical suffering · douleur	<i>He pushed on through the pain.</i>
blood	<i>n.</i>	the red fluid in the body · sang	<i>Blood ran from his split brow.</i>
fit	<i>adj.</i>	in good physical condition · en forme	<i>Fitter than ever, he climbed in.</i>
power	<i>n.</i>	strength or force · puissance	<i>Drago's power was terrifying.</i>
speed	<i>n.</i>	rapidity of movement · vitesse, rapidité	<i>Rocky's speed troubled the giant.</i>
ring	<i>n.</i>	the square area for boxing · ring	<i>The lights blazed over the ring.</i>
champion	<i>n.</i>	the title-holder in a sport · champion	<i>The reigning champion looked unbeatable.</i>
win	<i>v.</i>	to be victorious · gagner, vaincre	<i>To win, he had to outlast him.</i>

Groupe 2

Mots à apprendre

Mot	Classe	Sens	Exemple en contexte
sinew	<i>n.</i>	tissue joining muscle to bone; strength · tendon, nerf ; force	<i>Every sinew strained at the rope.</i>
heft	<i>n.</i>	weight and bulk · poids, masse	<i>He felt the heft of Drago's punch.</i>
barrel-chested	<i>adj.</i>	having a large, rounded chest · à la poitrine large	<i>A barrel-chested giant of a man.</i>
strapping	<i>adj.</i>	big and strongly built · bien bâti, robuste	<i>A strapping young heavyweight.</i>
chiselled	<i>adj.</i>	sharply and firmly defined · taillé, ciselé	<i>His chiselled jaw set hard.</i>
regimen	<i>n.</i>	a strict, prescribed routine · régime, programme	<i>A brutal training regimen broke lesser men.</i>
conditioning	<i>n.</i>	physical preparation for performance · préparation physique	<i>Months of conditioning paid off.</i>
exertion	<i>n.</i>	intense physical effort · effort intense	<i>His face twisted with exertion.</i>
reps	<i>n.</i>	repetitions of an exercise · répétitions	<i>He pounded out endless reps.</i>
spar	<i>v.</i>	to box in practice · s'entraîner au combat	<i>He sparred for hours each day.</i>
backbone	<i>n.</i>	strength of character · cran, caractère, trempe	<i>It took backbone to face Drago.</i>
fortitude	<i>n.</i>	courage in pain or adversity · force d'âme, courage	<i>He bore the blows with fortitude.</i>
mettle	<i>n.</i>	spirit and resilience under pressure · courage, trempe	<i>The final round tested his mettle.</i>
punishing	<i>adj.</i>	harsh and exhausting · éreintant, très dur	<i>A punishing schedule from dawn to dusk.</i>
unyielding	<i>adj.</i>	refusing to give way · inflexible, qui ne cède pas	<i>An unyielding will behind tired eyes.</i>

Expressions idiomatiques

Expression idiomatique	Sens
to go the distance	tenir jusqu'au bout
a glutton for punishment	un(e) masochiste à l'effort
to dig deep	puiser au fond de soi

Mots à reconnaître

Mot	Classe	Sens	Exemple en contexte
physique	<i>n.</i>	the form and build of a body · physique, carrure	<i>Drago had a sculpted physique.</i>
endurance	<i>n.</i>	the ability to withstand strain · endurance	<i>His endurance was legendary.</i>
muscular	<i>adj.</i>	having well-developed muscles · musclé	<i>A muscular back glistened with sweat.</i>
agility	<i>n.</i>	the ability to move quickly and easily · agilité	<i>Agility was Rocky's one advantage.</i>
opponent	<i>n.</i>	one who competes against another · adversaire	<i>His opponent towered over him.</i>
knockout	<i>n.</i>	a blow that ends the fight · K.-O., mise hors de combat	<i>One knockout would settle it.</i>
jab	<i>n.</i>	a quick, straight punch · jab, direct du gauche	<i>A sharp jab snapped Drago's head back.</i>
discipline	<i>n.</i>	strict self-control and training · discipline	<i>Iron discipline shaped his days.</i>
intensity	<i>n.</i>	extreme force or concentration · intensité	<i>He trained with frightening intensity.</i>
strength	<i>n.</i>	the quality of being physically strong · force	<i>Raw strength alone was not enough.</i>
fatigue	<i>n.</i>	extreme tiredness · fatigue, épuisement	<i>Fatigue dragged at his legs.</i>
rival	<i>n.</i>	a competitor for the same goal · rival	<i>His cold rival showed no emotion.</i>
defeat	<i>n.</i>	the state of being beaten · défaite	<i>Defeat was not in his vocabulary.</i>
triumph	<i>n.</i>	a great victory · triomphe	<i>His triumph silenced the arena.</i>
vigour	<i>n.</i>	physical strength and energy · vigueur, énergie	<i>He attacked with renewed vigour.</i>

Groupe 3

Mots à apprendre

Mot	Classe	Sens	Exemple en contexte
sinewy	<i>adj.</i>	lean and muscular · musclé, nerveux	<i>His sinewy arms hauled the sled uphill.</i>
wiry	<i>adj.</i>	thin but tough and strong · sec et nerveux, noueux	<i>A wiry trainer barked at him.</i>
gristle	<i>n.</i>	tough cartilage; toughness · cartilage, nerf	<i>Years of work had turned him to gristle.</i>
doggedness	<i>n.</i>	stubborn persistence · opiniâtreté, acharnement	<i>Sheer doggedness wore Drago down.</i>
honing	<i>n.</i>	the act of sharpening or refining · affûtage, peaufinage	<i>The honing of his reflexes never stopped.</i>
limber	<i>adj.</i>	supple and able to move easily · souple, agile	<i>He kept limber with morning stretches.</i>
lithe	<i>adj.</i>	slender, supple and graceful · leste, souple	<i>Lithe footwork carried him round the ring.</i>
unflinching	<i>adj.</i>	not shrinking from danger or pain · inébranlable, qui ne bronche pas	<i>An unflinching stare met the champion.</i>
steely	<i>adj.</i>	coldly determined · d'acier, déterminé	<i>A steely calm settled over him.</i>
battle-hardened	<i>adj.</i>	toughened by long, hard experience · aguerri, endurci	<i>A battle-hardened veteran of the ring.</i>
bruising	<i>adj.</i>	brutally hard and punishing · éprouvant, brutal	<i>A bruising war of attrition began.</i>
tireless	<i>adj.</i>	never seeming to grow weary · infatigable	<i>His tireless corner urged him on.</i>
gritty	<i>adj.</i>	showing tough courage; rough · tenace, courageux ; rude	<i>A gritty, blood-streaked performance.</i>
powerhouse	<i>n.</i>	a person of great energy or strength · force de la nature	<i>Drago was a powerhouse of muscle.</i>
hulk	<i>n.</i>	a large, clumsy-looking person · colosse, mastodonte	<i>The hulk in the red corner barely moved.</i>

Expressions idiomatiques

Expression idiomatique	Sens
down but not out	à terre mais pas vaincu
to roll with the punches	encaisser les coups, s'adapter
to have what it takes	avoir l'étoffe, avoir ce qu'il faut

Mots à reconnaître

Mot	Classe	Sens	Exemple en contexte
perseverance	<i>n.</i>	steady persistence despite difficulty · persévérance	<i>Perseverance carried him through.</i>
tenacity	<i>n.</i>	the quality of holding on firmly · ténacité	<i>His tenacity stunned the crowd.</i>
resilience	<i>n.</i>	the ability to recover from setbacks · résilience	<i>His resilience seemed bottomless.</i>
stoicism	<i>n.</i>	endurance of pain without complaint · stoïcisme	<i>He took each blow with stoicism.</i>
indomitable	<i>adj.</i>	impossible to subdue or defeat · indomptable	<i>An indomitable spirit drove him on.</i>
brawniness	<i>n.</i>	muscular bulk and strength · musculature, force	<i>All Drago's brawniness could not break him.</i>
musculature	<i>n.</i>	the system of muscles of the body · musculature	<i>His musculature rippled under the lights.</i>
pugilist	<i>n.</i>	a boxer · pugiliste, boxeur	<i>An ageing pugilist with one last fight.</i>
adversary	<i>n.</i>	an opponent or enemy · adversaire	<i>His adversary felt no pity.</i>
attrition	<i>n.</i>	gradual wearing down of strength · usure, attrition	<i>The bout became a war of attrition.</i>
gladiatorial	<i>adj.</i>	of fierce combat for spectators · de gladiateur	<i>A gladiatorial spectacle for the crowd.</i>
herculean	<i>adj.</i>	requiring enormous strength or effort · herculéen	<i>A herculean effort hauled him upright.</i>
indefatigable	<i>adj.</i>	incapable of being tired out · infatigable	<i>His indefatigable trainer never rested.</i>
prowess	<i>n.</i>	skill and ability, esp. in combat · prouesse, maîtrise	<i>His ring prowess had faded with age.</i>
valour	<i>n.</i>	great courage in the face of danger · bravoure, vaillance	<i>He fought with quiet valour.</i>