

Vocabulaire 2-9

Groupe 1

Mots à apprendre

Mot	Sens	Équivalent	Exemple
to train (v)	to practise hard to improve at a sport	s'entraîner	<i>Rocky was training alone in the freezing gym.</i>
to sweat (v)	to lose water through the skin when hot or working hard	transpirer, suer	<i>He was sweating hard as he hit the bag.</i>
blow (n)	a hard hit with the hand or a weapon	coup	<i>He took blow after blow without falling.</i>
to fight (v)	to take part in a physical struggle (fought)	se battre, combattre	<i>Rocky was fighting in small clubs for years.</i>
tough (adj)	strong and able to take hardship	dur, coriace	<i>He was a tough, stubborn street fighter.</i>
bout (n)	a boxing match	combat, match (de boxe)	<i>His early bouts earned him almost nothing.</i>
weary (adj)	very tired	las, épuisé	<i>He came home weary and bruised every night.</i>
to struggle (v)	to try hard against difficulty	lutter, peiner	<i>His family was struggling to pay the rent.</i>
stubborn (adj)	refusing to give up or change	têtu, obstiné	<i>Rocky was too stubborn to ever give up.</i>
underdog (n)	the person expected to lose	outsider, opprimé	<i>Everyone saw him as a hopeless underdog.</i>
to lift (v)	to raise something heavy	soulever	<i>He was lifting weights in the back of the shop.</i>
slum (n)	a poor, run-down part of a city	taudis, quartier pauvre	<i>He grew up in a grim Philadelphia slum.</i>
dream (n)	something you hope for in the future	rêve	<i>He dared to dream of a better life.</i>
proud (adj)	feeling deep pleasure in oneself	fier	<i>He just wanted to stand there, proud, at the end.</i>
to quit (v)	to stop or give something up	abandonner, laisser tomber	<i>A real fighter, said Mickey, never quits.</i>

Expressions

Expression	Sens	Exemple
to go the distance	to last until the very end — tenir jusqu'au bout, aller au bout	<i>Rocky just wanted to go the distance with Apollo.</i>
to give it your all	to make your greatest possible effort — se donner à fond	<i>In training, he gave it his all.</i>
to work up a sweat	to exercise hard enough to sweat — suer à l'effort, transpirer	<i>He works up a sweat before dawn each day.</i>

Mots à reconnaître

Mot	Sens
boxer (n)	boxeur
coach (n)	entraîneur
opponent (n)	adversaire
glove (n)	gant
fist (n)	poing
jab (n)	jab, coup direct
round (n)	round, reprise
workout (n)	séance d'entraînement
muscle (n)	muscle
fit (adj)	en forme
strong (adj)	fort
effort (n)	effort
pain (n)	douleur
to win (v)	gagner
to lose (v)	perdre

Groupe 2

Mots à apprendre

Mot	Sens	Équivalent	Exemple
to endure (v)	to suffer something difficult patiently	endurer, supporter	<i>Rocky was enduring brutal training every day.</i>
grit (n)	courage and determination	cran, ténacité	<i>Pure grit kept him standing in the ring.</i>
gruelling (adj)	extremely tiring and demanding	exténuant, éreintant	<i>His daily runs were long and gruelling.</i>
stamina (n)	the strength to keep going for a long time	endurance, résistance	<i>He slowly built up the stamina to last.</i>
contender (n)	a person competing to win a title	prétendant, challenger	<i>Overnight, the unknown became a contender.</i>
to spar (v)	to practise boxing with a partner	s'entraîner (à la boxe), faire un assaut	<i>He was sparring with younger, faster fighters.</i>
brawl (n)	a rough, noisy fight	bagarre, rixe	<i>He learned to fight in street brawls.</i>
setback (n)	a problem that delays progress	revers, contretemps	<i>Each setback made him more determined.</i>
run-down (adj)	in poor condition through neglect	délabré, décrépit	<i>He trained in a run-down old gym.</i>
willpower (n)	the strength of mind to do something hard	volonté, force de caractère	<i>Sheer willpower drove him up the steps.</i>
bruise (n)	a dark mark on the skin from a blow	bleu, ecchymose	<i>He wore his bruises like badges of honour.</i>
hardship (n)	a difficult, painful situation	épreuve, difficulté	<i>He had known hardship all his life.</i>
stride (n)	a long step; steady progress	foulée, grand pas	<i>By fight night he had hit his stride.</i>
seedy (adj)	shabby and slightly disreputable	louche, miteux, mal famé	<i>He collected debts in seedy backstreets.</i>
dogged (adj)	stubbornly determined	tenace, opiniâtre	<i>His dogged training never let up.</i>

Expressions

Expression	Sens	Exemple
to throw in the towel	to give up and admit defeat — jeter l'éponge	<i>His corner refused to throw in the towel.</i>
no pain, no gain	success requires hard effort — on n'a rien sans rien	<i>No pain, no gain, Mickey kept telling him.</i>
to pull oneself up by one's bootstraps	to succeed through one's own hard effort — s'en sortir par ses propres moyens	<i>Rocky pulls himself up by his bootstraps.</i>

Mots à reconnaître

Mot	Sens
trainer (n)	entraîneur
mentor (n)	mentor
footwork (n)	jeu de jambes
stance (n)	position, garde
uppercut (n)	uppercut
hook (n)	crochet
referee (n)	arbitre
title (n)	titre
gritty (adj)	âpre, dur, réaliste
sweaty (adj)	en sueur, moite
battered (adj)	meurtri, cabossé
exhausted (adj)	épuisé
determined (adj)	déterminé
to perspire (v)	transpirer
sparring (n)	entraînement (assaut)

Groupe 3

Mots à apprendre

Mot	Sens	Équivalent	Exemple
fortitude (n)	courage in facing pain or hardship	courage, force d'âme	<i>He bore the pain with silent fortitude.</i>
punishing (adj)	very harsh and exhausting	éreintant, exténuant	<i>He was following a punishing daily routine.</i>
unflagging (adj)	never weakening or tiring	inlassable, soutenu	<i>His unflagging effort amazed even Mickey.</i>
grind (n)	hard, dull, exhausting work	corvée, train-train éreintant	<i>The daily grind slowly toughened him.</i>
pugilist (n)	a boxer	boxeur, pugiliste	<i>The ageing pugilist had one last shot.</i>
unyielding (adj)	refusing to bend or give way	inflexible, opiniâtre	<i>He was unyielding, even when exhausted.</i>
destitution (n)	extreme poverty	dénuement, misère	<i>He was fighting to escape destitution.</i>
mettle (n)	courage and strength of character	courage, trempe, cran	<i>The title bout would test his true mettle.</i>
sinewy (adj)	lean, tough and muscular	musclé, noueux	<i>Years of work left him lean and sinewy.</i>
down-at-heel (adj)	shabby from lack of money	miteux, déclassé	<i>He lived in a down-at-heel corner of the city.</i>
exertion (n)	great physical effort	effort (intense)	<i>He collapsed, grey with exertion.</i>
stalwart (adj)	loyal, reliable and hard-working	solide, vaillant, fidèle	<i>Mickey was his stalwart, loyal trainer.</i>
no-hoper (n)	a person with no chance of success	cas désespéré, sans chance	<i>The press wrote him off as a no-hoper.</i>
to spur on (v)	to encourage or drive forward	éperonner, motiver	<i>Adrian's faith spurred him on.</i>
to prevail (v)	to win or be victorious in the end	l'emporter, triompher	<i>He needed only to last, not to prevail.</i>

Expressions

Expression	Sens	Exemple
to go down swinging	to keep fighting until the very end — se battre jusqu'au bout	<i>If he loses, he'll go down swinging.</i>
blood, sweat and tears	great effort and hardship — du sang, de la sueur et des larmes	<i>The title cost him blood, sweat and tears.</i>
against all odds	despite very little chance of success — contre toute attente, envers et contre tout	<i>Against all odds, Rocky goes the distance.</i>

Mots à reconnaître

Mot	Sens
tenacity (n)	ténacité
resilience (n)	résilience, endurance
adversity (n)	adversité
indefatigable (adj)	infatigable
dauntless (adj)	intrépide, indomptable
intrepid (adj)	intrépide
valour (n)	bravoure, vaillance
sinew (n)	tendon, nerf ; vigueur
brawn (n)	muscle, force physique
prowess (n)	prouesse, talent
vigour (n)	vigueur, énergie
gumption (n)	jugeote, cran
grindstone (n)	meule (nose to the grindstone)
slog (n)	corvée, effort pénible
toil (n)	labeur, peine