**A15 Amy Lawrence**

**Uni 1: Do you come from a family of athletes or couch potatoes?**

My father is a ***fitness freak***, and we all take after him. Everyone in my family is the ***outdoor type***, and we are all good at sports. My parents are good at badminton, my brother is very good at taekwondo, and I am good at rollerblading. We are not experts, but we are good.

First, my parents’ hobby is badminton, and they play every morning in a park near our house. They usually play doubles, and they are the champions in our apartment complex in Riverside. They have won several trophies in tournaments at our local health club. In addition, my father is a hapkido expert, and thee times a year he is a judge at hapkido tournaments.

Second, we are good at taekwondo. My older brother is a third degree black belt. He has been taking taekwondo since he was five years old. At first, he liked to do the poomsehs. But these days he likes to do high, spinning kicks. He has ***killer abs***. He is on the demonstration team at his dojang, and last year they performed at City Hall.

Third, we are good at rollerblading. I am the champion there! I have been rollerblading for three years. Lately I have been practicing going backwards. It took me a while to get the hang of it, but now I’m pretty good. I am also very fast and have great ***endurance***. I’m not good at jumping yet, but soon I will be. Soon I will try the skateboard, but first I need to buy a helmet.

Well, there it is. My whole family is in shape and good at sports. My parents are good at badminton, my brother at taekwondo, and I am good at rollerblading. We are not world champions, but we are all fit, healthy, and athletic. In sum, my father is super fit for a man his age, and he set the example for his whole family. (322)

  