

## Catch Word #61 – Pumped up

### Transcript

Maura: Hello everyone. This is Maura.

Harp: And Harp.

Maura: And we're here with you today with our Catch Word podcast, where we look at an expression or slang term, and we explain it and give you lots of fun examples of how to use it.

Harp: Exactly. Make sure you check out our website, that's Culips.com, CULIPS.com, because there you can find the Lipservice. Maura, what's in the Lipservice?

Maura: Well Harp, I'm glad you asked. In the Lipservice you can find the transcript for this episode. You can also get more detailed explanations and a little quiz.

Harp: Very fun.

Maura: Yeah, so don't forget to check out that stuff. Now, what is the expression? What is the word we're going to look at today?

Harp: Today's expression is **pumped**.

Maura: That's a fun word to say: **pumped**.

Harp: **Pumped**.

Maura: Right. So you can use the word **pumped** to describe a person. Like, Harp, are you **pumped** today?

Harp: I am **pumped** today!

Maura: Good. So what does that mean, **to be pumped**?

Harp: **To be pumped** means to be excited, to be enthusiastic about something.

Maura: Yeah, so you're really excited, you're happy about something, you're **pumped**.

Harp: Exactly. I'm **pumped** about this episode.

- Maura: Me too. So, with this word you can say **pumped** or you can also say **pumped up**.
- Harp: Exactly.
- Maura: And it has the same meaning.
- Harp: Yeah, I'm **pumped** about this episode. I'm **pumped up** about this episode.
- Maura: Yeah, so it's up to you. If you like the word **up**, you can say **pumped up** too. What's something that maybe you've been **pumped up** about recently Harp?
- Harp: Well I'm going on a holiday very soon so I'm **pumped** about that.
- Maura: When are you **going away**?
- Harp: I'm leaving really soon. I'm leaving in a couple days.
- Maura: And where are you going?
- Harp: I'm going back home to visit my parents.
- Maura: Oh, so, is that why you're **pumped**?
- Harp: I am **pumped** to see my parents. It's been a long time.
- Maura: So, what else could someone be **pumped** about, Harp?
- Harp: Really, you could be **pumped** about anything, a hockey game, a competition.
- Maura: Hey, yeah! When I was younger, I used to take dance lessons and sometimes we **would** have competitions. I would definitely get **pumped up** before a competition.
- Harp: Wow, that would be exciting.
- Maura: Yeah, you get excited. You get lots of energy going because, you know, it's a competition, so you wanna do your best.
- Harp: Did you win a lot?
- Maura: Um ... sure. OK, so when someone is excited, you can say they're **pumped** or **pumped up**. But there are also other ways you can say that.

- Harp: What are some other ways you can say that, Maura?
- Maura: Well, you can also say that someone is **fired up**.
- Harp: Yes, you can say someone's **fired up**.
- Maura: Right. In this case you must use **up**. You can't say someone is fired. Someone who is excited is **fired up**.
- Harp: Yeah, let's give an example for **fired up**.
- Maura: So Harp, are you ready for your presentation this afternoon?
- Harp: Yeah, I'm ready, I'm prepared, and I'm feeling **fired up** for it.
- Maura: OK good, I'm **looking forward to** it then.
- Harp: Yeah, I'm excited.
- Maura: OK, great. So that was an example of someone who is **fired up** for a presentation. But really you could be **fired up** for anything that makes you excited.
- Harp: Yeah, if you're enthusiastic and excited about something you can say that you're **fired up**.
- Maura: Yeah, this summer I'm going to **La Ronde**, in Montreal. That's an amusement park with roller coasters and lots of fun stuff to do. I'm pretty **fired up** about it.
- Harp: Yeah, you're excited to go?
- Maura: Yeah, it's been a long time since I went on a roller coaster, so yeah, I'm **fired up** to go.
- Harp: Very fun.
- Maura: OK, so we looked at **pumped** or **pumped up** and **fired up**. What other expression do we have that has the same meaning?
- Harp: Another fun expression that I really like is **to be stoked**.
- Maura: Yeah, **to be stoked**. So **to be stoked** has again the same meaning as **pumped** or **fired up**. **To be stoked** means that someone is excited.

- Harp: Yeah, so I'm **stoked** about the concert this weekend.
- Maura: Yeah, perfect. So let's give an example with **stoked**.
- Harp: OK.
- Maura: So, how are you feeling about your first day of university?
- Harp: Maura, I'm so **stoked**; I'm so excited to go to university.
- Maura: Really? I wish I was **stoked**. I'm feeling kind of nervous and anxious.
- Harp: Oh no, you should get **stoked**. It's gonna be so much fun.
- Maura: You're probably right, but I just need to get used to it.
- Maura: OK, great. So that was another example of someone who was excited, **pumped**, and **stoked**, to go to school.
- Harp: Yeah, in the example, I was really **stoked** to go to university. I was **fired up**, excited.
- Maura: Yeah, but I wasn't.
- Harp: Yeah, you were nervous.
- Maura: So we have one more expression that means the same as **pumped** or **pumped up**, **fired up**, and **stoked**. What's that last expression, Harp?
- Harp: This last expression is **worked up**.
- Maura: Yeah, so **worked up**. We could say, "He was **worked up**," and it means that he was excited, or he was enthusiastic or energetic. So, **to get worked up** or **to be worked up** is to be excited or enthusiastic or energetic.
- Harp: Yeah, you can be **worked up** about anything. You could be excited and **worked up** about going to see a hockey game, a baseball game, to go on a date. You can be **worked up** about anything. It just means that you're excited about something.
- Maura: Yeah, I was at a concert about two weeks ago and when the singer came on stage, he was really getting the crowd **worked up** because he was singing and **clapping his hands** and so everyone in the crowd was really excited for the show.

- Harp: OK, that sounds like it was a fun time.
- Maura: Yeah. There is one thing we should mention about **worked up**.
- Harp: Yes, all the other expressions—**fired up**, **pumped up**, **stoked**—they're positive only. They mean that you're excited, that you're enthusiastic about something.
- Maura: Yeah, but **to be worked up** about something can also have some other more negative meanings. It really depends on the context. So if you want to know the other meanings for **worked up**, check out our Lipservice and we'll explain it in there. OK, let's go over the expressions that we looked at one last time.
- Harp: Yeah, we started with **pumped**, **pumped up**. Then we went to **fired up** and **stoked**. And the last expression was **worked up**.
- Maura: Yeah. And those all mean that someone is excited or enthusiastic about something.
- Harp: Exactly. They all mean the same thing.
- Maura: So, don't forget to check out our website and Lipservice, which I mentioned will have the other explanations for **worked up**.
- Harp: Exactly and that's at our website, Culips.com.
- Maura: C-U-L-I-P-S.com. So this has been Maura.
- Harp: And Harp.
- Maura: And we'll talk to you later. Bye.
- Harp: Bye.

## **Detailed Explanation**

### Pumped (up)

**To be pumped** or **pumped up** means to be excited, enthusiastic, and full of energy. In this episode, we mostly use **pumped** as an adjective, to describe a person. We often say **to be pumped**, or **to get pumped**. If we want to also say why the person is pumped, we say **to be pumped about** something.

**Pump up** can also be used in a slang way as a verb, **to pump up**. One person can cause another person to get excited; one person can **pump up** another person. With this usage, you can only use **pump up** and not simply **pump**.

Here are a couple of examples with **pump up** as a verb:

Sheila: As a coach it's really important to get the team motivated for the game.

Carl: Yeah, you really have to **pump** them **up** before a game.

Oscar: What are you going to do?

Peter: I'll try to **pump** everyone **up** as much as I can.

We also have more literal meanings for the word **pump**. **A pump** is a kind of machine that moves fluids or gases. A bike **pump** is a good example. It is a small machine that puts air into the tires of bikes. The machine is called **a pump** and the verb for filling the tire with air is **to pump**.

### To go away

**To go away** means simply to leave a place. **To go away** can also mean to take a vacation. The difference in the meaning depends on the context. In this episode, Maura asks Harp, "When are you **going away**?" In this case, she is asking Harp when she is going on vacation.

Here are a couple of examples with **to go away**. Can you see the differences in meaning?

Justin: I wish she would **go away**.

Lucy: Yeah, she does create a lot of problems when she's here.

Bruce: Sarah needs to **go away**.

Manuel: I agree. She needs to relax and take it easy.

In the second example, Bruce and Manuel are talking about a vacation for Sarah.

Would

Maura says that when she was younger she **would** compete in dance competitions. This note is just a reminder that **would** can be used to express the past. **Would** is mostly known for being used in polite questions or speaking in the conditional verb tense. But remember that **would** can also be used for talking about habits or an action that you did more than once in the past.

Here are some examples with **would**, talking about the past:

Travis: Last summer was so much fun!

Ivan: I know. We **would** go swimming every day.

Kim: What **would** you do for Christmas when you were young?

Alison: We **would** always get together with family and have a big dinner.

Fired up

**Fire up** has just the same meaning as **pump (up)**, and can be used in the same ways. **To fire up** can also be used as a verb like **to pump up**.

In this episode Maura says, "You can't say someone is fired." The truth is that you CAN say someone is fired, but the meaning is not the same as **fired up**. **To fire** means that a manager or boss tells an employee that they cannot continue to work for the company. If a person is fired it could be for many different reasons.

Here is an example showing the difference between *fire* and **fire up**.

Nancy: What did you do today?

Carmen: I actually got **fired**.

Nancy: Oh no! Really?

Carmen: It's OK. I was expecting it. I wasn't motivated in my job anymore.

Nancy: So what are you going to do now?

Carmen: I'm really **fired up** about going back to school and learning to be a pilot.

Nancy: Oh, great!

To look forward to ...

This is another expression that is usually fairly well known by people learning English: **to look forward to** something. Since we've gotten questions about it in the past, this is a good opportunity to explain how to use it once again.

**To look forward to** something means to be excited about something that's going to happen in the future. You can follow the expression with a noun, for example, *the party* or *it*. You can also use a gerund, which is the -ing form.

Here are some examples:

Ariane: Are you coming to my show tonight?

Tanner: Yeah! I'm really **looking forward to it**.

Melanie: I can't wait to go to Boston.

Ben: Me neither. I'm **looking forward to the train ride**.

Kevin: What are you doing this summer?

Jason: I'm really **looking forward to going** to the beach a lot!

### La Ronde

**La Ronde** is an amusement park in Montreal. Actually, it's just outside of Montreal on a small island. It's a typical theme park with lots of roller coasters, fun shows, and activities too.

### Stoked

**Stoked** is another synonym for **fired up** and **pumped (up)**, which are all used to describe someone who is excited and enthusiastic.

As a verb, **to stoke** does not have the slang meaning of excited and energetic. A person usually **stokes** a fire by adding or moving around the fuel to create a stronger fire.

You might see the connection here. When you **stoke** a fire you create more energy for the fire, and when a person is **stoked** they have lots of energy too. Remember though, that the verb **to stoke** cannot be used to talk about people.

To describe someone as **stoked** is surfer slang. It's a relatively new expression. The surfers probably began using **stoked** to describe their excitement about a big wave.

### I wish I was ...

In this episode, Maura says, "**I wish I was** stoked." This is a problem that we encounter at Culips sometimes: the difference between proper English grammar and common English grammar.

Some grammar books say that the phrase should be, "**I wish I were** ..." For conditionals and when we use **wish** in English, we should conjugate **were** in place of **was** for *I, he, she* and *it*. If you are writing and would like to be professional you should use **were**.



In everyday speech, people often use the regular past tense of **was**, just like Maura did. You will probably hear both.  
Here are a couple of examples:

She wishes she **were** a ballerina. OR: She wishes she **was** ballerina.

If I **were** a doctor I would travel to a developing country. OR: If I **was** a doctor I would travel to a developing country.

### Worked up

If someone is **worked up**, it can be a synonym for **pumped (up)**, **fired up**, and **stoked**.

**To work up** as a verb has another meaning that does not mean excited or energetic. **To work up** means to increase gradually.



There is one more important distinction for **worked up**. When someone is described as **worked up** it can have negative meanings too. **To be worked up** describes someone who is having an emotional response, which could be good, but it could also be sad.

Here are some examples with worked up. Can you see the difference between the negative and positive meanings?

Sylvia: I'm all **worked up** because I think I just won the lottery.

Joan: Oh wow! Let me check the numbers for you!

Michael: I'm **worked up** about my test tomorrow.

Dan: Don't be. I'm sure it will be fine.

Dale: Oh, I'm so **worked up** about my date tonight.

Glen: You mean you're excited?

Dale: No, I'm really nervous!

The first example used **worked up** in a positive way and the second example used it in a negative way. In the third example, Glen was not sure if Dale was excited or upset so he asked!

### Clapping hands

**To clap your hands**, or just **to clap**, is to put your hands together to show that you enjoyed something, like at the end of a live show or concert. You can also say **to applaud** or **to put your hands together** and it has the same meaning.

**Quiz**

1. **Vicky: How are you feeling tonight?**  
**Paul: I'm all \_\_\_\_\_ for the show!**  
  
a) pumped down  
b) pumped in  
c) pumped on  
d) pumped up
  
2. **Hilary: When I was a teenager I \_\_\_\_\_ go dancing every night.**  
**Please fill in the blank.**  
  
a) would  
b) should  
c) went  
d) used
  
3. **Which expression means to take a vacation?**  
  
a) to leave  
b) to party  
c) to go away  
d) to go
  
4. **What does *to be fired* mean?**  
  
a) to lose your job  
b) to get a new job  
c) to stay home from work  
d) to quit your job
  
5. **How is *worked up* different from the other expressions in this episode?**  
  
a) It's always positive.  
b) It can be negative.  
c) It's connected to working.  
d) It's not different.

6. I am looking forward to \_\_\_\_\_.  
Please fill in the blank.

- a) go on vacation
- b) going on vacation
- c) vacationed
- d) to go on vacation

7. Which of the following are synonyms for *to clap your hands*?

- a) to applaud; to put your hands together
- b) to dance; to party
- c) to study; to practice
- d) to wave; to say hello

**Answers:** 1.d 2.a 3.c 4.a 5.b 6.b 7. a