

Simplified Speech #068 – Ultimate Frisbee

Episode description

In this week's Simplified Speech episode, Andrew and Kassy discuss one of Kassy's favourite sports, ultimate Frisbee. Have you ever heard of it? If not, be sure to tune in and find out about this exciting sport.

Fun fact

Ultimate has been a sport since the early 1970s. The rules were created at Columbia High. There are no referees in ultimate. Instead, players believe in the spirit of the game in which every member is responsible for playing fairly, calling his or her own fouls, and solving conflicts on the field as a team.

Expressions included in the study guide

- To get into [something]
- To party hard
- Defense/offense
- To choke
- To be in shape
- To give [something] a shot





Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript.

Andrew: You're listening to the Culips English Podcast. To download the study guide for this episode, which includes, the transcript, detailed vocabulary explanations, real-world examples, and a quiz, visit our website, Culips.com, C-U-L-I-P-S.com.

Hello, everyone. My name is Andrew.

Kassy: And I'm Kassy.

Andrew: And you're tuned in to Culips.

Welcome back to Culips, everyone. I hope you have had a good week. And I'm here today with my co-host, Kassy.

Kassy, what's up?

Kassy: You know, just chilling. How about you?

Andrew: I'm getting a little hungry, to be honest.

Kassy: Yeah, it's approaching dinnertime.

Andrew: Approaching dinnertime. So let's not record for too long, Kassy, or I'll start to get hangry.

Kassy: We can't have that.

Andrew: We can't have that, no.

OK, so, guys, in today's Simplified Speech episode, we are going to talk about one of Kassy's hobbies. And if you're a very keen and frequent listener of Culips, you may already know what Kassy's hobby is, because we briefly mentioned it in a past episode. And it is ultimate Frisbee.

Kassy: Yes, that's right—ultimate Frisbee.

Andrew: Ultimate Frisbee. So I thought it would be cool to have Kassy explain the sport and this hobby in a little more detail.



Andrew: But, just before we do that, I would like to remind everyone to visit our website, Culips.com. Culips.com is the place where you can download the study guide for this episode, and there's lots of great things in the study guide that we have custom designed to help you take your English to the next level. So if you're ready to go a little bit deeper with your English studies, then we highly recommend that you visit our website and download the study guide.

All right, so, Kassy, first of all, I should give a warning here that there's a bunch of construction in our neighbourhood right now. So, everyone, if you hear some banging around in the background, I apologize. There is a construction crew building something, I'm not exactly sure what it is.

Kassy: Yeah, the noise can't be helped.

Andrew: We can't help it, so please forgive us if you hear any banging in the background. But, anyway, Kassy, we're not here to talk about construction. We're here to talk about ultimate Frisbee.

Kassy: Woohoo.

Andrew: So I think probably most of our listeners are familiar with a Frisbee, right? It's the flying disc that you can throw from one person to another. But what makes it ultimate?

Kassy: So, Frisbee. You know, a lot of people ask me when I say Frisbee, they say, "Ah, you mean with a dog?"

Andrew: Oh.

Kassy: Yeah, so a lot of people think of Frisbee, just you know throwing with a partner or throwing to your dog in a park. But ultimate Frisbee is ultimate awesome, and it's kind of a mixture between soccer and American football, maybe.

Andrew: OK. And what is the goal of the game?

Kassy: The goal is to score the most points within the time period, which is about 1 hour.

Andrew: One hour. Is that broken into quarters like hockey or basketball? Or is it just one long 1-hour playing session?

Kassy: The first 40 minutes are just normal. You might have a half time. The first team to reach 6 points makes a half time.

Andrew: OK.



- Kassy: And then after 40 minutes they call soft cap.
- Andrew: OK.
- Kassy: Soft cap means whatever the team with the highest score—say the team with the highest score is 6 points—soft cap means the game finishes with the team who reaches 2 points more. So 8 points.
- Andrew: OK.
- Kassy: In that example.
- Andrew: OK.
- Kassy: And then 10 minutes later, if it's still not finished, it's hard cap. That means the next point, whoever scores, that's the end of the game.
- Andrew: OK. Interesting. That's a really unique way to time the game.
- Kassy: Yes.
- Andrew: OK. So how did you **get into playing ultimate Frisbee**? Is it something that you've been doing for a while, or what was the origin for you?
- Kassy: I guess I did summer camp when I was in middle school and high school and we'd play for fun. And then when I went to college, I joined an ultimate Frisbee team.
- Andrew: Wow.
- Kassy: Yes. We were called the Red Devils.
- Andrew: The Red Devils. That's pretty cool. So is it popular, like do a lot of people play this sport?
- Kassy: In America, in college it's really popular.
- Andrew: OK.
- Kassy: But it's a little bit cliquey. The people who join that club, they do everything together, and Frisbee players are notorious for **partying hard**.
- Andrew: OK.
- Kassy: And I was not much of a partier. So I actually quit after one season.
- Andrew: Oh, they partied you right out of the team.



- Kassy: Yeah, I wasn't cool enough for their team. But I joined again when I moved to Korea, and their organization here is so inclusive.
- Andrew: OK. So it's a better fit for you?
- Kassy: Yeah.
- Andrew: And so how much of your time is occupied with ultimate Frisbee? Is it a causal thing or are you practicing several times a week?
- Kassy: They have two seasons, fall and spring. And a lot of the people who practice here are English teachers or students, they don't have a lot of time. So usually we practice once or twice a week on the weekends and then we'll have five or six weekends of tournaments, where we travel to different parts of the country and play against different cities.
- Andrew: Wow. What about like positions on the field? Do you have a goalkeeper and **defense** and forwards and **offense**? Or is it kind of everybody's random?
- Kassy: So, like American football there's no goal, it's an end zone.
- Andrew: OK, so you're trying to get a touchdown?
- Kassy: Yes. So there's no goalies. We just have **offense**, **defense**. And when you're on **offense**, we have handlers and cutters.
- Andrew: Handlers and cutters. OK.
- Kassy: A handler is the person who's in charge of doing the more tricky throws or the deep throws. And the cutters are in charge of the speedy, quick movements to get into the open areas to catch the Frisbee.
- Andrew: Are you a handler or a cutter?
- Kassy: I am a cutter. Most people start out as cutters. I'm occasionally a very novice handler.
- Andrew: OK.
- Kassy: But, yeah, I'm not trained enough for that position full time.
- Andrew: So I guess that means you're better at catching a Frisbee than you are at throwing a Frisbee?
- Kassy: Yes, I'm pretty good at throwing when it's just practice, but, you know, when there's someone defending me right there, I freak out and can't throw anything.



- Andrew: You **choke**.
- Kassy: Yes, I **choke** hard.
- Andrew: How far can you throw a Frisbee?
- Kassy: I'd say I can throw it, you know, half-way or three-quarters of the way across a soccer field.
- Andrew: Wow, that's pretty far.
- Kassy: Yeah.
- Andrew: Wow, that's really far. Are you using a special disc, or is it just like a regular plastic Frisbee that you could buy at any store?
- Kassy: There's different grades of Frisbee. So the really cheap plastic ones, you can't do anything with those. But you can get good, solid Frisbee for you know, \$10.
- Andrew: OK.
- Kassy: The one thing I love about this sport, though, is no matter your level or where you come from, like if you're originally a soccer player, people are so happy to bring you into the fold, teach you the tricks. You know, you can really find great friends through this sport.
- Andrew: OK, well, yeah, I guess because it's kind of a new sport or underground sport, people would be so stoked to have you join and show an interest.
- Kassy: Yeah.
- Andrew: Right? Because that just means the community grows and it gets better and better. Do you have **to be in pretty good shape** to play? It sounds like there's a ton of running involved. Are you pretty tuckered out after a game?
- Kassy: Yeah, you have **to be in pretty good shape**. Luckily, if your team has enough players, you can switch out every point. So even players who are, you know, weak runners, they can work their hardest for that, you know, 2 minutes of play and then go out and rest for 2 minutes.
- Andrew: It sounds intense.
- Kassy: Yeah, it's not for the faint of heart. Actually, last year at one game, one of the players, the Frisbee smashed right into his two front teeth.
- Andrew: Oh no. Did he lose the teeth?



Kassy: Yes, he had to get surgery.

Andrew: Ouch.

Kassy: It's terrible.

Andrew: Ouch. Are you wearing any protective equipment?

Kassy: No.

Andrew: Nothing?

Kassy: No, you're wearing, you know, shorts, T-shirt, and soccer cleats.

Andrew: Soccer cleats?

Kassy: Yes.

Andrew: Oh, interesting.

Kassy: We play on turf.

Andrew: OK. There's one other Frisbee sport that I'm aware of, and that's Frisbee golf. Are you into Frisbee golf, too?

Kassy: I have dabbled in Frisbee golf.

Andrew: Dabbled, OK.

Kassy: Frisbee golf actually uses completely different Frisbees, did you know that?

Andrew: Yeah, they're much heavier, right?

Kassy: Yeah, and they're rubber.

Andrew: Right.

Kassy: Yeah, plastic is a normal Frisbee, rubber ... The Frisbee golf Frisbees are rubber.

Andrew: Right.

Kassy: And small.

Andrew: Yeah. So in my hometown of Kelowna, BC, I've actually seen a Frisbee golf course. And it doesn't really look like a traditional golf course, it's more like just a park and there are these baskets, and the goal is to throw the Frisbee in the basket.



- Kassy: Yes, the baskets have chains around them, so it catches the Frisbee when it comes close.
- Andrew: Yeah. So which do you prefer, Frisbee golf or ultimate Frisbee?
- Kassy: I definitely prefer ultimate Frisbee for the camaraderie and the exercise, but Frisbee golf is fun for, like, a causal friendly game of fusion Frisbee and golf.
- Andrew: I guess Frisbee golf to me seems more like a recreational sport that you would do for fun, similar to, like, lawn bowling or bocce ball or something like that.
- Kassy: Bocce ball, that's a unique sport.
- Andrew: You know, whereas ultimate seems much more competitive, like soccer or basketball, and more high intensity and not as causal.
- Kassy: Yeah.
- Andrew: So what's the name of the team that you're on now, again?
- Kassy: Right now there's two teams in my city. I switch back and forth depending on the season.
- Andrew: OK.
- Kassy: This season I was on Uprising, which has to do with my city's, they're famous for a Democratic uprising 30 years ago.
- Andrew: OK.
- Kassy: And then we're also, the other team is the Dokkgaebis which means goblins in Korean.
- Andrew: OK. So Uprising or the Goblins, depending on the time of year.
- Well, Kassy thanks for sharing your insights and your passion with us about ultimate Frisbee today. That was really cool. I wanna try it out, I'm gonna have to find a team and maybe **give it a shot**. It sounds like a ton of fun.
- Kassy: You definitely should. They have a team here in this city.
- Andrew: In Seoul? Yeah, I love running and I love sports. I'm not very good at throwing a Frisbee.
- Kassy: But you're tall.



Andrew: I'm not that tall.

Kassy: You seem tall.

Andrew: Maybe I'll give it a try. It sounds like a lot of fun.

All right, well, guys, thank you for listening to us talk here today. And, once again, our website is Culips.com. If you wanna get in touch with us, our email address is simply contact@Culips.com. And we're all over the place on social media, Facebook, YouTube, Twitter, Instagram, you name it, we're there. So just give us a search, Culips English Podcast, and you'll be able to find us and stay up to date with all of our comings and goings.

All right Kassy, I'm hungry. Let's go get some food.

Kassy: Sounds good to me.

Andrew: OK, guys, we'll talk to you later. Bye.

Kassy: Bye.

Detailed Explanations

To get into [something]

Phrasal verb

To get into [something] is to become enthusiastic about something and start pursuing it in earnest. This phrase is often used when talking about hobbies that one has started recently, for example, **getting into painting** or **getting into golf**.

Here are a couple more examples with **to get into [something]**:

Zach:	Have you heard of Brawl Stars?
Mark:	No, what's that?
Zach:	It's a battling game app. You can choose different characters with different abilities to fight in various situations. I'm really getting into it these days.
Mark:	Cool. How do I sign up?
Zach:	Just download the app and make an account. It's completely free, too.
Mark:	Sweet! I'll download it right now.

Sara:	Have you ever tried spinning classes?
Ravi:	Nope. Is it fun?
Sara:	Yeah, I'm really into it . I do it 3 days a week. You should try!
Ravi:	What time do you go? Maybe I could tag along one day.
Sara:	My class is at 11:30. Are you free this Friday?
Ravi:	Sure. Do I need to wear anything special?
Sara:	Just something you don't mind sweating in. I sweat like a pig every class.

To party hard Phrase

To party hard is to go all out at a party by drinking heavily, dancing crazily, and overall acting extremely over the top. People who **party hard** often get little sleep and experience massive hangovers the next day.

Here are a couple more examples with **to party hard**:

Kelly:	Do you see George over there? He's looking a little rough.
Danice:	Yeah, I heard he partied hard last night.
Kelly:	Yeah?
Danice:	I heard he was throwing back shots of whisky like they were water. He passed out on Rick's couch, and Rick sobered him up enough that he could make it to work this morning.
Kelly:	Wow, he must have one heck of a headache.
Danice:	For sure.

Barry:	All right. I'm headed to the library.
Macy:	Now? It's Friday night.
Barry:	Yeah, so?
Macy:	You're young! Don't waste Friday night in the library. Go out, party hard , and flirt with some girls.
Barry:	That's not my thing. Plus, I have a huge test next week.
Macy:	Fine. But, I swear, a few years from now, you're gonna regret not experiencing more at this age.

Defense/offense

Noun

Defense and **offense** are words often used in team sports. The **offense** is made up of the **offensive** players—players whose goal is to score a point for their team. The **defense** is composed of **defensive** players—players whose goal is to protect their team's side and prevent the opposing team from scoring a goal or making a point.

Here are a couple more examples with **defense/offense**:

Horatio: You're on the basketball team, right? Are you **offense** or **defense**?

Pedro: I'm **defense**.

Horatio: Do you ever wish you could be an **offensive** player?

Pedro: Yeah, sometimes, but I'm really good at blocking and stealing the ball. It's what I'm made for.

Announcer 1: Do you think the Raptors have a chance of winning this game?

Announcer 2: I don't know, Bob. The Raptors have an impressive **defensive** line, but their **offense** has much to be desired.

Announcer 1: That's right. They may be great at blocking the Cedars' attack, but they won't be able to score if they keep losing the ball.

To choke

Verb

To choke has multiple meanings, but in relation to sports and performance, **to choke** means to have the ability to do something, but to be unable to do that thing due to a sudden attack of negative thoughts or worries.

Take, for example, a man who practices a speech every day for 3 weeks. The day he must deliver his speech arrives and he is confident and completely prepared. However, when he gets up on the stage and sees the audience watching him, he suddenly becomes extremely nervous and forgets all his words. He **chokes**. He prepared so diligently, but failed to perform due to the sudden stress and nerves. **Choking** is a common phenomenon in sports, competitions, and scenarios where one is being judged, such as singing or acting auditions.

Here are a couple more examples with **to choke**:

Mom:	How did your interview go, honey?
Rachel:	Ugh—awful! I totally choked .
Mom:	Really? How is that possible? We practiced so many times.
Rachel:	I know, but when I sat down in front of the boss, I forgot everything. My mind just went blank.
Mom:	I'm sorry, sweetie. Maybe it wasn't as bad as you thought.

Freddie:	OK, man. If you get this foul point, we'll win the game. No pressure or anything, but I really wanna win this game!
Vince:	Ha! No pressure? The whole game depends on this one shot. I'm freaking out.
Freddie:	You've got this. You've done this a million times at practice. Just don't choke !
Vince:	Easy for you to say. You're not the one in the hot seat like me.

To be in shape

Phrasal verb

To be in shape is to be in good physical condition. People who exercise regularly and have a good health record are considered **to be in shape**. Oppositely, someone who rarely or never exercise and gets winded very easily is considered out of shape.

Here are a couple more examples with **to be in shape**:

Beth:	What are you doing tomorrow? Wanna go shopping?
Valeria:	Sure, but not before 2:00. I started a new workout regimen at the gym. I'm trying to get back in shape .
Beth:	Oh, good for you. What's your method?
Valeria:	Three times a week, I go and walk or jog on the treadmill for 30 minutes and then take an aerobics class. Twice a week, I lift weights with a trainer and do some cardio.
Beth:	Wow, you're really dedicated.
Valeria:	Yeah. I haven't felt this good in a long time. It's definitely worth all the effort.

Mike:	Hey, Tony, wanna go grab a beer and some wings at the pub?
Tony:	Nah, I'm off beer right now.
Mike:	You? You're like the beer king. What gives?
Tony:	The wife wants to go trekking in South America. She says we need to get in shape before we go.
Mike:	Sally wants to go trekking in South America? Ha! You guys are gonna die out there.
Tony:	Yeah, I'm not crazy about the idea either, but she says it's a dream she's had since she was in college. We gotta do it now. We're not getting any younger.
Mike:	Well, good for you two. I wish you the best of luck. Send me a postcard from the jungle!

To give [something] a shot

Idiom

To give [something] a shot is to attempt something without knowing whether or not one will fail or succeed. This phrase has a couple of variations, the most common of which are **to give it a try/whirl**. **Give it a shot**, **give it a try**, and **give it a whirl** all have the same meaning: to try or to make an attempt.

As an example, in this episode, Andrew says that after hearing all of the cool things about ultimate Frisbee, he'd like **to give it a shot**. In other words, he'd like to try playing ultimate and see how it goes.

Here are a couple more examples with **to give [something] a shot**:

Dan:	You have an amazing voice. You should try out for one of those TV reality singing shows.
Amanda:	Yeah, right. I'd never get on one of those shows.
Dan:	Why don't you just give it a shot ? The worst that could happen is that you don't get on the show.
Amanda:	Or I could be so bad at my audition that they add my audition to the live TV program and broadcast my failure to the whole world.
Dan:	No way—you are definitely better than that! I say go for it.

Hyunsong:	Ugh, I hate this game! I've been trying to beat this level for over an hour, but I keep dying.
MinJune:	Can I give it a shot ?
Hyunsong:	Sure. Be my guest. I warn you, though, it is extremely difficult.
MinJune:	OK. I'll try my best.
Hyunsong:	Oh my god! How did you do that? You beat it on the first try!
MinJune:	What can I say? I'm a master.

Quiz

1. Which is NOT an example of choking?

- a) forgetting all of the words for an important speech
- b) Michael Jordon missing a free throw
- c) missing an interview by sleeping in too late
- d) getting all the way to the final match and then losing miserably

2. What phrase do you use to describe someone who parties to an extreme level?

- a) party crasher
- b) party hard
- c) party pooper
- d) party monkey

3. Which phrase has a similar meaning to the phrase to be in shape?

- a) to be prepared
- b) to be unprepared
- c) to be fit
- d) to be in order

4. What phrase does NOT mean to try or attempt something?

- a) to give it a shot
- b) to take a stab at it
- c) to give it a whirl
- d) to make it up

5. A team is made up of two components, the defense and the _____.

- a) absence
- b) offense
- c) goalie
- d) referee

Writing and Discussion Questions

1. Does anyone play ultimate Frisbee in your country? Have you ever played?
2. Which position do you prefer to play: offense or defense?
3. What sport have you never tried, but would like to give a shot?
4. Have you ever partied hard? What happened during the party?
5. Have you ever choked during a competition, audition, or speech? What happened?



Quiz Answers

1.c 2.b 3.c 4.d 5.b

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