

A-level ENGLISH LANGUAGE

Paper 1 Language, the individual and society

Insert

Texts for Section A

A set of phonemic symbols can be found on the back of this insert, for reference.

Text A

Text A is a webpage from the website *England Boxing*, published in June 2019.

Boxing has exploded in popularity among women across the country in the past 10 years, with many seeing it as the ideal way to get fit and have a great time doing it.

Boxing clubs are really sociable places where you'll meet loads of people – many of them just like you – and once you've given it a go, you'll be hooked.

Anyone can box – you choose the way that you train, the level of contact and the intensity you train at. Your club can help you set realistic goals that will give you an amazing sense of achievement.

Choose how to train

You don't have to compete – most clubs run fitness classes that combine circuit training with boxing techniques, and many gyms and leisure centres have non-contact boxing classes.

If you do want to spar or compete, your club's coach will match you with an opponent of a similar weight, age and level of experience.

Boxing gyms are set up to take people from beginners to advanced stage, so don't think you will be the only one there who has never boxed before. And don't worry about what the other people in your class are thinking – they'll be far too busy worrying about what they're doing to judge anyone else!

What kit do I need?

If you're starting out, all you need is a pair of trainers, a good sports bra and comfortable training clothes. Buying your own bag gloves is recommended – most clubs will lend you a pair on your first visit. Bag gloves are inexpensive and available from most sports shops. For competition you will need boxing boots, club vest and boxing shorts. Protective hand bandages are also essential.

Hair should be tied back or in a bandana, head scarf or hair net. In competition it is essential that the boxer with long hair plaits it and wears a bandana or hairnet, hair grips are not allowed for safety reasons.

When sparring and competing, boxers must wear a mouth guard at all times, as well as protective hand

bandages and force absorbent headgear. Female boxers are also recommended to wear breast protectors and must wear a crotch protector. For general tips about kit, check out the [kit reviews on the Sportsister website](#).

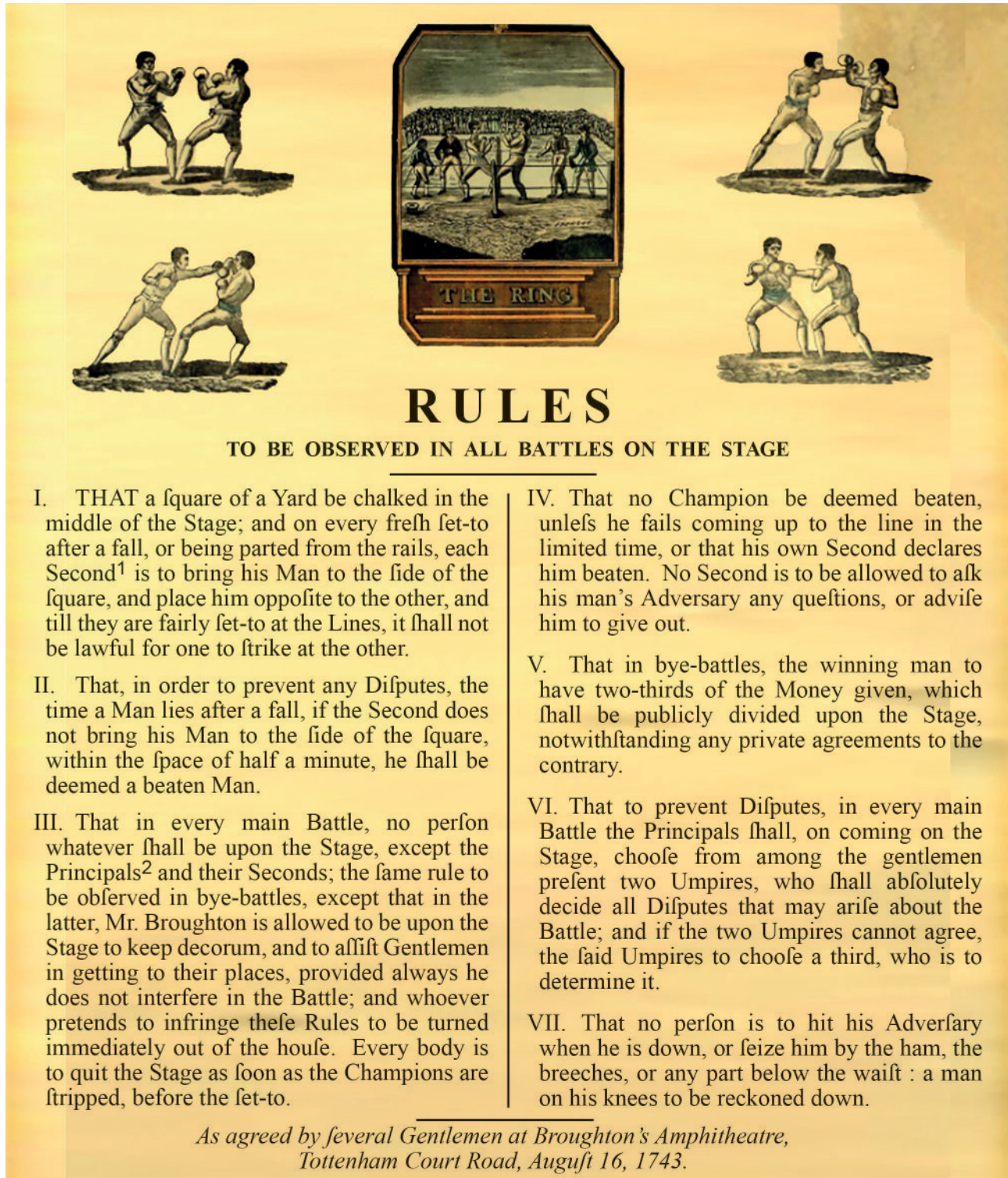


Getting started

England Boxing has over 970 registered clubs and most of them cater for people who want to get fit without competing. Check out our [club finder](#) or contact us at enquiries@englandboxing.org if you want to have a chat about how you can get started.

Text B

Text B is a poster that was known as *Mr Broughton's Rules of Boxing*. It was framed and displayed in Broughton's amphitheatre in 1743.



THE RING

RULES

TO BE OBSERVED IN ALL BATTLES ON THE STAGE

I. THAT a square of a Yard be chalked in the middle of the Stage; and on every fresh fet-to after a fall, or being parted from the rails, each Second¹ is to bring his Man to the side of the square, and place him opposite to the other, and till they are fairly fet-to at the Lines, it shall not be lawful for one to strike at the other.

II. That, in order to prevent any Disputes, the time a Man lies after a fall, if the Second does not bring his Man to the side of the square, within the space of half a minute, he shall be deemed a beaten Man.

III. That in every main Battle, no person whatever shall be upon the Stage, except the Principals² and their Seconds; the same rule to be observed in bye-battles, except that in the latter, Mr. Broughton is allowed to be upon the Stage to keep decorum, and to assist Gentlemen in getting to their places, provided always he does not interfere in the Battle; and whoever pretends to infringe these Rules to be turned immediately out of the house. Every body is to quit the Stage as soon as the Champions are stripped, before the fet-to.

IV. That no Champion be deemed beaten, unless he fails coming up to the line in the limited time, or that his own Second declares him beaten. No Second is to be allowed to ask his man's Adversary any questions, or advise him to give out.

V. That in bye-battles, the winning man to have two-thirds of the Money given, which shall be publicly divided upon the Stage, notwithstanding any private agreements to the contrary.

VI. That to prevent Disputes, in every main Battle the Principals shall, on coming on the Stage, choose from among the gentlemen present two Umpires, who shall absolutely decide all Disputes that may arise about the Battle; and if the two Umpires cannot agree, the said Umpires to choose a third, who is to determine it.

VII. That no person is to hit his Adversary when he is down, or seize him by the ham, the breeches, or any part below the waist: a man on his knees to be reckoned down.

*As agreed by several Gentlemen at Broughton's Amphitheatre,
Tottenham Court Road, August 16, 1743.*

¹ The person who assists the boxer after each round by offering advice and treating the boxer's injuries.

² The people who are boxing.

END OF TEXTS

There are no texts printed on this page

Phonemic symbols

Monophthongs				Diphthongs			
i:	ɪ	ʊ	u:	ɪə	eɪ		
see /si:/	sit /sɪt/	good /gʊd/	two /tu:/	here /hɪə/	eight /eɪt/		
e	ə	ɜ:	ɔ:	ʊə	ɔɪ	əʊ	
egg /eg/	away /əweɪ/	her /hɜ:/	four /fɔ:/	cure /kjʊə/	boy /bɔɪ/	no /nəʊ/	
æ	ʌ	ɑ:	ɒ	eə	aɪ	aʊ	
cat /kæt/	up /ʌp/	ask /ɑ:sk/	on /ɒn/	there /ðeə/	my /maɪ/	now /naʊ/	
Consonants							
p	b	t	d	tʃ	dʒ	k	g
pen /pen/	bee /bi:/	ten /ten/	do /du:/	chair /tʃeə/	just /dʒʌst/	can /kæn/	go /gəʊ/
f	v	θ	ð	s	z	ʃ	ʒ
five /faɪv/	very /veri/	thing /θɪŋ/	this /ðɪs/	so /səʊ/	zoo /zu:/	she /ʃi:/	pleasure /pleʒə/
m	n	ŋ	h	l	r	w	j
me /mi:/	nine /naɪn/	long /lɒŋ/	house /haʊs/	love /lʌv/	right /raɪt/	we /wi:/	yes /jes/
ʔ							
glottal stop							

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