What message does the Dangal movie by Amir Khan gives in the end? (笔记版)

《摔跤吧！爸爸》最终传达了什么样的信息？What message does the Dangal movie by Amir Khan gives in the end?

来自FreeGrit潇洒毅行的导读

生词太多，我需要全背下来吗？

这篇文章，是讲近期热映的电影《摔跤吧！爸爸》的主演阿米尔体重体型的变化( transformation)，这种变化，并不仅仅是身体上的(physical)。文章虽短，但生词较多，建议不要期待一次学会所有生词，最后因工作量太大而一个都没记住。可以优先学习常见的动词，以及那些上课可能会讲的加粗词汇。这样提前学读一遍，查一遍，上课讲一遍，造句用一遍，复习时回顾一遍。自己看笔记版时候再复习一遍，这样6~7次的接触，加深词的印象。但6，7次的接触，能学会一个单词吗？想想咱们小时候学汉字，只接触7次你就会在各个语境中辨识了吗？我粗略统计过，各种背诵、默写、作业、考试、日常生活中遇见，至少两个月中要接触30次，你才学会一个汉字。既然汉字都如此，英文单词你指望7次就记得，还会用，是否有些期望过高了呢？

因此，这或许能解释，为何那么多单词，我们背了就忘，背不下来，可能真的是，接触、使用的次数太少了吧。

正文

[1]（略读）

Amir Khan’s latest blockbuster released to widespread critical and commercial acclaim, his promotional video of rapid weight loss was trending. While most find it tough to wake up early and go for a run or maintain their new year resolution of getting fit beyond the first fortnight of January, here is a 51 year-old achieving the near impossible.

fortnight

/ˈfɔrntnaɪt/

量词，14天，两周的一次

健身房，手机的套餐
[2] (精读)

Going from 38% to 9% body fat is radical transformation. It wasn’t just a surgical strike on belly fat, but also on every obstacle (physical, emotional or mental) in the arduous journey. Even the young girls who played the role of Geeta and Babita Phogat were to look like world-class wrestlers. Unlike other sports films, in Dangal it seemed like wrestlers were acting rather than actors were wrestling! That is a massive compliment for the debutant actors. Their training must have been top drawer. You can’t help but doff your hat to the lead cast.

**radical transformation**

radical 最基本，根本的，重要的

重要的变化，~ change

重大的不同，~ difference

**top drawer**

Their training must have been top drawer.
doff your hat

doff 脱下，像 take off 缩写版，do off

语法 can’t help

You can’t help but doff your hat to the lead cast.

你情不自禁向主演们脱帽致敬

can’t help but do 情不自禁地，忍不住

can’t help but doff your hat，忍不住脱帽致敬

can’t help but 后面加原型

没有but，只是can’t help，变为can’t help doing

You can’t help doffing your hat to the lead cast.

忍不住哭了： can’t help but cry/ can’t help crying

发音

A的发音

can’t

cast

a发音，都是梅花/æ/

很多美音中a的发音，在英音中是/æ:/，但要变为大嘴的/æ/

can’t cast

fast dance, last, half, ask, bath, pass

[3]（略读）
All transformations don’t necessarily have to be physical. In fact, aiming for a physical turnaround is slightly easier to the extent that the change (or the lack of it) is optical and the mirror is a fair indicator of the desired progress. Behavioral or attitudinal change is a lot tougher. Mr. Drinks-a-lot can strive to be a teetotaler; Mr. Forever-lazy may try and get active and Ms. Runaway might decide to stay back for a face-off with the challenge.

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**猜词**

**teetotaler**

/tiˈtotlər/

先看第二句 Mr. Forever-lazy may try and get active. 永远懒惰的人，也会变得主动。前后是一对反义词。

阅读理解中最基本的一招，相同的句式，猜单词之间的逻辑关系，看是否是广义上的近义词，还是反义词。

**teetotaler /tiˈtotlər/ 滴酒不沾的人。**

**face-off 正面刚卷入一场争端冲突，竞争**

Mr. 这个结构的词，Mr. 后面加一堆短语，用连字符连起来。或者，每个单词首字母大些

Mr. Drinks-a-lot 喝酒很多先生，喝酒很多的人。这样说带点嘲讽，戏谑(xue)的口气。

Mr. Drinks A Lot

Mr. Drinks On Me 这些酒我来买单

Mr. Always-right 自以为是的人，总以为自己对的

白马王子，如意郎君 Mr. Right

好好先生 Mr. Nice Guy

大人物， Mr. Big

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【4】（略读）

There is no barometer that can accurately reflect the state of play. We all dream of becoming the best version of ourselves. But the transformation process begins with self-awareness and evolves into a customized master-plan. The real challenge lies in sticking to the plan. The before-after picture of any transformation may seem **binary**,
but the process is as fuzzy as it gets. Every individual will have a unique set of triggers and barriers that can take
you nearer or farther from your goal. And while you will always be the master of your plan; a coach will be your
buddy and guide to make sure you don’t change lanes from the speeding highway to the dusty mud-track. He will always ensure your vision is aligned to your purpose and you play to your strength.

**Lanes**

第四段，在说教练，老师的一个作用，是确保你能够按照计划，在正确的道路上行走，不偏离。

确保你不改变赛道，不是从高速公路，变成尘土飞扬的烂泥地

Lanes

slow lanes 慢速泳道，游得慢的

fast lanes 快速泳道，游得快的

changing room 更衣室。

shower room 淋浴房

steam room 桑拿房，有蒸汽的房间，就叫桑拿房。

在国外游泳的一个流程：

locker room -> changing room -> shower room -> slow lane, fast lane / deep shallow area -> take a shower ->

steam room

[5]（略读）

Through a neuro science filter, radical transformation leads to a couple of significant changes. In a larger
context, any change (small or big) means a person has been able to break the shackles of their hard-wiring and
create a new wiring. Think of the brain as a computing machine: to process information efficiently and
systematically, it hard wires repeated actions into habits. Creating a new wiring is indeed a monumental
achievement. Similarly, achieving some visible change and getting praised for it acts as strong motivation to stay
on course. Receiving positive feedback triggers the release of dopamine, the happiness drug, that controls the
pleasure centers of the brain. Besides, a feel-good boost, dopamine also aids innovative thinking and creative
problem-solving. Thus taking you to a higher level in the transformation journey.
Captain Jack Sparrow tried to keep the ship on course.

杰克船长努力着让船朝既定的方向行驶

I'll get things on course. 我会让事情回到正轨的。

There is a powerful dialogue in Dangal where Aamir Khan tells a cynic, “In a Dangal before you wrestle your opponents, you need to wrestle your fears”. Ditto in life! Gift yourself a ‘Dangal’ transformation this new year. ‘Dangal’ makes for a fitting adjective where we treat our transformation like a wrestling match...where we need to wrestle against the baggage of the past and our present hard-wiring. Do try and get a good coach who will cheer every win from the ringside...This is the best way to ensure the journey is fulfilling and successful!

Ditto

非正式口语中的实用短语，表示赞同, me too的替换词

Ditto in life! 生活也是如此。

-I had an affection for Shanghai. -Ditto

-Home prices are going through the roof in Beijing. -Ditto in Shanghai

北京的房价已经突破天际了。 上海也是

Ditto tuition fees.

金句

In a Dangal before you wrestle your opponents, you need to wrestle your fears

在一场摔跤比赛中，在和你的对手搏斗前，首先你要和自己的恐惧搏斗。
Review

1. 健身卡除了月卡、季卡，还有两周一付的，叫fortnight。以及用信用卡储蓄卡支付，你有3个账户，credit，cheque，saving。还有国外的自助结账机，self service checkouts

2. 重大的、脱胎换骨的改变 radical transformation

3. 最顶层的，最好的，上层阶级。top drawer。这个组词，也能用来复习上节课美音的特征发音，o和r的发音，上次使用doorknob。这次再记一个top drawer

4. 脱下，脱下 doff your hat，do off = take off

5. 语法，情不自禁地哭了，两种说法,can't help but cry. can't help crying

6. 美音的第三个特征发音。can't cast fast dance last ask pass

7. Mr. + 组合词，Mr Drinks-a-lot，Mr right，Mr always-right，Mr. Nice Guy

8. 游泳池，慢速泳道 Slow lane, 快速泳道 fast lane. 还有一些列的词，想象下游泳的经过。你就能记下一系列的词。locker room -> changing room -> shower room -> slow lane, fast lane / deep shallow area -> take a shower -> steam room

9. 口语中实用的一招，me too的替换词。Ditto

练习

长难句

Similarly, achieving some visible change and getting praised for it acts as strong motivation to stay on course

找出这句话的谓语。