



Extreme ironing

Extreme ironing is an extreme sport and performance art in which people take ironing boards to remote locations and iron items of clothing

pressed: ironed
tongue-in-cheek: not to be taken seriously; a joke
recall: remember
nickname: a name your friends or fans give you
branch off: divide into new variations
bungee: jumping from a high place using an elastic rope
side-story: a related but less important story
rivalry: competition, battle
breakaway: separatist, different from the group
at once: at the same time
broadcast: shown
following: after
amid: surrounded by

According to the Extreme Ironing Bureau (EIB), extreme ironing is "the latest danger sport that combines the excitement of an extreme outdoor activity with the satisfaction of a well-pressed shirt."

Part of the attraction and interest the media has shown towards extreme ironing seems to centre on the issue of whether it is really a sport or not. It is widely considered to be **tongue-in-cheek**.

Here are just a few locations where people are said to have done the sport:

<i>in a canoe</i>	<i>under water</i>
<i>while skiing</i>	<i>while parachuting</i>
<i>in a forest</i>	<i>in the middle of a motorway</i>

The performances have been conducted solo or by groups. Purists of the sport claim that it was started in 1997 in Leicester, England, by resident Phil Shaw in his back garden. Shaw came home from what he **recalls** as a hard day in a Leicester knitwear factory. Preferring the idea of an evening out rock climbing, he decided to combine the two activities into a new extreme sport. In June 1999, Shaw, who uses the **nickname** 'Steam', went on an international tour to promote the activity, visiting the United States, Fiji, New Zealand,

Australia and South Africa. An encounter with German tourists in New Zealand led to the formation of a group called 'Extreme Ironing International', and the German Extreme Ironing Section.

As extreme ironing has **branched off**, the conditions, too, can become more extreme. **Bungee** ironing, for instance, is what some would call the ultimate thrill in extreme ironing.

The sport gained international attention after a documentary entitled *Extreme Ironing: Pressing for Victory* was produced for Britain's Channel 4. The program followed the British team's success in the 1st Extreme Ironing World Championships in Germany. A **side-story** looked at the **rivalry** between the EIB and a **breakaway** group called Urban Housework who were trying to establish their own extreme sport based around vacuum-cleaning. The film was **broadcast** on the National Geographic Channel.

In March 2011, a team of 173 divers simultaneously ironing under water set a new world record for number of people ironing under water **at once**.

On 18th April 2011, a tenor called Jason Blair was filmed ironing on the M1 motorway in London, UK, a section of which had been closed **following** a fire.

In March 2012, Extreme Ironing founder 'Steam' ran the Hastings Half Marathon wearing an ironing board, pressing garments on the way. In May, the mayor of Whitchurch (in Hampshire) ironed a ribbon before cutting it to open a newly built bridge over the railway line.

Extreme Ironing has inspired other forms of unusual extreme activity, such as Extreme Cello Playing.

https://en.wikipedia.org/wiki/Extreme_ironing

"Let's chat about that."

- Would you like to try extreme ironing?
- Do you believe it should be considered a real sport? Why (not)?
- What would make ironing difficult in each of the locations mentioned?
- Why does Shaw call himself 'Steam'?
- Have you heard of any other unusual sports or activities?
- What are your thoughts on world records?

Weekly English Practice

10th December 2015

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“iLook, iThink, iSpeak” Express yourself better!

Idioms with body parts *(pick your ECP coach's brain if you don't know the answers!)*

If something is _____-in-_____, it is a joke or it is not completely serious.

If you say you are all _____, it means you are ready to listen to someone attentively.

When you have cold _____, you are nervous about making a big change.

To _____ the music is to meet difficult situations with courage.

When you have a problem, you can talk to a friend to get it off your _____.

If you fall suddenly and deeply in love, you are _____ over _____ for someone.

When you say something that is not true (as a joke), you're pulling someone's _____.

If you don't see _____ to _____ with someone, you disagree with them.

DO YOU WANT TO TALK TO OTHER PEOPLE IN ENGLISH?



Join the Facebook group:

<https://www.facebook.com/groups/ecpstudents/>

EYE HEAD
CHEST EYE
LEG FACE
CHEEK
HEELS
EARS
TONGUE
FEET

Friday 11th December - San Ignacio de Loyola 15 bajo



Can you make this year's n°1 pintxo?



Bring a home-made pintxo to share and compete to become the **2nd ECP Pintxo Champion!**

If you decide to compete, bring about 10 pintxos. We will cut them in half to share :-)

@8.00pm

The top 3 pintxos win prizes!

8.05-8.40 pm

Welcome drinks and pintxo presentation time

8.45-9.40 pm

Pintxo tasting and socialising (with local craft beer)

9.45-10.15 pm

Judges deliberations*, popular vote** and award ceremony

* Our expert judges will decide on the **Champion** and **Runner-up** pintxos

** Everyone present will vote for the **People's Choice** pintxo