



LESSON 11

EPITOME OF WILL POWER AND COURAGE

NOTES:

Summary

The epitome of will power and courage tells the story of three inspiring women who were the classic examples of the title of this lesson. The three women are Shelly Mann, Wilma Rudolph and Dawn Fraser. Shelly Mann and Wilma Rudolph are Polio patients. The people with polio can barely move a muscle on their body but they destroyed the myth of polio's destructive power and went on to become world champions in Olympic. Shelly Mann was stuck by a severe bout of polio at the age of five, but she became a swimmer and won gold medal in Olympics. Wilma Rudolph was born prematurely and at the age of four, she was hit by polio. She became a star sprinter and won 3 gold medals in Olympics. Dawn Fraser was a swimmer. While preparing for the Tokyo Olympics, she met an accident. But the accident would not allow to keep her away from training. She not only won an Olympic gold medal but also set up an Olympic record and became the first swimmer to win the same event three times. They are the classic examples of epitome of will-power and courage because they refused to accept defeat and kept pushing themselves against all odds.

Word Meaning

- *Epitome* : *perfect example*
 - *Emaciated* : *extremely thin as a result of illness*
 - *Orthopedic shoes* : *special shoes that provide support to legs*
 - *Eliminated* : *removed*
 - *Chipped* : *broke*
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