

17. 游走于两根棍子上的精灵



mǎ lái xī yà shì yí gè duō yuán mín zú de guó jiā gè zú rén mín hé mù gòng chǔ hù xiāng
马来西亚是一个多元民族的国家，各族人民和睦共处，互相
bāo róng yǔ xué xí bǐ cǐ de wén huà tā shā shì kě xīn de yìn yì lín jū jiān hǎo yǒu tā bú dàn
包容与学习彼此的文化。塔莎是可欣的印裔邻居兼好友。她不但
jiù dú yú huā xiǎo yě rè zhōng yú yì mén lì shǐ yōu jiǔ de zhōng huá mín sú jì yì chě líng
就读于华小，也热衷于于一门历史悠久的中华民俗技艺，扯铃。

yì tiān kě xīn zài gōng yuán qiǎo yù zài liànxí chě líng de tā shā yú shì yǔ tā liáo qǐ le
一天，可欣在公园巧遇在练习扯铃的塔莎，于是与她聊起了
tā hé chě líng de yuán fèn
她和扯铃的缘分。

kě xīn shuō tā shā nǐ chě líng de jì shù liàn dé zhēn bàng nǐ zěn me huì duì chě líng chǎn shēng xìng
可欣说：塔莎，你扯铃的技术练得真棒！你怎么会对扯铃产生兴
qù ne
趣呢？

tā shā shuō wǒ gēn fù mǔ dào gòu wù guǎng chǎng guàng jiē shí biǎo yǎn zhě gāo kōng pāo líng de dòng zuò
塔莎说：我跟父母到购物广场逛街时，表演者高空抛铃的动作
lìng wǒ zhù zú bù zì jué de còu shàng qián qù guān shǎng nà shì wǒ dì yī cì kàn dào
令我驻足，不自觉地凑上前去观赏。那是我第一次看到
zhè mén jì yì sì nián jí nà nián xué xiào chéng lì le chě líng duì wǒ biàn mǎn
这门技艺。四年级那年，学校成立了扯铃队，我便满
qiāng rè qíng dì bào míng le
腔热情地报名了。

kě xīn shuō yuán lái rú cǐ chě líng xū yào xué shén me jī běn gōng ne wǒ duì zhè mén jì yì de
可欣说：原来如此。扯铃需要学什么基本功呢？我对这门技艺的
rèn shi wán quán shì mén wài hàn ā
认识完全是门外汉啊！

An 'Elf' walking between two sticks

Malaysia is a multi-ethnic country. People from all ethnic groups live in harmony, are tolerant towards each other and learn from each other's culture. Tasha is Ke Xin's Indian neighbour and her good friend. Not only did she study in a Chinese primary school, but she was also passionate about an age-old Chinese folk game, the diabolo.

One day, Ke Xin ran into Tasha who was practicing diabolo in the park, so she chatted with her about her interest in diabolo.

Ke Xin said: Tasha, your diabolo skills are so good! How did you become interested in diabolo?

Tasha said: When I went shopping with my parents in one of the shopping centres, the performer's action of throwing the diabolo stopped me in my tracks, and I unconsciously leaned forward to watch it. That was the first time I saw this game. In fourth grade, the school established a diabolo team, and I signed up with enthusiasm.

Ke Xin said: Oh I see. What basic skills do you need to learn to diabolo? I am completely a novice when it comes to this craft!

tǎ shā shuō wǒ men dé xiān xué yùn líng lì rú pāo rào shuāi zhuǎn chándēng yǒu le yí
塔莎说：我们得先学运铃，例如抛、绕、甩、转、缠等。有了一
dìng de jī chǔ hòu jiào liàn huì ràng wǒ men xué mǎ yǐ shàng shù jīn jī shàng jià
定的基础后，教练会让我们学“蚂蚁上树、金鸡上架、
pāo líng jīn chán tuō qiào zhī zhū jié wǎng děng jī běn zhāo shì
抛铃、金蝉脱壳、蜘蛛结网”等基本招式。

kě xīn shuō zhè míng chēng zhēn yǒu yì sī yào liàn duō jiǔ cái néng shàng shǒu ne
可欣说：这名称真有意思！要练多久才能上手呢？

tǎ shā shuō jī běn gōng dà gài sān gè yuè jiù néng zhǎng wò ruò yào yǔ qí tā xuǎn shǒu jìng jì zhì
塔莎说：基本功大概三个月就能掌握。若要与其他选手竞技，至
shǎo dé liàn shàng yì nián
少得练上一年。

kě xīn shuō zhēn bù jiǎn dān ā zài xué xí guò chéng zhōng céng yù dào shén me zǔ ài ma
可欣说：真不简单啊！在学习过程中曾遇到什么阻碍吗？

tǎ shā shuō dāng rán yǒu ā kāi shǐ shí dòng zuò hěn bù liú chàng líng zǒng shì diào zài dì
塔莎说：当然有啊！开始时，动作很不流畅，铃总是掉在地
shàng bù fú shū de wǒ biàn chèn xián xiá liàn xí jìn guǎn liàn dé shǒu bì jī ròu suān
上，不服输的我便趁闲暇练习。尽管练得手臂肌肉酸
tòng shǒu zhǎng cū cǎo wǒ réng yǎo jǐn yá gēn yào zài cuō bài zhōng zhǎng wò hǎo yùn
痛、手掌粗糙，我仍咬紧牙根，要在挫败中掌握好运
líng fù mǔ jiàn wǒ duì chě líng de zhí zhuó yǔ yì lì yě dà gǎn yì wài ne hěn gǎn
铃。父母见我对扯铃的执着与毅力也大感意外呢！很感
xiè tā men dāng shí méi zǔ lán wǒ liàn xí
谢他们当时没阻拦我练习。

kě xīn shuō nǐ de jiā rén dōu hěn zhī chí nǐ ne nà tiān kàn le nǐ de biǎo yǎn nǐ zhēn de hǎo
可欣说：你的家人都很支持你呢！那天看了你的表演，你真的好
lì hài zhè shì nǐ nǚ lì gēng yún de chéng guǒ
厉害！这是你努力耕耘的成果。

Tasha said: We have to learn how to manoeuvre the diabolo first, such as tossing, winding, throwing, turning, wrapping, etc. After having a certain foundation, the coach will teach us basic moves such as "ants climbing trees", "golden roosters on shelves", "bell throwing", "golden cicadas shedding their shells", and "spiders weaving webs".

Ke Xin said: This name is really interesting! How long does it take to practice?

Tasha said: The basic skills can be mastered in about three months. If you want to compete with other players, you have to practice for at least a year.

Ke Xin said: It's not easy! Have you encountered any **obstacles** in the learning process?

Tasha said: Of course I have! At the beginning, the movements were not smooth, and the diabolo always fall to the ground. Unwilling to admit defeat, I practiced in my spare time. Although my arm muscles were sore and my palms were rough, I still **gritted my teeth** and wanted to master the skills despite the **setbacks**. My parents were also surprised to see my persistence and perseverance in diabolo! I am very grateful that they did not stop me from practicing at that time.

Ke Xin said: Your family members are very supportive of you! I saw your performance that day, you are really amazing! This is the fruit of your hard work.

tǎ shā shuō xiè xiè kuā jiǎng wǒ xiāng xìn qín néng bǔ zhuō yòng le liǎng gè yuè de shí jiān xué huì le
塔莎说：谢谢夸奖。我相信勤能补拙，用了两个月的时间学会了
jī běn zhāo shì lián jiào liàn dōu duì wǒ guā mù xiāng kàn ne
基本招式，连教练都对我刮目相看呢！

kě xīn shuō jǐn jǐn liǎng gè yuè de shí jiān jiù qǔ dé zhè me hǎo de chéng guǒ gěi nǐ yí gè
可欣说：仅仅两个月的时间就取得这么好的成果，给你一个
zàn zhè liǎng nián lái nǐ yě dài biǎo chě líng duì chū zhēng le ba
“赞”！这两年来，你也代表扯铃队出征了吧？

tǎ shā shuō shì de zhè liǎng nián jiào liàn bú dàn jǐ yǔ wǒ cān yù yǎn chū de jī huì hái gǔ
塔莎说：是的。这两年，教练不但给予我参与演出的机会，还鼓
lì wǒ duō cān jiā bǐ sài
励我多参加比赛。

kě xīn shuō zhè xiē jīng yàn ràng nǐ zài xué xí chě líng shàng yǒu shén me tǐ huì
可欣说：这些经验让你在学习扯铃上有什么体会？

tǎ shā shuō wǒ gǎn jué shēn shǒu gèng mǐn jié le dāng wǒ chéng gōng wǎng zhuō gāo nán dù de zhāo
塔莎说：我感觉身手更敏捷了。当我成功掌握较高难度的招
shì nà zhǒng chéng jiù gǎn hé mǎn zú gǎn zhēn de fēi bǐ mò néng xíng róng lìng wài
式，那种成就感和满足感真的非笔墨能形容。另外，
zài jí xùn shí wǒ yě shēn gǎn yǔ duì yǒu hé zuò de zhòng yào xìng
在集训时，我也深感与队友合作的重要性。

kě xīn shuō méi xiǎng dào xiǎo xiǎo de chě líng néng ràng nǐ shōu huò mǎn mǎn nà nǐ duì zì jǐ zài chě
可欣说：没想到小小的扯铃能让你收获满满，那你对自己在扯
líng fāng miàn yǒu shén me qī xǔ ne
铃方面有什么期许呢？

Tasha said: Thank you for the **compliment**. I believe that **hard work can make up for one's shortcomings**. It took two months to learn the basic moves, and even the coaches were **impressed** with me!

Ke Xin said: I give you a "thumbs up" for achieving such good results in just two months! In the past two years, have you also represented the diabolo team?

Tasha says: Yes. In the past two years, the coach not only gave me the opportunity to participate in performances, but also encouraged me to participate in more competitions.

Ke Xin said: What kind of experience do you have from learning diabolo?

Tasha says: I feel more agile. When I successfully mastered more difficult moves, the sense of accomplishment and satisfaction is really **indescribable**. In addition, during the training camp, I also deeply felt the importance of cooperating with teammates.

Ke Xin said: I didn't expect that a small diabolo can give you so much of rewards, so what expectations do you have for yourself in diabolo?

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More resources at https://multilingual-malaysian.github.io/SRJKC_resources/

tǎ shā shuō wǒ qī xǔ bǎ jì shù liàn dé gèngchúnshú bìng zài jǐ nián hòu cān jiā guó jì chě líng jīn
塔莎说：我期许把技术练得更纯熟，并在几年后参加国际扯铃锦
biāo sài xī wàng jiè shí néng huò dé huī huáng de chéng jì ná xià yì méi jiǎng pái
标赛。希望届时能获得辉煌的成绩，拿下一枚奖牌，
wéi guó zhēngguāng
为国争光。

kě xīn shuō zhù nǐ zǎo rì shí xiàn zhè ge hóngyuàn ā wǎn cān shí jiān kuài dào le wǒ men gāi
可欣说：祝你早日实现这个宏愿。啊，晚餐时间快到了，我们该
huí jiā lou
回家喽！

tǎ shā shuō hǎo wǒ men xià huí zài liáo ā
塔莎说：好，我们下回再聊啊！

kě xīn xiǎng qǐ hé tǎ shā de duì huà bù jīn zàn tàn liǎng gēn xiǎo xiǎo de mù gùn yì tiáo
可欣想起和塔莎的对话，不禁赞叹：两根小小的木棍、一条
shéng hé yì zhī líng de zǔ hé jìng gěi tǎ shā dài lái nà me duō de shōu huò hé tǐ wù xī wàng zhè
绳和一只铃的组合，竟给塔莎带来那么多的收获和体悟！希望这
yóu zǒu yú liǎng gēn mù gùn zhī shàng de jīng líng néng jì xù zài wǒ guó fā yáng guāng dà
游走于两根木棍之上的精灵，能继续在我国发扬光大。

Tasha said: I hope to improve my skills and participate in the International Diabolo Championship in a few years. I hope that at that time, I can achieve brilliant results, win a medal, and **make our country proud**.

Ke Xin said: May your dream come true. Ah, it's almost dinner time, we should go home!

Tasha said: OK, let's talk next time!

Ke Xin recalled her conversation with Tasha, and couldn't help but admire: the combination of two small sticks, a rope and a diabolo brought Tasha so much gain and fulfillment! I hope that the art of 'elf' who walks between two wooden sticks can continue to flourish in our country.

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