

The strongest woman in the world

Vocabulary

1. wrestling 2. circus 3. inherited 4. against 5. bending 6. defeating

True Story

Kate Sandwina, born in 1884 in Vienna, was known as the strongest woman in the world. Her parents were _____ performers with great strength, and Kate _____ their abilities. She was over six feet (1.8m) tall and weighed 187 pounds (85 kg) as a teenager.

Kate became famous for her strength, performing in circuses and challenging men to _____ matches. She never lost and even married one man, Max Heymann, after _____ him. One of her usual acts was lifting her husband, who weighed 165 pounds (75 kg), over her head with one hand.

She also did other amazing things, like _____ steel bars and standing strong _____ the pull of four horses. Her most famous contest was against Eugene Sandow, a strongman, which she won by lifting 300 pounds (136 kg) with one hand.

Quiz

1. Where was Kate Sandwina born?
2. What did Kate do in circuses?
3. Who did Kate marry after defeating him in a wrestling match?
4. How much weight did Kate lift with one hand in her most famous contest?

True or False

- | | |
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| 1. Kate never lost any whistling matches. | True False |
| 2. Kate lifted her husband over her head with one hand. | True False |
| 3. Kate could resist the force of four horses pulling her. | True False |

Conversation

- A: Hey Max, ready for another match today?
 B: I don't know, Kate. You always win!
 A: Maybe today is your lucky day!
 B: Or maybe you'll lift me over your head again.
 A: Only if you ask nicely!
 B: Ha! Let's see what happens.

Discussion

1. What circus acts would you like to see?
2. Kate could lift 300 pounds. What's the heaviest thing you can lift?
3. Would you rather be really strong or really clever? Why?
4. What are some sports or activities you would like to try?