

# Pillow fighting becomes a professional sport

## Vocabulary Match

championship ● league ● durability ● opponents ● athletes ● combat ●  
● rivals ● players ● strength ● fighting ● contest ● group

## Article

Pillow fighting, once a childhood activity, is now a professional sport. The Pillow Fight Championship (PFC) is the first league of its kind. Steve Williams, CEO of PFC, and fighter Terrell "TJ" Jenkins spoke about its growing popularity on "Dan Abrams Live."

In PFC, athletes use special pillows designed for control and durability. The sport has strict rules: no body contact, no dropping pillows, and no grabbing opponents. Points are given for different strikes, like head hits and 360-degree moves.

Jenkins said he started pillow fighting from childhood and enjoys entertaining the audience. Williams said that PFC has leagues in countries like Ghana, Poland, and Brazil, and expects it to spread worldwide in ten years. The sport mixes combat and entertainment, similar to wrestling.

## Quiz

1. What is the Pillow Fight Championship (PFC)?
2. What are the rules of PFC?
3. What does Jenkins enjoy about pillow fighting?
4. What does Williams expect will happen with PFC?

## Conversation

A: Hey TJ, how do you prepare for a pillow fight?  
B: Well, I make sure my pillow is in top shape!  
A: Do you ever get nervous before a match?  
B: Sometimes, but I just think of the fun and the crowd.  
A: What's your favorite move to score points?  
B: Definitely the 360-degree spin! It always gets cheers.

## Discussion

1. Have you ever had a pillow fight?
2. Would you like to try pillow fighting as a sport?
3. Do you think PFC will become popular in your country?
4. What sports do you enjoy watching?
5. What childhood game would you turn into a professional sport?