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In this episode, **The Teacher** introduces you to three idiomatic phrases connected with the sport of boxing.

- 1. Below the belt.**
  - 2. Take it on the chin.**
  - 3. Throw in the towel.**
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Hello, I'm a very interesting and intelligent man.

Argh!

And today... excuse me... I'm getting together with the sport of boxing to teach you some idioms in English.

Argh!

I bet you've never been taught by the sport of boxing before! ... Ahh!

Ah, my boss. He's cut my pay, but I don't care because I'm earning some extra money boxing... Argh!!

My boss laughed when I told him... Argh!

He said even a *fly* could beat me up!

ARGHGHGHGH!!!

That was below the belt!

In English... if someone says something very hurtful or unfair, we say 'That was below the belt'.

**Below the belt.**

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Argh!

Actually, maybe my boss was right about this. I'm not very good at it.

I guess I'll just have to take his comments on the chin... Argh!

In English, if we have to accept an unpleasant situation without complaining, we say you 'take it on the chin'.

**Take it on the chin.**

I'm taking it on the chin... But I don't think I can take much more of this.

I think I have to admit defeat.

That's right. It's time to throw in the towel.

In English, when you give up... or are about to admit defeat, we can say you 'throw in the towel'.

**I'm... throwing... in... the... towel.**