



The RealLife English Pronunciation Podcast

Podcast #52 – TV Shows

Intro

Hey there, citizens of the world! Welcome to the Real Life Podcast, where our mission is to inspire, connect and empower the world to learn English the fun, natural and real life way.

We believe that English should not be a dry and boring school subject, but an inspiring, enriching lifestyle that you can practice and enjoy whenever and wherever you want.

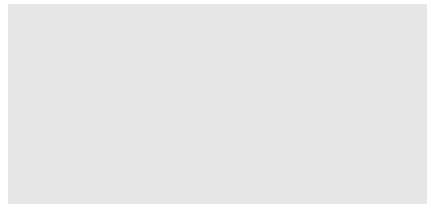
In this podcast you will have lots of fun, learn plenty of new expressions, and drastically improve your listening comprehension.

We'll also teach you the secrets of native pronunciation, connected speech, and help you tune in your listening and speaking to the rhythm and flow of English.

So sit back, relax, and let's get on with the show.

Dark red for pronunciation - Blue for general vocabulary
Green for grammar - Purple for verb phrases

CHAD: Aww yeah! What is up, RealLife English podcast listeners? This is Chad, from RealLife English, where we believe that listening to podcasts is a fun,



natural and effective way to learn English. So, download this now and listen to us while you are stuck in traffic...

JUSTIN: Getting a **root canal**¹.

CHAD: Drinking a beer.

JUSTIN: **Cracking**² **walnuts**³ on your head.

CHAD: Or... **Ironing**⁴ your suit! So, let me introduce you to my co-host, the man who wears his **birthday suit**⁵ to important meetings, Justin Murray.

JUSTIN: **Sup**⁶, guys? That's true, it's all **underneath**⁷.

CHAD: Ok, **first of all**⁸, **what is**⁹ a birthday suit?

JUSTIN: A birthday suit is actually when you're naked.

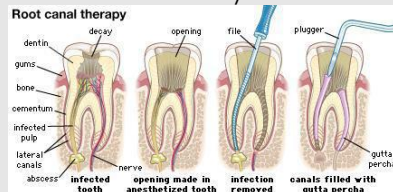
CHAD: Yeah, we say that, I guess, because you're born naked.

JUSTIN: Ah! I never **realized**¹⁰ that.

CHAD: Because on your first, very first birthday, when you're born, **you're** wearing your birthday suit, which is nothing.

JUSTIN: Oh, wow.

1. root canal: a treatment that a dentist does on one of your teeth.



2. crack: (verb) to break something open.

3. crack a walnut



4. iron



5. birthday suit: another way to say "naked."

6. sup: a contraction of the phrase "what's up."

7. underneath: under, below; hidden from vision. Ex, "there's a subway underneath this street."

8. first of all: before anything else.

9. what is: wadis (**wa** is pronounced with more emphasis)

CHAD: Yeah.

JUSTIN: Never even realized that.

CHAD: And no one's ever said anything when you **rock up**¹¹ to a **meeting**¹² with your birthday **suit on**¹³?

JUSTIN: It's covered up by some **clothes**¹⁴, of course.

CHAD: Nice. You also said cracking walnuts on your head.

JUSTIN: To crack is like to break, right. You crack a- an egg, for example.

CHAD: Ok. Well, we're very **excited** to be here today, we have a **hell of a**¹⁵ show for you guys, let's **start off**¹⁶ by **getting**¹⁷ some listener love from some iTunes reviews, maybe. Do we have any iTunes reviews today?

JUSTIN: Yeah, we do.

CHAD: So, in that case, let's move on to the shout-outs.



[shout out music] *You know you make me want to shout, kick my heels up and shout,*

10. realize: (verb) to become aware of something.

11. rock up (to somewhere): to arrive in a place.

12. meeting: *meeding* (*mee* is pronounced with more emphasis)

13. suit on: *suud-on*

14. clothes: *clothzz*

15. hell of a: it means awesome, spectacular, amazing. Ex, "*this is a hell of a song.*"

16. start off vs start: you can just say "start," but the particle "off" adds the subtle meaning that there are different stages after the beginning.

17. getting: *gedding*

Let's say hi to a
special RealLife
member!!

throw my hands up¹ and shout, throw my hands back and shout.....

JUSTIN: All right, we have a **shout out** for Fred MLS, from Venezuela.

CHAD: Fred what, sorry?

JUSTIN: M L S.

CHAD: Ok, MLS.

JUSTIN: So, Fred left us a five-star iTunes review, it says "Excellent, **kickass²**." What does kickass mean?

CHAD: Kickass means it's... It's, like, colloquial, **slang³** way to say really good.

JUSTIN: Yeah, if you've been **reading** the transcripts, you probably know that **by now⁴**. *"This podcast is excellent. It allows you to learn English the natural way. I'm tired of English courses with the boring grammar, and when you see that after some years studying English, you can't understand TV series and movies, you realize it's something that's happening. With this podcast, and now with the connected speech pronunciation lesson, I've seen a great improvement in my pronunciation and listening skills, just a little bit of **willpower⁵** and that's it. Aww yeah!"*

1. **throw my hands up**: to rise hands

2. **kickass**: really cool. Learn more about using the word "ass" in [34 Ways to Use the Word Ass](#)

3. **slang**: very informal language.

4. **by now**: here we use this phrase instead of just "now" as it is used within a sentence referring to hypothetical situation. When we make conjectures we tend to use "by now". Ex, "he might have got home by now."

5. **willpower**: the determination with which you carry out your decisions.



★★★★★ Excellent, kickass

by Fredmls from Venezuela on Mar 7, 2014

This podcast is excellent, it allows you to learn English in a natural way, I'm tired of english courses with the boring grammar, and when you see that after some years studying english you can't understand TV series and movies, you realize that something is happening. With this podcast and now with the connected speech pronunciation lesson, I've seen a great improvement in my pronunciation and listening skills, just a little bit of willpower, and that's it. Eehhhh Yeahhhhh

CHAD: Aww yeah! Alright, man. Fred MLS, from Venezuela, thanks a lot for your iTunes review.

JUSTIN: It's great to be **rocking it up**⁶ there in Venezuela.

CHAD: It is. Hopefully, uh, it seems like he's learning a lot, I think this is really cool, he actually mentioned the connected speech pronunciation lesson. I think it's cool **how he** connected that to understanding, like, TV shows and things like this. Movies, because if you don't really have much **insight**⁷ **into** how **natives speak**⁸ and connect their words, **I think it's** difficult to understand as well.

JUSTIN: Yeah, definitely. It's like, you've got to, **you've got to**⁹ see how natives are speaking in a natural environment and the words just **sort of**¹⁰ **flow**¹¹ together.

CHAD: Yeah. All right, so, thanks a lot, Fred, for the iTunes review, five-star iTunes review, and just remember - if you want to **help us out**¹², and help other people around the world, give us a review and it improves our ranking in the iTunes, and more people see this awesome podcast. So, that's it for the shout-outs, let's move on to the news.

6. rock it up: having a good time and making the most of your surroundings

7. insight: deep understanding.

8. natives speak: *nei-tives-speak*

9. you've got to: Justin contracts this to "you gotta."

10. sort of: *sort-uhv*

11. flow: in this case, when speech moves in a steady, fluent manner.

12. help out vs help: It just means to help with the only difference that the word "out" gives it a more informal tone.

the news

Another random
RealLife news story

[News music] *What's new pussycat?*
Woah¹, *Woah. What's new pussycat?*
Woah, Woah...

CHAD: So, Justin, I believe you've found an **interesting**² news story **related** to your experience with Van Damme?

JUSTIN: Yes, I did. Actually, Van Damme, I was **teaching him**³ **how to**⁴ break walnuts over his head, and apparently **the word got out**⁵ and somebody broke the Guinness Book of world records for most walnuts **smashed**⁶ on their head.

CHAD: Ok, so, for those of you who don't know, the Guinness World Records, we actually mentioned that in the previous podcast.

JUSTIN: Yeah, the woman **eating**⁷ a **steak**⁸, right?

CHAD: That's it. The woman ate the steak, **two-kilogram steak**⁹, in three minutes or something like that.

JUSTIN: Yeah.

1. **woah!**: alternative to WOW!

2. **interesting**: *intr-esting*

3. **teaching him**: *teaching-im*

4. **how to**: *how-duh*

5. **the word got out**: this means is no longer of private knowledge and secret and now people know about it.



6. **smash**: to make something impact on a surface with so much force that it gets destroyed.



7. **eating**: *ea-ding*.

8. **steak**



9. **two-kilogram steak**: check out Chad's video on [numeral adjectives](#)

CHAD: Ok, Justin, **my man**¹⁰, what's the headline for this **article**¹¹, in that case?

JUSTIN: "Man **breaks record**¹² for smashing most walnuts with his head"

CHAD: Wow. Again, they're using that word, **smashing the record**¹².

JUSTIN: We **say that a lot**¹³. It's a common **collocation**¹⁴, right?

CHAD: It is, especially for records.

JUSTIN: To smash the record.

CHAD: Yeah. **So, to smash**¹⁵ would be to just break, but more than- it's emphasized, not **just to** break, it's to, I think I've even used the same word in the previous podcast, to **annihilate**¹⁶.

JUSTIN: Yeah. To break it, to **smash** it, to **crush**¹⁷ it. It just goes everywhere. Breaks, but it...

CHAD: So, where's this guy from, **what's the deal**¹⁸ here, why did he do this?

JUSTIN: So, "Mohammad Rashid **headbutts**¹⁹ **his way through**²⁰ 155 walnuts in one minute at Punjab Youth Festival, Pakistan."

CHAD: Wow, awesome. So, he **headbutts his way through** 150

10. my man: this phrase means friend, "my friend."

11. article: *ar-dicle*

12. break a record/smash a record: to break a record is to surpass a record previously set by someone else. To smash it is not only to break it, but to do it by a large margin.

13. that a lot: *thad-ah-lot*

14. collocation: a group of different words that people have the tendency to use together. Sometimes, collocations don't make sense if we analyze the different words separately.

15. So, to smash: *so-duh-smash*

16. annihilate: to destroy.

17. crush: (verb) to demolish, to destroy.

18. what's the deal: what's the situation?



19. headbutt



walnuts. What do you mean by "headbutt?"

JUSTIN: Headbutt is when, actually, the term normally is when two people, like, it's almost like when you're fighting, you headbutt somebody, you hit your head on their head.

CHAD: Yeah, it's probably a Van Damme move, right?

JUSTIN: Yeah, **you know**, I mean, I taught Van Damme a few of those moves before.

CHAD: A few headbutts?

JUSTIN: Yeah.

CHAD: Ok. So, it's like to **punch**²¹ someone with your head.

JUSTIN: Yeah, pretty much. You do this in capoeira though, don't you?

CHAD: A little bit, yeah, yeah.

JUSTIN: Capoeira is the Brazilian sport, martial art, that Chad has **participated**²² in.

CHAD: Yeah. I **wonder**²³ if people actually know what a walnut is. For example, the reason why this is so impressive is because a walnut is like a nut, **kind of**²⁴ like a **peanut**²⁵, or a **cashew nut**²⁶, but it has this really

20. one's way though: this collocation can be used to talk about how someone achieved something. Ex, "he worked his way to the presidency", "he pushed his way through the crowd" or "he cheated his way through to win the competition."



21. punch



22. participated: *partici-paded*

23. wonder: (verb) to ask oneself.

24. kind of: *kinda*

strong **casing**²⁷ around, so it's really hard to **crack** the nut.

JUSTIN: And these ones are really big **nuts**²⁸, too.

CHAD: They are. (laughing)

JUSTIN: They're big walnuts.

CHAD: **You like them**²⁹ big nuts?

JUSTIN: That's **nasty**³⁰, man. That's a **perverted** joke, just if you guys wanted to know, nuts sometimes are referred to as testicles.

CHAD: Yeah.

JUSTIN: But that never **crossed my mind**³¹.

CHAD: Ok. Real quickly, you **want to**³², tell us a little bit?

JUSTIN: Ok, I'm going to read the first paragraph here. "A Pakistani martial arts expert has found **notoriety**³³ after headbutting his way through 155 walnuts in one minute. His record-breaking attempt **literally**³⁴ smashed the previous record of **44**³⁵ walnuts."

CHAD: Wow. So, he **beat it**³⁶ by a lot.

JUSTIN: By, like, over three times.

CHAD: Yeah. I wonder if he had a

25. peanut



26. cashew nut



27. **casing**: protective cover

28. the word **nut** is also a different way to say testicles

29. **You like them**: you-like-em

30. **nasty**: of bad taste, displeasing.

31. **cross one's mind**: to think about it, especially by chance.

32. **want to**: *wanna*

33. **notoriety**: the state of being famous for something bad

34. **literally**: *lid-er-ally*

35. **44**: *fory-four*

36. **beat it**: *bea-dit*

headache³⁷ after that.

JUSTIN: So, he basically, there was a long table, and there were, there were lines of two walnuts, and he just **smashed them**³⁸, **one by one**³⁹.

CHAD: Yeah.

JUSTIN: And we'll link the video here, there'll be some pictures of it in the transcript.

CHAD: Yeah, it looks pretty incredible. The video is worth watching, it's really crazy. He's really quick, **and his**⁴⁰ headbutt looks really strong as well.

JUSTIN: Yeah, he's a **badass**⁴¹ I'd say.

CHAD: He is a badass. **Talking**⁴² (talkin') about headbutts, there's another cool expression, to **butt heads**⁴³, what does that mean?

JUSTIN: Butt heads is like, when, maybe you don't **get along**⁴⁴ with somebody, you're, you know, you're having conflict about something.

CHAD: Yeah. If there's a specific subject that you butt heads about, it means **you don't agree**⁴⁵ on that subject.

JUSTIN: Yeah. It doesn't necessarily **have to**⁴⁶ be, like, you're fighting, but it just means that you're disagreeing.

37. headache



38. **smashed them**: *smash(t)-em*

39. **one by one**: one at a time; one after the other.

VIDEO: [Walnut breaking with head](#)



40. **and his**: *and-is*

41. **badass**: it is an adjective (or noun) used to describe something that is awesome, but the connotation here is a bit more heroic, admirable, and a bit of dark justice. Learn more about using the word "ass" at [34 Ways to Use the Word Ass](#)

42. **talking**: *talkin*

43. **butt heads**: (verb) to have a small argument with somebody.

44. **get along (with somebody)**: to have a good relationship with somebody.

45. **Common mistake**: some learners may often say "you are not agree", and that's not grammatical. **You don't agree** is the correct way to say it.

46. **have to**: *haf-to*

CHAD: Yeah. Ok, awesome! **There you go**, another news story for RealLife **random**⁴⁷ news. And, don't forget, if **you want to check out**⁴⁸ the video of Mohammad Rashid breaking, **or should I say**⁴⁹, smashing the record, I'm **going to** post it on the show notes, and it will be linked on the transcript lesson. Ok, so, **that does it**⁵⁰ for that. It's about time we moved on to today's conversation topic. **What are you talking about**⁵¹, man?



Wha-choo talkin Bout Willis?

What are you talking about Willis?

Conversation Topic

JUSTIN: Yeah, so, today we're going to do a special episode on **how to**¹ learn English, how to learn languages with TV shows.

CHAD: Oh, that's a great topic. Very effective way to learn English, or any other language, I think.

JUSTIN: Yeah, it's a fun way, too.

CHAD: Yeah. Have you used it in your language learning experience?

47. **random**: without any real reason that justifies its selection.

48. **check out**: to examine, try or pay attention to something.

49. **or should I say**: phrase used to express "what I wanted to say is..."

50. **that does it**: that marks the end.

51. **what are you talking about**: *what-cha-talkin-bout*

Popular TV Shows to learn English



1. **how to**: *how-duh*

JUSTIN: So, when I was learning Spanish in Colombia, I used to watch this TV Show called "El Cartel de los Sapos."

CHAD: "El Cartel de los Sapos," what is that?

JUSTIN: A **drug cartel**² of the, it literally means **frog**³, but it's like a **snitch**⁴.

CHAD: A snitch, what does snitch mean?

JUSTIN: A snitch is somebody who reports to the police.

CHAD: Oh, ok.

JUSTIN: So, if we have a criminal business, or something, and I go to the police, and I snitch, or I **report you to the police**⁵, that's a sapo, in Spanish.



2. drug cartel: an organization with the purpose of making money off the illegal drug market.

3. frog



4. snitch: a person who informs to the police about illegal activities or the act of doing it.

5. report someone to the police: to inform to the police about someone's involvement in a criminal or illegal activity.

[Click here](#) to access the full transcript