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# BBC LEARNING ENGLISH

## Lingohack

### Meet the 'Asian Iceman'

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#### The story...

Meet the 'Asian Iceman'

#### Learn language related to...

states of mind

#### Need-to-know language

**refreshed** – less tired, reenergised – having more energy

**awakening** – (here) causing a sudden realisation, awareness or understanding of things

**natural high** – state of increased happiness or thought without using mood-altering substances

**clarity** – clearness of thought and understanding

**mental strength** – willpower, resilience and confidence

#### Answer this...

According to Alan Thong, what are you likely to feel when you dip into the ice?

**Watch the video online:** <https://bbc.in/2YQ7liL>

#### Transcript

It is important to stay in control. Learn to accept the cold. I feel so **refreshed** and energetic.

My name is Alan Thong - better known as the 'Asian Iceman'.

When I was in the Arctic wilderness, the connection with nature is irreplaceable. The energy there is completely different - so pure and so **awakening**.

Because we live in a tropical country - so we don't have the cold we need. So hence, I order the ice from the ice man! And in total we will have 120 kilo[s] of ice inside, and the temperature of the water will go down to about zero or maybe negative one.

[The] first 20-30 seconds would be the most difficult. You might want to run out, jump out, just scream and so on. It's very likely that you feel the sharpness - the stabbing into your skin.

But once you're in there, you can feel the sensations of ... we call it a **natural high**. I usually spend up to 20 minutes in the ice bath.

Your mind will, in fact, gain a certain **clarity** and strength in a way that you've never experienced before. **Mental strength**, mental control - this is real.

### **Did you get it?**

According to Alan Thong, what are you likely to feel when you dip into the ice?

The Asian Iceman says it's very likely you'll feel a sharpness stabbing into your skin.