
BBC LEARNING ENGLISH
Authentic Real English 地道英语
Punch above your weight
挑战重量级，超常发挥



- 关于台词的备注:
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Feifei
So Neil...

Neil
Yes, Feifei?

Feifei
大家都想知道，刚才和你一起吃午饭的漂亮姑娘是谁？

Neil
Ah, she's... just a friend. A new friend. Err, a very nice, new friend.

Feifei
Ooh, you really like her!

Neil
Well, she's lovely, yes. She's a doctor.

Feifei
Neil, I just can't help thinking... she's so pretty!

Neil
What are you saying, Feifei? She's too pretty for me? As you know, I punch above my weight!

Feifei
You certainly do. And I'm not saying you're fat!

Neil
Haha, yes. 'To punch above your weight' is our phrase in this Authentic Real English. It means to achieve beyond what's expected of you.

Feifei

这个源于拳击运动的表达 “to punch above your weight” 的本意是 “能和高于自己重量级别对手较量”。现在，我们用它来描述一个小国家的实力堪比大国，一个小公司可以叫板大巨头；或者一个人能做超越自己能力范围的事情。上面，Neil 说自己女朋友各方面条件都比他的好，所以我们可以说：“Neil is punching above his weight.”。

Neil

Hey, Feifei. That was a bit harsh. Anyway, let's hear these examples.

Examples

Croatia punches above its weight when it comes to football. It has a population of under 5 million, but came second in the World Cup.

Even as a small business, you can punch above your weight if you focus on quality and build a strong brand.

Some of the cheaper smartphones are really punching above their weight - they're a fraction of the price but have got some great features.

Feifei

这里是 BBC 英语教学的 “地道英语” 节目。在这集节目中，我们给大家分享的表达是 “to punch above your weight”。So, Neil, how did you meet this mystery woman?

Neil

Well, she's a doctor. You know I was going to boxing class earlier this year?

Feifei

Yes, how's that going?

Neil

Well, I stopped. I was training with someone much bigger than me, and I, err... broke my nose.

Feifei

You were literally punching above your weight! 你这可是真正的对抗高重量级选手，挑战预期。

Neil

Yes. And who should I meet at the hospital but this beautiful doctor!

Feifei

Well, it's a good story. Shame it's not true.

Neil

I know. I've never boxed in my life!

Feifei

And I know you had lunch alone today.

Neil

Ahh. But I hope the story helps teach this phrase!

Feifei

I hope so too.

Neil

Anyway, if you're not busy... fancy lunch tomorrow, Feifei?

Feifei

There you go again, punching above your weight!

Neil

Ha!

Both

Bye.