

Strength and Defense

To some people the words *strength* and *defense* suggest military might and war. Others think of these words in connection with sports. Still others associate *strength* and *defense* with such accomplishments as completing a difficult task or arguing for an unpopular idea. In this lesson you will learn words that refer to different aspects of strength and defense.

WORD LIST

assail
bulwark
citadel
fortitude
haven
invincible
mettle
resilient
stalwart
stamina

DEFINITIONS

After you have studied the definitions and example for each vocabulary word, write the word on the line to the right.

1. **assail** (ə-sāl') *trans. verb* a. To attack; assault. b. To attack verbally. (From the Latin *ad-*, meaning "onto," and *salire*, meaning "to leap")

RELATED WORD **assailant** *noun*

EXAMPLE The invading army planned to *assail* the city at dawn.

2. **bulwark** (būl'wərk, būl'wərk) *noun* a. A defensive wall; rampart. b. Any protection or defense. (From the Middle High German words *bole*, meaning "plank," and *wer*, meaning "work")

EXAMPLE The knights gathered behind the *bulwark* as the invaders tried to force their way into the castle.

3. **citadel** (sīt'ə-dəl, sīt'ə-dēl') *noun* a. A fortress in or near a city. b. Any stronghold. (From the Latin word *civitas*, meaning "citizenry" or "city")

EXAMPLE From high atop the *citadel*, the guard could warn the townspeople of any approaching danger.

4. **fortitude** (fōr'ti-tōōd', fōr'ti-tyōōd') *noun* Strength of mind that allows one to endure pain or trouble with courage. (From the Latin word *fortis*, meaning "strong")

EXAMPLE The *fortitude* of the wheelchair athletes competing in the Special Olympics inspired the crowd.

1. _____

2. _____

3. _____

4. _____

5. **haven** (há'vən) *noun* a. A place of rest or refuge; sanctuary. b. A sheltered harbor or port. 5. _____
EXAMPLE The writer's *haven* was a small, comfortable cabin located in the middle of the woods.
6. **invincible** (in-vín'sə-bəl) *adjective* Too strong or great to be defeated; unconquerable. (From the Latin *in-*, meaning "not," and *vincere*, meaning "to conquer") 6. _____
RELATED WORDS *invincibility noun; invincibly adverb*
EXAMPLE The *invincible* football team won the play-off and took home the trophy.
7. **mettle** (mēt'l) *noun* a. Spirit; daring; pluck. b. A strength of character or purpose equal to a test. 7. _____
EXAMPLE The bold scout showed his *mettle* by riding ahead of the wagon train.
8. **resilient** (rī-zil'yənt) *adjective* a. Recovering strength or spirits quickly. b. Springing back into position or shape. (From the Latin *re-*, meaning "back," and *salire*, meaning "to leap") 8. _____
RELATED WORDS *resilience noun; resiliently adverb*
EXAMPLE—The *resilient* patient recovered from his surgery in a surprisingly short time.
9. **stalwart** (stól'wərt) *adjective* a. Physically strong; sturdy; robust. b. Resolute; firm. *noun* a. A sturdy, strong-willed person. b. A loyal supporter. 9. _____
RELATED WORDS *stalwartly adverb; stalwartness noun*
EXAMPLE The *stalwart* gatekeeper successfully kept the enemy from crossing the bridge.
10. **stamina** (stām'ə-nə) *noun* Endurance; resistance to fatigue, illness, or hardship. 10. _____
EXAMPLE The swimmer needed great *stamina* to complete fifty laps at the Olympic-sized pool.