

A Celebration of Life for Kobe and Gianna Bryant

科比与吉安娜·布莱恩特生命礼赞追悼会

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地点洛杉矶斯台普斯中心（Staples Center）

篮球传奇乔丹在湖人主场举行的科比及女儿吉安娜追悼会上致辞，回忆与科比如兄弟般的深厚情谊。

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原文对照

第1章 开场致意与缅怀

I would say good morning, but it's afternoon. I'm grateful to Vanessa and the Bryan family for the opportunity to speak today.

我本想说的是“早上好”，但现在是下午。我很感激凡妮莎和布莱恩特家族给我今天发言的机会。

grateful adj.
/ˈgreɪtfl/
感激的，感谢的

opportunity n.
/ˌɒpəˈtjuːnəti/
机会，时机

I'm grateful to be here to honor Gigi and celebrate the gift that Kobe gave us all.

我很感激能来到这里，缅怀吉吉，赞颂科比赐予我们所有人的礼物。

honor v.
/ˈɒnə(r)/
缅怀，致敬

celebrate v.
/ˈselɪbreɪt/
赞颂，庆祝

gift n.
/gɪft/
礼物，天赋

第2章 比亲人还亲的友谊

What he accomplished as a basketball player, as a businessman, and a storyteller, and as a father. In the game of basketball, in life, as a parent, Kobe left nothing in the tank.

他作为篮球运动员、商人、讲故事的人以及父亲所取得的一切成就。在篮球场上、在生活中、作为一位父亲，科比倾尽了所有，毫无保留。

accomplish v.
/əˈkʌmplɪʃ/
完成，取得

storyteller n.
/ˈstɔːritelə(r)/
讲故事的人

leave nothing in the tank
/liːv ˈnʌθɪŋ ɪn ðə tæŋk/
习语. 倾尽全力，毫无保留

He left it all on the floor. Maybe it surprised people that Kobe and I were very close friends, but we were very close friends.

他把一切都留在了球场上。也许人们会惊讶于科比和我竟是非常亲密的朋友，但我们确实是非常亲密的朋友。

leave it all on the floor
/liːv ɪt ɔːl ɒn ðə flɔː(r)/
习语. 在场上拼尽全力

surprise v.
/səˈpraɪz/
使惊讶

Kobe was my dear friend. He was like a little brother.

科比是我亲爱的朋友。他就像我的小兄弟。

dear adj.
/dɪə(r)/
亲爱的，珍视的

Everyone always wanted to talk about the comparisons between he and I. I just wanted to talk about Kobe.

大家总是想谈论他和我之间的比较。而我只想谈论科比。

comparison n.
/kəmˈpærɪsn/
比较，对比

第3章 深夜来电与执着的热情

You know all of us have brothers and sisters, little brothers, little sisters who, for whatever reason, always tend to get in your stuff, your closet, your shoes, everything. It was a nuisance, if I can say that word.

你们知道，我们都有兄弟姐妹，有小弟小妹，他们不知什么缘故，总爱翻你的东西、你的衣柜、你的鞋子，什么都翻。那真是种烦扰——如果可以用这个词的话。

closet n.
/ˈklɒzɪt/
衣柜

nuisance n.
/ˈnjuːsns/
烦扰，讨厌的人或事

But that nuisance turned into love over a period of time just because the admiration that they had for you as big brothers or big sisters. The questions, the wanting to know every little detail about life that they were about to embark on.

但随着时间推移，那种烦扰变成了爱，只因为他们对你这个大哥或大姐的仰慕。那些问题，那些想要了解他们即将踏上的生活每一个细节的渴望。

admiration n.
/ˌædməˈreɪʃn/
仰慕，钦佩

embark v.
/ɪmˈbɑːk/
开始，着手（embark on 踏上）

He used to call me, text me, 11:30, 2:30, 3 o'clock in the morning, talking about post up moves, footwork, and sometimes the triangle. At first, it was an aggravation.

他过去常在凌晨11点半、2点半、3点给我打电话、发短信，谈论低位背身动作、脚步，有时还聊三角进攻。起初，那是一种烦扰。

post up
/pəʊst ʌp/
短语. 低位背身单打

footwork n.
/ˈfʊtwɜːk/
脚步动作

triangle n.
/ˈtraɪæŋgl/
三角（此处指三角进攻战术）

aggravation n.
/ˌægrəˈveɪʃn/
烦扰，恼怒

But then it turned into a certain passion. This kid had passion like you would never know.

但后来它变成了一种特别的热爱。这孩子拥有你难以想象的热情。

passion n.
/ˈpæʃn/
热情，热爱

It's an amazing thing about passion. If you love something, if you have a strong passion for something, you will go to the extreme to try to understand or try to get it, either ice cream, Cokes, hamburgers, whatever you have a love for.

热情是一件了不起的事。如果你热爱某样东西，如果你对某样东西有强烈的热情，你就会竭尽全力去理解它、去得到它——无论是冰淇淋、可乐、汉堡，还是任何你热爱的东西。

extreme n.
/ɪkˈstriːm/
极端，极限（go to the extreme 竭尽全力）

hamburger n.
/ˈhæmbɜːgə(r)/
汉堡包

If you have to walk, you would go get it. If you have to beg someone, you would go get it.

如果必须走路去，你也会去拿到它。如果必须求人，你也会去拿到它。

beg v.
/beg/
乞求，恳求

第4章 相互激励的兄弟情

What Kobe Bryant was to me was the inspiration that someone truly cared about the way I either played the game or the way that he wanted to play the game. He wanted to be the best basketball player that he could be.

科比·布莱恩特对我来说，是一种激励——激励我的是，有一个人真心在意我打球的方式，或是他自己想打球的方式。他想成为他能成为的最好的篮球运动员。

inspiration n.
/ˌɪnspəˈreɪʃn/
激励，灵感

And as I got to know him, I wanted to be the best big brother that I could be. To do that, you have to put up with the aggravation, the late night calls, or the dumb questions. I took great pride as I got to know Kobe Bryant that he was just trying to be a better person, a better basketball player.

而随着我逐渐了解他，我想成为我能成为的最好的大哥。要做到这一点，你必须忍受那些烦扰、深夜来电，或是那些傻问题。随着我越来越了解科比·布莱恩特，我深感自豪的是，他只是想成为一个更好的人、一个更好的篮球运动员。

put up with
/pʊt ʌp wɪð/
短语. 忍受，容忍

dumb adj.
/dʌm/
愚蠢的，傻的

pride n.
/praɪd/
自豪，骄傲

We talked about business. We talked about family. We talked about everything.

我们谈论生意。我们谈论家庭。我们无所不谈。

And he was just trying to be a better person.

他只是在努力成为一个更好的人。

第5章 惹人烦又惹人爱的性格

Now he's got me. I'll have to look at another crying meme for the next.

现在他把我惹哭了。接下来我又得看着另一个流泪表情包了。

meme n.
/miːm/
表情包，模因

I told my wife I wasn't going to do this because I didn't want to see that for the next three or four years. That is what Kobe Bryant does to me.

我告诉过我妻子，我不打算做这个（流泪），因为我不想在接下来三四年里一直看到那个（表情包）。这就是科比·布莱恩特对我的影响。

I'm pretty sure Vanessa and his friends all can say the same thing. He knows how to get to you in a way that affects you personally, even though he's being a pain in the ass.

我敢肯定凡妮莎和他的朋友们都能说同样的话。他知道如何触动你，以一种影响你个人的方式，即使他是在惹人厌。

affect v.
/əˈfekt/
影响

a pain in the ass
/ə peɪn ɪn ðə æs/
习语. 惹人厌的人，讨厌鬼

But he always has a sense of love from him, and the way that he can bring out the best in you, and he did that for me. I remembered maybe a couple of months ago

但他身上总有一种爱的感觉，以及他能激发出你最好一面的方式，他为我做到了这一点。我记得大概几个月前——

bring out the best in
/brɪŋ aʊt ðə best ɪn/
短语. 激发某人最好的一面

第6章 凌晨短信与女儿的篮球课

he sent me a text and he's said, "I'm trying to teach my daughter some moves, and I don't know what I was thinking or what I was working on, but what were you thinking about when you were trying, as you were growing up, trying to work on your moves?" I said, "What age?" He says, "12."

他给我发了条短信说："我在教我女儿一些动作，我不知道我当时在想什么、在练什么，但你成长过程中练动作时，你都在想些什么？"我说："几岁？"他说："12岁。"

move n.
/muːv/
动作，招式（篮球技术动作）

I said, "12, I was trying to play baseball." He sends me a text back said, "Laughing my ass off."

我说："12岁？我那时在打棒球。"他回了一条短信说："笑死我了。"

laughing my ass off
/ˈlɑːfɪŋ maɪ æs ɒf/
习语. 笑死我了（网络缩写 LMAO）

And this was at 2 o'clock in the morning. But the thing about him was we could talk about anything that related to basketball, but we can talk about anything that related to life.

而那是凌晨两点。但关于他的一点是，我们可以谈论任何与篮球相关的事，也可以谈论任何与生活相关的事。

relate to
/rɪˈleɪt tu/
短语. 与……相关

And we, as we grow up in life, rarely have friends that we can have conversations like that.

而我们在人生成长中，很少有朋友能进行那样的对话。

rarely adv.
/ˈreəli/
很少，难得

第7章 永远想较量的好胜心

Well, it's even rare when you can grow up against adversaries and have conversations like that. I went and saw Phil Jackson in 1999 or maybe 2000.

更难得的是，你能与对手一起成长，还能进行那样的对话。1999年，也许是2000年，我去见了菲尔·杰克逊。

adversary n.
/'ædvəsəri/
对手，敌手

I don't know when Phil was here in LA. And I walk in and Kobe's sitting there.

我不知道菲尔什么时候在洛杉矶。我走进去，科比就坐在那儿。

And the first thing, I'm in a suit. First thing Kobe said, "Did you bring your shoes?"

第一件事——我穿着西装。科比开口第一句就是："你带鞋了吗？"

suit n.
/su:t/
西装

"No, I wasn't thinking about playing." But his attitude to compete and play against someone he felt like he could enhance and improve his game with. To

"没有，我没想着要打球。"但他那种想与人竞争、与他觉得能提升自己球技的人对抗的态度——

compete v.
/kəm'pi:t/
竞争，比赛

enhance v.
/ɪn'hɑ:ns/
提升，增强

me, that's what I loved about the kid. Absolutely loved about the kid. No matter where he saw me, it was a challenge. And I admired him because his passion, you rarely see someone who's looking and trying to improve each and every day, not just in sports, but as a parent, as a husband. I am inspired by what he's done and what he's shared with Vanessa and what he's shared with his kids.

对我来说，这正是我喜欢这孩子的地方。绝对喜欢这孩子。无论他在哪里看到我，那都是一种挑战。我钦佩他，因为他的热情——你很少见到有人每天都在寻求进步，不只是体育上，还有作为父亲、作为丈夫。他所作所为、他与凡妮莎分享的、与孩子们分享的，都激励着我。

absolutely adv.
/'æbsəlu:tli/
绝对地，完全地

admire v.
/əd'maɪə(r)/
钦佩，赞赏

inspire v.
/ɪn'spaɪə(r)/
激励，鼓舞

第8章 作为父亲与丈夫的启发

I have a daughter who's 30, I just became a grandparent, and I have two twins. I have twins of six. I

我有一个30岁的女儿，我刚当了祖父，我还有两个双胞胎。我的双胞胎6岁了。

grandparent n.
/'grænpeərənt/
祖父母

twin n.
/twɪn/
双胞胎之一

can't wait to get home to become a girl dad and to hug them and to see the love and the smiles that they bring to us as parents. He taught me that just by looking at this tonight, looking at how he responded and reacted with the people he actually loved.

我迫不及待想回家，做一个“女儿奴”爸爸，拥抱她们，看看她们作为孩子带给我们的爱与笑容。他教会了我这一点——只需看看今晚，看看他如何回应和对待他真正爱的人们。

girl dad
/gɜːl dæd/
短语. “女儿奴”爸爸，以有女儿为傲的父亲

respond v.
/rɪ'spɒnd/
回应

react v.
/ri'ækt/
反应

These are the things that we will continue to learn from Kobe Bryant. To

这些就是我们将继续从科比·布莱恩特身上学到的东西。

第9章 慰问家属与全情投入的一生

Vanessa, Natalia, Bianca, Capri, my wife and I will keep you close in our hearts and our prayers. We will always be here for you, always. I

凡妮莎、娜塔莉亚、比安卡、卡普里，我和我妻子会把你们放在心里，放在我们的祈祷中。我们会永远在你身边，永远。

prayer n.
/preə(r)/
祈祷

also want to offer condolences and support, all the families affected by this enormous tragedy. Kobe gave every last ounce of himself to whatever he was doing.

我也要向所有受这场巨大悲剧影响的家庭表达哀悼和支持。科比无论做什么，都倾注了自己最后的一分一毫。

condolence n.
/kən'dəʊləns/
哀悼，慰问

tragedy n.
/'trædʒədi/
悲剧

ounce n.
/aʊns/
盎司（every last ounce 一分一毫）

After basketball, he showed a creative side to himself that I didn't think any of us knew he had. In retirement, he seemed so happy.

退役后，他展现出了我们谁都不知道他拥有的创造才能。退休之后，他看起来是那么快乐。

creative adj.
/kri'eɪtɪv/
有创造力的

retirement n.
/rɪ'taɪəmənt/
退休，退役

He found new passions, and he continued to give back as a coach in his community. More importantly, he was an amazing dad, amazing husband, who dedicated himself to his family, and who loved his daughters with all his heart.

他找到了新的热爱，并继续作为教练回馈他的社区。更重要的是，他是一位了不起的爸爸、了不起的丈夫，全身心投入家庭，全心全意爱着他的女儿们。

give back
/gɪv bæk/
短语. 回馈

dedicate v.
/'dedɪkeɪt/
奉献，致力于

community n.
/kə'mju:nəti/
社区

第10章 活在当下与最后的告别

Kobe never left anything on the court. And I think that's what he would want for us to do.

科比从未在球场上留下任何余力。我想这正是他希望我们去做的事。

court n.
/kɔ:t/
球场

No one knows how much time we have. That's why we must live in the moment.

没人知道我们还有多少时间。这就是为什么我们必须活在当下。

live in the moment
/lɪv ɪn ðə 'məʊmənt/
短语. 活在当下

We must enjoy the moment. We must reach and see and spend as much time as we can with our families and friends and the people that we absolutely love.

我们必须享受当下。我们必须尽可能多地去接近、去看望、去陪伴我们的家人、朋友，以及我们绝对深爱的人们。

reach v.
/ri:tʃ/
联系，接近

absolutely adv.
/'æbsəlu:tli/
绝对地，完全地

To live in the moment means to enjoy each and every one that we come in contact with. When Kobe Bryant died, a piece of me died, and as I look in this arena and across the globe, a piece of you died, or else you wouldn't be here.

活在当下意味着享受我们接触的每一个时刻。科比·布莱恩特离世时，我的一部分也随之死去；而当我环顾这座球馆、放眼全球，你们每个人的一部分也死去了——否则你们不会在这里。

arena n.
/ə'ri:nə/
竞技场，球馆

globe n.
/gləʊb/
全球，世界

Those are the memories that we have to live with and we learn from. I promise you from this day forward I will live with the memories of knowing that I had a little brother that I tried to help in every way I could.

这些是我们必须承载着生活下去、并从中学习的记忆。我向你们保证，从今往后，我将带着这样的记忆生活：我有一位小兄弟，我竭尽所能去帮助他。

from this day forward
/frəm ðɪs deɪ 'fɔ:wəd/
短语. 从今往后

Please, rest in peace, little brother.

拜托，安息吧，小兄弟。

rest in peace
/rest ɪn piːs/
短语. 安息

句型解析

1. Maybe it surprised people that Kobe and I were very close friends, but we were very close friends. 出自【c2p2】

Maybe | it surprised people | that Kobe and I were very close friends
也许 | 这令人们惊讶 | 科比和我是非常亲密的朋友

but we were very close friends
但我们确实是非常亲密的朋友

也许人们会惊讶于科比和我竟是非常亲密的朋友，但我们确实是非常亲密的朋友。

公式 It surprised sb + that 从句 = 令某人惊讶的是……（it 为形式主语，that 从句为真正主语）
仿写 It surprised everyone that the two rivals were actually old classmates.
译文 令所有人惊讶的是，这两个对手其实是老同学。

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2. What Kobe Bryant was to me was the inspiration that someone truly cared about the way I either played the game or the way that he wanted to play the game. 出自【c4p1】

What Kobe Bryant was to me | was the inspiration | that someone truly cared about
科比·布莱恩特对我而言的意义 | 是一种激励 | 有一个人真心在意

the way I either played the game | or the way that he wanted to play the game
我打球的方式 | 或是他想打球的方式

科比·布莱恩特对我而言的意义在于，他是一种激励——激励我的是，有一个人真心在意我打球的方式，或是他自己想打球的方式。

公式 What X was to me was Y = X 对我而言的意义是 Y（主语从句作主语）
仿写 What music was to her was a language that words could never express.
译文 音乐对她而言的意义，是一种言语永远无法表达的语言。

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3. And as I got to know him, I wanted to be the best big brother that I could be. 出自【c4p2】

And | as I got to know him | I wanted to be | the best big brother that I could be
而 | 随着我逐渐了解他 | 我想成为 | 我能成为的最好的大哥

而随着我逐渐了解他，我想成为我能成为的最好的大哥。

公式 as + 从句 = 随着……（伴随状语，表同步变化）
仿写 As I grew older, I wanted to be the best teacher that I could be.
译文 随着我年岁渐长，我想成为我能成为的最好的老师。

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4. No matter where he saw me, it was a challenge. 出自【c7p5】

No matter where | he saw me | it was a challenge

无论在哪里 | 他看到我 | 那都是一种挑战

无论他在哪里看到我，那都是一种挑战。

公式 No matter + wh-从句 = 无论……（让步状语从句）

仿写 No matter where you go, your family will support you.

译文 无论你去哪里，你的家人都会支持你。

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5. When Kobe Bryant died, a piece of me died, and as I look in this arena and across the globe, a piece of you died, or else you wouldn't be here. 出自【c10p4】

When Kobe Bryant died | a piece of me died | and as I look in this arena and across the globe

当科比·布莱恩特离世时 | 我的一部分也随之死去 | 而当我环顾这座球馆、放眼全球

a piece of you died | or else you wouldn't be here

你们每个人的一部分也死去了 | 否则你们不会在这里

科比·布莱恩特离世时，我的一部分也随之死去；而当我环顾这座球馆、放眼全球，你们每个人的一部分也死去了——否则你们不会在这里。

公式 or else + 句子 = 否则……（表否定条件的结果）

仿写 You must set off now, or else you will miss the last train.

译文 你必须现在出发，否则你会错过末班车。

背景知识

人物

1. 科比·布莱恩特（Kobe Bryant） 人物

湖人队传奇球星，1996年进入NBA，20年职业生涯全部效力湖人，获5次总冠军。2020年1月26日因直升机事故与女儿吉安娜一同遇难。本文为乔丹在其追悼会上的致辞。

2. 吉安娜·布莱恩特（Gianna Bryant，吉吉） 人物

科比的二女儿，昵称Gigi，热爱篮球，梦想进入WNBA，与父亲在同一场事故中遇难，年仅13岁。追悼会名为“生命礼赞”，同时缅怀她与科比。

3. 迈克尔·乔丹（Michael Jordan） 人物

被誉为NBA历史最伟大球员，公牛王朝核心，6次总冠军。演讲者本人，此处以科比“大哥”身份致辞，两人常被外界比较。

4. 菲尔·杰克逊（Phil Jackson） 人物

传奇NBA主教练，曾执教公牛和湖人，共获11枚总冠军戒指，绰号“禅师”。文中乔丹回忆去见菲尔时偶遇科比。

文化与术语

1. 三角进攻（triangle offense） 术语

NBA著名战术体系，由菲尔·杰克逊推行，公牛与湖人王朝均以此著称。科比生前常与乔丹讨论这一战术细节。

2. 生命礼赞追悼会（A Celebration of Life） 事件

2020年2月24日在洛杉矶斯台普斯中心举行，日期“2-24”呼应科比与吉安娜的球衣号码。大量NBA球星与球迷到场悼念。