



## Create a praise poem for your favourite hero.

In the days when the Táin stories, including *The Feast of Bricriu*, were first told, each local ruler gathered a band of elite warrior heroes. These champions were the super sports stars of the time. They were just like Olympic athletes. They enjoyed somersaulting on and off moving chariots, pole-vaulting with their spears, racing and juggling

Back then there was no television or film to record their feats. They had to depend on the storyteller-poets to record their astonishing deeds' Poets were able to pass on sports reports and action-replays of all the fantastic actions of the elite champions. Everybody wanted to hear the latest story, or listen, again to some of the famous feats of past champions. Everybody wanted as much detail as possible.

"In the chariot a fair man with long curling hair; his tresses tri-coloured: brown at the skin, blood-red at the middle, as a diadem of yellow gold the hair at the tips.

About him a soft crimson tunic, having five stripes of glittering gold.

A shield spotted indented, with a bright edge of bronze. A barbed five-pronged javelin flames at his wrist. "

**This is part of a description of Lóegaire the Triumphant given by Mebh's daughter when she sees the would-be champions arriving at Rathcroghan.**

### **HERE COMES CÚ CHULAINN**

His cloak like a river glistening in the sun.

His sword as sharp as the teeth on a shark.

His hair as dark as a black winter's night.

His horse as fast and strong as a storm.

His eyes fierce as a charging bull.

**You can follow the example above or use the template below.**

Here comes \_\_\_\_\_

His (her) hair is as bright as \_\_\_\_\_

His (her) spear is as sharp as \_\_\_\_\_

Her (his) cloak is as red as \_\_\_\_\_

His (her) horses are as fast as \_\_\_\_\_

**You could write a praise poem for one of your heroes, a sports star, or a singer.  
What would you choose to praise?**