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day 73 secrets and specialists

Chinese HSK 7–9 in 193 days
unit 10 · sport and movement

Handle formal language at work, 兹, 何, 若干, 彼, 之, and concede a point before you make yours with 别看…… and 虽说……

Contracts, notices and meetings in China use a layer of written words from classical Chinese; 别看 and 虽说 are how people say “it may look like…, but…” in real conversation.

words

word	pinyin	meaning	example
剪彩	jiǎncǎi	to cut the ribbon (at an opening)	市长为{wei4-3}新体育馆剪彩。 The mayor cut the ribbon to open the new sports hall.
把关	bǎguān	to check, be the gatekeeper for quality	每篇文章都由林编辑把关。 Editor Lin checks every article before it goes out.
机密	jīmì	secret, confidential; a secret	比赛路线现在|还是{==still, after all}机密。 The race route is still confidential.
泄密	xièmì	to leak a secret	合同的内容千万不能泄密。 Whatever you do, don’t leak what’s in the contract.
自负	zìfù	to be responsible for yourself	不听别人的|话下海游泳，后果自负{zi4fu4-7}。 Ignore the warnings and swim in the sea, and it’s at your own risk.
专人	zhuānrén	a person specially assigned	这件事由专人负责。 A dedicated person is in charge of this.
专项	zhuānxiàng	special item, dedicated (fund, project)	公司拿出一笔专项资金支持这次比赛。 The company set aside a dedicated fund to support the race.
专职	zhuānzhí	full-time (post)	我们请了一位专职教练。 We’ve hired a full-time coach.
日程	rìchéng	schedule, agenda	下周的日程已经排满了。 Next week’s schedule is already full.
受理	shòulǐ	to accept and handle (an application, case)	报名从下周一开始受理。 Registrations will be accepted from next Monday.
兹	zī	this; now (very formal, written)	兹定于五月一日举行开幕式。 It is hereby announced that the opening ceremony will be held on 1 May.
何	hé	what, which, why (written)	你有何打算? What are your plans?
若干	ruògān	a certain number of, several	我们研究了若干问题。 We looked into a number of issues.
之	zhī	it, him, her (written object)	这个问题很重要，我们要认真对待之{zhi1-7c}。 This issue is important, and we must take it seriously.

彼	bǐ	that, the other (written)	他们游了两个小时，终于到了河的彼岸。 After swimming for two hours they finally reached the far bank of the river.
这么着	zhèmezhe	like this, this way (spoken)	这么着吧，我们明天再商量。 Tell you what: let's talk it over tomorrow.
怎么着	zěnmezhe	what about it?; how (spoken)	我就是不去，你能把我怎么着? I'm not going: what are you going to do about it?
何止	hézhǐ	far more than, not only	参加的人何止一万，至少有三万。 Far more than ten thousand took part: at least thirty thousand.
别看	biékàn	although (it may look), don't be fooled by	别看他个子小，跑得可快了。 He may be small, but he runs really fast.
虽说	suīshuō	although (it is true that)	虽说天气不好，可来的人{==still, after all}很多。 Although the weather was bad, lots of people still came.
固然	gùrán	admittedly, of course	赢固然重要，参加更重要。 Winning is important, of course, but taking part matters more.
纵然	zòngrán	even if	纵然下大雨，比赛也照常进行。 Even if it pours, the race will go ahead as planned.
不亚于	bùyàyú	no less than, as good as	她的水平不亚于专业运动员。 She is every bit as good as a professional athlete.
非但	fēidàn	not only (written)	他非但没有生气，反而笑了。 Far from getting angry, he laughed.
堪称	kānchēng	can be called, worthy of the name	这场比赛堪称今年最精彩的比赛。 This match could be called the most exciting of the year.
与否	yǔfǒu	whether or not (after a word)	比赛成功与否，要看天气。 Whether the race is a success depends on the weather.
任	rèn	no matter (how / what); to let	任你怎么说，他也不听。 No matter what you say, he won't listen.
假使	jiǎshǐ	if, supposing (written)	假使明天下雨，比赛就推迟一周。 If it rains tomorrow, the race will be postponed a week.

pattern 别看..... and 虽说.....; written 兹, 何, 若干, 彼

别看 / 虽说	what it looks like / what is true	，(可 / 但)	the real point

别看 A，B: “don’t go by A”: A looks one way, but B is the truth. 虽说 A，但 / 可 B: “granted that A, still B”, a spoken cousin of 虽然. In formal writing you also meet old pointing and question words: 兹 “hereby”, 彼 “that, the other”, 何 “what, which”, 若干 “a number of”, and the spoken 这么着 “like this” and 怎么着 “what about it?”.

别看她平时坐办公室，体力可不比运动员差。 **biékàn tā píngshí zuò bàngōngshì tǐlì kě bù bǐ yùndòngyuán chà** She may sit in an office all day, but she’s as fit as an athlete.

虽说只是一个小比赛，可大家都很认真。 **suīshuō zhǐshì yí gè xiǎo bǐsài kě dàjiā dōu hěn rènzhēn** It may only be a small race, but everyone takes it seriously.

兹定于五月一日上午八点举行比赛。 **zī dìng yú wǔ yuè yī rì shàngwǔ bā diǎn jǔxíng bǐsài** It is hereby announced that the race will be held at 8 a.m. on 1 May.

此一时，彼一时，现在跑步的人比以前多多了。 **cǐ yìshí bǐ yìshí xiànzài pǎobù de rén bǐ yǐqián duō duō le** Times have changed: far more people run now than before.

dialogue the secret route

manager liu 大家好，今天开个短会。我先念一下通知：“兹定于下月十号上午，在体育中心举行城市马拉松发布会，由我公司代表剪彩。”

dàjiā hǎo jīntiān kāi gè duǎn huì wǒ xiān niàn yíxià tōngzhī zī dìng yú xià yuè shí hào shàngwǔ zài tǐyù zhōngxīn jǔxíng chéngshì mǎlāsōng fābù huì yóu wǒ gōngsī dàibiǎo jiǎncǎi · Hello everyone, just a short meeting today. Let me read the notice first: “It is hereby announced that the city marathon launch will be held at the sports centre on the morning of the tenth of next month, and a representative of our company will cut the ribbon.”

anna 我们公司是这次比赛的合作伙伴，具体要做什么？

wǒmen gōngsī shì zhè cì bǐsài de hézuò huǒbàn jùtǐ yào zuò shénme · Our company is a partner of the race: what exactly do we have to do?

manager liu 公司拿出一笔专项资金，请了一位专职教练帮员工训练，还安排了医务人员。员工报名下周一开始受理。希望大家工作之余多练一练。

gōngsī ná chū yì bǐ zhuānxiàng zījīn qǐng le yí wèi zhuānzhí jiàoliàn bāng yuángōng xùnliàn hái ānpái le yīwù rényuán yuángōng bàomíng xià zhōu yī kāishǐ shòulǐ xīwàng dàjiā gōngzuò zhī yú duō liàn yi lian · The company is putting up a dedicated fund, has hired a full-time coach to train staff and has arranged medical staff too. Staff registrations will be accepted from next Monday. I hope everyone will train in their spare time.

anna 别看我天天坐办公室，我已经练了三个月了！

biékàn wǒ tiān tiān zuò bàngōngshì wǒ yǐjīng liàn le sān gè yuè le · I may sit in an office all day, but I’ve been training for three months already!

manager liu 虽说你练了三个月，可全程四十二公里，不是开玩笑的，跑到最后会喘得说不出话。还有一件事：比赛路线现在是机密，正式公布以前，谁也不能泄密。

suīshuō nǐ liàn le sān gè yuè kě quánchéng sìshíèr gōnglǐ bú shì kāi wánxiào de pǎo dào zuìhòu huì chuǎn de shuō bu chū huà hái yǒu yí jiàn shì bǐsài lùxiàn xiànzài shì jīmì zhèngshì gōngbù yǐqián shéi yě bù néng xièmì · Granted, you’ve trained for three months, but forty-two kilometres is no joke: by the end you’ll be too out of breath to speak. One more thing: the route is confidential for now, and until it’s officially announced, nobody may leak it.

anna 林编辑昨天还问我路线经过何处呢。

Línbiānjí zuótiān hái wèn wǒ lùxiàn jīngguò hé chù ne · Editor Lin was asking me only yesterday where the route goes.

manager liu 这件事由专人负责，所有的宣传材料都要经过我把关。日程表我已经发给大家了。

zhè jiàn shì yóu zhuānrén fùzé suǒyǒu de xuānchuán cáiliào dōu yào jīngguò wǒ bǎguān rìchéng biǎo wǒ yǐjīng fā gěi dàjiā le · A dedicated person is in charge of this, and all the publicity material has to go through me. I’ve already sent everyone the schedule.

lawyer sun 刘经理，合同我看完了。有若干问题需要改一改。

Liújīnglǐ hétóng wǒ kàn wán le yǒu ruògān wèntí xūyào gǎi yi gai · Ms Liu, I’ve read the contract. There are a number of points that need changing.

lawyer sun 第一，“参赛者受伤，后果自负”这一条，固然可以写，但是主办方也要承担安全责任：万一有人昏倒，要马上救治。

dì yī cānsài zhě shòushāng hòuguǒ zìfù zhè yì tiáo gùrán kěyǐ xiě dànshì zhǔbàn fāng yě yào chéngdān ānquán zérèn wànyī yǒu rén hūn dǎo yào mǎshàng jiùzhì · First, the clause “participants who are injured do so at their own risk”: of course you can include it, but the organisers must also take responsibility for safety: if someone collapses, they must be treated at once.

manager liu 那就这么着吧，按孙律师说的改。

nà jiù zhèmezhe ba àn Sūnlǜshī shuō de gǎi · Then let’s do it that way: change it as Mr Sun says.

lawyer sun 第二，假使比赛那天下大雨，比赛推迟与否，要在合同里写清楚。纵然推迟，公司的钱也不退。

dì èr jiǎshǐ bǐsài nà tiān xià dà yǔ bǐsài tuīchí yǔ fǒu yào zài hétóng lǐ xiě qīngchu zòngrán tuīchí gōngsī de qián yě bú tuì · Second, if it pours on race day, the contract must state clearly whether or not the race is postponed. Even if it is, the company’s money won’t be refunded.

anna 去年参加的人何止两万，今年报名的已经有三万余人了。
qùnián cānjiā de rén hézhǐ liǎng wàn jīnnián bàomíng de yǐjīng yǒu sān wàn yú rén le · Last year far more than twenty thousand took part, and this year over thirty thousand have already signed up.

manager liu 这次比赛的规模不亚于国际大赛，堪称本市历史上最大的一次。
zhè cì bǐsài de guīmó búyàyú guójì dàsài kānchēng běn shì lìshǐ shàng zuì dà de yí cì · This race is on a par with international events: it could be called the biggest in the city's history.

lawyer sun 这样一来，你们公司非但不会吃亏，名字还会印在每个运动员的衣服上。
zhèyàng yì lái nǐmen gōngsī fēidàn bú huì chīkuī míngzi hái huì yìn zài měi gè yùndòngyuán de yīfu shàng · And that way your company won't lose out at all: on the contrary, its name will be printed on every runner's shirt.

anna 那我跑得慢，会不会给公司丢脸？
nà wǒ pǎo de màn huì bu huì gěi gōngsī diūliǎn · Then if I'm slow, will I embarrass the company?

manager liu 任你跑得多慢，都是我们的骄傲。与其担心成绩，你不如多睡一会儿，保养好身体，保持体力。
rèn nǐ pǎo de duō màn dōu shì wǒmen de jiāoào yǔqí dānxīn chéngjì nǐ bùrú duō shuì yíhuìr bǎoyǎng hǎo shēntǐ bǎochí tǐlì · However slowly you run, you're still our pride. Rather than worry about your time, you'd do better to get more sleep, look after yourself and keep your strength up.

editor lin （打电话）安娜，路线到底怎么着？透露一点儿嘛！
dǎ diànhuà Ānnà lùxiàn dàodǐ zěnmezhe tòulù yìdiǎnr ma · (on the phone) Anna, so what's the route? Give me a hint!

anna 对不起，林编辑，这是机密。此一时，彼一时，以前我什么都告诉你，现在可不行了！
duìbuqǐ Línbiānjí zhè shì jīmì cǐ yìshí bǐ yìshí yǐqián wǒ shénme dōu gàosu nǐ xiànzài kě bùxíng le · Sorry, Editor Lin, it's confidential. Things have changed: I used to tell you everything, but not any more!

editor lin （笑）好吧，那就等你们公布了，我再报道之！
xiào hǎo ba nà jiù děng nǐmen gōngbù le wǒ zài bàodào zhī · (laughing, in mock-official style) Very well: once you have announced it, I shall report upon it!

write it trace the grey, then write your own

陡 dǒu steep	
荒 huāng to neglect, let go to waste	
坝 bà dam, embankment	
岔 chà fork (in a road), to branch off	

good to know · 兹, 之, 彼, 何 and 若干 belong to written Chinese: notices, contracts and speeches. Saying them in a casual chat sounds as stiff as “hereby” in English, unless you are joking. 怎么着 can be friendly (你周末怎么着？ what are you up to at the weekend?) or a challenge (你想怎么着？ what are you going to do about it?): listen to the tone.

You can now read an official notice, follow a contract meeting and keep a secret politely, in proper written Chinese.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 74 the competition

Follow a match and talk about leagues, rounds, fouls, substitutes, winners and dark horses, and praise something as "every bit as good as" with 不亚于.

Sport is the easiest small talk in China, and sports reports are a gold mine of HSK 7–9 words; 不亚于 is how commentators and critics compare.

words

word	pinyin	meaning	example
赛	sài	to compete; race, match	咱们赛一赛，看谁先到终点。 Let's have a race and see who reaches the finish first.
赛跑	sàipǎo	to race (on foot); a race	我们俩来一场赛跑吧。 Let's have a race, you and me.
赛车	sàichē	motor racing; racing car	他从小就喜欢看赛车。 He has loved watching motor racing since he was small.
赛季	sàijì	season (of a sport)	这个赛季我们队一场也没输。 Our team hasn't lost a single match this season.
联赛	liánsài	league (competition)	周末有足球联赛，我们一起去看吧。 There's a league football match at the weekend: let's go and watch.
预赛	yùsài	preliminary round, heats	她在预赛中跑了第一。 She came first in the heats.
竞技	jìngjì	competitive sport, athletics	竞技体育讲究的是更快、更高、更强。 Competitive sport is all about faster, higher, stronger.
比试	bǐshi	to have a go against each other	不服气？那我们比试比试！ Don't believe me? Then let's see who's better!
较量	jiàoliàng	to measure your strength against; a contest	这是两支强队之间的较量。 This is a contest between two strong teams.
较劲	jiàojìn	to compete, be at odds; to strain	他们俩一直在较劲。 Those two are always trying to outdo each other.
角逐	juézhú	to contend, vie for	八支球队将角逐冠军。 Eight teams will vie for the title.
冲刺	chōngcì	to sprint (for the finish)	最后一百米，她开始全力冲刺。 With a hundred metres to go, she began to sprint flat out.
起跑线	qǐpǎoxiàn	starting line	不要让孩子输在起跑线上。 Don't let children fall behind at the starting line.
接力	jiēlì	relay	我们班在接力比赛中得{de2}了第二名。 Our class came second in the relay race.
回合	huíhé	round (of a fight or contest)	第一回合，他就赢了。 He won in the very first round.

上半场	shàngbànchǎng	first half (of a match)	上半场两个队都没有进球。 Neither team scored in the first half.
下半场	xiàbànchǎng	second half (of a match)	下半场我们连进两个球。 We scored twice in a row in the second half.
犯规	fànguī	to foul, break the rules	他犯规了，裁判给了他一张黄牌。 He fouled, and the referee showed him a yellow card.
出局	chūjú	to be out, be knocked out	我们队在第一轮就出局了。 Our team was knocked out in the first round.
防守	fángshǒu	to defend; defence	我们的防守太差了，一连丢了三个球。 Our defence was awful: we let in three goals in a row.
替补	tìbǔ	substitute; to substitute	他是替补，今天终于有机会比赛了。 He's a substitute, and today he finally got to play.
主力	zhǔlì	main force, key players	两名主力受伤了，这场比赛很难打。 Two key players are injured, so this match will be tough.
阵容	zhènróng	line-up, team	今年的阵容比去年强多了。 This year's line-up is much stronger than last year's.
队形	duìxíng	formation (of a team)	下半场教练换了一个队形。 In the second half the coach changed the formation.
领队	lǐngduì	team leader; to lead a team	这次由王老师领队。 Teacher Wang is leading the team this time.
夺冠	duóguàn	to win the title	她在全国比赛中夺冠了。 She won the national championship.
夺魁	duókuí	to come first, take the top prize	我们公司的队伍在比赛中一举夺魁。 Our company's team took first place at one stroke.
取胜	qǔshèng	to win, gain victory	我们队2比1取胜。 Our team won two-one.
胜出	shèngchū	to come out on top	最后谁能胜出，现在还很难说。 It's still hard to say who will come out on top.
胜负	shèngfù	victory or defeat, the outcome	比赛的胜负不重要，重要的是参与。 Winning or losing doesn't matter; what matters is taking part.
失利	shīlì	to lose, suffer a defeat	上一场比赛失利以后，队员们练得更努力了。 After losing the last match, the players trained even harder.
晋级	jìnjí	to go through (to the next round)	赢了这场，我们就能晋级决赛。 Win this one and we're through to the final.
名次	míngcì	place, ranking	我不在乎名次，只想跑完全程。 I don't care about my placing: I just want to finish the course.
垫底	diàndǐ	to come last, be bottom	我们队去年在联赛中垫底。 Our team finished bottom of the league last year.

黑马	hēimǎ	dark horse	这支新球队是今年联赛最大的黑马。 This new team is the league's biggest dark horse this year.

pattern 不亚于……: no less than, every bit as ... as

A **不亚于** **B (the high standard)**

亚 means "second, inferior", so A 不亚于 B is "A is not inferior to B": A is at least as good, big or strong as B. B is usually the famous standard, so it is a strong compliment. It is more formal than 跟……一样好.

她的跑步水平不亚于专业运动员。 **tā de pǎobù shuǐpíng búyàyú zhuānyè yùndòngyuán** Her running is every bit as good as a professional's.

这次比赛的观众人数不亚于去年。 **zhè cì bǐsài de guānzhòng rénshù búyàyú qùnián** The crowd at this race is no smaller than last year's.

业余比赛的竞争有时候不亚于职业联赛。 **yèyú bǐsài de jìngzhēng yǒu shíhou búyàyú zhíyè liánsài** Competition in amateur matches is sometimes as fierce as in the professional league.

dialogue the derby on tv

xiaoming 快来！联赛最重要的一场较量开始了，两支强队角逐第一名。
kuài lái liánsài zuì zhòngyào de yì chǎng jiàoliàng kāishǐ le liǎng zhī qiáng duì juézhú dì yī míng · Quick! The biggest clash in the league has started: two strong teams fighting for first place.

little sister 我们的城市队这个赛季一场也没输，主力阵容是最强的。
wǒmen de chéngshì duì zhège sàijì yì chǎng yě méi shū zhǔlì zhènróng shì zuì qiáng de · Our city team hasn't lost a single match this season: its first-choice line-up is the strongest.

xiaoming 可是对面那支球队是今年最大的黑马。去年他们还在联赛垫底，今年连赢八场。
kěshì duìmiàn nà zhī qiúduì shì jīnnián zuì dà de hēimǎ qùnián tāmen hái zài liánsài diàndǐ jīnnián lián yíng bā chǎng · But the other team is this year's biggest dark horse. Last year they were bottom of the league, and this year they've won eight in a row.

anna 上半场两个队都没有进球。你看，他们的队员一直在较劲。
shàngbànchǎng liǎng gè duì dōu méiyǒu jìn qiú nǐ kàn tāmen de duìyuán yìzhí zài jiàojìn · Neither team scored in the first half. Look, the players are always trying to get one over on each other.

little sister 哎呀，犯规了！有个队员倒在地上呻吟，裁判叫停了比赛。
āiyā fànguī le yǒu gè duìyuán dǎo zài dì shàng shēnyín cáipàn jiào tíng le bǐsài · Oh no, a foul! A player is lying on the ground groaning, and the referee has stopped play.

xiaoming 还好，医生用冰块给他敷了敷，他又站起来了。幸亏我们的防守好，不然早就丢球了。
hái hǎo yīshēng yòng bīng kuài gěi tā fū le fu tā yòu zhàn qǐlái le xìngkuī wǒmen de fángshǒu hǎo bùrán zǎo jiù diū qiú le · It's all right: the doctor put ice on it and he's back on his feet. Luckily our defence is good, or we'd have let in a goal long ago.

anna 说到比赛，我们公司运动会的接力赛，我们队晋级决赛了！
shuō dào bǐsài wǒmen gōngsī yùndònghuì de jiēlì sài wǒmen duì jìnjí juésài le · Talking of competitions, our team made it to the final of the relay at the company sports day!

little sister 真的？预赛你们跑了第几名？
zhēn de yùsài nǐmen pǎo le dì jǐ míng · Really? Where did you come in the heats?

anna 第二名。我跑最后一段，从起跑线开始，我就一直在追。最后一百米，我全力冲刺，超过了两个人。
dì èr míng wǒ pǎo zuìhòu yí duàn cóng qǐpǎoxiàn kāishǐ wǒ jiù yìzhí zài zhuī zuìhòu yìbǎi mǐ wǒ quánlì chōngcì chāoguò le liǎng gè rén · Second. I ran the last leg, and from the starting line I was chasing all the way. In the last hundred metres I sprinted flat out and overtook two people.

xiaoming 不错嘛！你的速度不亚于专业运动员。
búcuò ma nǐ de sùdù búyàyú zhuānyè yùndòngyuán · Not bad at all! You're every bit as fast as a pro.

anna 别夸我了。我们的领队是刘经理，她说名次不重要，胜负也不重要，重要的是大家一起参加。
bié kuā wǒ le wǒmen de lǐngduì shì Liújīnglǐ tā shuō míngcì bú zhòngyào shèngfù yě bú zhòngyào zhòngyào de shì dàjiā yìqǐ cānjiā · Don't flatter me. Our team leader is Ms Liu: she says placings don't matter, winning or losing doesn't matter; what matters is taking part together.

little sister 下半场开始了！教练换了队形，还让两个替补上来了。
xiàbànchǎng kāishǐ le jiàoliàn huàn le duìxíng hái ràng liǎng gè tìbǔ shanglai le · The second half has started! The coach has changed the formation and brought on two substitutes.

xiaoming 这种比赛一个回合一个回合地打，最后谁能胜出，现在还很难说。
zhè zhǒng bǐsài yí gè huíhé yí gè huíhé de dǎ zuìhòu shéi néng shèngchū xiànzài hái hěn nán shuō · A match like this is fought round by round, and it's still hard to say who will come out on top.

anna 进了！进了！全场观众连连欢呼，我们1比0取胜了！
jìn le jìn le quán chǎng guānzhòng liánlián huānhū wǒmen bǐ qǔshèng le · Goal! Goal! The whole crowd is cheering again and again: we've won one–nil!

little sister 太好了！上个赛季在外地比赛失利，一个主力还拄上了拐杖，大家都很担心。这下有希望夺冠了。

tài hǎo le shàng gè sàijì zài wàidì bǐsài shīlì yí gè zhǔlì hái zhǔ shàng le guǎizhàng dàjiā dōu hěn dānxīn zhè xià yǒu xīwàng duóguàn le · Brilliant! After losing away last season, with one of the key players on crutches, everyone was worried. Now we've got a chance of winning the title.

xiaoming 竞技体育就是这样，你不努力，就会出局。下个月还有国际赛车比赛，我们要不要去看？

jìngjì tǐyù jiùshì zhèyàng nǐ bù nǔlì jiù huì chūjú xià gè yuè hái yǒu guójì sàichē bǐsài wǒmen yào búyào qù kàn · That's competitive sport for you: if you don't work hard, you're out. There's an international motor race next month: shall we go and watch?

anna 好啊！不过先说好：下周咱们俩比试比试，赛跑五公里，输的人请吃饭！

hǎo a búguò xiān shuō hǎo xià zhōu zánmen liǎ bǐshi bǐshi sàipǎo wǔ gōnglǐ shū de rén qǐng chī fàn · Sure! But first: next week, you and I have a contest: a five-kilometre race, and the loser buys dinner!

xiaoming 说定了！我们公司去年在全市运动会上可是一举夺魁的。

shuō dìng le wǒmen gōngsī qùnián zài quán shì yùndònghuì shàng kěshì yìjǔ duókuí de · Deal! Don't forget, last year my company took first place at the city sports games in one go.

write it trace the grey, then write your own

颠
diān
jolt, top

桨
jiǎng
oar, paddle

赴
fù
to go to, attend (formal)

滞
zhì
stuck

good to know · Chinese sports reports love short, punchy verbs of victory: 夺冠 win the title, 夺魁 take first place, 取胜 win, 胜出 come out on top; and of defeat: 失利 lose, 出局 be knocked out, 垫底 come last. 黑马 dark horse was borrowed from English in the 20th century and is now used for surprise winners everywhere: in exams, elections and business.

You can follow a match from kick-off to final whistle in Chinese, and pay a big compliment: **你的速度不亚于专业运动员！**
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 75 fans and champions

Chinese HSK 7–9 in 193 days
unit 10 · sport and movement

Talk about hosting a big sports event, tickets, fans, judges, trophies and the strength sports, and say “whether or not” with 无论……与否，都……

Big sports events are a national passion in China; and 无论……与否 is the formal “whether or not” you will meet in reports, rules and speeches.

words

word	pinyin	meaning	example
东道主	dōngdàozhǔ	host (country, city, team)	作为东道主，我们要让客人满意。 As hosts, we must make sure our guests are happy.
申办	shēnbàn	to bid to host	这个城市申办了两次才成功。 The city only succeeded on its second bid.
火炬	huǒjù	torch	火炬传递经过了一百多个城市。 The torch relay passed through more than a hundred cities.
看台	kàntái	stands (in a stadium)	看台上坐满了观众。 The stands were packed with spectators.
入场	rùchǎng	to enter (the venue)	观众请从三号门入场。 Spectators please enter through Gate 3.
入场券	rùchǎngquàn	admission ticket	决赛的入场券一个小时就卖完了。 Tickets for the final sold out in an hour.
啦啦队	lālāduì	cheerleading squad, supporters	公司组织了一支啦啦队为我们加油。 The company put together a cheering squad to support us.
助威	zhùwēi	to cheer on	很多球迷到现场为球队助威。 Lots of fans came to cheer the team on.
争光	zhēngguāng	to win honour for	她在比赛中为国争光。 She won glory for her country at the games.
无敌	wúdí	unbeatable, invincible	这支球队连赢二十场，简直是无敌了。 This team has won twenty in a row: it’s practically unbeatable.
赢家	yíngjiā	winner	这次合作没有输家，大家都是赢家。 There are no losers in this partnership: everyone wins.
王牌	wángpái	trump card, ace	他是我们队的王牌，最后才让他上场。 He’s our team’s ace: we send him on last.
重量级	zhòngliàngjí	heavyweight; major, top-level	今天来了好几位重量级嘉宾。 Several big-name guests came today.
奖杯	jiǎngbēi	trophy, cup	队长高高举起了奖杯。 The captain held the trophy high.
评委	píngwěi	judge (on a panel)	评委给她打了最高分。 The judges gave her the top score.

评判	píngpàn	to judge, assess	裁判的评判很公平。 The referee's decisions were very fair.
哨	shào	whistle	裁判一吹哨，比赛就开始了。 The moment the referee blew the whistle, the match began.
上场	shàngchǎng	to come on, go into play	下半场，教练让替补上场了。 In the second half the coach sent the substitutes on.
更衣室	gēngyīshì	changing room	运动员们正在更衣室里换衣服。 The athletes are getting changed in the changing room.
退役	tuìyì	to retire (from sport or the army)	他三十五岁退役，后来当了教练。 He retired at thirty-five and later became a coach.
体能	tǐnéng	physical strength, fitness	跑|马拉松{==marathon}非得有很好的体能才行。 You need to be really fit to run a marathon.
兴奋剂	xīngfènjì	doping drug, stimulant	运动员服用兴奋剂是被严格禁止的。 Athletes taking performance-enhancing drugs is strictly forbidden.
健美	jiànměi	bodybuilding; strong and beautiful	他练了五年健美，肌肉很发达。 He has done bodybuilding for five years and is very muscular.
举重	jǔzhòng	weightlifting	举重是中国的优势项目。 Weightlifting is one of China's strongest sports.
拳	quán	fist; boxing, martial arts style	他每天早上在公园里打拳。 He practises kung fu in the park every morning.
拳击	quánjī	boxing	拳击比赛的时候，运动员要戴手套。 In a boxing match the fighters wear gloves.
摔跤	shuāijiāo	wrestling; to fall over	他小时候学过摔跤。 He learned wrestling as a boy.
投掷	tóuzhì	to throw (in athletics)	他投掷得最远，拿了第一名。 He threw the farthest and took first place.
靶子	bǎzi	target	他一连三枪都打中了靶子。 He hit the target with three shots in a row.

pattern 无论……与否，都……: whether or not …

无论 X 与否，都……

与否 after a verb or adjective means "or not": 成功与否 "success or not", 参加与否 "taking part or not". Put 无论 in front and 都 in the second half, and you get a formal "whether or not X, …". The spoken version is 不管……不……，都……: 不管成不成功，都……

无论你参加与否，都请告诉我一声。 **wúlùn nǐ cānjiā yǔ fǒu dōu qǐng gàosu wǒ yì shēng** Whether you're coming or not, please let me know.

无论比赛顺利与否，我们都会坚持到最后。 **wúlùn bǐsài shùnlì yǔ fǒu wǒmen dōu huì jiānchí dào zuìhòu** Whether or not the race goes smoothly, we'll see it through to the end.

无论获奖与否，他都是我们心中的赢家。 **wúlùn huòjiǎng yǔ fǒu tā dōu shì wǒmen xīn zhōng de yíngjiā** Whether or not he wins a prize, he's a winner in our eyes.

dialogue a day at the national games

xiaoming 我们城市申办了两次，这次终于成了全国运动会的东道主！
wǒmen chéngshì shēnbàn le liǎng cì zhè cì zhōngyú chéng le quán guó yùndònghuì de dōngdàozhǔ · Our city bid twice, and this time we're finally hosting the national games!

little sister 上个月火炬从我们学校门口经过，大家都去看了。
shàng gè yuè huǒjù cóng wǒmen xuéxiào ménkǒu jīngguò dàjiā dōu qù kàn le · Last month the torch went past our college gates, and everyone went to watch.

anna 今天的入场券很难买，非得提前一个月预订才行。我们从三号门入场。
jīntiān de rùchǎngquàn hěn nán mǎi fēiděi tíqián yí gè yuè yùdìng cái xíng wǒmen cóng sān hào mén rùchǎng · Tickets for today were hard to get: you had to book a month ahead. We go in through Gate 3.

xiaoming 看台上坐满了人，那边还有一支啦啦队在为本市运动员助威。
kàntái shàng zuò mǎn le rén nàbiān hái yǒu yì zhī lālāduì zài wèi běn shì yùndòngyuán zhùwēi · The stands are packed, and over there there's a cheering squad supporting our city's athletes.

little sister 第一项是举重。那个运动员是我们队的王牌，去年在全国比赛中夺魁，这次也想为家乡争光。
dì yī xiàng shì jǔzhòng nàge yùndòngyuán shì wǒmen duì de wángpái qùnián zài quán guó bǐsài zhōng duókuí zhè cì yě xiǎng wèi jiāxiāng zhēngguāng · First up is weightlifting. That lifter is our team's ace: he took the national title last year and wants to do his home town proud again.

anna 他看起来真壮！举那么重的东西，体能非得特别好才行。
tā kàn qǐlai zhēn zhuàng jǔ nàme zhòng de dōngxi tǐnéng fēiděi tèbié hǎo cái xíng · He looks so strong! To lift something that heavy, you have to be incredibly fit.

little sister 他已经连续三年在大赛中没有失利过了。
tā yǐjīng liánxù sān nián zài dàsài zhōng méiyǒu shīlì guo le · He hasn't lost at a major competition for three years running.

xiaoming 下午是重量级的拳击比赛，还有摔跤。你看，运动员刚从更衣室出来，准备上场了。
xiàwǔ shì zhòngliàngjí de quánjī bǐsài hái yǒu shuāijiāo nǐ kàn yùndòngyuán gāng cóng gēngyīshì chūlái zhǔnbèi shàngchǎng le · This afternoon there's heavyweight boxing, and wrestling. Look, the boxers have just come out of the changing room and are about to go on.

little sister 裁判一吹哨，第一个回合就开始了。他的拳又快又重！
cáipàn yì chuī shào dì yī gè huíhé jiù kāishǐ le tā de quán yòu kuài yòu zhòng · The moment the referee blows the whistle, the first round begins. His punches are so fast and so heavy!

anna 那边场地上是什么比赛？
nàbiān chǎngdì shàng shì shénme bǐsài · What's happening on the field over there?

xiaoming 那边是投掷项目，再往里是射击，运动员要打远处的靶子。
nàbiān shì tóuzhì xiàngmù zài wǎng lǐ shì shèjī yùndòngyuán yào dǎ yuǎn chù de bǎzi · Over there are the throwing events, and further in is shooting: the shooters aim at targets far away.

little sister 晚上还有健美比赛，评委要评判运动员的身材和动作。
wǎnshang hái yǒu jiànměi bǐsài píngwěi yào píngpàn yùndòngyuán de shēncái hé dòngzuò · Tonight there's a bodybuilding contest: the judges assess the athletes' physiques and poses.

anna 这么多比赛，会不会有人用兴奋剂？
zhème duō bǐsài huì bu huì yǒu rén yòng xīngfènjì · With so many events, will anyone use doping drugs?

xiaoming 每个运动员都可能被检查。无论夺冠与否，只要检查结果是阳性，成绩就会被取消。
měi gè yùndòngyuán dōu kěnéng bèi jiǎnchá wúlùn duóguàn yǔ fǒu zhǐyào jiǎnchá jiéguǒ shì yángxìng chéngjì jiù huì bèi qǔxiāo · Any athlete can be tested. Whether they win or not, if the test comes back positive, their result is cancelled.

teacher wang 安娜！小明！你们也来了？
Ānnà Xiǎomíng nǐmen yě lái le · Anna! Xiaoming! You're here too?

anna 王老师！您怎么也在这儿？
Wánglǎoshī nín zěnme yě zài zhèr · Teacher Wang! What are you doing here?

teacher wang 我侄子是本市的举重教练。他以前是全国冠军，在赛场上几乎无敌。三十岁那年，膝盖的伤老是复发，他只好退役，当了教练。

wǒ zhízi shì běn shì de jǔzhòng jiàoliàn tā yǐqián shì quán guó guànjūn zài sàichǎng shàng jīhū wúdí sānshí suì nà nián xīgài de shāng lǎoshì fùfā tā zhǐhǎo tuìyì dāng le jiàoliàn · My nephew is the city's weightlifting coach. He used to be national champion and was almost unbeatable. At thirty his knee injury kept coming back, so he had to retire, and he became a coach.

little sister 那他一定拿过很多奖杯吧！

nà tā yídìng ná guo hěn duō jiǎngbēi ba · Then he must have won lots of trophies!

teacher wang 是啊。他常说，是比赛成就了他；反过来说，他也把一生都给了这项运动。无论获奖与否，他都是我心中的赢家。

shì a tā cháng shuō shì bǐsài chéngjiù le tā fǎn guolai shuō tā yě bǎ yìshēng dōu gěi le zhè xiàng yùndòng wúlùn huòjiǎng yǔ fǒu tā dōu shì wǒ xīn zhōng de yíngjiā · Yes. He always says the competitions made him; and the other way round, he gave his whole life to the sport. Whether he wins prizes or not, he's a winner to me.

write it trace the grey, then write your own

凸
tū
protruding, convex

扁
biǎn
flat

纹
wén
lines, grain

耸
sǒng
to shrug; to tower

good to know · 与否 sits right after a two-syllable word: 成功与否, 同意与否, 正确与否. With one-syllable words the spoken A不A is more natural: 去不去, 好不好. Chinese fans shout 加油！ ("add fuel!") to cheer anyone on, at a match, an exam or a job interview.

From the torch relay to the trophy, you can follow a whole sports day in Chinese and cheer like a local: 加油!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 76 games and outdoor fun

Chinese HSK 7–9 in 193 days
unit 10 · sport and movement

Plan outdoor adventures and indoor games, from rafting and skydiving to mahjong and riddles, and make suppositions with 假若 / 假使……

Weekend plans are the stuff of everyday chat, and 假若 and 假使 are the written "if" you meet in stories, rules and careful arguments.

words

word	pinyin	meaning	example
冲浪	chōnglàng	to surf; surfing	夏天我们去海南冲浪吧。 Let's go surfing in Hainan this summer.
潜水	qiánshuǐ	to dive (underwater); diving	潜水的时候能看见很多漂亮的鱼。 When you dive you can see lots of beautiful fish.
漂流	piāoliú	to go rafting; to drift	我们坐橡皮船顺着河漂流。 We drifted down the river in a rubber raft.
跳伞	tiàosǎn	to parachute, skydive	从飞机上跳伞，你敢吗? Would you dare to skydive from a plane?
攀登	pāndēng	to climb (a mountain, a peak)	他们花了五天攀登这座雪山。 They spent five days climbing this snowy mountain.
登顶	dēngdǐng	to reach the summit	早上六点，我们终于登顶了。 At six in the morning we finally reached the summit.
巅峰	diānfēng	summit, peak (also of a career)	她二十五岁时达到了事业的巅峰。 She reached the peak of her career at twenty-five.
风筝	fēngzheng	kite	春天，很多人在公园里放风筝。 In spring, lots of people fly kites in the park.
滑梯	huátī	slide (in a playground)	孩子们排着队玩滑梯。 The children are queuing up for the slide.
乐园	lèyuán	paradise; amusement park	这个公园是孩子们的乐园。 This park is a children's paradise.
玩耍	wánshuǎ	to play (of children)	孩子们在草地上开心地玩耍。 The children are playing happily on the grass.
捉迷藏	zhuōmícáng	hide-and-seek	小时候我们常在胡同里捉迷藏。 As kids we often played hide-and-seek in the hutongs.
消遣	xiāoqiǎn	to pass the time; pastime	看书是爷爷最喜欢的消遣。 Reading is Grandpa's favourite pastime.
嗜好	shìhào	hobby, habit (often bad)	他没有什么不良嗜好。 He doesn't have any bad habits.

麻将	májiàng	mahjong	过年的时候，一家人常常一起打麻将。 At New Year families often play mahjong together.
扑克	pūkè	playing cards, poker	火车上，几个年轻人在打扑克。 On the train, some young people were playing cards.
对弈	duìyì	to play a game of chess (written)	两位老人在树下对弈。 Two old men are playing chess under the tree.
博弈	bóyì	to play a strategic game; a contest of wits	谈判就像一场博弈。 A negotiation is like a game of strategy.
打赌	dǎdǔ	to bet, make a bet	我跟你打赌，他一定会迟到。 I bet you he'll be late.
赌	dǔ	to gamble; to bet	赌钱是违法的。 Gambling for money is illegal.
抽签	chōuqiān	to draw lots	比赛的分组由抽签决定。 The groups for the competition are decided by drawing lots.
谜	mí	riddle, mystery	他为什么突然离开，到现在{==still, after all}个谜。 Why he suddenly left is still a mystery.
谜语	míyǔ	riddle	元宵节有猜谜语的习惯。 At the Lantern Festival people guess riddles.
谜底	mídǐ	answer to a riddle; the truth	你猜出谜底了吗? Have you guessed the answer?
作息	zuòxī	to work and rest; daily routine	比赛前要保持规律的作息。 Before a race, keep a regular routine.
沐浴	mùyù	to bathe (formal); to bask in	我们在海边沐浴着春天的阳光。 By the sea we basked in the spring sunshine.

pattern 假若 / 假使……，……: if, supposing …

假若 / 假使 | the supposition | ，(就 / 那么) | the result

假若 and 假使 are more literary ways of saying 如果 "if". Use them in writing, speeches or when you imagine something unlikely. The second half often has 就 or 那么. Like 如果, they can also end the clause with ……的话.

假使明天下雨，比赛就推迟一周。 **jiǎshǐ míngtiān xià yǔ bǐsài jiù tuīchí yì zhōu** If it rains tomorrow, the race will be put back a week.

假若你是我，你会怎么选? **jiàruò nǐ shì wǒ nǐ huì zěnme xuǎn** If you were me, what would you choose?

假使没有大家的帮助，我们不可能登顶。 **jiǎshǐ méiyǒu dàjiā de bāngzhù wǒmen bù kěnéng dēngdǐng** Without everyone's help, we could never have reached the summit.

dialogue the weekend lottery

anna 下个月开始我要按照专职教练的计划训练，作息要非常规律。这个周末是最后的自由时间，大家想去哪儿玩？

xià gè yuè kāishǐ wǒ yào ànzhào zhuānzhí jiàoliàn de jìhuà xùnliàn zuòxī yào fēicháng guīlǜ zhège zhōumò shì zuìhòu de zìyóu shíjiān dàjiā xiǎng qù nǎr wán · From next month I'm on the full-time coach's training plan, with a very regular routine. This weekend is my last free time: where does everyone want to go?

xiaoming 去海边冲浪吧！要不就去潜水，水下的鱼漂亮极了。

qù hǎi biān chōnglàng ba yàobú jiù qù qiánshuǐ shuǐ xià de yú piàoliang jí le · Let's go surfing at the seaside! Or diving: the fish underwater are gorgeous.

little sister 我想去山里漂流，或者去跳伞！假若能从三千米高的地方跳下来，那多刺激啊！

wǒ xiǎng qù shān lǐ piāoliú huòzhě qù tiàosǎn jiàruò néng cóng sānqiān mǐ gāo de dìfang tiào xialai nà duō cìjī a · I want to go rafting in the mountains, or skydiving! Imagine jumping from three thousand metres: what a thrill!

editor lin 我宁可去爬山。上次我们攀登了一座雪山，早上六点登顶，看着太阳出来，感觉自己站在了世界的巅峰。

wǒ nìngkě qù pá shān shàng cì wǒmen pāndēng le yí zuò xuěshān zǎoshang liù diǎn dēngdǐng kàn zhe tàiyáng chūlái gǎnjué zìjǐ zhàn zài le shìjiè de diānfēng · I'd rather go climbing. Last time we climbed a snowy mountain and reached the summit at six in the morning: watching the sun come up, I felt I was standing on top of the world.

anna 每个人都不一样，怎么办？

měi gè rén dōu bù yíyàng zěnme bàn · Everyone wants something different: what do we do?

xiaoming 那就抽签吧，抽到什么就玩什么，谁也不许说不。

nà jiù chōuqiān ba chōu dào shénme jiù wán shénme shéi yě bùxǔ shuō bù · Then let's draw lots: whatever comes up, we do it, and nobody's allowed to say no.

anna 好，就这么定了！谁的签被抽到，谁就是赢家！

hǎo jiù zhème dìng le shéi de qiān bèi chōu dào shéi jiùshì yíngjiā · OK, that's settled! Whoever's slip gets drawn is the winner!

little sister 我跟你们打赌，一定抽到我的跳伞！

wǒ gēn nǐmen dǎdǔ yídìng chōu dào wǒ de tiàosǎn · I bet you anything my skydiving comes up!

editor lin 打赌可以，可是别赌钱啊。

dǎdǔ kěyǐ kěshì bié dǔ qián a · A bet's fine, but no gambling for money.

anna 抽到了……漂流！

chōu dào le piāoliú · And it's… rafting!

xiaoming 好！假使明天下雨，我们就改到后天。为了安全起见，大家都要听教练的话。

hǎo jiǎshǐ míngtiān xià yǔ wǒmen jiù gǎi dào hòutiān wèile ānquán qǐjiàn dàjiā dōu yào tīng jiàoliàn de huà · Great! If it rains tomorrow, we'll move it to the day after. To be safe, everyone has to do what the instructor says.

editor lin 漂流完了，晚上找个地方住，可以沐浴，休息一下，再打打麻将或者扑克。

piāoliú wán le wǎnshang zhǎo gè dìfang zhù kěyǐ mùyù xiūxi yíxià zài dǎ da májiàng huòzhě pūkè · After rafting we can find somewhere to stay for the night, have a bath and a rest, and then play some mahjong or cards.

little sister 我爷爷以前最大的嗜好就是下象棋，他常说两个人对弈，就像一场博弈，要想好几步。

wǒ yéye yǐqián zuì dà de shìhào jiùshì xià xiàngqí tā cháng shuō liǎng gè rén duìyì jiù xiàng yì chǎng bóyì yào xiǎng hǎo jǐ bù · My grandpa's great passion was Chinese chess: he used to say a game was a real battle of wits, and you had to think several moves ahead.

anna 我小时候最喜欢的消遣是放风筝、玩滑梯、捉迷藏，还有跟小朋友赛跑。周末的公园就是孩子们的乐园。

wǒ xiǎoshíhou zuì xǐhuan de xiāoqiǎn shì fàng fēngzheng wán huátī zhuōmícáng hái yǒu gēn xiǎopéngyǒu sàipǎo zhōumò de gōngyuán jiùshì háizimen de lèyuán · When I was little my favourite pastimes were flying

kites, going down slides, hide-and-seek and racing the other kids. At weekends the park was a children's paradise.

xiaoming 现在的孩子都在家玩手机，很少到外面玩耍了。
xiànzài de háizi dōu zài jiā wán shǒujī hěn shǎo dào wàimiàn wánshuǎ le · Kids nowadays play on their phones at home; they hardly go out to play any more.

editor lin 我出个谜语给大家猜：“有头没有脚，有眼没有毛，天上飞得高，就是不能跑。”打一个东西。
wǒ chū gè míyǔ gěi dàjiā cāi yǒu tóu méiyǒu jiǎo yǒu yǎn méiyǒu máo tiānshàng fēi de gāo jiùshì bù néng pǎo dǎ yí gè dōngxi · Here's a riddle for you all: "It has a head but no feet, eyes but no hair; it flies high in the sky but can never run." What is it?

little sister 是鸟吗？不对，鸟有脚……这个谜太难了！
shì niǎo ma bú duì niǎo yǒu jiǎo zhège mí tài nán le · A bird? No, birds have feet… this riddle is too hard!

editor lin 谜底是风筝！
mídǐ shì fēngzheng · The answer is: a kite!

anna 哈哈，刚才我们还说放风筝呢！
hā hā gāngcái wǒmen hái shuō fàng fēngzheng ne · Ha ha, and we were just talking about flying kites!

write it trace the grey, then write your own

丙
bǐng
third (in a series), C

丁
dīng
fourth (in a series), D

鹿
lù
deer

鲸
jīng
whale

good to know · Riddles (谜语) end with a clue to the category: 打一动物 "guess an animal", 打一字 "guess a character". At the Lantern Festival riddles hang on lanterns for people to guess. 嗜好 sounds like a habit you can't give up and is often negative (不良嗜好 bad habits); for an ordinary hobby, say 爱好.

Surfing or mahjong, skydiving or riddles: you can now plan a weekend with friends in Chinese and dream out loud with 假若.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 77 swing, shake and sway

Chinese HSK 7–9 in 193 days
unit 10 · sport and movement

Describe movement, swinging, shaking, jumping, hanging and falling, and say “no matter how …” with 任……也……

Coaches, sports reports and stories describe the body in motion with these precise verbs; 任……也…… adds the grit: whatever happens, we keep going.

words

word	pinyin	meaning	example
甩	shuǎi	to swing, fling; to dump	她甩了甩头发上的水。 She shook the water out of her hair.
撇	piě	to cast aside; to curl (your lip)	她不高兴地撇了撇嘴。 She curled her lip in displeasure.
抡	lūn	to swing (an arm, a tool) hard	他抡起大锤，一下就把石头砸开了。 He swung the sledgehammer and split the rock in one blow.
挥舞	huīwǔ	to wave, brandish	观众挥舞着国旗为运动员加油。 The spectators waved flags to cheer on the runners.
扬	yáng	to raise, lift; to spread	她扬起头，自信地笑了。 She raised her head and smiled confidently.
摆动	bǎidòng	to swing, sway	跑步的时候，手臂要自然摆动。 When you run, let your arms swing naturally.
摇摆	yáobǎi	to sway; to waver	树枝在风中摇摆。 The branches sway in the wind.
摇晃	yáohuàng	to shake, sway (unsteadily)	船摇晃得很厉害，好几个人晕船了。 The boat rocked so badly that several people got seasick.
晃	huàng	to sway, shake; to wander about	他喝多了，走路晃来晃去的。 He’d had too much and was swaying all over the place.
晃荡	huàngdang	to sway; to loaf about	别整天在街上晃荡，找一点儿正经事做。 Stop loafing around the streets all day: find something proper to do.
抖	dǒu	to shake, shiver; to shake out	他抖了抖衣服上的雪。 He shook the snow off his clothes.
发抖	fādǒu	to tremble, shiver	外面太冷了，我冻得发抖。 It’s so cold out that I’m shivering.
哆嗦	duōsuo	to shiver, tremble (spoken)	他冷得直哆嗦。 He was shivering with cold.
颤抖	chàndǒu	to tremble, quiver	她紧张得声音都在颤抖。 She was so nervous her voice was trembling.
跳动	tiàodòng	to beat, throb	我能感到心脏在快速地跳动。 I can feel my heart beating fast.

蹦	bèng	to hop, bounce, jump	孩子高兴得又蹦又跳。 The child was jumping for joy.
跳跃	tiàoyuè	to leap, jump; a leap	海豚在水里跳跃。 Dolphins are leaping in the water.
腾	téng	to rise, soar; to make room	我把这个房间腾出来给你住。 I'll clear this room out for you to stay in.
翘	qiào	to stick up, tilt upwards	他坐在沙发上，翘着腿看电视。 He sat on the sofa with his legs crossed, watching TV.
耸	sǒng	to shrug; to tower	他耸了耸肩膀，说：“我也不知道。” He shrugged and said: “I don't know either.”
竖立	shùlì	to stand upright, erect	终点竖立着一块大牌子。 A big sign stands at the finish line.
伸手	shēnshǒu	to reach out your hand	她伸手把我拉了起来。 She reached out and pulled me up.
伸缩	shēnsuō	to stretch and shrink; flexible	这把伞可以伸缩，很方便。 This umbrella folds up: very handy.
舒展	shūzhǎn	to stretch out; relaxed	跑完以后，舒展一下身体，会舒服很多。 After running, stretch out your body and you'll feel much better.
缩	suō	to shrink, draw back	天太冷了，大家都缩着脖子。 It was so cold everyone had their necks hunched down.
垂	chuí	to hang down, droop	柳树的枝条垂在水面上。 The willow branches hang down over the water.
悬	xuán	to hang, be suspended; unresolved	比赛的结果到最后一秒还悬着。 The result of the match was in the balance until the very last second.
悬挂	xuánguà	to hang (up), fly (a flag)	街道两边悬挂着红灯笼。 Red lanterns hang along both sides of the street.
飘浮	piāofú	to float (in the air)	天上飘浮着几朵白云。 A few white clouds are drifting across the sky.
漂浮	piāofú	to float (on water)	河面上漂浮着很多垃圾。 Lots of rubbish is floating on the river.
飘扬	piāoyáng	to flutter, wave (flags)	国旗在风中飘扬。 The national flag flutters in the wind.
盘旋	pánxuán	to circle, hover	一只老鹰在山顶上空盘旋。 An eagle is circling above the mountaintop.
下坠	xiàzhuì	to fall, drop down	气球突然开始下坠。 The balloon suddenly began to fall.
坠	zhuì	to fall; to weigh down	苹果太多了，把树枝都坠弯了。 There were so many apples they weighed the branches down.
坠落	zhuìluò	to fall, crash (from a height)	一块石头从山上坠落下来。 A rock fell from the mountain.

pattern 任……也……: no matter how …

任 | who / how / what (怎么, 多, 再, 谁) | ，也 / 都 | the result that doesn't change

任 means "let it be": whatever happens, the result stays the same. Follow it with a question word or 再 + adjective, and put 也 or 都 in the second half. 任他怎么说，我也不改 "let him say what he likes, I won't change". It is a punchier, more literary 不管……也……

任外面多冷，他每天都去跑步。 **rèn wàimiàn duō lěng tā měi tiān dōu qù pǎobù** However cold it is outside, he goes running every day.

任谁来劝，她也不听。 **rèn shéi lái quàn tā yě bù tīng** Whoever tries to talk her round, she won't listen.

任风再大，我们也要跑完十公里。 **rèn fēng zài dà wǒmen yě yào pǎo wán shí gōnglǐ** However strong the wind, we're going to finish the ten kilometres.

dialogue the first training session

anna 太冷了！我冻得浑身发抖，说话的声音都在颤抖。
tài lěng le wǒ dòng de húnshēn fādǒu shuōhuà de shēngyīn dōu zài chàndǒu · It's freezing! I'm shivering all over, and even my voice is trembling.

xiaoming 我也冷得直哆嗦，把脖子都缩起来了。
wǒ yě lěng de zhí duōsuo bǎ bózi dōu suō qǐlai le · I'm shivering too: my neck's hunched right down.

dr zhou 这几天天气忽冷忽热，今天又刮北风。你们看，湖边的国旗被风吹得飘扬起来了。
zhè jǐ tiān tiānqì hūlěng hūrè jīntiān yòu guā běi fēng nǐmen kàn hú biān de guóqí bèi fēng chuī de piāoyáng qǐlai le · The weather has been swinging between hot and cold, and today the north wind is blowing. Look, the flag by the lake is flying out straight in the wind.

manager liu 任风再大，我们也要跑完十公里！教练说先热身：甩甩手，抖抖腿，再原地蹦几下。
rèn fēng zài dà wǒmen yě yào pǎo wán shí gōnglǐ jiàoliàn shuō xiān rè shēn shuǎi shuai shǒu dǒu dou tuǐ zài yuán dì bèng jǐ xià · However strong the wind, we're finishing the ten kilometres! The coach says warm up first: shake out your hands, loosen your legs, then bounce on the spot a few times.

anna 大家站在起跑线上东张西望，有的在跳，有的在伸胳膊，七嘴八舌地问教练问题。
dàjiā zhàn zài qǐpǎoxiàn shàng dōngzhāng xīwàng yǒude zài tiào yǒude zài shēn gēbo qīzuǐ bāshé de wèn jiàoliàn wèntí · Everyone stood on the starting line looking around; some were jumping, some stretching their arms, all firing questions at the coach at once.

xiaoming 我们要不要先比试比试，看谁冲刺最快？
wǒmen yào búyào xiān bǐshi bǐshi kàn shéi chōngcì zuì kuài · Shall we have a contest first and see who sprints fastest?

manager liu 教练说跑的时候身体不要左右摇摆，手臂要自然摆动，别像抡大锤一样。
jiàoliàn shuō pǎo de shíhou shēntǐ búyào zuǒyòu yáobǎi shǒubì yào zìrán bǎidòng bié xiàng lūn dà chuí yíyàng · The coach says when you run, don't sway from side to side; let your arms swing naturally, not like swinging a sledgehammer.

xiaoming 你看那个人，跑起来身体一直晃来晃去的，像喝多了一样。
nǐ kàn nà gè rén pǎo qǐlai shēntǐ yìzhí huàng lái huàng qù de xiàng hē duō le yíyàng · Look at that man: when he runs his body sways about all over the place, as if he'd had too much to drink.

dr zhou 那是因为他的肩膀太紧了。肩膀要放松，脊梁挺直，不要耸着，也不要往下垂。
nà shì yīnwèi tā de jiānbǎng tài jǐn le jiānbǎng yào fàngsōng jǐliáng tǐng zhí búyào sǒng zhe yě búyào wǎng xià chuí · That's because his shoulders are too tight. Keep them relaxed and your back straight: don't hunch them up, and don't let them droop.

anna 周博士，您每天都跑步吗？
Zhōubóshì nín měi tiān dōu pǎobù ma · Dr Zhou, do you run every day?

dr zhou 任外面多冷，我每天早上都跑。跑完以后，舒展一下身体，心脏有力地跳动，一整天都有精神。
rèn wàimiàn duō lěng wǒ měi tiān zǎoshang dōu pǎo pǎo wán yǐhòu shūzhǎn yíxià shēntǐ xīnzàng yǒulì de tiàodòng yì zhěng tiān dōu yǒu jīngshen · However cold it is, I run every morning. Afterwards I stretch out, my heart beats strong, and I'm full of energy all day.

xiaoming 快看，天上有一只老鹰在盘旋！
kuài kàn tiānshàng yǒu yì zhī lǎo yīng zài pánxuán · Look, there's an eagle circling in the sky!

dr zhou 不是老鹰，是风筝！有人在放风筝，你看它在空中飘浮，一会儿往上腾，一会儿往下坠。
bú shì lǎo yīng shì fēngzheng yǒu rén zài fàng fēngzheng nǐ kàn tā zài kōngzhōng piāofú yíhuìr wǎng shàng téng yíhuìr wǎng xiàzhuì · That's not an eagle, it's a kite! Someone's flying a kite: look how it floats in the air, now soaring up, now dropping down.

anna 哎呀，风筝挂在树上了，悬在半空中！……线断了，风筝一下子坠了下来，坠落到湖里去了！
āiyā fēngzheng guà zài shù shàng le xuán zài bàn kōngzhōng xiàn duàn le fēngzheng yíxià zi zhuì le xialai

zhuìluò dào hú lǐ qù le · Oh no, the kite's caught in a tree, hanging in mid-air! … The string's snapped: the kite has dropped and fallen into the lake!

xiaoming 你看它在湖面上漂浮着，湖里的鱼都吓得跳跃起来了。那个孩子急得又蹦又跳，伸手想去拿。

nǐ kàn tā zài hú miàn shàng piāofú zhe hú lǐ de yú dōu xià de tiàoyuè qǐlai le nàge háizi jí de yòu bèng yòu tiào shēnshǒu xiǎng qù ná · Look, it's floating on the lake, and the fish are leaping out of the water in fright. That child is jumping up and down in a panic, reaching out to grab it.

manager liu 危险！别过去！湖边的石头又湿又滑，人站上去会摇晃，很容易掉进水里。

wēixiǎn bié guòqù hú biān de shítou yòu shī yòu huá rén zhàn shàngqù huì yáohuàng hěn róngyì diào jìn shuǐ lǐ · Careful! Don't go over there! The stones by the lake are wet and slippery: you'll wobble if you stand on them, and you could easily fall in.

dr zhou 我去帮他。我有一根能伸缩的长棍子，正好够得着。

wǒ qù bāng tā wǒ yǒu yì gēn néng shēnsuō de cháng gùn zi zhènghǎo gòu de zháo · I'll help him. I've got a long telescopic pole: it'll just reach.

xiaoming 拿到了！孩子高兴地挥舞着风筝，向周博士扬了扬手。

ná dào le háizi gāoxìng de huīwǔ zhe fēngzheng xiàng Zhōubóshì yáng le yang shǒu · Got it! The child happily waved the kite and raised a hand to Dr Zhou.

anna 他的妈妈本来不高兴地撇着嘴，现在也笑了，还对周博士竖起了大拇指。

tā de māma běnlái bù gāoxìng de piě zhe zuǐ xiànzài yě xiào le hái duì Zhōubóshì shù qǐ le dà mǔzhǐ · His mum had been pursing her lips in annoyance, but now she smiled too and gave Dr Zhou a thumbs-up.

manager liu 好了好了，别在这儿晃荡了！小明，别坐在那儿翘着腿了。你们看，终点竖立着一块大牌子，上面悬挂着公司的名字。出发！

hǎo le hǎo le bié zài zhèr huàngdang le Xiǎomíng bié zuò zài nàr qiào zhe tuǐ le nǐmen kàn zhōngdiǎn shùlì zhe yí kuài dà páizi shàngmiàn xuánguà zhe gōngsī de míngzi chūfā · All right, all right, stop hanging about! Xiaoming, stop sitting there with your legs crossed. Look, there's a big sign standing at the finish with the company's name hanging on it. Off we go!

write it trace the grey, then write your own

鹅
é
goose

仙
xiān
immortal

鹰
yīng
eagle, hawk

牲
shēng
domestic animal

good to know · Chinese has a verb for every kind of shake: 抖 shake (out), 发抖 shiver, 哆嗦 shiver (spoken), 颤抖 tremble, 摇晃 rock unsteadily, 晃 sway, 摇摆 sway to and fro. 飘 (wind radical) floats in the air and 漂 (water radical) floats on water: 飘浮 in the sky, 漂浮 on the lake. Both are piāofú.

Shake, sway, leap and float: you can now describe every move in a training session, and keep going 任风再大.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 78 walk, run and chase

Describe every way of moving on foot, strolling, pacing, darting, chasing, tripping, and ask a pointed written question with 有何……

Stories, news and signs are full of these movement verbs; 有何 + noun is the crisp written way to ask “what … is there?”, as in 有何|不可 “why not?”.

words

word	pinyin	meaning	example
奔	bèn	to head for, make for	一下飞机，他就直奔{ben4-7}医院。 As soon as he got off the plane, he headed straight for the hospital.
奔波	bēnbō	to rush about, toil	为了生活，他每天在城市里奔波。 To make a living, he rushes around the city every day.
奔驰	bēnchí	to gallop, speed	火车在大地上奔驰。 The train speeds across the land.
奔赴	bēnfù	to hurry to, set out for (a post, a place)	队员们奔赴赛场。 The team set off for the venue.
步伐	bùfá	pace, step	最后五公里，她的步伐越来越慢。 Over the last five kilometres her pace got slower and slower.
踏	tà	to step on, tread	他踏上了回家的路。 He set off on the road home.
蹬	dēng	to pedal, push off with the feet	他用力蹬着自行车上坡。 He pedalled hard up the hill.
践踏	jiàntà	to trample	请勿践踏草地。 Please keep off the grass.
跨	kuà	to stride, step across; to span	他一步跨过了小溪。 He stepped across the stream in one stride.
越过	yuèguò	to cross, go over	我们越过了最后一座山。 We crossed the last mountain.
溜	liū	to slip away; to slide	会还没开完，他就偷偷溜了。 He slipped away before the meeting was over.
溜达	liūda	to stroll, wander	吃完饭，我们去外面溜达溜达吧。 After dinner let’s go out for a stroll.
遛	liù	to walk (a dog)	小明每天早上遛大白。 Xiaoming walks Dabai every morning.
转悠	zhuànyou	to wander around	我在商场里转悠了一下午，什么也没买。 I wandered round the shopping centre all afternoon and bought nothing.
徘徊	páihuái	to pace up and down; to hover	他在门外徘徊了很久，才敲门。 He paced outside the door for a long time before he knocked.
驻足	zhùzú	to stop (walking) (written)	很多游客在这幅画前驻足观看。 Many visitors stop to look at this painting.

止步	zhǐbù	to stop, halt	前面施工，行人止步。 Construction ahead: no pedestrians beyond this point.
站立	zhànlì	to stand	他站立了一个小时，腿都麻{ma2-7}了。 He stood for an hour and his legs went numb.
趴	pā	to lie on your stomach, lean over	大白趴在门口睡觉。 Dabai is sleeping stretched out by the door.
卧	wò	to lie down (written)	医生让他卧床休息一个星期。 The doctor told him to stay in bed for a week.
倚	yǐ	to lean on	她倚在窗前看着外面的雨。 She leaned by the window, watching the rain.
翻身	fānshēn	to turn over (in bed); to turn things round	病人不能自己翻身，需要护士帮忙。 The patient can't turn over by himself and needs a nurse's help.
动弹	dòngtan	to move, stir (spoken)	跑完|马拉松{==marathon}，我累得一点儿也动弹不了{liao3-4}。 After the marathon I was too tired to move a muscle.
穿梭	chuānsuō	to shuttle back and forth	快递员骑着电动车在大街小巷穿梭。 Couriers dart through the streets on their e-bikes.
窜	cuàn	to dart, scurry	一只猫从草丛里窜了出来。 A cat darted out of the grass.
追赶	zhuīgǎn	to chase, catch up with	他在后面拼命追赶前面的运动员。 He was chasing the runner in front for all he was worth.
追逐	zhuīzhú	to chase; to pursue	孩子们在沙滩上互相追逐。 The children chase each other on the beach.
逼近	bījìn	to close in on, approach	后面的运动员越来越逼近了。 The runners behind were closing in.
靠拢	kàolǒng	to draw close, move together	大家往中间靠拢一点儿，我给你们拍照。 Everyone move in a bit closer and I'll take your photo.
凑	còu	to gather; to put together; to move close	我们几个人凑钱给他买了个礼物。 A few of us chipped in to buy him a present.
簇拥	cùyōng	to crowd around	冠军在记者的簇拥下走出了赛场。 The champion left the venue surrounded by reporters.
冲撞	chōngzhuàng	to collide with; to offend	两个队员在比赛中发生了冲撞。 Two players collided during the match.
撞击	zhuàngjī	to strike, ram	小船撞击到了礁石上。 The little boat struck the rocks.
绊	bàn	to trip over	他被一块石头绊倒了。 He tripped over a stone.
攀	pān	to climb (by holding on)	孩子们攀着绳子往上爬。 The children clung to the rope and climbed up.

pattern 有何……: what … is there? (written)

有何 不可 / 区别 / 意义 / 打算 / 关系 ?

何 is the written 什么, so 有何 + noun = 有什么 + noun. It is often a rhetorical question: 有何|不可? "what's wrong with it?" = why not; 有何意义? "what's the point?". It sounds crisp, formal or a little playful. Day 73's 何, 若干 and 彼 belong to the same written family.

年轻人多出去走走，有何不可？ **niánqīng rén duō chuqu zǒu zou yǒu hé bù kě** Why shouldn't young people get out and see the world?

这样做有何意义？ **zhèyàng zuò yǒu hé yìyì** What's the point of doing it like this?

这两个词有何区别？ **zhè liǎng gè cí yǒu hé qūbié** What's the difference between these two words?

dialogue the long run

xiaoming 安娜！你一大早就在街上奔跑，不累吗？
Ānnà nǐ yí dà zǎo jiù zài jiē shàng bēnpǎo bú lèi ma · Anna! Running round the streets first thing in the morning: aren't you tired?

anna 教练的日程表上写着，今天要跑二十公里。你呢？
jiàoliàn de rìchéng biǎo shàng xiě zhe jīntiān yào pǎo èrshí gōnglǐ nǐ ne · The coach's schedule says twenty kilometres today. And you?

xiaoming 我每天早上遛大白，在附近溜达溜达。平时上班天天奔波，周末就慢慢转悠。
wǒ měi tiān zǎoshang liù Dàbái zài fùjìn liūda liūda píngshí shàngbān tiān tiān bēnbō zhōumò jiù màn màn zhuànyou · I walk Dabai every morning and stroll round the neighbourhood. On weekdays I'm rushing about at work, so at weekends I take it slow.

anna 那这么着吧，我跑前面，你和大白在后面追。
nà zhèmezhe ba wǒ pǎo qiánmiàn nǐ hé Dàbái zài hòumiàn zhuī · Then tell you what: I'll run in front, and you and Dabai chase me.

xiaoming 带狗跑步？好吧，有何不可！大白，走！
dài gǒu pǎobù hǎo ba yǒu hé bù kě Dàbái zǒu · Running with a dog? Well, why not! Dabai, let's go!

anna 哎呀，一只猫从草丛里窜出来了！大白甩着尾巴追上去了！
āiyā yì zhī māo cóng cǎocóng lǐ cuàn chulai le Dàbái shuǎi zhe wěiba zhuī shangqu le · Oh no, a cat's just darted out of the grass! Dabai's after it, tail swinging!

xiaoming 大白，回来！它们俩在草地上追逐，真拿它没办法。
Dàbái huílái tāmen liǎ zài cǎodì shàng zhuīzhú zhēn ná tā méi bànfǎ · Dabai, come back! The two of them are chasing each other across the grass: I can't do a thing with him.

anna 猫跨过一条小沟，越过围墙，一下子就不见了。
māo kuà guò yì tiáo xiǎo gōu yuèguò wéiqiáng yíxià zi jiù bújiàn le · The cat's leapt across a ditch and over the wall, and it's gone in a flash.

xiaoming 大白在墙下徘徊了半天，最后趴在地上不动了。
Dàbái zài qiáng xià páihuái le bàntiān zuìhòu pā zài dì shàng bú dòng le · Dabai paced up and down under the wall for ages, and in the end flopped down on the ground and didn't move.

anna 啊！我被一块石头绊了一下，身子晃了晃……还好，没摔倒。
a wǒ bèi yí kuài shítou bàn le yíxià shēnzi huàng le huang hái hǎo méi shuāi dǎo · Ah! I tripped over a stone and wobbled… phew, I didn't fall.

xiaoming 前面的路不好走，你的步伐小一点儿，看清楚了再往下踏。
qiánmiàn de lù bù hǎo zǒu nǐ de bùfá xiǎo yìdiǎnr kàn qīngchu le zài wǎng xià tà · The path's uneven ahead: take shorter steps and look before you put your foot down.

anna 你看，那边写着“游客止步”，旁边还有个牌子：“请勿践踏草地。”
nǐ kàn nàbiān xiě zhe yóukè zhǐbù pángbiān hái yǒu gè páizi qǐng wù jiàntà cǎodì · Look, it says “No visitors beyond this point” over there, and there's another sign: “Please keep off the grass.”

professor chen 安娜，小明！真巧！我在看古墙上的这则老通知：“兹定于……”，是一百年前写的。
Ānnà Xiǎomíng zhēn qiǎo wǒ zài kàn gǔ qiáng shàng de zhè zé lǎo tōngzhī zī dìng yú shì yìbǎi nián qián xiě de · Anna, Xiaoming! What a coincidence! I'm reading this old notice on the city wall: “It is hereby decided…”: it was written a hundred years ago.

anna 陈教授，这上面的“彼”和“何”是什么意思？
Chénjiàoshòu zhè shàngmiàn de bǐ hé hé shì shénme yìsi · Professor Chen, what do the 彼 and 何 on here mean?

professor chen “彼”就是“那”，“何”就是“什么”。古人说话跟我们今天有何区别？其实区别不大，就是更简单。
bǐ jiùshì nà hé jiùshì shénme gǔrén shuōhuà gēn wǒmen jīntiān yǒu hé qūbié qíshí qūbié bú dà jiùshì gèng jiǎndān · 彼 means “that”, and 何 means “what”. How did people in the past speak differently from us? Actually not very differently: just more concisely.

xiaoming 这段古墙上有若干个城门吧?
zhè duàn gǔ qiáng shàng yǒu ruògān gè chéng mén ba · This stretch of wall has a number of gates, doesn't it?

professor chen 对。以前，这条路上马车奔驰，商人从这里奔赴南方。现在古墙下面是骑车的人在穿梭。墙上这些坑，据说是以前马车撞击留下的。
duì yǐqián zhè tiáo lùshang mǎ chē bēnchí shāngrén cóng zhèlǐ bēnfù nánfāng xiànzài gǔ qiáng xiàmiàn shì qí chē de rén zài chuānsuō qiáng shàng zhèxiē kēng jùshuō shì yǐqián mǎ chē zhuàngjī liúxia de · That's right. In the old days, carriages sped along this road, and merchants set off from here for the south. Now it's cyclists weaving through under the wall. These dents in the wall are said to be from carriages crashing into it long ago.

anna 好多游客驻足拍照，大家都往城门那儿靠拢，把一位旅游明星簇拥在中间，有的人还挥舞着手机。
hǎoduō yóukè zhùzú pāizhào dàjiā dōu wǎng chéng mén nàr kàolǒng bǎ yí wèi lǚyóu míngxīng cùyōng zài zhōngjiān yǒude rén hái huīwǔ zhe shǒujī · Lots of tourists have stopped to take photos, and everyone's crowding towards the gate, surrounding a travel celebrity; some are even waving their phones about.

xiaoming 人太多了，小心别冲撞了别人。我们也凑过去看看?
rén tài duō le xiǎoxīn bié chōngzhuàng le biérén wǒmen yě còu guoqu kàn kan · It's so crowded: careful not to bump into anyone. Shall we go over and have a look too?

anna 不行，我还要跑十公里。后面的人越来越逼近了，我得追赶前面的队伍!
bùxíng wǒ hái yào pǎo shí gōnglǐ hòumiàn de rén yuè lái yuè bījìn le wǒ děi zhuīgǎn qiánmiàn de duìwu · No, I've still got ten kilometres to go. The runners behind are closing in, and I need to catch up with the group in front!

professor chen 去吧！晚上还能动弹吗?
qù ba wǎnshang hái néng dòngtan ma · Off you go! Will you still be able to move tonight?

anna 晚上我就卧在沙发上，倚着枕头，连翻身都不想翻!
wǎnshang wǒ jiù wò zài shāfā shàng yǐ zhe zhěntou lián fānshēn dōu bù xiǎng fān · Tonight I'll lie on the sofa leaning on a cushion, and I won't even want to turn over!

xiaoming 大白，别想溜！起来！站立！我们回家吧。下次带你去攀古墙……开玩笑的。
Dàbái bié xiǎng liū qǐlái zhànlì wǒmen huí jiā ba xià cì dài nǐ qù pān gǔ qiáng kāi wánxiào de · Dabai, don't you sneak off! Up! Stand! Let's go home. Next time I'll take you climbing up the city wall... only joking.

anna 大白已经一路小跑奔着回家的方向去了。它用后腿一蹬，跑得比我还快!
Dàbái yǐjīng yílù xiǎo pǎo bèn zhe huí jiā de fāngxiàng qù le tā yòng hòu tuǐ yì dēng pǎo de bǐ wǒ hái kuài · Dabai is already trotting off towards home. One push with his back legs and he's faster than me!

write it trace the grey, then write your own

猛
měng
fierce, violent; suddenly

猎
liè
hunt

穴
xué
cave, hole

窝
wō
nest, den; litter

good to know · Signs in China use crisp written Chinese: 请勿践踏 (please do not trample), 游客止步 (no visitors beyond this point), 禁止吸烟 (no smoking). 勿 is the written 不要. Beijingers love their strolling words: 溜达, 转悠, and 遛弯儿 for an after-dinner walk; 遛 is also what you do with a dog (遛狗) or, traditionally, a caged bird (遛鸟).

Stroll, pace, dart, chase and trip: you can now tell a whole morning run in Chinese, and answer any objection with a breezy 有何|不可?
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 79 effort and success

Encourage, praise and warn with the great idioms of effort and success, and state a rule for everyone with 凡是……，均(可)……

Speeches, school banners, sports reports and New Year wishes are full of these idioms; 凡是……均…… is the formal frame of every rule and notice.

words

word	pinyin	meaning	example
持之以恒	chízhīyǐhéng	to persevere, keep at it	学外语要持之以恒。 Learning a foreign language takes perseverance.
全力以赴	quánlìyǐfù	to go all out	明天的比赛，我们一定全力以赴。 We'll go all out in tomorrow's match.
竭尽全力	jiéjìnquánlì	to do your very utmost	医生们竭尽全力救治病人。 The doctors did everything they could to save the patient.
全心全意	quánxīnquányì	wholeheartedly	她全心全意地照顾生病的奶奶。 She looked after her sick grandma wholeheartedly.
一心一意	yīxīnyīyì	single-mindedly	他一心一意想当一名好医生。 His one aim is to become a good doctor.
聚精会神	jùjīnghuìshén	with full concentration	学生们聚精会神地听老师讲课。 The students listened to the teacher with rapt attention.
废寝忘食	fèiqǐnwàngshí	to forget to eat and sleep (over work)	为了这个项目，他废寝忘食地工作了一个月。 He worked on this project for a month, barely stopping to eat or sleep.
夜以继日	yèyǐjìrì	day and night, round the clock	工人们夜以继日地工作，大桥提前建好了。 The workers worked round the clock, and the bridge was finished early.
埋头苦干	máitóukǔgàn	to put your head down and work hard	他不爱说话，只知道埋头苦干。 He doesn't talk much: he just keeps his head down and works hard.
精益求精	jīngyìqiújīng	to keep improving what is already good	这位老师傅做菜精益求精。 This old chef keeps refining his cooking, never satisfied.
再接再厉	zàijiēzàilì	to keep up the good work	这次考得不错，希望你再接再厉！ You did well in this exam: keep up the good work!
勇往直前	yǒngwǎngzhíqián	to forge bravely ahead	不管遇到什么困难，我们都要勇往直前。 Whatever difficulties we meet, we must forge ahead.
一鼓作气	yīgǔzuòqì	in one go, without stopping	我们一鼓作气爬到了山顶。 We climbed to the summit in one go.
前赴后继	qiánfùhòujì	to advance wave upon wave	一代又一代的科学家前赴后继，才有了今天的成果。 Today's achievements are the work of generation after generation of scientists, each taking over from the last.

争分夺秒	zhēngfēnduómiǎo	to race against the clock	医生们争分夺秒地抢救病人。 The doctors raced against the clock to save the patient.
齐心协力	qíxīnxiélì	to work together as one	只要大家齐心协力，就没有做不到的事。 As long as we all pull together, there's nothing we can't do.
众志成城	zhòngzhìchéngchéng	unity is strength	大家众志成城，终于战胜了洪水。 United as one, the people finally overcame the flood.
同舟共济	tóngzhōugòngjì	to pull together in hard times	困难的时候，我们要同舟共济。 In hard times we must stick together.
任重道远	rènzhòngdàoyuǎn	a heavy burden and a long road	保护环境的工作任重道远。 Protecting the environment is a heavy task with a long way to go.
鹏程万里	péngchéngwànlǐ	a bright future (a wish)	毕业的时候，老师祝我们鹏程万里。 At graduation the teacher wished us a brilliant future.
大有可为	dàyǒukěwéi	there is great potential	年轻人在这个行业大有可为。 Young people have great prospects in this industry.
循序渐进	xúnxùjiànjìn	step by step	训练要循序渐进，不能一下子跑太多。 Training has to build up gradually: you can't run too much all at once.
水滴石穿	shuǐdīshíchuān	dripping water wears through stone	水滴石穿，每天练一点儿，总会有进步。 Dripping water wears through stone: practise a little every day and you'll improve.
愚公移山	yúgōngyíshān	the Foolish Old Man moves the mountains	我们要有愚公移山的精神。 We need the spirit of the Foolish Old Man who moved the mountains.
半途而废	bàntúérfèi	to give up halfway	做事不能半途而废。 You shouldn't give up halfway through.
急于求成	jíyúqiúchéng	too eager for quick success	学习不能急于求成。 When you study, don't expect results overnight.
急功近利	jígōngjìnlì	after quick success and short-term gain	有的公司太急功近利，不重视质量。 Some companies are so after a quick profit that they neglect quality.
揠苗助长	yàmiáozhùzhǎng	to spoil things by being too impatient	逼孩子学太多东西，就是揠苗助长。 Pushing children to learn too much is like pulling up seedlings to make them grow.
苦尽甘来	kǔjìngānlái	after hardship comes happiness	辛苦了这么多年，他终于苦尽甘来。 After so many hard years, things have finally turned sweet for him.
得心应手	déxīnyìngshǒu	to do with ease, have the knack	她用这个软件已经得心应手了。 She has really got the hang of this software.
轻而易举	qīngéryìjǔ	very easy, effortless	这么重的箱子，他轻而易举地就搬起来了。 He lifted that heavy box without any effort.
小菜一碟	xiǎocàiyīdié	a piece of cake	跑五公里？对他来说是小菜一碟。 Run five kilometres? For him that's a piece of cake.
力所能及	lìsuǒnéngjí	within your power	孩子可以做一些力所能及的家务。 Children can do some housework that's within their abilities.

力不从心	lìbùcóngxīn	the will is there but not the strength	爷爷想帮忙，可是力不从心。 Grandpa wanted to help, but he wasn't up to it.

pattern 凡是……(者)，均(可)……: all who …, may …

凡是 | who it applies to (……的人 / ……者) | ，均(可) | what they get or must do

凡是 (in writing often just 凡) means "every single one who…", and 均 is the written 都. Together they make the frame of rules and notices: 凡是……的人，均可…… "all who …, may …". Add 者 ("one who") for an even more formal ring: 凡是参加者，均……

凡是年满十八岁的人，均可报名。 **fánshì nián mǎn shíbā suì de rén jūn kě bàomíng** Anyone aged eighteen or over may enter.

凡是迟到的人，均不能进入比赛区。 **fánshì chídào de rén jūn bù néng jìnrù bǐsài qū** Latecomers will not be admitted to the race area.

凡是参加比赛者，均可获得一件纪念衣服。 **fánshì cānjiā bǐsài zhě jūn kě huòdé yí jiàn jìniàn yīfu** Every participant will receive a commemorative shirt.

dialogue the night before

manager liu 大家安静一下，我念一下明天的规则：“凡是跑完全程的人，均可领取奖牌。凡是迟到的人，均不能进入比赛区。”

dàjiā ānjìng yíxià wǒ niàn yíxià míngtiān de guīzé fánshì pǎo wán quánchéng de rén jūn kě lǐngqǔ jiǎngpái fánshì chídào de rén jūn bù néng jìnrù bǐsài qū · Quiet please, everyone: let me read tomorrow’s rules. “Everyone who finishes the full course will receive a medal. Latecomers will not be admitted to the race area.”

anna 明天或晴或雨，我们都要全力以赴！

míngtiān huò qíng huò yǔ wǒmen dōu yào quánlìyǐfù · Rain or shine tomorrow, we’ll give it everything we’ve got!

teacher wang 安娜，你这几个月持之以恒，每天早上跑步，真不容易。

Ānnà nǐ zhè jǐ gè yuè chízhī yǐhéng měi tiān zǎoshang pǎobù zhēn bù róngyì · Anna, you’ve kept at it for months, running every morning: that’s no small thing.

anna 刚开始我急于求成，第一周就跑了三十公里，结果膝盖疼了好几天，走路都有点儿瘸。

gāng kāishǐ wǒ jíyú qiúchéng dì yī zhōu jiù pǎo le sānshí gōnglǐ jiéguǒ xīgài téng le hǎo jǐ tiān zǒulù dōu yǒudiǎnr qué · At first I wanted results too fast: I ran thirty kilometres the first week, and my knees hurt for days: I was even limping a bit.

dr zhou 这就叫揠苗助长。训练要循序渐进，不能一下子跑太多。

zhè jiù jiào yàmiáo zhùzhǎng xùnliàn yào xúnxù jiànjìn bù néng yíxià zi pǎo tài duō · That’s what we call pulling up the seedlings to help them grow. Training has to build up gradually: you can’t run too much all at once.

teacher wang 学中文也一样。水滴石穿，每天学一点儿，比急功近利有用得多。

xué Zhōngwén yě yíyàng shuǐdī shíchuān měi tiān xué yìdiǎnr bǐ jígōng jìnlì yǒuyòng de duō · Learning Chinese is the same. Dripping water wears through stone: a little every day is far more use than chasing quick results.

xiaoming 安娜学中文的时候就是这样，一心一意，有时候废寝忘食。

Ānnà xué Zhōngwén de shíhou jiùshì zhèyàng yìxīn yíyì yǒu shíhou fèiqǐn wàngshí · That’s exactly how Anna learned Chinese: single-minded, sometimes forgetting to eat and sleep.

manager liu 她工作也是埋头苦干，夜以继日。这个项目能完成，全靠她全心全意、竭尽全力。她做什么都精益求精。

tā gōngzuò yě shì máitóu kǔgàn yèyǐjìrì zhège xiàngmù néng wánchéng quán kào tā quánxīn quányì jiéjìn quánlì tā zuò shénme dōu jīngyìqiújīng · She works the same way: head down, day and night. We finished this project thanks to her total dedication and utmost effort. Whatever she does, she keeps polishing it.

anna 哪里哪里，是大家齐心协力，同舟共济，才把项目做好的。

nǎlǐ nǎlǐ shì dàjiā qíxīn xiélì tóngzhōu gòngjì cái bǎ xiàngmù zuò hǎo de · Not at all: it was everyone pulling together through the hard times that got the project done.

dr zhou 明天四万人一起跑，众志成城，场面一定不亚于国际大赛。

míngtiān sì wàn rén yìqǐ pǎo zhòngzhì chéngchéng chǎngmiàn yídìng búyàyú guójì dàsài · Tomorrow forty thousand people will run together, united as one: it’ll be every bit as spectacular as an international event.

xiaoming 我听说前面的运动员是专业的，跑一个马拉松对他们来说是小菜一碟。

wǒ tīngshuō qiánmiàn de yùndòngyuán shì zhuānyè de pǎo yí gè mǎlāsōng duì tāmen lái shuō shì xiǎocài yìdié · I hear the runners at the front are professionals: a marathon is a piece of cake for them.

manager liu 我们不跟他们比。做力所能及的事，跑不动了就走，千万别硬撑。

wǒmen bù gēn tāmen bǐ zuò lìsuǒnéngjí de shì pǎo bu dòng le jiù zǒu qiānwàn bié yìng chēng · We’re not competing with them. Do what’s within your power: if you can’t run, walk, and don’t force yourself.

teacher wang 我年纪大了，想跟你们一起跑，可是力不从心了。我明天在终点等你们。

wǒ niánjì dà le xiǎng gēn nǐmen yìqǐ pǎo kěshì lìbùcóngxīn le wǒ míngtiān zài zhōngdiǎn děng nǐmen · I’m getting on: I’d love to run with you, but my body won’t let me. I’ll wait for you at the finish tomorrow.

anna 听说路线要越过三座大桥，还要绕着老城跑一圈。

tīngshuō lùxiàn yào yuèguò sān zuò dà qiáo hái yào rào zhe lǎo chéng pǎo yì quān · I hear the route goes over three big bridges and once round the old town.

dr zhou 跑到三十公里的时候最难。那时候要聚精会神，调整好步伐，一步一步往前，一鼓作气跑到终点。
pǎo dào sānshí gōnglǐ de shíhou zuì nán nà shíhou yào jùjīng huìshén tiáozhěng hǎo bùfá yí bù yí bù wǎng qián yìgǔ zuòqì pǎo dào zhōngdiǎn · The hardest moment comes at thirty kilometres. Then you have to concentrate, steady your stride, take it step by step, and push on to the finish in one go.

anna 我一定勇往直前，不会半途而废！
wǒ yídìng yǒngwǎng zhíqián bú huì bàntúérfèi · I'll forge ahead, and I won't give up halfway!

xiaoming 我跟你打赌：明天你跑得得心应手，轻而易举！
wǒ gēn nǐ dǎdǔ míngtiān nǐ pǎo de déxīn yìngshǒu qīngéryìjǔ · I bet you tomorrow you'll run with ease, no trouble at all!

teacher wang 安娜从一个中文都不会说的外国姑娘，到今天在中国工作，真是苦尽甘来。
Ānnà cóng yí gè Zhōngwén dōu bú huì shuō de wàiguó gūniang dào jīntiān zài Zhōngguó gōngzuò zhēnshi kǔjìn gānlái · Anna went from a foreign girl who couldn't speak a word of Chinese to working in China today: after the hard times, the sweet ones have come.

dr zhou 这就是愚公移山的精神。一代一代的跑步爱好者前赴后继，马拉松才越来越受欢迎。
zhè jiùshì yúgōng yíshān de jīngshén yídài yídài de pǎobù àihào zhě qiánfù hòujì mǎlāsōng cái yuè lái yuè shòu huānyíng · That's the spirit of the Foolish Old Man who moved the mountains. Generation after generation of runners have kept the torch going, and that's why marathons are more and more popular.

manager liu 好！最后，祝大家明天再接再厉，跑出好成绩！公司的发展还任重道远，我们的年轻人大有可为。
hǎo zuìhòu zhù dàjiā míngtiān zàijiē zàilì pǎo chū hǎo chéngjì gōngsī de fāzhǎn hái rènzhòng dàoyuǎn wǒmen de niánqīng rén dàyǒu kěwéi · Right! Finally, I wish everyone another great effort and a good time tomorrow! The company still has a long road ahead, and our young people have a great future.

teacher wang 祝你们鹏程万里！好了，早一点儿回家睡觉，明天还要争分夺秒呢！
zhù nǐmen péngchéng wànlǐ hǎo le zǎo yìdiǎnr huí jiā shuìjiào míngtiān hái yào zhēngfēn duómiǎo ne · Wishing you all a brilliant future! Now, off home to bed early: tomorrow every second counts!

anna 凡是今天吃了面条的人，均可早睡！大家明天见！
fánshì jīntiān chī le miàntiáo de rén jūn kě zǎo shuì dàjiā míngtiān jiàn · Everyone who had noodles tonight may go to bed early! See you all tomorrow!

write it trace the grey, then write your own

卵
luǎn
egg (biology), ovum

衍
yǎn
spread out

驯
xùn
to tame, train

牧
mù
herd, graze

good to know · Many of these idioms are wishes: 鹏程万里 for graduates, 再接再厉 after a success, 大有可为 for young people. Teachers write them in yearbooks and cards. 急于求成, 急功近利 and 揠苗助长 are all warnings against impatience; 揠苗助长 is the one with a story behind it.

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day 80 mission: the city marathon

Follow a whole marathon day in Chinese: the race notice, the start, the long middle, the wall at thirty kilometres, the final sprint and the medals.

Everything from this unit comes together: formal notices, competition, fans and champions, games, movement and the idioms of effort.

chapter 1 chapter 1: before the start

manager liu 大家集合！我先念一下组织者的通知。
dàjiā jíhé wǒ xiān niàn yíxià zǔzhī zhě de tōngzhī · Gather round, everyone! Let me first read the organisers' notice.

manager liu （念）“各位参赛者：兹定于今天上午七点半，在体育中心举行城市马拉松。本次比赛共有四万余人参加，规模不亚于国际大赛。报名人数太多，部分名额由抽签决定。
niàn gèwèi cānsài zhě zī dìng yú jīntiān shàngwǔ qī diǎn bàn zài tǐyù zhōngxīn jǔxíng chéngshì mǎlāsōng běn cì bǐsài gòng yǒu sì wàn yú rén cānjiā guīmó búyàyú guójì dàsài bàomíng rénshù tài duō bùfen míngé yóu chōuqiān juédìng · (reading) “To all participants: The city marathon will be held at the sports centre at 7.30 this morning. More than forty thousand runners are taking part, on a scale equal to any international event. Because so many applied, some places were decided by drawing lots.

manager liu 凡是跑完全程者，均可领取奖牌。无论下雨与否，比赛都照常进行；假使出现危险天气，比赛将推迟。沿路有若干医疗点，安全工作由专人负责，所有食品和水都由专人把关。
fánshì pǎo wán quánchéng zhě jūn kě lǐngqǔ jiǎngpái wúlùn xià yǔ yǔ fǒu bǐsài dōu zhàocháng jìnxíng jiǎshǐ chūxiàn wēixiǎn tiānqì bǐsài jiāng tuīchí yán lù yǒu ruògān yīliáo diǎn ānquán gōngzuò yóu zhuānrén fùzé suǒyǒu shípǐn hé shuǐ dōu yóu zhuānrén bǎguān · All runners who complete the full course will receive a medal. The race will go ahead whether or not it rains; should dangerous weather occur, it will be postponed. A number of medical points are set up along the route; dedicated staff are in charge of safety, and all food and water is checked by dedicated staff.

manager liu 为了安全起见，请大家按号码排队，不要冲撞他人，不要践踏路边的草地。任何人不得使用兴奋剂。祝各位取得好成绩！”
wèile ānquán qǐjiàn qǐng dàjiā àn hàomǎ páiduì búyào chōngzhuàng tārén búyào jiàntà lùbiān de cǎodì rènhé rén bùdé shǐyòng xīngfènjì zhù gèwèi qǔdé hǎo chéngjì · For safety, please line up by number, do not push others, and keep off the verges. Doping by anyone is forbidden. We wish you all a good race!”

anna 四万人！虽说我练了半年，可现在心还是跳动得很快，一直悬着。
sì wàn rén suīshuō wǒ liàn le bàn nián kě xiànzài xīn háishi tiàodòng de hěn kuài yìzhí xuán zhe · Forty thousand people! I may have trained for six months, but my heart is still racing: I'm on tenterhooks.

manager liu 别紧张。公司拿出了专项资金，请了专职教练，这半年你的作息都是按照教练的日程表安排的。你准备得很好。
bié jǐnzhāng gōngsī ná chū le zhuānxiàng zījīn qǐng le zhuānzhí jiàoliàn zhè bàn nián nǐ de zuòxī dōu shì ànzhào jiàoliàn de rìchéng biǎo ānpái de nǐ zhǔnbèi de hěn hǎo · Don't be nervous. The company put up a dedicated fund and hired a full-time coach, and for six months your whole routine has followed the coach's schedule. You're well prepared.

dr zhou 别看我平时在实验室工作，年轻的时候我练过举重、拳击，还学过摔跤。今天我带你们跑，跟着我的步伐，前二十公里别太快。
biékàn wǒ píngshí zài shíyànshì gōngzuò niánqīng de shíhou wǒ liàn guo jǔzhòng quánjī hái xué guo shuāijiāo jīntiān wǒ dài nǐmen pǎo gēn zhe wǒ de bùfá qián èrshí gōnglǐ bié tài kuài · I may spend my days in a lab, but as a young man I did weightlifting and boxing, and I learned wrestling too. Today I'll set your pace: keep to my steps, and don't go too fast for the first twenty kilometres.

xiaoming 安娜，加油！我和妹妹组织了一支啦啦队，看台的入场券是我排了两个小时队买的！
Ānnà jiāyóu wǒ hé mèimei zǔzhī le yì zhī lālāduì kàntái de rùchǎngquàn shì wǒ pái le liǎng gè xiǎoshí duì mǎi de · Go, Anna! My sister and I have put together a cheering squad, and I queued two hours for the stand tickets!

little sister 听说外地来了好多选手，宾馆都住满了。这次我们城市是东道主，来看比赛的何止十万人！
tīngshuō wàidì lái le hǎoduō xuǎnshǒu bīnguǎn dōu zhù mǎn le zhè cì wǒmen chéngshì shì dōngdàozhǔ lái kàn bǐsài de hézhǐ shí wàn rén · I hear loads of runners have come from out of town, and the hotels are all full. Our city is the host this time: far more than a hundred thousand people have come to watch!

anna 我刚从更衣室出来，冷得直哆嗦，肩膀都缩起来了。
wǒ gāng cóng gēngyīshì chūlái lěng de zhí duōsuo jiānbǎng dōu suō qǐlai le · I've just come out of the changing room, and I'm shivering with cold, my shoulders all hunched up.

dr zhou	那就原地蹦一蹦，甩甩手，抖抖腿，舒展一下身体。你看大家，有的伸手跟朋友打招呼，有的耸着肩膀，有的在原地跳跃。 **nà jiù yuán dì bèng yi beng shuǎi shuai shǒu dǒu dou tuǐ shūzhǎn yíxià shēntǐ nǐ kàn dàjiā yǒude shēnshǒu gēn péngyou dǎ zhāohu yǒude sǒng zhe jiānbǎng yǒude zài yuán dì tiàoyuè** · Then bounce on the spot, shake out your hands and legs and stretch. Look at everyone: some reaching out to greet friends, some with their shoulders hunched, some jumping on the spot.
manager liu	看，起跑线前面竖立着一个大门，上面悬挂着巨大的牌子，路两边的国旗在风中飘扬。市长要来剪彩了！ **kàn qǐpǎoxiàn qiánmiàn shùlì zhe yí gè dà mén shàngmiàn xuánguà zhe jùdà de páizi lù liǎng biān de guóqí zài fēng zhōng piāoyáng shì zhǎng yào lái jiǎncǎi le** · Look, there's a big arch standing over the starting line with a huge banner hanging on it, and flags are flying along both sides of the road. The mayor's coming to cut the ribbon!
anna	裁判吹哨了！出发！ **cáipàn chuī shào le chūfā** · There's the whistle! We're off!

chapter 2 chapter 2: the first twenty kilometres

dr zhou 步伐放小一点儿，手臂自然摆动，身体不要左右摇摆。脚踏在地上要轻，用后脚轻轻一蹬就行。

bùfá fàng xiǎo yìdiǎnr shǒubì zìrán bǎidòng shēntǐ búyào zuǒyòu yáobǎi jiǎo tà zài dì shàng yào qīng yòng hòu jiǎo qīng qīng yì dēng jiù xíng · Shorter steps, arms swinging naturally, no swaying from side to side. Land lightly, and just push off gently with your back foot.

anna 前面的人好多，大家在路上穿梭，我差点儿被一个人绊倒。

qiánmiàn de rén hǎoduō dàjiā zài lùshang chuānsuō wǒ chàdiǎnr bèi yí gè rén bàn dǎo · There are so many people ahead, everyone weaving about: I nearly tripped over someone.

dr zhou 别急着超人。往右边靠拢，跟着我跑。

bié jí zhe chāo rén wǎng yòubian kàolǒng gēn zhe wǒ pǎo · Don't rush to overtake. Move over to the right and follow me.

manager liu 安娜，我们俩比试比试，看谁先到二十公里？

Ānnà wǒmen liǎ bǐshi bǐshi kàn shéi xiān dào èrshí gōnglǐ · Anna, shall we have a contest and see who reaches twenty kilometres first?

anna 刘经理，这不是赛跑，是马拉松！我跟小明打赌了，我能在五个小时以内跑完，赌一顿饭。

Liújīnglǐ zhè bú shì sàipǎo shì mǎlāsōng wǒ gēn Xiǎomíng dǎdǔ le wǒ néng zài wǔ gè xiǎoshí yǐnèi pǎo wán dǔ yí dùn fàn · Ms Liu, this isn't a sprint, it's a marathon! I've bet Xiaoming I can finish in under five hours: the loser buys dinner.

manager liu 你们看，前面就是古墙。以前马车在这条路上奔驰，今天是我们在这儿奔跑。平时天天为工作奔波，今天终于为自己跑一次。

nǐmen kàn qiánmiàn jiùshì gǔ qiáng yǐqián mǎ chē zài zhè tiáo lùshang bēnchí jīntiān shì wǒmen zài zhèr bēnpǎo píngshí tiān tiān wèi gōngzuò bēnbō jīntiān zhōngyú wèi zìjǐ pǎo yí cì · Look, the old wall is just ahead. Carriages used to speed along this road; today it's us running here. Every day we rush about for work; today, at last, we run for ourselves.

anna 路边好多人在为我们加油。有个中年人抡着手臂大声喊，有个小姑娘扬着小手。还有很多行人驻足观看。

lùbiān hǎoduō rén zài wèi wǒmen jiāyóu yǒu gè zhōngnián rén lūn zhe shǒubì dà shēng hǎn yǒu gè xiǎo gūniang yáng zhe xiǎo shǒu hái yǒu hěn duō xíngrén zhùzú guānkàn · So many people are cheering along the road. A middle-aged man is swinging his arms and shouting, a little girl is waving her hand, and lots of passers-by have stopped to watch.

manager liu 可是你看那几位老人，在路边打麻将、打扑克，还有两位在对弈，根本不看我们！

kěshì nǐ kàn nà jǐ wèi lǎorén zài lùbiān dǎ májiàng dǎ pūkè hái yǒu liǎng wèi zài duìyì gēnběn bú kàn wǒmen · But look at those old men at the roadside playing mahjong and cards, and two of them playing chess: they're not watching us at all!

dr zhou 对弈就是一场博弈，他们比我们还认真呢。

duìyì jiùshì yì chǎng bóyì tāmen bǐ wǒmen hái rènzhēn ne · A game of chess is a real battle of wits: they're even more focused than we are.

anna 哎呀，有人在路边遛狗，狗突然窜到跑道上来了，在我们中间转悠！

āiyā yǒu rén zài lùbiān liù gǒu gǒu tūrán cuàn dào pǎodào shànglái le zài wǒmen zhōngjiān zhuànyou · Oh no, someone walking a dog at the side, and the dog has suddenly darted onto the course and is wandering about among us!

manager liu 几个孩子追逐着它，狗主人在后面拼命追赶。好了，狗被带走了，那边写着“行人止步”。

jǐ gè háizi zhuīzhú zhe tā gǒu zhǔrén zài hòumiàn pīnmìng zhuīgǎn hǎo le gǒu bèi dài zǒu le nàbiān xiě zhe xíngrén zhǐbù · A few kids are chasing it, and the owner is racing after them. There, the dog's been taken away: there's a sign over there saying “No pedestrians”.

dr zhou 十公里了。路过的这个公园，孩子们在滑梯上玩耍，有的在捉迷藏，有人在放风筝，真是孩子们的乐园。

shí gōnglǐ le lùguò de zhège gōngyuán háizimen zài huátī shàng wánshuǎ yǒude zài zhuōmícáng yǒu rén zài fàng fēngzheng zhēnshi háizimen de lèyuán · Ten kilometres. In this park we're passing, children are playing on the slide, some are playing hide-and-seek, someone's flying a kite: a real children's paradise.

manager liu 前面是喝水的地方，桌子上的水杯被风吹得直摇晃。我们奔过去拿一杯吧。
qiánmiàn shì hē shuǐ de dìfang zhuōzi shàng de shuǐ bēi bèi fēng chuī de zhí yáohuàng wǒmen bèn guoqu ná yì bēi ba · There's the drinks table ahead, and the cups on the table are wobbling in the wind. Let's head over and grab one.

anna 现在是小菜一碟，后面才难呢！
xiànzài shì xiǎocài yìdié hòumiàn cái nán ne · Right now it's a piece of cake: the hard part comes later!

chapter 3 chapter 3: the wall at thirty kilometres

anna 三十公里了……我的腿重得像石头一样，在发抖，手臂也垂了下来，像坠着两块石头。

sānshí gōnglǐ le wǒ de tuǐ zhòng de xiàng shítou yíyàng zài fādǒu shǒubì yě chuí le xialai xiàng zhuì zhe liǎng kuài shítou · Thirty kilometres… my legs are as heavy as stone and trembling, and my arms are hanging down as if weighed with rocks.

dr zhou 这就是最难的地方。聚精会神，一步一步往前。任腿多累，也别停下来。速度固然重要，但是坚持更重要。

zhè jiùshì zuì nán de dìfang jùjīng huìshén yí bù yí bù wǎng qián rèn tuǐ duō lèi yě bié tíng xialai sùdù gùrán zhòngyào dànshì jiānchí gèng zhòngyào · This is the hardest part. Concentrate, one step at a time. However tired your legs are, don't stop. Speed matters, of course, but keeping going matters more.

dr zhou 你看前面那些一开始跑得太快的人，现在都慢下来了。急于求成就是这样。

nǐ kàn qiánmiàn nàxiē yì kāishǐ pǎo de tài kuài de rén xiànzài dōu màn xialai le jíyú qiúchéng jiùshì zhèyàng · Look at all those people ahead who went off too fast: they've all slowed down. That's what happens when you want results too soon.

manager liu 我有点儿力不从心了，喘得厉害。这么着吧，你们先跑，我慢慢走。

wǒ yǒudiǎnr lìbùcóngxīn le chuǎn de lìhai zhèmezhe ba nǐmen xiān pǎo wǒ màn màn zǒu · I'm running out of strength, and I'm very out of breath. Tell you what: you two go on, and I'll walk.

anna 不行！我们是一个队，要同舟共济。纵然最后只能走，我们也一起走到终点。

bùxíng wǒmen shì yí gè duì yào tóngzhōu gòngjì zòngrán zuìhòu zhǐ néng zǒu wǒmen yě yìqǐ zǒu dào zhōngdiǎn · No way! We're a team: we stick together. Even if we can only walk in the end, we'll walk to the finish together.

dr zhou 走一会儿有何不可？力所能及就好，千万别硬撑。

zǒu yíhuìr yǒu hé bù kě lìsuǒnéngjí jiù hǎo qiānwàn bié yìng chēng · What's wrong with walking for a while? Do what you can, and don't force it.

anna 哎呀，前面有个人摔倒了，趴在地上动弹不了！

āiyā qiánmiàn yǒu gèrén shuāi dǎo le pā zài dì shàng dòngtan bu liǎo · Oh no, someone's fallen just ahead: he's lying face down and can't move!

dr zhou 医疗点的医生已经过去了，帮他翻身，扶他站立起来了。他现在倚着树休息。我们往旁边让一让。

yīliáo diǎn de yīshēng yǐjīng guòqù le bāng tā fānshēn fú tā zhànlì qǐlai le tā xiànzài yǐ zhe shù xiūxi wǒmen wǎng pángbiān ràng yi rang · The doctors from the medical point are already there: they've turned him over and helped him stand up. Now he's resting against a tree. Let's move aside.

anna 河上漂浮着几条小船，天上飘浮着白云。要是能躺在船上就好了！

hé shàng piāofú zhe jǐ tiáo xiǎo chuán tiānshàng piāofú zhe bái yún yàoshi néng tǎng zài chuán shàng jiù hǎo le · There are a few little boats floating on the river and white clouds drifting in the sky. If only I could lie down in a boat!

manager liu 好了，我休息够了。我们一鼓作气，跑完最后十公里！

hǎo le wǒ xiūxi gòu le wǒmen yìgǔ zuòqì pǎo wán zuìhòu shí gōnglǐ · Right, I've rested enough. Let's push on in one go and run the last ten kilometres!

anna 后面那群人越来越逼近了。我们不能被他们追上！

hòumiàn nà qún rén yuè lái yuè bījìn le wǒmen bù néng bèi tāmen zhuī shàng · That group behind us is closing in. We can't let them catch us!

dr zhou 别跟他们较劲，按自己的节奏跑。虽说比赛有名次，可对我们来说，跑完就是赢家。

bié gēn tāmen jiàojìn àn zìjǐ de jiézòu pǎo suīshuō bǐsài yǒu míngcì kě duì wǒmen lái shuō pǎo wán jiùshì yíngjiā · Don't try to outdo them: run at your own rhythm. True, the race has placings, but for us, finishing is winning.

chapter 4 chapter 4: the final sprint

xiaoming （在看台上）来了来了！我看见安娜了！
zài kàntái shàng lái le lai le wǒ kànjiàn Ānnà le · (in the stands) Here they come! I can see Anna!

little sister 大家快挥舞双手！安娜，加油！冲刺！
dàjiā kuài huīwǔ shuāng shǒu Ānnà jiāyóu chōngcì · Everyone wave your arms! Go, Anna! Sprint!

anna 最后一公里了！我听见了啦啦队的声音，突然又有劲了！
zuìhòu yì gōnglǐ le wǒ tīngjiàn le lālāduì de shēngyīn tūrán yòu yǒujìn le · The last kilometre! I can hear the cheering squad, and suddenly I've got my strength back!

dr zhou 最后几百米，每个人都在争分夺秒。全力以赴，勇往直前！
zuìhòu jǐ bǎi mǐ měi gè rén dōu zài zhēngfēn duómiǎo quánlìyǐfù yǒngwǎng zhíqián · In the last few hundred metres, every second counts for everyone. Give it everything, straight ahead!

xiaoming 你看，跑在最前面的不是去年的冠军。那个冠军是专业队的王牌，大家都以为他无敌，今年胜出的却是一匹黑马！
nǐ kàn pǎo zài zuì qiánmiàn de bú shì qùnián de guànjūn nàge guànjūn shì zhuānyè duì de wángpái dàjiā dōu yǐwéi tā wúdí jīnnián shèngchū de què shì yì pǐ hēimǎ · Look, the man in front isn't last year's champion. He's a professional team's ace, and everyone thought he was unbeatable, but this year a dark horse has come out on top!

little sister 听说是个普通的大学老师。就像足球比赛的替补，上半场没人注意，下半场突然发力。他第一个越过了终点线，夺冠了！
tīngshuō shì gè pǔtōng de dàxué lǎoshī jiù xiàng zúqiú bǐsài de tìbǔ shàngbànchǎng méi rén zhùyì xiàbànchǎng tūrán fā lì tā dì yī gè yuèguò le zhōngdiǎn xiàn duóguàn le · They say he's an ordinary university lecturer. Like a substitute in football: nobody notices him in the first half, then in the second half he suddenly turns it on. He's first across the line: he's won!

xiaoming 记者们一下子把他簇拥在中间。他高高举起了奖杯，说要为学校争光。这场比赛的精彩程度，不亚于职业联赛的决赛！
jìzhěmen yíxià zi bǎ tā cùyōng zài zhōngjiān tā gāo gāo jǔ qǐ le jiǎngbēi shuō yào wèi xuéxiào zhēngguāng zhè chǎng bǐsài de jīngcǎi chéngdù búyàyú zhíyè liánsài de juésài · The reporters have crowded round him in an instant. He's holding the trophy high and saying he wanted to do his university proud. This race is every bit as exciting as a professional league final!

anna 到了！到了！我跑完了！
dào le dào le wǒ pǎo wán le · I'm there! I'm there! I've finished!

manager liu 四小时五十分！我们全队都跑完了，一个也没有出局！
sì xiǎoshí wǔshí fēn wǒmen quán duì dōu pǎo wán le yí gè yě méiyǒu chūjú · Four hours fifty! Our whole team has finished: not a single one dropped out!

anna 我现在只想卧在草地上，一动也不想动……
wǒ xiànzài zhǐ xiǎng wò zài cǎodì shàng yí dòng yě bù xiǎng dòng · Right now I just want to lie on the grass and not move a muscle…

chapter 5 chapter 5: medals and a special guest

little sister 安娜，快起来！你看谁来了！
Ānnà kuài qǐlai nǐ kàn shéi lái le · Anna, get up! Look who's here!

anna 奶奶！您怎么来了？
nǎinai nín zěnme lái le · Grandma! What are you doing here?

dr li 她一定要来。别看她九十岁了，拄着拐杖在终点等了你两个小时，非但不累，还说明年还来。
tā yídìng yào lái biékàn tā jiǔshí suì le zhǔ zhe guǎizhàng zài zhōngdiǎn děng le nǐ liǎng gè xiǎoshí fēidàn bú lèi hái shuō míngnián hái lái · She insisted on coming. She may be ninety, but she waited at the finish for two hours on her crutch, and far from being tired, she says she's coming again next year.

teacher wang 我也在这儿！安娜学中文的时候就一心一意，有时候废寝忘食。你堪称我们学校最了不起的学生。
wǒ yě zài zhèr Ānnà xué Zhōngwén de shíhou jiù yìxīn yíyì yǒu shíhou fèiqǐn wàngshí nǐ kānchēng wǒmen xuéxiào zuì liǎobuqǐ de xuéshēng · I'm here too! When Anna was learning Chinese she was single-minded, sometimes forgetting to eat and sleep. You could be called the most remarkable student our school has ever had.

xiaoming 这是你的奖牌。凡是跑完全程的人，均可领取一枚。还有，打赌你赢了，今天晚上我请客！
zhè shì nǐ de jiǎngpái fánshì pǎo wán quánchéng de rén jūn kě lǐngqǔ yì méi hái yǒu dǎdǔ nǐ yíng le jīntiān wǎnshang wǒ qǐngkè · Here's your medal. Everyone who finishes the full course gets one. And you've won our bet: dinner's on me tonight!

anna 无论名次怎么样，这都是我最宝贵的奖牌。半年前，我连五公里都跑不下来。
wúlùn míngcì zěnmeyàng zhè dōu shì wǒ zuì bǎoguì de jiǎngpái bàn nián qián wǒ lián wǔ gōnglǐ dōu pǎo bu xialai · Whatever my placing, this is the most precious medal I'll ever have. Six months ago I couldn't even run five kilometres.

dr li 这就叫水滴石穿，持之以恒。假若你当时半途而废，就没有今天了。奶奶说你有愚公移山的精神。
zhè jiù jiào shuǐdī shíchuān chízhī yǐhéng jiàruò nǐ dāngshí bàntúérfèi jiù méiyǒu jīntiān le nǎinai shuō nǐ yǒu yúgōng yíshān de jīngshén · That's dripping water wearing through stone: perseverance. If you'd given up halfway back then, you wouldn't be here today. Grandma says you have the spirit of the Foolish Old Man who moved the mountains.

dr zhou 训练要循序渐进，不能急功近利，更不能揠苗助长。你做到了。我这个领跑的人明年就退役啦！
xùnliàn yào xúnxù jiànjìn bù néng jígōng jìnlì gèng bù néng yàmiáo zhùzhǎng nǐ zuò dào le wǒ zhège lǐng pǎo de rén míngnián jiù tuìyì la · Training has to build up step by step, without chasing quick results, and certainly without pulling up the seedlings. You did it. And as your pacer, I'm retiring next year!

manager liu 这次大家齐心协力，众志成城，今天大家都是赢家。我是公司跑步队的领队，下个赛季我们还要参加城市接力联赛，五月就是预赛。
zhè cì dàjiā qíxīn xiélì zhòngzhì chéngchéng jīntiān dàjiā dōu shì yíngjiā wǒ shì gōngsī pǎobù duì de lǐngduì xià gè sàijì wǒmen hái yào cānjiā chéngshì jiēlì liánsài wǔ yuè jiùshì yùsài · This time everyone pulled together, united as one, and today everyone is a winner. I'm the leader of the company running team: next season we're entering the city relay league, and the heats are in May.

anna 那我当替补就行。
nà wǒ dāng tìbǔ jiù xíng · Then I'll just be a substitute.

manager liu 你是主力！我们的阵容很强。去年我们垫底，今年一定要晋级。公司的发展任重道远，你们年轻人大有可为。
nǐ shì zhǔlì wǒmen de zhènróng hěn qiáng qùnián wǒmen diàndǐ jīnnián yídìng yào jìnjí gōngsī de fāzhǎn rènzhòng dàoyuǎn nǐmen niánqīng rén dàyǒu kěwéi · You're in the first team! Our line-up is strong. Last year we came bottom; this year we're going through for sure. The company has a long road ahead, and you young people have a great future.

little sister 以前跑步是你的消遣，现在快成你的嗜好了！下一个目标是什么？冲浪、潜水还是跳伞？

yǐqián pǎobù shì nǐ de xiāoqiǎn xiànzài kuài chéng nǐ de shìhào le xià yí gè mùbiāo shì shénme chōnglàng qiánshuǐ háishi tiàosǎn · Running used to be your pastime, and now it's almost an addiction! What's the next goal? Surfing, diving or skydiving?

anna 我想去攀登雪山。登顶那一刻，一定是人生的巅峰！

wǒ xiǎng qù pāndēng xuěshān dēngdǐng nà yí kè yídìng shì rénshēng de diānfēng · I want to climb a snowy mountain. The moment you reach the summit must be the peak of your life!

teacher wang 苦尽甘来！祝你鹏程万里，再接再厉！

kǔjìn gānlái zhù nǐ péngchéng wànlǐ zàijiē zàilì · After the hard times come the sweet ones! Wishing you a brilliant future: keep it up!

dr zhou 怎么着，明年还跑吗？

zěnmezhe míngnián hái pǎo ma · So, what do you say: running again next year?

anna 此一时，彼一时。现在我只想坐在草地上，沐浴着阳光，什么也不想！不过……明年，有何不可？

cǐ yìshí bǐ yìshí xiànzài wǒ zhǐ xiǎng zuò zài cǎodì shàng mùyù zhe yángguāng shénme yě bù xiǎng búguò míngnián yǒu hé bù kě · Ask me another time. Right now all I want is to sit on the grass in the sunshine and think about nothing! But... next year? Why not?

From the official notice to the finish-line hug, you can follow a whole marathon in Chinese, and you have your own medal: unit 10 is done!
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