

kōng

空

qì

气

air

lì

厉

hài

害

great, amazing, formidable

kùn

困

sleepy

chén

晨

liàn

练

morning exercise

qing

xin

清新

fresh

tài

太

jí

极

quán

拳

Tai Chi, shadow boxing



Gāi qǐ chuáng le , bié shuì le !

A: 该起床了，别睡了！
Time to get up! Wake up!

Wǒ hái kùn zhe ne 。

B: 我还困着呢。
I am still sleepy.

Nǐ bú shì shuō hé wǒ yī qǐ qù chén liàn ma ?

A: 你不是说和我一起去晨练吗？
Didn't you say you would do morning exercise with me ?

Hǎo , wǒ xiān qù xǐ liǎn 。

B: 好，我先去洗脸。
OK, let me wash my face first.





Zǎo shang de kōng qì zhēn qīng xīn !

B: 早上的空气真清新!
The air is so fresh in the morning!

Wǒ tiān tiān dōu lái , pǎo bàn xiǎo shí bù dǎ yī xiǎo shí tài jí quán 。

A: 我天天都来，跑半小时步，打一小时太极拳。
I come here everyday, jog for half an hour, practice Tai Chi for one hour.

Nín liàn le duō jiǔ le ?

B: 您练了多久了?
How long have you practiced Taichi?

Wǒ yǐ jīng liàn le shí wǔ nián 。

A: 我已经练了十五年。
I have been practicing for 15 years.

Wa, hǎo lì hai , nǐ jiāo jiao wǒ ba 。

B: 哇，好厉害，你教教我吧。
Wow, that is awesome, could you teach me?

Méi wèn tí , zhǐ yào nǐ nǔ lì , jiù néng xué hǎo 。

A: 没问题，只要你努力，就能学好。
No problem, you can do it well too as long as you practice hard.

Grammar

zhe

V. /adj.+ 着

action or state last for a long time,
It indicates the continuation of a
certain state.

Wǒ hái kùn zhe ne 。

我还困着呢。

I am still sleepy.

Mén kāi zhe ne 。

门开着呢。

The door is open.