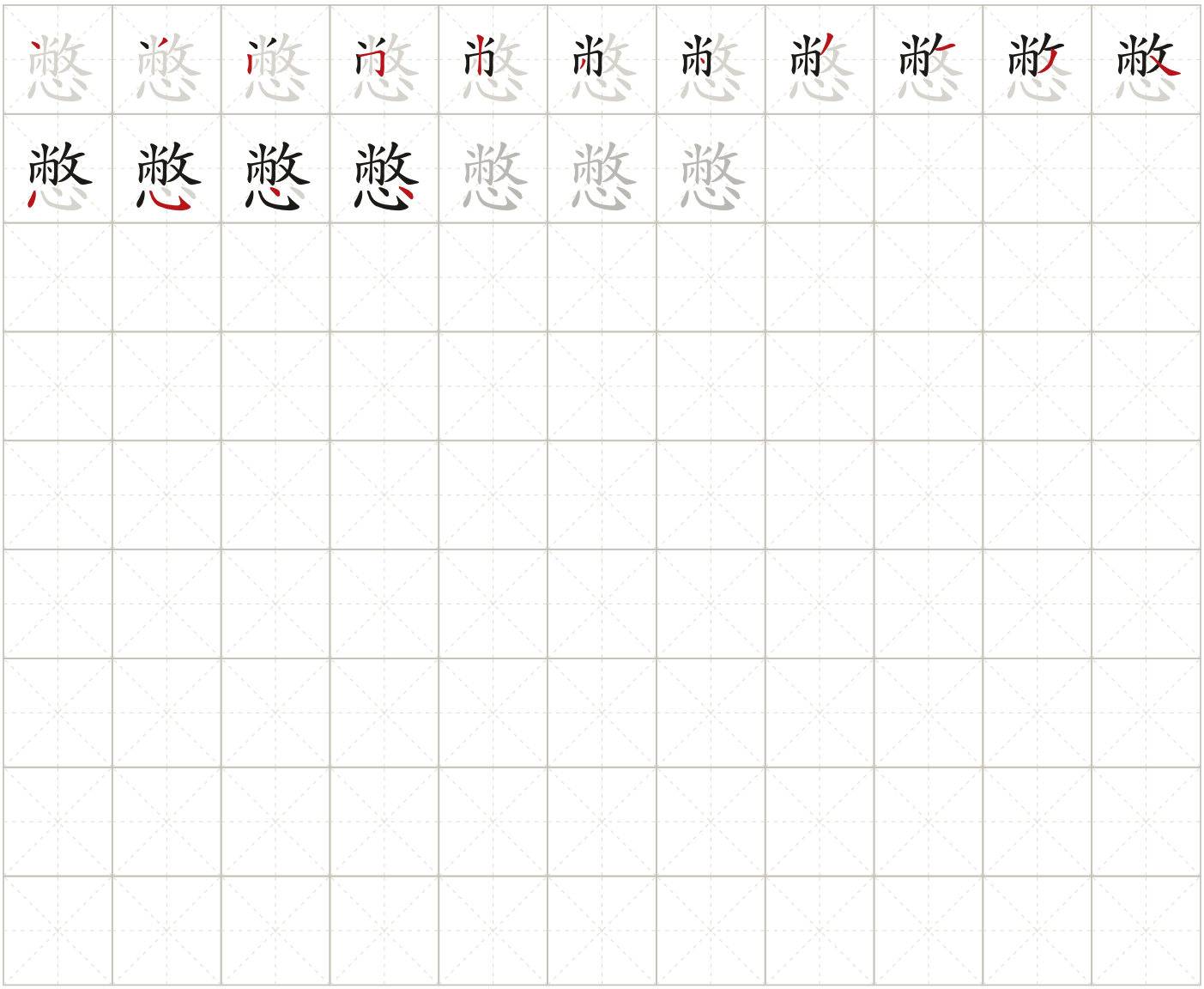
biē

憋

back; suppress; suffocate

Common Words

biē qì
憋气
hold one's breath; feel suffocated or ...

Trace each stroke, then write the character on your own.