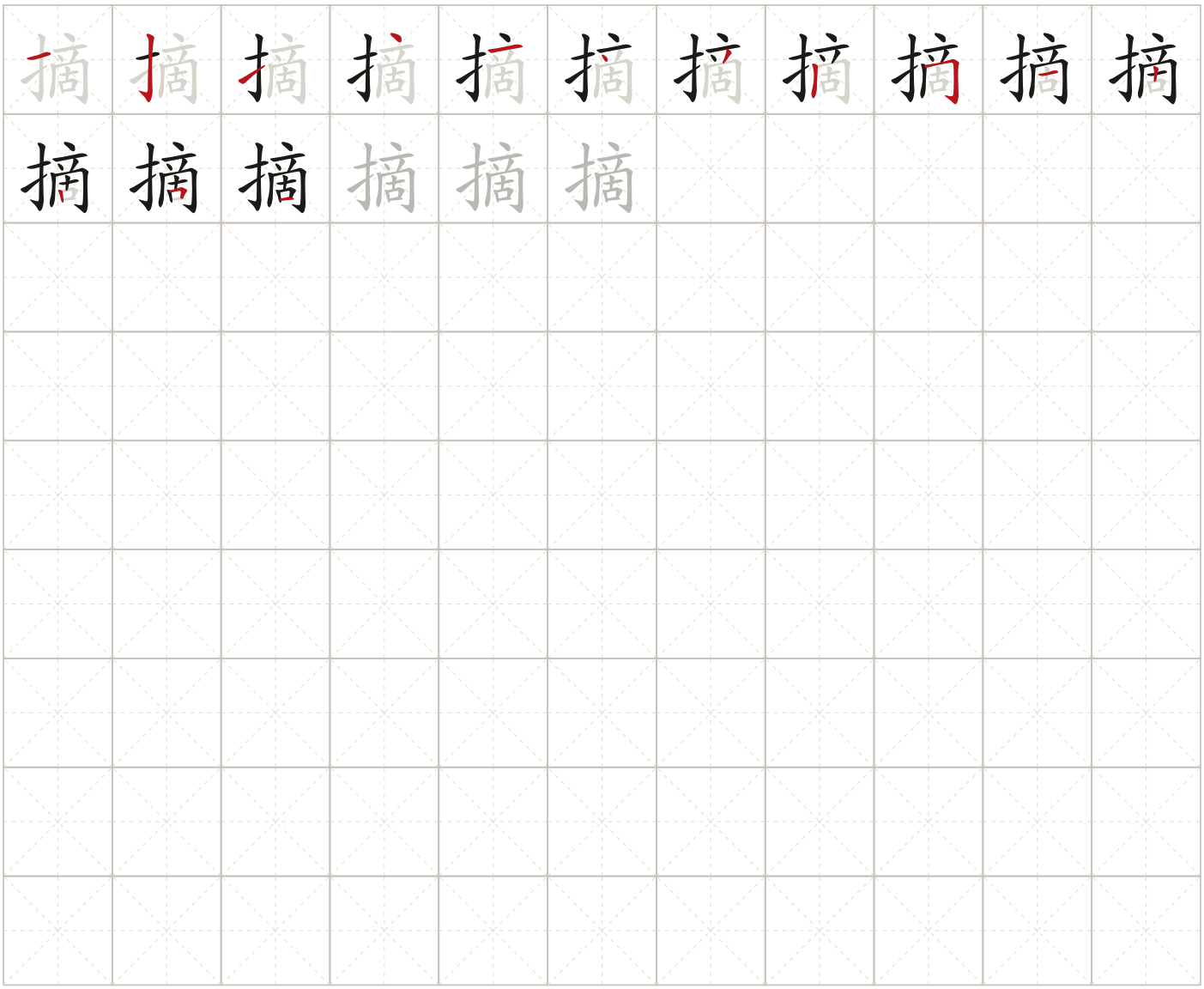
zhāi

摘

pick; pluck; strip

Common Words

cǎi zhāi	zhāi yào	wén zhāi
采摘	摘要	文摘
Picking	summary; abstract	digest; abstract

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