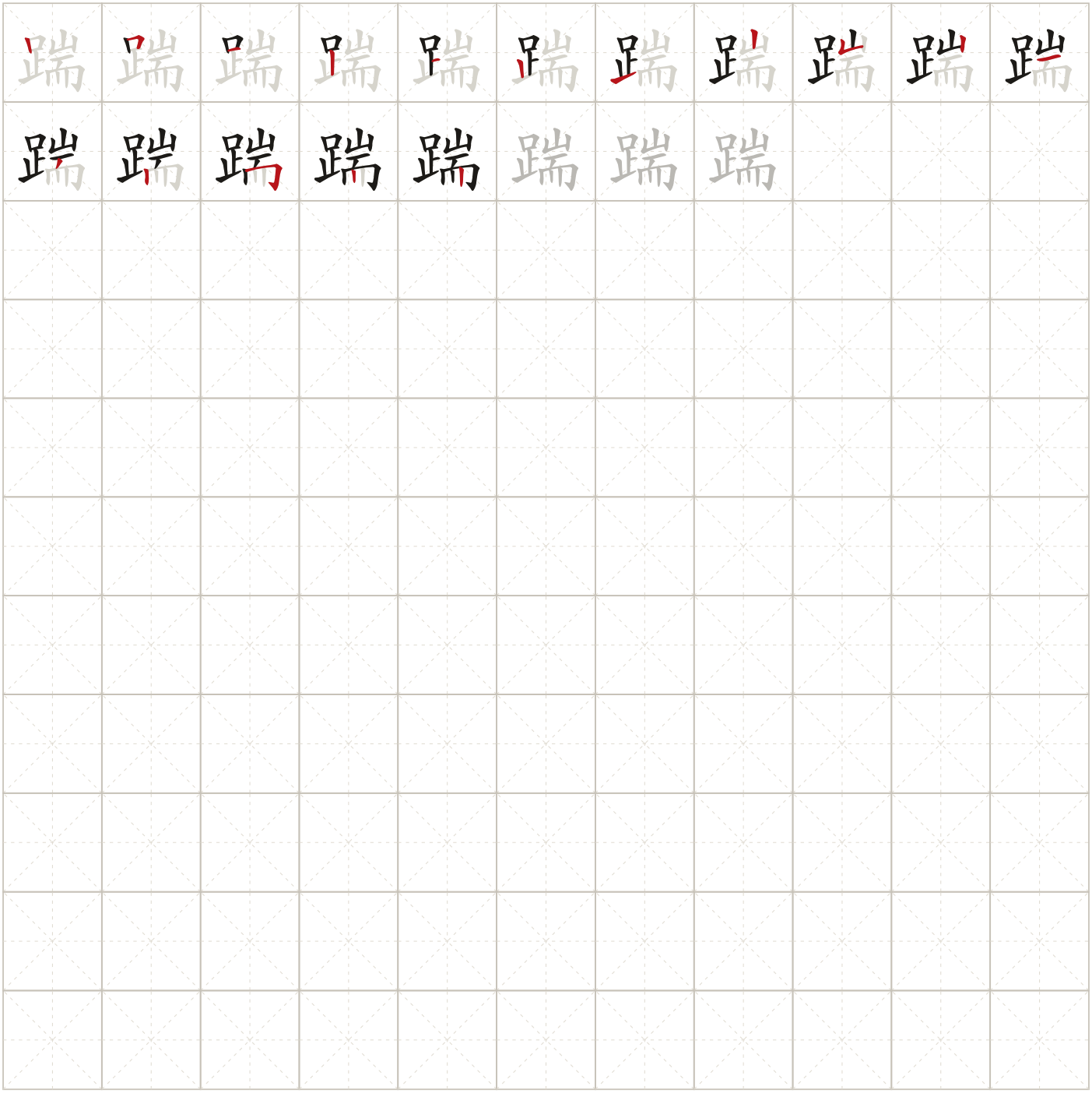
chuài

踹

to kick with the sole of the foot

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