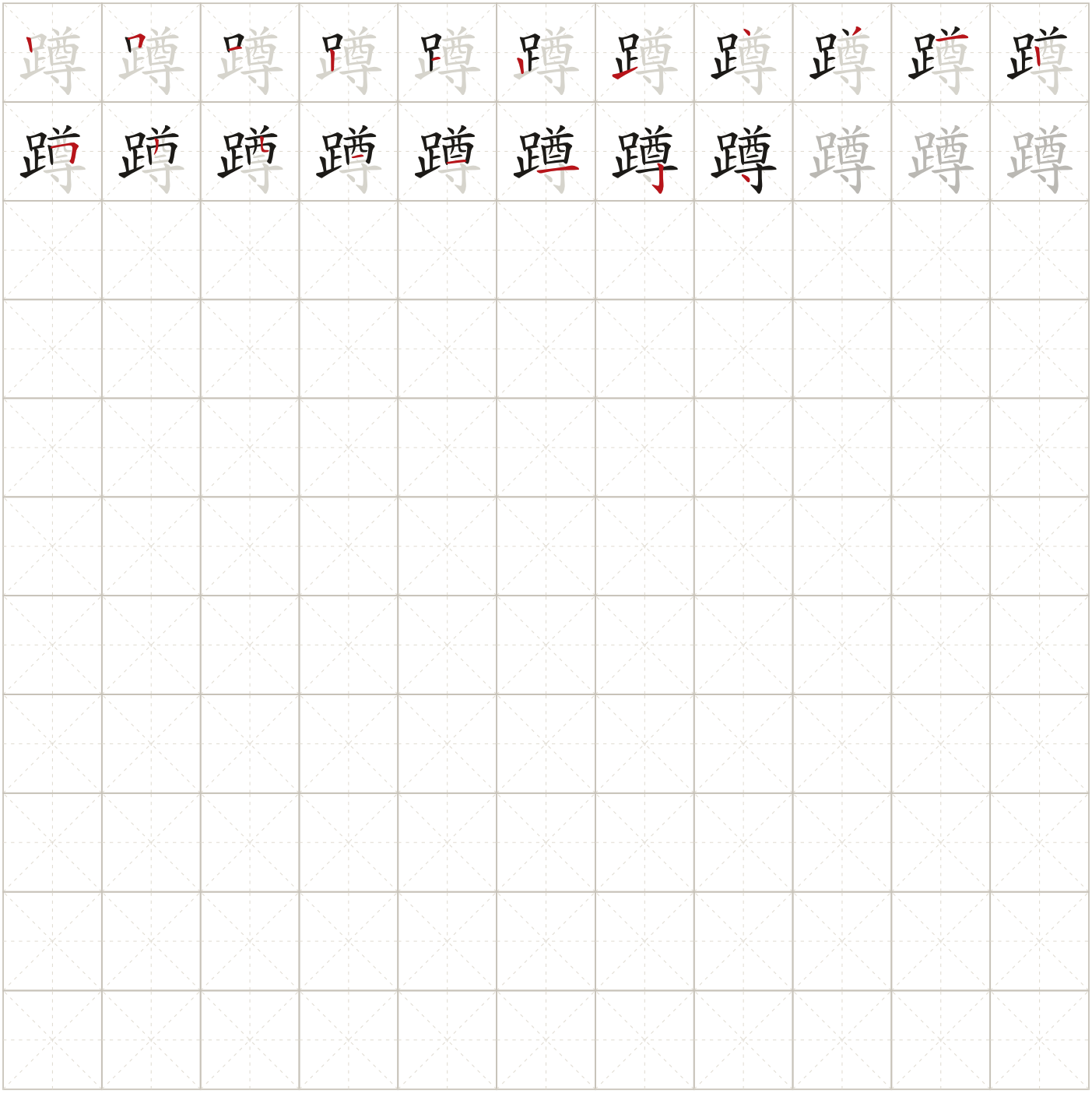
dūn

蹲

squat on the heels; to crouch

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