



yī pù shí hán
一曝十寒

idiom • to work or study in fits and starts, lacking perseverance; to be inconsistent in effort

Example Sentences

xué xí bù néng yí pù shí hán bì xū chí zhī yǐ héng
学习不能一曝十寒，必须持之以恒。

You cannot study in fits and starts; you must persevere.

tā liàn gāng qín zǒng shì sān tiān dǎ yú liǎng tiān shài wǎng yī pù shí hán suǒ yǐ jìn bù hěn màn

他练钢琴总是三天打鱼两天晒网，一曝十寒，所以进步很慢。

He practices the piano in fits and starts, with no consistency, so he makes slow progress.

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

一	一	一	一								
曝	曝	曝	曝	曝	曝	曝	曝	曝	曝	曝	曝
曝	曝	曝	曝	曝	曝	曝	曝	曝	曝	曝	曝
十	十	十	十	十							

continued practice