



yì juǎ bú zhèn
一蹶不振

idiom (verb phrase) · to collapse after a setback, never recover

Example Sentences

tā shī bài hòu yì juǎ bú zhèn
他失败后一蹶不振。

He collapsed after failure and never recovered.

gōng sī kuī sǔn yán zhòng cóng cǐ yì juǎ bú zhèn
公司亏损严重，从此一蹶不振。

The company suffered heavy losses and never recovered from then on.

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

一	一	一	一								
蹶	蹶	蹶	蹶	蹶	蹶	蹶	蹶	蹶	蹶	蹶	蹶
蹶	蹶	蹶	蹶	蹶	蹶	蹶	蹶	蹶	蹶	蹶	蹶
不	不	不	不	不	不	不					



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一蹶不振

continued practice

Continue tracing each character, then write the word on your own.

振	振	振	振	振	振	振	振	振	振	振
振	振									
