



yǎo jǐn yá guān
咬紧牙关

verb phrase · clench one's teeth; endure with determination

Example Sentences

Tā yǎo jǐn yá guān jiān chí pǎo wán le quán chéng
他咬紧牙关，坚持跑完了全程。

He clenched his teeth and persisted in running the whole course.

Miàn duì kùn nán tā yǎo jǐn yá guān méi yǒu fàng qì
面对困难，她咬紧牙关，没有放弃。

Facing difficulties, she clenched her teeth and did not give up.

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

咬	咬	咬	咬	咬	咬	咬	咬	咬	咬	咬
咬										

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