



chí zhī yǐ héng

持之以恆

verb/idiom · persevere / persist

Example Sentences

xué xí yǔ yán xū yào chí zhī yǐ héng bù néng bàn tú ér fèi
学习语言需要持之以恆，不能半途而废。

Learning a language requires persistence and cannot be given up halfway.

ruò xiǎng jīng tōng zhè mén jì yì chí zhī yǐ héng de liàn xí bù kě huò quē
若想精通这门技艺，持之以恆的练习不可或缺。

If you want to master this skill, persistent practice is indispensable.

jiǎn féi bù jīn yào kòng zhì yǐn shí gèng xū yào chí zhī yǐ héng dì yùn dòng
减肥不仅要控制饮食，更需要持之以恆地运动。

Losing weight not only requires controlling your diet but also persistent exercise.

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

持	持	持	持	持	持	持	持	持	持	持
持										
之	之	之	之	之	之					
以	以	以	以	以	以	以				



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持之以恆

continued practice

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

恒	恒	恒	恒	恒	恒	恒	恒	恒	恒	恒
恒										
