



jǐ chū
挤出

verb · to squeeze out

Example Sentences

tā bǎ yá gāo jǐ chū lái
她把牙膏挤出来。

She squeezed out the toothpaste.

tā měi tiān jǐ chū shí jiān duàn liàn shēn tǐ
他每天挤出时间锻炼身体。

He squeezes out time every day to exercise.

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

挤	挤	挤	挤	挤	挤	挤	挤	挤	挤	挤
挤										

出	出	出	出	出	出	出	出			
