



nà zhù

捺住

verb · to press down and hold

Example Sentences

tā nà zhù nù qì méi yǒu fā huǒ
他捺住怒气，没有发火。

He pressed down and held back his anger, not losing his temper.

tā nà zhù jī dòng de xīn qíng màn màn shuō huà
她捺住激动的心情，慢慢说话。

She pressed down and held back her excitement, speaking slowly.

tā nà zhù xìng zi nài xīn de tīng duì fāng jiě shì
他捺住性子，耐心地听对方解释。

He pressed down and held back his impatience, listening patiently to the other person's explanation.

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

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捺	捺	捺								
住	住	住	住	住	住	住	住	住	住	住