



bǎi tuō

摆脱

Verb · dispense; cast off; extricate oneself from

Example Sentences

tā bì xū bǎi tuō duì guò qù de zhí niàn cái néng xiàng qián mài jìn
他必须摆脱对过去的执念，才能向前迈进。

He must cast off his obsession with the past in order to move forward.

tā shǐ zhōng wú fǎ bǎi tuō tóng nián yīn yǐng dài lái de yǐng xiǎng
她始终无法摆脱童年阴影带来的影响。

She has never been able to extricate herself from the influence of her childhood trauma.

wèi le bǎi tuō kùn jìng tā zhì dìng le yí gè zhōu mì de jì huà
为了摆脱困境，他制定了一个周密的计划。

In order to extricate himself from the predicament, he devised a meticulous plan.

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

摆	摆	摆	摆	摆	摆	摆	摆	摆	摆	摆
摆	摆	摆	摆	摆						
脱	脱	脱	脱	脱	脱	脱	脱	脱	脱	脱
脱	脱	脱								