



láng bèi bù kān

狼狈不堪

idiom · in a difficult, embarrassing, or distressed situation; in a mess; utterly discomfited

### Example Sentences

bào fēng yǔ guò hòu zhěng gè cūn zhuāng láng bèi bù kān  
暴风雨过后，整个村庄狼狈不堪。

After the storm, the entire village was in a mess.

tā wàng le dài yǎn jiǎng gǎo shàng tái hòu láng bèi bù kān  
他忘了带演讲稿，上台后狼狈不堪。

He forgot to bring his speech script and was in a terrible fix on stage.

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

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| 狼 | 狼 | 狼 | 狼 | 狼 | 狼 | 狼 | 狼 | 狼 | 狼 | 狼 |
| 狼 | 狼 |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
| 狈 | 狈 | 狈 | 狈 | 狈 | 狈 | 狈 | 狈 | 狈 | 狈 |   |
|   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |
| 不 | 不 | 不 | 不 | 不 | 不 | 不 |   |   |   |   |
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|   |   |   |   |   |   |   |   |   |   |   |



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continued practice

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

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| 堪 | 堪 | 堪 | 堪 | 堪 | 堪 | 堪 | 堪 | 堪 | 堪 | 堪 |
| 堪 | 堪 | 堪 | 堪 |   |   |   |   |   |   |   |

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