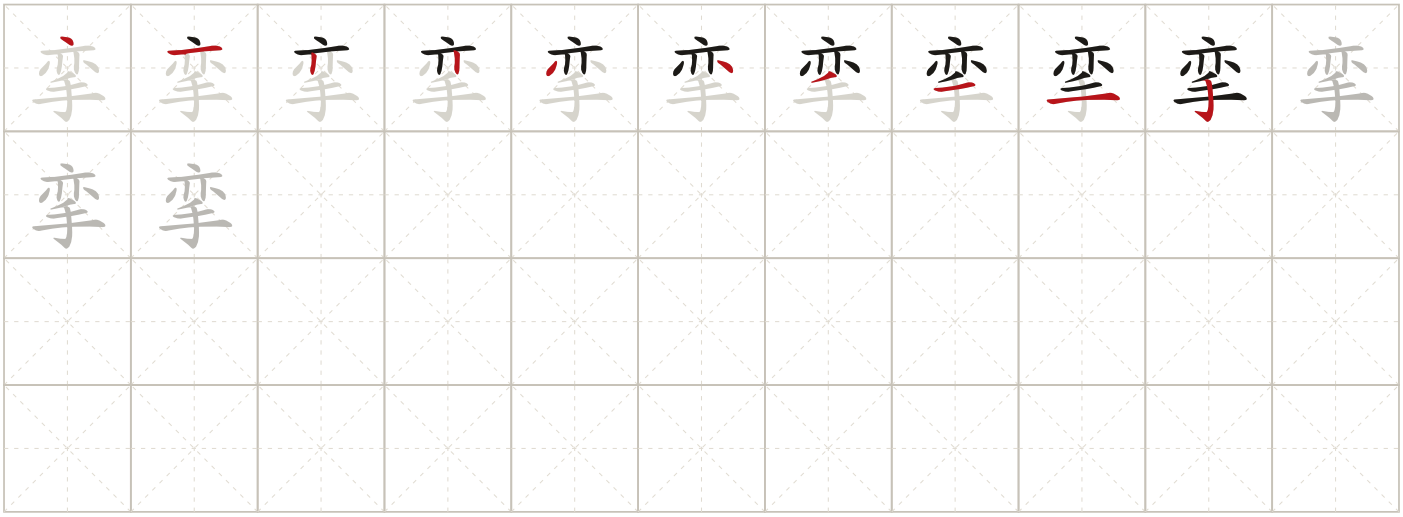
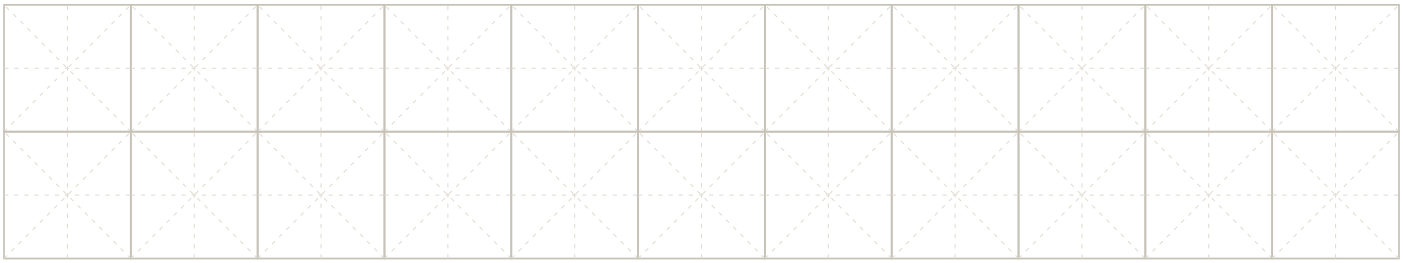
jìng luán

痉挛

noun · convulsion, spasm

Example Sentence

Tā yóu yǒng shí tū rán tuǐ bù jìng luán bèi jiù shēng yuán jiù qǐ
他游泳时突然腿部痉挛，被救生员救起。

He suddenly had a leg cramp while swimming and was rescued by the lifeguard.

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