



bǎi liàn chéng gāng
百炼成钢

idiom · After repeated trials and hard work, one becomes strong and resilient.

Example Sentences

jīng guò duō nián de jiǎn kǔ xùn liàn tā zhōng yú bǎi liàn chéng gāng chéng wéi le yī míng yōu xiù de yùn dòng yuán
经过多年的艰苦训练，他终于百炼成钢，成为了一名优秀的运动员。

After years of hard training, he was finally tempered into steel and became an excellent athlete.

chuàng yè de guò chéng chōng mǎn cuò zhé dàn zhèng shì zhè xiē jīng lì ràng tā bǎi liàn chéng gāng zuì zhōng qǔ dé le chéng gōng
创业的过程充满挫折，但正是这些经历让他百炼成钢，最终取得了成功。

The entrepreneurial journey was full of setbacks, but it was precisely these experiences that tempered him into steel, leading to his eventual success.

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

百	百	百	百	百	百	百	百	百		
炼	炼	炼	炼	炼	炼	炼	炼	炼	炼	炼
炼										
成	成	成	成	成	成	成	成	成		



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continued practice

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

钢	钢	钢	钢	钢	钢	钢	钢	钢	钢	钢
钢										
