



tuō tāi huàn gǔ

脱胎换骨

idiom · to undergo a complete transformation

Example Sentences

Tā jīng guò duàn liàn tuō tāi huàn gǔ le.
他经过锻炼脱胎换骨了。

He underwent a complete transformation through exercise.

Zhè ge chéng shì jīng guò gǎi gé tuō tāi huàn gǔ , biàn de fēi cháng xiàn dài huà .
这个城市经过改革脱胎换骨，变得非常现代化。

This city underwent a complete transformation through reform and became very modern.

tā cóng yí gè lǎn sǎn de xué shēng tuō tāi huàn gǔ chéng wéi yōu xiù yuán gōng .
他从一个懒散的学生脱胎换骨成为优秀员工。

He underwent a complete transformation from a lazy student to an excellent employee.

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

脱	脱	脱	脱	脱	脱	脱	脱	脱	脱	脱
脱	脱	脱								

胎	胎	胎	胎	胎	胎	胎	胎	胎	胎	胎
胎										



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continued practice

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

换	换	换	换	换	换	换	换	换	换	换
换	换									

骨	骨	骨	骨	骨	骨	骨	骨	骨	骨	骨
骨										
