



jìn tuì liǎng nán
进退两难

idiom · in a dilemma

Example Sentences

Tā xiàn zài jìn tuì liǎng nán bù zhī dào gāi zěn me bàn
他现在进退两难，不知道该怎么办。

He is in a dilemma now and doesn't know what to do.

zhè ge jué dìng ràng tā jìn tuì liǎng nán jì bù xiǎng dé zuì péng yǒu yòu bù xiǎng fàng qì jī huì
这个决定让他进退两难，既不想得罪朋友，又不想放弃机会。

This decision put him in a dilemma: he neither wants to offend his friend nor give up the opportunity.

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

进	进	进	进	进	进	进	进	进	进	进
退	退	退	退	退	退	退	退	退	退	退
退										
两	两	两	两	两	两	两	两	两	两	两



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进退两难

continued practice

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

难	难	难	难	难	难	难	难	难	难	难
难	难									
