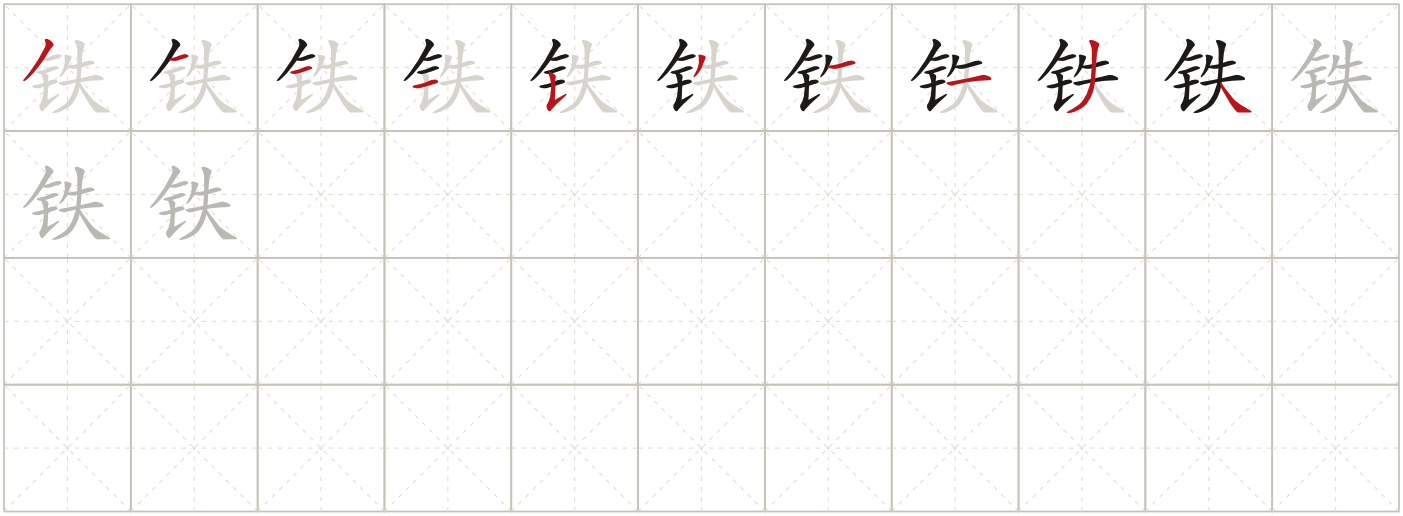
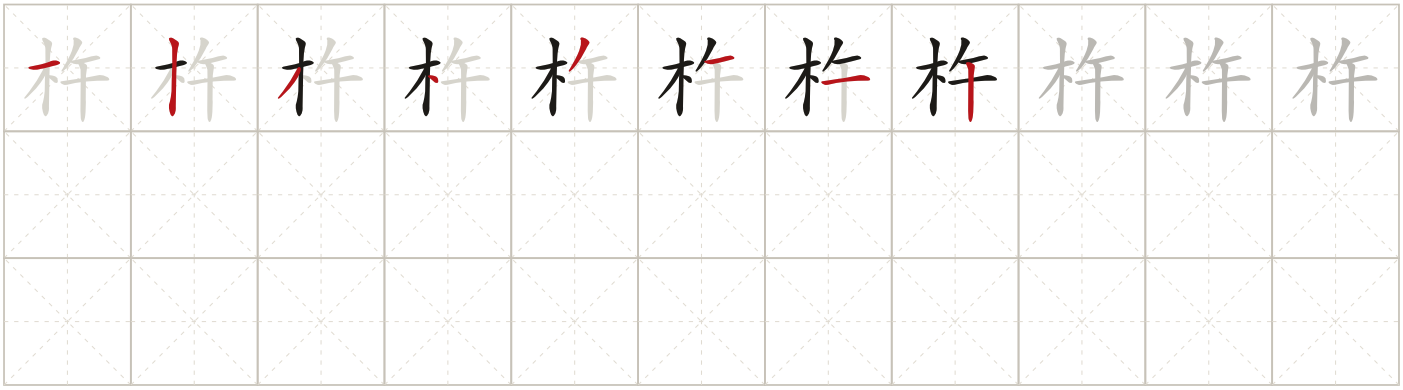
tiě chǔ

铁杵

noun · iron pestle

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