CHINESE BOOST

Sports Chinese vocabulary: HSK 7-9

25 words with pinyin, 繁體 and meanings, 23 of them with an example sentence.
Every word here links to its entry on the site.

Sports Chinese vocabulary: HSK 7-9 on the web
The same words as a CSV, for Anki or a spreadsheet
A free account, which keeps 简体 or 繁體, pinyin or 注音 and the rest of how you read Chinese on every device

Chinese Boost. Licensed under a Creative Commons Attribution-ShareAlike 4.0 International Licence.

Words

太极拳 太極拳
tàijíquán shadowboxing or Taiji, T'aichi or T'aichichuan / traditional form of physical exercise or relaxation / a martial art

> 太极拳是一种中国武术。
> Tàijíquán shì yìzhǒng Zhōngguó wǔshù.
> Tai chi is a Chinese martial art.

仰卧起坐 仰臥起坐
yǎngwòqǐzuò sit-up (physical exercise)

> 你一分钟能做多少个仰卧起坐?
> Nǐ yìfēnzhōng néng zuò duōshǎo gè yǎngwòqǐzuò?
> How many sit-ups can you do in a minute?

耐力
nàilì endurance

> 爬山很能锻炼人的耐力。
> Páshān hěn néng duànliàn rén de nàilì.
> Hiking is a great way to build endurance.

拳击 拳擊
quánjī boxing

> 你玩拳击吗?
> Nǐ wán quánjī ma?
> Do you box?

冲浪 衝浪
chōnglàng to surf / surfing

> 冲浪看起来容易，其实很难学。
> Chōnglàng kànqǐlai róngyì, qíshí hěn nán xué.
> Surfing looks easy, but it's actually hard to learn.

摔跤
shuāijiāo to trip and fall / to wrestle / wrestling (sports)

> 地太滑，我差点摔跤。
> De tài huá, wǒ chàdiǎn shuāijiāo.
> The floor was so slippery that I almost fell.

射箭
shèjiàn archery / to shoot an arrow

> 射箭要有的放矢，不能乱射。
> Shèjiàn yào yǒudìfàngshǐ, bùnéng luàn shè.
> When shooting arrows, you must aim at a target and not shoot randomly.

击剑 擊劍
jījiàn fencing (sport)

举重 舉重
jǔzhòng to lift weights / weight-lifting (sports)

> 举重是他最擅长的运动。
> Jǔzhòng shì tā zuì shàncháng de yùndòng.
> Weight-lifting is the sport he is best at.

划船
huáchuán to row a boat / rowing / boating / small boat

> 公园的湖里可以划船。
> Gōngyuán de húlǐ kěyǐ huáchuán.
> You can row a boat on the lake in the park.

健美
jiànměi healthy and beautiful / to do fitness exercises

> 爸爸退休后开始练健美了。
> Bàba tuìxiū hòu kāishǐ liàn jiànměile.
> After retiring, my dad started doing bodybuilding exercises.

球拍
qiúpāi racket / (table tennis) paddle / (cricket) bat

> 我的球拍忘在家里了!
> Wǒ de qiúpāi wàng zài jiālǐ le!
> I left my racket at home!

体质 體質
tǐzhì constitution / underlying physical condition / physical makeup / (of an organization, society etc) structural soundness

> 我体质不好，一变天就感冒。
> Wǒ tǐzhì bù hǎo, yí biàntiān jiù gǎnmào.
> I have a weak constitution and catch a cold whenever the weather changes.

潜水 潛水
qiánshuǐ to dive / to go under water / to lurk

> 你能潜水吗?
> Nǐ néng qiánshuǐ ma?
> Can you swim underwater?

风筝 風箏
fēngzheng kite (lit. "wind zither", traditionally explained as being named after kites fitted with bamboo whistles that produced musical sounds when flown)

> 他擅长放风筝。
> Tā shàncháng fàng fēngzheng.
> He's good at flying kites.

拳

quán fist / boxing

> 我很喜欢北斗之拳!
> Wǒ hěn xǐhuan Běidǒu zhī quán!
> I love Fist of the North Star!

器材

qìcái equipment / material

> 下课后请把体育器材放回仓库。
> Xiàkè hòu qǐng bǎ tǐyù qìcái fàng huí cāngkù.
> After class, please put the sports equipment back in the storeroom.

犯规 犯規

fànguī to break the rules / an illegality / a foul

> 他犯规了，老师很生气。
> Tā fànguīle, lǎoshī hěn shēngqì.
> He broke the rules, and the teacher was very angry.

桨 槳

jiǎng oar / paddle

> 这艘船有六个桨。
> Zhè sōu chuán yǒu liù gè jiǎng.
> This boat has six oars.

体能 體能

tǐnéng physical capability / stamina

> 新兵每天都要训练体能。
> Xīnbīng měitiān dōu yào xùnliàn tǐnéng.
> New recruits train their physical fitness every day.

跳伞 跳傘

tiàosǎn to parachute / to bail out / parachute jumping

> 跳伞是很刺激的运动。
> Tiàosǎn shì hěn cìjī de yùndòng.
> Parachute jumping is a very thrilling sport.

攀登

pāndēng to climb / to pull oneself up / to clamber / to scale / fig. to forge ahead in the face of hardships and danger

> 我们想攀登富士山。
> Wǒmen xiǎng pāndēng Fùshì Shān.
> We want to climb Mt. Fuji.

起跑线 起跑線

qǐpǎoxiàn the starting line (of a race) / scratch line (in a relay race)

> 运动员都站在起跑线后面。
> Yùndòngyuán dōu zhàn zài qǐpǎoxiàn hòumian.
> The athletes are all standing behind the starting line.

爆发力 爆發力

bàofālì explosive power (in athletics, music, dance etc) / dynamic intensity

> 怎样才能提高爆发力?
> Zěnyàng cái néng tígāo bàofālì?
> How can I improve my explosive power?

攀岩

pānyán rock climbing / to climb a rockface