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[https://www.100test.com/kao\\_ti2020/607/2021\\_2022\\_E5\\_85\\_A8\\_E5\\_9B\\_BD\\_E5\\_85\\_AC\\_E5\\_c88\\_607668.htm](https://www.100test.com/kao_ti2020/607/2021_2022_E5_85_A8_E5_9B_BD_E5_85_AC_E5_c88_607668.htm) The black belt is the highest level in karate. The student must master hundreds of skills to reach this high standard. The beginner must practice constantly, aiming chops and jabs at an imaginary partner. Later the student hardens the side of the hand by chopping into piles of sand. Finally, the advanced student practices self-control. This last step is also the hardest.

黑腰带级是空手道的最高级别。学员必需掌握了数百种技巧才能达到这么高标准的。初学者必需坚持不懈的练习，瞄准假想对手不断猛击。接下来，学员们就要通过打击沙袋练硬他们的拳头。最后，高级学员要学会自我控制。最后的一步也是最难的。

编辑推荐：2009年下半年公共英语考试报名汇总 名师指导公共英语阅读考试技巧 公共英语pets三级全真模拟试卷 公共英语pets二级语法讲解汇总 100Test 下载频道开通，各类考试题目直接下载。详细请访问

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