

Mandarin Corner

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Dàjiā hǎo, huānyíng láidào Mandarin Corner! Wǒ shì Eileen.

大家好，欢迎来到Mandarin Corner! 我是Eileen。

Hi, everyone! Welcome to Mandarin Corner! I am Eileen.

2

Jīntiān yào cǎifǎng de rén ne tā zuò le yī jiàn zài hěn duō rén yǎnzhōng

今天要采访的人呢他做了一件在很多人眼中

Today, we will interview a person who did something that in many people's eyes,

3

dōu shì jíqí dàdǎn qiě fēngkuáng de shìr.

都是极其大胆且疯狂的事儿。

was extremely bold and crazy.

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Nà zhè jiàn shì shì shénme ne? Zhège rén yòu shì shéi ne?

那这件事是什么呢？这个人又是谁呢？

So, what did he do? And who is he?

5

Jīntiān wǒmen yǒuxìng yāoqǐng dào tā lái gēn wǒmen fēnxiǎng zhège gùshi.

今天我们有幸邀请到他来跟我们分享这个故事。

We're honored to have him here today to share his story with us.

6

Shǒuxiān ne, wǒmen xiān qǐng tā lái zuò gè zìwǒjièshào ba.

首先呢，我们先请他来做自我介绍吧。

First, let's have him introduce himself.

7

Dàjiā hǎo! Wǒ jiào Lǐ Tóngxīng.

大家好！我叫李童星。

Hi, everyone! My name is Li Tongxing.

8

Wǒ láizì yú Ānhuī Xuānchéng.

我来自于安徽宣城。

I am from Xuancheng, Anhui province.

9

Wǒ shì yī wèi pānyán de àihàozhě.

我是一位攀岩的爱好者。

I am a rock climber.

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Nǐ zài pānyán jiè yě shì pō yǒu míngqì de,

你在攀岩界也是颇有名气的，

You are quite famous in the rock climbing community

11

yě bèi rén chēngwéi "luǒ pān dìyī rén",

也被人称为“裸攀第一人”，

and you're being called "The First Naked Climber"

12

háiyǒu "Yàzhōu Zhīzhūrén".

还有“亚洲蜘蛛人”。

and "The Asian Spider-Man".

13

Dàjiā wèishénme zhèyàng jiào nǐ ne?

大家为什么这样叫你呢？

Why do people call you like that?

14

Shǒuxiān wǒ yào shuō yīxià zhège "Yàzhōu Zhīzhūrén",

首先我要说一下这个“亚洲蜘蛛人”，

First, let me talk about "The Asian Spider-Man".

15

yīnwèi céngjīng ne wǒ gēn yī gè Ōuzhōu de yī gè pānyán guànjūn

因为曾经呢我跟一个欧洲的一个攀岩冠军

Once, a European rock climbing champion and I

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yīqǐ qù tiǎozhàn Ānhuī de Tiānzhù fēng,

一起去挑战安徽的天柱峰，

went to Anhui to climb a peak called Tianzhu mountain,

17

dāngshí ne wǒ jiùshì tiǎozhàn chénggōng le,

当时呢我就是挑战成功了，

and only I made it (to the top).

18

ránhòu dàjiā gěi wǒ zhèyàng yī gè “Yàzhōu Zhīzhūrén” de chēnghào.

然后大家给我这样一个“亚洲蜘蛛人”的称号。

That's why people gave me this title - The Asian Spider-Man.

19

Wa! Hěn lìhai!

哇！很厉害！

Wow! Pretty impressive!

20

Duì, zhè jiùshì zhège Yàzhōu Zhīzhūrén de láilì.

对，这就是这个亚洲蜘蛛人的来历。

So, that was the origin of “The Asian Spider-Man”.

21

"Luǒ pān dìyī rén", yīnwèi wǒ céngjīng zài zhège Zhāngjiājiè,

“裸攀第一人”，因为我曾经在这个张家界，

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"The First Naked Climber" was given to me because I went to Zhangjiajie

22

chìshēn luǒtǐ, ránhòu túshǒu qù tiǎozhàn guò yī zuò qítè de shānfēng,

赤身裸体，然后徒手去挑战过一座奇特的山峰，

and climbed a unique-looking peak (mostly) free solo while naked.

Note: free solo means climbing alone without any climbing equipment.

23

jiùshìshuō yě shì Zhōngguó rén ba, dìyī gè qù zuò zhèyàng de yī gè tiǎozhàn,

就是说也是中国人吧，第一个去做这样的挑战，

Since I was the first Chinese to do this,

24

suǒyǐ jiù chēngwéi zhège "luǒ pān dìyī rén".

所以就称为这个“裸攀第一人”。

I was called "The First Naked Climber".

25

Shǒuxiān wǒ xiǎng qǐng nǐ jiěshì yīxià zhège luǒ pān de yìsi,

首先我想请你解释一下这个裸攀的意思，

First, I'd like to ask you to explain the meaning of "a naked climb".

26

shì chúle bù chuān yīfu

是除了不穿衣服

Does that mean you not only had no clothes on,

27

tā háishi méiyǒu rènhe de ānquán shèbèi de, shì ba?

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它还是没有任何的安全设备的，是吧？

but also had no safety equipment?

28

Duì, jiùshìshuō jì yào chīshēn luǒtǐ érqǐ ne yào túshǒu,

对，就是说既要赤身裸体而且呢要徒手，

Yes! Not only did I climb it naked, but it also was (mostly) free solo climbing.

Note: "Tushou" means free climbing. Safety equipment is used only to protect against injury and not to assist progress. But, his naked climb was mostly free solo.

29

bìngqiě dāngshí wǒ shì guāngzhe jiǎoyāzi qù pá de,

并且当时我是光着脚丫子去爬的，

In addition, I was barefooted.

30

jiùshì xiézi dōu méiyǒu.

就是鞋子都没有。

I didn't even have shoes on!

31

Shì ma? | Duì! Wánquán chún tiānrán

是吗？ | 对！完全纯天然

Really? | Right! It was pure and natural.

32

Duìyú zhèxiē bù tài liǎojiě pānyán de guānzhòng ne,

对于这些不太了解攀岩的观众呢，

For those who don't know too much about rock climbing,

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néng bùnéng shuō yīxià jiùshì píngshí de shíhòu

能不能说一下就是平时的时候

can you tell them what kind of equipment is usually used

34

pānyán tā dōu xūyào nǎxiē zhuāngbèi?

攀岩它都需要哪些装备?

in rock climbing?

35

Pānyán yībān de qíngkuàng xià tā huì yǒu liǎng gè, tōngguò chǎngdì dehuà,

攀岩一般的情况下它会有两个，通过场地的话，

There are two kinds of climbing dictated by two different situations,

36

yī gè shì réngōng yán bì, yī gè shì zìrán yán bì.

一个是人工岩壁，一个是自然岩壁。

artificial or natural rock wall.

37

réngōng yán bì dàbùfen dōu zài chéngshì lǐmiàn,

人工岩壁大部分都在城市里面，

Artificial rock walls are mostly located in the city

38

tā jiùshì yǒu shìnèi hé shìwài,

它就是有室内和室外，

and they can be both indoors and outdoors.

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suǒyǐ nǐ xūyào chuānzhe zhège yīfu, shǒuxiān

所以你需要穿着这个衣服，首先

So first of all, you need to wear clothes.

40

Ránhòu ne háiyǒu pānyán xié, ránhòu ne háiyǒu jiùshì ānquándài,

然后呢还有攀岩鞋，然后呢还有就是安全带，

Then, you need climbing shoes and harnesses

41

ránhòu qù jìnxíng tiǎozhàn.

然后去进行挑战。

in order to climb.

42

Dào yěwài de ne yě shì tóngyàng de,

到野外的呢也是同样的，

It's the same thing when we go outdoors (to climb natural rock walls),

43

jiùshì ānquán zhuāngbèi bìxū dài.

就是安全装备必须带。

we must have safety equipment.

44

píngshí xùnliàn ya, bāokuò tǐyàn yǐjí tiǎozhàn

平时训练呀，包括体验以及挑战

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Whether for training, experiencing or doing the actual challenge,

45

dōu shì yào yǒu ānquán zhuāngbèi de.

都是要有安全装备的。

safety equipment is always needed.

46

Suǒyǐ nǐ nàtiān shì wánquán méiyǒu zhuāngbèi,

所以你那天是完全没有装备，

That day (when you climbed naked), you didn't have any safety equipment,

47

suǒyǐ wēixiǎn xìng háishi tǐng dà de o!

所以危险性还是挺大的喔！

so, that was very dangerous!

48

Duì! Zhǔyào háishi hěn lěng.

对！主要还是很冷。

Yes. But mainly, it was very cold.

49

Nǐ dāngshí qù de shíhou shì shénmeshíhou?

你当时去的时候是什么时候？

When did you do this?

50

Nà shì yǐjīng shì dōngtiān le, dāngshí fēicháng lěng,

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那是已经是冬天了，当时非常冷，

It was already wintertime and very cold.

51

érqiě shì zǎochén, língchén de shíhou.

而且是早晨，凌晨的时候。

Also, we went early in the morning.

52

Nǐ shì zài nǎr luǒ pān de?

你是在哪儿裸攀的？

Where did you do the naked climb?

53

Jiùshì zài Húnán Zhāngjiājiè.

就是在湖南张家界。

Hunan, Zhangjiajie.

54

Zhāngjiājiè hái shì fēicháng chūmíng de jǐngdiǎn.

张家界还是非常出名的景点。

Zhangjiajie is a very famous tourist attraction site.

55

Wèishénme xuǎnzé zài nàlǐ ne?

为什么选择在那里呢？

Why there?

56

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Wǒmen dāngshí yě shì yīnwèi qù nàbian qù kǎochá,

我们当时也是因为去那边去考察，

At that time, we were there to explore (new climbing routes),

57

qù kǎochá dào yī gè xiágǔ lǐmiàn,

去考察到一个峡谷里面，

and in a canyon,

58

yǒu jǐ gōnglǐ cháng de zhèzhǒng dà de zhège juébì.

有几公里长的这种大的这个绝壁。

there was a steep cliff that was several miles long.

59

Duìyú pānyán zhě láishuō jiù děngyú fāxiàn le yī gè jùdà de bǎozàng,

对于攀岩者来说就等于发现了一个巨大的宝藏，

For rock climbers, it was like discovering a tremendous treasure.

60

dāngshí dàjiā fēicháng de xīngfèn, yǒu yīzhǒng chōngdòng yào qù luǒbēn.

当时大家非常的兴奋，有一种冲动要去裸奔。

Everybody was super excited and we had an impulse to run naked there.

61

Ránhòu hòulái jiù juéde duìyú yī gè pānyán zhě láishuō,

然后后来就觉得对于一个攀岩者来说，

Later, we thought that for a rock climber,

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luǒ pān bùshì gèng yǒuyìyì ma?

裸攀不是更有意义吗?

isn't climbing naked more meaningful?

63

Yǐ biǎodá wǒmen xīnzhōng de zhèzhǒng xǐyuè zhī qíng,

以表达我们心中的这种喜悦之情,

That way, we could express the joy we felt.

64

suǒyǐ zhīhòu wǒmen jiù xiǎng dào le zhège luǒ pān.

所以之后我们就想到了这个裸攀。

So later, we thought about doing a naked climb.

65

Nàge shānfēng hǎoxiàng hái bèi nǐmen qǐ le yī gè xīn de míngzi, shì ba?

那个山峰好像还被你们起了一个新的名字，是吧?

The peak (that you climbed) was given a new name by you guys, right?

66

Duì, wǒmen dāngshí kànshàngqu dehuà,

对，我们当时看上去的话，

Yes. At that time, the shape of the mountain looked like

67

tā zhěnggè de xiàng yī gè zhège yángtuó,

它整个的像一个这个羊驼，

an alpaca (similar to a llama) to us

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yějiùshì wǒmen píngshí jiù jiào tā "cǎonímǎ".

也就是我们平时就叫它“草泥马”。

which we usually call (in Chinese) “Cao Ni Ma”.

Note: on the internet, similar sounding characters to this phrase are used to refer to something completely different (vulgar)!

69

Zhège dòngwù běnlái jiù zài Gēbì qù shēngcún,

这个动物本来就在戈壁去生存，

This animal lives in the Gobi Desert.

70

tā jiùshì yǒu hěn qiáng de zhèzhǒng yěwài shēngcún nénglì,

它就是有很强的一种野外生存能力，

They have great outdoor survival skill

71

yìzhì pǐnzhì hěn jiānrèn.

意志品质很坚韧。

and are tough.

72

Wǒmen jiù juéde, wǒmen qù yěwài qù pānyán a,

我们就觉得，我们去野外去攀岩啊，

So, we felt that doing rock climbing outdoors

73

yě xūyào zhèzhǒng hěn qiáng de zhèzhǒng yìzhìlì ma,

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也需要这种很强的这种意志力嘛，

also required strong willpower,

74

tèbié shì pá gāo de shānfēng, nà nǐ xūyào yǒu hěn cháng de shíjiān,

特别是爬高的山峰，那你需要有很长的时间，

especially when climbing a tall mountain which needs a long time,

75

suǒyǐ wǒmen jiù juéde zhège shānfēng

所以我们就觉得这个山峰

that's why we named that mountain

76

wǒmen jiù qǔmíng jiào "cǎo ní mǎ" fēng.

我们就取名叫“草尼玛”峰。

“Cao Ni Ma”.

77

Yīnwèi shì luǒ pān ma, kěndìng wēixiǎn xìng háishi bǐjiào dà de,

因为是裸攀嘛，肯定危险性还是比较大的，

Since it was a naked climb, it must have been very dangerous.

78

nà nǐmen qù zhīqián xū bù xūyào dédào shénme tèshū de xǔkězhèng ne?

那你们去之前需不需要得到什么特殊的许可证呢？

Did you need any special permit to do it?

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Yīnwèi nàge "cǎonímǎ" fēng suǒzài de dìfang ne bìng bùshì yī gè jǐngqū,

因为那个“草泥马”峰所在的地方呢并不是一个景区，

Since "Cao Ni Ma" mountain wasn't located in a tourist area,

80

suǒyǐ tā shì gè yěwài de huánjìng xià,

所以它是个野外的环境下，

and it was in a wild environment,

81

suǒyǐ bù xūyào yǒu shénme yǔnxǔ wǒmen jiù zìjǐ qù pānpá le.

所以不需要有什么允许我们就自己去攀爬了。

we didn't need any permit. We just went for it.

82

Nǐ gānggang shuō shì nǐmen shì dōngtiān qù de,

你刚刚说是你们是冬天去的，

You said that you did it in wintertime,

83

wèishénme bù zài xiàtiān ne?

为什么不在夏天呢？

why didn't you do it in summertime?

84

Yīnwèi nǐ hái shì luǒ pān, kěndìng hěn lěng ma!

因为你还是裸攀，肯定很冷嘛！

It must've been very cold because you were climbing naked!

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Wǒmen fāxiàn de shíhòu jiùshì yī gè dōngtiān,

我们发现的时候就是一个冬天，

Because when we discovered that place, it was wintertime.

86

dāngshí yě hěn xīngfèn, nàzhǒng rèqíng hěn gāozhǎng,

当时也很兴奋，那种热情很高涨，

We were very excited and enthusiastic

87

ránhòu jiù zuòchū zhèyàng de yīcì fēngkuáng de yī gè xíngwéi.

然后就做出这样的一次疯狂的一个行为。

and that led us to doing something crazy.

88

Zhěnggè wǒmen shuō yào... yǒu yīzhǒng luǒ pān de jìhuà

整个我们说要... 有一种裸攀的计划

This whole plan,

89

yǐjǐ gěi zhège "cǎo Nímǎ" fēng qǐ míngzi,

以及给这个“草尼玛”峰起名字，

from naming the mountain

90

bāokuò wǒmen yī kāishǐ yě yào pá jǐcì,

包括我们一开始也要爬几次，

to climbing it a few times... (at this point, he digressed.)

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91

yīnwèi wǒ shì wánquán méiyǒu zhège rènhe de bǎohù cuòshī qù pá,

因为我是完全没有这个任何的保护措施去爬，

Since I was going to do it without any protection,

92

suǒyǐ yīdìngyào duì xiànlù ne hěn shúxī.

所以一定要对线路呢很熟悉。

I had to be very familiar with the route.

93

Zhěngè de shíjiān yě jiù yī gè xīngqī.

整个的时间也就一个星期。

The whole thing took only one week.

94

Suǒyǐ yě shì shuō dàjiā jiùshì yī gǔ rèqíng ba,

所以也是说大家就是一股热情吧，

So, it was just that everyone was very enthusiastic

95

yīnwèi wǒmen fāxiàn le zhème měilì de yī gè dìfang,

因为我们发现了这么美丽的一个地方，

because we found this beautiful place.

96

suǒyǐ ne wǒmen xiǎng bǎ zhège dìfang ne jiùshì ràng gèng duō rén zhīdào,

所以呢我们想把这个地方呢就是让更多人知道，

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We wanted to let more people know about this place

97

chuánbō chūqù, ràng gèng duō de rén ne nénggòu láidào zhège Zhāngjiājiè

传播出去，让更多的人呢能够来到这个张家界

so that they could come to Zhangjiajie

98

zhège "cǎonímǎ" fēng, zhège dìfang qù pānyán.

这个“草泥马”峰，这个地方去攀岩。

and climb the “Cao Ni Ma” peak.

99

Nǐ gānggang shuō "nǐmen", shì hái yǒu qí tā de rén, shì ba? | Duì

你刚刚说“你们”，是还有其他的人，是吧？ | 对

You mentioned nǐmen ("wǒmen"), there were other people, right? | Yes.

100

Shì yī gè tuánduì, shénmeyàng de tuánduì?

是一个团队，什么样的团队？

So, it was a team. What kind of team was it?

101

Yějiùshì Zhāngjiājiè běndì de yīxiē hùwài àihàozhě ba,

也就是张家界本地的一些户外爱好者吧，

They were local outdoor lovers in Zhangjiajie.

102

dàjiā dōu shì fēicháng rè'ài hùwài,

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大家都是非常热爱户外，

We were all passionate about outdoor sports,

103

ránhòu ne jiùshìshuō jùjí zàiyīqǐ.

然后呢就是说聚集在一起。

so we gathered together (for this event).

104

Yǒude qù pāishè, yǒude qù zuò yīxiē hòuqín de fúwù,

有的去拍摄，有的去做一些后勤的服务，

Some were there to film while others were doing supporting work.

105

zuìzhōng chéngxiàn gěi dàjiā zài wǎng shàngmian

最终呈现给大家在网上面

Eventually, we uploaded the video (of this event) on the internet

106

jiù kěyǐ kàn dào de zhège shìpín.

就可以看到的这个视频。

so that everybody could see it.

107

Nǐ cóng fāxiàn zhège shānfēng dào nǐ zhēnzhèng kāishǐ pānpá

你从发现这个山峰到你真正开始攀爬

From discovering this mountain to actually doing the climb

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zhǐyǒu yī gè xīngqī de shíjiān,

只有一个星期的时间，

only took one week.

109

nà zhè yī gè xīngqī nǐ yǒu méiyǒu zuò shénme xùnlìan

那这一个星期你有没有做什么训练

Did you do any training

110

huòzhě shì tèbié de zhǔnbèi ne?

或者是特别的准备呢？

or any special preparation for it during this one week period?

111

Zhè yī gè xīngqī jīběnshang wǒmen měitiān cóng zǎo dào wǎn dōu qù páshā,

这一个星期基本上我们每天从早到晚都去爬山，

Basically, we were climbing every day from morning to night.

112

pá dào shān shàng,

爬到山上，

We climbed to the top

113

ránhòu zài qù bǎ zhè tiáo xiànlù shàngmian de yīxiē suìshí qù qīnglǐ,

然后再去把这条线路上面的一些碎石去清理，

to clear out unstable, cracked rocks along the route,

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114

ránhòu bùduàn de qù pānpá,

然后不断地去攀爬,

and kept doing it.

115

dàbùfen dōu zài chóngfù zhe zhèyàng de yī gè gōngzuò.

大部分都在重复着这样的一个工作。

Mostly, we kept repeating this kind of work.

116

Jiùshì měitiān dōu qù liànxí nàge shānfēng, shì ba?

就是每天都去练习那个山峰, 是吧?

So, you practiced climbing that mountain every day?

117

Liànxí de shíjiān dōu bù duō,

练习的时间都不多,

There wasn't a lot of time for practicing.

118

zhǔyào shì shuō qiánqī wǒmen yào bǎ yīxiē suìshí dōu xūyào qīnglǐ.

主要是说前期我们要把一些碎石都需要清理。

Mainly, we were clearing out unstable, cracked rocks (along the route).

119

Zhège suìshí shì zài yánbì shàng háishi zài tā shàngmian?

这个碎石是在岩壁上还是在它上面?

Were these rocks on the rock wall surface?

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120

Duì, yīnwèi tā shì yī gè quánxīn de yī tiáo lù,

对，因为它是一个全新的一条路，

Yes. Since it was a brand new route,

121

suǒyǐ ne jiùshì yào páichú yīxiē ānquán yǐnhuàn.

所以呢就是要排除一些安全隐患。

we needed to eliminate potential dangers.

122

Yīnwèi píngshí de shíhou shì yǒu bǎohù shèshī de,

因为平时的时候是有保护设施的，

Normally, we have safety equipment,

123

rúguǒ nǐ diào xiàlai hái yǒu shéngzi qù zhuài zhù nǐ,

如果你掉下来还有绳子去拽住你，

if you fall, the rope will hold you.

124

shì méiyǒu shēngmìng wēixiǎn de.

是没有生命危险的。

Thus, no danger to life.

125

Dànshì wǒ yào jìnxíng de zhèzhǒng shì zhège wú bǎohù de pānpá,

但是我要进行的这种是这个无保护的攀爬，

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But, because I was going to do free solo climbing,

126

suǒyǐ yīdìngyào bǎ suǒyǒu de yǐnhuàn a,

所以一定要把所有的隐患啊，

we had to eliminate all the potential dangers,

127

jiùshì yǒukěnéng sōngdòng de shítou a

就是有可能松动的石头啊

for example, unstable, cracked rocks.

128

bāokuò wǒ pānpá de xiànlù a gěi quèdìng hǎo.

包括我攀爬的线路啊给确定好。

We also needed to finalize the exact route.

129

Qíshí zuò zhège shìqing zuì dà de yī gè kùnnan ne

其实做这个事情最大的一个困难呢

Actually, the hardest part of doing it

130

qíshí bìng bùshì shuō qù zuò zhèxiē shíjì de zhèxiē gōngzuò,

其实并不是说去做这些实际的这些工作，

wasn't these physical tasks.

131

gèng zhǔyào shì xīnli de yālì hěn dà.

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更主要是心里的压力很大。

It was the mental pressure.

132

Shénmeyàng de yālì? Néng bùnéng miáoshù yīxià?

什么样的压力? 能不能描述一下?

What kind of pressure? Can you describe it?

133

Yīnwèi báitiān ma wǒmen zhǔyào jiù qù gànhuó, hái hǎo,

因为白天嘛我们主要就去干活，还好，

Daytime, it was okay because we were just working.

134

bù qù sīkǎo wǒ jiēxiàlái yào zuò de zhè jiàn shìqíng

不去思考我接下来要做的这件事情

I wouldn't think about

135

dàodǐ yìwèizhe shénme.

到底意味着什么。

the significance of what I was going to do.

136

Dànshì dào le wǎnshang, nǐ jiù huì xiǎng wǒ jiēxiàlái yào zuò shénme,

但是到了晚上，你就会想我接下来要做什么，

But when night arrived, I would think about what I was going to do.

137

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tèbié shì qián liǎng tiān wǎnshàng dōu yǒudiǎn shīmián.

特别是前两天晚上都有点失眠。

Especially, two nights before (the climb), I even had insomnia.

138

Yīnwèi yě shì yīnwèi yīshí de xīngfèn

因为也是因为一时的兴奋

The idea of (climbing naked) came up suddenly

139

cái yǒu zhèyàng de xiǎngfǎ.

才有这样的想法。

just because of our excitement.

140

Dànshì huítóu dāng nǐ zhēnzhèng de yào qù zuò zhè jiàn shì de shíhòu

但是回头当你真正的要去做这件事的时候

But when I was going to do it for real...

141

Dǎnqiè le ma?

胆怯了吗?

Were you a little scared?

142

Bùshì shuō hàipà huì shēngmìng wēixiǎn.

不是说害怕会生命危险。

I wasn't scared of losing my life.

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143

Zuì zhǔyào jiùshìshuō, zhèzhǒng shìqíng shì méiyǒu rén zuò guò de,

最主要就是说，这种事情是没有人做过的，

Mainly because, this was something that nobody had done before

144

érqiě zhèzhǒng shìqíng dehuà

而且这种事情的话

and doing such a thing,

145

jiùshì duìyú Zhōngguó zhèzhǒng chuántǒng wénhuà láishuō,

就是对于中国这种传统文化来说，

according to traditional Chinese thinking

146

bāokuò wǒmen cóngxiǎo jiùshì jiēshòu de jiàoyù jiùshì zhèyàngzi de,

包括我们从小就是接受的教育就是这样子的，

and the education we have received...

147

yīdìngyào... bùnéng luǒtǐ,

一定要... 不能裸体，

You cannot be naked

148

zài dàtíngguǎngzhòng zhīxià, érqiě qù chuánbō kāi lái, duì ba?

在大庭广众之下，而且去传播开来，对吧？

out in the public and then spread it (on the internet)!

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149

Suǒyǐ dāngshí jiùshìshuō wǎnshang jiù huì yǒu yīzhǒng shīmián de gǎnjué,

所以当时就是说晚上就会有一种失眠的感觉，

That's why I had insomnia.

150

nǐ huì xiǎng hěn duō, huì xiǎngdào rúguǒ wǒ zhè jiàn shìqíng zuòwán zhīhòu,

你会想很多，会想到如果我这件事情做完之后，

I was thinking about many things, for example, if I do this,

151

huì ràng hěn duō rén zhīdào, tèbié shì rènshi wǒ de rén.

会让很多人知道，特别是认识我的人。

many people would know, especially those who knew me.

152

Yěxǔ wǒ běnlái jiù shì gè fēngkuáng de rén, dàjiā bùhuì shuō shénme,

也许我本来就是个疯狂的人，大家不会说什么，

Maybe some people won't say anything because they know I was a crazy guy.

153

dànshì bǐrú shuō wǒ de jiārén, wǒ xiǎoháizi de tóngxué ya

但是比如说我的家人，我小孩子的同学呀

But, my family, my kid's classmates,

154

bāokuò wǒ fùmǔ yǐjí wǒ jiā de línjū, tāmen huì zěnmē kàn?

包括我父母以及我家的邻居，他们会怎么看？

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my parents and my neighbours, what would they think about this?

155

Zhèxiē jiù gòuchéng le yīzhǒng qiángdà de yīzhǒng xīnlǐ de yālì, jiù zài zhèlǐ

这些就构成了一种强大的一种心理的压力，就在这里

All these thoughts gave me great pressure.

156

Jìrán nǐ gānggang jiǎng le nǐ kěnéng xīnlǐ yǒu zhège dàodé de yālì,

既然你刚刚讲了你可能心里有这个道德的压力，

Since you said that you were feeling this moral pressure,

157

wèishénme méiyǒu xiǎng guò fàngqì ne?

为什么没有想过放弃呢？

why didn't you consider giving up (the plan)?

158

Zhè yě shì yīnwèi wǒ zhège rén yīguān de shíhou jiù xǐhuan

这也是因为我这个人一贯的时候就喜欢

I am a person that always likes

159

jiù bǎ zìjǐ jiù zhìyú zhège juédì,

就把自己就置于这个绝地，

to put myself in desperate situations

160

ránhòu cái néng jīfā wǒ de zhèzhǒng jíxiàn.

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然后才能激发我的这种极限。

because only then, can I push pass my boundaries.

161

Wǒ juéding zuò de shìqíng yībān de qíngkuàng xià

我决定做的事情一般的情况下

Usually, if I decide to do something,

162

wǒ jiù huì yìngzhetóupí yě yào bǎ tā zuòwán.

我就会硬着头皮也要把它做完。

I will force myself to complete it.

163

Jiùshì zìjǐ xuǎnzé de lù

就是自己选择的路

Like they say: "Once the route is chosen,

164

guì zhe dōu yào zǒu wán, shì ba? | Shì

跪着都要走完，是吧？ | 是

you have to walk it through, even on your knees." | Right!

165

Wǒ hěn xiǎng wèn yīxià, yīnwèi wǒ xiāngxìn hěn duō rén

我很想问一下，因为我相信很多人

I'd like to ask, since I believe many people

166

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rúguǒ kàn le zhège shìpín dehuà dōu huì chǎnshēng zhège yíwèn,

如果看了这个视频的话都会产生这个疑问，

will have this question if they had watched the video (of your naked climb),

167

wèishénme ne? Nǐ pānyán jiù pānyán ma, wèishénme luǒ pān?

为什么呢？你攀岩就攀岩嘛，为什么裸攀？

Why did you have to do it naked?

168

Shǒuxiān jiùshìshuō wǒmen zuòwéi yī gè pānyán zhě,

首先就是说我们作为一个攀岩者，

First, as a rock climber,

169

jiùshì yòng pānyán de fāngshì lái biǎodá wǒmen xīnzhōng de zhège

就是用攀岩的方式来表达我们心中的这个

I wanted to use rock climbing as a way to express

170

jìshì duì dàzìrán de yīzhǒng zūnjìng,

既是对大自然的一种尊敬，

my respect for nature.

171

yǐjī gēn dàzìrán zhèzhǒng wánměi de rónghé de yī gè xiǎngfǎ.

以及跟大自然这种完美的融合的一个想法。

Also, I wanted to be one with nature.

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172

Nàme nǐ réntǐ shēng xiàlai, tā jiù méiyǒu chuān rènhe de yīfu,

那么你人体生下来，他就没有穿任何的衣服，

When we were born, we didn't arrive with any clothes.

173

nàme nǐ dàzìrán yě méiyǒu yīfu,

那么你大自然也没有衣服，

Nature also has no clothes.

174

jiùshìshuō zhè shì yīzhǒng qínggǎn

就是说这是一种情感

So, it was a way of expressing

175

hé pānyán àihào zhě zuì zhēnzhì de yīzhǒng biǎodá.

和攀岩爱好者最真挚的一种表达。

our genuine feeling for nature.

176

Lìngwài yī gè ne wǒmen yě shì xīwàng tōngguò zhèzhǒng chuánbō lì,

另外一个呢我们也是希望通过这种传播力，

Secondly, me (and team members) were hoping that through media exposure,

177

nénggòu ràng gèng duō de rén qù liǎojiě zhège dìfang,

能够让更多的人去了解这个地方，

more people would become aware of this place,

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178

qù xǐhuan zhège dìfang,

去喜欢这个地方，

like it,

179

ránhòu láidào zhège dìfang, qù xīnshǎng zhèbiān de fēngjǐng,

然后来到这个地方，去欣赏这边的风景，

come to appreciate the scenery,

180

yǐjī ne lái pānpá zhèbiān de zhège zìrán yánbì.

以及呢来攀爬这边的这个自然岩壁。

as well as do rock climbing on the natural rock walls.

181

Wǒ xiǎng nǐ chǎnshēng zhège luǒ pān de xiǎngfǎ,

我想你产生这个裸攀的想法，

I was wondering, when this naked climb idea occurred,

182

jìrán zài Zhōngguó méiyǒu rén zuò guò,

既然在中国没有人做过，

since no Chinese had done such a thing before,

183

nà zài guójì shàng yǒu méiyǒu kàn guò qítā de rén zuò guò

那在国际上有没有看过其他的人做过

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was there any foreigner that had done this

184

cái gěi nǐ zhège qǐfā?

才给你这个启发?

and inspired you to also do it?

185

Wǒ yǐqián kàn guò, dànshì zhǐ kàn guò rénjiā zhège luǒtǐ zǒu biǎn dài,

我以前看过，但是只看过人家这个裸体走扁带，

I had only seen people do tightrope walking naked,

186

luǒtǐ pānyán wǒ zhīqián shì méiyǒu de.

裸体攀岩我之前是没有的。

but not rock climbing.

187

Dāngshí shì háiyǒu shèyǐng tuánduì, shì ba? | Duì

当时是还有摄影团队，是吧？ | 对

There was a filming team, right? | Yes.

188

Yǒu méiyǒu xiǎng guò zìjǐ huì yīnwèi zhè jiàn shì ér chūmíng?

有没有想过自己会因为这件事而出名?

Did you think that you were going to be famous because of this?

189

Dāngshí méiyǒu xiǎng zhème duō, zhǐshì xiǎngdào,

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当时没有想这么多，只是想到，

I didn't think that much about it. My only thought was

190

wa, zhège shìqíng jiù bǎ tā gàn le, jiùshì zhèyàngzi de.

哇，这个事情就把它干了，就是这样子的。

to finish this. And that was it.

191

Tā zhège shìpín shàng dào wǎngshàng yǒu duōshao diǎnjǐlǜ?

它这个视频上到网上有多少点击率？

How many views did this video get on the internet?

192

Dāngshí yī liǎng gè xiǎoshí jiù yǐjīng dádào le liǎng sān bǎiwàn.

当时一两个小时就已经达到了两三百万。

At that time, within the first one to two hours, it reached 2 to 3 million views.

193

Zǒngtǐ shàng, dāngshí tāmen yě zuò le yī gè tǒngjì, shàng qiānwàn ba.

总体上，当时他们也做了一个统计，上千万吧。

The total count was over 10 million views.

194

Zài nǐ bǎ yīfu dōu tuōdiào de shíhou,

在你把衣服都脱掉的时候，

When you removed all your clothes

195

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ránhòu zhàn zài nàge yánbì dǐxia, ránhòu xiàngshàng kàn de shíhou,

然后站在那个岩壁底下， 然后向上看的时候，

and looked up from the bottom of the peak,

196

yǒu méiyǒu gǎndào hàipà huòzhě shì xiǎngyào tuìsuō?

有没有感到害怕或者是想要退缩?

did you feel scared or hesitant about doing it?

197

Qíshí zài zuò hěn duō tiǎozhàn de shíhou, zuì nán de jiùshìshuō dìyībù.

其实在做很多挑战的时候， 最难的就是说第一步。

The hardest part of a challenge is always the first step.

198

Yīdàn kuà chū zhè yī bù,

一旦跨出这一步，

Once I've taken the step,

199

Dìyībù? | Duì

第一步? | 对

The first step? | Yes! (Once I've taken the first step),

200

Yīdàn jiùshì zài pānpá de shíhou,

一旦就是在攀爬的时候，

and I was climbing,

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201

wǒ suǒyǒu de guānzhù diǎn dōu zài wǒ de xià yī bù dòng zuò,

我所有的关注点都在我的下一步动作，

all my attention was focused on my next move.

202

jiù bù huì qù xiǎng wǒ shì bù shì chuān le yī fu,

就不会去想我是不是穿了衣服，

I didn't think about whether I had clothes on or not,

203

hòu mian yǒu méi yǒu rén pāi,

后面有没有人拍，

if somebody was filming me,

204

ránhòu gāng cái hǎo wēi xiǎn, ránhòu xià mian yǒu duō gāo.

然后刚才好危险，然后下面有多高。

if it was dangerous or how high it was.

205

Yī dàn nǐ zhè yàng qù xiǎng de huà,

一旦你这样去想的话，

Once you think about all these things,

206

zhè yàng nǐ jiù shì fēi cháng wēi xiǎn de.

这样你就是非常危险的。

you could be in a very dangerous state.

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207

Nà nǐ pān de shíhòu jiù méiyǒu shénme xiǎngfǎ ma?

那你攀的时候就没有什么想法吗?

Didn't you have any thoughts during the climb?

208

Jiù nǎozi lǐ bùhuì mào chū yīxiē zániàn ma?

就脑子里不会冒出一些杂念吗?

I mean, didn't some thoughts just occur to you?

209

Zhège túshǒu pānpá ne wǒ yě pá guò hǎojǐ cì,

这个徒手攀爬呢我也爬过好几次,

Well, I had done free climbing quite a few times,

210

suǒyǐ ne jiùshì yě yǒu yīdìng de jīngyàn,

所以呢就是也有一定的经验,

so I had some experience doing this.

211

zài nǐ zuò yī jiàn wēixiǎn de shìqíng de shíhòu,

在你做一件危险的事情的时候,

(Based on my experience), when you're doing something dangerous,

212

nǐ yīdìngyào zhuānzhù dào nǐ zìjǐ de dòngzuò dāngzhōng lái,

你一定要专注到你自己的动作当中来,

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you have to focus on your every move.

213

bùyào qù xiǎng qítā de dōngxi,

不要去想其它的东西，

You shouldn't think about anything else!

214

nǐ zhǐyǒu zhuāzhù dào měiyī gè diǎn, láoláo de zhuāzhù xiàyīge diǎn,

你只有抓住到每一个点，牢牢地抓住下一个点，

Only when you firmly grab each point,

215

nǐ cái huì shì ānquán de.

你才会是安全的。

can you be safe.

216

Nǐ gānggang shuō shì dōngtiān ma,

你刚刚说是冬天嘛，

You said that you climbed in wintertime,

217

nà nàtiān yǒu méiyǒu xiàyǔ a huòzhě dàfēng a?

那那天有没有下雨啊或者大风啊？

did it rain or was there any strong wind that day?

218

Nàtiān zǎochén shì hěn lěng,

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那天早晨是很冷，

It was very cold in the morning.

219

wǒ nénggòu xiànzài hái jìyìyóuxīn de

我能够现在还记忆犹新的

I still remember vividly that

220

jiùshì nàge yánshí shì fēicháng de lěng.

就是那个岩石是非常地冷。

the rock was super cold.

221

Jiùshì yīnwèi wǒ dāngshí guāngzhe jiǎo,

就是因为我当时光着脚，

I was barefooted

222

ránhòu qù cǎi dào le yánshí shàngmian, gǎnjué fēicháng de hánlěng.

然后去踩到了岩石上面，感觉非常的寒冷。

and when I stepped on the rock, it felt very cold.

223

Pá de guòchéng zhōng yǒu méiyǒu yīnwèi zhège tiānqì de yuányīn

爬的过程中有没有因为这个天气的原因

During your climb, because of the weather,

224

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ér chūxiàn guò shénme wēixiǎn?

而出现过什么危险?

was there any danger that occurred?

225

Dāngshí zhěngtǐ shàng hái shì bǐjiào shùnlì de.

当时整体上还是比较顺利的。

At that time, it was mostly smooth.

226

Jiù gǎnjué dào lěng, dànshì wǒ hái shì kèfú le zhèyàng de yā lì,

就感觉到冷，但是我还是克服了这样的压力，

I only felt cold, but I was able to overcome it.

227

tèbié hái yǒu yīxiē pāishè a, tāmen huì fēiláifēiqù de a

特别还有一些拍摄啊，它们会飞来飞去的啊

Also, many cameras were flying around

228

duì wǒ yě chǎnshēng le yīxiē gānrǎo.

对我也产生了一些干扰。

and brought some distractions.

229

Húnán de dōngtiān zhēn de shì hěn lěng,

湖南的冬天真的是很冷，

Winter is really cold in Hunan.

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230

érqiě shāngǔ lǐmiàn!

而且山谷里面！

And it was in a valley!

231

Duì a, érqiě shì shāngǔ lǐmiàn.

对啊，而且是山谷里面。

Right, it was in a valley.

232

Nǐ méiyǒu chuān yīfu, zhè shēnshang kěndìng huì dǎduōsuo ba?

你没有穿衣服，这身上肯定会打哆嗦吧？

You weren't wearing any clothes, you must have been trembling, right?

233

Qíshí wǒ tíqián yīnggāi qù mǒnǐ yīxià de, dànshì méiyǒu,

其实我提前应该去模拟一下的，但是没有，

Actually, I should've practiced the climb (naked) before. But I didn't.

234

dāngshí jiùshì tuō le jiù zhèyàngzi qù pá.

当时就是脱了就这样子去爬。

At that time, I just removed my clothes and went for it.

235

Nà shì dìyīcì tuō, shì ba?

那是第一次脱，是吧？

It was the first time that you removed your clothes, right?

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236

Jiùshì tíqián xùnlìan de shíhou méiyǒu shì? | Dui

就是提前训练的时候没有试? | 对

So, you didn't try beforehand, right? | Yes.

237

Néng bùnéng miáoshù yīxià nàtiān pānpá de nándù hé wēixiǎn xìng?

能不能描述一下那天攀爬的难度和危险性?

Can you describe the difficulty and the danger of that climb?

238

Shǒuxiān jiùshì túshǒu pānyán ne shì zài suǒyǒu jíxiàn yùndòng dāngzhōng

首先就是徒手攀岩呢是在所有极限运动当中

Free climbing is among all extreme sports

239

shì zuì wēixiǎn de, jiùshì wú bǎohù pānpá,

是最危险的, 就是无保护攀爬,

the most dangerous one, I meant free solo climbing.

240

tā de sǐwánglǜ zài bǎifēnzhī wǔshí,

它的死亡率在百分之五十,

The death rate is 50%.

241

yějiùshì nǐ zuò le liǎng cì yǒukěnéng jiù huì yǒu yīcì diēluò.

也就是你做了两次有可能就会有一次跌落。

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In another words, if you do it twice, you might fall once.

242

Zhè shì fēicháng wēixiǎn de.

这是非常危险的。

This is extremely dangerous!

243

Nà nǐ dōu bù hàipà ma?

那你都不害怕吗?

Weren't you scared?

244

Bù hàipà zìjǐ wànyī shuāi xiàlai shòu zhòngshāng shènzhì sǐ diào ma?

不害怕自己万一摔下来受重伤甚至死掉吗?

What if you fell and got injured or even die?

245

Zhè yěxǔ jiùshì wǒmen jíxiàn àihàozhě suǒ zhuīqiú de

这也许就是我们极限爱好者所追求的

This is probably what extreme sports fans like about it.

246

jiùshì yīzhǒng bù quèdìng dāngzhōng de yīzhǒng tǐyàn.

就是一种不确定当中的一种体验。

We love the experience of uncertainty.

247

Jiùshì yǒu méiyǒu zìjǐ xiǎng guò zhè jiàn shìqíng,

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就是有没有自己想过这件事情，

Did you think that

248

wǒ kěnéng jīntiān wǒ qù pānpá, wǒ kěnéng wǒ de shēngmìng jiù méile?

我可能今天我去攀爬，我可能我的生命就没了？

if you climb that day, you might lose your life?

249

Yǒu méiyǒu zuò guò zhèyàng de sīxiǎng zhǔnbèi?

有没有做过这样的思想准备？

Did you prepare for this possibility?

250

Zhège duì sǐwáng, wǒ kěyǐ lái shuō yīxià

这个对死亡，我可以来说一下

Regarding death, I can talk a little bit

251

wǒ zìjǐ de yī gè xīnlǐ lìchéng ba.

我自己的一个心理历程吧。

about my thinking.

252

Jiùshì yīnwèi wǒ zuì zǎo liǎojiě dào sǐwáng de shíhou,

就是因为我最早了解到死亡的时候，

I first understood about death

253

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(yīnwèi) shì zài líng bā nián, jiùshì Wènychuān Dàdìzhèn de shíhòu.

(因为)是在08年，就是汶川大地震的时候。

in 2008. It was during the Wenchuan earthquake (in Sichuan).

254

Wǒmen dāngshí yě shì Wènychuān Dàdìzhèn guò le liǎng sān tiān ba,

我们当时也是汶川大地震过了两三天吧，

About 2 or 3 days after the earthquake,

255

qù zuò jiùyuán,

去做救援，

we (me and fellow climbers) went to help rescue (people)

256

yīnwèi wǒmen yǒu yīxiē dēngshān de jìnéng ma.

因为我们有一些登山的技能嘛。

because we had climbing skills.

257

Nǐ dāngshí shì zuò shénme gōngzuò de?

你当时是做什么工作的？

What was your job back then?

258

Wǒ dāngshí jiùshì yī gè pānyán jiàoliàn,

我当时就是一个攀岩教练，

I was a rock climbing coach.

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259

ránhòu wǒ jiù qù jiùyuán, yě shì yìwù qù jiùyuán ma,

然后我就去救援，也是义务去救援嘛，

I volunteered to participate in this rescue operation.

260

ránhòu wǒmen yī xià fēijī zhīhòu

然后我们一下飞机之后

As soon as we got off the airplane,

261

dào dāngshí yī gè jiùyuán de yī gè tuántǐ lǐmiàn, jùjí dì

到当时一个救援的一个团体里面，聚集地

we went to a rescue gathering spot

262

zài nàbian jiù lǐng dào le yī gè rènwu.

在那边就领到了一个任务。

and we received a mission.

263

Érqiě zhège rènwu jiù qù Hàn Wàng nàge dìfang qù bǎ yī qún zài...

而且这个任务就去汉旺那个地方去把一群在...

The mission was to go to a place called Hanwang

264

kùn zài zhège shānlín lǐmiàn de rén qù yǐndǎo chūlái,

困在这个山林里面的人去引导出来，

and help people that were stuck in the mountain get out.

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265

yīnwèi wǒmen yǒu yīxiē shāndì jīngyàn.

因为我们有一些山地经验。

Since we had experience in hilly areas,

266

Yǒuxiē dǒuyá wǒmen kěyǐ sù jiàng,

有些陡崖我们可以速降，

for example, we could rappel down some steep cliffs

267

wǒmen kěyǐ zhǎochū yī tiáo táoshēng de lùxiàn ma.

我们可以找出一条逃生的路线嘛。

and find a route for escaping from danger.

268

Ràng wǒmen jiù qù zuò zhège... zhíxíng zhège rènwu.

让我们就去做这个... 执行这个任务。

So, we were assigned to do this.

269

Wǒmen yào lín xíng de shíhòu,

我们要临行的时候，

Before we left,

270

tā gēn wǒmen jǐge shuō nǐ yào xiěxià yízhǔ.

他跟我们几个说你要写下遗嘱。

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he (someone in charge of the rescue team) told us that we needed to write a will.

271

Yīnwèi wǒmen háishi cóng hěn tàipíng de zhège chéngshì

因为我们还是从很太平的这个城市

We came from a safe city

272

ránhòu dàodá Chéngdū yě méishénme wēixiǎn,

然后到达成都也没什么危险，

and there wasn't any danger when we arrived in Chengdu.

273

tūrán ràng wǒ xiě yízhǔ!

突然让我写遗嘱！

All of sudden, they asked us to write a will!

274

Hěn měng le, wǒmen shuō wèishénme?

很懵了，我们说为什么？

We were very confused. We asked, why?

275

Tā jiù bǎ zhēnshí qíngkuàng gēn wǒmen shuō,

他就把真实情况跟我们说，

Then, he told us about the true situation.

276

tā nàlǐ hěn kěnéng zhè yī kè yī zuò shān hái zài,

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它那里很可能这一刻一座山还在，

He said that at one moment, this mountain might be here,

277

xià yī kè zhěnggè shān dōu dǎo diào le.

下一刻整个山都倒掉了。

but the next moment, it might be gone.

278

Yě jiù zài yánlù, wǒmen jiù yǒukěnéng wǒmen yī gè chēzi

也就在沿路，我们就有可能我们一个车子

Also, along the way, our car might

279

dōu huì bèi zhěnggè shān gěi tūnmò.

都会被整个山给吞没。

be buried in rocks if the mountain collapsed on the road.

280

Bìngqiě tāmen jiùyuán de duìwǔ qiánmiàn

并且他们救援的队伍前面

Also, some of the prior rescue team,

281

jiùshì yīnwèi zhèyàng de qíngkuàng,

就是因为这样的情况，

due to this situation,

282

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yǐjīng chūxiàn guò sǐwáng.

已经出现过死亡。

had already died.

283

Suǒyǐ dāngshí wǒmen jiù fēicháng de hàipà,

所以当时我们就非常的害怕，

So, we were very scared

284

xīn lǐmiàn méiyǒu rènhe de zhǔnbèi.

心里面没有任何的准备。

and weren't prepared for this at all.

285

Suǒyǐ nà yīcì ne wǒ juéde wǒ shì fēicháng nuòruò de.

所以那一次呢我觉得我是非常懦弱的。

At that time, I felt I was a coward.

286

Zuihòu wǒ zài xiě yízhǔ de shíhou,

最后我在写遗嘱的时候，

So eventually, as I was writing the will,

287

wǒ xuǎnzé le fàngqì zhè cì... zhège xíngdòng.

我选择了放弃这次... 这个行动。

I decided to quit from this operation.

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288

Méiyǒu qù, shì ba? | Duì

没有去，是吧？ | 对

You didn't go? | Yes.

289

Suǒyǐ nà shì wǒ dìyīcì gǎnshòudào zhèzhǒng sǐwáng línjìn de zhèzhǒng gǎnjué.

所以那是我第一次感受到这种死亡临近的这种感受。

That was the first time I experienced being close to death.

290

Suǒyǐ hěn duō de kǒngjù mànman de chǎnshēng le zhīhòu ne,

所以很多的恐惧慢慢的产生了之后呢，

So, after having slowly become aware of my fears,

291

wǒ jiù yǒu yīzhǒng xiǎng zhànshèng kǒngjù (de xiǎngfǎ),

我就有一种想战胜恐惧(的想法)，

I started to have the thinking that I wanted to overcome them.

292

suǒyǐ bùduàn de wǒ jiù huì qù sīkǎo zhèxiē

所以不断地我就会去思考这些

I would constantly think about

293

shēngmìng xiāngguān de zhèxiē dōngxi, shēngsǐ de wèntí.

生命相关的这些东西，生死的问题。

life and death.

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294

Nàme yīdàn jiùshì kǒngjù miànlín de shíhou,

那么一旦就是恐惧面临的时候，

Once I face fear,

295

nǐ zěnmē qù miànduì kǒngjù?

你怎么去面对恐惧？

what do I do?

296

Zhè yěxǔ jiùshì nǐ qù tiǎozhàn zìwǒ de shíhou.

这也许就是你去挑战自我的时候。

That might be when I needed to challenge myself.

297

Nǐ zhǐyǒu miànduì sǐwáng de shíhou,

你只有面对死亡的时候，

Only when you are face to face with death,

298

nǐ cái nénggòu zhēnzhèng de èzhù mìngyùn de hóulóng,

你才能够真正地扼住命运的喉咙，

can you truly conquer it,

299

nǐ cái bùhuì qù hàipà sǐwáng.

你才不会去害怕死亡。

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and you won't be scared of it.

300

Suǒyǐ zìcóng nàge Wèncuān Dàdìzhèn de nà yīcì jīnglì zhīhòu,

所以自从那个汶川大地震的那一次经历之后，

So, ever since your Wenchuan earthquake experience,

301

nǐ jiù yìshí dào le zìjǐ yǒu zhè yī gè kěnéng...

你就意识到了自己有这一个可能...

you realized that you had (a weakness) in you...

302

fēicháng nàge kǒngjù de dōngxi

非常那个恐惧的东西

I had fear.

303

Wǒ jiù bùduàn de zài zhǎo yīxiē xíngwéi qù tiǎozhàn tā, qù liànxí tā.

我就不断的在找一些行为去挑战它，去练习它。

That's why I kept looking for new ways to challenge it and practice overcoming it.

304

Yóuzǒu zài zhèzhǒng biānyuán de gǎnjué ne

游走在这种边缘的感觉呢

Wandering on the edge (of death)

305

yě shì fēicháng ràng rén yǒu yīzhǒng xīngfèn de gǎnjué.

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也是非常让人有一种兴奋的感觉。

also gives me a sense of excitement.

306

Nǐ zhǐyǒu zhēnzhèng de liǎojiě sǐwáng,

你只有真正地了解死亡，

Only if you truly understand death,

307

nǐ cái huì hēnxī nǐ de shēngmìng.

你才会珍惜你的生命。

can you appreciate your life.

308

Nǐ qù luǒ pān nà yīcì,

你去裸攀那一次，

When you were about to climb naked,

309

yǒu méiyǒu xiǎng guò zìjǐ zhè yīcì kěnéng huì shīqù shēngmìng,

有没有想过自己这一次可能会失去生命，

did you think that you might lose your life

310

ránhòu huìbùhuì yě xiě le gè yízhǔ shénmede?

然后会不会也写了个遗嘱什么的？

and (as a precaution), wrote a will?

311

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Zhège dāngshí wǒ méiyǒu xiě yízhǔ, yīnwèi zhè yīcì huódòng ne

这个当时我没有写遗嘱，因为这一次活动呢

No, I didn't. Because I didn't

312

tā bùshì wǒ dāndú de yīgèrén de yī gè huódòng ma,

它不是我单独的一个人的一个活动嘛，

do that (climb) by myself.

313

yě yǒu yī gè tuánduì lái zuò.

也有一个团队来做。

I had a team.

314

Wǒ tídào le yǒu pānpá le hěn duō de cìshù,

我提到了有攀爬了很多的次数，

I already mentioned that I climbed

315

qīnglǐ le hěn duō cì,

清理了很多次，

and cleared away (the unstable rocks) many times.

316

wǒ rènwéi kěndìng shì bǎifēnbǎi méiyǒu wèntí de.

我认为肯定是百分百没有问题的。

I was 100% sure that it was going to be okay.

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317

Dāngrán tā zhège túshǒu pāndēng

当然它这个徒手攀登

Of course, since it was free climbing,

318

tā jiùshì yǒu zhèzhǒng bù quèdìngxìng zài zhè lǐmiàn,

它就是有这种不确定性在这里面，

it involved uncertainty. (He meant free solo climbing)

319

dànshì zài wǒ de xīn lǐmiàn

但是在我心里面

But in my mind,

320

kěndìng shì yǐjīng wánquán zhànshèng le zhè zuò shānfēng,

肯定是已经完全战胜了这座山峰，

I already conquered that mountain.

321

wǒ cái gǎnyú qù túshǒu fàngshǒuyībó.

我才敢于去徒手放手一搏。

That was why I had the guts to do it.

322

Nǐ yīgòng huā le duōjiǔ cái dēng dǐng?

你一共花了多久才登顶？

How long did it take you to reach the peak?

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323

Zhěnggè yīnggāi jiāngjìn yī liǎng gè xiǎoshí ba.

整个应该将近一两个小时吧。

Probably 1 to 2 hours.

324

Nàge fēng yǒu duō gāo a?

那个峰有多高啊?

How tall was that peak?

325

Jiāngjìn yī bǎi mǐ.

将近一百米。

About 100 meters.

326

Dēng shàngqù le zhīhòu, zhàn zài nàge shānfēng de shíhou,

登上去了之后，站在那个山峰的时候，

When you reached the peak and stood there,

327

shì nǐ yīgèrén ba? | Duì

是你一个人吧? | 对

you were alone, right? | Yes.

328

Zhàn zài nà shàngmian de gǎnjué shì shénmeyàng de?

站在那上面的感觉是什么样的?

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How did it feel to stand up there?

329

Zhè huíyì qilai dehuà, nàshíhou de gǎnjué jiùshì yǒu yīzhǒng

这回忆起来的话，那时候的感觉就是有一种

Now, when I look back, the feeling that I had was

330

"shān dēng jué dǐng wǒ wéi fēng" de gǎnjué.

“山登绝顶我为峰”的感觉。

"I was the peak on top of the mountain" (from a Chinese poem).

331

Pān wán zhīhòu, jiùshì zhège shìpín zài wǎngshàng kěnéng yě chuánbō le,

攀完之后，就是这个视频在网上可能也传播了，

After the climb, the video was spread on the internet,

332

ránhòu yě chūmíng le, nǐ jiārén kěnéng yě zhīdào zhè jiàn shìqíng le,

然后也出名了，你家人可能也知道这件事情了，

you became famous and you family found out about this.

333

tāmen shénmeyàng de fǎnyìng?

他们什么样的反应？

What was their reaction?

334

Zěnmē shuō ne? Wǒ cóngxiǎo a jiùshì bǐjiào tèlìdúxíng ma,

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怎么说呢？我从小啊就是比较特立独行嘛，

How do I say this? From a young age, I have been independent in mind and action.

225

yīzhíyǐlái dehuà dōu shì zìjǐ,

一直以来的话都是自己，

I've always been by myself,

336

bāokuò cóng chūzhōng a jiù zhùxiào, gāozhōng a dōu zhèyàng,

包括从初中啊就住校，高中啊都这样，

for example, when I did boarding in both, middle and high school.

337

bāokuò dàxué yǐjí wǒ zìjǐ de xuǎnzé,

包括大学以及我自己的选择，

I also made my own decision as to which university I would go to.

338

hěn duō de shìqíng tāmen yě juéde jiànguàibùguài ba.

很多的事情他们也觉得见怪不怪吧。

So, after they've seen me do many weird things, they became used to it.

339

Dāngrán zhège shì kěndìng shì hěn guài,

当然这个事肯定是很怪，

Sure, this (naked climb) was very weird.

340

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dànshì ne tāmen yě méiyǒu zhíjiē de wèn guò wǒ zhège wèntí,

但是呢他们也没有直接的问过我这个问题，

But they never asked me about this directly.

341

yěxǔ shì yīzhǒng... bùhǎoyìsi wèn.

也许是一种... 不好意思问。

Maybe because they were embarrassed to ask.

342

Huòzhě shuō zhè.... fǎnzhèng rén ānquán de xiàlai le, jiù zhèyàng ba.

或者说这... 反正人安全的下来了，就这样吧。

Or, because I came back safely, they thought it was okay.

343

Qítā rén ne? Jiùshì guānzhòng huòzhě shì shēnbiān de péngyou?

其他人呢？就是观众或者是身边的朋友？

What about other people, such as the audience of the video or your friends?

344

Nà kěndìng yǒude yě jiù dǎdiànhuà

那肯定有的也就打电话

Sure, there were some that called me

345

huòzhě shì fā xiāoxi fā Wēixìn lái wèn yīxiē zhège

或者是发消息发微信来问一些这个

or sent WeChat messages to ask me

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346

Zhè shìbùshì nǐ a shénme shénmede

这是不是你啊什么的

whether it was me or not and questions like that.

347

Tāmen yǒu méiyǒu juéde nǐ hěn liǎobuqǐ,

他们有没有觉得你很了不起，

Did they think that you were awesome

348

huòzhě shì yǒu xiāngfǎn de xiǎngfǎ?

或者是有相反的想法?

or quite the opposite?

349

Gēn wǒ liánxì de rén kěndìng dōu shuō wǒ liǎobuqǐ.

跟我联系的人肯定都说我了不起。

The ones that contacted me, of course said that I was awesome.

350

Nà yǒu zhìyí nǐ de rén ma?

那有质疑你的人吗?

Were there people that questioned you?

351

Wǎngshàng yě yǒu hěn duō zhìyí de shēngyīn ma.

网上也有很多质疑的声音嘛。

There were a lot on the internet.

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352

Tāmen shì zěnmē shuō de?

他们是怎么说的?

What did they say?

353

Tāmen yǒude shuō jiùshì zhège rén jiùshì bùpà sǐ,

他们有的说就是这个人就是不怕死,

Some said that I was foolishly bold

354

jiùshì xiā húnào, bó rén yǎnqiú a,

就是瞎胡闹, 博人眼球啊,

while others said that I was fooling around, trying to attract attention,

355

huòzhě shì shuō nǐ zhè yǒu shāng fēnghuà.

或者是说你这有伤风化。

or that I was an offence against decency.

356

Wǒ shì kàn dào yǒuxiē liúyán yě shuō,

我是看到有些留言也说,

I did see some comments that said

357

nǐ zuòchū zhème yī jiàn fēngkuáng de shìqíng

你做出这么一件疯狂的事情

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you did such a crazy thing

358

jiùshì wèile bódé méitǐ de guānzhù huòzhě shì dàjiā de guānzhù.

就是为了博得媒体的关注或者是大家的关注。

because you wanted to get attention from the media and people.

359

Nà nǐ duì zhèyàng de yī gè yánlùn yǒu méiyǒu shénme xiǎng shuō de?

那你对这样的一个言论有没有什么想说的?

Is there anything you'd like to say about this kind of comment?

360

Jiùshì kěnéng nǐ zìjǐ xiǎngyào chéngqīng de?

就是可能你自己想要澄清的?

Perhaps, you'd like to clear things up?

361

Zhège shǒuxiān dehuà wǒ zuò zhège shìqing gèng duō de shì

这个首先的话我做这个事情更多的是

First of all, many things that I do is for the purpose of

362

ràng gèng duō rén zhīdào yǒu pānyán zhège dōngxi,

让更多人知道有攀岩这个东西,

letting more people know about rock climbing.

363

yīnwèi wǒ bùshì luǒtǐ zài nàbian zhàn zhe huòzhě shì shénme,

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因为我不是裸体在那边站着或者是什么，

I wasn't standing there naked.

364

wǒ shì luǒtǐ qù pānyán.

我是裸体去攀岩。

Instead, I was naked while doing rock climbing.

365

Dànshì tōngguò zhèyàng de yī gè chūwèi de zhèzhǒng biǎodá de fāngshì

但是通过这样的一个出位的这种表达的方式

Through my "improper" action,

366

ràng rén qù liǎojiě zhège dōngxī,

让人去了解这个东西，

more people got to know about (rock climbing).

367

tā de běnzhì qíshí zài wǒ zài chuánbō pānyán.

它的本质其实我在传播攀岩。

The purpose of my action was to promote rock climbing.

368

Suǒyǐ nǐ zhège luǒ pān qíshí tāmen yě méi shuō cuò,

所以你这个裸攀其实他们也没说错，

So, I guess the comments were right.

369

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cóng yīfāngmiàn láijiǎng, yě shì xīwàng

从一方面来讲，也是希望

From one point of view, you were hoping that

370

yǒurén lái guānzhù zhè jiàn shì,

有人来关注这件事，

more people pay attention to this event (the naked climb),

371

dàn bìng bùshì shuō guānzhù nǐ,

但并不是说关注你，

but, not you personally.

372

kěnéng shì shuō nǐ gèngjiā xiǎngyào de shì guānzhù

可能是说你更加想要的是关注

You wanted people to pay attention to

373

pānyán zhè xiàng yùndòng, shì ba?

攀岩这项运动，是吧？

the sport - rock climbing, right?

374

Duì, yīnwèi rúguǒ shuō liǎojiě dào wǒ zìjǐ,

对，因为如果说了解到我自己，

Right. If people know about me

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375

liǎojiě dào zhè xiàng yùndòng,

了解到这项运动,

and the sport,

376

tāmen dōu huì kànjiàn wǒ zuò de bù zhǐyú luǒ pǎn,

他们都会看见我做的不止于裸攀,

they will see that I am not only someone climbing naked,

377

érqiě zài yú wǒ zuò pānyán de tuīguǎng.

而且在于我做攀岩的推广。

I am also promoting rock climbing.

378

Wǒ qù kāi pānyán guǎn,

我去开攀岩馆,

For example, I opened up a rock climbing gym

379

qù ràng gèng duō rén qù tǐyàn pānyán,

去让更多人去体验攀岩,

to let more people experience rock climbing.

380

wǒ gèng duō de shíjiān hé cóngshì de dōngxi shì zhèxiē.

我更多的时间和从事的东西是这些。

I've devoted a lot of my time doing this.

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381

Dànshì wèishénme xiǎngyào chuánbō...

但是为什么想要传播...

But why?

382

wèishénme xiǎngyào xuānchuán pānyán zhè xiàng yùndòng?

为什么想要宣传攀岩这项运动?

Why do you want to promote this sport?

383

Nà zhège shuō lái jiù yào cóng wǒ yī kāishǐ

那这个说来就要从我一开始

Well, I will need to start by

384

jiùshì zěnmē qù àihào shàng zhège pānyán shuōqǐ ba.

就是怎么去爱好上这个攀岩说起吧。

talking about how I fell in love with rock climbing.

385

Wǒ shì zài Héféi shàng dàxué de,

我是在合肥上大学的，

I went to university in Hefei (capital of Anhui)

386

Ānhuī yǒu hěnduō de Dàbiéshān ma,

安徽有很多的大别山嘛，

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and in Anhui province, there are the Dabie mountains.

387

měi gè zhōumò jiù qù túbù dēngshān.

每个周末就去徒步登山。

So, I would go hiking every weekend.

388

Ránhòu yǒuyīcì ne wǒ zài yī gè... pānpá yī gè xiágǔ,

然后有一次呢我在一个... 攀爬一个峡谷，

Once, I was (hiking) in a canyon,

389

ránhòu yībān de rén ne tā dōu shì zài nà yī gè bùdào shàngmian,

然后一般的人呢他都是在那一个步道上，

and most people stayed on the trail

390

xíng rén bùdào shàng xíngzǒu,

行人步道上行走，

and did their hiking there.

391

wǒ xuǎnzé le zài nàgè xī shuǐ zhōngjiān qù chuānxíng, jiùshì sùxī.

我选择了在那个溪水中间去穿行，就是溯溪。

But I decided to hike along a stream.

392

Sùxī dehuà dāngzhōng huì yǒu yīxiē dà de shítou wǒ yào qù pānpá,

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溯溪的话当中会有一些大的石头我要去攀爬，

During this hike, I needed to climb over some big rocks.

393

suǒyǐ nà yīcì ràng wǒ jiùshì gǎnshòudào zhèzhǒng

所以那一次让我就是感受到这种

So, that allowed me to experience

394

pānyán de yǒu yīxiē nándù, yǒu yīxiē tiǎozhàn,

攀岩的有一些难度，有一些挑战，

the difficulty and challenge in rock climbing.

395

bìngqiě dào zuìhòu yīzhí sùxī dào xīshuǐ de qiányán de shíhou,

并且到最后一直溯溪到溪水的前沿的时候，

Also, at the end, when I reached the source of the stream,

396

háiyǒu yī gè pùbù, yǒu gè shíjǐ mǐ de pùbù,

还有一个瀑布，有个十几米的瀑布，

(I saw) a waterfall that was over 10 meters high.

397

ránhòu wǒ zhěnggèrén ne jiù děngyú shuō shì cóng pùbù lǐmiàn qù chuān guòqu.

然后我整个人呢就等于说是从瀑布里面去穿过去。

I then walked through the waterfall

398

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Ránhòu pá dào le pùbù de dǐngduān,

然后爬到了瀑布的顶端，

and climbed to the top of it.

399

yǒu yī gè xiàng Shuǐlián Dòng de yī gè dòngxué,

有一个像水帘洞的一个洞穴，

(Behind the waterfall), there was a cave that looked like "Shuilian Dong"

(Note: "Shuilian Dong" a cave that appears in a well-known TV series)

400

ránhòu zài lǐmiàn hái zhǎodào le yīxiē hǎowán de shítou.

然后在里面还找到了一些好玩的石头。

and inside the cave, I found some interesting looking rocks.

401

Nà yīcì jiùshì yīzhǒng qíhuàn de zhèzhǒng pānpá zhī lǚ a,

那一次就是一种奇幻的这种攀爬之旅啊，

That was a wonderful climbing experience for me

402

ràng wǒ duì pānyán zhè xiàng yùndòng ne yǒu yī gè chūbù tǐyàn,

让我对攀岩这项运动呢有一个初步体验，

And it was my initial climbing experience.

403

yě shì jiùshì cóngcǐ jiù àihào shàng le pānyán.

也是就是从此就爱好上了攀岩。

From then on, I fell in love with rock climbing.

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404

Nà shì dìyīcì pānyán ma?

那是第一次攀岩吗?

That was your first time rock climbing?

405

Duì, nà shì wǒ dìyīcì pānyán.

对, 那是我第一次攀岩。

Yes.

406

Suǒyǐ zài nà zhīqián nǐ duì pānyán shì méiyǒu shénme liǎojiě de?

所以在那之前你对攀岩是没有什么了解的?

So, you didn't know anything about rock climbing before that?

407

Wǒ zhǐyú shuō yǒu yī xiàng yùndòng jiào pānyán, wǒ shì liǎojiě de.

我止于说有一项运动叫攀岩, 我是了解的。

I was only aware of the existence of rock climbing.

408

Ránhòu zhīhòu dehuà wǒ jiù kāishǐ qù xuéxí pānyán, jiù zìjǐ qù zìxué,

然后之后的话我就开始去学习攀岩, 就自己去自学,

Later, I started to self-learn rock climbing

409

qù zuómo yīxià yīxiē jīběn de pānyán de yīxiē dòngzuò.

去琢磨一下一些基本的攀岩的一些动作。

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and thought a lot about rock climbing movements.

410

Nǐ dìyīcì pānyán shì zài nǎ yī nián?

你第一次攀岩是在哪一年?

What year did you do your first climbing?

411

Shì zài líng sì nián ba, yīnggāi shì

是在零四年吧，应该是

Probably, 2004.

412

Wa! Nà shíwǔ nián le. | Duì duì, hěn zǎo

哇！那十五年了。| 对对，很早

Wow! It's been 15 years now! | Yes, (I started it) very early.

413

Suànshì bǐjiào yǒu jīngyàn de lǎoshǒu le!

算是比较有经验的老手了！

So, you're an experienced climber!

414

Nǐ zhège luǒ pān chéngmíng hòu hǎoxiàng bùjiǔ zhīhòu,

你这个裸攀成名后好像不久之后，

Shortly after you became famous because of the naked climb,

415

nǐ jiù shàng le yī dàng jiémù, shì ba? | Duì

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你就上了一档节目，是吧？ | 对

you were invited to a (TV) show, right? | Yes.

416

Jiào Zuìqiángdànǎo? | Shìde

叫最强大脑？ | 是的

It was called "Super Brain"? | Yes.

417

Tā zhège jiémù zhǔyào shì zuò shénme de ne?

它这个节目主要是做什么的呢？

What was the show about?

418

Tā zhège jiémù tā dìngyì wéi jiùshì yī xiàng zhège gāoshàng yúlè.

它这个节目它定义为就是一项这个高尚娱乐。

It was defined as a high-end entertainment show.

419

Shìbùshì zhēnrénxiù, lèisì?

是不是真人秀，类似？

Was it similar to reality shows?

420

Duì, lèisì yú zhēnrénxiù de jiémù, dàn tā gèng duō de shì yīzhǒng nǎoli

对，类似于真人秀的节目，但它更多的是一种脑力

Yes, but it was more about brain power.

421

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hěn duō de shíhòu tā bùshì yībān de cáiyì biǎoyǎn,

很多的时候它不是一般的才艺表演，

It wasn't about commonly seen talent performances.

422

tā gèng duō shì nǐ dànǎo yīzhǒng yì yú cháng rén de néng lì.

它更多是你大脑一种异于常人的能力。

It was more about extraordinary brain power.

423

Suǒyǐ tāmen yào xúnzhǎo de shì

所以他们要寻找的是

So, the purpose of the show was to look for

424

yōngyǒu zhèxiē yìyú cháng rén de néng lì de rén, shì ma? | Duì

拥有这些异于常人的能力的人，是吗？ | 对

people that had extraordinary ability? | Yes.

425

Ér wǒ zhège yòng de shì máng pān, jiùshì méng zhe yǎnjīng qù pānpá.

而我这个用的是盲攀，就是蒙着眼睛去攀爬。

So, what I did was I climbed blind which means I climbed with my eyes covered.

426

Tā zhège wèishénme néng tiǎozhàn dào nǐ de dànǎo?

它这个为什么能挑战到你的大脑？

How could that challenge your brain?

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427

Yīnwèi nǐ yībānrén rènwéi pānpá jiùshì kào lìliang ma,

因为你一般人认为攀爬就是靠力量嘛，

Usually, people think that climbing is all about strength

428

nà nǐ shì zhēng zhe yǎnjīng xiàng lā yǐn tǐ zhèyàngzi.

那你是睁着眼睛像拉引体这样子。

and it's just like doing pull ups with your eyes open.

429

Dàn nǐ méng zhe yǎnjīng, nǐ gèng duō yào kào shénme?

但你蒙着眼睛，你更多要靠什么？

But when you cover your eyes, what do you need to depend on?

430

Kào nǐ de dànǎo qù jìyì,

靠你的大脑去记忆，

You depend on your brain to remember things.

431

yīnwèi pānyán tā bùshì zài yī gè píngmiàn, tā yǒu gèzhǒng jiǎodù,

因为攀岩它不是在一个平面，它有各种角度，

Rock climbing isn't done on a flat surface. It has various angles (3 dimensional).

432

tā gègè kōngjiān, kōngjiān de jìyì,

它各个空间，空间的记忆，

So, spacial orientation memory (is involved).

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433

bùjǐn nǐ yào jìde zhù,

不仅你要记得住,

Not only do you need to remember (the spots),

434

nǐ shēntǐ hái yào qù pānpá.

你身体还要去攀爬。

but also your body needs to remember where to climb.

435

Zài pānpá dāngzhōng de jìyì hé sīkǎo,

在攀爬当中的记忆和思考,

The ability of memorizing and thinking during the climb

436

nàme zhè jiùshì dànnǎo yī gè gāojí de yī gè nénglì, duì

那么这就是大脑一个高级的一个能力, 对

shows a higher level of brain power.

437

Néng bùnéng shuōshuo nǐ dāngtiān tiǎozhàn de shì shénme?

能不能说说你当天挑战的是什么?

Can you tell us more about what your challenge was

438

Jùtǐ de miáoshù yīxià.

具体地描述一下。

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in detail?

439

Dāngtiān wǒ tiǎozhàn de shì yīgòng yǒu sān tiáo xiànlù,

当天我挑战的是一共有三条线路，

There were a total of 3 routes

440

yīgòng yǒu liùshí duō gè yándiǎn,

一共有六十多个岩点，

that consisted over 60 rock points.

441

ránhòu wǒ shì zài yībǎi èrshí miǎo nèi jìzhu qízhōng de sān tiáo xiànlù,

然后我是在120秒内记住其中的三条线路，

I needed to remember all three routes within 120 seconds.

442

ránhòu huì yǒu jiābīn qù rènyì tiāoxuǎn

然后会有嘉宾去任意挑选

Then, one of the guests (of the show) would randomly select

443

yī gè zhège yánsè,

一个这个颜色，

a route (denoted by one color).

444

ránhòu wǒ bìxū yào bízhe yǎnjīng

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然后我必须要闭着眼睛

So, I had to close my eyes

445

jìzhu tóngyī gè yánsè de yándiǎn,

记住同一个颜色的岩点，

and remember all the rock points for that selected color.

446

bùnéng qù jièyòng qítā de yándiǎn fā lì,

不能去借用其它的岩点发力，

I could not use rock points of other colors

447

ránhòu ne qù pān zhì dǐngduān.

然后呢去攀至顶端。

and I had to climb to the top.

448

Rúguǒ chùpèng dào le qítā yánsè de yán diǎn,

如果触碰到了其它颜色的岩点，

If you touched rock points in other colors,

449

nǐ jiù suàn shībài, shì ba?

你就算失败，是吧？

you would be considered disqualified?

450

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Jiùshì nǐ chùpèng kěyǐ, dàn nǐ bù yào fā lì,

就是你触碰可以，但你不要发力，

I could touch, but I couldn't use it to pull myself up.

451

nǐ yīdàn lìyòng qítā de yándiǎn qù pānpá, nà nǐ jiù xuāngào shībài.

你一旦利用其它的岩点去攀爬，那你就宣告失败。

If I used other rock points to climb, they would declare that I had failed.

452

Wǒ dāngshí jìyì de yě shì jìyì dòngzuò, wǒ de měiyī bù de dòngzuò,

我当时记忆的也是记忆动作，我的每一步的动作，

At that time, I was actually remembering my every movement.

453

ránhòu bìzhe yǎnjīng de shíhòu,

然后闭着眼睛的时候，

When I closed my eyes,

454

wǒ shì gēnjù shēntǐ gēn yándiǎn de zhèzhǒng gǎnzhī quèdìng hǎo fāngwèi,

我是根据身体跟岩点的这种感知确定好方位，

I spotted the position of all the rock points with my body.

455

ránhòu yī bù yī bù de pānpá,

然后一步一步的攀爬，

I climbed one step at a time

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456

zuìzhōng ne jiùshì tiǎozhàn chénggōng, pān dào dǐngduān.

最终呢就是挑战成功，攀到顶端。

and eventually I reached the top and succeeded.

457

Nǐ àishàng zhè xiàng yùndòng,

你爱上这项运动，

Does falling in love with this sport

458

tā gēn nǐ de tóngnián jīnglì yǒu méiyǒu shénme guānxi?

它跟你的童年经历有没有什么关系？

have anything to do with your childhood

459

Huòzhě nǐ de shēngzhǎng huánjìng?

或者你的生长环境？

or your upbringing?

460

Jiùshì dāng wǒ zuò le yīxiē hěn duō de

就是当我做了一些很多的

After I had done many

461

zhège qíguài de shìqíng, fēngkuáng de shìqíng,

这个奇怪的事情，疯狂的事情，

weird and crazy things,

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462

yě huì yǒurén qù wèn wǒ, bāokuò wǒ zìjǐ

也会有人去问我，包括我自己

some people also asked me this, including myself.

463

yě kāishǐ sīkǎo,

也开始思考，

So, I started to think about this question.

464

wǒ mànman yě jiù zhújiàn fāxiàn wǒ gēn biéren de bùtóng.

我慢慢也就逐渐发现我跟别人的不同。

Slowly, I noticed the difference between me and other people.

465

Nàme hěn duō de shíhou jiù yào

那么很多的时候就要

So, many times I would try to

466

zhuīgēnsùyuán wǒ de bùtóng diǎn zài nǎlǐ,

追根溯源我的不同点在哪里，

trace back to the source and find out where I am different.

467

ránhòu zhèyàng ne fǎn'ér huì fān qǐ le wǒ hěn duō de jìyì,

然后这样呢反而会翻起了我很多的记忆，

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This brought up many memories.

468

xiǎngqilai qíshí wǒ cóngxiǎo jiùshì yī gè...

想起来其实我从小就是一个...

I remember that from a young age, I was a...

469

màoxiǎn de rén ma?

冒险的人吗?

An adventurous person?

470

Duì, cóngxiǎo tèbié xǐhuan màoxiǎn.

对，从小特别喜欢冒险。

Right, I loved adventure when I was a kid.

471

Bǐrú shuō ne?

比如说呢?

For example?

472

Yīnwèi yǐqián wǒmen jiā jiùshìshuō shì liǎng céng de lóufáng ma,

因为以前我们家就是说是两层的楼房嘛，

My family's house used to be two stories

473

lóufáng hé zhège línjū zhījiān gé de bǐjiào jìn,

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楼房和这个邻居之间隔得比较近，

and it was really close to our neighbour's.

474

dàgài yě jiù yī mǐ duō,

大概也就一米多，

It was about a meter away.

475

nà xiǎoshíhou wǒmen jiù...

那小时候我们就...

So, when I was a kid,

476

tèbié shì zài nàge xiàtiān de shíhou jiùshì huì chéngliáng ma.

特别是在那个夏天的时候就是会乘凉嘛。

especially in summer time, we (including other kids) would

477

Wǒmen jiù pǎo dào wǒmen de wūdǐng, jiùshì píngdǐng

我们就跑到我们的屋顶，就是平顶

run up to the roof. Since it was

478

liǎng céng de píngdǐng, dàgài yǒu shíjǐ mǐ gāo ba

两层的平顶，大概有十几米高吧

two stories with a flat roof and over ten

479

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shí'èr sān mǐ de píngdǐng shàngmian qù chéngliáng,

十二三米的平顶上面去乘凉，

12 to 13 meters high, we would go up there to get cool air.

480

yīnwèi zài nà shàngmian dehuà shì zuìgāo, liángkuai.

因为在那上面的话是最高，凉快。

Since it was high up there, it was very cool.

481

Wǒ dāngshí ne jiù xǐhuan cóng zhège shíjǐ mǐ gāokōng,

我当时呢就喜欢从这个十几米高空，

At that time, I just liked to jump from a 12 meter high building,

482

yī gè píngdǐng ránhòu jiù tiào dào lìngwài yī gè píngdǐng.

一个平顶然后就跳到另外一个平顶。

from one flat roof building to another.

483

Nà hǎo wēixiǎn o!

那好危险哦！

So dangerous!

484

Duì, qíshí dāngshí wèishénme nàyang tiào lái tiào qù de,

对，其实当时为什么那样跳来跳去的，

The reason I jumped like that

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485

qíshí nàzhǒng jiùshì tiàoyuè,

其实那种就是跳跃，

was because when I jumped,

486

zài gāokōng fēixiáng de zhèzhǒng gǎnjué a hěn xīngfèn.

在高空飞翔的这种感受啊很兴奋。

It felt as if I was flying and it was very exciting.

487

Zhè cóngxiǎo a àihào màoxiǎn,

这从小啊爱好冒险，

From a young age, I loved adventure.

488

yīnwèi wǒ tīyàn guò zhèzhǒng màoxiǎn dàilái de zhèzhǒng xīngfèn hé kuàigǎn.

因为我体验过这种冒险带来的这种兴奋和快感。

Since I had experienced the excitement and pleasure of adventures,

489

Ránhòu dāng wǒ zài pānyán de shíhòu,

然后当我在攀岩的时候，

when I do rock climbing... (he digressed)

490

yīnwèi zhīqián wǒ yě xǐhuan dǎ lánqiú tī zúqiú,

因为之前我也喜欢打篮球踢足球，

I also liked playing basketball and football before.

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491

dànshì ne zuìzhōng wǒ pānyán wèishénme néng jiānchí shí jǐ nián?

但是呢最终我攀岩为什么能坚持十几年?

But why did I continue doing rock climbing for over 10 years?

492

Yīnwèi tā měi yīcì duìwǒláishuō dōu shì yīcì diānfēng de tǐyàn.

因为它每一次对我来说都是一次巅峰的体验。

Because each climb is a top experience.

493

Yīnwèi yěxǔ nǐ juéde pānyán, nǐ àihào shàng pānyán zhīhòu,

因为也许你觉得攀岩，你爱好上攀岩之后，

You might think that after you get into rock climbing,

494

hòumian jiù méiyǒu tài duō tiǎozhàn le, duì ba? Bù jiù pānyán ma?

后面就没有太多挑战了，对吧？不就攀岩吗？

there won't be too many challenges later, it's just rock climbing!

495

Qíshí nǐ měicì pānpá měiyī tiáo xiànlù tā dōu shì nǐ quánxīn de tiǎozhàn,

其实你每次攀爬每一条线路它都是你全新的挑战，

But in fact, every time you climb a route, it's a brand new challenge.

496

suǒyǐ tā jiùshì bù kūzào bù dāndiào.

所以它就是不枯燥不单调。

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So, it is not boring or monotonous.

497

Nǐ měicì zuò de zhège xiànlù, rúguǒ shuō nǐ wánchéng le,

你每次做的这个线路，如果说你完成了，

If you complete one route this time,

498

nǐ xiàyīcì kěndìng qù pānpá nǐ de zhège jíxiàn, nǐ pānpá bùliǎo de,

你下一次肯定去攀爬你的这个极限，你攀爬不了的，

next time, you will surely climb one that you can't do and that pushes your limit.

499

nàme jiù huì yǒu bùduàn de tiǎozhàn.

那么就会有不断的挑战。

That way, it's a constant challenge.

500

Érqiě pānyán tā jiùshì hěn gāo, jiù ràng rén hěn xīngfèn.

而且攀岩它就是很高，就让人很兴奋。

Also, because rock climbing is done at a high height, it's exciting.

501

Nǐ jiā rén zhī dào nǐ xiǎoshí hou jīng cháng

你家人知道你小时候经常

Did your family know that you were often

502

zuò zhè yàng wēi xiǎn de jǔ dòng ma?

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做这样危险的举动吗?

engaged in such dangerous activities as a kid?

503

Nà kěndìng bùnéng ràng tāmen kàn dào!

那肯定不能让他们看到!

For sure, I couldn't let them see it!

504

Yǒu méiyǒu kàn dào guò, ránhòu mà nǐ ne?

有没有看到过，然后骂你呢?

Have they seen it and then scolded you?

505

Nà yě yǒu guò.

那也有过。

It did happen.

506

Bìngqiě wǒmen jiā qiánmiàn yǒu yī tiáo hé, jiùshì shuǐ Yángjiāng,

并且我们家前面有一条河，就是水阳江，

Also, there was a river called Shuiyang river in front of our house.

507

tā yě shì Cháng Jiāng de yī gè zhīliú,

它也是长江的一个支流，

It was a tributary of the Yangtze river.

508

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dào xiàtiān de shíhòu yīdàn shuǐ hěn dà de shíhòu jiāngjìn yǒu yī bǎi duō mǐ,

到夏天的时候一旦水很大的时候将近有一百多米，

In summertime, when the river rose, it could get up to 100 meters deep.

509

wǒmen nàshíhòu jiù xǐhuan yóuyǒng, jiùshì yóu guòqu yóu huí lai.

我们那时候就喜欢游泳，就是游过去游回来。

We (me and other kids) enjoyed swimming back and forth in that river.

510

Tèbié shì dāng wǒ yóu dào nàge hú... hé de zhōngxīn de shíhòu,

特别是当我游到那个湖... 河的中心的时候，

Especially when I swam to the centre of the river,

511

nàge liǎngbian dōu shì hěn yuǎn,

那个两边都是很远，

and I was far away from both sides,

512

ránhòu nàge hé de zhōngxīn qíshí shì hěn lěng de,

然后那个河的中心其实是很冷的，

it was very cold.

513

ránhòu yóu lái yóu qù, nàzhǒng yě shì tiǎozhàn.

然后游来游去，那种也是挑战。

I would swim back and forth and it was a challenge for me.

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514

Zhège yě shì bèi zhe fùmǔ zuò de, shì ba?

这个也是背着父母做的，是吧？

Did you also do this behind your parents' backs?

515

Wǒ shēnghuó de nàge huánjìng, dàgài cóngxiǎo jiù nénggòu yǒu dàhé,

我生活的那个环境，大概从小就能够有大河，

The surroundings I was living in as a kid had big rivers

516

érqiě dehuà yǒuxiē shù, zìrán de yīxiē dōngxi,

而且的话有些树，自然的一些东西，

trees and other natural things.

517

jiùshì cóngxiǎo jiù rè'ài xiàng zhèzhǒng tiǎozhàn.

就是从小就热爱像这种挑战。

That led me to become passionate about challenges.

518

Zhèzhǒng pānyán, tā yòu nénggòu ràng wǒ

这种攀岩，它又能够让我

Rock climbing allowed me

519

gǎnshòu dào érshí de nàzhǒng xīngfèn,

感受到儿时的那种兴奋，

to feel the excitement I felt in childhood.

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520

suǒyǐ zhúbù yǐndǎo wǒ zuò yīxiē chāo hū yībānrén de shìqíng.

所以逐步引导我做一些超乎一般的事情。

Thus, it led me to do things that were crazy and out of the ordinary.

521

Nǐ jiā shì... nǐ shì dú hái ma?

你家是... 你是独孩吗?

Are you an only child?

522

Wǒ jiā háiyǒu liǎng gè jiějie.

我家还有两个姐姐。

I have two sisters.

523

Wǒ fùqīn jiùshì yī gè nóngcūn de xiāngcūn jiàoshī,

我父亲就是一个农村的乡村教师，

My father was a teacher in the countryside

524

wǒ mǔqīn shì wùnóng,

我母亲是务农，

and my mother was a farmer.

525

ránhòu ne yǎng le sān gè xiǎohái, yě hěn bù róngyì, duì

然后呢养了三个小孩，也很不容易，对

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They had three kids, so life wasn't easy.

526

Bìngqiě wǒ shì jiào... dì sān gè xiǎohái.

并且我是叫... 第三个小孩。

Also, since I was the third child

527

Nàshíhou shì jìhuàshēngyù de, yào fákuǎn,

那时候是计划生育的，要罚款，

and there was a family planning program ("The One Child Policy") that fined us

528

yīzhí yào fá dào shíjǐ suì, jiā lǐmiàn hái yào chāi fángzi a,

一直要罚到十几岁，家里面还要拆房子啊，

until I was over 10 years old. In addition, our house was torn down

529

wǒ fùqīn tā nàge jiàngjí, jiàoshī de pǐnjí yào jiàngjí,

我父亲他那个降级，教师的品级要降级，

and my father was punished by having his teaching level lowered.

530

suǒyǐ jiùshì jiātíng tiáojiàn yě bùshì hěn hǎo,

所以就是家庭条件也不是很好，

As a result, my family wasn't doing very well financially.

531

suǒyǐ wǒ cóngxiǎo jiù chuān zhe

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所以我从小就穿着

That was why I grew up wearing

532

wǒ jiějie tāmen de yīfu zhǎngdà.

我姐姐她们的衣服长大。

my sisters' clothing (because we had no money for new clothes).

533

Nà nǐ huì yuànyì chuān ma?

那你会愿意穿吗?

Were you willing to wear them?

534

Wǒ chuān shàngqù de shíhou, wǒ mā wǒ jiě tāmen jiù shuō:

我穿上去的时候，我妈我姐她们就说：

When I put them on, my mother and sisters would say:

535

"Wa! Hěn piàoliang ma!"

“哇！很漂亮嘛！”

“Wow! You look very pretty!”

536

Nà jiù chuān.

那就穿。

So, I agreed to wear them.

537

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Jǐsuì de shíhou?

几岁的时候?

How old were you?

538

Sān sì suì ba.

三四岁吧。

3 to 4 years old.

539

Yīnwèi nàshíhou jiùshì zìjǐ duìyú xìngbié méiyǒu tài duō de rènshi ma.

因为那时候就是自己对于性别没有太多的认识嘛。

I did it because at that age, I didn't have any sense of sexuality.

540

Dāngrán jiùshìshuō dāng wǒ zǒu chūqù de shíhou,

当然就是说当我走出去的时候,

But of course, when I went out (with the clothes on),

541

gébì de rén a tāmen jiù kāishǐ cháoxiào wǒ shuō,

隔壁的人啊他们就开始嘲笑我说,

my neighbours would laugh at me saying that

542

nǐ shì gè nǚshēng a shénmede.

你是个女生啊什么的。

I looked like a girl and things like that.

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543

Dāngshí wǒ jiù lì mǎ jiù bǎ yīfu tuōdiào zhèyàngzi,

当时我就立马就把衣服脱掉这样子，

(When I heard that), I took off my clothes right away.

544

wǒ de xìnggé lǐmiàn zhèzhǒng fǎnkàng de huòzhě duìkàng de

我的性格里面这种反抗的或者对抗的

The element of rebellion in me

545

zhèzhǒng yīnzǐ jiù bùduàn de shēngzhǎng.

这种因子就不断的生长。

grew slowly.

546

Hòulái wǒ màn mǎn de zǒngjié fāxiàn

后来我慢慢地总结发现

Slowly, I found out that

547

wǒ xiǎoshíhòu qíshí shì yí gè hěn "hún" de rén.

我小时候其实是一个很“浑”的人。

I was a "bad" person.

548

Wèishénme?

为什么?

Why?

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549

Yīnwèi wǒ fùqīn shì lǎoshī ma,

因为我父亲是老师嘛，

My father was a teacher,

550

wǒ cóngxiǎo wǒ jiù huì zài xuéxiào lǐmiàn,

我从小我就会在学校里面，

and when I was in school,

551

hěn xiǎo de shíhòu, nàme jiù hěn duō de dà de tóngxué

很小的时候，那么就很多的大同学

I was young and many older schoolmates

552

yīnwèi tā shòudào lǎoshī de guǎnjiào,

因为他受到老师的管教，

because they were disciplined by their teacher,

553

yǒude rén tā jiù qīfu wǒ.

有的人他就欺负我。

who was my father, would then bully me.

554

Jiù yīnwèi tā bùnéng gēn wǒ bà qù... gēn tāmen de lǎoshī qù duì ma.

就因为他不能跟我爸去... 跟他们的老师去对嘛。

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They couldn't fight against their teacher, my father, right?

555

Tā yǒushíhòu huì mō nǐ yīxià, dǎ nǐ yīxià.

他有时候会摸你一下，打你一下。

They would sometimes teasingly touch me or hit me.

556

Suǒyǐ cóngxiǎo wǒ jiù zài nàzhǒng gāo niánjí de tóngxué xià,

所以从小我就在那种高年级的同学下，

From a young age, I was under these older schoolmates' (bullying).

557

wǒ jiù zhǎngwò le yī gè shēngcún zhī dào.

我就掌握了一个生存之道。

From that, I developed a way of dealing with it.

558

Biéren yīdàn qù qīfu wǒ de shíhòu,

别人一旦去欺负我的时候，

If people bullied me,

559

wǒ huì ná yī gè zhuāntou qù zhíjiē zǎ biéren.

我会拿一个砖头去直接砸别人。

I would just get a brick and throw it at them.

560

Cóngxiǎo wǒ mā jiù jīngcháng qù ná zhe jīdàn

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从小我妈就经常去拿着鸡蛋

From a young age, my mother often had to take eggs with her

561

qù rénjiā qù péi.

去人家去赔。

to apologize to other kids' family.

562

Zhègè kěnéng hěn duō wàiguórén bùtài lǐjiě,

这个可能很多外国人不太理解，

This might be hard for foreigners to understand.

563

jiùshì zài nóngcūn dǎ wán jià zhīhòu, ránhòu fùmǔ huì zěnmě zuò,

就是在农村打完架之后，然后父母会怎么做，

In villages, after kids have a fight, what would parents do?

564

nǐ néng shāowēi gěi tāmen jiěshì yíxià ba?

你能稍微给他们解释一下吧？

Can you explain a little?

565

Jiùshì yīnwèi wǒmen qíshí yě jiù bǎ tóu zǎpò yīdiǎn, liú yīdiǎn xuè ma,

就是因为其实也就把头砸破一点，流一点血嘛，

Because the kid was hit by my brick and bled a little bit,

566

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dàn zhège méiyǒu fǎlǜ shàngmian de dōngxī, yīnwèi xiānglǐ xiāngqīn de.

但这个没有法律上面的东西，因为乡里乡亲的。

even though there wasn't any law broken, since we were living in the same village,

567

Dànshì ne jiùshìshuō nǐ yào... fùmǔ yào qù dàoqiàn,

但是呢就是说你要... 父母要去道歉，

my parents needed to apologize for me.

568

jiālǐ yě méiyǒu shénme hǎo de dōngxī,

家里也没有什么好的东西，

We didn't have anything good,

569

nàme zhǐyǒu jīdàn.

那么只有鸡蛋。

and so eggs were the only thing (we could offer).

570

Jīdàn dehuà, jiù yībān wǒmen bǐrú shòushāng le,

鸡蛋的话，就一般我们比如受伤了，

Regarding the eggs, if somebody in a family gets injured,

571

jiā lǐmiàn rén dōu huì dǎ gè jīdàn gěi nǐ bǔ gè xuè shénmede.

家里面人都会打个鸡蛋给你补个血什么的。

parents would give the injured person an egg to increase his/her red blood cells.

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572

Dǎ yī gè dàn shì xiǎo shāng, shì ba?

打一个蛋是小伤，是吧？

One egg was for minor injuries,

573

Liǎng gè dàn shì dà yīdiǎn,

两个蛋是大一点，

two was for more serious injuries

574

sān gè dàn yībān jiùshì tóu pò le, jiù dǎ sān gè dàn.

三个蛋一般就是头破了，就打三个蛋。

and three was for a broken head (real serious injury).

575

Yīnwèi jīdàn shì jiā lǐmiàn yǎng de ma,

因为鸡蛋是家里面养的嘛，

Since we had chickens, thus we had eggs.

576

yīdàn wǒ chuǎnghuò le,

一旦我闯祸了，

Whenever I got into trouble,

577

jiù zá le rénjiā tóu a,

就砸了人家头啊，

for example hitting someone's head,... (he digressed)

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578

yǒudeshíhòu hái bǎ rénjiā diànshì zá le de

有的时候还把人家电视砸了的

Sometimes I even broke someone's television,

579

jiù qù péiqián,

就去赔钱,

then we would have to pay with money.

580

ránhòu ná jīdàn qù péi,

然后拿鸡蛋去赔,

(if I hit someone's head), we would apologize with eggs

581

bǔ rénjiā de shāngkǒu, nǐ zhīdào ma?

补人家的伤口，你知道吗？

to compensate for their injuries.

582

Nà nǐ xiǎoshíhou qíshí yě shì tǐng tiáopí yī gè háizi a!

那你小时候其实也是挺调皮一个孩子啊！

You were quite a naughty child!

583

Jiùshìshuō wǒ dāngshí jiùshì yǒu yīzhǒng, shuō hěn "hún" ma,

就是说我当时就是有一种，说很“浑”嘛，

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That's why I said I was a little "bad".

584

jiùshì zuò shìqing jiùshì yǒudiǎn jiùshì bùgù hòuguǒ de,

就是做事情就是有点就是不顾后果的，

I never thought about the consequences before doing anything.

585

bùjì hòuguǒ

不计后果

I would do things without considering the consequences

586

jiù wèile dádào wǒ de mùdì,

就为了达到我的目的，

just as long as I could reach my goal

587

jiùshì ràng nǐ hàipà wǒ.

就是让你害怕我。

which was making people afraid of me.

588

Ràng biéren hàipà nǐ, hái zuò guò qítā de jǔdòng ma?

让别人害怕你，还做过其它的举动吗？

What else did you do to make other people fear you,

589

Ràng biéren juéde nǐ zhège rén bùnéng rě.

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让别人觉得你这个人不能惹。

or to show them that they shouldn't mess with you?

590

Bǐrú wǒ yǐqián qí zìxíngchē, jiù cóng shàngpō chōng dào xiàpō,

比如我以前骑自行车， 就从上坡冲到下坡，

Once, I was riding a bike and I dashed down a steep hill.

591

yībān de rén dōu bù gǎn chōng,

一般的人都不敢冲，

Usually, people wouldn't dare to do so.

592

dāngshí wǒ jìde wǒ shì sì niánjí ba háishi sān niánjí

当时我记得我是四年级吧还是三年级

I remember at that time, I was in the third or fourth grade.

593

ránhòu biéren dōu tuī zhe zǒu, ránhòu wǒ jiù wǎng xià chōng,

然后别人都推着走， 然后我就往下冲，

Other people were walking with their bikes, but I just dashed down.

594

jiù hěn dǒu de pō,

就很陡的坡，

Because it was really steep,

595

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yīnwèi wǒ yào ràng biéren juéde wǒ hěn niúbī ma,

因为我要让别人觉得我很牛逼嘛，

people would think that I was very bold (or awesome)

596

jiù rénjiā jiù bù gǎn rě wǒ, jiù zhèyàng

就人家就不敢惹我，就这样

so no one would dare to mess with me.

597

Dànshì wǒ jiù wǎng xià chōng de shíhou,

但是我就往下冲的时候，

But when I was going down,

598

méixiǎngdào xiàmian zhèng hǎo yǒu yī liàng

没想到下面正好有一辆

to my surprise, there was a

599

tuī zhe hěn duō gāngjīn de nàge bǎnchē,

推着很多钢筋的那个板车，

flatbed cart with lots of steel bars.

600

suǒyǐ wǒ hěn kěnéng jiù huì chā dào gāngjīn lǐmiàn qù,

所以我很可能就会插到钢筋里面去，

It was possible that I might smash right into these steel bars.

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601

suǒyǐ dāngshí wǒ jiù bǎ nàge lóngtóu jiù wǎng pángbiān guǎi,

所以当时我就把那个龙头就往旁边拐，

So, I quickly turned my bike to the side

602

ránhòu jiù yīxiàzi jiù chōng dào yī gè hěn dà de yī gè shíhuī kēng.

然后就一下子就冲到一个很大的一个石灰坑。

and ended up in a lime hole.

603

Jiùshì zhè jiàn shìqíng duì wǒ yě yìnxiàng hěn shēnkè.

就是这件事情对我也印象很深刻。

That incident made an impression on me.

604

Jiù wǒ gèng duō de ne yǒudeshíhòu shì biéren rě wǒ huì yǒu fǎnjī,

就我更多的呢有的时候是别人惹我会有反击，

Usually, I fought back only when other people were trying to mess with me.

605

dàn wǒ bùhuì zhǔdòng qù gōngjī biéren,

但我不会主动去攻击别人，

But I would never take the initiative to attack others.

606

wǒ gèng duō de shì yào zuò yīxiē fēngkuáng de shìqíng,

我更多的是要做一些疯狂的事情，

I just wanted to do something crazy

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607

ràng biéren juéde wǒ hěn niúbī.

让别人觉得我很牛逼。

to give people the impression that I was bold.

608

Zhè kǒngpà yě shì ràng wǒ zhīhòu ma

这恐怕也是让我之后嘛

Perhaps, that was what led me

609

zuò le hěn duō jiùshì fēngkuáng de shìqing,

做了很多就是疯狂的事情，

to do more crazy things later.

610

yě shì yǒu yīxiē gēnyuán ba.

也是有一些根源吧。

That might be the root cause.

611

Nǐ dàxué shì xué de shénme zhuānyè?

你大学是学的什么专业？

What was your major in university?

612

Wǒ xué de shì Yīngyǔ jiàoyù zhuānyè.

我学的是英语教育专业。

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English education.

613

Nà hòumian shì yào zuò shénmede ne? Bìyè zhīhòu

那后面是要做什么的呢? 毕业之后

What were you supposed to do after graduation?

614

Zuò Yīngyǔ lǎoshī ma.

做英语老师嘛。

Become an English teacher.

615

Suǒyǐ nǐ yě dāng le Yīngyǔ lǎoshī, shì ba?

所以你也当了英语老师，是吧?

So, you became an English teacher?

616

Duì, jǐge yuè ba.

对，几个月吧。

Yes. I did it for a few months.

617

Zěnmé cái jǐge yuè a?

怎么才几个月啊?

Why only a few months?

618

Yīnwèi zài xuéxiào lǐmiàn tiāntiān zuòbān, ránhòu jiàoxué,

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因为在学校里面天天坐班，然后教学，

Because working in offices, teaching,

619

měitiān kè jiàn, ránhòu shàngkè,

每天课件，然后上课，

preparing lessons,

620

gēn qù dàzìrán, qù yěwài, ránhòu qù jiēchù dào gèng duō de

跟去大自然、去野外，然后去接触到更多的

compared to going out in nature and getting in contact with

621

zhèzhǒng ràng xīnlíng zhènhàn de dōngxī,

这种让心灵震撼的东西，

amazing things,

622

nà jiùshì tiānrǎngzhībié.

那就是天壤之别。

is the difference between heaven and hell.

623

Jiù juéde zuò lǎoshī bǐjiào kūzào, shì ba?

就觉得做老师比较枯燥，是吧？

So, you just felt that it was boring being a teacher, right?

624

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Duì, jiùshì méibànfǎ zài jiānchíxiàqù.

对，就是没办法再坚持下去。

Yes. I couldn't continue any more.

625

Nà xiànzài nǐ de Yīngyǔ shuǐpíng zěnmeyàng?

那现在你的英语水平怎么样？

How is your English now?

626

Xiànzài climbing English háishi OK de.

现在climbing English还是OK的。

I am okay in climbing English (terminology).

627

Pānyán Yīngyǔ, yīnwèi... | Jīngcháng yòng, shì ba?

攀岩英语，因为... | 经常用，是吧？

Climbing English, because... | You use it often?

628

Jīngcháng yòng de yīxiē pānyán de shùyǔ a, zhèxiē gōutōng méiwèntí.

经常用的一些攀岩的术语啊，这些沟通没问题。

I often use climbing English, so I can communicate.

629

Suǒyǐ píngcháng yě jīngcháng huì gēn yīxiē guójì shàng de

所以平常也经常 would 跟一些国际上的

Do you often talk to international

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630

pānyán àihàozhě jiāoliú, shì ma?

攀岩爱好者交流，是吗？

rock climbers?

631

Yě yǒu, duì duì duì

也有，对对对

Yes.

632

Nǐ juéde nǐ de pānyán nénglì shì zěnmeyàng de?

你觉得你的攀岩能力是怎么样的？

How is your rock climbing skill?

633

Tā hǎoxiàng shìbùshì yǒu yī gè jíbié? | Duì

它好像是不是有一个级别？ | 对

Isn't it graded? | Yes.

634

Nǐ de shì shénme jíbié? Shìbùshì zuìgāo jíbié de?

你的是什么级别？是不是最高级别的？

What is your level? Is it the highest?

635

Méiyǒu, yīnwèi wǒ pānyán ne yě shì zài dàxué cái kāishǐ.

没有，因为我攀岩呢也是在大学才开始。

No. Because I only started doing rock climbing since university.

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636

Rúguǒ shuō nǐ yī xiàng yùndòng nǐ yào zuòdào jízhì,

如果说你一项运动你要做到极致，

If you want to be the best in a sport,

637

nà kěndìng yībān qíngkuàng xià dōu shì cóngxiǎo jiù kāishǐ xùnlìan,

那肯定一般情况下都是从小就开始训练，

usually you need to start training from a young age

638

zhèyàng nǐ de shēntǐ jiù gèngjiā néng shìyìng zhè xiàng yùndòng.

这样你的身体就更加能适应这项运动。

so that you body can get used to it.

639

Duì wǒ láijiǎng, wǒ gāng kāishǐ àihào shàng pānyán de shíhou,

对我来讲，我刚开始爱好上攀岩的时候，

For me, when I first fell in love with rock climbing,

640

wǒ rènwéi wǒ shì wàn zhōng wú yī de pānyán qící,

我认为我是万中无一的攀岩奇才，

I thought I was a rare talent in this.

641

dànshì dāng wǒ bùduàn de qù xùnlìan,

但是当我不断地去训练，

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But when I started training more regularly,

642

ránhòu wǒ de shǒuzhǐ a jiùshì shòu dào le shānghài,

然后我的手指啊就是受到了伤害，

my fingers got injured,

643

yīnwèi nǐ qiángdù xùnlìan gèng dà,

因为你强度训练更大，

because the training was very intense,

644

nàme nǐ de shǒuzhǐ yǐjīng jiēshòu bùliǎo le,

那么你的手指已经接受不了了，

and my fingers couldn't take it.

645

suǒyǐ ne dāngshí jiù duàn le wǒ zhège yùndòngyuán de mèng.

所以呢当时就断了我这个运动员的梦。

So, my dream of becoming an athlete was broken.

646

Běnlái shì yào chéngwéi yùndòngyuán, shì ba?

本来是要成为运动员，是吧？

You wanted to become an athlete initially?

647

Duì, wǒ yīzhí zài xùnlìan ma,

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对，我一直在训练嘛，

Yes. I kept training

648

ránhòu yě shì zài yī liǎng niánnèi jiù yǐjīng pá dào yāo èr A/B le.

然后也是在一两年内就已经爬到12A/B了。

and within 1 to 2 years, I could complete routes that were graded as 12A/B.

649

Yāo èr A/B shì hěn lìhai de ma?

12A/B是很厉害的吗？

Is 12A/B very good?

650

Dàzhòng láishuō shì zuì gāo jíbié de le.

大众来说是最高级别的了。

For common people, this is the highest level,

651

Duì, dànshì yīnwèi wǒ shòudào le shǒuzhǐ de shānghài,

对，但是因为我受到了手指的伤害，

but for me, because my fingers got injured (it is not higher).

652

yào cānjiā bǐsài,

要参加比赛，

I needed to attend a competition

653

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dà qiángdù de xùnlìan, ránhòu jiùshì yīnwèi dāngshí yě méiyǒu lǎoshī a,

大强度的训练，然后就是因为当时也没有老师啊，

that needed high intensity training and I did it without any coaching,

654

jiù zìjǐ qù mōsuo ma, ránhòu jiù shòushāng le.

就自己去摸索嘛，然后就受伤了。

just me studying on my own, so I ended up injured.

655

Zhèyàng dehuà wǒ jiù bǎ zìjǐ de juésè ne

这样的话我就把自己的角色呢

After this, I changed my objectives,

656

jiù dìngwèi chéng yī gè pānyán de yī gè tuīguǎng zhě,

就定位成一个攀岩的一个推广者，

I became a rock climbing advocate

657

yǐhòu wǒ jiù kāishǐ zuò yīxiē pānyán guǎn.

以后我就开始做一些攀岩馆。

and started a rock climbing gym.

658

Dànshì chóngxīn yòu huànnǐ wǒ zhège

但是重新又唤起我这个

However, it was only a few years ago that

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659

bùduàn qù tiǎozhàn pānyán nándù de ne shì zài qián jǐ nián ba,

不断去挑战攀岩难度的呢是在前几年吧，

my desire for more challenging routes returned.

660

yīnggāi yě jiù zài liǎng nián qián,

应该也就在两年前，

Maybe it was two years ago.

661

yīnwèi dāngshí wǒ jiāo de yī gè xuésheng, yī gè xuéyuán

因为当时我教的一个学生，一个学员

I had a student

662

tā niánjì yě mán dà le, yě shì jiāngjìn wǔshí suì le,

他年纪也蛮大了，也是将近50岁了，

who was about 50 years old which would be considered older.

663

tā yǐqián pānpá de shíhou kěndìng jiù... wǒ jiāo tā de, duì ba?

他以前攀爬的时候肯定就... 我教他的，对吧？

His climbing skill was (not very good). You know, I was teaching him, right?

664

Dànshì shì bié sān rì,

但是士别三日，

But, as we say: "A student who has been away for three days

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665

guāmùxiāngkàn.

刮目相看。

must be looked at with new eyes.”

666

Tā yǒu yī tiān tā wánchéng le yī tiáo yāo sān A de xiànlù.

他有一天他完成了一条13A的线路。

One day, he completed a route graded as 13A.

667

Yāo sān A shì yǒu duō nán?

13A是有多难?

How difficult is that?

668

Yāo sān A dehuà jiùshì cháng rén de zuì gāo jíbié.

13A的话就是常人的最高级别。

For most people, this is the highest level.

669

Yīnwèi dāngshí wǒ méiyǒu wánchéng guò yāo sān (A),

因为当时我没有完成过13(A),

I had not completed a 13A at that time.

670

dànshì tā wánchéng le.

但是他完成了。

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But he did it!

671

Suǒyǐ gěi wǒ de jiùshì hěn zhènjīng.

所以给我的就是很震惊。

So I was shocked.

672

Dāng wǒ zhīdào le zhīhòu ne yǒuyīcì wǒ jiù péi zhe tā yīqǐ qù Húběi,

当我知道了之后呢有一次我就陪着他一起去湖北，

After I learned about this, I went to Hubei with him

673

Míngshuǐ quán zhège yī gè zìrán yánbì,

鸣水泉这个一个自然岩壁，

to a natural rock wall in a place called "Ming Shui Quan".

674

ránhòu wǒ liǎ jiùshì yīqǐ qù tiǎozhàn yī tiáo yāo sān de xiànlù.

然后我俩就是一起去挑战一条13的线路。

We went together to challenge a route graded as 13 (A).

675

Wǒ dāngshí hái bùfú a,

我当时还不服啊，

At that time, I refused to accept that (he was better than me).

676

wǒ zhǐshì shuō, wǒ qù pá de shǎo ma,

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我只是说，我去爬的少嘛，

I just didn't do it often

677

wǒ duō pá yī pá, wǒ kěndìng néng wánchéng.

我多爬一爬，我肯定能完成。

and if I started do it more often, I would definitely complete that route.

678

Méixiǎngdào yīnggāi zài liǎng dào sān tiān zhīnèi ba,

没想到应该在两到三天之内吧，

Unexpectedly, within 2 or 3 days,

679

tā wánchéng le zhè tiáo xiànlù, ér wǒ què méiyǒu wánchéng.

他完成了这条线路，而我却没有完成。

he completed the route and I didn't.

680

Suǒyǐ nà yīcì láishuō shì liǎng nián qián de nà yīcì shìqíng,

所以那一次来说是两年前的那一次事情，

This experience from two years ago

681

ràng wǒ zhènhàn hěn dà.

让我震撼很大。

really shook me.

682

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Běnlái wǒ rènwéi wǒ yǐngxiǎng le biéren,

本来我认为我影响了别人，

I thought that I was influencing him.

683

dàn qíshí nàgèrén, tā zhēnzhèng de yǐngxiǎng dào le wǒ.

但其实那个人，他真正的影响到了我。

But eventually, he was influencing me.

684

Ránhòu zhīhòu de liǎng nián wǒ jiù dàliàng de qù pānpá yěwài yánbì,

然后之后的两年我就大量的去攀爬野外岩壁，

As a result, for the next two years, I started doing outdoors rock climbing a lot

685

ránhòu wǒ zhīhòu wǒ yīgòng zài liǎng nián nèi wánchéng le

然后我之后我一共在两年内完成了

and I completed

686

jiāngjìn èrshíduō tiáo yāo sān ba.

将近二十多条13吧。

over 20 routes that were 13 (A).

687

Nǐ gānggang shuō nàge duì nǐ yǒuyǐngxiǎng de rén,

你刚刚说那个对你有影响的人，

The person you said that influenced you, ...

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688

wǒ de lǐjiě bù zhīdào shìbùshì duì de,

我的理解不知道是不是对的，

I am not sure if I understand it correctly,

689

jiùshì nàge shíhou de nǐ zìjǐ shìbùshì yǒudiǎn zì yǐwéi zìjǐ hěn lihai,

就是那个时候的你自己是不是有点自以为自己很厉害，

at that time, perhaps you thought you were very good,

690

dàn qíshí méiyǒu dá dào nà yàng de jíbié,

但其实没有达到那样的级别，

but in fact, you were not,

691

shìbùshì yǒu yīdiǎndiǎn jiāo'ào de chéngfèn zài lǐmiàn?

是不是有一点点骄傲的成分在里面？

was that because you were a little arrogant?

692

Zhè jiù děngyú shuō shì yī gè duì zìjǐ de chóngxīn de rènshi ba,

这就等于说是一个对自己的重新的认识吧，

That experience made me reevaluate myself.

693

yīnwèi zhīqián jiù yīzhí rènwéi...

因为之前就一直认为...

I always thought...

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694

Tèbié nǐ shēnbiān de yī gè rén, nǐ jiāo tā de

特别你身边的一个人，你教他的

Especially a person I knew and taught,

695

Nǐ shì lǎoshī!

你是老师！

You were his teacher!

696

Dāngrán hǎojǐnián méiyǒu zàiyīqǐ le.

当然好几年没有在一起了。

But of course, (when we went to Hubei), we hadn't seen each other for many years.

697

Dànshì tā de biànhuà jiù ràng nǐ juéde wǒ yě yǒukěnéng biànde gèng hǎo.

但是他的变化就让你觉得我也可能变得更好。

But his improvement made me feel that I could be better.

698

Jiùshì tā ràng nǐ yìshí dào le nǐ de bùzú,

就是他让你意识到了你的不足，

So, he made you realize your weakness

699

háiyǒu jìnbù de kōngjiān?

还有进步的空间？

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and that you had more room to improve, right?

700

Duì, tóngshí wǒ kàn dào le tā... tā sìshí duō suì, duìbùduì?

对，同时我看到了他... 他四十多岁，对不对？

Right. Also, I saw that he was over 40 years old

701

Ránhòu hái nénggòu zhèyàng de pīnbó,

然后还能够这样的拼搏，

and still tried to improve.

702

tā zhèzhǒng jīngshén yě gǎnrǎn dào le wǒ,

他这种精神也感染到了我，

His spirit influenced me.

703

suǒyǐ wǒ yějiùshì yào jìxù jiāyóu, yào wánchéng yāo sì A.

所以我也就是要继续加油，要完成14A。

So, I should continue trying harder and complete a 14A route.

704

Nǐ píngcháng dōu zěnmē xùnlìan nǐ de shēntǐ ne?

你平常都怎么训练你的身体呢？

How do you usually train your body?

705

Tā kěndìng xūyào... shēntǐ de hěn duō bùwèi dōu yào hěn qiángzhuàng ba?

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它肯定需要... 身体的很多部位都要很强壮吧?

Many of your body parts need to be strong, right?

706

Yīnwèi zhège shì... yóuqíshì túshǒu pān shì fēicháng wēixiǎn de,

因为这个是... 尤其是徒手攀是非常危险的,

Especially when you do free climb, it's very dangerous. (I meant free solo climbing)

707

nǐ kěndìng yào yǒu hǎo de shēntǐ sùzhì cái nénggòu wánchéng zhèxiē xiànlù,

你肯定要有好的身体素质才能够完成这些线路,

You must need a strong body to complete these routes

708

érqiě nénggòu píng'ān de dàodá.

而且能够平安的到达。

and be safe.

709

Zhège jiùshìshuō zài bùtóng de nándù, nǐ xūyào yǒu bùtóng de nénglì.

这个就是说在不同的难度, 你需要有不同的能力。

Routes that have different level of difficulty require different abilities.

710

Bǐrú shuō nǐ gāng kāishǐ pá, nǐ gèng duō yào zhǎngwò yīxiē jīběn de jìqiǎo,

比如说你刚开始爬, 你更多要掌握一些基本的技巧,

For example, at the beginning, you may need more basic skills.

711

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nàme nǐ rúguǒ shuō nǐ yào wǎng yāo sì (A) zhège jíbié yào zǒu,

那么你如果说你要往14(A)这个级别要走，

But if you are trying to do routes that are 14A (advanced level),

712

nà nǐ jiùshì yào zài nǐ de shēnglǐ, xīnlǐ, yǐjí nǐ de tǐnéng shàngmian,

那你就是要在你的生理、心理，以及你的体能上面，

you need both physical and mental strength

713

zuòchū nǐ gèrén nénglì de zuì dà de yī gè qiánnéng de jīfā.

做出你个人能力的最大的一个潜能的激发。

so that you can be motivated to reach your best potential.

714

Érqiě bùjǐnjǐn zhǐshì xùnliàn pānyán,

而且不仅仅只是训练攀岩，

Also, we don't just do rock climbing training.

715

wèicǐ wǒ hái kāishǐ zhège dàgài yīniánduō qián,

为此我还开始这个大概一年多前，

Because of training, about a year ago,

716

wǒ jiù kāishǐ xùnliàn pǎobù a,

我就开始训练跑步啊，

I started to run.

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717

jiù wǒ de zōnghé de tǐnéng dōu yào zēngjiā,

就我的综合的体能都要增加，

I wanted to improve my overall fitness.

718

bāokuò wǒ yào qù kàn gèzhǒng shìpín,

包括我要去看各种视频，

I would also watch all kinds of videos

719

yǐjī gēn gèng duō de rén qù jiāoliú.

以及跟更多的人去交流。

and talk with people (rock climbers) to exchange experience.

720

Nǐ pǎobù shìbùshì... yǒu méiyǒu cānjiā guò yīxiē bǐsài?

你跑步是不是... 有没有参加过一些比赛?

Do you run to enter running competitions

721

Háishì zhǐshì wèile xùnlìan?

还是只是为了训练?

or do you do it just for training?

722

Wǒ cānjiā bǐsài yě shì wèile xùnlìan.

我参加比赛也是为了训练。

Even when I enter competitions, I also do it for training.

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723

Cānjiā guò shénme?

参加过什么?

What kind of competitions have you entered?

724

Yīnwèi wǒ zuò pǎobù zhǔyào shì wèile pānyán ma,

因为我做跑步主要是为了攀岩嘛,

I run mainly for rock climbing.

725

suǒyǐ wǒ cānjiā guò yīxiē bǐsài,

所以我参加过一些比赛,

So, when I enter competitions,

726

tā bìngbù zàiyú wǒ yào huòdé shénmeyàng de míngcì,

它并不在于我要获得什么样的名次,

I don't care about what kind of position I get.

727

gèng duō zàiyú zhěnggè guòchéng nénggòu duì wǒ yī gè duànliàn.

更多在于整个过程能够对我一个锻炼。

What I care about is the training that I get from the experience.

728

Wǒ cānjiā de zuì cháng de yīcì shì liùshíliù gōnglǐ de Mògān shān yuèyěpǎo.

我参加的最长的一次是66公里的莫干山越野跑。

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The longest competition I've entered was a cross country race that was 66km.

729

Tā zhège shì bǐ nàge quán Mǎ hái yào cháng de?

它这个是不是比那个全马还要长的？

Is that longer than a full marathon?

730

Duì, tā bùjǐnjǐn shì zhège chángdù cháng, érqǐě tā yǒu hǎibá,

对，它不仅仅是这个长度长，而且它有海拔，

Yes. Not only was the length longer, but also the altitude went

731

tā liùshíliù gōnglǐ hǎibá yīnggāi shàngshēng sān qiān wǔ yǐshàng ba.

它66公里海拔应该上升三千五以上吧。

as high as 3500 meters.

732

Wa, zhème gāo!

哇，这么高！

Wow! That's high!

733

Duì, jiùshì tā bùduàn de shàngxià shàngxià dá dào sān qiān wǔ.

对，就是它不断的上下上下达到三千五。

The mountains had ups and downs and the highest was 3500 meters.

734

Wǒmen dāngshí shì yè lǐmiàn shí yī diǎn kāishǐ pǎo,

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我们当时是夜里面十一点开始跑，

At that time, we started running at 11pm

735

ránhòu pǎo dào língchén shí diǎn duō zhōng,

然后跑到凌晨十点多钟，

until 10 o'clock early the next morning.

736

pǎo le shí·yī gè duō xiǎoshí.

跑了十一个多小时。

I ran for 11 hours.

737

Zǎoshang shí diǎnzhōng, shì ba?

早上十点钟，是吧？

You meant 10 o'clock in the morning, right?

738

Zǎoshang shí diǎn duō zhōng.

早上十点多钟。

Right.

739

Zhè zhōngjiān shì liánxù pǎo de ma?

这中间是连续跑的吗？

Was it a continuous run during that period?

740

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Liánxù pǎo, méiyǒu yī kè xiūxi de.

连续跑，没有一刻休息的。

Yes. There wasn't any moment that I rested.

741

Bù juéde kùn huòzhě shì è, lèi ma?

不觉得困或者是饿、累吗？

Didn't you feel sleepy, hungry or tired?

742

Duì, wǒ yě juéde... yī kāishǐ wǒ méiyǒu pǎo zhīqián,

对，我也觉得... 一开始我没有跑之前，

Before I ran, I also thought...

743

yīnwèi yè pǎo ma, wǒ yě méiyǒu pǎo guò,

因为夜跑嘛，我也没有跑过，

Since I never ran at night,

744

ránhòu ne zhīqián yě rènwéi huì, zhè pǎo yī pǎo, kùn le zěnmébàn?

然后呢之前也认为会，这跑一跑，困了怎么办？

I thought, what if I got sleepy during the run?

745

Shì a! | Duìbùduì?

是啊！ | 对不对？

Right! | Right?

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746

Dànshì nǐ yīdàn pǎo zhīhòu,

但是你一旦跑之后，

But once you start running,

747

nǐ zhěnggèrén de shēntǐ tā jiù méiyǒu kùn yì le,

你整个人的身体它就没有困意了，

you body won't feel sleepy

748

nǐ de dànǎo huòzhě shénme, tā jiù gēnzhe nǐ de shēntǐ lái le.

你的大脑或者什么，它就跟着你的身体来了。

and your brain will just follow your body.

749

Nā kěndìng yě huì lèi ba, è ba?

那肯定也会累吧，饿吧？

You must've been tired and hungry, right?

750

Wǒ xùnlìan de mùbiāo jiùshì zhèzhǒng yìzhìlì, yìzhì pǐnzhì,

我训练的目标就是这种意志力，意志品质，

The purpose of it was to train my willpower

751

bāokuò wǒ de chíxù de nàilì.

包括我的持续的耐力。

and my endurance.

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752

Nǐ pǎo de shíhòu dōu zài xiǎng shénme ne?

你跑的时候都在想什么呢?

What were you thinking when you were running?

753

Wǒ dāngshí pǎo de shíhòu, qíshí wǒ zuìduō xiǎng de shì...

我当时跑的时候，其实我最多想的是...

When I was running, what I thought about the most was... (he digressed)

754

wǒ yīnwèi méiyǒu jīngyàn ma,

我因为没有经验嘛，

Because I didn't have experience in this kind of running,

755

jiùshì méiyǒu dài nàge yī gè shǒuzhàng,

就是没有带那个一个手杖，

I didn't bring a walking stick.

756

dāngshí ne jiù děngyú shuō měicì páshān de shíhòu biéren yǒu shǒuzhàng,

当时呢就等于说每次爬山的时候别人有手杖，

Other people had walking sticks when they needed to hike,

757

wǒ měicì dōu yào qù zhǎo gùnzi, zhǎo zhúzi,

我每次都要去找棍子，找竹子，

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but I had to look for a wooden or bamboo stick

758

yīnwèi tā nàge zhúlín ma.

因为它那个竹林嘛。

because we were among bamboo forests.

759

Měicì wǒ xiǎng de shì, dào nǎlǐ qù zhǎo liǎng gēn gùnzi?

每次我想的是，到哪里去找两根棍子？

So, I was always thinking about where I could get two sticks.

760

Ránhòu pá dào dǐng zhīhòu wǒ yào bǎ gùnzi rēngdiào,

然后爬到顶之后我要把棍子扔掉，

When I reached the peak, I would throw away the sticks.

761

ránhòu dào xià yī chéng zài zhǎo liǎng gè gùnzi.

然后到下一程再找两个棍子。

Then, in the next section, I would go on and find two other sticks.

762

Nà tāmen ná zhe shǒuzhàng yě bùfāngbiàn a!

那他们拿着手杖也不方便啊！

It must've been inconvenient for them to carry the walking sticks!

763

Tā de shǒuzhàng tā shì zhédié de,

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他的手杖它是折叠的，

Their walking sticks were foldable

764

tā ránhòu kěyǐ wǎng bēibāo shàngmian yī sāi jiù kěyǐ le.

它然后可以往背包上面一塞就可以了。

and they could just stuff them into their bags.

765

Suǒyǐ dāngshí shì càiiniǎo ma yě bù dǒng, jiùshì...

所以当时是菜鸟嘛也不懂，就是...

At that time, I was a total newbie, so I didn't know anything.

766

Nà yě tǐng lìhai de, pǎo shíyī gè xiǎoshí!

那也挺厉害的，跑十一个小时！

Still, you were pretty good! You ran for 11 hours!

767

Bùguò dāngshí míngcì hái kěyǐ, pǎo le sānshíwǔ míng ba.

不过当时名次还可以，跑了35名吧。

But I ended up in the 35th position.

768

Zǒnggòng shì duōshao gè rén cānjiā?

总共是多少个人参加？

How many people participated in that competition?

769

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Shàng qiān rén ba, jiāngjìn

上千人吧，将近

About a thousand.

770

Wa! Sānshí wǔ míng hái suànshì tǐng lihai de!

哇！三十五名还算是挺厉害的！

Wow! 35th is really good!

771

Qíshí zài nǐ luǒ pān zhīqián,

其实在你裸攀之前，

In fact, before the naked climb,

772

nǐ yǒu tiǎozhàn guò qítā de yīxiē túshǒu pān de,

你有挑战过其它的一些徒手攀的，

you had done other free climbs

773

bǐrú shuō nǐ zài kāitóu de shíhou yǒu tídao guò de Ānhuī tiānzhù shān,

比如说你在开头的时候有提到过的安徽天柱山，

such as the Anhui Tianzhu mountain climb you mentioned at the beginning.

774

néng bùnéng miáoshù yīxià nàtiān de qíngkuàng?

能不能描述一下那天的情况？

Can you describe what happened that day?

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775

Tiānzhù shān qíshí nà cì tiǎozhàn wēixiǎn dù hái gèng dà,

天柱山其实那次挑战危险度还更大，

The climb that I did on Tianzhu mountain was actually more dangerous

776

yīnwèi tā nà zuò shānfēng fēnghuà bǐjiào yánzhòng.

因为它那座山峰风化比较严重。

because the rocks on that mountain were very weathered.

777

Shénme yìsi?

什么意思?

What does that mean?

778

Fēnghuà jiùshìshuō tā shàngmian yǒu hěn duō de suìshí,

风化就是说它上面有很多的碎石，

It meant that there were many cracked rocks

779

hěn duō de shítou dehuà tā dōu shì bùwěndìng.

很多的石头的话它都是不稳定。

that were not stable.

780

Érqiě tā nàge shānfēng zhīqián

而且它那个山峰之前

Also, before us,

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781

jiùshì méiyǒu rén cóng zhèngmiàn pānpá dào dǐng,

就是没有人从正面攀爬到顶，

nobody had climbed that mountain,

782

wǒmen yě méiyǒu pá dào, suǒyǐ jiù dìyīcì pá.

我们也没有爬到，所以就第一次爬。

including us. We were doing it for the first time.

783

Yīnwèi yǒu diànshìtái yǒu pāishè a shénmede,

因为有电视台有拍摄啊什么的，

Because there was a TV crew filming us,

784

nǐ bìxū yào yìngzhētóupí yě yào...

你必须要硬着头皮也要...

I had to force myself to... (he digressed)

785

Shì bǐsài, shì ba?

是比赛，是吧？

That was a competition, right?

786

Duì, gēn yī gè Àodàliya de yī gè rén bǐsài,

对，跟一个澳大利亚的一个人比赛，

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Yes. I was competing with an Australian climber

787

suǒyǐ yìngzhētóupí yě děi shàng.

所以硬着头皮也得上。

and I had to force myself to do it.

788

Jiùshì cúnzài yú gèzhǒng bù kěkòng de yīnsù de zài lǐmiàn ma,

就是存在于各种不可控的因素的在里面嘛，

There was a lot of things that were not under our control.

789

érqiě dāngshí qiányītiān xià yǔ, nàbian yě bǐjiào shī huá.

而且当时前一下雨，那边也比较湿滑。

For example, a day before our climb, it rained. So it was very slippery.

790

Hěn wēixiǎn!

很危险！

That was very dangerous!

791

Yīnwèi wǒmen de zhǔnbèi ne kěyǐ shuō yě bùshì hěn chōngfèn,

因为我们的准备呢可以说也不是很充分，

Actually, we weren't fully prepared.

792

yīnwèi dāngshí tāmen yě...

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因为当时他们也...

So at that time,

793

bāokuò jiùshìshuō zhège jǐngqū hái yǒu cèhuà huódòng,

包括就是说这个景区还有策划活动,

people that planned this event

794

tāmen yě méiyǒu yìshí dào, wǒmen yǒukěnéng pá dào dǐng.

他们也没有意识到, 我们有可能爬到顶。

didn't think that we could climb all the way to the top.

795

Duì, suǒyǐ tāmen rènwéi nǐ pá yīxià ma, pāi yīxià,

对, 所以他们认为你爬一下嘛, 拍一下,

They just thought that we could just climb a little bit so that they could film it.

796

zhège yǐjīng hěn niúbī le, zhège zài juébì shàngmian pānpá jiù kěyǐ le.

这个已经很牛逼了, 这个在绝壁上攀爬就可以了。

It was already pretty good since we were climbing on a cliff.

797

Dànshì wǒ dāngshí yī kàn, pá dào yībàn de shíhòu,

但是我当时一看, 爬到一半的时候,

But when I climbed half way and I saw that

798

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zhège tàiyang qilai le, duì ba?

这个太阳起来了，对吧？

the sun came out,

799

Yǒu tàiyang, ránhòu juéde zhège fēngjǐng yě bùcuò,

有太阳，然后觉得这个风景也不错，

and the scenery was very nice,

800

nà jiù zhèyàng mǎnmǎn pá.

那就这样慢慢爬。

I decided to continue climbing slowly.

801

Dàn jiùshìshuō zuì wēixiǎn de yī gè jiēduàn de shíhou,

但就是说最危险的一个阶段的时候，

But the most dangerous part

802

dào dǐngduān de shíhou, yǒu yī duàn hěn xiǎode lièfèng,

到顶端的时候，有一段很小的裂缝，

was at the top where there was a small fissure.

803

shàngmian zhège jīxiè sāi ne yě dǎ bù jìnqù,

上面这个机械塞呢也打不进去，

We couldn't screw in the spring-loaded camming device

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804

jiù méiyǒu sāizi kě fàng de wèizhi,

就没有塞子可放的位置，

because there was no place for it.

805

ránhòu lièfèng shàngmian yě yǒudiǎn cháo ma,

然后裂缝上面也有点潮嘛，

Also, the top of the fissure was a little wet

806

shàngmian quán shì níbā de xiǎo cǎo,

上面全是泥巴的小草，

because it was covered with mud and grass.

807

ránhòu zhège jiǎo cǎi de shì yī gè... jiùshì yī gè hěn guāng de miàn ma

然后这个脚踩的是一个... 就是一个很光的面嘛

The surface that I needed to step on was very smooth,

808

ránhòu kòu zhe nàge pá le yǒu shíjǐ mǐ, jiùshì hěn wēixiǎn de.

然后扣着那个爬了有十几米，就是很危险的。

and I climbed that fissure for over 10 meters. It was very dangerous.

809

Ránhòu pá dào dǐng de shíhou,

然后爬到顶的时候，

When I reached the peak,

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810

tā dǐng shàngmian fēnghuà zuì yánzhòng, yǒu hěn duō de suìshí,

它顶上面风化最严重，有很多的碎石，

the top was weathered the worst and there were many cracks.

811

wǒ dāngshí jìde yǒu yī gè shítou,

我当时记得有一个石头，

I remember at that time, there was a piece of rock

812

tā zài wǒ de tóudǐng, shì yī gè píngtái,

它在我的头顶，是一个平台，

that stuck out over my head.

813

wǒ kàn bùdào tā shàngmian shì shénme qíngkuàng,

我看不到它上面是什么情况，

I couldn't see what was going on up there.

814

ránhòu wǒ jiù shǒu bā zài shàngmian,

然后我就手扒在上面，

When I put my hands on it

815

ránhòu liǎng zhī shǒu shǐjìn yī zhuài,

然后两只手使劲一拽，

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and pulled up on it very hard,

816

ránhòu nàge zhěnggè shítou yīxiàzi jiùshì fēnkāi le,

然后那个整个石头一下子就是分开了，

the rock suddenly split,

817

sōng le jiù wǎng xià huá.

松了就往下滑。

became loose and started to come down.

818

Wāsāi! Wǒ dāngshí xià de...

哇塞！我当时吓得...

Wow! I was so scared!

819

Wǒ yīxià zhuā le shítou jiù huì diàoxià,

我一下抓了石头就会掉下，

If I kept holding the rock, I would fall.

820

érqiě wǒ xiàmian yǒu bǎohùzhě,

而且我下面有保护者，

Also, I had my anchor below me,

821

wǒmen liǎng gè dōu fēicháng wēixiǎn.

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我们两个都非常危险。

both me and him would be in danger.

822

Ránhòu yī bá chūlái zhīhòu,

然后一拔出来之后，

So, as soon as I pulled it out,

823

ránhòu wǒ lì mǎ rén tōngguò yāobù de lìliang bǎ zhěnggè rén jiù tuī jìn qù le.

然后我立马人通过腰部的力量把整个人就推进去了。

I immediately used my core strength to push it in.

824

Nàge shì dāngshí xià de yīshēnhàn!

那个是当时吓得一身汗！

I was so scared that I had sweat all over my body.

825

Xià dào le ba? | Duì

吓到了吧？ | 对

You must've been so scared! | Right.

826

Nǐ dāngtiān bùshì túshǒu pān ma?

你当天不是徒手攀吗？

Weren't you doing free (solo) climbing that day?

Note: Eileen thought “tushou” meant free solo climbing, that’s why I was confused when he said that he had an anchor.

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827

Túshǒu pān yě yǒu bǎohùzhě de, shì ba?

徒手攀也有保护者的，是吧？

Free (solo) climbing can also have anchors?

Note: Eileen thought "tushou" meant free solo climbing, that's why I was confused when he said that he had an anchor.

828

Wú bǎohù ne jiùshìshuō shì méiyǒu bǎohù shèshī,

无保护呢就是说是没有保护设施，

Free solo climbing means there isn't any protections,

829

túshǒu jiùshì wánquán yòng zhège...

徒手就是完全用这个...

but free climbing will use (safety equipment).

830

yī gè shì Free climbing, yī gè shì Free solo, liǎng zhǒng bù yī yàng de.

一个是Free climbing, 一个是Free solo, 两种不一样的。

So, free climbing and free solo climbing are different.

831

Free climbing jiùshì túshǒu,

Free climbing 就是徒手，

Free climbing is called "Tushou".

832

Free solo climbing jiùshì méiyǒu bǎohù, jiùshì wú bǎohù.

Free solo climbing就是没有保护，就是无保护。

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Free solo climbing is called "Wu Baohu" which means no protections.

833

Suǒyǐ nǐ nàtiān shì yǒu bǎohù de?

所以你那天是有保护的？

So, you did have protections that day?

834

Yǒu bǎohù, dànshì dàliàng de wèizhi dōu shì free solo,

有保护，但是大量的位置都是free solo，

Yes, I did. But a lot of the time, I was doing free solo climbing

835

yīnwèi méibànfǎ dǎ yánshí sāi.

因为没办法打岩石塞。

because I couldn't use any spring-loaded camming device.

836

Hǎoxiàng wǒ tīngshuō nàtiān qítā de duìyuán,

好像我听说那天其他的队员，

I heard that there were other climbing members

837

bǐrú shuō nàge Àodàliyà de,

比如说那个澳大利亚的，

such as the Australian climber, ...

838

tā jiù zhōngtú jiù tuìchū le. | dōu yào fàngqì le

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他就中途就退出了。 | 都要放弃了

He quit half way. | (They) all gave up.

839

Yīnwèi nàge quèshí yào yǒudiǎn "hún" cái gǎn pá.

因为那个确实要有点“浑”才敢爬。

Because you really needed to be a little “bold” to do it.

840

Suǒyǐ nǐ hái shì bǐjiào jiānchí de?

所以你还是比较坚持的?

So, you were pretty persistent, right?

841

Duì, yīnwèi wǒ kàn dào xiàmiàn yǒu hěn duō rén dōu zài zhǔnbèi zhe,

对，因为我看到下面有很多人都在准备着，

I saw many people that were preparing for this,

842

ránhòu xīnqíng yě bùcuò, ránhòu jiù pá dào dǐngshàng.

然后心情也不错，然后就爬到顶上。

and I was in a good mood, so I just kept climbing to the top.

843

Jiù bù dānxīn zhège chūwèntí ma?

就不担心这个出问题吗?

Weren't you worried that something might happen?

844

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Dāng zuìhòu xiàlai de shíhou jiùshì fēng hěn dà, yě hěn lěng,

当最后下来的时候就是风很大，也很冷，

When I came down, the wind was strong and it was cold.

845

yīnwèi zhěnggè guòchéng chíxù le yīnggāi yǒu hǎojǐ gè xiǎoshí ba,

因为整个过程持续了应该有好几个小时吧，

The whole climbing lasted several hours.

846

cóng zhōngwǔ yīzhí pá dào bàngwǎn ma, tiān yě bǐjiào hēi,

从中午一直爬到傍晚嘛，天也比较黑，

I climbed from mid-noon till dawn. It was very dark.

848

ránhòu wǒmen de zhège shéngzi zài xiàjiàng de guòchéng dāngzhōng ne

然后我们的这个绳子在下降的过程中呢

When we were coming down with the rope,

848

bèi kǎ (qiǎ) zài zhège yánshí fèng zhōng ma,

被卡在这个岩石缝中嘛，

the rope got stuck in a fissure.

849

ránhòu ne wǒmen... yīnwèi wǒmen yào xiàjiàng de shíhou

然后呢我们... 因为我们要下降的时候

When we came down,

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850

jièzhù shéngzi bùduàn xiàjiàng,

借助绳子不断下降，

we needed the rope to help us.

851

kǎ (qiǎ) zài yánshí zhōngjiān de shíhou, zhè shéngzi lǎoshi zhuài bù xiàlai,

卡在岩石中间的时候，这绳子老是拽不下来，

But it was stuck in the middle of a fissure and we couldn't pull it down.

852

wǒmen jiù méibànfǎ xià dào dìmiàn.

我们就没办法下到地面。

So, we couldn't come down to the ground.

853

Dāngshí tiān yě kuài hēi le, fēng chuī zhe yě hěn lěng,

当时天也快黑了，风吹着也很冷，

At that time, it was getting dark and the wind made us feel very cold.

854

zhè shíhou zěnmébàn?

这时候怎么办？

So, what could I do?

855

Méiyǒu biéde bànfǎ, zhǐyǒu shénme, shǐjìn de zhuài shéng.

没有别的办法，只有什么，使劲地拽绳。

The only thing I could do was to pull the rope harder.

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856

Ránhòu wǒmen jiù shǐjìn de zhuài,

然后我们就使劲地拽，

We pulled it very hard.

857

ránhòu zhège shéngzi qíshí shì qiǎ zài shítou fèng lǐmiàn,

然后这个绳子其实是卡在石头缝里面，

But because the rope was stuck in a fissure,

858

yī zhuài ránhòu jiù bǎ zhège shítou zhuài sōngdòng xiàlai,

一拽然后就把这个石头拽松动下来，

as we keeping pulling, the rock got loose

859

jiù zhíjiē jiù diēluò, shuāi luò xiàlai le.

就直接就跌落，摔落下来了。

and fell down.

860

Nàge shítou shuāi xiàlai le. | Méi zá dào rén ba?

那个石头摔下来了。 | 没砸到人吧？

That rock just fell down. | Did it hit anybody?

861

Jiù zá zài wǒ de jiǎo biān, ránhòu jiù yīzhí tán dào xiàqù le.

就砸在我的脚边，然后就一直弹到下去了。

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It landed right besides my foot. Then, it bounced all the way down.

862

Xiàmiàn shèyǐng de rén dōu xià sǐ le. | Nà nǐ háishi tǐng xìngyùn de!

下面摄影的人都吓死了。 | 那你还是挺幸运的！

The photographers that were below me were scared to death. | You were so lucky!

863

Qiánmiàn shítou méiyǒu diào xiàlai, ránhòu zhège yòu méi zá dào nǐ.

前面石头没有掉下来，然后这个又没砸到你。

The rock before didn't fall and this one didn't hit you.

864

Shìde, suǒyǐ xiàng zhè yīcì...

是的，所以像这一次...

Yes. This climb...

865

Tiānzhù shān de zhè yīcì quèshí pá wán zhīhòu ràng rén jīnghún bùdìng a.

天柱山的这一次确实爬完之后让人惊魂不定啊。

After climbing the Tianzhu mountain, I was really frightened.

866

Nǐ xiànzài rúguǒ shuō huíxiǎng yǐqián tiǎozhàn guò de yīxiē

你现在如果说回想以前挑战过的一些

If you recall all the challenging

867

bǐjiào wēixiǎn de xiànlù,

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比较危险的线路，

and dangerous routes you have done,

868

yǒu méiyǒu juéde hòuhuǐ de?

有没有觉得后悔的？

was there any one that you regretted doing?

869

Jiùshì bǐrú shuō luǒ pān ya huòzhě shì nǐ zhè cì Ānhuī,

就是比如说裸攀呀或者是你这次安徽，

For example, the naked climb and this time in Anhui.

870

yǒu méiyǒu shuō, āi ya! Wǒ dāngshí zhēn de bù yīnggāi qù de?

有没有说，唉呀！我当时真的不应该去的？

Have you ever felt that you shouldn't have done it?

871

Zhè yīnggāi shuō hòupà ba, hòuhuǐ, bù hòuhuǐ.

这应该说后怕吧，后悔，不后悔。

I should say that I was scared afterwards. But no regrets.

872

Méiyǒu, shì ba? | Duì

没有，是吧？ | 对

No, right? | Yes.

873

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Yīnwèi bìjìng wǒ yīzhí bǐngchéng zhe yào zuò yī gè bù yīyàng de rén ma,

因为毕竟我一直秉承着要做一个不一样的人嘛，

Because I've always had the idea of wanting to be a different person,

874

huòzhě shuō jiùshì bùgānyú píngfán.

或者说就是不甘于平凡。

or you can say that I refuse to be mediocre.

875

Zuìhòu wǒ jiù xiǎng wèn yīxià nǐ,

最后我就想问一下你，

Lastly, I'd like to ask some questions

876

jiùshì xiǎngyào zhīdào yīxiē nǐ de xiǎngfǎ.

就是想要知道一些你的想法。

so that I can get to know more about your thinking.

877

Wǒmen zhīdào zài Zhōngguó ne bùlùn shì fùmǔ háishi shèhuì,

我们知道在中国呢不论是父母还是社会，

As we know, in China, whether parents or society

878

tāmen duì nánxìng de qīdài kěnéng dōu shì nǐ yǒu yī fèn wěndìng de gōngzuò,

他们对男性的期待可能都是你有一份稳定的工作，

have this expectation of men and that is they should have a stable job,

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879

ránhòu dào le yīdìng de niánlíng nǐ jiù gǎnjīn de jiéhūn shēngzǐ,

然后到了一定的年龄你就赶紧地结婚生子，

get married and have kids by a certain age.

880

zhǔyào ne háishi xīwàng nǐ de shìyèyǒuchéng, bǐjiào wěndìng.

主要呢还是希望你的事业有成，比较稳定。

Mainly, it is hoped that they will have a successful and stable job.

881

Nà duìyú nǐ zhèzhǒng jiùshì kěnéng yǔzhòngbùtóng de rén ba,

那对于你这种就是可能与众不同的人吧，

For somebody like you who is different

882

nǐ xiǎngfǎ yě kěnéng shì yǒudiǎn bù tài yīyàng,

你想法也可能是有点不太一样，

and have different thinking

883

kěnéng yě bùshì hěn zhīchí.

可能也不是很支持。

perhaps, (society) might not be supportive.

884

Nà nǐ juéde nǐ wèishénme huì zuòchū zhèyàng yǔzhòngbùtóng de shì ne?

那你觉得你为什么会做出这样与众不同的事呢？

So, why did you think you could do something that was so different?

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885

Yǒu méiyǒu shénme shì nǐ xiǎngyào chuándá gěi zhège shìjiè?

有没有什么是你想要传达给这个世界?

Is there any message that you'd like to give to the world?

886

Gèng zhòngyào de shì chuándá gěi Zhōngguó de yīxiē niánqīng de nánxìng?

更重要的是传达给中国的一些年轻的男性?

More importantly, a message to young Chinese men?

887

Zhǔyào cóng liǎng gè fāngmiàn lái shuō ma.

主要从两个方面来说嘛。

Looking at it mainly from two aspects.

888

Dìyī gè jiùshì wǒ zuò de, bǐrú shuō zuò pānyán guǎn,

第一个就是我做的, 比如说做攀岩馆,

(I try to give a message) first, by my actions, such as opening a rock climbing gym,

889

jiù ràng dàjiā qù tǐyàn pānyán, qù liǎojiě zhè xiàng yùndòng.

就让大家去体验攀岩, 去了解这项运动。

to allow people to experience and to get to know this sport.

890

Dì'èr gè běnshēn wǒ zuò le hěn duō yīxiē cháng rén bù lǐjiě de

第二个本身我做了很多一些常人不理解的

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The second one is by the many risky things I've done

891

huòzhě zuò yīxiē màoxiǎn de,

或者做一些冒险的，

that common people don't understand.

892

yǐjí zuò yīxiē dàzhòng chuánméi, jìnxíng chuánbō de yīxiē shìqíng.

以及做一些大众传媒，进行传播的一些事情。

I also engage in promoting this (sport).

893

Zhè liǎng jiàn shìqíng qíshí dōu shì jīyú yī gè mùdì,

这两件事情其实都是基于一个目的，

Actually, both things are based on one goal

894

jiùshì ràng gèng duō de rén ne qù liǎojiě zhège yùndòng,

就是让更多的人呢去了解这个运动，

and that is to let more people know about this

895

qù tīyàn zhège pānyán.

去体验这个攀岩。

and experience rock climbing.

896

Nà wèishénme wǒ yào qù bǎ suǒyǒu de zhège shēngmìng,

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那为什么我要去把所有的这个生命，

So, why do I put all my life,

897

suǒyǒu de zhège shíjiān,

所有的这个时间，

time

898

wǒ suǒyǒu de jīnglì quánbù dōu fàng zài pānyán shàng?

我所有的精力全部都放在攀岩上？

and energy on rock climbing?

899

Yīnwèi wǒ juéde pānyán ne tā jiùshì wǒ de zhěnggè de shìyè hé shēngmìng,

因为我觉得攀岩呢它就是我的整个的事业和生命，

Because I feel that rock climbing is my life mission

900

yīnwèi tā shì wǒ yùdào de suǒyǒu yùndòng dāngzhōng

因为它是我遇到的所有运动当中

and the most genuine sport I've ever encountered

901

wǒ rènwéi zuì zhēnshí de yùndòng.

我认为最真实的运动。

in my life.

902

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Érqiě zuì nénggǒu chùdòng rén zhège xīnlíng,

而且最能够触动人这个心灵，

Also, it can touch people's heart

903

gěi nǐ dàilái yīzhǒng zhènhàn tǐyàn de dōngxi.

给你带来一种震撼体验的东西。

and bring thrilling experiences.

904

Zhège bǐrú dìyī gè suǒwèi de zhēnshí,

这个比如第一个所谓的真实，

What I mean by "genuine" is that

905

bǐrú shuō wǒ kàn dào yī gè rén qù pānyán,

比如说我看到一个人去攀岩，

when a person is doing rock climbing

906

bùguǎn shì dìyīcì dì'èrcì,

不管是第一次第二次，

whether for the first time or the second time,

907

wǒ dōu néng kàndào nǐ de xìnggé shì zěnmeyàng de,

我都能看到你的性格是怎么样的，

I can see what his/her personality is

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908

tā zhíjiē fǎnyìng dào nǐ de xìnggé.

它直接反映到你的性格。

because it reflects one's personality.

909

Yīnwèi zài pānyán dāngzhōng, tā méiyǒu rènhe jiǎde dōngxi,

因为在攀岩当中，它没有任何假的东西，

Rock climbing doesn't have anything that is fake.

910

nǐ néng pá shàngqù, nǐ dāng nǐ miànduì kǒngjù de shíhou,

你能爬上去，你当你面对恐惧的时候，

When you climb and face your fears,

911

nǐ suǒyǒu de biǎoxiàn, duì ba?

你所有的表现，对吧？

how do you react?

912

Nǐ yīcì yīcì, nǐ dìyīcì pá dào dǐng,

你一次一次，你第一次爬到顶，

After you reach each peak, the first time, the second time,

913

nǐ huìbùhuì xuǎnzé gèng nán de qù tiǎozhàn?

你会不会选择更难的去挑战？

will you select more difficult routes (later) to challenge yourself?

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914

Nǐ shìbùshì yī gè bùduàn jìnjǔ de rén?

你是不是一个不断进取的人?

Are you a person that constantly fight for improvement?

915

Nǐ yùdào le kùnnan, nǐ shìbùshì xiàng fùmǔ...

你遇到了困难，你是不是向父母...

If you encounter difficulties, will you ask your parents...

916

yǒude xiǎohái xiàng fùmǔ qiújiù,

有的小孩向父母求救，

Some kids will ask for help from their parents.

917

A! Wǒ bùxíng le!

啊！我不行了！

The kids might say: "I can't do it!"

918

Wǒ zài shàngmian hǎo wēixiǎn, nǐ kuài lái bāng wǒ!

我在上面好危险，你快来帮我！

It is so dangerous up here. Come and help me!"

919

Háishi shuō wǒ zìjǐ qù kèfú kùnnan, wǒ yī bù yī bù de qù pá,

还是说我自己去克服困难，我一步一步的去爬，

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Or will they try to overcome the difficulty by climbing one step at a time?

920

zhèxiē dōu nénggòu hěn zhíguān míngliǎo,

这些都能够很直观明了，

All these actions will clearly

921

zhíjiē néng kànchū nǐ de yīxiē xìnggé.

直接能看出你的一些性格。

and directly reflect one's personality.

922

Suǒyǐ wǒ shuō tā hěn zhēnshí.

所以我说它很真实。

That is why I say it is genuine.

923

Zhèzhǒng zhēnshí shì zài wǒmen rìcháng shēnghuó dāngzhōng suǒ quēshǎo de,

这种真实是在我们日常生活当中所缺少的，

This kind of authenticity is what we lack in our daily life.

924

bùguǎn nǐ zài gōngzuò hé shēnghuó dāngzhōng nǐ yào qù zuò...

不管你在工作和生活当中你要去做...

Whether you're working or living, you need to do...

925

bùyīdìng shuō shì wéixīn de,

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不一定说是违心的，

things not necessarily against your will,

926

nǐ yào qù wéichí biǎomiàn de yīxiē dōngxi,

你要去维持表面的一些东西，

but that requires you to maintain some facade

927

nǐ yào zuò yīxiē nǐ bùxiǎng zuò de shìqíng yě hǎo háishi shénme.

你要做一些你不想做的事情也好还是什么。

or to do things that you don't really want.

928

Nǐ yào zhēnshí de biǎodá zìjǐ de huánjìng bìngbù duō.

你要真实的表达自己的环境并不多。

There isn't many situations that allow you to express your true self.

929

Ér nǐ qù pānyán guǎn, nǐ qù yěwài,

而你去攀岩馆，你去野外，

But when you go to a rock climbing gym or outdoor (rock wall),

930

nǐ kěyǐ zhēnshí biǎodá nǐ de fènnù, nǐ de kǒngjù, nǐ de hàipà.

你可以真实表达你的愤怒，你的恐惧，你的害怕。

you can freely express your anger, fears and worries.

931

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Jiù zhè yīdiǎn duìyú wǒ láishuō shì wǒ suǒ xǐhuan de.

就这一点对于我来说是我所喜欢的。

This is what I like about it (rock climbing).

932

Nàme tèbié duìyú niánqīngrén láishuō,

那么特别对于年轻人来说，

Especially for young people,

933

yào yǒu yīzhǒng yǒngyú qù tànsuǒ quánxīn de zìwǒ de

要有一种勇于去探索全新的自我的

they need to have the desire and courage to explore

934

zhèyàng de yīzhǒng... zhèzhǒng xūqiú.

这样的一种... 这种需求。

and discover their true self.

935

Niánqīng qíshí tā shì zuì yǒu shēngmìnglì de,

年轻其实它是最有生命力的，

You're most alive when you're young.

936

hěn duō de shíhou nǐ dào le sìshí suì huòzhě wǔshí suì,

很多的时候你到了40岁或者50岁，

When you're 40 or 50, ...

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937

dāngrán wǒ gèng duō de shuō de shì yīzhǒng xīntài,

当然我更多的说的是一种心态，

(By old,) I meant more of a mindset.

938

yīdàn nǐ de xīntài lǎo le, nǐ jiù bù yuànyì qù chángshì xīn de yùndòng,

一旦你的心态老了，你就不愿意去尝试新的运动，

Once your mind is old, you are not willing to try new sports,

939

chángshì xīn de shìwù, qù liǎojiě tā.

尝试新的事物，去了解它。

or new things to understand them.

940

Xīn de dōngxi, xīn de shìwù cái néng jīfā nǐ de qiánnéng.

新的东西，新的事物才能激发你的潜能。

But only new things can stimulate you (to reach) your potential.

941

Kě bùkěyǐ jiǎng yīxià jiùshì nǐ měitiān wèn zìjǐ de wèntí nàge...?

可不可以讲一下就是你每天问自己的问题那个...?

Can you talk about the questions that you ask yourself every day?

942

Qíshí shì gēnjù zìjǐ de yīxiē shēnghuó dāngzhōng de gǎnshòu qù wèn yīxiē dōngxi,

其实是根据自己的一些生活当中的感受去问一些东西，

Actually, I ask myself questions based on my everyday life experience.

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943

bǐrú shuō: shénme dòngwù tā zhège shuìmián shíjiān zuì cháng?

比如说：什么动物它这个睡眠时间最长？

For example: which animal sleeps the most?

944

Shénme dòngwù shuìmián shíjiān zuì duǎn?

什么动物睡眠时间最短？

And which animal sleeps the least?

945

Nǐ kěyǐ huídá yīxià ma?

你可以回答一下吗？

Can you answer?

946

Nǐ zěnmé huì chǎnshēng zhèxiē qíqíguàiguài de wèntí ne? | Bǔrǔdòngwù

你怎么会产生这些奇奇怪怪的问题呢？ | 哺乳动物

Where did these weird questions come from? | It is a mammal.

947

Duì, zhèxiē wèntí jiùshì wǒ huì wèn dào yīxiē wèntí de běnzhì,

对，这些问题就是我会问到一些问题的本质，

I ask these questions because I want to know about the essence of things.

948

bǐrú nàtiān wǒ tèbié kùn, lǎoshi xiǎng shuìjiào,

比如那天我特别困，老是想睡觉，

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For example, one day I was very sleepy and kept wanting to sleep.

949

wǒ kāichē lǎoshi kùn.

我开车老是困。

I was driving while feeling sleepy.

950

Wǒ jiù zài xiǎng, zhège wèishénme yào shuìjiào?

我就在想，这个为什么要睡觉？

So, I was wondering, why do we need to sleep?

951

Zhè shuìjiào duì rén láishuō shìbùshì hěn bìyào?

这睡觉对人来说是不是很必要？

Is sleeping necessary for humans?

952

Ránhòu wǒ jiù qù liǎojiě zhège shuìmián.

然后我就去了解这个睡眠。

Then, I tried to find more information about sleeping.

953

Shuìmián tā nénggòu duì rén yǒu hěn hǎo de

睡眠它能够对人有很好的

I understood that sleeping

954

zhège huànxǐng zuòyòng, xiūfù de nénglì, duì ba?

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这个唤醒作用，修复的能力，对吧？

has a function of repairing (our cells).

955

Nà shénme dòngwù tā shì zuì... shuì de zuì jiǔ de?

那什么动物它是最... 睡得最久的？

Then, (the question) became which animal sleeps the most.

956

Ránhòu wǒ jiù huì qù liǎojiě... | Shénme dòngwù?

然后我就会去了解... | 什么动物？

I then tried to find out... | Which animal?

957

Dāi bù chūlái, shì ba? | Cāi bù chūlái.

猜不出来，是吧？ | 猜不出来。

You cannot guess? | No.

958

Tā qíshí shì zài hēi'àn de huánjìng xià de nàge dòngwù.

它其实是在黑暗的环境下的那个动物。

That animal lives in a dark environment.

959

Biānfú ma?

蝙蝠吗？

Bats?

960

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Yes! Tài lìhai le!

Yes! 太厉害了!

Yes! That's impressive!

961

Nà shénme dòngwù shuì de zuì duǎn ne?

那什么动物睡得最短呢?

Which animal sleeps the least then?

962

Māo ma?

猫吗?

Cats?

963

Bùshì, tā shì yī gè zhège shícǎodòngwù.

不是，它是一个这个食草动物。

No. It's a herbivorous animal.

964

Yáng a?

羊啊?

Sheep?

965

Bùshì, tā de bózi zuì cháng.

不是，它的脖子最长。

No. Their necks are the longest.

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966

O, chángjǐnglù! | Duì

哦，长颈鹿！ | 对

Ah... giraffe! | Right!

967

Shì ma? | Duì

是吗？ | 对

Really? | Yes.

968

Suǒyǐ nǐ shì tōngguò wèn zìjǐ zhèxiē wèntí

所以你是通过问自己这些问题

Basically, you ask yourself these questions

969

lái liǎojiě zhège shìjiè, shì ba?

来了解这个世界，是吧？

in order to understand the world better, right?

970

Duì, yě shì gēnjù zìjǐ de gǎnshòu,

对，也是根据自己的感受，

Yes. Also, based on my feelings,

971

ránhòu qù zhuīsù zhège wèntí de gēnyuán,

然后去追溯这个问题的根源，

I will trace back to the root of a question.

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972

ránhòu zài (lái) qù yánshēn qù yuèdú.

然后再 (来)去延伸去阅读。

Then I read about it.

973

Yě shì tōngguò wèn wèntí zhège fāngshì ma,

也是通过问问题这个方式嘛，

Still, you use the method of asking yourself questions

974

lái ràng zìjǐ liǎojiě gèng duō de shìqíng.

来让自己了解更多的事情。

to understand more things.

975

Nà nǐ shìbùshì yě tuījiàn qítā de yīxiē rén

那你是不是也推荐其他的一些人

Do you also recommend that other people

976

yě yòng zhège fāngfǎ lái liǎojiě gèng duō de zhīshi?

也用这个方法来了解更多的知识?

use this method to gain more knowledge?

977

Kěyǐ a!

可以啊！

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Sure!

978

Zhège dōngxi jiùshìshuō měicì... jīshǎochéngduō ma.

这个东西就是说每次... 积少成多嘛。

The knowledge will add up to something great over time.

979

Zēngjiā zìjǐ de yuèdú, dàn yuèdú yàoyǒu zhēnduìxìng, yàoyǒu sīkǎo xìng,

增加自己的阅读，但阅读要有针对性，要有思考性，

Increase your reading, but with a purpose and thinking,

980

zhèyàng dehuà nǐ jiù huì rìjīyuèlěi,

这样的话你就会日积月累，

this way, you will start accumulating knowledge

981

nǐ jiù huì yǒu yīxiē quánxīn de biànhuà.

你就会有一些全新的变化。

and you will change a lot.

982

Hǎo, fēichángǎnxiè jīntiān jiēshòu wǒmen cǎifǎng!

好，非常感谢今天接受我们采访！

Thank you very much for doing this interview!

983

wǒ yě xué dào le hěn duō xīn de dōngxi, guānyú pānyán zhèxiē.

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我也学到了很多新的东西，关于攀岩这些。

I have also learned many new things and gained knowledge about rock climbing.

984

Hǎo, xièxie!

好，谢谢！

Thank you!