



Learn with Pictures and Video S2

Staying Fit with Cantonese Exercises

15

Traditional	2
Jyutping	2
English	2
Vocabulary	2
Grammar Points	4

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Traditional Chinese

朋友在打網球。
女人正在跑道上跑。
男人在山上跳。
機械人郁動手臂。
女人正在游泳池游泳。

Jyutping

pang4 jau5 zoi6 daa2 mong5 kau4
nei5 jan2 zing3 zoi6 paau2 dou6 soeng6 paau2
naam4 jan2 zoi6 saan1 soeng6 tiu3
gei1 haai6 jan4 juk1 dung6 sau2 bei3
nei5 jan2 zing3 zoi6 jau4 wing6 ci4 jau4 wing6

English

The friends are playing tennis on the tennis court.
The woman is running on the track.
The man is jumping on top of the mountain.
The robot is moving its arms.
The woman is swimming in the pool.

Vocabulary

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Traditional	Jyutping	English
朋友	pang4 jau5	friend
女人	nei5 jan2	woman
男人	naam4 jan2	man
網球	mong5 kau4	tennis
跑道	paau2 dou6	running track
跑	paau2	to run
山	saan1	mountain, hill
跳	tiu3	to jump, to hop
機械人	gei1 haai6 jan4	robot
手臂	sau2 bei3	arm
郁動	juk1 dung6	to move
游泳池	jau4 wing6 ci4	swimming pool
游泳	jau4 wing6	to swim

Vocabulary Sample Sentences

我有好多朋友。	ngo5 jau5 hou2 do1 peng4 jau5	I have many friends.
女人正在刷牙。	nei5 jan2 zing3 zoi6 caat3 ngaa4	The woman is brushing her teeth.
男人在練習拳擊技巧。	naam5 jan2 zoi6 lin6 zaap6 kyun4 gik1 gei6 haau2	The man is practicing his boxing skills.
年輕人正在打網球。	nin4 heng1 jan4 zing3 zoi6 daa2 mong5 kau4	The young men are playing tennis.
女人正在跑道上跑。	nei5 jan2 zing3 zoi6 paau2 dou6 soeng6 paau2	The woman is running on the track.
女人正在跑道上跑。	nei5 jan2 zing3 zoi6 paau2 dou6 soeng6 paau2	The woman is running on the track.
爺爺身體好健壯，經常上山採藥。	je4 je4 san1 tai2 hou2 gin6 zong3, ging1 soeng4 soeng6 saan1 coi2 joek6	My grandfather's very healthy and always goes to pick herbs in the mountains.
袋鼠跳過農村的圍欄。	doi6 syu2 tiu3 guo3 muk6 coeng4 dik1 wai4 laan4	The kangaroos are jumping over the fence in the outback.
機械人正在郁動手臂。	gei1 haai6 jan4 zing3 zoi6 yuk1 dung6 sau2 bei3	The robot is moving its arms.
機械人正在郁動手臂。	gei1 haai6 jan4 zing3 zoi6 yuk1 dung6 sau2 bei3	The robot is moving its arms.
機械人正在郁動手臂。	gei1 haai6 jan4 zing3 zoi6 yuk1 dung6 sau2 bei3	The robot is moving its arms.

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女人正在游泳池游泳。	dung6 sau2 bei3 nei5 jan2 zing3 zoi6 jau4 wing6 ci4 jau4 wing6	The woman is swimming in the pool.
女人正在游泳池游泳。	nei5 jan2 zing3 zoi6 jau4 wing6 ci4 jau4 wing6	The woman is swimming in the pool.

Grammar Points

The focus of this lesson is tense comparison in Cantonese.
Present tense, Present Progressive tense, and Past tense

In this lesson you'll learn the difference between the different tenses in the Cantonese language: present tense, present progressive tense, and past tense.

1. 朋友在打網球。

pang4 jau5 zoi6 daa2 mong5 kau4

"The friends are playing tennis."

Tense	Cantonese	Romanization	English
non-past tense	朋友打網球。	pang4 jau5 daa2 mong5 kau4	"The friends play tennis."
present progressive tense	朋友在打網球。	pang4 jau5 zoi6 daa2 mong5 kau4	"The friends are playing tennis."
past tense	朋友打過網球。	pang4 jau5 daa2 gwo3 mong5 kau4	"The friends played tennis."

2. 女人正在跑道上跑。

nei5 jan2 zing3 zoi6 paau2 dou6 soeng6 paau2

"The woman is running on the track."

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Tense	Cantonese	Romanization	English
non-past tense	女人在跑道上跑。	nei5 jan2 zoi6 pau2 dou6 soeng6 pau2	"The woman runs on the track."
present progressive tense	女人正在跑道上跑。	nei5 jan2 zing3 zoi6 pau2 dou6 soeng6 pau2	"The woman is running on the track."
past tense	女人曾經在跑道上跑。 。	nei5 jan2 cang4 ging1 zoi6 pau2 dou6 soeng6 pau2	"The woman ran on the track."

3. 男人在山上跳。

naam4 jan2 zoi6 saan1 soeng6 tiu3

"The man is jumping on top of the mountain."

Tense	Cantonese	Romanization	English
non-past tense	男人在山上跳。	naam4 jan2 cang4 ging1 zoi6 saan1 soeng6 tiu3	"The man jump on top of the mountain."
present progressive tense	男人在山上跳。	naam4 jan2 zoi6 saan1 soeng6 tiu3	"The man is jumping on top of the mountain."
past tense	男人曾經在山上跳。	naam4 jan2 cang4 ging1 zoi6 saan1 soeng6 tiu3	"The man jumped on top of the mountain."

4. 機械人動手臂。

gei1 haai6 jan4 zing3 zoi6 juk1 dung6 sau2 bei3

"The robot is moving its arms."

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Tense	Cantonese	Romanization	English
non-past tense	機械人郁動手臂。	gei1 haai6 jan4 juk1 dung6 sau2 bei3	"The robot moves its arms."
present progressive tense	機械人郁動手臂。	gei1 haai6 jan4 juk1 dung6 sau2 bei3	"The robot is moving its arms."
past tense	機械人郁動了手臂。	gei1 haai6 jan4 juk1 dung6 liu5 sau2 bei3	"The robot moved its arms."

5. 女人正在游泳池游泳。

nei5 jan2 zing3 zoi6 jau4 wing6 ci4 jau4 wing6

"The woman is swimming in the pool."

Tense	Cantonese	Romanization	English
present tense	女人在游泳池游泳。	nei5 jan2 zoi6 jau4 wing6 ci4 jau4 wing6	"The woman swims in the pool."
present progressive tense	女人正在游泳池游泳。 。	nei5 jan2 zing3 zoi6 jau4 wing6 ci4 jau4 wing6	"The woman is swimming in the pool."
past tense	女人在游泳池游過泳。 。	nei5 jan2 zli6 jau4 wing6 ci4 jau4 gwo3 wing6	"The woman swam in the pool."