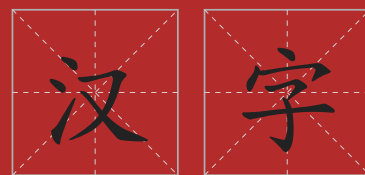


# HSK 5 Handwriting Practice Workbook

150 official handwriting characters - Mi Zi Ge grid

For the New HSK 3.0 / 2026 syllabus



## What is inside

- 150 HSK 5 handwriting characters from the official HSK 5 writing list.
- Two tracing boxes plus twenty-two blank Mi Zi Ge boxes for every character.
- A 30-day practice plan: 5 characters per day, with review days built in.
- A quick index so learners can check exactly which HSK 5 characters require handwriting.

### Teacher's note

HSK 5 has far more characters to recognize than to handwrite. Use this workbook for the 150 characters that need focused handwriting practice; keep reading widely for recognition characters.

Prepared for MandarinZone.com

Print on A4 paper. Recommended: one page per day or one topic-based set per week.

Practice goal: build accurate handwriting for the 150 HSK 5 characters that the new syllabus separates from recognition-only characters.

Best routine: learn 5 characters a day. For each character, trace twice, write twenty-two times, then write one HSK 5 word or sentence that contains the character.

Review rule: after every 25 characters, do a short dictation review. Cover the model character and write from memory.

### 30-day practice plan

Day 1	chars 1-5	Day 11	chars 51-55	Day 21	chars 101-105
Day 2	chars 6-10	Day 12	chars 56-60	Day 22	chars 106-110
Day 3	chars 11-15	Day 13	chars 61-65	Day 23	chars 111-115
Day 4	chars 16-20	Day 14	chars 66-70	Day 24	chars 116-120
Day 5	chars 21-25	Day 15	chars 71-75	Day 25	chars 121-125
Day 6	chars 26-30	Day 16	chars 76-80	Day 26	chars 126-130
Day 7	chars 31-35	Day 17	chars 81-85	Day 27	chars 131-135
Day 8	chars 36-40	Day 18	chars 86-90	Day 28	chars 136-140
Day 9	chars 41-45	Day 19	chars 91-95	Day 29	chars 141-145
Day 10	chars 46-50	Day 20	chars 96-100	Day 30	chars 146-150

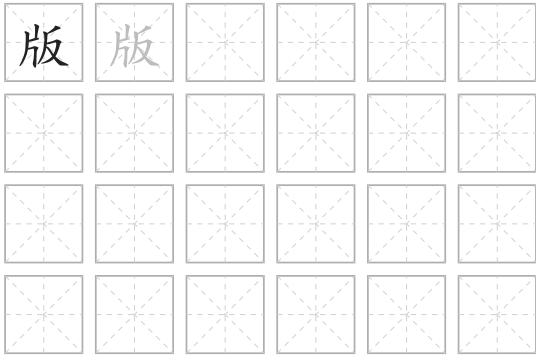
### Character index

001-015	版	扮	伴	宝	贝	币	闭	补	布	采	册	测	叉	吵	沉
016-030	称	承	尺	冲	充	虫	抽	丑	臭	传	创	代	胆	旦	挡
031-045	敌	冻	斗	豆	独	吨	范	防	访	疯	佛	府	妇	搞	贡
046-060	构	古	柜	哈	含	胡	湖	华	挥	挤	甲	架	艰	局	巨
061-075	军	均	靠	宽	亏	括	劳	泪	类	立	良	疗	烈	领	令
076-090	龙	陆	录	骂	秘	某	念	派	配	盆	碰	匹	拼	齐	欠
091-105	曲	杈	劝	忍	晒	舍	设	神	升	胜	诗	石	似	势	守
106-120	私	素	宿	挑	团	退	拖	伟	未	胃	武	夕	析	席	闲
121-135	显	县	形	宣	寻	训	咬	依	乙	亿	义	益	映	余	玉
136-150	圆	载	造	占	召	政	织	制	治	致	猪	竹	抓	状	追

001

版

model

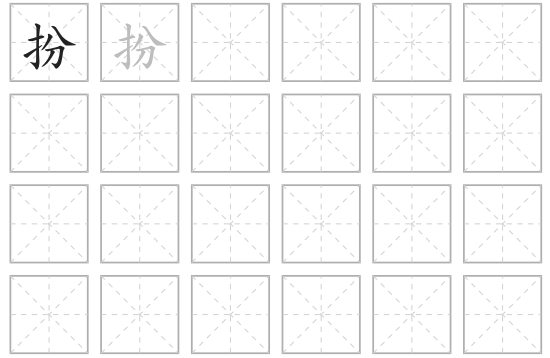


Word or sentence: \_\_\_\_\_

002

扮

model

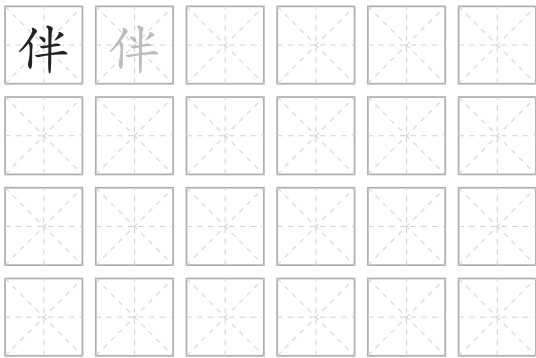


Word or sentence: \_\_\_\_\_

003

伴

model

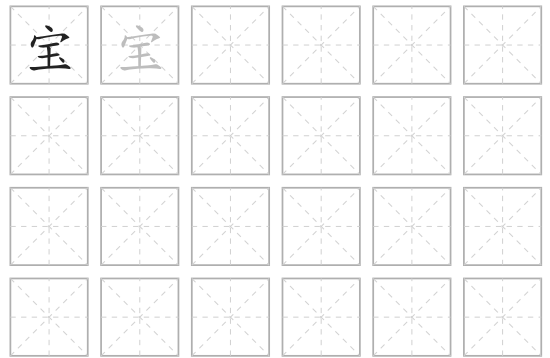


Word or sentence: \_\_\_\_\_

004

宝

model

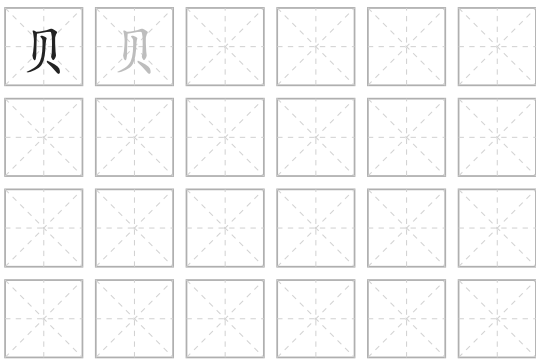


Word or sentence: \_\_\_\_\_

005

贝

model

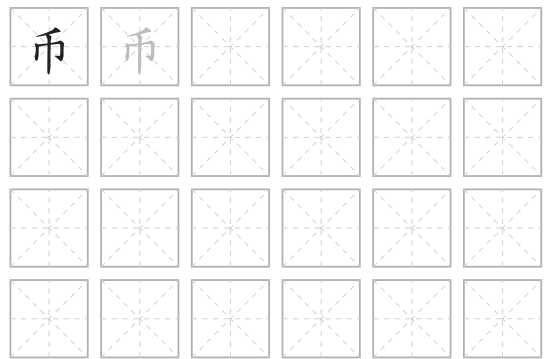


Word or sentence: \_\_\_\_\_

006

币

model

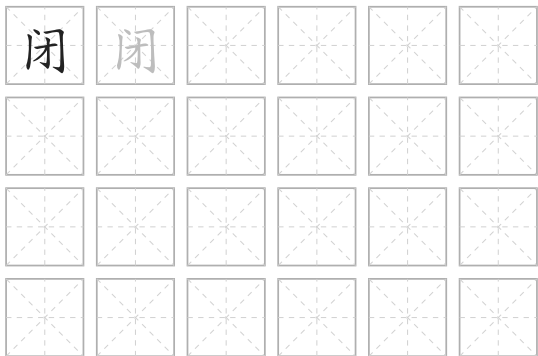


Word or sentence: \_\_\_\_\_

007

闭

model

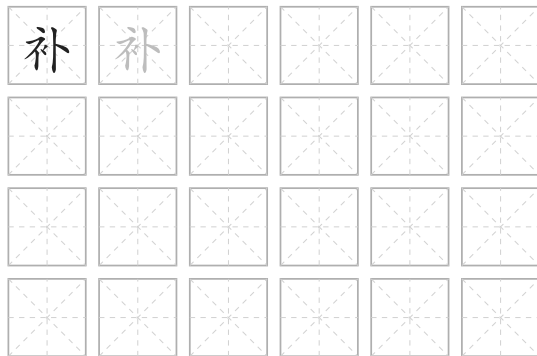


Word or sentence: \_\_\_\_\_

008

补

model

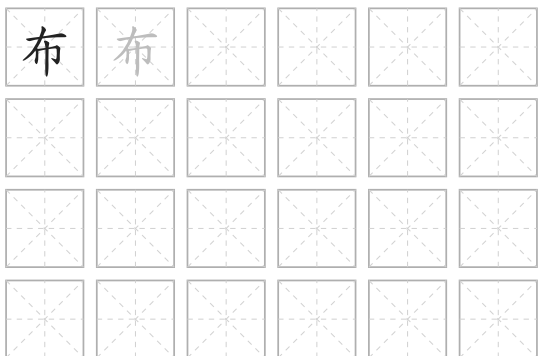


Word or sentence: \_\_\_\_\_

009

布

model

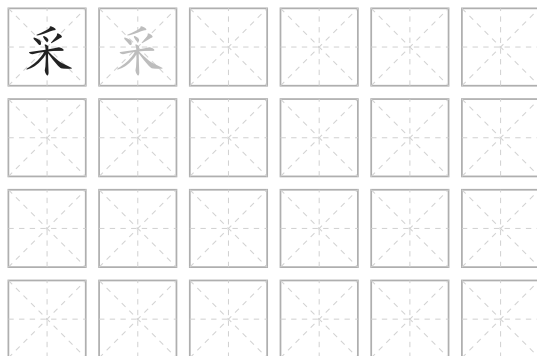


Word or sentence: \_\_\_\_\_

010

采

model

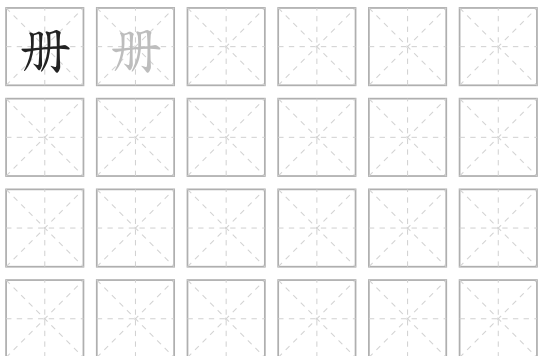


Word or sentence: \_\_\_\_\_

011

册

model

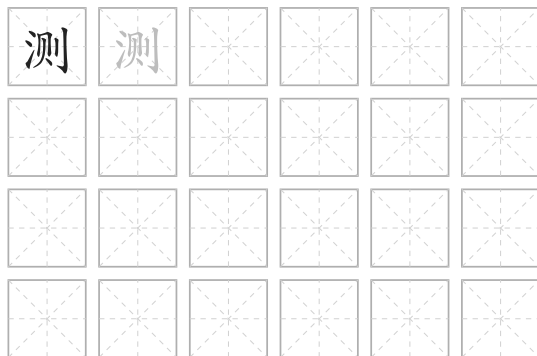


Word or sentence: \_\_\_\_\_

012

测

model

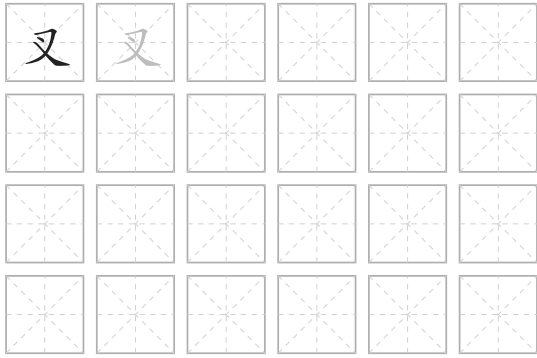


Word or sentence: \_\_\_\_\_

013

又

model

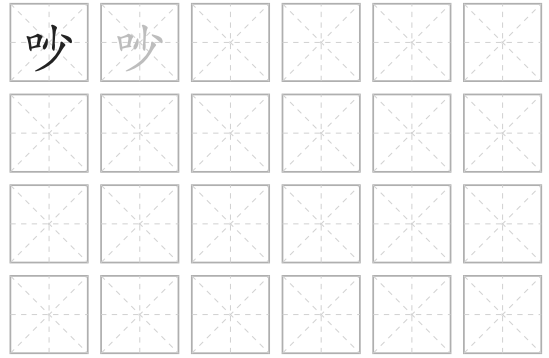


Word or sentence: \_\_\_\_\_

014

吵

model

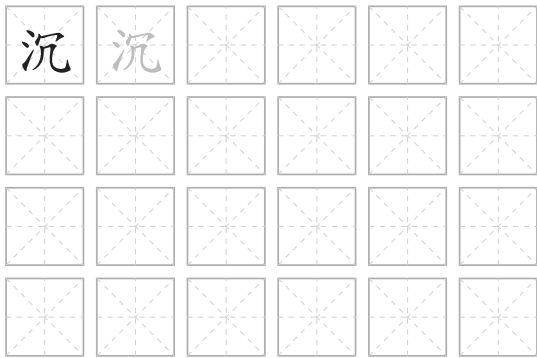


Word or sentence: \_\_\_\_\_

015

沉

model

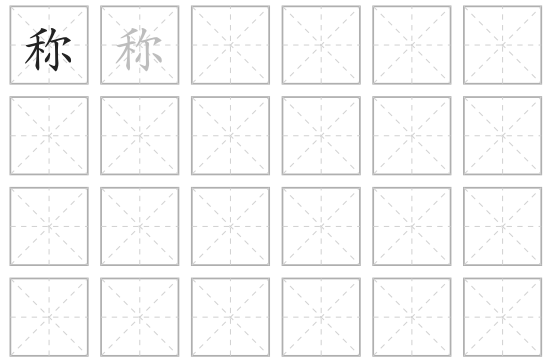


Word or sentence: \_\_\_\_\_

016

称

model

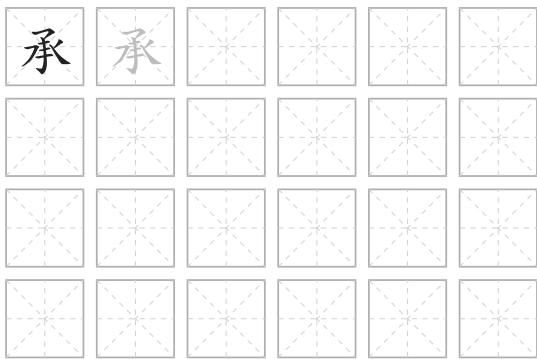


Word or sentence: \_\_\_\_\_

017

承

model

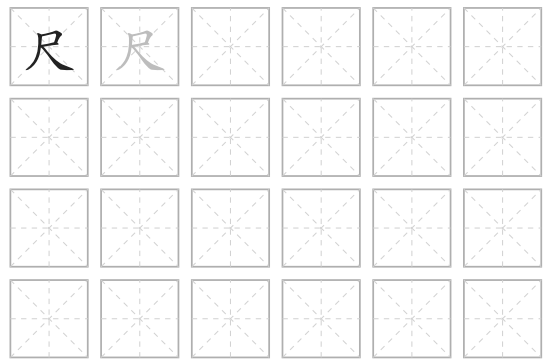


Word or sentence: \_\_\_\_\_

018

尺

model



Word or sentence: \_\_\_\_\_

019

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model

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Word or sentence: \_\_\_\_\_

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Word or sentence: \_\_\_\_\_

021

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model

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Word or sentence: \_\_\_\_\_

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Word or sentence: \_\_\_\_\_

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Word or sentence: \_\_\_\_\_

024

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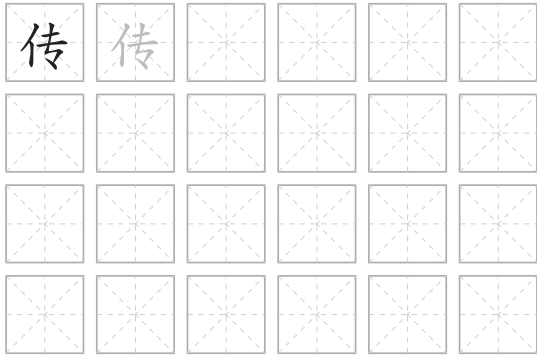
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Word or sentence: \_\_\_\_\_

025

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model

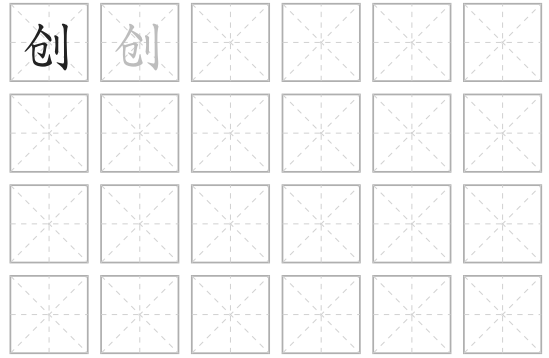


Word or sentence: \_\_\_\_\_

026

创

model

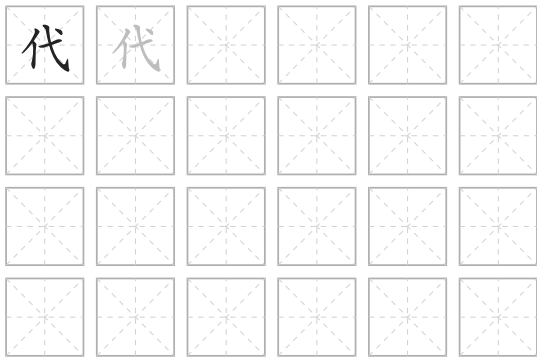


Word or sentence: \_\_\_\_\_

027

代

model

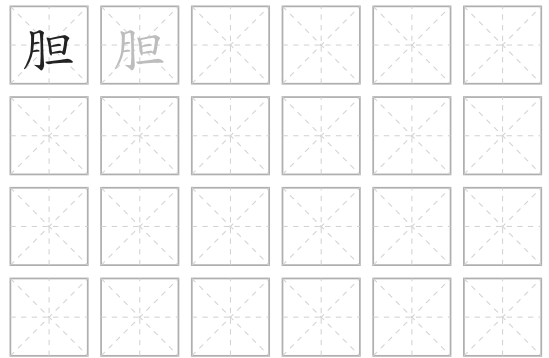


Word or sentence: \_\_\_\_\_

028

胆

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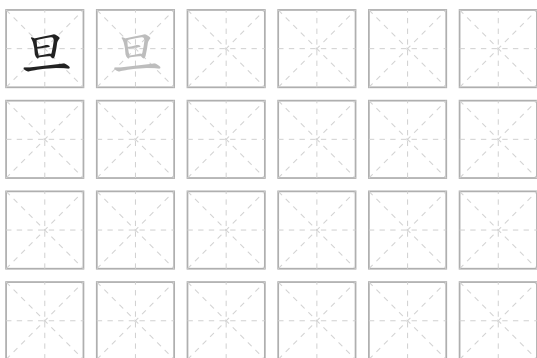


Word or sentence: \_\_\_\_\_

029

旦

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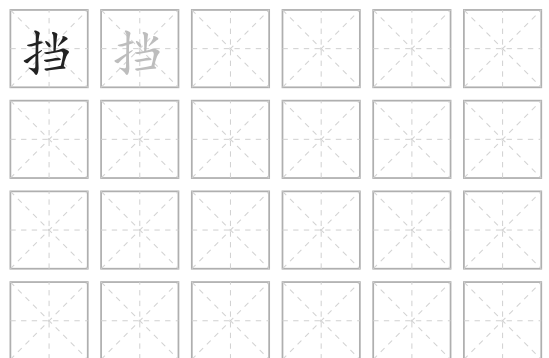


Word or sentence: \_\_\_\_\_

030

挡

model

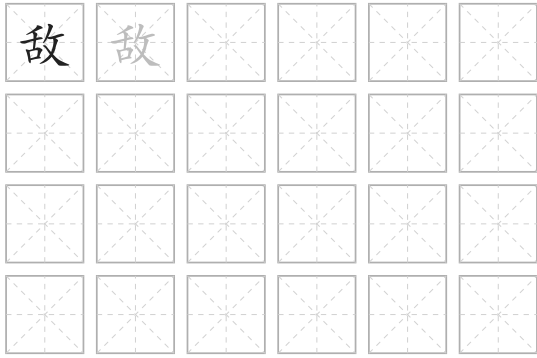


Word or sentence: \_\_\_\_\_

031

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model

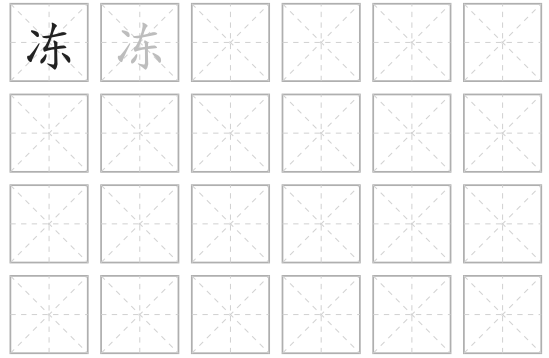


Word or sentence: \_\_\_\_\_

032

冻

model

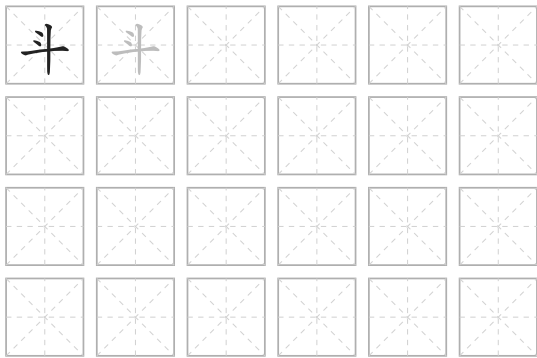


Word or sentence: \_\_\_\_\_

033

斗

model

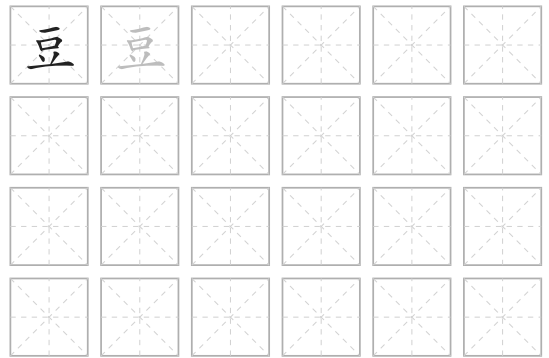


Word or sentence: \_\_\_\_\_

034

豆

model

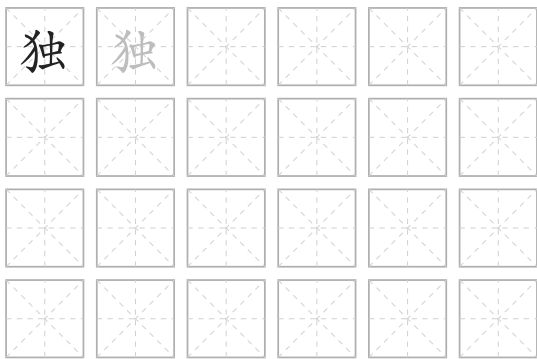


Word or sentence: \_\_\_\_\_

035

独

model

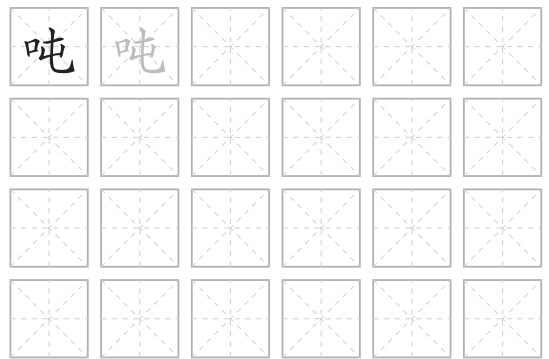


Word or sentence: \_\_\_\_\_

036

吨

model

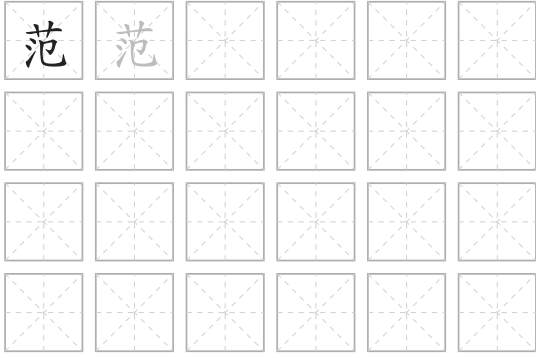


Word or sentence: \_\_\_\_\_

037

范

model

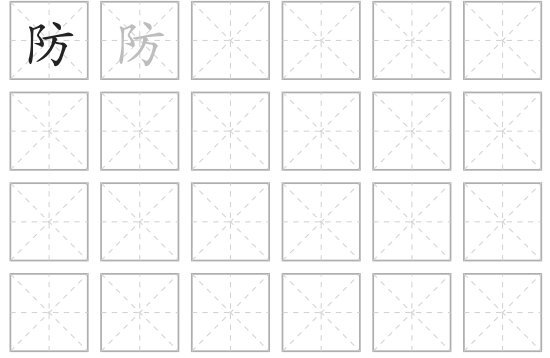


Word or sentence: \_\_\_\_\_

038

防

model

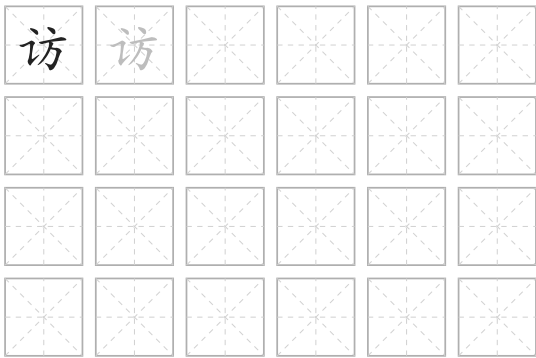


Word or sentence: \_\_\_\_\_

039

访

model

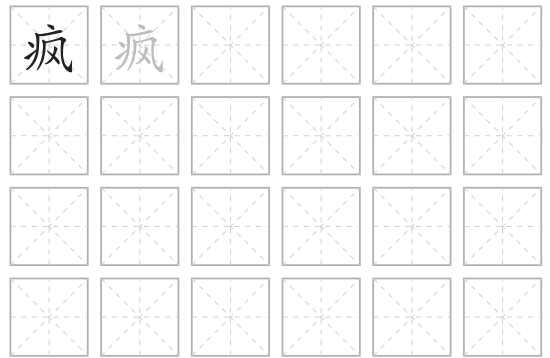


Word or sentence: \_\_\_\_\_

040

疯

model

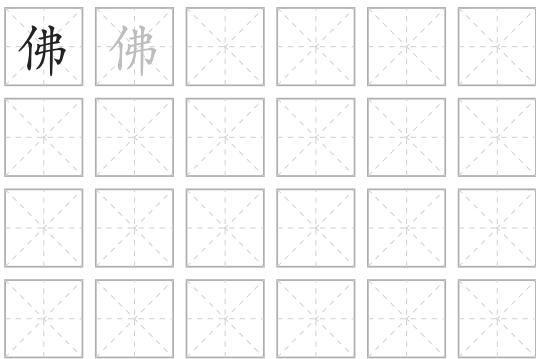


Word or sentence: \_\_\_\_\_

041

佛

model

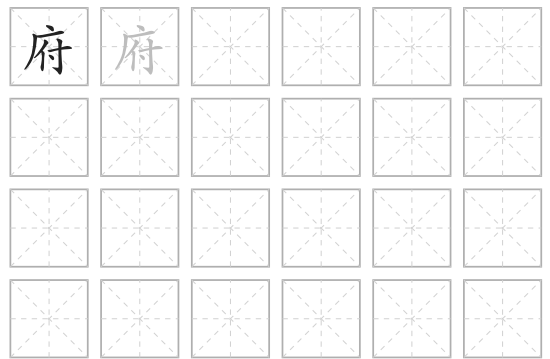


Word or sentence: \_\_\_\_\_

042

府

model

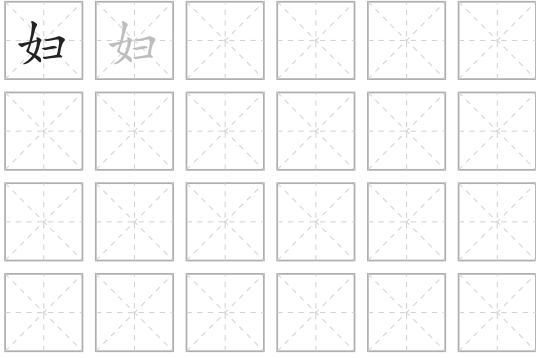


Word or sentence: \_\_\_\_\_

043

妇

model

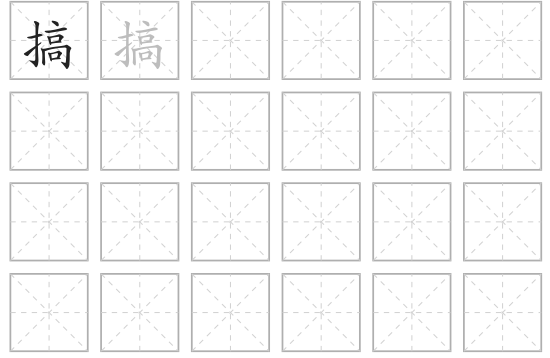


Word or sentence: \_\_\_\_\_

044

搞

model

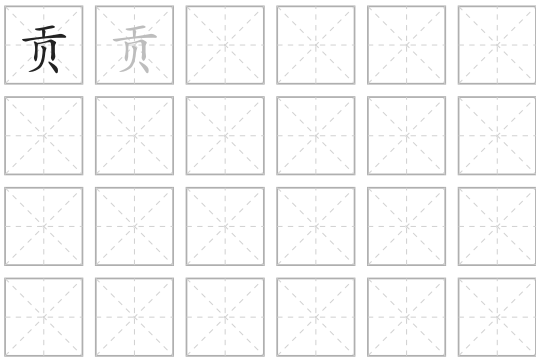


Word or sentence: \_\_\_\_\_

045

贡

model

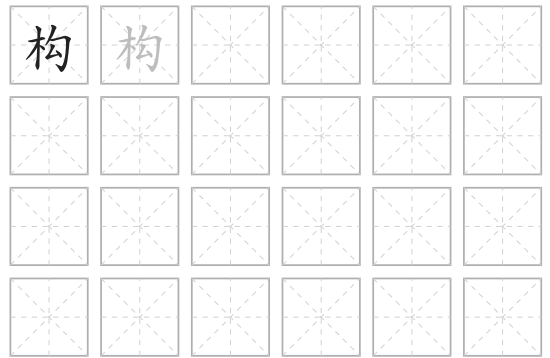


Word or sentence: \_\_\_\_\_

046

构

model

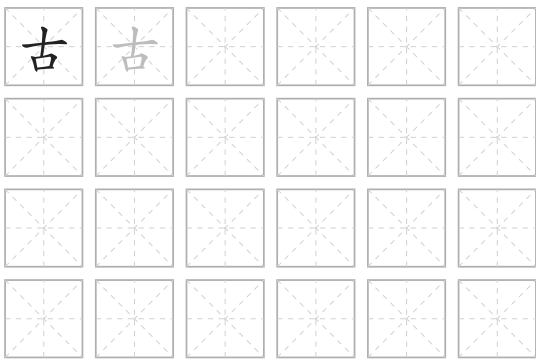


Word or sentence: \_\_\_\_\_

047

古

model

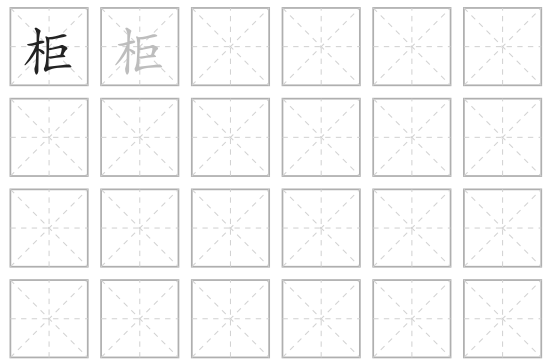


Word or sentence: \_\_\_\_\_

048

柜

model

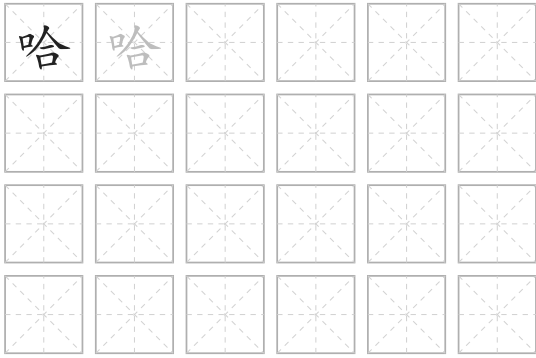


Word or sentence: \_\_\_\_\_

049

哈

model

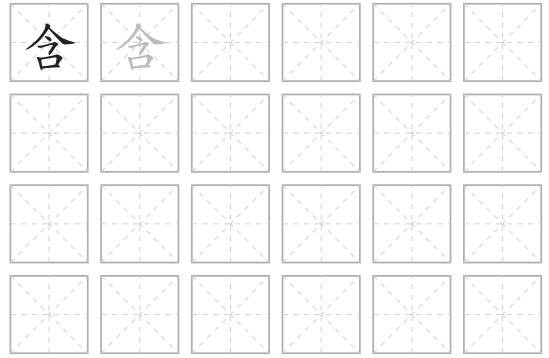


Word or sentence: \_\_\_\_\_

050

含

model

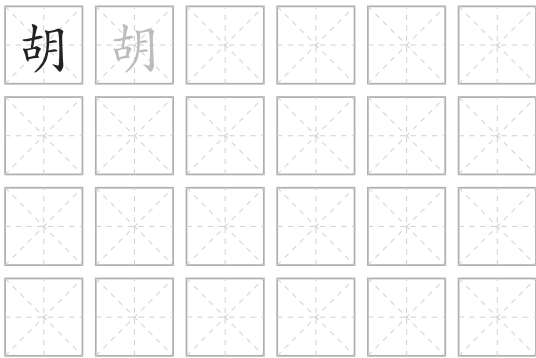


Word or sentence: \_\_\_\_\_

051

胡

model

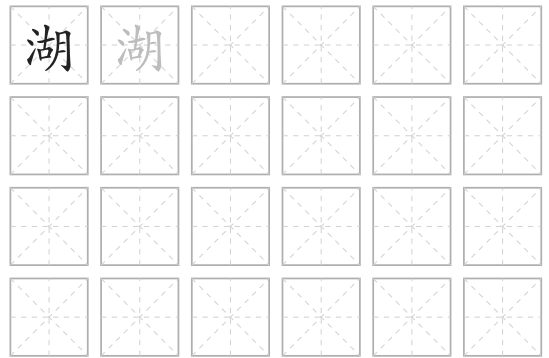


Word or sentence: \_\_\_\_\_

052

湖

model

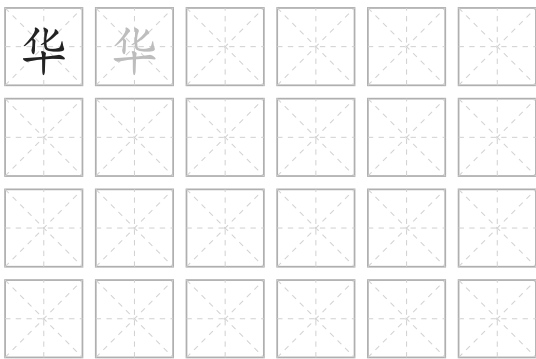


Word or sentence: \_\_\_\_\_

053

华

model

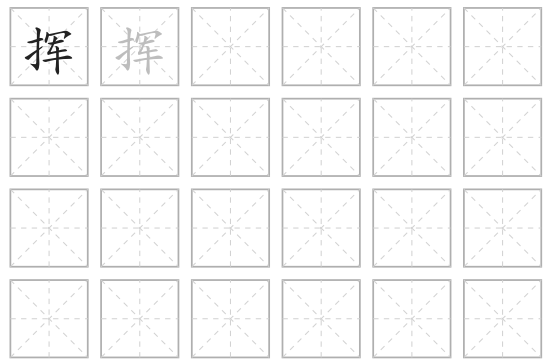


Word or sentence: \_\_\_\_\_

054

挥

model

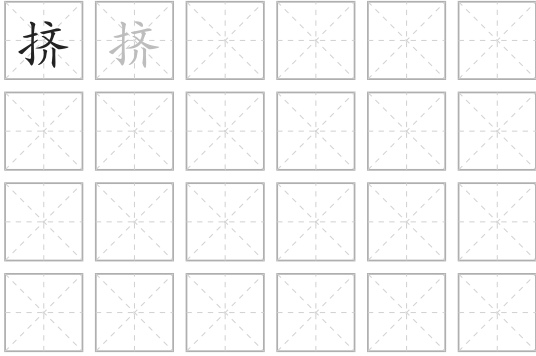


Word or sentence: \_\_\_\_\_

055

挤

model

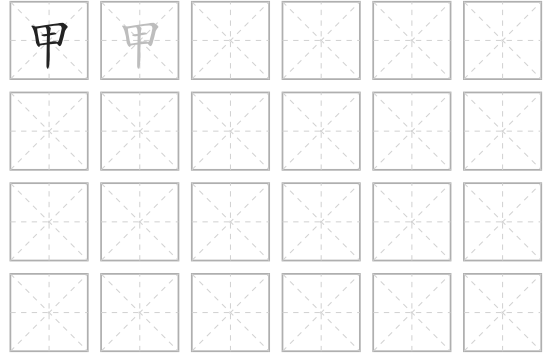


Word or sentence: \_\_\_\_\_

056

甲

model

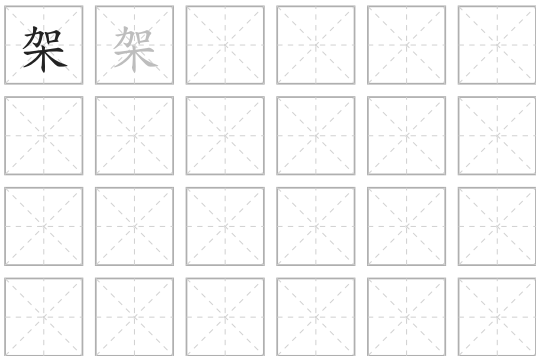


Word or sentence: \_\_\_\_\_

057

架

model

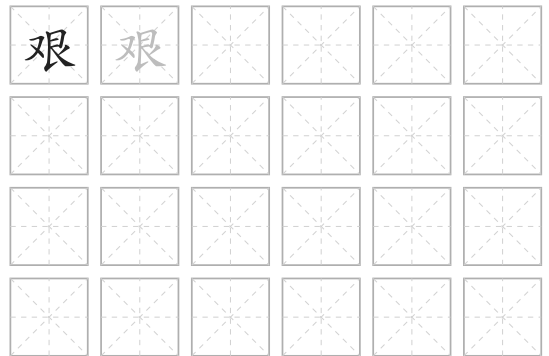


Word or sentence: \_\_\_\_\_

058

艰

model

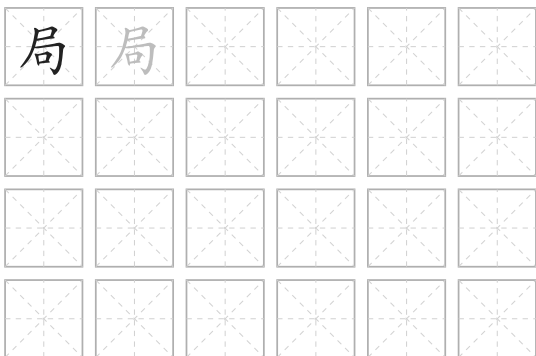


Word or sentence: \_\_\_\_\_

059

局

model

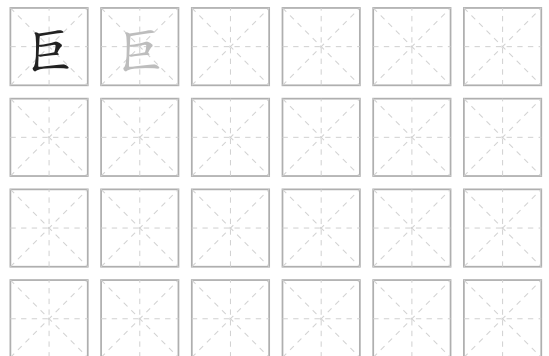


Word or sentence: \_\_\_\_\_

060

巨

model

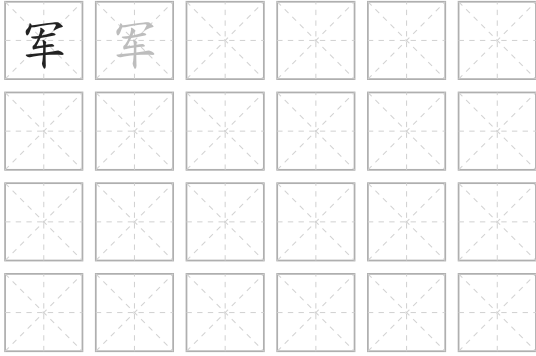


Word or sentence: \_\_\_\_\_

061

军

model

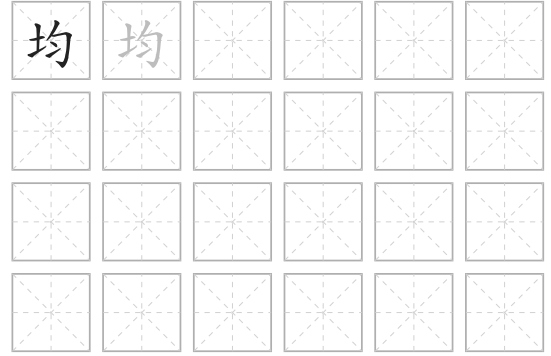


Word or sentence: \_\_\_\_\_

062

均

model

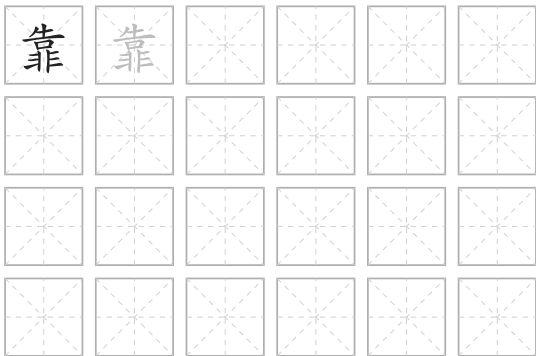


Word or sentence: \_\_\_\_\_

063

靠

model

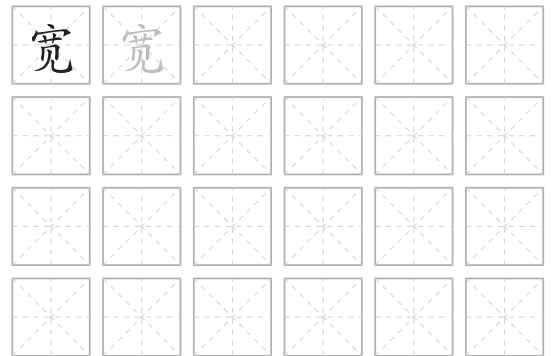


Word or sentence: \_\_\_\_\_

064

宽

model

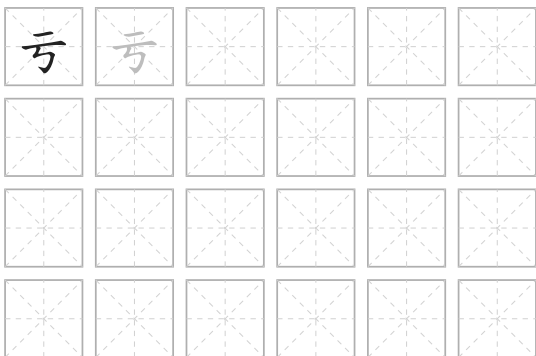


Word or sentence: \_\_\_\_\_

065

亏

model

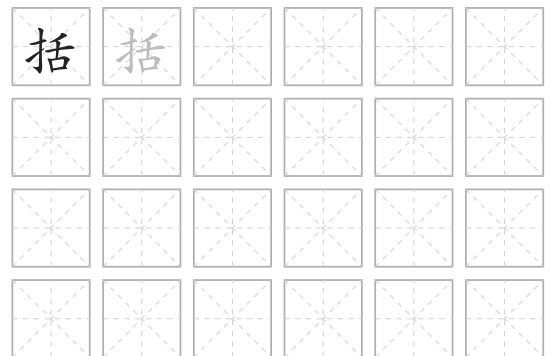


Word or sentence: \_\_\_\_\_

066

括

model

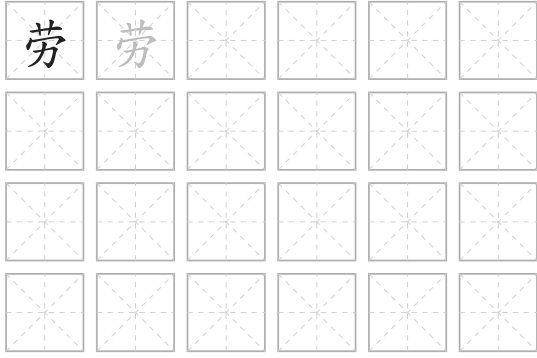


Word or sentence: \_\_\_\_\_

067

劳

model

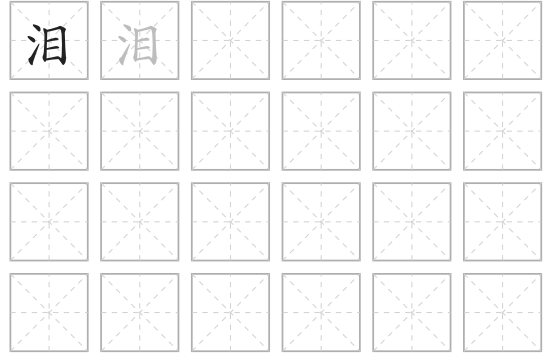


Word or sentence: \_\_\_\_\_

068

泪

model

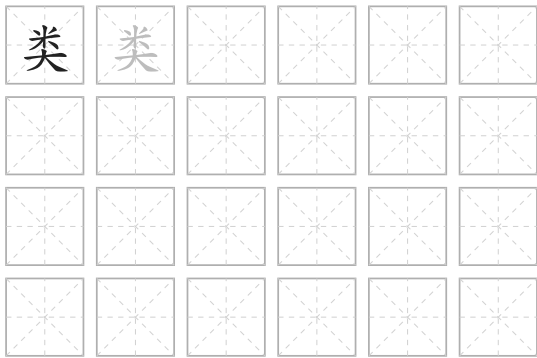


Word or sentence: \_\_\_\_\_

069

类

model

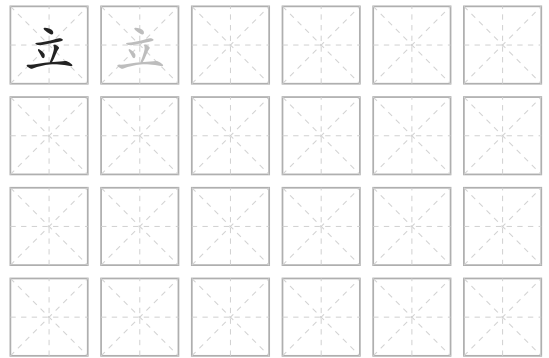


Word or sentence: \_\_\_\_\_

070

立

model

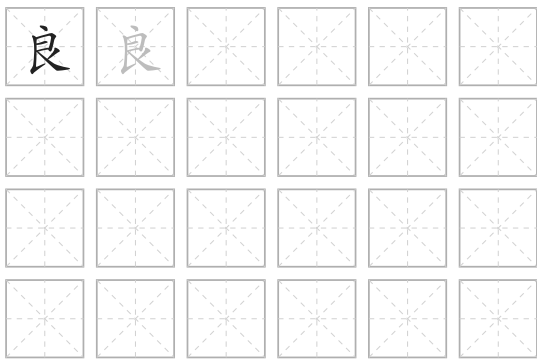


Word or sentence: \_\_\_\_\_

071

良

model

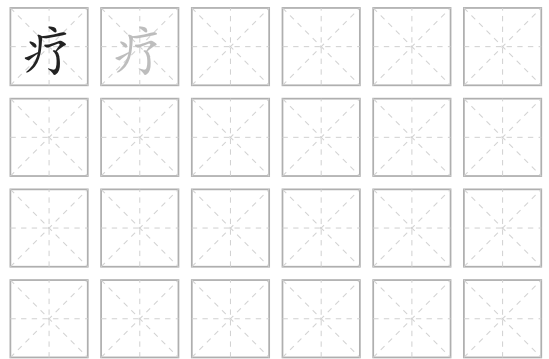


Word or sentence: \_\_\_\_\_

072

疗

model

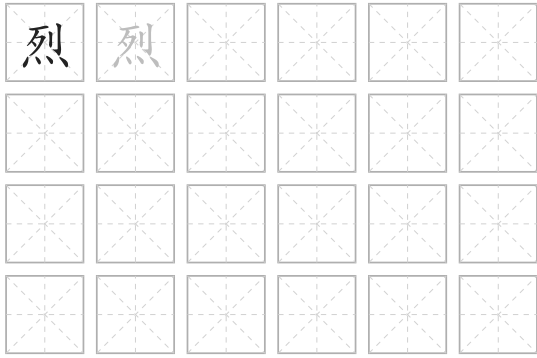


Word or sentence: \_\_\_\_\_

073

烈

model

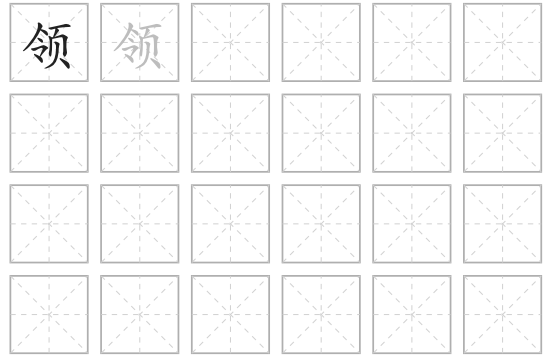


Word or sentence: \_\_\_\_\_

074

领

model

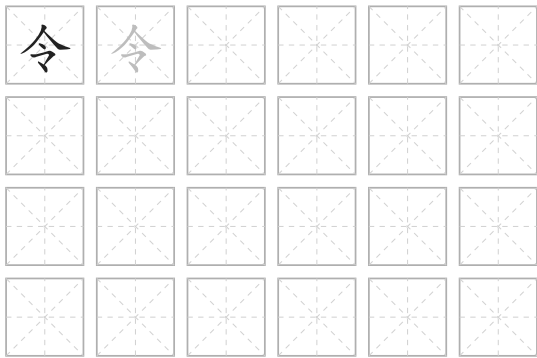


Word or sentence: \_\_\_\_\_

075

令

model

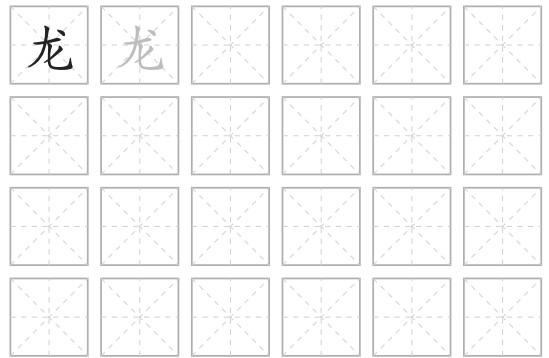


Word or sentence: \_\_\_\_\_

076

龙

model

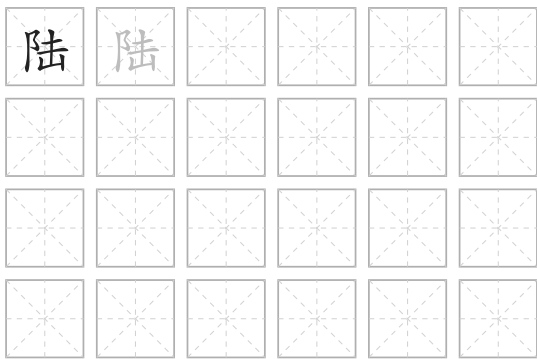


Word or sentence: \_\_\_\_\_

077

陆

model

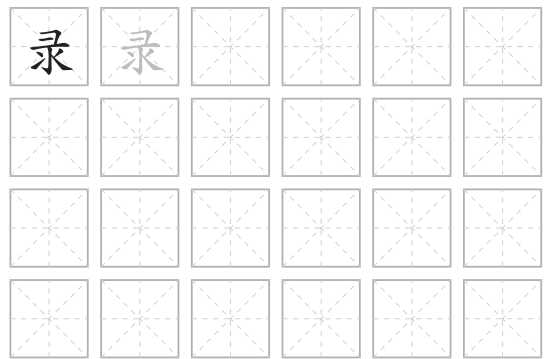


Word or sentence: \_\_\_\_\_

078

录

model

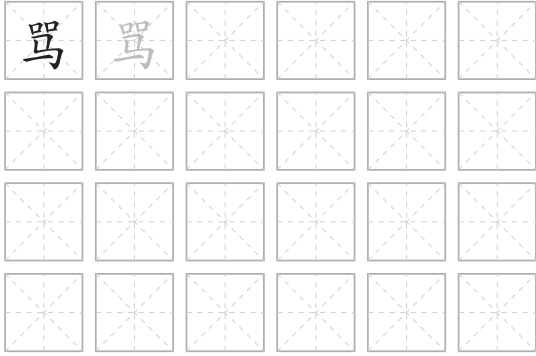


Word or sentence: \_\_\_\_\_

079

骂

model

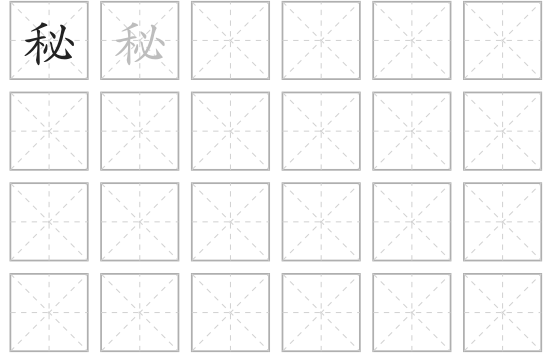


Word or sentence: \_\_\_\_\_

080

秘

model

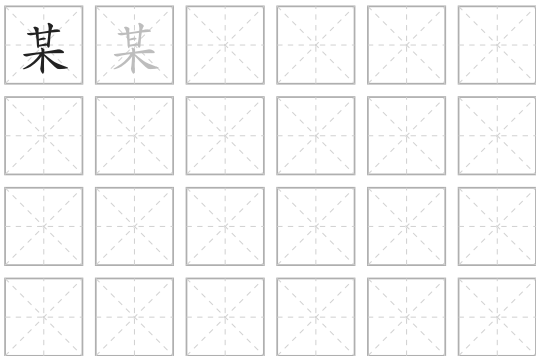


Word or sentence: \_\_\_\_\_

081

某

model

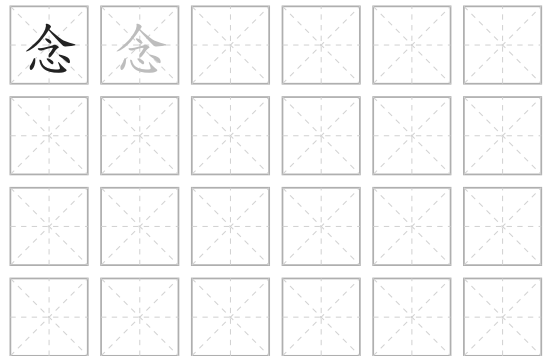


Word or sentence: \_\_\_\_\_

082

念

model

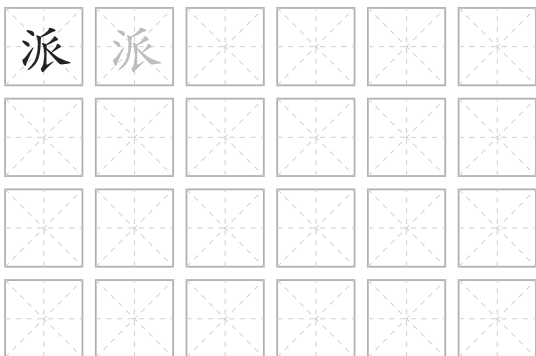


Word or sentence: \_\_\_\_\_

083

派

model

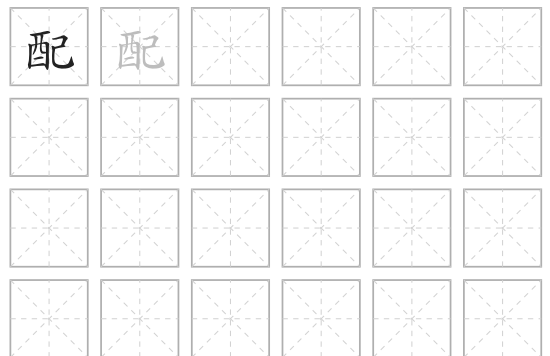


Word or sentence: \_\_\_\_\_

084

配

model

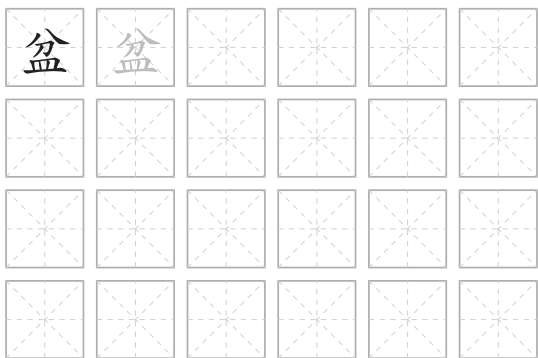


Word or sentence: \_\_\_\_\_

085

盆

model

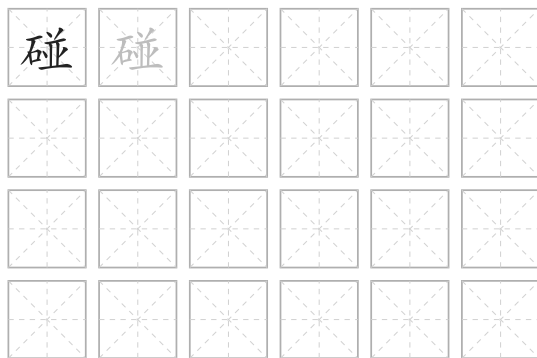


Word or sentence: \_\_\_\_\_

086

碰

model

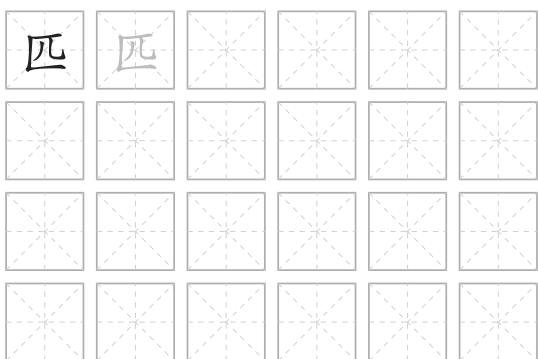


Word or sentence: \_\_\_\_\_

087

匹

model

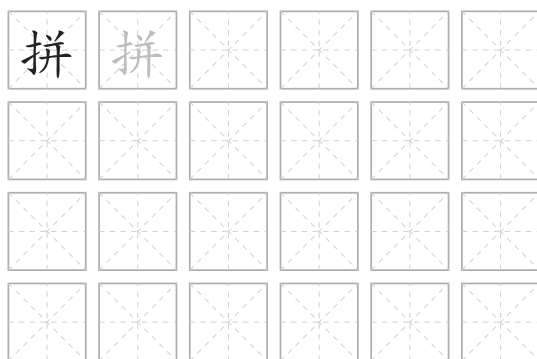


Word or sentence: \_\_\_\_\_

088

拼

model

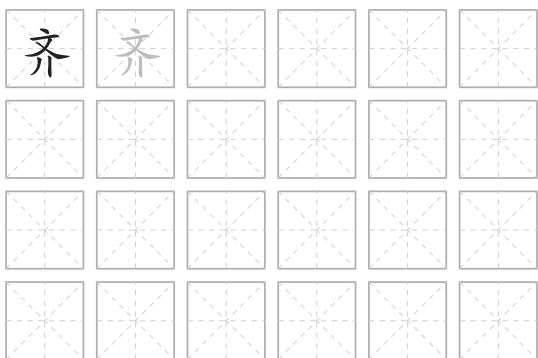


Word or sentence: \_\_\_\_\_

089

齐

model

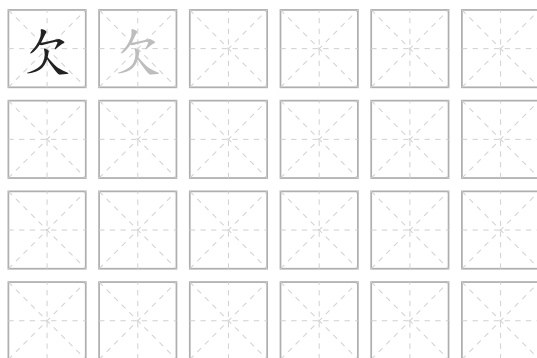


Word or sentence: \_\_\_\_\_

090

欠

model

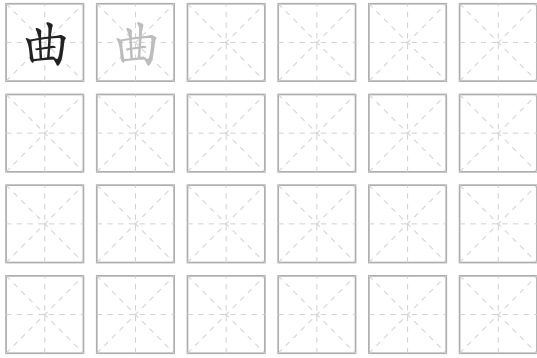


Word or sentence: \_\_\_\_\_

091

曲

model

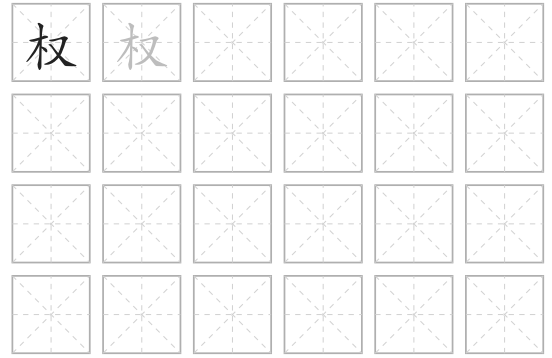


Word or sentence: \_\_\_\_\_

092

叔

model

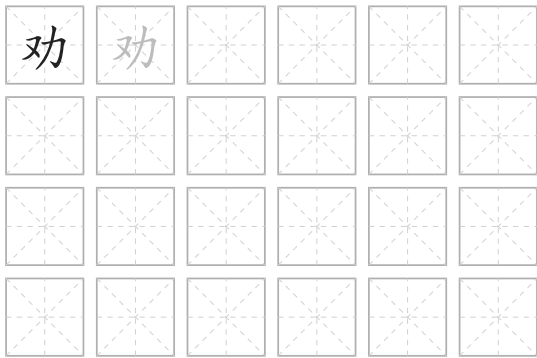


Word or sentence: \_\_\_\_\_

093

劝

model

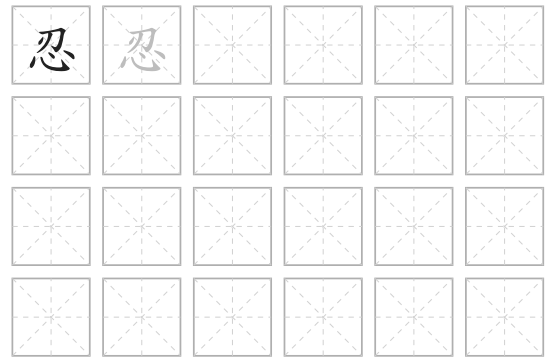


Word or sentence: \_\_\_\_\_

094

忍

model

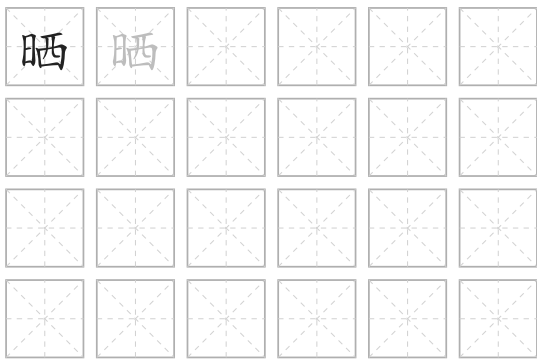


Word or sentence: \_\_\_\_\_

095

晒

model

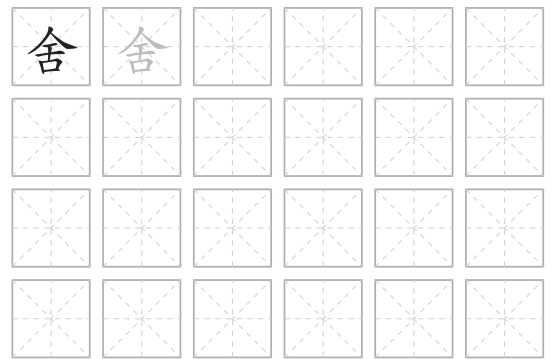


Word or sentence: \_\_\_\_\_

096

舍

model

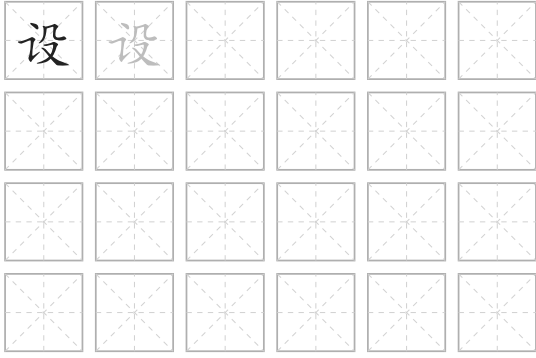


Word or sentence: \_\_\_\_\_

097

设

model

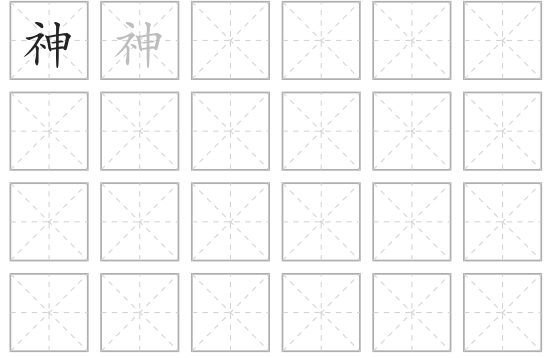


Word or sentence: \_\_\_\_\_

098

神

model

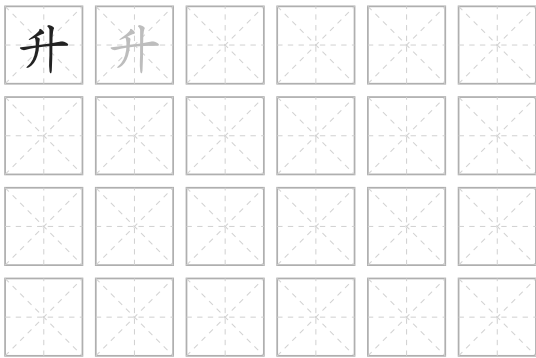


Word or sentence: \_\_\_\_\_

099

升

model

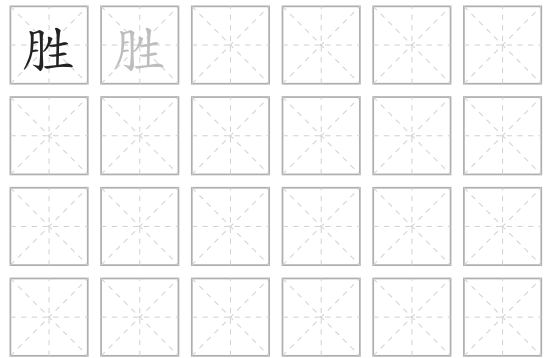


Word or sentence: \_\_\_\_\_

100

胜

model

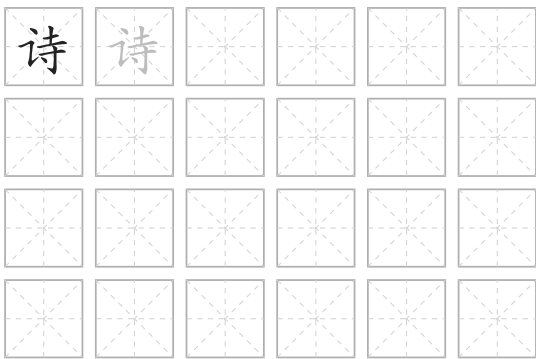


Word or sentence: \_\_\_\_\_

101

诗

model

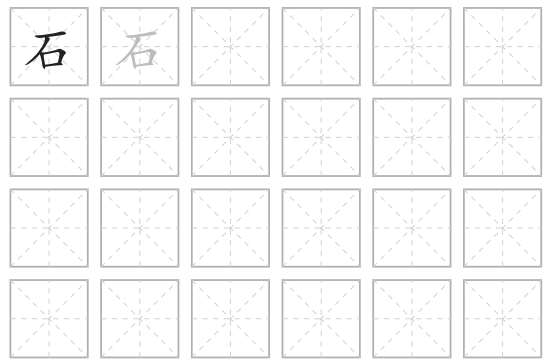


Word or sentence: \_\_\_\_\_

102

石

model

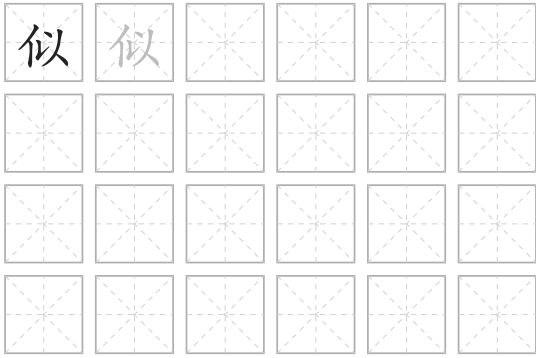


Word or sentence: \_\_\_\_\_

103

似

model

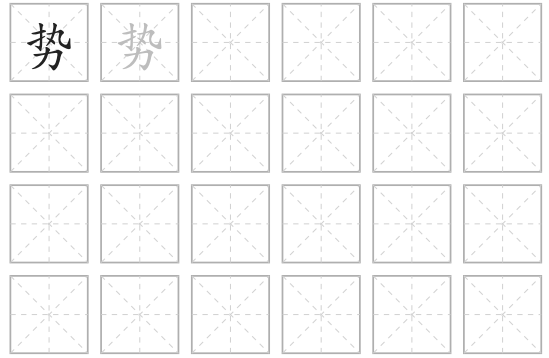


Word or sentence: \_\_\_\_\_

104

势

model

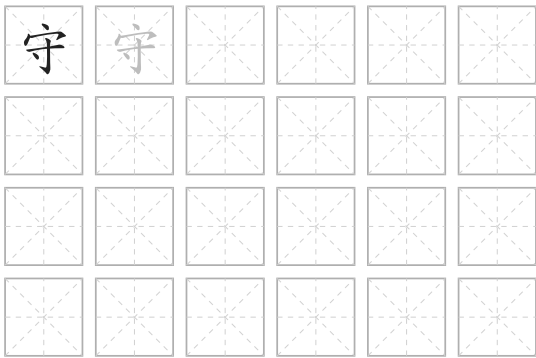


Word or sentence: \_\_\_\_\_

105

守

model

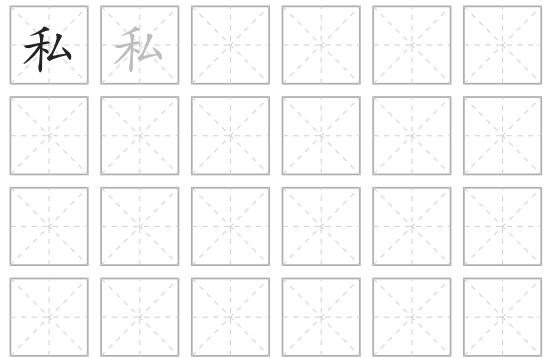


Word or sentence: \_\_\_\_\_

106

私

model

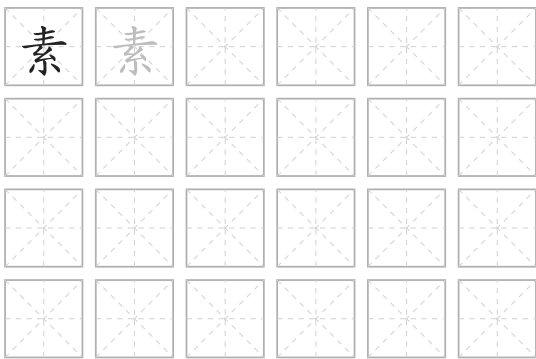


Word or sentence: \_\_\_\_\_

107

素

model

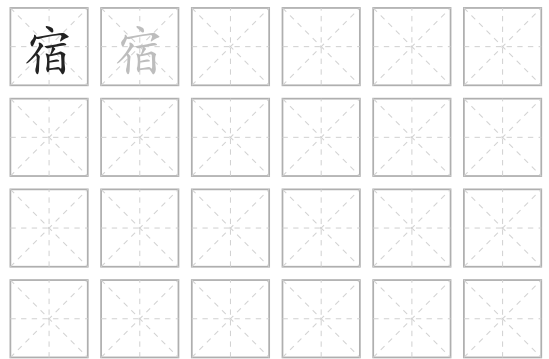


Word or sentence: \_\_\_\_\_

108

宿

model

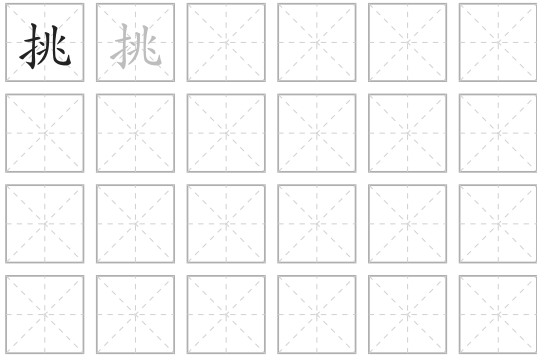


Word or sentence: \_\_\_\_\_

109

挑

model

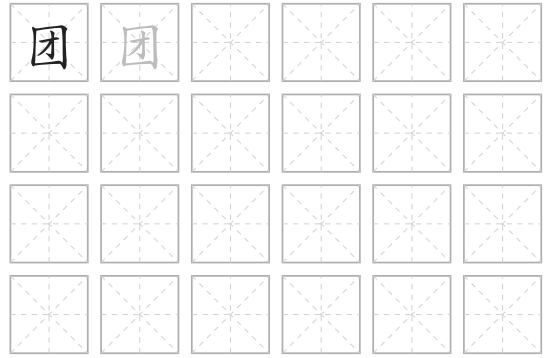


Word or sentence: \_\_\_\_\_

110

团

model

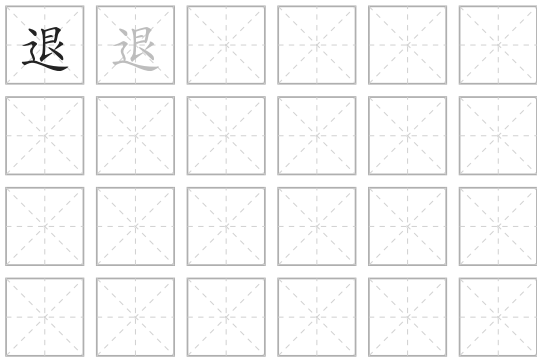


Word or sentence: \_\_\_\_\_

111

退

model

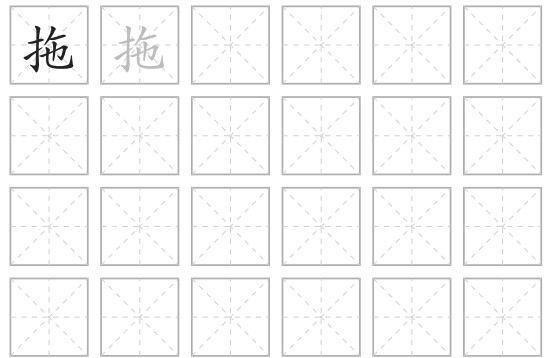


Word or sentence: \_\_\_\_\_

112

拖

model

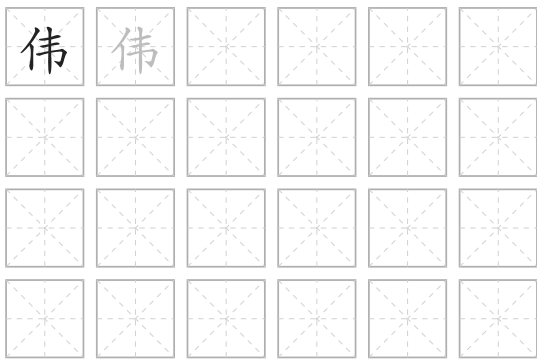


Word or sentence: \_\_\_\_\_

113

伟

model

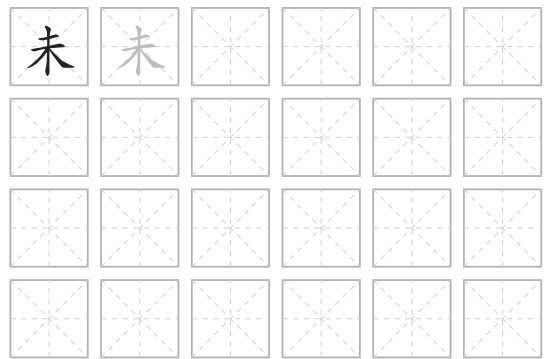


Word or sentence: \_\_\_\_\_

114

未

model

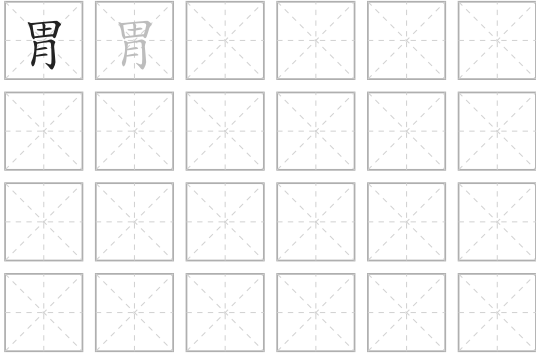


Word or sentence: \_\_\_\_\_

115

胃

model

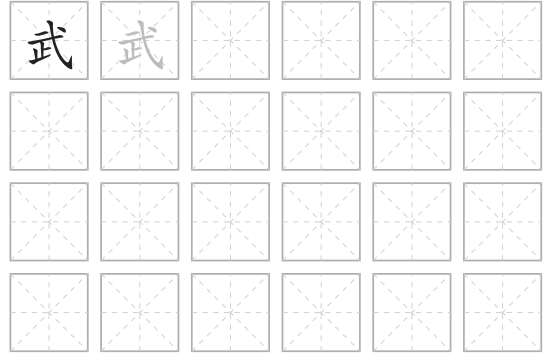


Word or sentence: \_\_\_\_\_

116

武

model

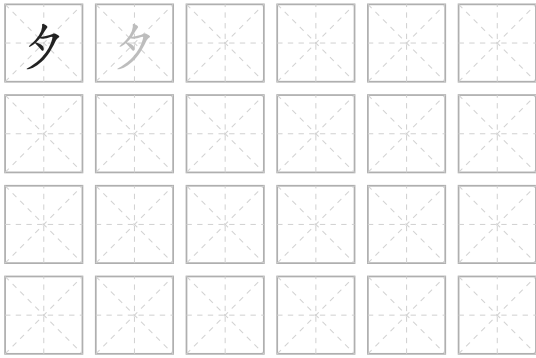


Word or sentence: \_\_\_\_\_

117

夕

model

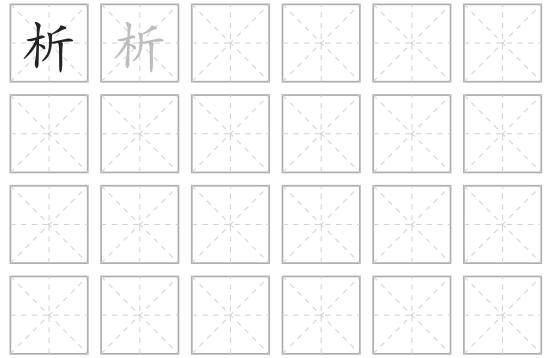


Word or sentence: \_\_\_\_\_

118

析

model

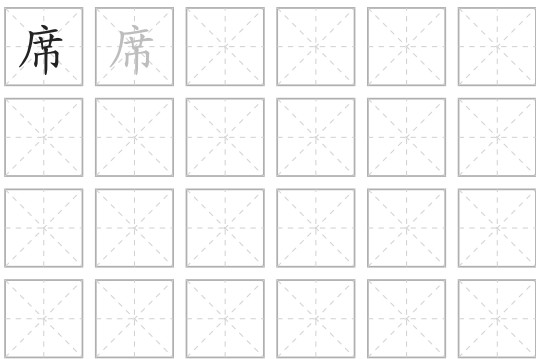


Word or sentence: \_\_\_\_\_

119

席

model

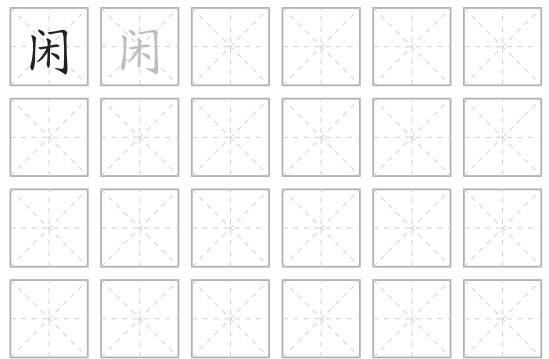


Word or sentence: \_\_\_\_\_

120

闲

model

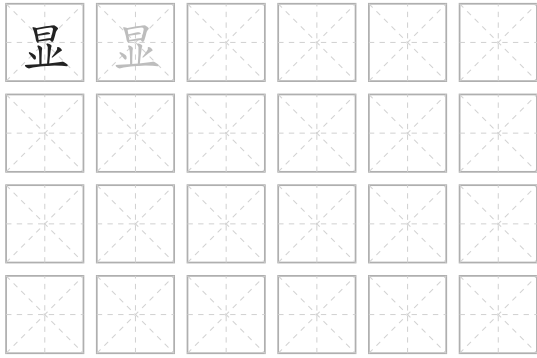


Word or sentence: \_\_\_\_\_

121

显

model

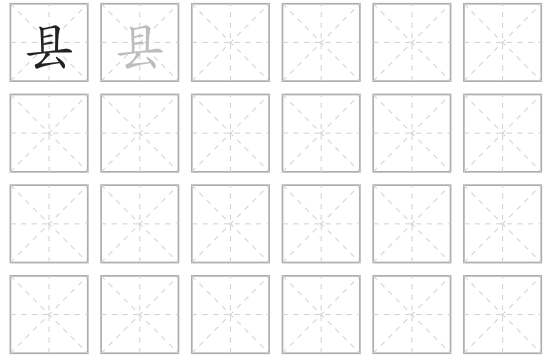


Word or sentence: \_\_\_\_\_

122

县

model

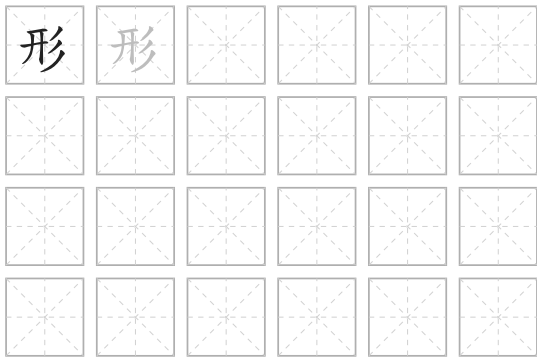


Word or sentence: \_\_\_\_\_

123

形

model

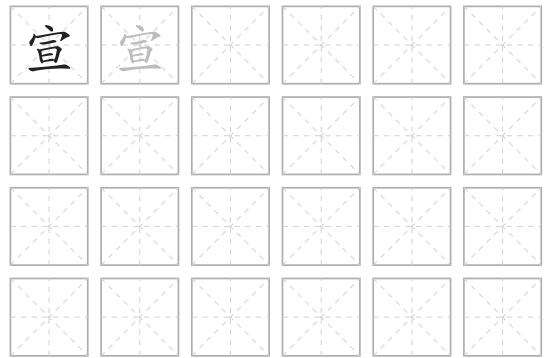


Word or sentence: \_\_\_\_\_

124

宣

model

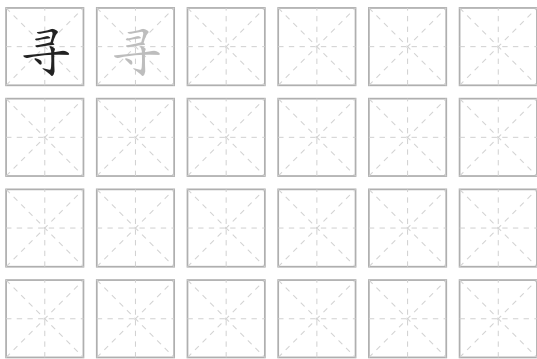


Word or sentence: \_\_\_\_\_

125

寻

model

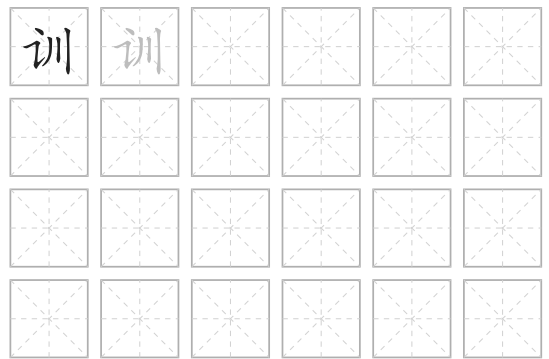


Word or sentence: \_\_\_\_\_

126

训

model

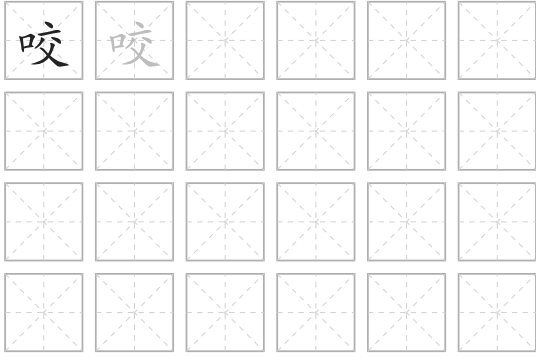


Word or sentence: \_\_\_\_\_

127

咬

model

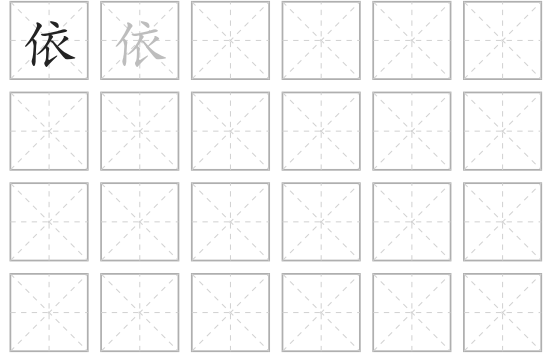


Word or sentence: \_\_\_\_\_

128

依

model

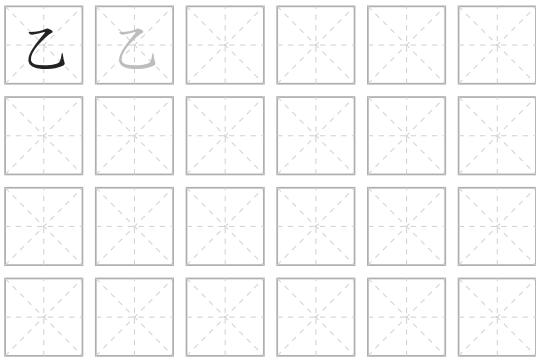


Word or sentence: \_\_\_\_\_

129

乙

model

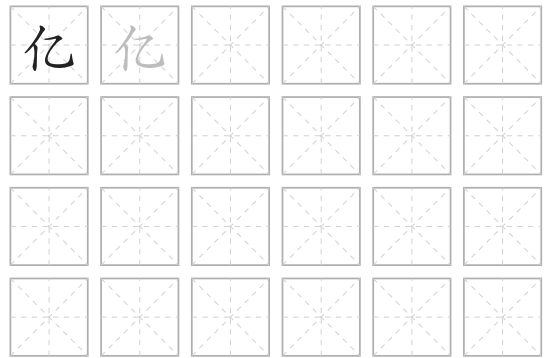


Word or sentence: \_\_\_\_\_

130

亿

model

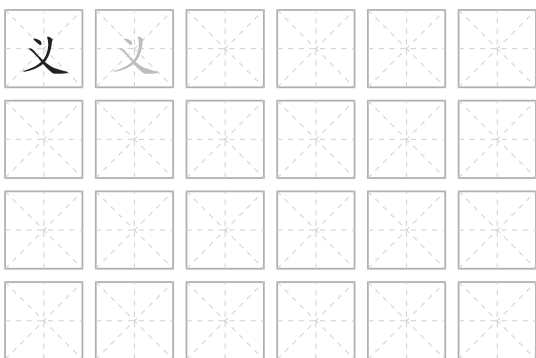


Word or sentence: \_\_\_\_\_

131

义

model

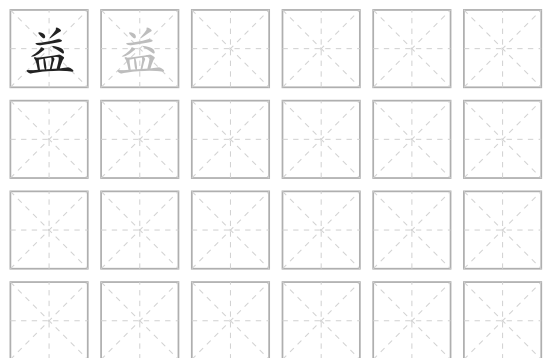


Word or sentence: \_\_\_\_\_

132

益

model

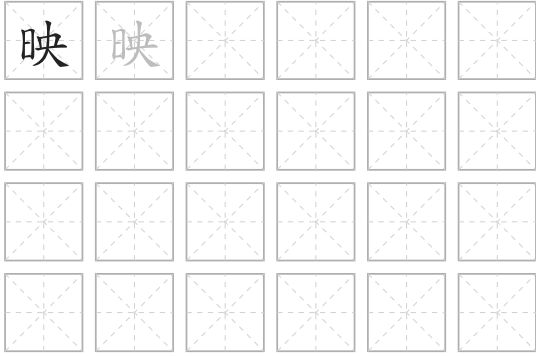


Word or sentence: \_\_\_\_\_

133

映

model

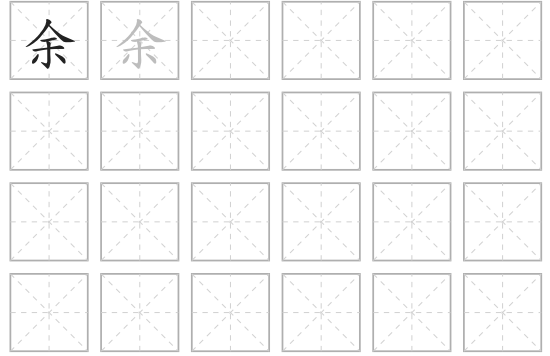


Word or sentence: \_\_\_\_\_

134

余

model

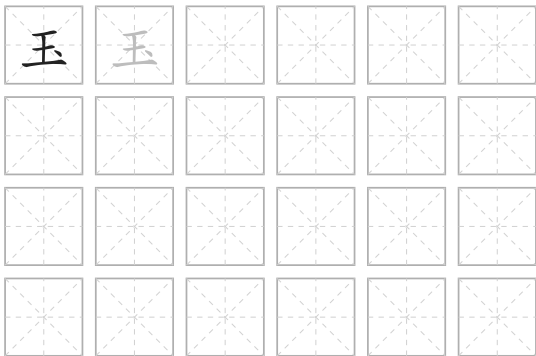


Word or sentence: \_\_\_\_\_

135

玉

model

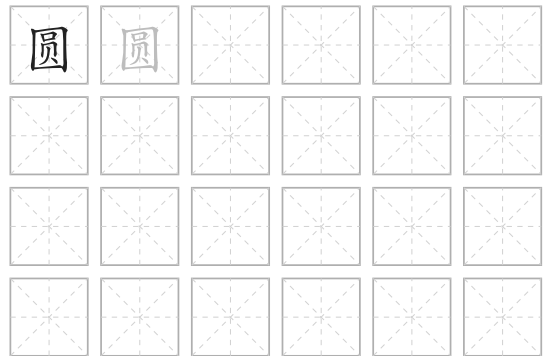


Word or sentence: \_\_\_\_\_

136

圆

model

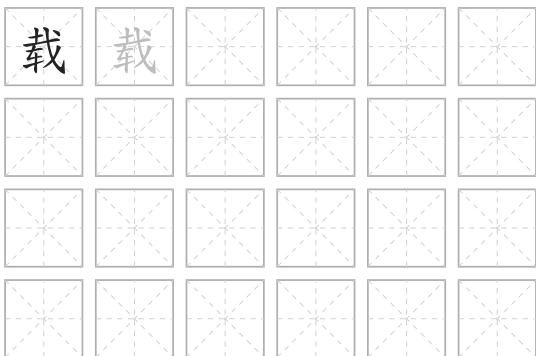


Word or sentence: \_\_\_\_\_

137

载

model

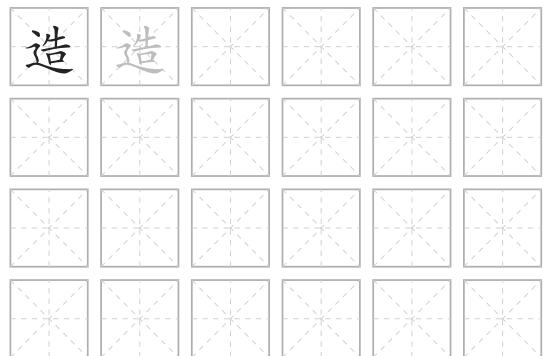


Word or sentence: \_\_\_\_\_

138

造

model

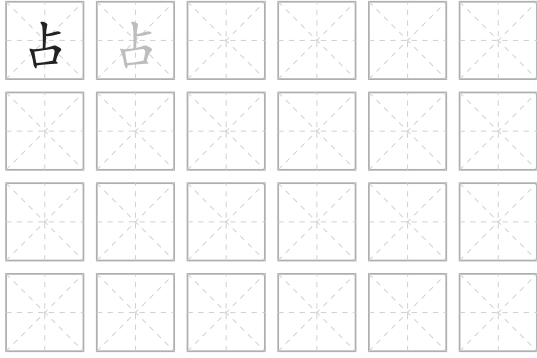


Word or sentence: \_\_\_\_\_

139

占

model

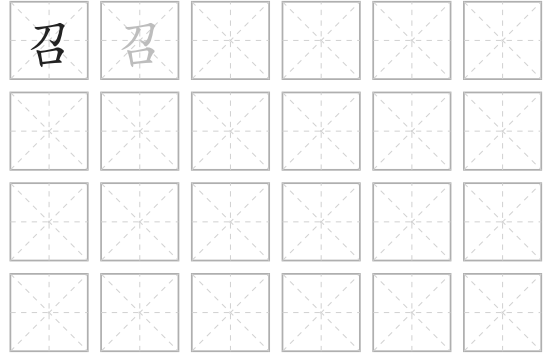


Word or sentence: \_\_\_\_\_

140

召

model

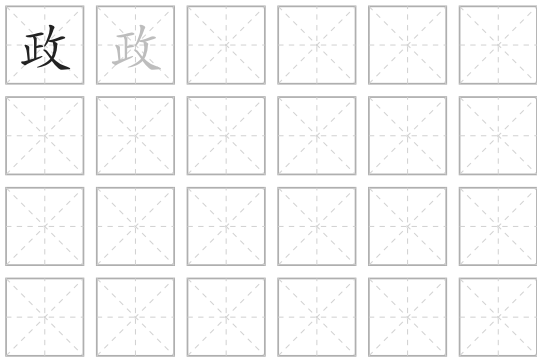


Word or sentence: \_\_\_\_\_

141

政

model

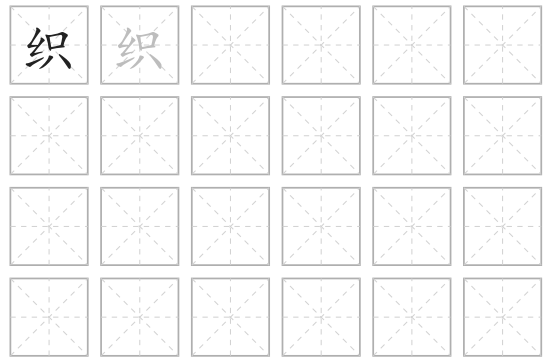


Word or sentence: \_\_\_\_\_

142

织

model

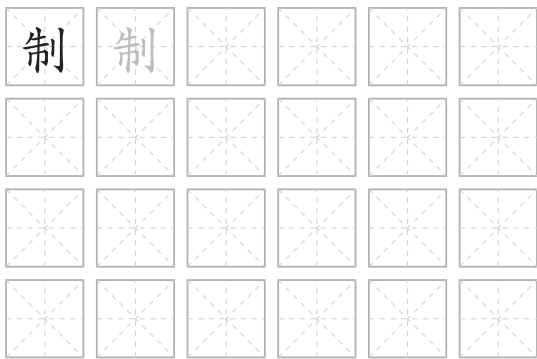


Word or sentence: \_\_\_\_\_

143

制

model

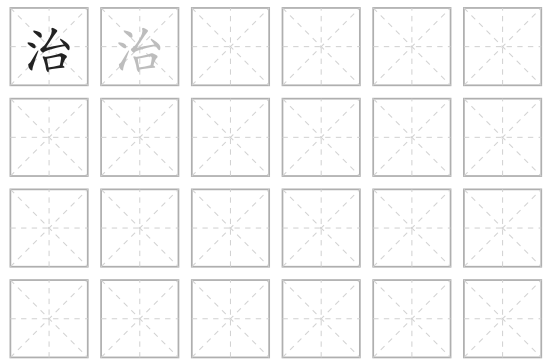


Word or sentence: \_\_\_\_\_

144

治

model

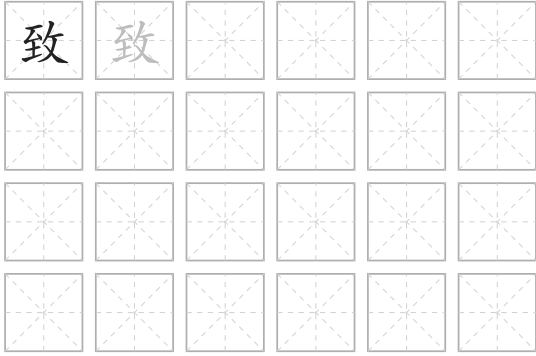


Word or sentence: \_\_\_\_\_

145

致

model

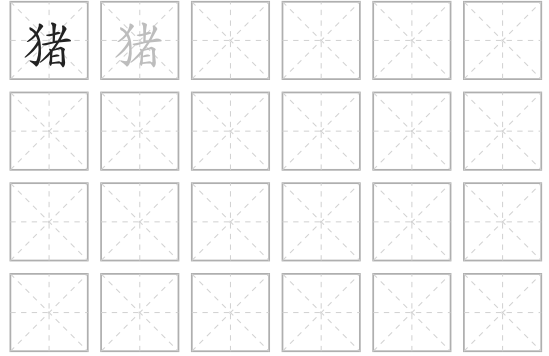


Word or sentence: \_\_\_\_\_

146

猪

model

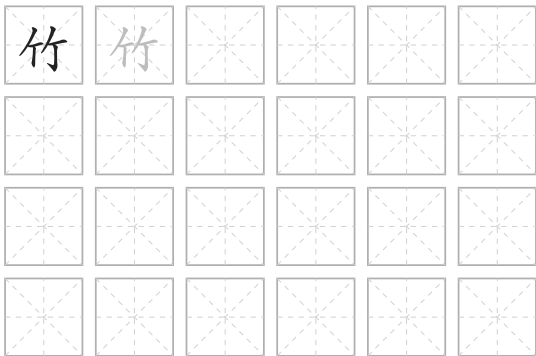


Word or sentence: \_\_\_\_\_

147

竹

model

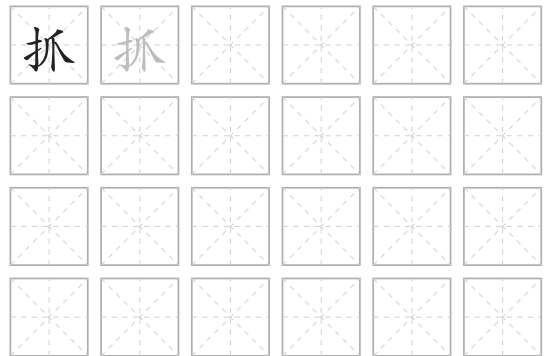


Word or sentence: \_\_\_\_\_

148

抓

model

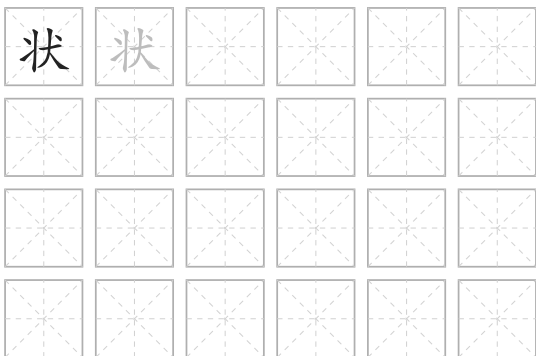


Word or sentence: \_\_\_\_\_

149

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model

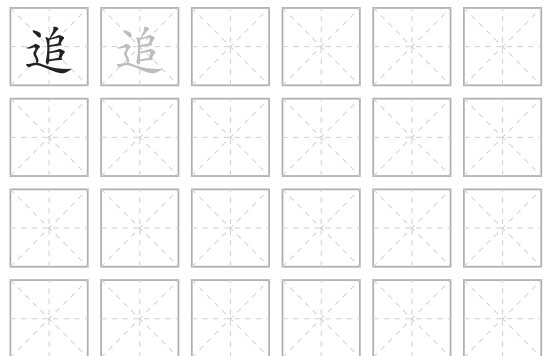


Word or sentence: \_\_\_\_\_

150

追

model



Word or sentence: \_\_\_\_\_