

# Idiom by Lon Yan

## 健步如飛

*jian4 bu4 ru2 fei1*

Andy Lau Tak-wah attended a press conference on a new movie in Beijing. That was his first public appearance after suffering serious injuries early this year when he fell off a horse while filming in the mainland.

In the accident, he cracked his pelvis and leg bones. He spent months in hospital before being released to continue his recovery at home. Pictures of him leaning on a cane in newspapers didn't help relieve the worries of fans.

But at the press conference, Lau looked good, and has clearly recovered fully. He even did a running pose for reporters to take pictures. The Headline Daily headline said Lau was “健步如飛” (*jian4 bu4 ru2 fei1*).

“健” (*jian4*) is “health,” “healthy,” “步” (*bu4*)

“a step,” “a pace,” “如” (*ru2*) “as if,” “like,” “similar to,” and “飛” (*fei1*) “to fly.” Literally, “健步如飛” (*jian4 bu4 ru2 fei1*) is “healthy steps like flying,” “running as fast as flying.”

The idiom means to “to walk fast and vigorously.” It is used to describe people who takes strong strides and walks fast. Saying someone is “健步如飛” (*jian4 bu4 ru2 fei1*) implies that he or she is in robust health.

The idiom “舉步維艱” (*ju3 bu4 wei2 jian1*) also about taking steps. It means, literally, “hard to take a step forward,” which is quite opposite to “健步如飛” (*jian4 bu4 ru2 fei1*). But the idiom is most often used for its figurative meaning, which means “a difficult situation,” “difficult circumstances.”

### Terms containing the character “健” (*jian4*) include:

健康 (*jian4 kang1*) – health; fitness

健身 (*jian4 shen1*) – physical exercise; workout

健將 (*jian4 jiang4*) – a master sportsman; a top-notch player

健美 (*jian4 mei3*) – strong and handsome; vigorous and graceful