

Learn Chinese idioms online with this classic mengxue story

"Sun Jing Seals His Door to Focus on Studying" is a timeless inspirational tale from traditional Chinese elementary education, perfect for global learners seeking to explore Chinese culture through idioms.

【典故核心释义】 孙敬闭户”指为专心治学而隔绝外界干扰，通过刻苦坚持达成目标，常用来形容人专注学习、不懈奋斗的精神

English: "Sun Jing Seals His Door" describes someone who isolates themselves to focus wholeheartedly on study, achieving success through persistent effort.

### 【典故】

孙敬闭户 (Sūn Jìng Bì Hù)

Sun Jing Seals His Door to Focus on Studying

### 【原文出处】

《蒙求》原句：“匡衡凿壁，孙敬闭户”（《蒙求》是唐代经典蒙学读物，收录 200+ 励志典故，是 Chinese idiom stories 的重要源头）

故事大意：东汉时期，孙敬为了专心读书，避免被外界打扰，就把自己家的房门紧紧关锁起来，足不出户地刻苦学习。他常常读书到深夜，困倦时就用绳子把头发绑在房梁上，一打盹头发被扯痛，就能立刻清醒继续读书，最终成为有名的学者。

### 【带拼音故事】

dōng hàn shí qī yǒu gè jiào sūn jìng de rén fēi cháng xǐ huān dú shū xī wàng tōng guò xué wèn shí xiàn bào fù  
东 汉 时 期 ， 有 个 叫 孙 敬 的 人 ， 非 常 喜 欢 读 书 ， 希 望 通 过 学 问 实 现 抱 负 。

dàn shì wài miàn de shēng yīn jīng cháng dǎ rǎo tā dú shū ràng tā wú fǎ jí zhōng zhù yì lì  
但 是 ， 外 面 的 声 音 经 常 打 扰 他 读 书 ， 让 他 无 法 集 中 注 意 力 。

wéi le zhuān xīn xué xí , sūn jìng xiǎng le gè bàn fǎ : tā bǎ jiā lǐ de fáng mén jǐn jǐn suǒ shàng , bù ràng rèn hé rén dǎ rǎo zì jǐ jiù zhè yàng zú bù chū hù dì mái tóu dú shū 。  
为 了 专 心 学 习 ， 孙 敬 想 了 个 办 法 ： 他 把 家 里 的 房 门 紧 紧 锁 上 ， 不 让 任 何 人 打 扰 自 己 ， 就 这 样 足 不 出 户 地 埋 头 读 书 。

měi tiān dú shū dào shēn yè , sūn jìng cháng cháng kùn dé zhēng bù kāi yǎn tā yòu  
每 天 读 书 到 深 夜 ， 孙 敬 常 常 困 得 睁 不 开 眼 。 他 又



xiǎng chū yì gè bàn fǎ yòng yì gēn shéng zǐ yì tóu bǎng zài zì jǐ de tóu fā  
想 出 一 个 办 法：用 一 根 绳 子，一 头 绑 在 自 己 的 头 发  
shàng lìng yì tóu xì zài fáng liáng shàng  
上，另 一 头 系 在 房 梁 上。

zhè yàng zhǐ yào tā yì dǎ dǎn tóu fā jiù huì bèi shéng zǐ chě tòng lì kè qīng  
这 样，只 要 他 一 打 盹，头 发 就 会 被 绳 子 扯 痛，立 刻 清  
xǐng guò lái jì xù dú shū  
醒 过 来，继 续 读 书。

rì fù yì rì de kè kǔ nǚ lì ràng sūn jìng de xué shí yuè lái yuè yuān bó zuì  
日 复 一 日 的 刻 苦 努 力，让 孙 敬 的 学 识 越 来 越 渊 博，最  
zhōng chéng wéi le dōng hàn yǒu míng de dà xué zhě  
终 成 为 了 东 汉 有 名 的 大 学 者。

### 【English Translation】

During the Eastern Han Dynasty, there was a man named Sun Jing who loved reading very much and hoped to achieve his ambitions through knowledge.

However, the outside noises often distracted him, making it hard for him to focus on studying.

To concentrate, Sun Jing came up with a plan: he locked his door tightly, refusing to let anyone disturb him, and buried himself in books without leaving his house.

When he read late into the night, he often felt too sleepy to keep his eyes open. So he tied one end of a rope to his hair and the other end to the ceiling beam. This way, whenever he nodded off, his hair would be pulled by the rope, and the pain would wake him up immediately to continue reading.

Through daily hard work, Sun Jing's knowledge became more and more profound, and he finally became a famous scholar in the Eastern Han Dynasty.

### 【启蒙寓意】

1. To achieve our goals, we need to stay focused and avoid distractions.
2. Finding smart ways to stay motivated can help us keep going when we feel tired.
3. Persistent effort will always lead to great achievements.

### 【互动小练习】

1. 填空题 (Fill in the blanks): 孙敬用\_\_\_\_\_ (shéng zi) 把头发绑在房梁上, 防止自己打瞌睡。

Sun Jing used a \_\_\_\_\_ to tie his hair to the ceiling beam to stop himself from dozing off.

2. 思考题 (Think and share): 你学习时会被什么事情打扰? 可以和爸爸妈妈一起想办法, 让学习更专心哦!

What things distract you when you study? Work with your parents to find ways to stay focused!

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