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Figure skating: Olympic champion Hanyu says '100 percent' on return to ice

花样滑冰：奥运冠军羽生结弦，重回冰场信心满满

Yuzuru Hanyu, the only man in more than 50 years to win back-to-back Olympic gold in figure skating, said on Tuesday that his condition is "100 percent" ahead of the world championships after months out of competition with an ankle injury.

羽生结弦，是五十多年来唯一一位蝉联奥运会男子花样滑冰比赛冠军的选手。在脚踝受伤休赛数月后，他在周二时表示，自己的状态已经在这次世界锦标赛前“满血”恢复。

Hanyu injured his right ankle in practice for a Grand Prix event late last year and was forced to drop out of the Grand Prix Final as well as the Japanese nationals.

去年年底，羽生在备战国际（滑冰联盟花样滑冰）大奖赛时伤到了自己的右脚踝。他被迫退出了大奖赛的总决赛以及日本花样滑冰锦标赛。

It has been roughly four months since his last competition—a situation similar to last year's

Pyeongchang Winter Olympics, where he triumphed after a long gap due to a different injury to the same ankle.

距离羽生上次参赛，已经过去四个月左右的时间。这一情况与去年平昌冬奥会相似。当时，他在经历了一段长时间的休赛之后在平昌冬奥会上大获全胜。那次休赛是由于这只右脚踝上的不同伤病。

A day before the competition starts, a black-clad Hanyu landed several clean quad jumps at practice.

比赛开始前一天，一袭黑衣的羽生在练习中顺利地完成了几个干脆利落的四周跳。

"I can confidently say I am at 100 percent," he later told a news conference.

随后，他在一次新闻发布会上表示，“我可以很自信地说，我现在状态满分。”

"Of course, that doesn't mean that every day I produce the same results, and if it's the ideal of 100 percent I held before this season began that's probably not quite true either," said the 24-year-old, who skated on painkillers to win at Pyeongchang after he only began practising jumps again a month or so before the competition.

这位 24 岁的花滑选手说：“当然了，这并不意味着我每天都能有同样的发挥。要说这是我在本赛季之前有过的最好状态，那可能也不是真的。”平昌冬奥会比赛开始前，他仅仅花一个月左右的时间重新练习了跳跃动作，靠着止痛药完成滑冰，赢得了比赛。

Hanyu, who has won two world championships himself, said he relished the competition—which is taking place at the same arena just north of Tokyo where he won his first world title in 2014.

羽生本人已经获得了两届世界（花样滑冰）锦标赛的冠军，他说自己很期待这次比赛。本次世锦赛举办地就在东京以北的（埼玉）竞技场，2014 年羽生曾在这里获得自己的首个世界冠军。

"There's a special tension ahead of the worlds," he said. "I'm definitely a bit more emotional that they're taking place in Japan."

他说，“这次世锦赛前的紧张氛围不同以往，因为是在日本国内举行，我当然就比往常更激动了。”

重点词汇

figure/'fɪgjər/

n. 身材，轮廓；（花样滑冰的）动作；花样

- 例句：The skater executed a perfect set of figures.

figure skating/'fɪgjər skeɪtɪŋ/

n. 花样滑冰

back-to-back/'bæk tə 'bæk/

adj. 连续的，一个接一个的

- 英文释义：happening one after another

ankle/'æŋkl/

n. 踝关节；踝

- 例句：I fell over and twisted my ankle.

grand prix/'grɑːn 'priː/

n. 国际大奖赛（尤指赛车比赛），锦标赛

- 英文释义：great or chief prize

drop out

退出，停止；辍学

- 例句：Both Bill Gates and Steve Jobs dropped out from top universities.

nationals/'næʃnəlz/

n. 国家锦标赛

triumph/'traɪʌmf/

v. 取得巨大成功，胜利

- 英文释义：to have a very great success or victory
- 搭配短语：triumph over...
- 例句：Good usually triumphs over evil in the end.

black-clad/'blæk klæd/

adj. 身穿黑色衣服的，一袭黑衣的

- 词根词缀：-clad（穿...衣服的，覆盖着...的）
- 搭配短语：leather-clad; snow-clad hills

quad jump

（花样滑冰的）四周跳

- 相关词汇：quadruple（adj. 四倍的）

painkiller/'peɪnkɪlər/

n. 止痛药

relish/'relɪʃ/

v. 期盼；憧憬

- 例句：He always relishes a challenge.

arena/ə'ri:nə/

n. 竞技场，场地；竞争舞台

- 搭配短语：a sports arena; political arena

world title

世界冠军

- 相关词汇：title (n. 头衔，称号)
- title 例句：Joe Louis won the heavyweight boxing title in 1937.

tension/'tenʃn/

n. 紧绷状态；紧张关系或局势

- 搭配短语：muscular tension
- 例句：You could feel the tension in the room as we waited for our exam results.
- 例句：There are growing tensions between the two countries.