

Phrasal Verb **beat down**
To strike with force.



Both boxers gave each other a beat down.

Rocky Marciano vs Joe Walcott, 1952

Phrasal Verb **beat out**
To defeat another.



He *beat out* his opponents
to win the gold medal.

Bob Hayes won two gold medals at the 1964 Olympics.

Phrasal Verb **beat up**

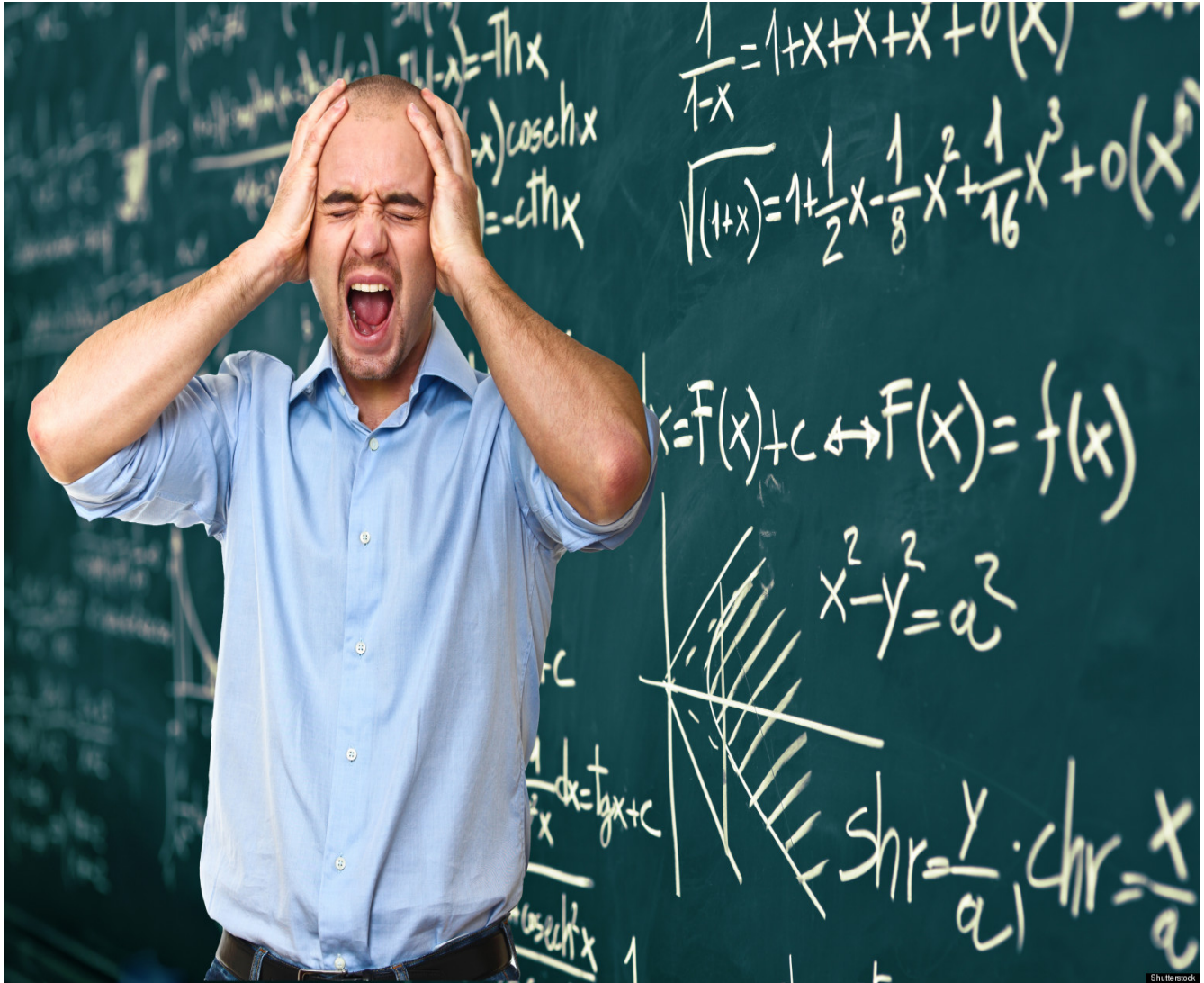
To repeatedly strike .



It's not nice to beat up anyone.

Phrasal Verb **beat yourself up**

**To feel bad about what you did.
(You don't actually hit yourself.)**



**We all get frustrated;
no need to beat yourself up.**