

# footbinding *(foot-bind-ing)*

## Definition

n. the custom of applying tight binding to the feet of young girls to modify their shape and size, historically practiced in China.

## Example Sentence

**Footbinding** was a tradition that significantly impacted the lives of many women in ancient China.

## More Example Sentences

The practice of **footbinding** has been banned for many years due to its harmful effects.

## Synonyms

foot compression; foot shaping; foot alteration

## Antonyms

foot liberation; natural feet; unbound feet

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