

ABSTRACT

This application provides a communication method. The method may be applied to a WLAN system supporting 802.11 series protocols such as a next-generation Wi-Fi protocol of IEEE 802.11ax, for example, 802.11be, Wi-Fi 7, or EHT, and a next-generation protocol of 802.11be, for example, Wi-Fi 8, and may be further applied to a UWB-based wireless personal area network system and a sensing system. The method includes: A first station determines that a plurality of first PPDU's need to be sent to a second station over a high-frequency communication link for beam training; and the first station receives a first stop frame over a low-frequency communication link after sending a part of the first PPDU's, and stops, in response to the first stop frame, sending an unsent first PPDU. The stop frame is transmitted over the low-frequency link, to actively stop sending the PPDU in a beam training process. This improves beam training efficiency.