

ABSTRACT

The present disclosure provides a communication method and a communication apparatus. The communication method may comprise: determining a first message frame, wherein the first message frame comprises information about multi-user multiple-input multiple-output (MU-MIMO), and the information about MU-MIMO is used for identifying the support of a single-type resource unit and a composite resource unit by a communication device; and sending the first message frame. By means of the technical solution provided in the exemplary embodiments of the present disclosure, the spectrum utilization can be improved.

Fig. 2