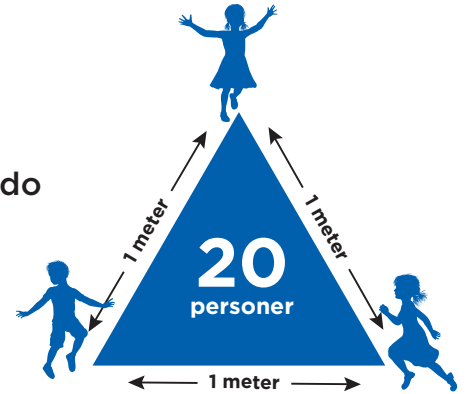


KAH HORTAGA CUDURKA

Hadii aad xanuusanasid, ama aad isku aragtid calaamado dhuun xanuun ah joog gurigaaga. Meesha la wadaago, qolka jimicsiga iyo musqulhuba waay xidhanyihiin. Musquluhu waay xidhanyihiin, laakiinse waa lafurikaraa si gacmaha loogu dhaqdo.



JIMICSIGA KAHOR.

Kaalay meesha lagugu balamiyo wakhtiga lagula balamo oo juusta ah.

U jirso 1 meter dadka oo dhan wakhti kasta.

Ku imoow dharka jimicsiga loogu talagalay.

Gacmo dhiqid.

JIMICSIGA DHEXDIISA.

Ugu badnaan 20 qof grubku kama badankaro oo waliba isu jira 1 meter qof kastaaba qofka kale.

Ka taxadir taataabashada wajiga.

Dhaq gacmahaaga markasta oo aad badalatid amase aad taabatid qalabka lagu ciyaaro.

Dhaq gacmahaaga markaad musqusha kasoo baxdid amase aad qufacdid amase aad hindhistid.

Ha tufin candhuuf markaad ciyaarta kujirtid, oo kadhigan goobta laguciyaaraayo candhuuf haku tufin.

Ha la wadaagin falaasta biyuhu kuugu jiraan qof kale, hana lawadaagin cunto qof kale.

JIMICSIGA KADIB.

Dhaq alaabta lawadaago oo dhan sida, dacsadaha lagu ciyaaro markaad dhamaysaan ciyaarta.

Katag goobta lagu ciyaaro marka sidaas ciyaaru udhamaato.

Gacmo dhaqasho.

ALAABTA LAWADAAGO.

Hadii aad talada caafimaadka raacdaan, qalabka lagu ciyaaro waxaa isticmaali doona dadka inagaga danbeeya ciyaarta.

Qalabka loo dhaweeyo sida wajiga, iyo gacmaha, sida koofiyadaha iyo galoofisyada waa in la xadido isticmaalkooda hadana waa in laga dilaa jeermiska oo si fiican loo nadiifiyo baddal isticmaal.

Xiriirka kubada cagta waxaay leeyihiin timaamo kale oo loobaahanyahay in la akhristo ayana, waxaan kuboornanaa cidkastaba inay lasocdaan wacyigalintaas.



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