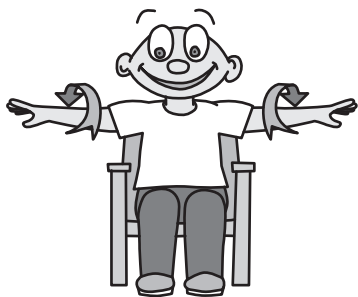


# Hawlaha Jidhka ee lala Fadhiisto



**WAREEGYADA GACMAHA:** Si toosan kursi ugu fadhiiso. Cagaha ku kala fidi sagxadda. Caloosha is qabo. Gacmaha u kala fidi dhinacyada heer garbaha la siman. Xaqiiji in xusulladu ay toosan yihiin. Gacmaha 4 goor horey u wareeji. Ka dibna, gacmaha dhinaca danbe u wareeji 4 goor. Si tartiib tartiib ah ugu kordhi 8 ku soo cel celin jiho kasta.



**GAARIDDA GACMAHA:** Kursi ku fadhiiso. Labada gacmood garbaha saaro. Gacmahaaga ku fidi ka dibna horey saqafka ugu gaar gacantaada midig. Gacantaada midig ku soo celi garabka ka dibna sidaas oo kale kula soo celi gacantaada bidix. Si tartiib tartiib ah ugu kordhi 8 ku soo cel celin gacan kasta.



**ISU KALA FIDINTA DHINACYADA:** Kursi ku fadhiiso. Gacantaada midig kor ugu qaad madaxaaga korkiisa ka dibna bidix isu jalleeci. Isla markaana, qaab u eg "C" ka samee gacantaada bidix (sidii adigoo ilmo haya). Si tartiib ah bidix isugu kala fidi. Isu beddel dhinacyada oo si firfircoon ugu soo cel celi. Si tartiib tartiib ah ugu kordhi 8 ku soo cel celin dhinac kasta.



**SOCOSHADA ADIGOO FADHIYA:** Kursi ku fadhiiso. Jilibkaaga bidix kor u qaad si markaas uu dhulka uga sare maro 6 fuut. Jilibkaaga bidix hoos u soo dhig. Jilibkaaga midig kor u qaad si markaas uu dhulka uga sare maro 6 fuut. Sii wad socoshada, adigoo jilbaha kor iyo hoos u dhigaya.



**WAREEGYADA ANQAWGA:** Kursi ku fadhiiso. Lugta midig horey u kala bixi. Anqawga midig gudaha u wareeji 4 goor. Anqawga midig dibedda u wareeji 4 goor. Lugta bidixena sidoo kale ugu soo cel celi.



**SOO JIIDIDDA JILIBKA:** Kursi ku fadhiiso. Jilibkaaga midig u soo jiid dhinaca feedhahaaga. Jilibka meesha ku hay 4 ilbidhiqsi. Lugta hoos u dhig. Sidoo kale ugu soo cel celi jilibka kale.

