



Gobierno de Reconciliación
y Unidad Nacional
El Pueblo, Presidente!

KUL SMALKANKA KWARIKA KUM NISAN DUKIA SINSKA LÂKA SÂT, SÂT SMALKI
DÎA DÎA DAUKAIA WARKKA KUM PASKANKA DUKIA AISKA TA BRIBA

**DAUKANKA TÂURA YABA UPLIKA MIHTA WARKKA
WÎNA TARA NAHKI YABA BARA SÎKNIS APÛ LÂKA**



SINSKA LÂKA KAU PAIN LAN TAKAN BA: WÎNA TARA BARA PULANKA
TNATKA TRIN MUNANKA
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KUL SMALKANKA KWARIKA KUM NISAN DUKIA SINSKA LÂKA SÂT, SÂT SMALKI

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Li katka, 2017

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Daukanka tâura yaba uplika ba ra yamni balram

Mihta warkka WÎNA TARA NAHKI YABA BARA SÎKNIS APÛ LÂKA ba Wîna tara bara Pulanka tnatka Trin munanka ra wark kum sinska lâka kau pain lan takan ba daukanka tâura yaba uplika mairin/ waitna nani wal aisai dukiara daukan sa. Naha ulbanka pulanka tnatka nani bara wîna tara warkka nani wina daukanka ba dukiara nit dukia nani bara wan wîna tara warkka ba dukiara tâura yaba ai kakaira lâka nani ta baiki bri smalkanka lan takanka wina wapanka nani ba ilp munan kabia.

Naha mihta dukia daukaia lukanka sa ningka pura kat bal yaba tânka mariki smalkanka aslika matlakahbi tilak daukanka tâura yaba uplika ba ra nit yaba kakaira lâka nani yabaia; baku bamna, pulanka tnatka nani bara iksasais praptis ra mangakaia dukiara wîna tara nahki yaba bara siknis apû lâka kasak kum nit dukia nani bara dîa, dîa dukia nani ba wina swirka silp ai dukia baku briaia yaba.

Aslika nani paski dukia yaba bangwisa: Wan wîna aiska tadi munanka ba wina ta krikanka tâura yaba bara wan wîna tara warktakanka; Iksasais ba ra wan wîna tara ba wina wan wîna tara aiska piska bani wapanka bara warkka wal prakanka nani bara wan wîna tara aitani ba kat kulkanka nani; Wan wîna tara warkka bara siknis apû lâka; Wan wîna tara yamni yabanka trin munanka nani pât apû lâka tnatka mununhtara; Makabi wali tânka pliki kaikanka dukia sins lâka nani bara dîa tânka ba kat ridi daukanka ba ra apis nani warkka ba ra kumpu sins lâka nani bara nit dukia nani brih munanka tnatka bara Wîna tara warkka ba wina upla nani sut aslika tnatka nani bara nahki ba tânka bara sinska wapanka tnatka nani plamaya bara tânka nani aslika ba.

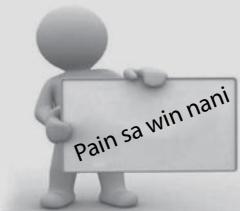
Naha ulbanka bri yaba paskanka ba ningkara ba sa:

- Smalkanka aslika nina (dia, dîa daukaia karnika dukia)
- Lan takanka dukiara nit yaba kakaira lâka nani(lukanka lukanka tnatka nani, wapanka tnatka nani, wîna daukra tnatka nani)
- Daukanka nani
- Silp lakikaikanka
- Bîla nani wahbi sakanka
- Kau tânka kakaira kaia dukiara
- Ulbanka nani aslika

Purkara smalkanka aslika nani ba ra piua kat dahra ba,lukanka nani bara warkka tânka mariki ba dukia bara daukanka tâura yaba uplika waitna/mairin ba ai pawanka dukiara nit yaba kakaira lâka nani marikisa. Daukanka tâura yaba uplika ba wina bûi iplka bitar kum bapaia bara ai tânka lakanka dukiara, mihta dukia ba ai tânka briaika ilp munibangwi yaba marikanka nani bara lilka nani yula kahbisa.

Naha mihta dukia dîa dîa daukaia warkka kum paskankam bara pawankam dukara uba ilpka brikabia yaba kulki pura luankam nanira ma sakanka bila kaikibangwisna.

Pain sa win nani

	Mihta dukia ba wal wark ba takrikaia dukiara, man blistu klir kaia sma yaba aimi bani yamni daukankam bara karnikam Paskaika Patrang ba wina ailal briaia karnika nani ba briaia swirka daukma. Smalkanka aslika nani ba wina tadi takanka ba ta krikaia piua ba ra, dia dia daukaia yan ba daukanka takanka nani wina lukanka nani ba tawa pali aisi kaikaia sma, kahbi bangwi yaba pura luanka nani ba ani nani bangwisa pliki sakma yaba dukiara.
	Mihta dukia ba wina dahra ba tânsa pliks bara smasmalkrikam waitna/mairin ra klir takaia piua bani makabi wals.
	Kulki marikan ulbanka nani aslika ba apia kaka mihtam ra yaba buk wala nani bara links nani ba wal kakairikam lâka nani ba pura praks.
	Lan takanka wina daukanka nani bara silp lakikaikanka wina iksasais nani pramis pali wal dauks bara ansikam nani pamnikam waitna/mairin nani bara smasmalkra waitna/mairin wal pramis wal dauks.
	Daukaia kama yaba daukanka ba kat wark pliska ba ridi dauks, aimi bani wîna tara yamnika bara wark tnatka ra pât apû tânsa lâka nani wal dauki.
	Praptis nani ba daukisma piuara, kir wan kutbi bri nani wal pana lâka ra bas bara bapan pliska nani wina latara taski nani baulkpara.
	Praptis nani ba daukisma piuara, kir wan kutbi bri nani wal pana lâka ra bas bara bapan pliska nani wina latara taski nani baulkpara.

BAPANKA NANI

Bapanka aiska:

- Tilara ba wina pulanka tnatka nani bara wan wîna tara warkka nani daukanka ba dukiara nit yaba wîna tara spiritka bukanka bara nahki yaba tânska praiska mangkaia.

Bapanka kulki mariki ba:

- Tilara waitna bara mairin nani ba dukia wîna tara nahki yaba bara siknis apû piua ba bapaia, smalkanka tnatka test bara daktar trai munanka yus muni upla kumi bani tnatka nani ba ra kat.



Smalkanka aslika I. Wan wîna aiska tadi munanka ba wina tâ krikanka tâura yaba bara wan wîna tara wark takanka

Aslika ba bapanka nani

Aslika ba tnata prakaia piua ra, daukanka tâura yaba waitna/marin ba:

- Wan wîna tara warkka bara wan wîna tara aiska tadi munanka tânka param daukisa.
- Wan wîna tara tânka sut warkka bara wan wîna tara aiska tadi munanka tânka wisa.
- Wan wîna tara ba wina, wîna bunhka nani bara dusa pliki sakisa.
- Wîna bunhka nani, dusa nani bara wan wîna tara warkka ba ra pura luanka nani, tilara praki kaikanka

I.- Wan wîna aiska tadi munanka

Wan wîna tara ba paskanka bara daukra tadi taki yaba sinska tânka ba sa bara wan kaina kir kutbanka nani ba wal ai tânka bri ba bara ai warkka nani dukiara baha paskanka wina pawanka ba lal aimaki yaba laka nani ba tânka plikisa.

II.- Wan wîna tara tânka win

Wan wîna tara ba upla aihwa wina wîna tara paskanka bara diara paskaia dukia ba sa. Piska tara yumhpa ra baiki sakana sa: lal, wîna tara baman bara klahkla nani, kuhma nani, mina nani; naha piska nani kumi bani pis wal nani aimak kau sirpi ra baiki sakisa. Kau tânka nani ba bangwisa:

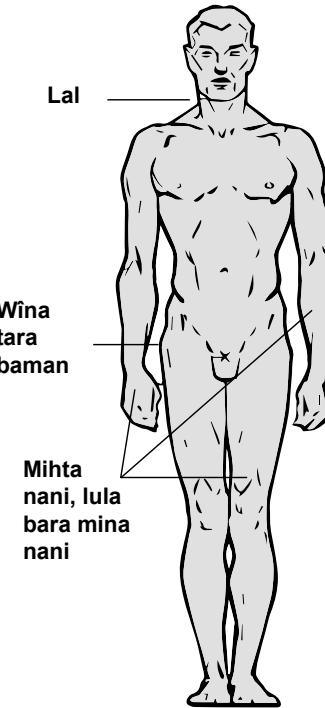
Lal ba piska tara wal ra baiki sakana sa: lal kamhka bara mawan.

Nan dusa ba ra kaikisa: kainara, karma winka tani, bara bila tani duska, tnaya nani bara ningkara.

Wîna tara baman ba ra, baiki sakana piska tara nani: Nina dusa, lama dusa, biara, klungka tani, bara waitna mairin tnata bara ai wina piska tani marikanka sa.

Wan mihta nani, tnaya bani ra baikanka piska mapsip brisa, nina nani makisa: wan pahpaya wina, klahkla, tingtingka, tingtingka wina mihta tâ kat bara mihta. Naha las ra mihta nina bara mihta bila ba. Purkara piska yumhpara tarbaiki sakisa: mihta lingbungka, wan mihta piska kum bara wan mihta sirpika nani. Mihta sirpika nani nina mihta wihta, wan mihta sirpika kulkaika ba, lila pas mihta sirpika, anular bara mihta sirpika.

Wan mina nani, sin tnaya bani ra piska baikanka matsip brihangwisa: kilka dusa, kuhma, lula, plahpia bara mina. Mina ba ra brisa mina nina ba bara mina bila. Baku sin mina piska yumhpa ra baiki sakisa: mina lula, wan mina nani piska kum bara wan mina sirpika nani yaba numba adarka ra nina nani ba mangkansa kau yahpa ba wal takriki (pas, ningkara, yumhpika, walhwalka bara matsipka)



III.- Wan wîna tara tânka sut

Wan wîna tara ba asla prakan tânka nani sut paski yaba rayaka ba alki briaia dukiara wark takibangwisa.

Tânka sut bani wan wîna tara piska kum sa, sakuna naha tânka sut nani wîna tara ba ai winka puhbaia, lukaia bara ayawaia daukanka nani baku daukaia sip kabia dukiara pana, pana ai tabaikisa. Ban sakuna tânka sut bani wala ba wal ai tânka brisa, wark aihka nani brih bangwi yaba sat wala daukibangwisa.

Naha tânka nani sut wina kum,kum bangwisa:

IV.- Wan wîna âiska dusa tânka sut

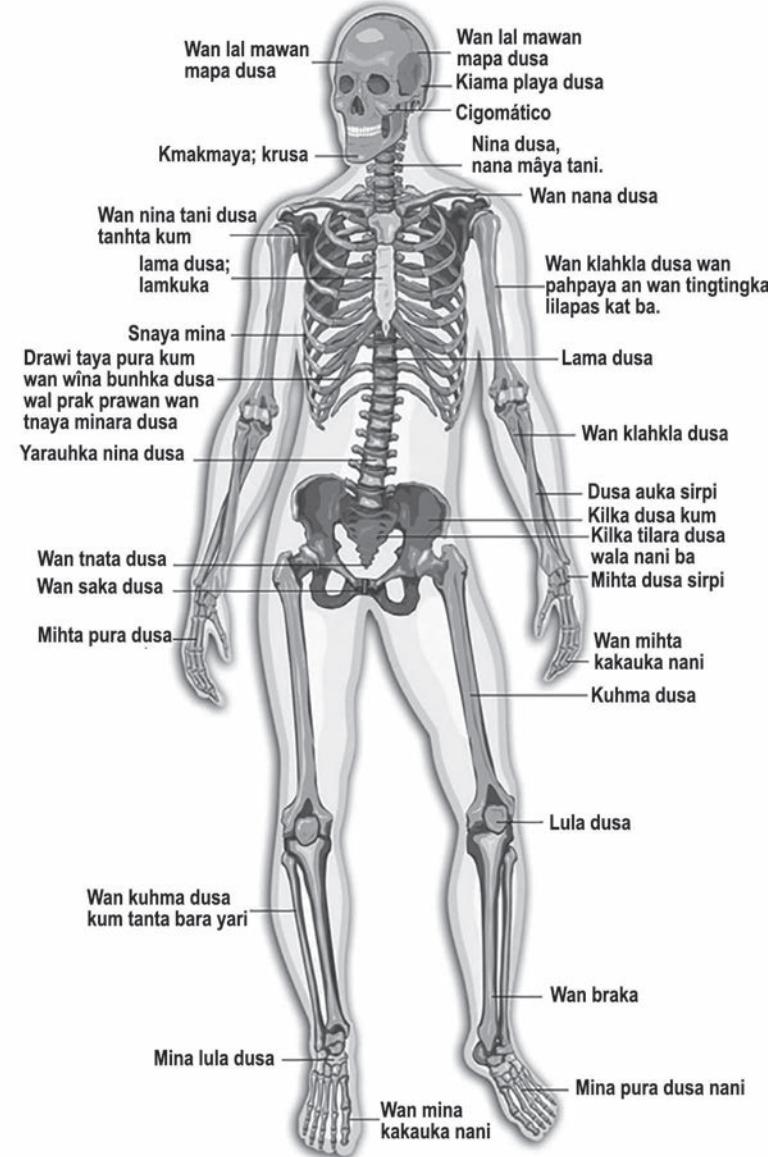
Dusa kum nina dusa bri kum wîna aiska dusa ba karna alki bara piska karna kum,kalatka lalahni pihni sa.

Wan wîna aiska dusa tânka sut ba dusa nani aslatkanka aslika kum bûi paskansa (apia kaka wan wîna aiska dusa nani) Naha yaba tânka sut wala nani wan sinska tnatka nani, dusa lukutbaika tnatka bara wîna bunhka tnatka ba baku wal aikuki aiawanka tnatka ba paskibangwisa.

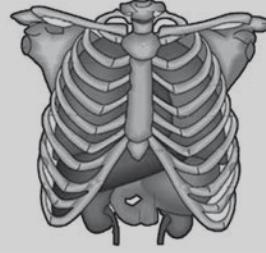
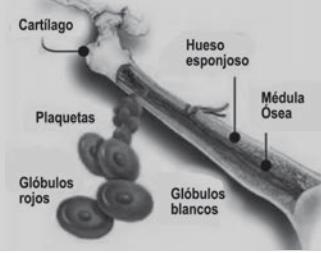
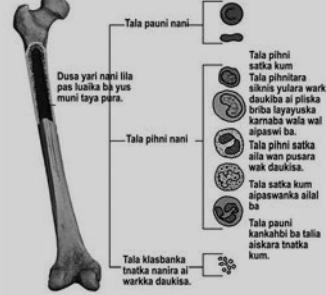
Paskanka tnatkara, wan wîna aiska dusa ba dusa nani 206 kum, kum nani dus taya bita, kartilagu nani, dusa mabiara bara dus nani blaki taya nina periostio maki ba bûi paskanka.

Upla almuk kum dusa wirhka wîna tara ul wirhka 12% ba sa. Baku bamna 75 kilugram nani wirhka yaba uplika kum ra, witin nani wina 9 kilugram nani ai dusa bûi bangwisa.

Naha piska nani yaba yahpika tnatkara, dusa ba playa kum bara kan kahbanka kum paski lasbi kaia sip sa, apia kaka puns tnatka yaba karnika yabi nani shins munanka kum sakaia dukiara tala lualika nani ba yaba dairik tnatkara dimi bangwi daukaia.

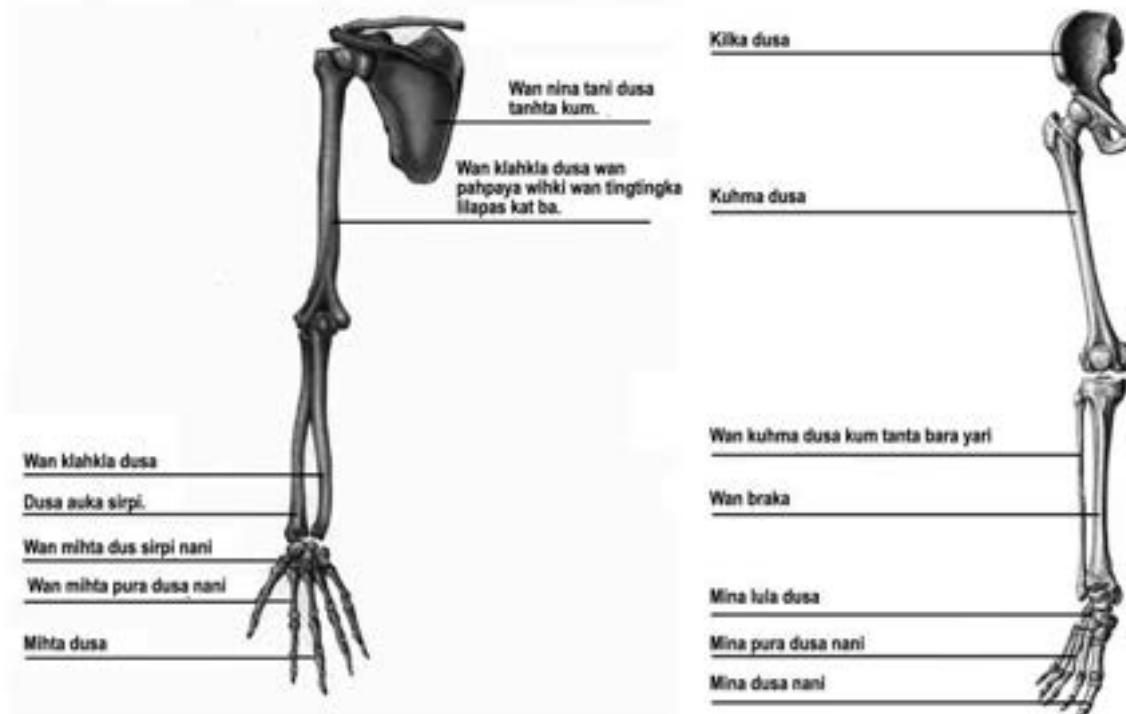


1.- Wan wîna aiska dusa tânka sut warkka nani

Ta baikanka ilpka kaia	Taya bita swapni nani bara wîna bunhka nani dukiara ta baikanka kasak tnatka kum wîna tara ba ra yabi mita.	
Kaina kahbanka	Wan wîna aiska dusa nani ba wan wîna tara piska kau tânka tara nanira insauhkanka nani wina kaina kahbisa.	
Aiawanka ba ra ilp munanka	Wîna bunhka dusa aihkika nani ba dusa nani ba ra wilksa; kunhku daukibangwan piuara, aiawanka ba sakaia dukiara nahnnani kitbibangwisa.	
Talia ra diara sirpi pali sakanka	Wan wîna dusa kum kum bilara, kanik muni taya bita kum, nina dusa mabiara pauni wapanaka hematopyesis nina maki plaquita nani bara glubulu pihni nani sakisa.	
Batanka satka Trigliceridos wiba auhbanka	Wan dusa batanka lalahni batanka bûi tâura pali paskanka sa, bahnani ba batanka satka triglicerido wiba auhbibangwisa. Nahnnani quimik karnika wina karnika bri alki takaskanka kum bangwisa.	
Main tnatka tâ baikanka	Dusa taya bita ba ra main dukia auhbibangwisa, aihka pali kalsiu bara fosforo wiba wîna bunhka kunhku daukanka bara wark wala nani ailal ba dukiara nit bangwi yaba. Naha main dukia nani nitsa piua, dusa ba dusa ba tala ba ra pri daukisa wîna tara pliska nani walara yuibangwi.	

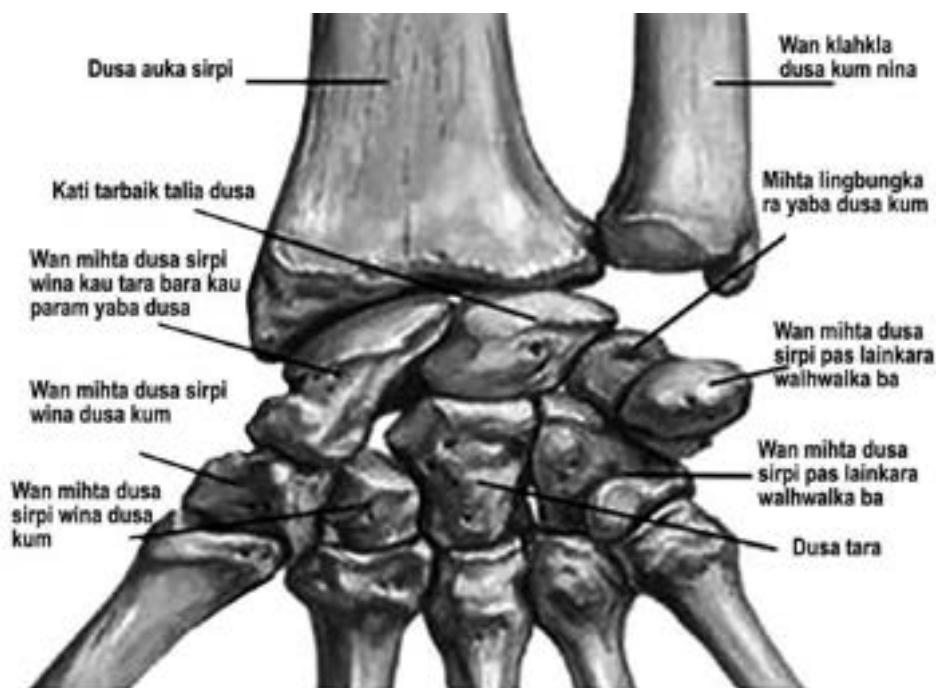
2.- Dusa satka nani

Dusa yari nani: yahpika wala nani kaina yarika ba purara aimakisa. Sampla baku: mihta nani, mina nani bara lula dusa nani.



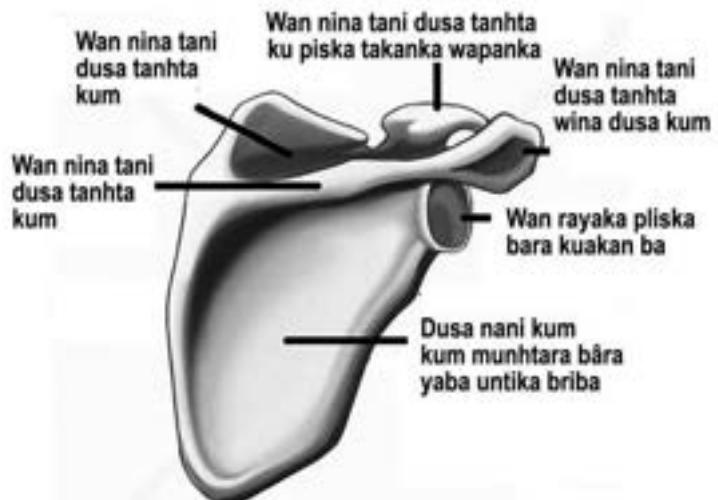
Dusa kuhku nani:

Kahmi baku daukra kum brihbangwisa bara ai yarika bara yahpika wal baku lamara bangwisa. Sampla baku: mihta ba wina dusa kuhku nani



Dusa tanhta nani

Aiska pali biawan bangwisa bara dusa taya bita karna wina wal baku pura prakanka wâl bûi paskan sa, dusa taya bita spun kum bûi baiki sakisa. Sampla baku: wan nina tani dusa tanhta kum.



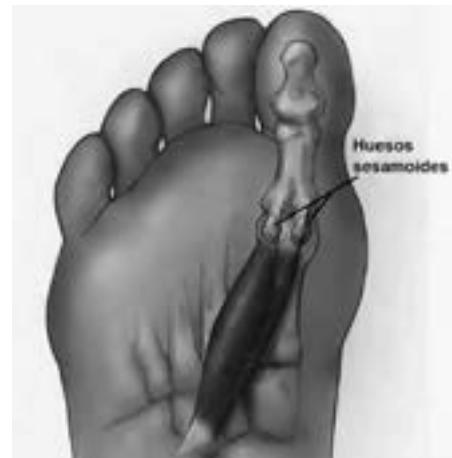
Dusa nani wapni apia ba:

Diara manis aslika daukra nani brihangwisa, baku bamna kainara baiki sakanka nani ra swerka ra dingkaia swiras. Sampa baku: Nina dusa nani.



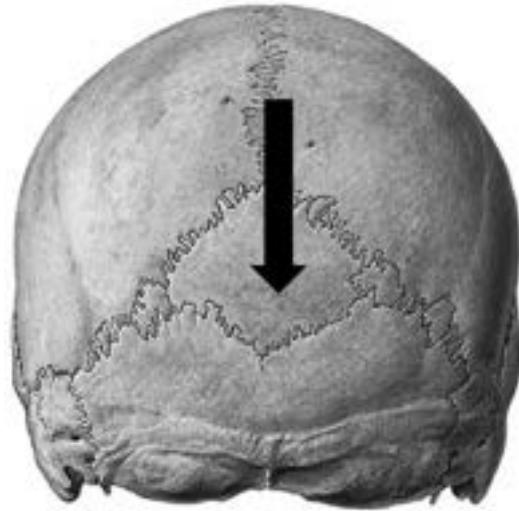
Sesamoideos wiba dusa nani:

Sesamo (ajonjolí) wina mâ daukra brihangwisa bara wakia nani bilara muyukbanka tara bara drawanka tnatka ra pawi bangwisa. Sampla baku: wan mihta bara wan mina bila nani.



Wal praki yarka alki dusa nani apia kaka wormianos wiba:

Nahnani dusa sirpi nani nikwras yaba dusa lukutbaika nani, wal praki yarka alki nani ra bangwisa. Sampla baku: wan sinska dus nani kum, kum tilara.



V.- Wan wîna bunhka tânka sut

Wîna bunhka nani ba dîa dîa kum nikbanka dauki yaba wina aiawi piska ba bangwisa; kunhku dauki piska tara nani yaba wan wîna tara wina tnaya kir bara daukra ba bapibangwisa, sim piuara wan wîna dusa aiska ba yarka nikbia yaba bara ris ra wal baku ayawanka ra ai nahki ba kat alki briebia.

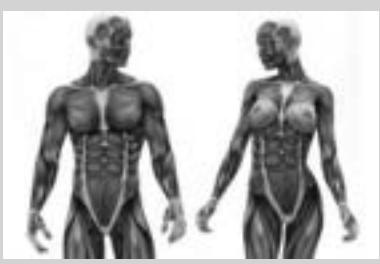
Upla wîna tara tânka kulkanka lâka ra, wîna bunhka tânka sut ba wan wîna ba wina wîna bunhka 650 pura aslika ba sa bara ai warkka tâura pali aiawanka yabaia ba sa, wilinkira dauki apia kaka wilinkira daukras – wîna bunhka dusa nani bara upla biara bila tnatka ra. Wîna bunhka nani ba wina kum,kum tnatka wal ra dimaia sip bangwisa, baku bûi miks baku kulkisa.

Nina dusa bri nanira sinsky tânka sut wina tilak ta mangkisa, sakuna wina bunhka kum, kum nani (kupia tnatka nani baku) klauna tnatkara wark takiai sip sa. Wîna tara ba wina 40% lamara wîna bunhka nani ba bûi paskisa, wiaia sips sa kg bani bûi yaba wirhka sut wina 400 g bunhka pura taya ra sa.



Wan wîna bunhka tânka sut warkka nani

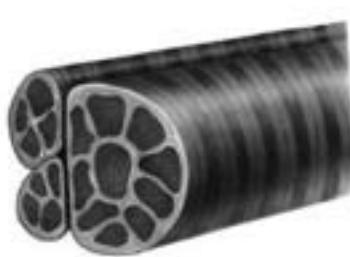
Upla kum plis kum wina wala tawi ba.	Tala ba plis walara plapanka bara mihta, mina bara lula nani aiawanka ba daukisa.	
Wîna tara nahki yaba dahra	Latwanka bâra piua ra wîna buhka nani ra aubanka nani yabisa.	
Diara tânka marikanka, wîna daukra sâtka nani wal.	Mawan daukanka nani aslika, wîna daukra sâtka baku sin kakaira nani, wan dahra wali bangwia bara luki dukia nani yaba aisaias dukiara ilp munibangwisa.	
Takaski ban ba lâka	Wîna bunhka dusa nani wal asla pali wîna tara ba wark dauki piuara nahki ba kat ban yaba alki briaia yarka daukisa	
Wîna daukra	Wan wîna ba ris piuara dauki yaba ani pali ra bâra ba nani ta mangkaia.	
Bitnika sakanka.	Wîna bunhka kunhku daukanka nani sakaia piua ra karnika bitnika takisa.	

Sâtka	Wîna bunhka nani bara wakia tâ nani wan wîna tara ba silp wîna daukra yabisa.	
Kaina kahbanka	Plun dakakanka tânka sut ba bara rayaka bri kaia tânka yabi piska tara nani ba wina ai warkka yamni daukanka dukiara kaina kahbanka baku ilp munisa.	

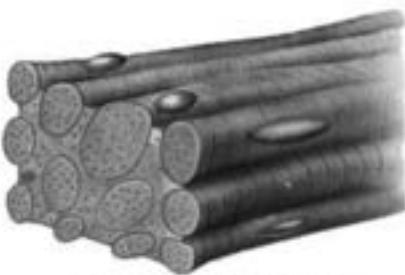
Wîna bunhka nani ba ayawanka ba warkka baku nani ra aiska asla prakansa, sakuna baku sin kasak pali wan klunhka tânka sut ba bûi plun ba swirka dimisa, wan winka puhbaia bara tala ba ra yarka plapaia.

Wîna bunhka pura tani satka nani yumhpa bangwisa, sim piuara yaba wîna bunhka satka nani yumhpa paskisa bara na ha nani bangwisa:

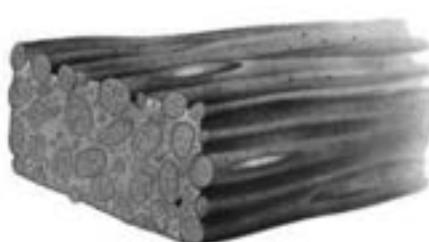
Wîna bunhka dusa aiska taya bita	Wîna dusa wilinkira baku tânka wiaia sip sa. Wilinkira nina makisa wilinkira tnatka wina kunhku taki yaba mita. Wîna bunhka kum awa mina sirpi nani numbika tara kum brisa. Awa mina wilkanka sirpi nani perimisio wiba bûi blaki brisa bara wîna bunhka ba epimisio wiba bûi.
Wîna bunhka taya bita lalalni	Naha wilinkira apia baku tânka wisa. Kupia lâka mina munhtara apia sa. Tala bara laika luaika nani tnayara ra sa, plun luaika ba, wan wîna puhbaika yabalka nani, iska watla, pîra dukia luaika nani bara wamsa.
Kupia wîna bunhka taya bita	Naha wîna bunhka taya bita satka wan kupia tnaya ba ra. Kupia lâka mina munhtara apia sakuna silp daukanka bûi. Kupia wîna bunhka awa mina sirpi nani ba wina taya pura nani tilara, kupia ba kunhku dauki diara sirpi nani ba, taya kanik muni tnatka nani bâra yaba tala luaika nani, wakia nani bara kupia ba wina luanka tânka sut ba brihbangwisa



Auka mina lain baku wîna bungka



Kupia auka mina lain baku wîna bungka taya pura



Auka mina lalalni wîna bungka

VI.- Dusa lukutbaika tânka sut

Dusa wal apia kaka kau pura tilara asla lâka ba swirka dauki yaba taya pura apia kaka diara nani aslika ba ra dusa lukutbaika baku kakaira sa.

Piska nani suapni bara karna nani aslika ba ra dusa lukutbaika tânka sut baku kakaira sa, witin nani tilak yaba wan wîna dusa nani ba wina dukia wal apia kaka kau pura asla bangwisa; naha dusa bara wakia yarikara kum sa.

Dusa lukutbaika nani ba wark nani sat aihka ailal daukibangwisa:

- Dusa nani ba wina kakaira lâka ba ilp munai.
- Wîna tara ba ra drawanka tnatka bara alki takaskanka yabaia.



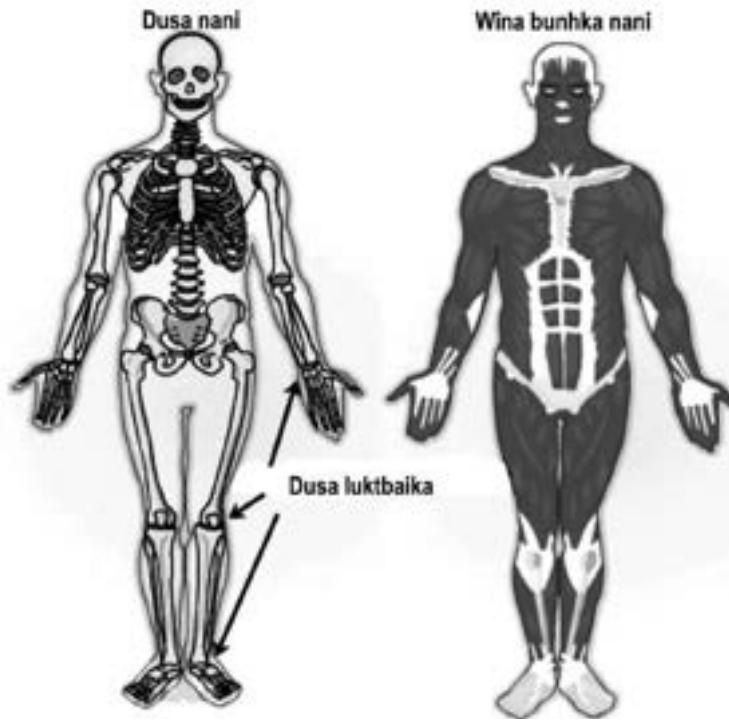
Upla wîna tara ba sut bara dusa lukutbaika 360 brisa bara ningkara tnatka ra baiki sakansa:

- Lal dusa lukutbaika nani: 86
- Karma dusa lukutbaika nani: 6
- Lama dusa lukutbaika nani: 66
- Nina dusa lukutbaika nani: 76
- Mihta nani dusa lukutbaika: 64
- Mina nani dusa lukutbaika nani: 62

Ai aiawanka pitka tnatka kat, yawan dusa lukutbaika nani satka yumhpara baiki sakaia sip sa:

Aiawanka praiska mangki dusa lukutbaika:

Asla prakanka sim pawan dusa ra, dimi ai warkka daukiba. Sampla kum pain dusa nani bahara dusa lalkamka ra.

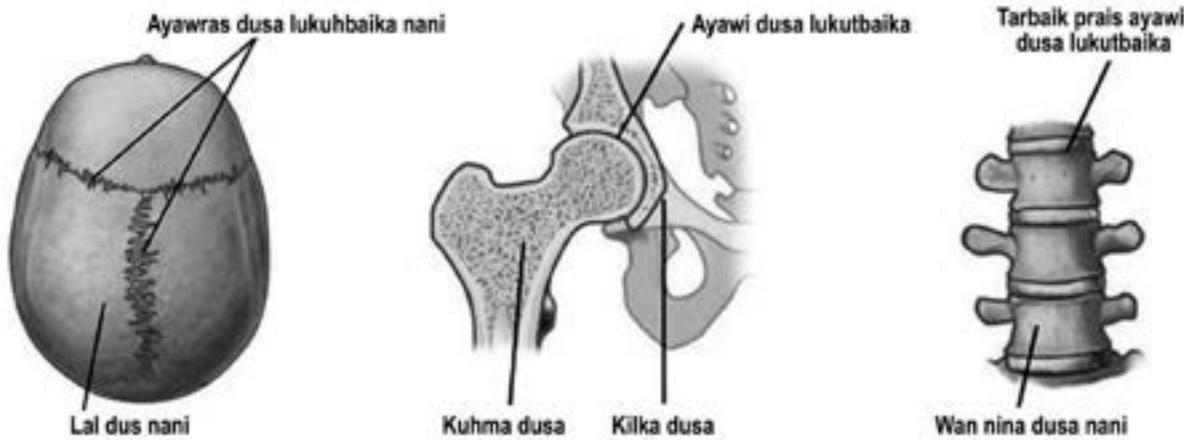


Aiawanka apû dusa lukutbaika:

Wan wîna dusa asla wal prawanka bara dusa ba nikwi tawi ba ai pliska wina. Sampla wina prawanka brih aisaiwal apia kaka kau dusa ba. Bara wina prawanka bri nani ba snaya dusa ra bara snaya minara bara dusa wapnira prawanka bri ba.

Pri pali aiawi dusa lukutbaika:

Wîna prawanka brih aisaiwal apia kaka kau dusa ba kasak ailal nihbanka bri sampla kum ba wisa dusa maisa tanira ba.



Dusa lukutwaika ayawanka nani ba baikisakisa:

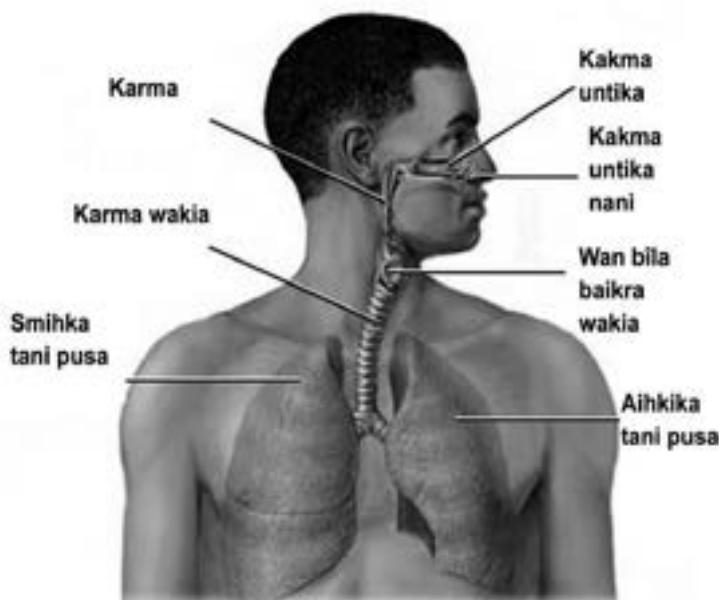
- Lalalwanka
- Wilwanka
- Raya tânka bri, baiki sakansa:
 - Bulkanka: wîna tara wina piska nani apia kaka dusa nani tilara tâ ba sirpi daukisa.
 - Tara daukanka: wîna tara wina piska nani apia kaka dusa nani tilara tâ ba tara daukisa.
 - Baiki skanka: paskanka kum wala wina laihwra sakisa.
 - Asla prakanka: paskanka kum wal wina lamara brih balisa.
 - Kutbanka: tara daukanka, bulkanka, baiki sakanka bara asla prakanka aiawanka nani miks daukanka kum daukisa.

VII.- Wînka puhbanka tânka sut

Rayaka bri uplika kum awar ailal plun piras, yapras apia kaka lî diras wînka puhbanka tânka sut ba, wîna tara nit yaba pasa ba yabaia bara wînka puhbanka wapanka tilak diara sirpi nani sut ra saki yaba dióxido de carbono wi yaba sakaia daukaika mangkan ba sa.

Wînka puhbanka ba wilinkira bara silp wîna dauki bûi wan wîna tara ra yawan pasa dingki dióxido de carbono wi yaba tnatka ra yawan pasa saki wapanka sa.

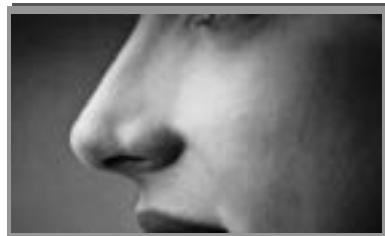
kaia sip sa, sakuna minit yumhpa pura ai wînka puhsaia tânka sip swiras.



Wînka puhbanka tânsa sut paski yaba piska tara nani ba bangwisa:

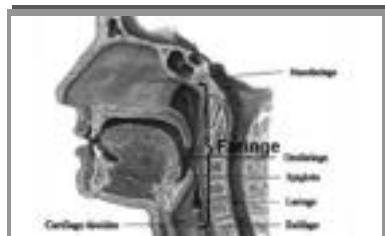
Kakma

Unta tara wâl bangwi yaba ai warkka pâsa dimanka ba swirka daukaia sa, nahe pâsika ba cornetes nina maki paskanka nani kum, kum tilak bitnika kulki marikan kum ra bibitni, singbi bara lapta takisa.



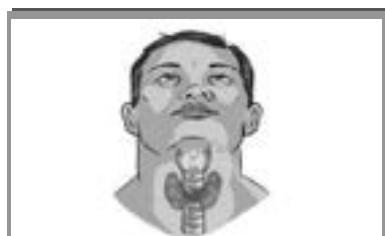
Kârma

Pâsa ba yaba ra ilp muni pâsa ra yaba munhta ra luaika nani ba mapara pâsa ba yakabia ilp muni yaba taya bri wîna bunhka luaika.



Kârma wakia

Pâsa singbanka ba ai warkka tâura yaba sa luaika. Baku sin patka ba bara pusa nani ba mapara pâsa yarka luisa bara din apia kaka pin dukia nani ba bara diara tringsar nani munhtara wînka puhbaika pliska ba mapara luaika alki takaskisa. Purkara bin dadaukra piska tara warkka brisa, wibia sa, bin ba sakisa.



Patka

Pusa nani ba wina dimi bara taki pâsa ba buhban yabalka kum yabisu.



Lama karma wakia nani

Patka wina lama karma wakia nani kat auya yaba pâsa brih wisa.



Pusa nani

Pusa nani ba tala ba wal pana, pana shins munanka warkka daukisa, ba dukiara lama karma wakia danh taki pliska tala luaika wal kasak pali ai tânsa brisa.



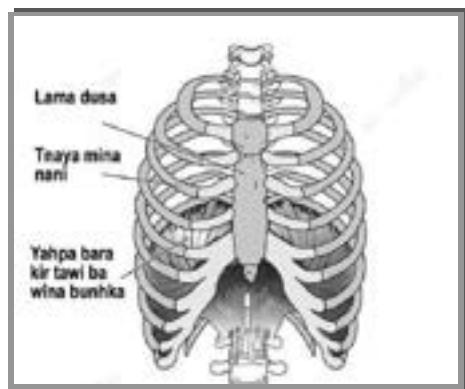
Wînka bunhka ra naya dusa nani ba

Wînka bunhka ra kaupali ai wînka puhbi warkka ba sika yaka wark takaia pasa wirhka ba wal bara sim yakan sins takaia, naха wînka puhbra ai laika briba ni dusa satka bani nanira



Yahpa bara kir tawi ba wîna bunhka

Mark munan wîna bunhka lama dusa bîla untra (pusa nani, mediatino wi yaba ban, ban) biara bîla untra (biara sirpi nan, biara, auya, ban, ban) baiki saki yaba. Wîna puhbanka ba ra dimi, lama dusa bîla untra bilara taibi munanka alahbi, wînka aubuya piuara yahpika ba pura praki bara taibi munanka ba pura praki bara wînka puhbuya piuara yahpika ba sirpi dauki. Naha wapanka yahpa bara kir tawi wîna bunhka slakwanka bara kunhku takanka ba tilak tâura pali brih wisa.



VIII.- Tala plapanka tânka sut



Tala plapanka tânka sut ba wan wîna tara paskanka ba brisa:

Kupia bara tala plapi watlika nani tânka sut yaba tala ba brih wi munan plaplisa.

Âikama nani, laika bara tala luaika tânka sut kupia mapara layka ba bri wi.

Tala plapanka tânka sut warkka nani:

- Pata pira satka nani bara pâsa ba diara sirpi nani ra brih waia.
- Wan pura nani ba saki pâsa ba bûi bara iska ba ra wan kiskamka kuk ningkara tnayara lakaia yaba shîns munanka sauhkanka nani ba wahbaia.
- Wîna tara kaina kahbanka nani bara dimisa.
- Wala nani tilara, wîna tara bitnika ba ta mangkisa.
- Lî bara laya satka wala taya purara nani bri ba ta mangkisa.
- Wan karma piska kum wina kuhbi sakanka nani ba lakisa.

IX.- Kupia bara tala plapi tawanka watlika nani tânka sut

Kupia bara tala plapi watlika nani tânka sut nina makanka ba kli kli dauki yaba pain sa kaka, dîa, dîa dukia nina makaia kan. Tânka sut nina makanka ba sim sat pura taya bûi paskanka tara kum dukiara alki brisa. Kupia bara tala plapi watlikara dîa, dîa dukia pura taya satka aihka nani bûi paskan sa bara baku bamna naha nina aitani kat sa.

Ai warkka tâura wîna tara pliska nani sut ra tala briwaia, baku pata pira nani bara pâsa ba (02) brih wi bara sauhkan dukia nani bara wan wîna taki pâsa ba (dióxido de carbono) wahbi. Kupia bara tala plapi watlika lukanka ba kupia bara tala plapi tawanka dîa dîa dukia wal wilkan sa.

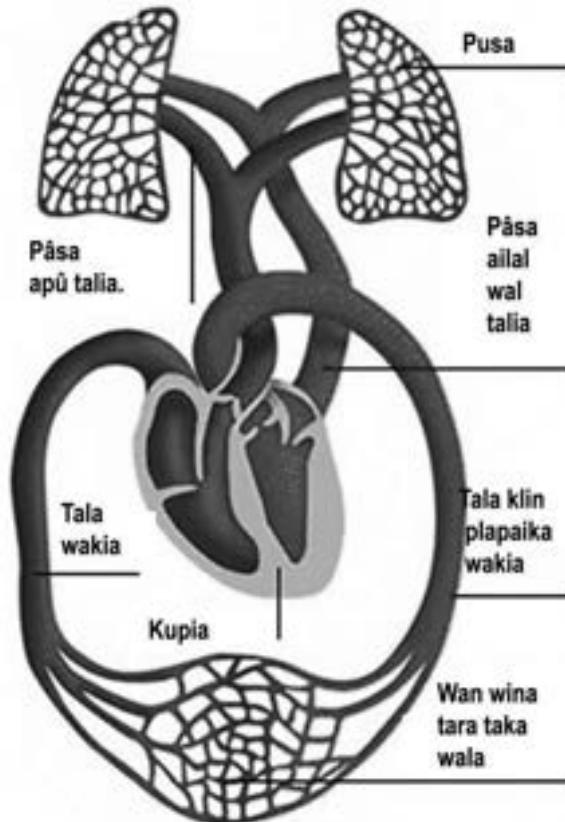
Upla almuk kum tarbaiki 4.7 wina 5.7 tala litru nani lamara brisa, dukia yaba ai wîna tara wirhka ul wina 7% lamara sa.

Kupia ba bûi paski sa, wîna bunhka kum yaba ai kunhku takanka mita tala ba pump munisa ayawanka ra ban kabia dukiara bara tala luaika nani ba (wakia nani bara tala luaika wala nani) tala plapi tawanka ba yaba nani ku yabalka nani kabia.

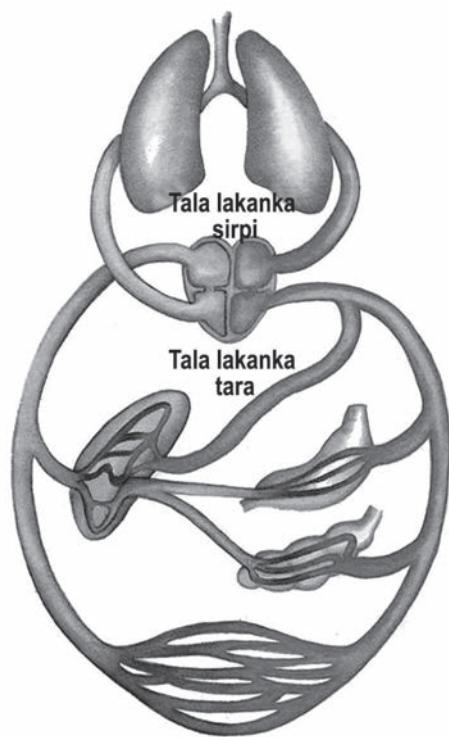
Blistu klir munaia sa, tala yaba kupia ba ra wakia nani ku tawisa bara kupia wina wakia satka wala (arteria wiba) ku takisa.

Tala ba, tâura pali, wan wîna tara bilara isi wina pain dauki briaia sip yaba wal praki wilki taya pura satka kum sa. Plasma wiba ni daukansa, laya kum prahpaya tala dukia diara sirpi nani satka aihka 3 bri yaba. Plasma wina 92% lamara ba lî sa, taka wala ba enzima wi nani, hormona wi nani, siknis yula nani mapara aiklabi saika nani, pata pira, laika nani, saika nani, wan wîna tara karnika yabi pata nani bara metabolita wi nani satka ailal.

Wan wîna tara wina yarka ba ra tânka tara bri dukia nani bara pata pira lakanka ba dauki tâura yaba sa. Pas tâura, tala ba pusa nani bûi pâsa wapanka ba brisa wîna tara wina diara sirpi nani sut ra lakaia dukiara bara ningkara, dióxido de carbono wi yaba ba diara sirpi nani bara taya pura nani sut wina wahbisa bara wan pusa nani ra kli wilbi lakisa.



Tala ba wân wîna tara ra shîns munanka tâka nani wahbaia main kaikaika takisa, wîna tara ba wan kiskamka nani kat bara ningkara krahban kabia yaba ilp muni



Tala plapi tawanka ba wâl bâra sa:

Tala plapi tawanka sirpika apia kaka pusa dukia: Tala ba kupia wina pusa wakia ba ku takisa, pusa nanira wisa, dióxido de carbono wiba suisâbara pasa ba wahbisa bara pusa wakia nani ku kupia ba ra kli tawisa.

Tala plapi tawanka kau tara apia kaka tânka sut ra: Tala ba wakia aorta nina maki yaba ku kupia wina takisa bara wîna tara ba wina piska nani siut ra wisa pata pira bara pâsa brih wi bara sauhkan dukia nani bara dioxido de carbono wahbi. Ningkara kupia ba ra wakia kau tara bara sirpi nani ku kupia ba ra kli tawisa.

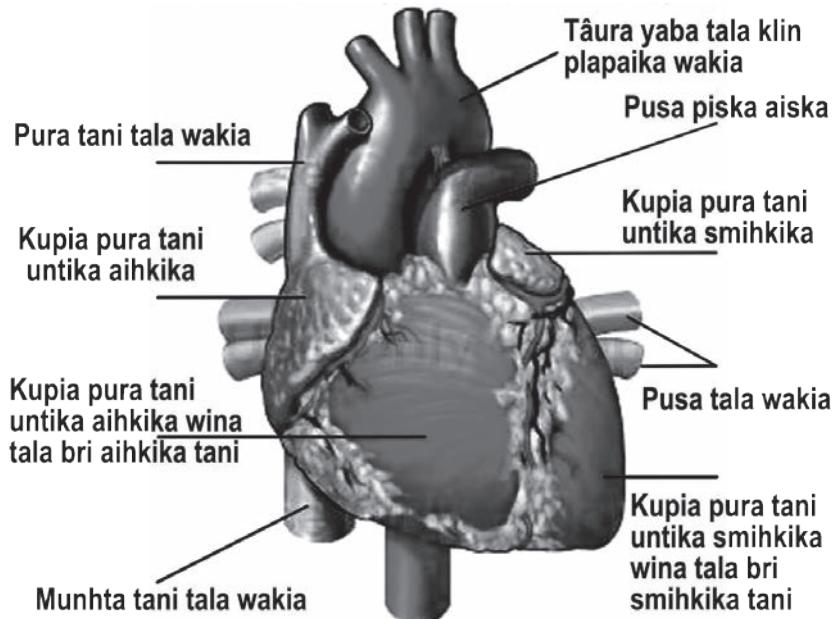
Kupia bara tala plapi tawanka watlika nani tânka sut paskanka nani:

Kupia

Kupia ba karnakira piska tara kum unta nani 4 bûi paskisa. Ai yahpika wan mihta kruskan kum ba talia sa bara 250 bara 300 g wina lamara wirhka kum brisa mairin nanira bara waitna almuk nani wal baku.

Lama dus ba wina bilara, diafragma wiba ba wina purara bûi, mediastino nina maki pliska bara yaba pusa taya wâl ba tilara yaba lama dusa ba wina tarbaik piska ba sa.

Kupia ba kunkku taki bara alahwanka ayawanka nanira yu kum ra aimâ 100000 kum, kum nani dikwisa bara baha piuara tala wina 14000 litru nani munka plapi tawisa.



Paskanka sirpi lupia nani sip wan nakra ni kaikras ba dahra laki kaiki ba tanka kat, yawan upla wan kupia ba, paskanka piska yumhpa kaikaia sipsa, bila tani wina bara lata tani kat. Paskanka piska bani nina brisa:

Kupia pura praki taya pura ba: Ai paskanka ba satka wal ra sa, pura tani aiska praki bri ba, bara wala ba tala luga wakia lupia nani mununhta wina taki ba.

Kupia tnaya wîna bunhka pura taya ba: Baha ba wîna bunhka kau ailal sa, bara wakia satka nani sin ailal brisa, nina yaban sa: kupia wîna buhnka.

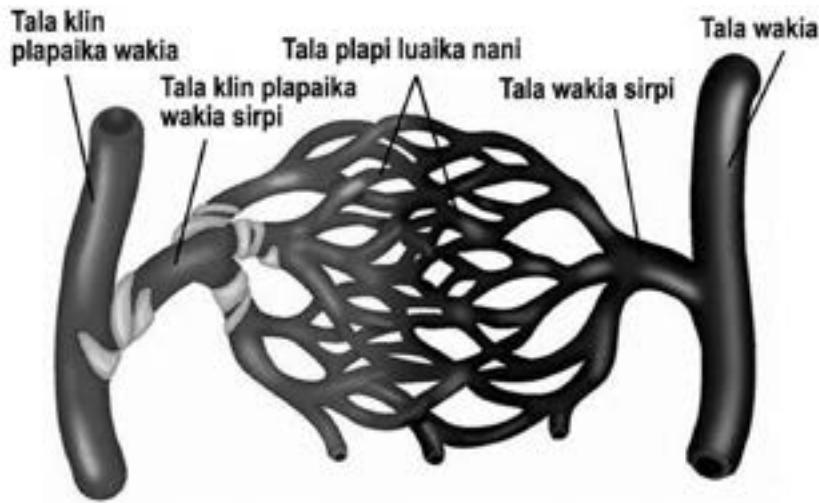
Kupia blaki taya pura ba: Wan kupia aiska praki bri ba taika sa. Upla kupia ba, baikanka wal brisa, piska bani ba yakan, yakan wark daukisa, kumi ba smih tanira sa wala ba aihkika tanira sa.

Ai tani ba pyua bani tala brisa kuna pasa lika uba wiria baman brisa, baha lika wakia sirpi nani pura bara munhta tani wina bali ba baha bak pâsa ba alkisa. Saitka wala ba smih tanira sa, piua banira tala pain ba brisa, pasa sin ailal alkisa baha lika wan pura wina lui wisa, na ha payaska bara talia wal bui sika wan wina piska ra wakia sirpika satka sut ra ba ra nani ra rayaka yabi bri ba.

Upla ailal nani ba, witin nani wark daukisa piua ra nahki ai dahra wali ba baku pain iwisa, kupia ba kau isti dikwisa bara pain sip ai wînhka puhbras munisa. Baha tanka ba ai wina tara ba uba wark karna daukisa bamna, pasa ba sipa ai wîna aiska ra luras munisa. Ani piua ai warkka dauki ba mahka daukras takaskan bara, ai kupia ba pain dikwuya, ai wînhka sim pain puhbuya bara ai kupia ba pain wark takuya sa. Ani piua kau wark karna daukma naku dukia ba aim aial kau taki kabia.

Tala plapi lui watlika nani

Wan wîna bunhka bila bak wakia satka nani ailal luan sa, tasa baku drawisa, ai warkka dauki ba lika, tala wan wîna aiska ra blikisa baku sin kli wahbi bri sat dingki sa. Nina ba tala wakia nani makisa, tala plapaika wakia, wan kupia wina wan wina aiska ra brih wi ba. Tala wakia nani wan kupia bila wina taki wina nani ba, asla ai paswi, ai paswi ningkara tala luga wakia kau sirpi nani ra takisa bara ai nina yaban sa, Capilares tânska lika tala wakia- sirpi lupia nani wan wina aiska ra ba baha nani bui sika wan wîna piska lupia nani sut ra rayaka yabi bri ba. Naha talia yabalka nani ba nanara wakia baku takisa bara baha yabalka bak tala nani ba kli wan kupia ra sal dingki sa.



Tala iswaika wakia nani ba satka yumhpia ba ra sa, yumhpia sut bak tala ba lui wisa, kuna ai warkka ba lika sat, sat sa, baha ba mita baikanka yumhpia ra daukan sa:

Tala klin plapaika wakia drawi nani ba: Naha talia karma nani ra wakia tara bara karna nani ba bâra sa, wal ai warkka dauki kupia wakia bara pusa wakia taibi munan tnatka tara ra tala brihangwi bara lakibangwi yaba.

Bilara ba 100 – 130 um yahpika kulkisa bara ai tila kat wan wina ra rayaka yabi yula nani ai tilara bri ba taya tuakni nani bara auka nani. Endoteliocito wi nani yahpika sirpi ra asla prakanka nani bara yahpika kau tara yabi ba asla prakanka nani bûi wala nani ra asla bangwisa. .

Ningka ba, kau wira tuakni sa bara sin tara sa; yawan upla nani ra ai pitka briba lika 500 um bara brisa 40 apia kaka 70 wakia lupia drawi ba satka nani, bara kuawi, kuawi nani sa, baha wina sika piska sirpi lupia nani ailal takisa, kumi bara wala wal prawi untuka satka nani dauki sa.

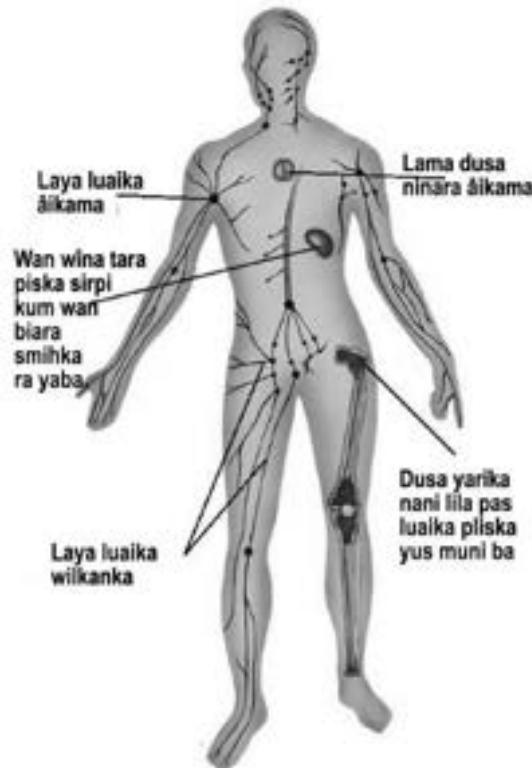
Tala klin plapaika wakia wan wîna bunhka ra: Wan wîna bunhka bilara naku wakia nani tala ailal puhbi ba kau ailal ba ra sa, ai yahpika nani ba sat sat sa, 0.41mm wina ai purara. Naha wakia ba ai yahpika kau tara taim ai karnika sin kau drabis, bara baku wina wan wîna bunhka wakia nani ai paswisa.

Tala klin plapaika wakia sirpika nani: Tala klin plapaika wakia sirpi nani ba, wakia kilwanka baku kakaira sa, wakia kau sirpika nani kilwanka nani ra kli baiki sakibangwisa bara baha wakia nani sut asla takuya bara tala wakia tara nani takisa. Wan kupia wina mahka tala ba puhbisa pyua ra, naha wakia nani ba drawisa bara baha taim wan wîna bunhka wakia nani ba sin wark daukisa, ai yahpika ba 100 um apia kau wira mayara drawisa. Ai yahpika lahbisa piua ra, ai karnika ba sin lahwisa. Wakia bani ba ai warkka sat sat dauki sa.

X.- Âikama nani, laika bara tala luika tânka sut

Wan wîna tara kan kahbanka ba bara klin munanka ba wina ilpka dauki yaba warkka nani ba sut bûi, wan wîna tara wina kau tânka tara bri ba sa. Diara sirpi nani tilara plapi laya satka pura luanka ba wahbi muni kli tala ba ra lakaia dukiara ai warkka tara brisa. Baku sin batanka wina ilp munanka ba takanka dukia nani biara sirpi ba ra wahbisa.

Tala wina balki kli witin ra tawi yaba linfa nina maki layka satka kum lakibangwi yaba wakia kau sirpi nani kilwanka nani ra luika nani talia bûi paskan ba mita tala plapanka tânka sut piska kum baku kulki sa. Baku bûi naha tânka sut ba wan wîna tara layka satka nani lakaika sîn kum baku sikanka ba paskisa.



Wan talia klin muni laika ba, klin sangni palisa wan talia pauni bara sangni ba wal paskan sa, sakuna naha ba tala nani puhbi ba tila wina snayara takisa baha wina ai warkka daukisa.

Naha tala klin dauki watlika ba ma, ma ra asla sa sim rosario kum baku kan klin daukaika wakia nani uba ailal brisa bamna, bara sin aikama nani ailal kau pali ba brisa, wan klukia, wan plauia, wan nana dusa ra ban, ban kaiki bangwisa. Bahara sika tala pihni ba aipaswi ba.

Wîna tara klin daukaia piska ba, tala puhbi ba wal sim sat apia sa, kan tala ba wakia bak sakan brisa karna puhbaia bara sin aubi brih balaia, wîna klin daukaia piska baku apia sa. Naha ba kau ai warkka daukisa, ani taim upla ba wark karna daukisa piuara, baha taim wîna bunhka ba karna aiawisa bara wîna klin daukaia natka ba kasak pali ai warkka daukisa. Ani taim wînam piska kum ra latwan briram piua, bahara aikama ba puskisa bara latwan wankisa kan naku ai warkka dauki bamna.

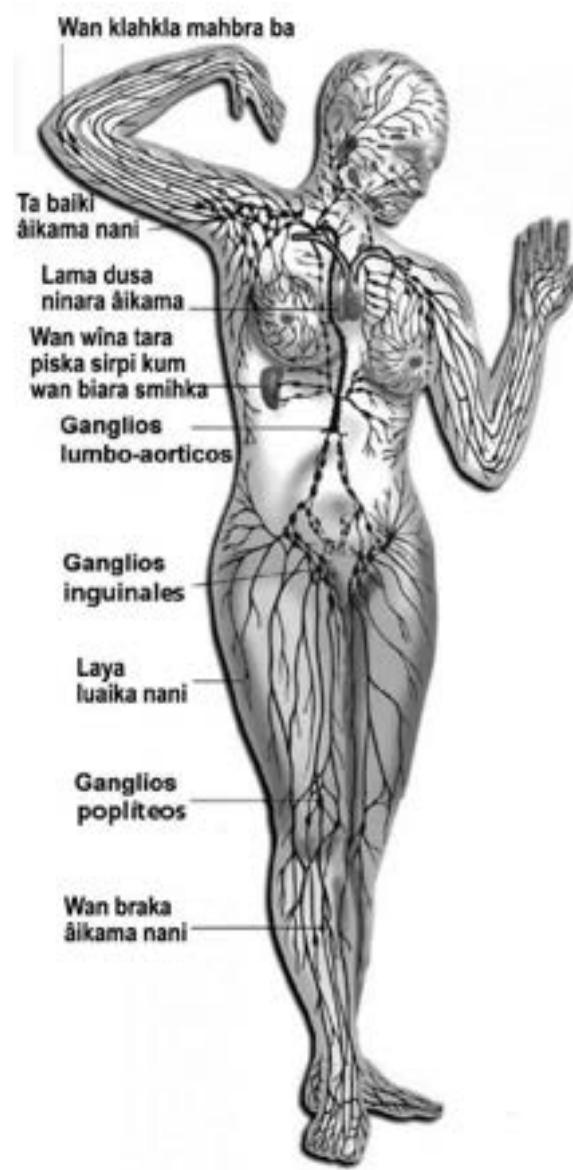
XI.- Wîna tara warkka ba ra wîna daukra shins munanka

Wan wîna tara ra, patka satka nani kum kum taki ba, kau pali ba wan nina dusa ra, wan kuhma, bara wan mina ra, baha ba, upla saura iwisa, apia kaka ban patka ba ai wina ra brisa, wark nani daukisa pyua ra. Baha sat patka wina pri takaia sa kaka, ai iwanka natka apia kaka wark dauki ba wira takaskan kaia sa.

Patka nani kum kum ba, wan plauia bila tani wina takisa, baku taim sip ilp briras wan munisa, wala nani lika yawan silp bûi pliki sakisa baku nani ba lika sipsa rawan kaia.

Upla ba, yu aiska ra wark sat sat dauki yu dimisa, baha ba ai natka sa, ban sakuna minit kum sin lukras sa, witin ai wîna tara bilara paskanka piska nani manas briwa baha bui ta bikanka yabi, baha piska nani apu sa kaka witin sip wark daukras kabia sa. Naha paskanka piska nani sa, wan dusa, wan wîna bunhka, bara tala ai warkka dauki ba wan wîna tara ra.

Wan wîna tara ba, tasba ai prisika tara briwa karnika wal bapi buisa, wan dusa bara wan wîna bunhka briwa mita. Wan sinska awa nani ba sin ai warkka tara nani daukisa wan wîna aiawanka dukiara, wark nani daukan kaia ba mata, wan sinska lukra nani baha ba wina sipsa takan kaia:



Wan wîna ra patka satka nani taki ba samplika nani kum kum:



Nina dusa tnayara lakanka pura luanka: Wan nina dusa ta mangkanka ba kau pawi tara taki ba, baha ba pyua wihka wan wîna tara ba iwanka sat kum ra baman brisa piua ra takisa, apia sa kaka wan nina dusa wînka ba saura brih tauki kan taim takisa.

Baku dukia nani takisa bara, latwan wan munras sa, kaikaia sipsa lilkika ra, pahpaya ba bulwan sa, bara baku takaskisa.

Wan nina dusa, dusa lukutbaika nani piu bani dauki ba sikniska

Baha ba wan nina dusa ra laya apia kaka ta mangkanka. Sirpi nani brisa lawi danh takisa, ai yahpika ba pyua bani kau mayara iwisa.

Naku sikniska kum ba, takisa, wan nina dusa laika ba dant lawisa pyua ra.

Kau wahma piuara baha laika ba slula bara aillal sa, kuna kau almuks taki auya ba ra yahpika tiwisa, bara sin karnika apu takaskisa.

Upla kum pyua bani wark karna daukisa, diara wihra uba bukisa, baku taka mita sipsa isti pali ai nina dusa ba sauhkan kaia bara sip wark takras takas kaia.



Mina bulwanka nani



Dusa lukutwaika paski dusa wal asla prakanka yaba wakia nani latwanka kasak kum sa. Latwanka uba tara sa kaka wakia ba dusa nani ai pliska ra bangwi alkaia sip kata wina suisra bara nahnnani baiwi takisa, baku piuara mina bulwanka kum sa. Naha bulwanka, dusa lukutwaika ba aiawanka pitka kau tara taibi munuya piuara takisa.

Kau kli, kli dauki tnatka nani ba bangwisa:

Witinka nanira pura luan nikwanka satka nani pura luan karnika nani wal miks munibangwi ba mita, truk aksidintka nani.

Mina bulwanka kum piska ba ra latwanka satka kum yabisa, sam piuara latwanka wal, wina bunhka kunkku takanka bara aiawanka wal klawanka takaskisa. Ningkara wan sinska tnatka kum pusanka yabaia sip sa.

Kriwanka, prutrusiun wiba bara diskuka irnika

Diskuka kriwanka tânka ba, wan nahnani dusa piska kum ra liswanka nani brin sa. Kau pali ba bila tanira baiwi dimi wisa bara dia sut daukaia ra trabil tara munisa.



Protusion diskal wiba ba awa mina ailal blakanka ba sat aihka takanka ba sa dusa mabiara suapni wina babatni dukia ba witin mapara prukanka bûi. Blakanka ba kalwuya sa kaka bara dusa mabiara piska ba blakanka wina tnayara takuya, irnia diskal kum tânka laki kaikisa.

Wan dusa kriwanka pakni bara yari, awa mina ailal blakanka ba sat aihka takanka bara irnia diskal ba diskuka ba bilara pamni muni ba, awa mina ailal blakanka ba wina alki takaskanka ba yaba kau tara sa piuara takisa.

Awa mina ailal blakanka ba ai tnaya mawan tani yaba nina tani ba ra piska yumhpika kum ba bîla kau yahpa sa ba mita, wan dusa kriwanka pakni bara yari, awa mina ailal blakanka ba sat aihka takanka bara irnia diskal aihkika nani naha las ra takibangwisa.

Silp tnatka ra kli, kli aiawanka dauki auya ba ningkara sa:

Nina dusa mawan mapara bulwanka: daukuya piua diskuka ba wirhka ba mawan tanira kau wahwisa. patka brisa piua ra diara wihra sip bukan kaia apia, plis nani kum ra tanis iwan kaia apia, kan wihra bukisa piuara puskanka nani ba kau tara takisa.

Wirhka twilkanka tânka tara bri ba: daukuya piua nina dusa kum wala mapara taibisa, diskuka ba bilara bara kau taibisa.

Wirhka tara ba wal nina dusa ba yari takanka: Diskuka taibi muni pura prakanka wirhka twilkanka wahwi yaba kau karnika wal nina mapara dusa mabiara ba taibi auya sa. Taibi munanka ba nina dusa tnaya ra prakanka mapara dauki ba aitani sa kaka prakanka ba kalwanka takisa, bulwisa apia kaka baiwisa.

Baha latwanka brin piuara klawanka yabisa, irnika ba kasak tara sa kaka wakia kum taibaia sip sa. Baha taki puiara upla ba mihta ra bara nina dusa ra bara kuhma ra sa kaka, klahwisa. Kaina piua nanira nina dusa irnika ba aima bani klawanka nani yabisa lukikan sakuna sinskira nani tadirakanka nani ba upla siknis apû nani ba wina 30% bara 50% tilara irnia trabilka nani ailal bri nani, irnia trabilka kumi sin apû.

Wan nan dusa bilara latwanka: Wan nan dusa kli, kli bulwanka apia kaka tara daukanka kasak pali taki ba, bulwanka piuara baha miks takanka kli, kli nina dusa bulwanka kum yabisa sip sa.

Naku nan dusa patka briba, kau pali lika upla kau truk waki auyasa bara truk wal prukan bara uplika ba ai mawan tanira karna latwan brin bara naha dusa ba sip aiauras takakisa. Truk wala wal prukan piua ra, wan lal ba karna ai taura wih prukisa, baha taim wan nana dusa ba kasak

latwan brisa. Naku trabilka ba isti takisa sans kum sin wankras sa wan kaina sunaia baku sika nana dusa ba saura pali takaski ba.

Baha nan dusa trabilka ba wan nina dusa wal ta mangkan brisa baku sin naku patka kum sa piua wan nani dusa sin patka ba brisa.

Wan nan dusa las piska ba slukuan sa: Baha lika suakui luisa dusa kum wina dusa wala ra dauki saitra taura ban alki brisa, sakuna wan sinsks awa, sinska awa, wan wîna bunhka nani lika sut saura takaskisa.

Sam piua wan maka dusa slukuisa bara wan duska lupia ba ai taura plapi uli sa, baha sin pat tara wangkisa wan rayaka ra.

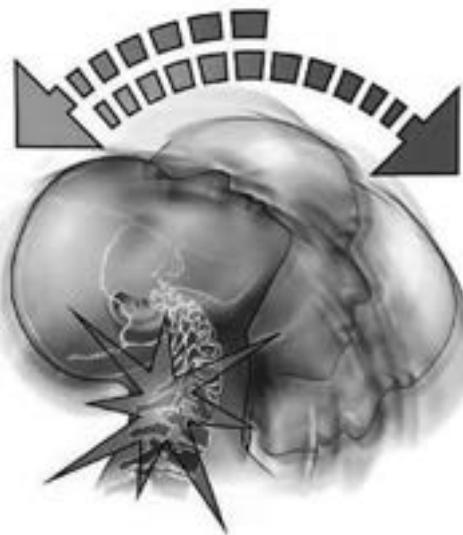
Wan maka dusa slukuan taim latwanka bri ba purara karna pali taibi alkan kaia sa dihbi kaia, naku dukia ba kau pali takisa

Wan nan dusa ra kauhisa, bara wan maka dusa ba suawkisa.

Mairin nani bibi skaia patka brisa piua, maka dusa ta mangkanka ba tara kuawisa baha taka sipsa maka dusa kalhwan kaia, baha lika bibi aula ba uba tara sa taim bara mairka wîna ra bibi yabalka ba uba sirpi sa sa piua.

Latwanka ba iwi piuara bal takisa, tâura pali pura taya karna purara, bamna ba dukia wakia bulwanka nani ba bara sauken wakia nani ba purara taibi muni ba pura prakisa.

Bulwanka takuya ningkara, latwanka ba kli, kli takisa, sakuna iwaia piua ra kau tara sa.



Naha pura luanka nani wahwi uplika nani dukiara pain sa wiras daukanka nani bara wahwras nani ba dukiara pât tnatka nani ba:

Nina dusa ba ra kli kli kunhku takanka- yari takanka

- Wan nina dusa bulwaia piuara bilara nina dusa diskuka ba ra taibi munanka ba pura prakisa. Baha piua ra wirhka twilkuya sa bara nina dusa ba kli wapni takuya kaka, diskuka pura tani taibi munanka ba uba tara ba mita wan dusa kriwanka yari bara pakni takaia sipsa apia kaka kriwaia, diskuka irnia kum saki. Aitani apia bulwanka diskuka awa mina ailal blakanka ba ra prukanka ba kau pura taki auya sa bara karnika tiki kriwanka pakni bara yari apia kaka krikaia kat..
- Pahpaya wapni bri sa bara lula bulkanka nani wal daukuya sa kaka kau sirpi bara kuhma nani wapni wal daukuya driwanka ba kaka wîna bunhka wirhka pura ba bara diskuka kau tara sa yaba sins tadi takanka nani ba tânsa marikan.

Bulwanka apia kaka kli kli wan nina dusa wilwi takanka

- Nina dusa nani daukra ba bûi, wan nina dusa ba wan lama dusa ba yaba kau pura wilwi tawaia sip sa bara naha yarauhka ba yaba kau pura. Nina dusa yarauhka ba ra kli,kli pura luan wilwi lakanka nani wîna bunhka bara dusa lukutbaika ba wirhka pura luaia sip sa, bara purkara nina dusa dikuka, kau pali wirhka twilki daukuya sa kaka.

Karnika nani

- Naha asla takanka wirhka pura luan tnatka kum ra kaia sip sa bara wilbi lakanka apia kaka yari takanka-kunhku takanka wîna daukra nani ra dauki bangwi karnika nani ba pât kau tara kum ra asla takaia sip bangwisa.
- Pura luan karnika kum piu bani wirhka twilkaia wiras: aitani apia wîna daukra daukanka nani wîna bunhka apia kaka wan nina dusa paskanka nani ba wirhka pura luaia sip sa apia. Aitani apia wîna daukra nani piu kum alki bri apia kaka kli kli dauki kaka wirhka twilkras kabia sin wirhka pura luan tnatka kum bûi latwanka yabaia sip sa.

Wilbi lakanka

- Ningkara tnatka nani ku wilbi lakanka ba wan pahpaya ba trabil nani yabaia sip kaia sa:
 - Wilbi lakanka ba wîna bunhka kunhku takanka bara yari takanka isti yaban wahwisa, naha dukia ai kunhku takanka ta baikaia sip kabia.
 - Wilbi lakanka ba wan dusa luktbaika ba bara wan nina dusa diskuka ba ra wirhka ba isti pali bara kli kli pura prakisa.

Daukanka nani:

Dauks:

- a) Upla kum wirhka 164 paun sa kaka. Ai wîna aiska dusa wirhka ba ra paun an bangwisa?
 - b) Upla wîna dusa, aiska wîna bunhka bara dusa lukutbaika tânsa sut nani lîlka dauks ai piska nani kulki mariki. Witin nani wina wâl wahbi saks.
 - c) Tala plapi tawanka, kupia bara tala plapi watlika nani, âikama nani, laika bara tala lwaika tânsa sut ba ai piska nani kulki marki lîlka pask. Pliki sakanka wal wahbi saks.

Smasmalkra waitna/mairin ba wal bara daukanka tâura yaba nani wala wal aisas:

- a) Dîa muni upla kum iksasais kum dauki piua kupia pat, pat warkka ba pura ulisa?
- b) Kupia aslika kli, kli bal taki ba bara kupia pat, pat warkka tilara dîa aihka ba tanka bâra sa?
- c) Dikwanka ba nahki kulki sakisa?

Silp lakikaikanka:

Aslika I tadi takaia ningkara, ningkara kulki marikanka nani ba dauks:

Kunhku pali ansa muns:

- a) Ani ba tala lakanka tânka sut warkka sa?
- b) Dia muni tala ba taya pura kum sa wisa?
- c) Ani wan wîna tara piska ra tala klasbaika ba dioxido de carbono wi wina tnayara ra tawi bara pâsa alkisa?
- d) Tala wakia nani ba wina tala klin plapaika wakia nani dîa sat aihka brihbangwisa?
- e) Ani tala luaika tilak diara kangbi kaikaia sip nani wina shîns munanka ba takisa?

R kum uls apia kaka K, ningkara bapanka nani rait aihwa apia kaka kunin bangwi kabia ba baku:

- a) Tala pauni ba wan dusa mabiara ra takriki bangwisa. _____
- b) Tala pauni nani ba pâsa bara pâsa thatka wala dióxido de carbono wiba lakibangwisa. _____
- c) Tala pauni nani ba diara sirpi pali piska tâura yaba nani brihangwi bara baku bûi, sahwaia sip bangwisa. _____
- d) Tala kratwanka ra ai warkka dauki nani tala ba wina kau ailal diara sirpi nani ba bangwisa. _____
- e) Upla wîna tara ba ai wîna tara wirhka wina tala 4.5% kum lamara brisa _____

Tanka pliks bara ningkara smihka playa ba aihkika ba wal praki kaiks

A	Dusa lukubaika nani	()	Mihta wihta, wan mihta sirpika kulkaika ba, lila pasa nina maki nani.
B	Tala klin plapaika wakia	()	Tala ba ayawanka ra kabia dukiara kunhku taki piuara tala pump muni wîna bunhka
C	Wan mihta nani	()	Tala luaiaka tara nani
D	Wan wîna bunhka nani	()	Wan wîna tara ba ra pâsa yabaia warkka bara diara sirpi nani sakibangwi yaba dioxido de carbono wi yaba sauhki tikaia.
E	Wan wînka puhbanka tânka sut	()	Dusa kum apia kaka kau pura tilara asla prakanka pliska bangwisa.
F	Kupia	()	Wan wîna tara paskanka 40% sa.

Ningkara makabanka nani aiska sut dauks:

- a) _____ tânka sut ba wîna tara nit pâsa ba yabaia bara diara sirpi nani sut ra saki yaba _____ de carbono wiba sauhkaia warkka brisa
- b) _____ kau tara ba piuara tala ba wan kupia wina tala klin laiki wakia kau tara bak takisa.
- c) _____ ba wal pana pana aisaras yaba bakriki praiska nani wâl ra baiki sakan sa.
- d) Wan wîna tara ba paski sakanka tara _____ ra baiki sakan yaba bangwisa _____, _____ bara _____.

Smalkanka aslika II. Iksasais ba ra wan wîna tara ba wina wan wîna tara aiska piska bani wapanka bara warkka wal prakanka nani bara wan wîna tara aitani ba kat kulkanka nani

Aslika ba bapanka nani

Aslika ba danh takaia ba ra daukanka tâura yaba waitna/mairin ba:

- Wîna tara ba wina wal prakanka tnatka nani tânska wisa.
- Daukanka tâura yaba nani wîna tara nahki ba tânska wisa bara wal prakanka tnatka nani wal ai warkka daukisa.

I.- Upla wîna tara ba wina wal prakanka

Daknira apia kaka yakan taki mangkaia wapanka kum ba tânska wisa sins munanka kum ai paskanka ra apia kaka wapanka ra upla raya ba bara sirpi briaia kulkanka wala ra naha marikisa sin sins takanka wala ra yus munbia, upla wîna piska ra bara sipsa mapara buaia baha taibi muni nani ba iwanka kir wan bri bri bara.

II.- Wal prakanka wina satka nani

1.- Wan wîna tara paskanka

Baha ba sins takanka kum marikisa upla wîna tara ba ai paskanka pura tanira bara upla wina takan kabia trabilka kum baku wan wanka kir wan briba ba wal, mangkaia satka, kalatka ba daiwra nani kau saura ba praut ba apia kaka kultaia ai satka paskanka nani ba, sip kabia pain kaia wapanka yamni kara paskanka ba upla ra bara kir wan wanka pliskara. Baha wal kau pali ba sampla nani baha daknira apia kaka yakanra laki mangkaia wapanka sinska ra tadi munanka paskanka upla winara baha ba latwan yabanka daukanka wanka lilkika papaskra silp aililkika bara baha upla wina sut rap at bri ba pawaia, ban kum, kum sins takisa wan iwanka kir wan bri bawina.

2.- Upla wîna tara nahki tauki ba tânska

Baha witinka nani wibia kaka mankanka pura prakaia witin wal wapakanka ba baha upla wîna tara ba satka trabilka nani nahki pain daukaia pawankaba. Plikaia pata satka ba suaki sakaia witin wina mai wisa baha ba diara ailal pata pira yamnika. Shîns munaias kasak aihwani iwanka iwisma wina apia kaka walara, pliska pliska pain nani kasak ra nani, baha ba pain palira kabia kasak kabia man iwankam iwisma bara. Samplika wal kau klir nani pura ra ba pliska kum wina walara auma ba (migración), bara wahbi briram an liliara risma upla baku las bakat yamnira.

3.- Upla wîna tara warkka daukanka

Baha witinka nani wibia kaka pura prakaia baha kum wina tara ba satka wal baku bri ba, baha asla dauki auya ba wînara bara diara nani paskanka mankanka sins takiba bara wina untara warkka yakiba baha wina piskara nanira apia kaka saika bri wapan ba nani kumi kum upla winara apia kaka saika ra bri wapanka nani baha trabil sait palira trabil nani wan iwankara ba. Baha daiwan nani ai pliskara bara taim saura kabia sim taim sins muni piuara bara yabaia kulkanka pitka kum upla ra. Bara sa 2 samplika upla kum wapanka ai wapankara.

Sîka ba ra nanara piua ba ra warktaki yaba ra lukanka bapanka kum sinska tikanka tnatka kum sa, kutbi bara wal baku kaia alkan kabia kaka brih munanka nani ba ailal bangwi kabia yaba sampla baku baiwaia dukiara, bamna uplika plun pin daukbia apia bara daiwan baku ai batanka nani ba angkan kabia; apia kaka lukanka ra yaba siknis yula nani mapara aiklabi saika bamna daiwan ba sinska tikanka piuara inpiksan nani sut ra alki takaskisa kaikan sa, kasak piuara naku wahwras dukia.

Kupia tadi takanka ra, kupia bukutbi aparit munuya uplika nani sut baku ai wîna tara bitnika ba 26 apia kaka 27 pitka kum alahbi bangwaia sa bara ai talia ai wîna tara tnayara misinka kum ra plapisa, yapan tnatka ba wapanka ba isti daukaia bara pat nani ba tnayara lakaia sanska yaban kabia.

Mani tara wan kuntri piska nani kum,kum ra bitnika tara pali iwi yaba piuara wan wîna tara ba wal prak praki yaba sampla kasak pali kum kaia sip sa, bahara yawan naha aihka takanka tnatkara upla sut sim tânsa yamnikira briras yaba kaikaia sip sa. Upla nani kum,kum wîna tara ba ai wîna tara bitnika ba lahbaia dukiara tnatka nani kum,kum daukan kabia (sampla baku, wan laptika ba) bitni tara ba wal prakanka kum saki, naha bitnika wahwaia sip kabia uplika wîna tara ba yaba sauhras kira. Sakuna baku sin upla nani wala wîna tara bitnika sip wahwras tânsa nani bangwisa bara wal prakanka kum alkras piuara ai wîna tara ba maya ra iwi sauhkanka nani wahwaia sip sa.

Sampla wala ba 2006 manka ra takan tanka kum, japan uplika kum nina Mitsutaka Uchikoshi yaba purara ulanka kum piuara lap tiwan. Unta tara ba ai kulkanka bûi alahbaia dukiara ai panika nani suin ningkara, diara kum ra pruki ai sinska tikan. 24 yua ningkara sakan piuara, ai dikwanka ba tiwaia man kan, ai wîna tara piska nani warkka takaskan bara ai wîna bitnika ba 22 °C kan.

Naha dahra pranakira walibangwan piuara, daktar nani kum kum piu wihka li apû raya kaia wan wîna tara tnatkara kasak api asa lukibangwan. Ai wîna tara shîns munanka tnatka nani aihkika takaskan kan. Kaikan daktar kum ba naku aisan: Uba piu kum wihka apia ra wan wîna tara bitnika lahwanka ra kahwan, baha yapanka kum tnatka wal talia sa. Ba dukiara ai sinska warkka nani sauhras kira kaina kahban bara nanara 100% bara yamni takansa.



III.- Iksasais ba ningkara wan wîna tara ba wina wan wîna tara aiska piska bani wapanka bara warkka wal prakanka nani

Wîna tara iksasaiska ba wan wîna tara piska nani bara tânsa sut ilpka nani nitsa, kulki marikan daukanka kum wina piua nani ta baikaia dukiara man apia, baku sin ai ansa munanka train munanka ba wal prakaia dukiara.

Wîna aiska dusa bunhka tânsa sut ba wan wîna tara lakanka ba ta brisa. Wîna aiska dusa bunhka diara sirpi pali nani ba bapan bara ta mangkan kunkku takanka nani ayawanka sat aihka nani dukaia dukiara dusa aiska tânsa sut ba ra spiritka bukisa.

Kupia bara tala plapi watlika nani tânsa sut tala, urmun nani, pata pira karnika nani bara pâsa lakanka ba yabisa wîna tara ba wîna tara warkka ba luaia sip kabia dukiara, sim piuara wîna bunhka nani ailal wina taka nani ba nikbisa.

Karma wakia muntara pawiba nina karma wakia

Wan pihnika takiba warkka kum sa wan karma wakiara baha lapti ba wan wîna dusa ra ilp munisa wan wîna baha ra bitar takaia, wan prisiunka lainka ra.

Wan wîna trin muni uplika waitna mairin nani ba natka plikisa kau ai wîna ba pain daukaia, praptis kum kum ra wisa ilp takaia, ai laptika saki pliska ra baha ba painsa dauki kaia wan wîna yamnika dukiara.

Wan wîna dusa uba kahwisa wina laya ba bara mayara kawisa sinska ba wark uba daukaia piua karna wan dusa ra trabil yabisa bara dia brinka ba sip alkras bara sip pain ansa briras sam wakia unbi prakisa kan uba pâsa auban taka wînara. Bara nitsa pain takaia kaka wan wîna aiskara aubanka nani daukaia bara ris briaia kasak pali bara winamba pain takbia, bara taliam pain warkk takbia winam aiskara an dusam ra.

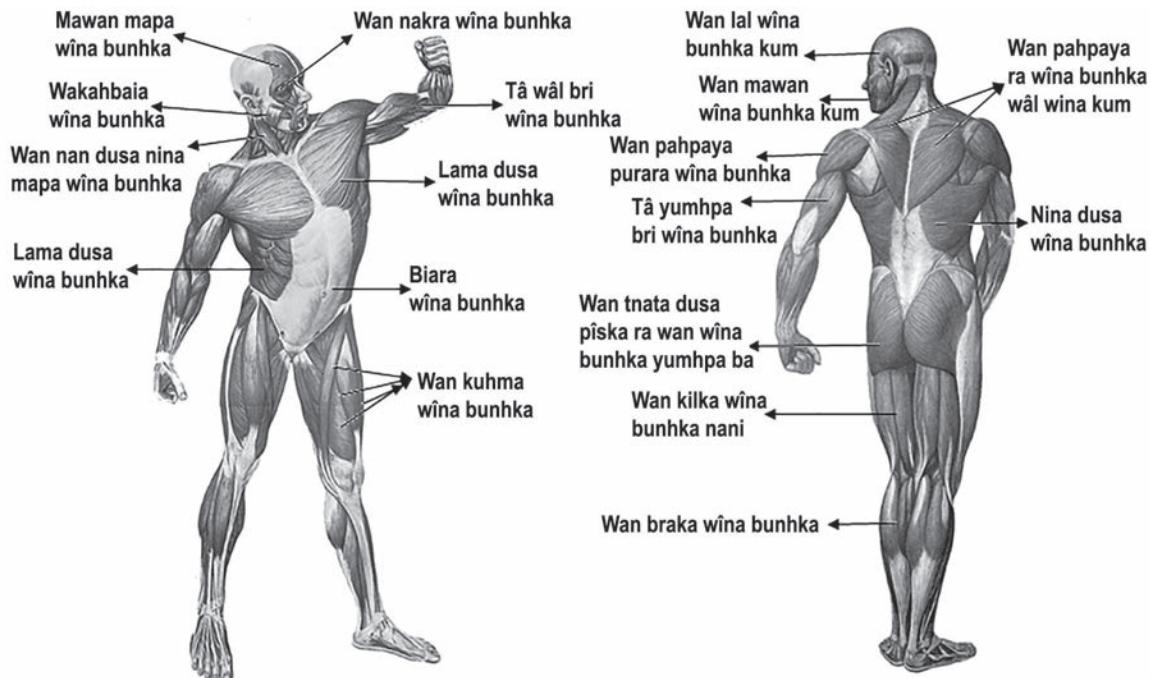
Wan wîna dusa daukisa kasak pali ai warkka nani ai wînara, bara dauki brih auya rait pali bara nihbi wina aiska numbika tara dusa prakanka sat sat ra.

Wan trin munanka wan dusara ba kasak yamnisa ai warkka nani ba wan wînara, bahara takaski barasa.

Naha nanira, kupia ra, talia plapi luwi ba ban bara wan kupia wal prawiba, wala wan kupia, klunhka, plin watlika, pusara mairin paun iska takaika pliska. Wala na naha sut ba wan wîna ra warkk takisa. Naha man yua banira dia warkka daukisma ra witin nani takisa. Karnika yabi ba diara nani ra an bali ba wan wînara, naku ra sinskam kaula daukaia. Naha warkka na ba takisa daukanka wal, nihwanka bara dusa ba wal warkk takuya taim an prauya taim an wala ban piua dauki taim takrikisa diriksanka ban dusa ra piua bani ban ba, dauksa trabilka mangkanra tulskia apia kaka dukia nani sampla: Wan dusa mina iwi muni drabaia pitka kaikaia.



Wîna tara bunhka kau pali ba



Wîna bunhka latwanka nani

Wan dusa bulwanka nani

Naha ban baku, wîna bunhka katwanka kum apia sa. Pura luan drawanka kum ku taki yaba wîna bunhka aitani kat ansa munaia sip ba pura luisa. Wîna bunhka ba pura lui drawisa bara ningkara sip ba kalkanka kum ra kan kahbanka baku karna pali kunhku taki



Tânska nani

Kaina manis ridi takras iksasais karna nani bara pliska apia kaka sins lâka saura, aiawanka nani apia kaka iksasais karna nani ra daukisa. Papulra waitna/mairin ba praptis muni waia takaski klawanka kum dahra walras. Wîna bunhka ba wark takaia wina takaski piua, kauhla piua na ha takisa, Klawanka ba ban bâra sa bara 72 awar kum kum nanira lui wisa.

Wan wîna tara yamni takanka

Pas piua kum ra ais yus munisa, Ningkara yua nani, aiawanka saupni nani bara klawanka piska drawanka nani klawanka ba takasbia dukia ba kat. Bulwanka kum ku aimâ kumi sin trin munaia dukia ba swipara. Aitani kat wark taks bara pain lapta taks. Latwanka bri pliska ba wark takaia wîna bunhka sa kaka, trin munankam swapni dauks, na ha yamni takanka ba isti muni ilp munan kabia.

Wîna bunhka aubanka nani

Wirhka pura luan wal wark takan wîna bunhka nani ra kaiki yaba param takanka nani bangwisa. Ai auka mina nani ba siknis apû bangwisa, sakuna kahbram piuara kau karna ba kaikisma.

Tânsa nani	Wan wîna tara yamni takanka
Nahki wan wînara takisa wan talia laya apû piua baha mihta bara latwan ba wan dusara takisa, sakuna wan wina ban trin munisa taim wan wina lapta ban sa an kli pain sa wan dusa nani ba.	Wan dusa paskanka ba, tanka aiska pali ba. Wan duska ba kli kli karma daknika wîna ra ba sip sa wan wakia alki takaskanka takiba wal miks takaia. Dusa paskanka prakanka prakan ba karnika yabisa dusa mapara pat mayara ba.
Wan wakia aubi praki ba Wan wakia ra aubi prakiba trabilka kum sa wan wînara bara latwan daknika sa.	

Tânsa nani	Wîna tara yamni takanka
Sins ap pawanka, pain takaia latwan bri ba wina numbika pawanka sins ka lukiba diara kum ra nitba, an briaia sinska siknis ra wan dusa lawan ra nitsa yabaia, dus ma nani laya nani pata pirara sin, diara paskanka sat wal wan winara brikaia ta wina warkka ba las ba kat, danh prakaia.	Ridi dauki bangwaia dukiara bitar sa sugar bara sal tnatka nani bri pata pira nani aimâ bani brikaia.(pura lurus kira) baku sin trai munanka ba piuara lî ba ailal diaia. (Wans lika apia, sakuna minit bani aubi dinka ra, lî din mai daukras kabia sin) bamna layka lustiwanka ba taka kumi sodio wi yaba tikisa. Wark dauki piuara wan wakia ra aubanka nani ba takuya kaka, slakbaia tnatka kau bitar ba wîna bunhka ba kunhku takanka kau tara ra brihi bara ningkara yari takanka tnatkara.

Naha latwanka nani sut diara nani kum, kum dauki takaskaia sip sa:

- a) Kaina manis lapta takanka.
- b) Wan wîna tara trin munanka, ridi takanka kum ba sika upla bani ba ai satka silp brisa.
- c) Naha warkka daukaia kaka sins tanka pain brikaia pawanka kum ra waia kaka.
- d) Naha nani pulanka satka ra kasak pali wan wîna main kaikaia latwan briaia apia pulanka karna nanira.

IV.- Iksasais ba ra wan wîna tara ba wina wal prakanka tnatka nani

Baku lika sip kabia upla ai yamnika ra waia naha praptiska na dauki kaka din bakat, sipsa ridi dauki baman ta briaia, pat naha nani ra ridi daukan kaka (Lalka nani sakai Monitorco) wina tara trin munanka uplika nani trin muni uplika nani daktarka nani ban, ban) wan wina tara trin munanka warkka nani, ba sipsa wan wînara trabil wan takaia bara sin insauhkan briaia wan wîna piska bunhka bara dusa nani ra baku sin insauhkan briaia wan wîna piska bunhka bara dusa nani ra baku sim piska wala nani ra latwan briaia sipsa, ai rayaka kat trabil yabaia naha papulrika nani al sut ra.

Wan wîna tara trin munanka ba sipsa pat ailal wankaia wan mapara, kum, kum, kaba sipsa pain ridi takras taka istikira pura luanka apu kabia na sât pulanka warkka nanira, bara wala ba sika wan dahra waraskira wan alki ba trabil tara wangkisa, kan dia sat pulanka ra auya sapa nu apu, baha ba mita pain nukaia smatka nani na naku nani pulanka ra wan brih auya kaka(il nani purara

montanismo, li munhta nani ra. Trabil tara wan kaisa, baku dia takbia ai aiklabanka ai satka nani ra Aiklabanka pulanka tnatka nani (mihta dinkaika mangki aiklabanka, judo wiba, aitwahkanka) wîna tara wal prak prakanka pulanka tnatka nani (rugby, baskit bâl).

Sait walak, siknis apû ba dukiara wîna tara ikasasaiska ba wina saura muni pulanka tnatka nani takaskaia dukiara praptiska piska apia kaka ul saura kulki yaba sikniska kum wina bâra yaba kultaia tnaya tânka tara sa ra lakaia dukiara. Witin nani wina kau saura ba ban wina prura, sam tnatkara pulanka tnatka daktarka tânka kaikanka kum daukanka tilak tnayara lakaia sip sa. Upla bani dukiara wîna tara warkka kau aitani ba silp wahbi sakanka, silp ai tnatka nani laki kaiki (manka, waitna apia kaka mairin tânka, wîna tara takaskanka nai, sip yaba sikniska nani, ayawi tnatkara warkka apia ayawras, apahkanka tnatka, ai laika nani bara daukaia lihki nani) bara iksasais daukanka ba prugramka daukaia piuara bapanka nani. Naha wahbi sakanka ba aitani kat kaka, wîna tara warkka daukanka tnatka yamnikira nani ba siknis apû purara ilp munan kabia.

V.- Wal prakanka wîna tnatka nani ba ra purara munka diara kum takaia yaba pâsa apû bara pâsa nit ailal briaia karnika nani

Wîna bunhka dusa aiska ba ai kunhku takanka dukiara karnika karma yumhpa brisa. Pâsa pri apû tânka sut ba (pâsa wina ai rayaka briras ba,) ra laptika bara laptika ba upla wîna tara ai payaska bribe alaptiku bara laptiku wi bara pâsa pri nit tânka sut (tilara kaia dukiara, pâsa wina ai ilpka bribe). Pâsa pri apû alaptiku wi tânka sut wihka takaskanka sikant wiria nani daukanka nanira dimansa.

Pâsa pri apû alaptiku wi tânka sut karnika kau tara iksasais nani bara 30-90 s tilara wihka takaskanka kum dukia ra karnika karma tâura baku tilrara dimisa. Naha shins takanka yabalka, karnika purara dukia iksasais wina 20-35 s nani ra karnika kau tara ba yabisa bara ai shins takanka lâka ba kaina tani wi daukra wina sirpi daukisa, mâka alkaia praiska mangkanka 45-90 s nani lamara pura praki ba kat. Pâsa pri apû laptiku wi tânka sut ba glucogeno wi karnika playa baku wîna bunhka tilara alki takaskanka nani ku limitka mangkansa. Naha karnika tânka sut playa aslika ku karnika wiria saki yaba pâsa pri nit yabalka ba bara shins takanka las sakanka baku acido laptiku paski yaba acidosis wi kum sakisa yaba iksasais daukaia ailal briaia karnika ba limitka mangkisa, swapanka saki.

Pâsa pri nit tânka sut ba iksasais dukia 2 minit nani lamara purara aimaki daukra wina karnika târikanka baku tilara dimisa, iplka kau tara bri dukia karnika yabalka kabia bara swapanka sakras yaba tnata las sakanka nani wal. Wihka takaskanka yari iksasais nani ra kau tânka tara bri shins takanka yabalka ba sa. Ai limitka mangkanka diara sâtka kum wan wîna puhbanka ra nit ba lakanka tânka sut ba wina ani ani libilka ra sakaias sip sa, pâsa ba wina mitocondrias wi nani ra lamara libika ra ai yus munanka. Tânka tara bri limitka mangkanka karnika yabi tnatka nani dukiara aisia, wiaia sa, auhbanka ailal briaia karnika bara auya dukia bara wîna bunhka glucogeno wi yus munanka bara batana nani ba shins takaia ailal briaia karnika bara tâ las ra, rayaka bri diara lupia nani kau tânka tara paski yaba nani.

Ulbi mangkanka kum: Wîna tara warkka kum ra kau yus munbia yabalka karnika ba sim yabalka karnika yahpika bara wihka takaskanka wina ilpka bribia.

Naha karnika nani tânsa sut yumhpa dukia yukuwanka kum bâra yaba kultaia tânsa sa, baku bamna kasak wîna tara daukanka kum ra karnika tânsa sut kum dukia pura aimakanka dukia aisaias kau kasak sa.

Pâsa pri nit sâtka dukia wîna tara daukanka ba, wiaia sa wihka takaskanka yari dukia, karnika ingni- aitani kat (upla kumi bani dukiara yakan tnatka) pat pat lâka wal daukan bara wîna bunhka dakni tara nani aiawi kau pain sa wisa.

Karna aiawi iksasais nani plapanka,baisikil apia kaka yawanka baku sampla ku, kau pain sa wi iksasais sâtka nani bangwisa. witin nani wina siknis apû lâka ba dukiara kau ilp yabi nani prak prakanka nani taki bangwisa. Naha daukanka nani praptis muni yaba ba ra ai libilka kat wal baku lâka, silp ai kupia lâka brih munaia, sanska yabi yaba yamnika tara brih bangwisa, pulanka kahbanka ba wina pri aiska tnatka ra kabia.



Plapaia

Bisikil ulaia

Yawaia

Bal pulanka nani daknika sampla, taibi munan wira lupia daknikara. Baku sin witin nani praptis takisa kul riska piua ra (sut ba laitkan win takaial) ai tabaikan wibia apia yua bani witin ridi apia wînara prawaias trabil apu latwan nani apia karnika purak dia win ba.

Upla nani ba ai wînara warkk daukiba ai satka pulanka pasara sins takanka bitar palira, brisa wiria latwan siknis nani kupia trabilka briba duskara sikniska wan wîna praptiska balisa bara wan wîna yamni takaia, siknis satka wina

Yamni daukaia wan wîna trin munan bitar nani sa

Wan wîna ra sinskara trabil briba ris kum briaia an yamni yabisa sikniskira uplika wina ra;

Dahra aisanka taliara dia pitka ba manki praki swiaia taliara lat man takiba talia baiki sakanka aisatka bawal bara pura prakanka kum baiki saki kulkanka H.D.L (colesterol, uba talia batana ba) wisa kasaksa talia klin munaia siknis yula taki ba an latwan sirpi brin.

Ilp takisa upla sukar briba an mayara ikisa natka nani ba insulina nitkaba.

Wan wîna takaskisa paun ulanka kum kasak pali wan batana tarka ba, ban bamna wan wîna alki takaskanka dauki brikaia uya ulaia apia.

Bal papulra waitna, mairin nani brisa ai wîna yamni klin kulkanka ba, an baha ba, wan wîna pain piaia (Uya lat pata apia) an ris ai tani brikaia.

Wan wîna trin munanka ba wan wînara takisa apia brisa wînam amia pahni, wan kisa lilia dukiara briaia an sinskam trabilkaba amya takaia yua bani.

Wan wîna dusa trin munanka pasara sin takanka takisa ailal pali baku daknira yakan ra laki mangkaia sat baiki sakanka, nani wibia kaka kupia sikniska briwa duskara, wînka buhban nani, wîna dusa upla wînara sin takaskanka piska, asla takanka wan wînara an sinska an pasa aubiba wînara bara dusa nani sins takiba.

Yawan nani rait pali brikaia wan sinskara tawina kaikaia bal pulanka ba kasak painra kaia daknira, yakan ralaki mankaia ra aslika bara wîna trin muni taim baha laki painra praptis takira wan wîna tara ba dauka taim (ta kasak paliba trin munanka), dauki pain apia ba tnatka an tala ba bui wahbi brisa upla biara klingka piska nahki shîns takiba (metabolismo) kau pain yamni nani. Bara daukbia sainka kum bal pulanka praptiska brin ba. Bara silp daukan ra satka nukaia ra warkka daukaia ra kulkanka nani dauki ba bal papulra waitna mairin nani.

VI.- Wîna bunhka tanhta nani

Upla wînara nikban wina dusa nanira snaya ra bara wapnira aisaitka ra bara kir kainara pliska lupia wapni apia snaya wina:

Bulwanka

Wan dusa nikbanka bara wîna wala saitkara sipsa bara kaia baha diriksanka wikan wala wina walara (Sampla: walsa lal, mihta tani bara wîna dusa klahka wina ban bara sa piska luwan ra)

Yahpika

Wan wîna tara piska nani apia kaka wan wîna dusa nani tilara baiki sakanka nikbanka, mawan tâ diriksanka ra. Bulwanka tani wala ra sa. (Ej. yahpika daukanka wînka bunhka, lal yumhpa bri yaba wîna buhka)

Upla wîna tara wîna bunhka nikwanka nani mawan tanira nani wal baku ba (kurunal) bara wilwaika tâ yarikara tnaya ra.

Wan dusa nikbanka baiki sakanka ba wan wîna saitkara, wisa dusa bara mawan tani wina nina kat. Baha mangkisa dusa kum bara sait wala kum wal wînara ba miksa takan ba,(sampla, wîna dusa tarkika Kava, wîna dusa kum bara ba klahklara

Lamara takanka

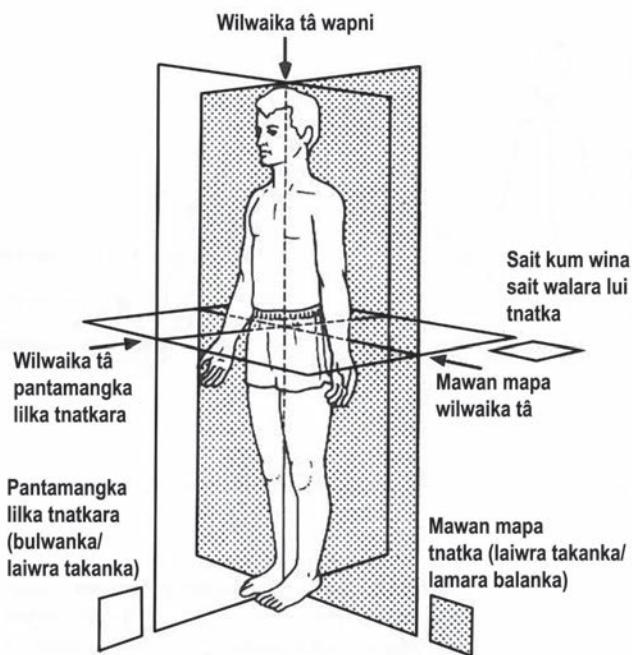
Upla wîna dusa ra nihbanka nani brisa sait, sait ra ba wapnira (sampla lalkapka saitka bila tani an pura sait an snaya kir ba sipsa wiaia au apia dia kum mariki ba. Wîna piska kum ra nikwi ba yarikara baiki sakiba, wîna wal ra.

Laiwra takanka

Nikwan ba upla wîna saitka pali sim sait wina. Baha nikbanka ba wira sip ba, wibia kaka, saitka kum ba brihwisa upla wîna ra dusa piska kum, bawina brih wisa lain ap. (Wîna duska nikbanka nani wîna piska kau pali ra ba, sip wiaia upla upla wîna paskanka kum suinsa wal praubia wîna dusa ba mangbia, yarira upla wîna piska ba purara:

Bila tani wilwi takanka

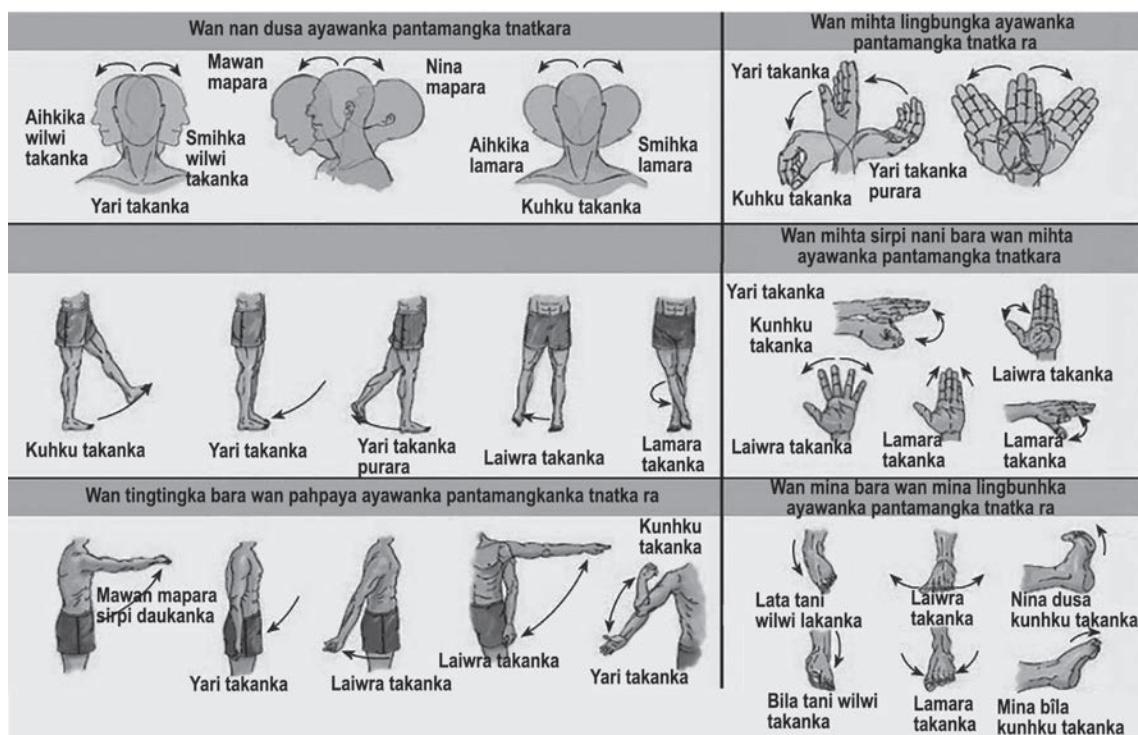
Nikbanka dusara lain kum mangkanka baku upla wîna ra dusa wînara lukiba witia lain kum mangkanka baku upla wîna ra sa. Baha ba nihbanka yabisa luhbia saitka kum ba, upla wina piska dusa ba. Bila tani wina upa daiwan nani ai paskanka bara brisa lain kum mangkanka baku upla wîna ra las duska piska ra.



Lata tani wilwi takanka

Dusa nikbanka baiki sakan ba dusa wih wîna ra

Nikbanka pura tani dusa dukira, an lainkum mangkanka baku upla wînara bansa nikbanka ra yabisa, pyua upla daiwan nani ai paskanka briwa, lukaia saitka kumba. Upla wîna piska ba bara dusa ba baku bara brisa lain kum mangkanka baku upla winara ba takaskanka dusa nanira.



VII.- Wan wîna tara aitani ba kat kulkanka nani

Ai yahpikara ai piskara, ai pihwanka ai tnatkara bara ai wîna tara paskanka nani ra, baku sin ai warkka nani aiska brisa. Upla wina biara bila tanira ba aikuki, baku tnatkara wîna tara satka nani ba brih ulbisa ba pawanka kum ra, sins tanka turbi kaikaia bara pura kaikaia nahki pawan kara wiba ai mata pira tanira bara ai wîna tara trin muni warkka nani dauki ninara.

Upla wîna tara piska ba ai misarka kulkanka brisa kau yus munaia bara praptiska daukaia nani ba, na ha ba wal sipsa sins tânska nanira waia pun satka nani nahki piaia ba dukiara, bara sin pulanka satka ra wîna tara trin munanka sinska warka nani lainkara, na ha sut wal, pura kaikisa bara kulkanka tara yabisa duska dukia kum baku kulkisa.



Wan wîna tara ra wih dimisa kupia bila kat talia nahki plapi tawaia ba dukiara bara na ha sut wal pura praki kaikisa pulanka satka bara aikuki, baha ninkara nata alkan ra wisa nahki kan pulanka satka nanira pawi waia dukia ra.

Upla wina tara piska misarka piska kultaia nani ba ai plamaika pat brih yaban sa

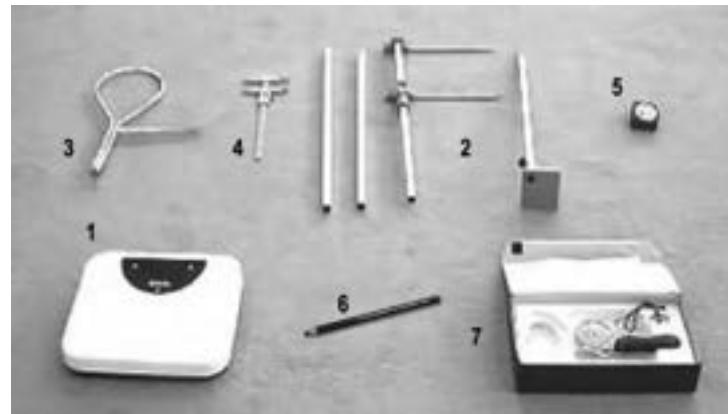
Blistusa na ha nani ba dukiara wahbisa sakanka nani ailal brikaia kau kasak pali kulkanka nani briba baha baha nani ba nahasa: Lilika nani nina ai tâura waia ba:

- Tânska pliki kaikanka ba daukan kabia, plis kum paran bara tara bakun sin karmika manus brisa kaka ra. Uplika wina tanka laki kaika ba ai mina baman kaia, kuala sin dimran kais (dras baman)
- Diara dukaia dukia ba pitka nani bri tâ krikaia kainara kulkana kabia bara ai aitani kat tânska marikan kabia.
- Wîna tara wirhka bara paurika kulkanka nani shins takanka wahwisa yua kum yarka ra ba mitatitan pas awarkka ba dauki bangwaia brinka sa. Sip apia kaka, yua awarka ba bara piua tânska nahki ba plun piaia tânska apia kaka kaina manis trin munanka baku kulki marikaia.
- Ani ani upla daknika ra kulkanka nani praki kaikanka nani dukaia sanska bapanka ba wal wîna tara bakriki prais aihkika daukan kabia.
- Tânska plikanka ba tadi takanka ba dukiara nit wîna tara kulkanka dahra nani ba wîna tara pliska nani ba mark muni tâ krikian kabia. Kulkanka nani ba tutukwa apia bara praptis adarka kum nina bliki brin kabia. Sampla baku, upla ra nahki aibapaia ba ulbanka.

- Pitka brinka nani ba aima 2 pan kli kli daukaia sa bara nit sa kaka aimâ yumha kum briaia. Pas tânka ba ra bakriki prais ba yus munisa bara sikant ba ra lilkapas ba. Âiulbra ilpka kum briaia pain sa wisa.

Upla wîna tara pitka briaia dukiara yus muni dukia nani

1. 100 kg aitani kat paun makaika.
2. Utla tnayara mangki yarika kulki sakai (1mm)
3. Lipocalibre (yus muni dukia tânka kat, 0,2 mm wina 0,5 mm, aitani kat)
4. Mita kulkaika tnatka kum (1mm) Wîna tara pitka briaria rul ka (1mm)
5. Diara nani mark munaika ulbaika kum
6. Diara nani mark munaika ulbaika kum.
7. Nit dukia nani wala upla pitka kulkaika bakska kum, purkara 40 cm x 50 cm yahpika x 30 cm tihuka ra briiba kulkanka ba ilpka munaia dukiara.



Tânska kasak nani wahbaia sip kama yaba wauhtaya karna kum samplika, ningkara ba kabia:

Nina bara taitilka			Laki kaikanka No :		
Laki kaikanka yua:			Wîna tânska: (waitna: 1; mairin: 0)		
Ban takan yua:			Kati sikniska:		
Laki kaikaika uplika:			Ulbi mamangkra:		
Tâura pali pitka nani		Brih sakanka1	Brih sakanka 2	Brih sakanka 3	Tarbaik paiska
1	Wîna tara wirhka (kg)				
2	Yarika(cm)				
3	Iwi yarika (cm)				
4	Yahpika (cm)				
Taya ra yaba sriwanka nani (mm)					
5	Wan nina tani dusa tanhta munhtara wina bunhka.				
6	Lal yumhpa bri wîna bunhka				
7	Lal wâl bri wîna bunhka				
8	Pura spurka				
9	Wan nina dusa pura tani				
10	Biara tani				
11	Klahkla bunhka				
12	Kuhma bila				
	Wala nani				
Wan kaina kir kutbanka nani (cm)					
13	Klahkla ris tnatkara				
14	Klahkla bulwanka bara kunhku takanka				
15	Bunhka bila				
16	Wayata				
17	Maisa				
18	Wan maisa dusa				
	Wala nani				
Diamita nani (cm)					
19	Wan klahkla dusa wan pahpaya wihki wan tingtingka lilapas kat ba				
20	Mihta lula				
21	Kuhma dusa				
	Wala nani				

Wan wîna tara aitani ba kat kulkanka dukiara lâka

Waitna nani wînara mitika kum stady takanka ba satka banira kabia bara pasbia(takaskaika) upla daiwan nani paskanka ba plapaia tâura bara mayara, plapisa piuara pâsa puhbi bilam ku kultaia yahpika nani ba lilkika ra upla wîna ra bara kaikaia, dia mita yahpika, yarika paunka satka) sipsa nina blikiai ai dahra paskaia an natka sat, prakaia diara kum aisi kaikanka yabi taim, baku yaka daukaia prakaia nani tawan apia kaka plis wala aikuki tadi muni ba sin sat(pliska piska sirpi taro kau tawanka tarara.



Wan wîna tara aitani ba kat kulkanka tadi takanka tnatka nani:

Satka	Praiska ba mangki (20 satka nani)	UI (39 satka nani)
Tâura pali pitka nani	Wirhka, paurika, iwi paurika, talla, yahpika.	
Taya ra sriwanka nani	bunhka, I biara tani, klahkla bara kuhma bila.	an nina tani dusa tanhta munhtara wîna an nina dusa pura tani,
Wan kaina kir kutbanka nani	Klahkla ris tnatkara, Klahkla bulwanka bara kunhku takanka maisa, wan maisa dus bara kuhma.	Lal, nan dusa, tingtingka wina mihta tâ kat, lama dusa, kuhma 1 cm, kuhma bila, plahpia bara mina lingbungka
Diamita nani	Wan klahkla dusa wan pahpaya wihi wan tingtingka lilapas kat ba, kuhma dusa, mihta lula	Biacromial, bileocrestal, lama dusa saita kum wina wala tawi ba, lama dusa wina kaina ninara.
Yarika nani/Purka nani		Wan nina tani dusa tanhta wina dusa kum-dusa auka sirpi, dusa auka sirpi- wan nina dusa ra, wan nina dusa tarbaik-wan mihta dusa, wan biara sirpika piska yumhpika wan nina dusa ra, kuhma dusa pura ulanka, kuhma dusa pura ulanka- wan braka lamara, wan braka lamara pura ulanka, wan braka lamara-mina lingbungka, wan braka tarbaik, mina yarika bara iwi yahpika.

Kulkanka dukia sins lâka pain kum bri bara wan wîna tara aitani ba kat kulkanka dukia ba prais kat mangki, baha ba yawan maya ra alahbaia sa, wan wîna tara aitani ba kat kultaika uplika silp wina kulkanka mistikka (ETM) kum wahwi yaba kulkanka wina aihwika bara kulkanka ba ra shîns munanka kum bâra sa.

Ulbi mangkanka kum: Kulkanka lâka patrangka kum daukaia ra ilpka ba wan wîna tara aitani ba kat kultaika uplika bûi daukan kulkanka nani ba wina kli daukaia sip yaba, bara kasak lukan lâka mariki ba bara aitani kat ba ra, sa.

Taya ra yaba sriwanka nani

Taya ra yaba sriwanka nani wina ta kriki, pasa nani bara laya nani wina wal baku wihra bûi kulki marikan wîna tara bunhka bara kulkan sriwanka nani wal ai tânka bri yaba kli tawi balanka ailal bûi diara daukaia maprika yus muni wîna tara bunhka ba briaia sip yaba sa.

Taya munhtara sriwanka twaknika: Sut tânka ra triceps wina taya munhtara sriwanka ba kulkisa, sakuna sriwanka nani wala kultaia sip bangwisa.

Lal yumhpa bri wîna bunhka sriwanka: Wan mihta aihkika ba wina nina tani yaba piska ba ra lila pas pliska ba ra olecranon wi ba bara acromion wi ba tilara.

Lal wâl bri wîna bunhka sriwanka: Wan mihta aihkika ba wina mawan tani ba ra, lila pas pliska ba ra, tricipital sriwanka ba wina kulkanka ba ra mawanra.

Wan nina tani dusa tanhta munhta sriwanka: Wan nina tani dusa aihkika ba wina purka munhtika ba ra, keli lainka kum nina bliki.

Wan nina dusa pura tani sriwanka: Pura spurka aihkika ba purara wan klukia ap prais lainka ba ra. Milimita ra kulki sakisa.

Kulkanka ba pitka kat kulki waia dukia kum wal daukisa mihta sirpika nani wal bulwanka ba alki bri bara witin nani wina munhta bûi 1 cm. pitka kat kulki dukia ba yus muni.

Ningkara bakska ba ra upla nani ba wina batanka ba praiska lamara kultaia dukiara yawan kulkanka briaia sip yaba sriwanka nani wina pura prakanka nani sât wala nani ba marikibangwisa.

sriwanka nani 3	Wan nina tani dusa tanhta munhta sriwanka + Wan nina dusa pura tani + wan biara	Upla Aiska
sriwanka nani 6	Lal yumhpa bri wîna bunhka + Wan nina tani dusa tanhta munhta sriwanka + Wan nina dusa pura tani + wan biara + kuhma + plahpia	Pulanka ba ra yus muni
sriwanka nani 7	Lal yumhpa bri wîna bunhka + Wan nina tani dusa tanhta munhta sriwanka + Wan nina dusa tanhta munhta sriwanka + I a m a d u s a d u k i a + klukia dukia + pura spurka + wan biara + kuhma	
sriwanka nani 8	Lal yumhpa bri wîna bunhka + Wan nina tani dusa tanhta munhta sriwanka + Lal yumhpa bri wîna bunhka + pura spurka + Wan nina tani dusa tanhta munhta sriwanka + wan biara + kuhma + plahpia	

Naha tnatka wina, kau isi bara sim piuara kau praptis, sriwanka nani wina pura prakanka ba ra kau ailal daukaia kum batanka kau ailal daukanka kum bara pana watawi sin wina marikanka kum sa.

Taya ra yaba sriwanka nani 6 wina pura prakanka tânka aihwa pulanka tnatka nani sât wala ra (Lal yumhpa bri wîna bunhka + Wan nina tani dusa tanhta munhtara wina bunhka + Wan nina dusa pura tani + wan biara + kuhma + plahpia).

Taya ra yaba sriwanka nani tânka aihwa	Pulanka tnatka nani
<63.7 mm	Kaubi, baisikil ulanka, trampalin, iksasais daukanka,
=63.7 mm	Watirpulu, yawanka, futbal, bulibal, baskit bal, dakni ra pulanka nani.
>63.7 mm	Wirhka lulkanka (publik pulanka apia kaka iksasais)

Purka – Wirhka

Patrang nani wal aikuki asla tnatka ra purka ba wirhka ba wal praki kaikaia dukiara kulki sakisa.

Wîna tara wirhka ba kau yus muni plun dakakanka nahki yaba wina pura prakanka ba sa bara plun dakanka saura kulkai ka kum sa.

Yahpika ba wina kulkanka ba yahpika kulkai ka kum (Yahpika bara wirhka kulki pitka kat ba kahbaia dukiara yus muni bara kau isi tnatka) ilpka wal daukisa.

Wirhka briaia dukiara paun mangkaia dukia kum, 200 g pan baiki sakaia sip kum aimâ bani yus munaia nitsa.

Wîna tara ul pura prakanka ba (IMC) Quetelec sin nina maki ba, ningkara diara dukaia maprika Tilak sakaia sip sa:

IMC= Wirhka / yarika² **Wirhka kilu nani ra yabisa bara yahpika mita nanira**

Batanira sâtka ra paskanka

Naha pura prakanka batanira ba sâtka ra paskanka ningkara yaba baku wankisa:

Batanira libil I (wirhka pura luan) 27- 29.9

Batanira libil II 30- 34.9

Batanira libil III 35- 39.9

Batanira libil IV (sîknis tnatka) 40 wina kau pura

Sampla baku, 1.75 purka bri yaba uplika kum bara ai wirhka 85 kg sa kaka, ai IMC kabia:

$$\text{IMC} = \frac{85}{(1.75)^2} = 27.7 \quad \text{Baku bamna batanira libil kum 1}$$

Manka nani	IMC (Kg)
19-24	19-24
25-34	20-25
35-44	21-26
45-54	22-27
55-65	23-28
Mayor de 65	24-29

IMC aitani kulki limitka nani ba 19 -25 kg/m² tilara sa, bara siknis apû ba tânka ba kau wiria wal asla praki yaba bahanani bangwikabia bara baku bamna, rayaka bilakaikanka kau tara wal. IMC kum 18 wina munhtara dakaki karna daukaia sip ilpka aitani apia pât kra briaia tânka kulki marikaia sip sa; IMC kum 25 wina purara wirhka pura luan kulki marikisa bara 30 wina purara batanira.

Klahkla bunhka tnaya raunka lainka

Wîna bunhka dusa baiki sakanka bara wîna tara shins taki auya tnatka ba wina kulki marikaika baku yus munisa. Klahkla ba wina tnaya raunka lainka (PB) lila pas ai pliska bara tríceps ba wina sriwanka (PT) ba kulki sakisa.

$$\text{Klahkla bunhka tnaya raunka lainka (cm)} = \text{PB (cm)} - (0.31 \times \text{PT (mm)})$$

Daukanka nani:

- a) Wîna tara ba kulkanka bara aitani ba kat lâka kulkanka nani ba wina takanka ulbaia dukiara yus munma yaba asla ulbi waia wahia ba daukra dauks. (Sim ba wina ulbanka dîa ba kat ulbi saki ba ailal sakisa)
- b) Wal ai tânka bri iksasais nani, wahbi saks, bahnani ra sim nani mawan ra wan wîna tara ba wina pain daukanka dukia tnatka nani smasmalkra waitna/mairin kahban sins lâka nani yus muni tânka pliki kaikbia.
- c) Ai daknika wina dadaukra wala nani ra wîna tara ba kulkanka bara aitani ba kat lâka kulkanka nani dauks. Kaina manis ridi daukram yaba asla ulbi waia wahia ba ra naha kulkanka nani ulbi mangkaia kupiam krauks.
- d) Smasmalkra mairin/waitna ba wal banhki ra bara dadaukra wala nani, ikpirinskam nani (pura luanka nani bara trabil nani dingki) kaina daukanka ba wina pawanka ba dukiara wal sir muns. Sim dadaukra ba ra wala nani bûi brin kulkanka nani wala wal briram tânksam kasak nani praki kaiks. Wal baku bangwisa? Sât wala bangwisa? Baha sâtka wala diara ra sa? Kahban kulkanka nani ba kat, naha takanka nani dia marikibangwisa?

Silp lakikaikanka:

Aslika II ba tadi takaia wina ningkara, ningkara kulki marikanka nani dauks:

Nina maki aisas:

- a) Wîna bunhka kalkanka wina tânska maprika nani.
- b) Wal prakanka tânska maprika nani.
- c) Wîna bunhka taura pali wina nina yumhpa.

Kunhku pali ansa muns:

- a) Aiawanka ta baikaia dukiara aimâ bani kunhku dauki wîna bunhka bara aiawanka ba swirka dukaia dukiara drawi wîna bunhka nani ba tilara aihka bangwi tânska ba dîa sa?
- b) Wîna bunhka nani wina warkka nani ba kat, nahki nina makaia sip bangwisa?
- c) Wîna bunhka latwan brin nani wina maprika nani ani nani bangwisa?
- d) Wal prakanka dukia tnatka nani ba ra rayaka bri yaba raya kaia dukiara pasa atumik pri nit ba bara pasa atumik pri apû iwaia bara pawaiâ sip rayaka bri ba tânska sut nani nahki tilara dimibangwisa?
- e) Iksasais praptis munaia piuara dîa muni wîna tara wina kulkanka nani kahbaia kasak sa?
- f) Aitani kat wark dukaia dukia nani bara sins lâka nani yus muni wîna tara ba kulkanka bara aitani ba kat lâka kulkanka nani ba daukram?
- g) Smasmalkra mairin/waitna ba bûi kulki marikan daukra nani ra takanka nani ba ulbram?

Smalkanka aslika III. Wan wîna tara warkka bara sîknis apû ba tânka

Aslika ba bapanka nani

Aslika ba tnata prakaia ba ra, daukanka tâura yaba waitna/mairin:

- Wan wîna tara yamni briaia lâka wina lilbil kum alki briaia wina ilpka nani wal baku dauks.
- Ai tila wina sakanka nani bara yu bani rayaka ba ra karna briba lâka bara wan wîna tara warkka bara wan wîna tara klin iwanka tânka ai warkka nani tânka pliks.
- Wan wîna tara tânka plikanka nani bara aiawanka ba tadi taki sins lâka nani bara ai karnika upla nani aiawanka sins lâka nani ulbi mark muns.

I.- Wan wîna tara warkka

Karnika yus muni ba wal wîna tara bunhka dusa nani bûi daukan ini wîna tara aiawanka **wan wîna tara warkka** kulkisa. Naha tilara dingkisa pulanka tnatka nani, iksasais ba bara daukanka nani wala, pulanka ba baku, wapaia ba, utla warkka nani ba, giadin warkka bara apia kaka dans ba.

Wîna tara warkka wina sât wala tnatka nani ba wina karnika ba uplika nani ba baku shins takisa. Kumi bani wîna tara daukra ba wina ai karnika bri, wîna tara warkka samplika nani kum,kum bangwisa: wapanka isti ra wapaia, dans pulaia apia kaka utla warkka nani daukaia. Wîna tara warkka karna sampla nani kum, kum bangwisa: plapaia, baisikil ra isti aukaia, isti yawaia apia kaka wirhka tara nani nikbaia.



Wîna tara warkka tâura yaba uplika mihta warkka ba tasba aiska ra pruakira lâka wina kau tânka tara bribe pât kra briaia wina tnatka walhwal ba sa, naha driwanka tasba ul ku pawi auya ba mita, lalah dimanka purara bribe kuntri nani ra praiska ba wal baku lalah dimanka mayara apia kaka bakriki prais bri nanira.

Wark karna takras ba ra tasba aiska ra prura nani ba wina 6% kum kahbibangwisa. **Wan tâlia wan wîna ra nahki plapi ba wina purara ulanka** ba baman pura Luisa (13 %) bara tuaku yus munanka ba (9%) bara sugar pura ulanka ba wal baku (6%)

Purkara, **wark karna takras** ba **tialka** bara **biara tarka** kum **kiansika** nani wina 25% kum lamara ba tânka taura pali ba sa, baku sin **iska damni takan sîkniska** wina tânka nani ba wina 27 % kum bara **kupia sîkniska** nani tânka nani wina 30% kum.



Wîna tara warkka ba manka wina daknika nani sut ra siknis apû ba tânka ba dukiara ilpka sa, naха wina kau pain praiska ba dukiara pain sa winka kum, kum nani bangwisa, sampla baku.

Wark karna takras uplika nani

- Praiska sirpi nani wal takrikaia bara ai wihka takaskanka, pat, pat lâka bara karnika tawa, tawa pura prakaia.

18 wina 64 mani nani ra daknika

- Sirpika ra yaba baku wîna tara warkka wina karnika praiska kat blistu praptis muni bangwaia kabia.
- Apia kaka wîna tara warkka karnira 75 minit nani; apia kaka karnika bara praiska kat yaba warkka nani wal asla praki.
- Daukanka nani sut 10 minit nani piua kau wiria ba ra kumi bani blistu dauki bangwan kabia.

5 wina 17 mani nani ra daknika

- Yu bani wîna tara warkka karna bara praiska kat yaba 60 minit nani pan blistu dukaia.
- Baha 60 minit nani pura lubia sa kaka siknis apû ba tânka dukiara ilp nani kau brihbangbia.

65 wina purara daknika

- Naha daknika dukiara pain sa wiaia nani ba kaina ba daknika dukiara wal sim sat bangwisa.
- Wiria man aiawaia sip almuk nani kauhanka tnaya ra lakaia dukiara bara wal baku yaba lâka ba bitar dukaia dukiara wîna tara warkka nani wîna tara kau wiria ba ra yua 3 blistu dukaia kabia.
- Siknis apû tânka trabilka nani bûi pain sa win praiska ba dukaia sip apia piua, ai siknis apû wina nahki ba bara ai ailal briaia karnika nani witin swirka daukbia ba baku uba karna aiawi ba blistu alki brih bangwaia sa.

II.- Karnika tnatka yus muni tikanka

Upla kum yus muni yaba karnika praiska ba sa. Naha karnika wan wîna tara ba kasak pali warktakaia bara ai warkka playa nani sut bapi karna dukaia.dukiara yus munisa.

Wîna tara ba ai wal baku yaba lâka alki briaia dukiara, apû daukan karnika ba yus munan ba wal baku kaia sa, wibia sa kaka yu bani nit karnika nani yaba karnika tnatka yus muni tikanka wal baku kaia sa. Nit ba wina karnika kau pura apû daukan sa kaka, batanuisa bara nitka nani wina mayara yus munuya sa kaka, plun piras mita wan wîna tara mayara iwanka ra dimisa bara baku bamna wîna tara ba wina karnika alki takaskanka nani yus munaia ba ra biawisa.

Upla kum wina karnika nani nitka nani ba baiki sakaiasip bangwisa, tnatka tara nanira, wan wîna tara piska sirpi kumi wihka takaskaia yaba dukiara karnika praiska sirpika bara warkka bûi karnika tnatka yus muni tikanka ba. Aikuki asla karnika tnatka yus muni tikanka ul ba paskibangwisa, wibia sa kaka, wan wîna tara ba yu bani apû daukan yaba karnika wina praiska.

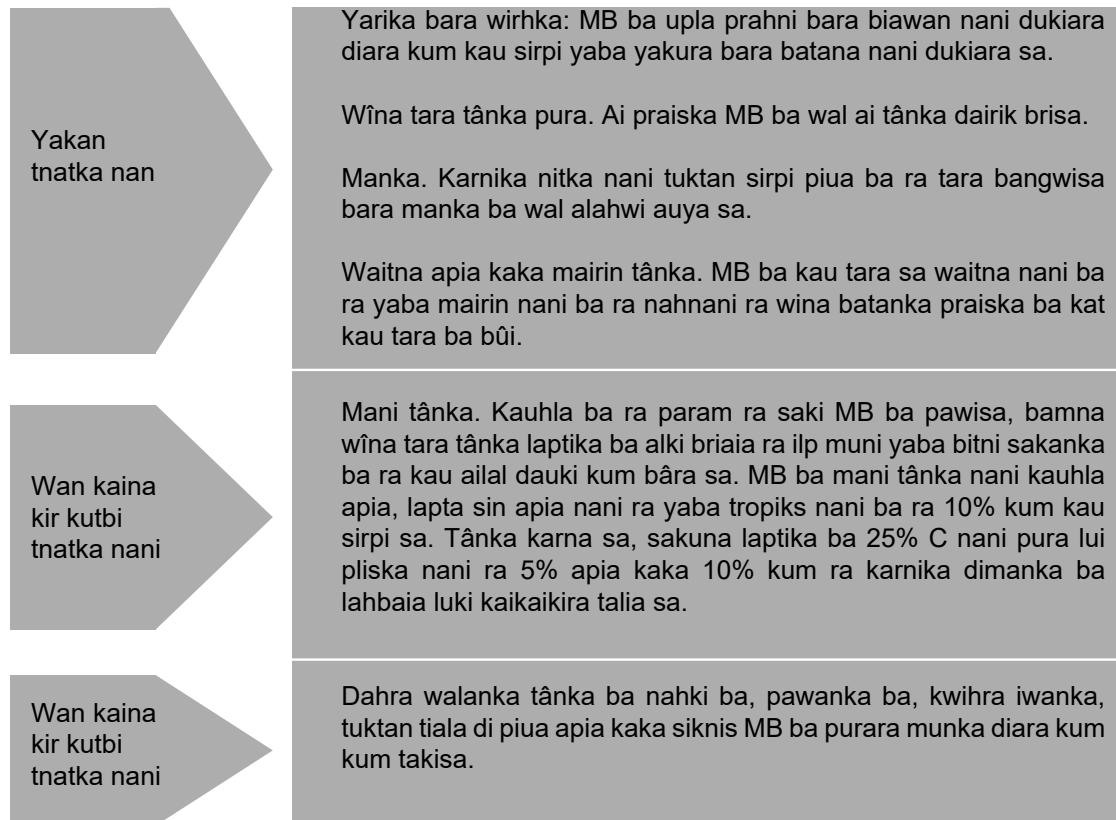
1. - Wan wîna tara piska sirpi kumi wihka takaskaia yaba dukiara karnika praiska sirpika (MB)

Baku sin karnika tnatka yus muni tikanka nina makisa, wîna tara ul ris ra piuara nit yaba karnika praiska ba sa bara wan wîna laptika lakras ban yaba kum ra, tânska tara bri warkka nani alki briaia dukiara, wîna puhbanka ba baku, shins munanka tânka ba upla nanira, tala plapi tawanka ba bara wîna tara tânka laptika ba praiska kat 24 awar nani piuara.

Mairin bara waitna nani ra unta nani ba wihka takaskaia yaba dukiara karnika praiska sirpika yu bani bakriki ba, ningkara praiska nani wal lamara wal ai tânka brisa:

Manka	Mairin nani Wirhka (kg)	Metabolismo basal (wiba)	Waitna nani Wirhka (kg)	Metabolismo basal (wiba)
15-18	58	1460 kcal = 6113 kJ	67	1820 kcal = 7620 kJ
19-24	60	1390 kcal = 5820 kJ	74	1820 kcal = 7620 kJ
25-50	59	1340 kcal = 5610 kJ	74	1740 kcal = 7285 kJ
51-64	57	1270 kcal = 5317 kJ	72	1580 kcal = 6615 kJ
Más de 64	55	1170 kcal = 4899 kJ	86	1410 kcal = 5903 kJ

Upla bani dukiara dawankas sa bara tnatka nani ailal bûi munka diara kum, kum takaia:



2.- Karnika tnatka yus muni tikanka apia kaka iksasais ba wina kauhla briaia tânka ai warkka

Karnika tnatka yus muni tikanka ba wina 20% kum apia kaka 40% kum tilara watlikara waia sip sa.

Uba pat pat apia piua nani unta nani ba wihka takaskaia yaba dukiara karnika praiska sirpika nahki yaba ra wal prawan kabia, praiska nani ba ra yapi awarka nani piua ra baman lamara wisa. Yu tâka wala ba wîna tara warkka dukia kau tara apia kaka sirpi yahpika yaba karnika wina tikanka kum wankisa.

Pulanka daukanka nani ba wina karnika tnatka yus muni tikanka nani sin sât wala bangwisa. Kum, kum nani pantamangka wal sabi baku, ris ra sa piua yaba karnika kau dukia kum nit bangwisa. Wala nani karna plapanka ba baku karnika uba nit bangwi yaba sikan nani kum kum piua baman main kaiki briaia sip bangwisa. Purkara iksasais ba wina yahpika ba wina, daukanka wihka takaskanka ba kultaia yaba bâra sa.

Ningkara bakska ba waitna bara mairin nani almuk dukiara daukanka nani ailal ra karnika yus muni tikanka wina kulkanka kum yabisa:

Daukanka	Waitna nani (kcal/min)	Mairin nani (kcal/min)
Basketbal	8.6	6.8
Baisikil ulaia lihkanka		
11.26 km/h	5.0	3.9
16.09 km/h	7.5	5.9
Putbal talia mihta wal	11.0	8.6
Plapanka nani		
11.26 km/h	14.0	11.0
16.09 km/h	18.2	14.3
Iwi kaia	1.7	1.3
Yapaia	1.2	0.9
Bui kaia	1.8	1.4
Yawanka (4,82 km/h)	20.0	15.7
Tenis wiba	7.1	5.5
Wapaia (5.63km/h)	5.0	3.9
Paun nani bukanka	8.2	6.4
Aiklabanka	13.1	10.3

III.- Wan wîna tara ba karnika karma nani

Wan wîna tara, rayaka bri wala nani sut baku, kau kainara raya kaia dukiara karnika nitsa. Upla nani ba dukiara, karnika ba plun tnatka ra marikisa. Plun ba plun dakakanka tânka sut ba ra bîla tilak dimi piuara, pis kau sirpi nanira enzimas (wiba) bara acidos (wiba) bûi mayara iki sa yaba ningkara plun dakakanka ba bûi karnika ra lakan kaia sip sa. Plun ba dakaki karna daukaia sip nani satka wala maprika ailal wina paskisa, bahnani wina aihkika ba wîna tara ba dukiara âiamra baku yus munibangwaia sip sa.

Karnika wina karma nani taura pali nani ba yawan baiki sakia sip bangwisa batanka nani, hidratos de carbono wi nani bara proteina nani. Batanka nani bara hidratos de carbono ba karnika karmika taura pali nani ba bangwisa. Proteina nani ba, ban sakuna wîna tara iksasais ba dukiara nit karnika ba wina 10% bara 15% ba tilara man ta baikibangwisa.

Wîna bunhka daukanka ba karnika briba tilak ta pali dukia ba ATP ba apia kaka trifosfato de adenosina maki ba sa. Dakaki karna dukaia sip nani ba wina mayara ikanka ba takuya piuara, karnika pri daukisa yaba ATP ra sât daukisa, baha ba wîna bunhka ba ra ai warkka nani, witin nani tilara wîna bunhka kunku daukanka, dukaia dukiara yus muni sa.

Naha daukra wina, yahpika ba wina ai karnika bri, wîna tara iksasais ba wina wihka takaskanka bara kahbi briaia plamaika nani wina kulkanka, wan wîna tara karnika brinka yabalka nani ningkara nani ba wina kum ban pura lui kaia bûi wahbi sakbia.

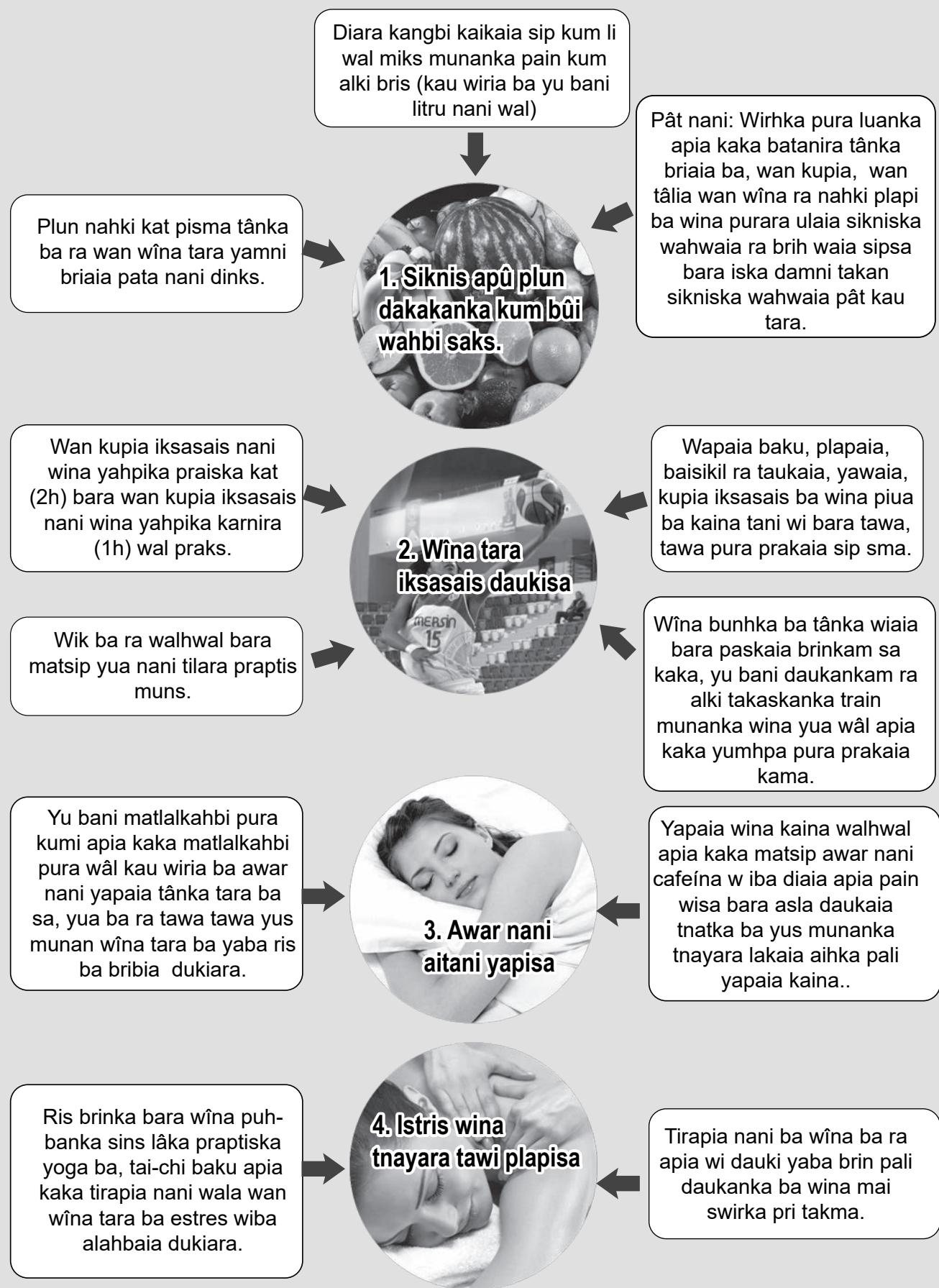
ATP- PC tânsa sut (pâsa atumik pri apû iwaia bara pawaia sip rayaka bri ba- pâsa apû tânsa): Pâsa yus munras karnika ba wina brinka ba bûi bara diara kangbi kaikaia sip ba pura luan tânsa ba paskaia apia wapnika mangkisa. Ba dukiara, naha tânsa sut ATP bara fosfocreatina wina wîna tara bunhka alki takaskanka nani ba yus munisa. (Apia kaka PC, ATP wina nani ra aim yumhpa kau tara kaia sip bangwi yaba) Karnika dukia makabanka kum tara bâra piua, sakia ba ra ta krikaia ra naha tânsa sut takaski yaba piua ba mita pâsa yabalka bûi wapnika mangkaia sip apia yaba, pas tâura ATP wina alki takaskanka nani yus munibangwisa bara ningkara PC ba mayara ikisa, ai daknika fosfato tnayara laki bara karnika wina kulkanka tara kum pri sui. Naha tânsa sut wina tânsa tara bri ba karnika dukia isti yus munaia sip ba ra sa, kulkanka ba ra yaba purkara bara sin, PC wina tâura ba libil nani wina isti kli sakanka ba ra (kum apia kaka minit nani wal wina kli sakanka luan ningkara, ai libilka kasak wina 90% kum ra lamara kaia tawisa)

Glucolítico Tânsa sut (pâsa atumik pri apû iwaia bara pawaia sip rayaka bri ba- pâsa apû tânsa): Naha tânsa sut ATP brinka ba dukiara diara kangbi kaikaia sip ba plamaika baku glucosa wi yaba yus munisa. Hidratos de carbono wi yaba pâsa apû daukra wina taka baman mayara ikibangwisa acido lactico wi yaba (wîna bunhka) apia kaka etanol (siknis yabaia sip ba yula saura) wina daukra ra taki saki. Acido lactico ba talia ba ra bara wîna bunhka ba ra uba purara asla takanka nani alkuya piua, wîna bunhka swapan lui waikira kum takisa yaba daukanka ba wina dauki ban kaia takaski.

Oxidativo Tânsa sut (rayaka bri yaba raya kaia dukiara pâsa atumik pri nit ba - pâsa bâra yaba wal) Karnika tnatka tânsa sut nani ba wina kau diara manis aslika ba sa. Karnika paskaia dukiara pâsa ilpka ba wal wan wîna tara ba âiamra sauhi yaba tilak lâ dauki ulbanka ba sa. ATP wina pâsa atumik pri apû iwaia bara pawaia sip rayaka bri ba tânsa sut ba wina aihka ba tânsa ra, naha tânsa sut alki takaskanka trai munanka nani ba piua karnika wina kulkanka tara kum yabisa. Piu wihka daukanka nani dukiara karnika karmika tâura pali ba sa.

IV.- Rayaka aihwika bitar kum briaia dukiara, wan wîna tara yamni briaia dukia praptiska nani

Aitani kat ris kum briaia dukiara prawaia kaina iliktrunik dukia nani yus munanka ba tnaya ra lakaia ba tâura pali sa bara kaina dakbras kau wiria ba awar nani matlalkahbi pura kum yapaia.



V.- Sins lâka wîna tara yamni takanka

Wîna tara yamni takanka ba wîna tara warkka ba wina daukanka ba piua dimibangwan yaba diara kangbi kaikaia sip nani ba sut bara karnika alki takaskanka nani watlikara mangki bangwi piua, wark ba tnata prakuya aimâ kum papulra ba nahki yaba lâka dîa, dîa daukaia sip ba sa. Baku sin wîna tara warkka sat, sat nani kli bapibangwi takaski bangwisa, wîna tara wark ailal briaia karnika ba yamni takisa bara sim ba wina tawa, tawa pura prakanka kum sakisa.

Trin munanka ba kainara wal baku lâka wina nahki yaba lâka kli bapaia dukiara nit piua ba lahbaia brinka ba wal wîna tara yamni takanka ba bitar daukaia bara na ha wina pain daukanka libilka ba kat waitna wîna tara bara karna ba ra wîna tara warkka nani kulki mariki nani mina munhtara mangkaia tnata alkanka baku blistu briaia.

Karna muni trin munanka ba, pulanka tnatka praptis miks munanka kum sa (nahki yaba lâka ba bara kulkanka ba wina sat aihka) pulanka tnatka klin iwanka tânsa dukia (drawanka nani bara wîna tara yamni takanka) plun nahki kat piaia tânsa wina (plun dakakanka bara diara kangbi kaikaia sip kum li wal miks munanka) bara ris piua nani wina.

Wark ba piua lus tiwan diara kangbi kaikaia sip nani ba sut bara karnika tnatka tânsa sut nani yamni takoia sip bangwi kabia yaba wal istika ba wina ai karnika bri pulanka tânsa tria munanka ba wina daukaia karnika ba yaba tânsa marikaia sip kan.

Wîna tara ba pain apia kan kli pain daukaia dukiara, metabolismo proteico wiba (wark piua sauhki tikan enzima wi tnatka nani bara asla daukan proteinas wi wina pura prakanka) ba wina yahpika tânsa nitsa, hormonal bara ionico wiba wal baku lâka ba wina kli watlikara mangkanka ba; baku sin karnika tnatka nani alki takaskanka nani ba wina ul kli bapanka ba, na ha dukia wark ba tnata alkan kan wina ningkara awar ailal piua takisa.

Naha tnatka nani bara wala nani wina nit yamni takanka wina piua ba, pasa (pasa atumik pri apû iwaia bara pausia sip rayaka bri ba) wina tras ba wina diki sakanka sa baku, glicogeno hepatico wi wina alki takaskanka nani wina kli sakanka ba bara enzima wi tnatka nani bara asla daukan proteinas wi wina pura prakanka ba wina kau yahpa daukanka ba, sât aihka piua nani daukra wina bal taki yaba, bamna karna plapanka nani sât aihka ra lui bangwisa bara wala nani wal baku apia yaba piua nani ra danh takisa, daukuya yaba iksasais wina maprika ba wina ai karnika bri.

Yamni takanka wina lâ dauki ulbanka nani wina kau yahpa daukanka ba wark ba wina ningkara kulki mariki piua kum alki takaskan karnika nani ba ai tâura ba libilka pura lui bangbia sanska yabisa, dukia yaba diara kum dukiara mana tara yabanka baku kakaira sa.

Wîna tara daukra nani wina kumi bani dukia wark wina ningkara mana tara yabanka ba dukia balanka ba yaba, sut tânsa ra ningkara ba sa marikansa:

Wîna tara nahki yaba tânsa	Awar nani
Bila yahpika pasa bâra yaba wal	10
Karna ba lâka pasa bâra yaba wal	12
Karnika	24
Karna plapanka	24
Bila yahpika pasa apû tânsa láctica wiba	72
Karna ba lâka pasa apû láctica wiba	72

Pulanka nani tilara dimaia lihki uplika ba wina kli sakanka ba isti dauki yaba kulkanka nani kum,kum bangwisa:

1. Plun dakakanka

Yu bani sirka ba yabi yaba karnika tnatka nani ba bara karnika tnatka yus muni tikanka tilara blistu balans kum kaia sa. Purkara plun sât aihka daknika nani wina dingkaia (karnika yabi nani, plastik nani bara aitani kat mangki nani). Ta krikas ba wina kaina, diara kum takanka piua bara sim ba tnata prakanka ba ra (15 minit nani luan ningka kat aitani sa) plun,nahki kat piaia tânka tnatka nani wina yabanka ba kulkanka ra blistu briaia sa.

2. Ris diara dauki

Kau kasak aihwa ba wîna bunhka nani ba wina slakbanka iksasais nani kahbisa, dukia ba sauhki tikanka wina pliska nani ba ra wîna tara bunhka nani wina acido lactic wi yaba ba wina blikanka ba dukiara plapi tawanka wal praki kaiki ba pura prakanka kum sakisa. Kiagu tara nani ba wina ningka yua ba ra taim nani piua iksasais nani pain sa wi, bamna swapanka ba kau isti âuyapah daukisa.

3. Ris tânkas

Tihmia yapanka, bamna trai munanka dukia iksasias nani tilara iwaia apia kaka prawaia ba ra srinka bri yaba unta nani wina paskanka kum daukra yaba lal mabiarka taya ba ra kaina kakahbra laihwra takanka kum yarka sahwisa.

4. Rayakira nani sîka tânka tnatka nani

Suapanka aiska bara tnaya dukia wina malira daukra nani kau isti sauhki tikibangwisa, karnika yabi ilpka nani karna muni kli watlikara mangkisa. Sampla: kiasma bara pasa lawan tnatka aihtabanka nani, wan wîna ra aubanka aiska nani, mihta tnatka apia kaka li iswanka ku, ban.

Kli sakanka wina lan takaia dukiara daukanka nani bara sins lâka nani ba wina wîna tara piska kumi bani karnika nani

Wan wîna ra aubanka nani

Laptika ba wina pura luanka kum yabibangwisa, plapi tawanka isti munanka, taya bita nani wina plun dakakanka ba spiritka bukanka, wîna tara puskanka lahbanka, sâp daukanka, wîna bunhka ris, prak prakanka nani wina pri daukanka bara wîna bunhka shins munanka ba wina bitar daukanka.



Kiasma aihtabanka ba ra, wan wîna tara ai bitnika lustiwanka ba pura prakaia trai kaikisa kau pali wan pusa nani bara wan taya tilak. Wan kaina kir kutbi laptika ba wan wîna tara ba wina ba pura lui kaka bitnika lustiwaia tnatka kumi yaba laptika sakaia sa. Wan wîna tara ba piu bani ra ban yaba laptika kum main kaiki briaia sip briras, wan kaina kir kutbi laptika ba palanka kum yabi piua, kiasma wina aihtabanka kum ra taki baku, baku bamna wan wîna tara bitnika ulaia ta krikisa. Taya plapi tawanka ba yaba pura uli piua, wîna tara ba bûi kau isi laptika ba alki brisa.



Wan wîna tara laptika wina ulanka ba tâura pali ai karnika bri wina:

- a) Laptika bara kiasma aihtabanka ba wina buswanka wina praiska.
- b) Aihtatabra ba wina bitni takanka wina ailal briaia karnika.
- c) Aihtabisa yaba ra piua.

Wîna tara wina laptika nani ba wal prakansa 37.6C (99.6F) ra 40C (104F) wina tukbi takaia dukiara. Baku âihtabanka piua takuya yaba wîna tara shins munanka nani ba, wan wîna tara ba wina pura ulanka ba ra pis kum ra blistu sa bara hormonales bara nervioso nani tânka sut nani wina lipanka nani ba wina karnika ba ra piska ra, bitnika lutiwanka pura prakaia trai kaiki bangwi yaba. Naha laptika nani kau yamni nani ba man apia, kau ilp yabi nani ba sin bangwisa.

Li tnatka tirapika

Liwra dingkanka ba ra wan wîna tara ba ansa munisa kupia ba ra shins nani wal, lamara tala luaika nani alki takaskanka bara tala plapanka, baku sin wîna bunhka bara lila pas, wan taya ba wina laptika nani ba ra shins munanka nani baku. Tala plapanka ba ra shins munanka nani ba bara latika ba ra pusanka ba pura ai warkka briaia sip bangwisa, pri warkka, wina bunhka klahwanka bara suapanka ba wina dahra walanka.



Tanhta daukanka kualka

Tanhta daukanka kualka ba tala plapanka bara linpatik trabil nani ailal kakaira takaia dukiara blasi piua wina yus munan yaba smatka nani na ha wina kum ba sa. Tanhta daukanka kualka ba wan wîna sirpika nani tawa, tawa tanhta daukanka wina daukanka ba tilaka wakia kli tawanka bitar daukisa. Paskan lata tani pamnika ba pusanka ba dukiara wîna bunhka tilara bâra yaba pliska ba mayara ikaia sip sa bara tâura yaba wina bunhka piska nani ba wina ban yaba lain ra mangkanka kainara sunaia, pusanka ansika ba mayara iki bara wina bunhka klahwanka ba mayara iki.



Wîna tara pain takanka wina praptis kum dukia sampla

Train munanka ba wina kaina

Wîna bunhka kli sakanka iksasias daukras kaina blistu ta krikaia, baku bûi plun dakakanka ba bara diara kum li wal miks munanka ba plamaya bangwisa.

Trai munanka ningkara

Iksasais ba danh takram yaba piua kum, matawalsip minit nani pas ba slakwaia dukiara bangwisa. Wan kiama ra auhni bara prana asla prakanka uba tawa kum sarhwanka, kuhma nani ba uba tawa kum ra tasa baku drawanka win takibangbia dukiara bara dipasta dukia nani ba kau karna muni daukra kum wina sauhkitibangbia.

Ris piua ba yus munisa praptiska ba wina bara daukuma yaba yahpika ba wina ai karnika brisa. Lâka aiska baku wîna tara ul wina praptiska nani ra 48 awar nani ba ra kli wina bunhka nani ba wark kum daukaia ra dingkaia sip sma, apia kaka pain yua nani yumhpa bara matsip tilara wik piua praptiskam ra daukma yaba wîna bunhka daknika wina baiki sakanka ba wina ai karnika bri.



Sim baku pat train munan yaba nani wina kli sakanka wina lâ ulbi daukanka ba takaskras kira wina bunhka nani wala wark kum daukaia tânka tara sa. Naha briaia dukiara wîna bunhka kli sakanka lâ ulbi daukanka ba takaski bangbia apia yaba piua nani ra wîna tara ba wina baikiakan piska nani train munan yaba ba ra praptis kum daukaia tânka tara sa.

Trin munanka bara ris munanka ba wina ningkara matawalsip minit nani pas luan piua kum, ningkara matawalsip minit nani drabanka nani dukiara yus muns. Uba taibi munpara, lapta takanka ba wina nani yaba kau alki takaski bara yari dauks sakuna puram taibi muni yarka daukaia apia.

30 bara 40 minit nani tilara luan piua kum diara kum wal miks muni dis, wan wîna puskanca ba kaina manis kaikaia dukiara bara kli sakanka kau tara dukiara kauhla sin apia lapta sin apia laya wal aihtabanka kum dauks.

Wîna tara wirhka ba tâ brinka

Lukanka ra baman yaba wirhka alkaia kat nanara wan wirhka wina nina blikanka kum brih waia dukiara matawalsip pura matsip yua bani wirhka mangki kaikaia kupia kraukisa, kau isti daukaia pain sa wiras bamna tânka kaikaia lamak kabia apia.

Wirhka ba wina tâ brinka brih waia dukiara ilp mai munaia sip yaba ba wina dukia kum, ningkara bakska ba kabia: (Nahki bangkaia wina tnatka sin markisa).

Wirhka wina tâ brinka bakska					
Piua	Piaptin yua	Nanara wirhka	Wir hka kasak	Lus tiwan Kilu nani	Luha yaba Kilu nani
Nanara Wirhka					97
Kati bani sirpi daukanka					3
Wirhka kasak yaba					82
Tikaia ra Kilu nani					15
15 kakamuk kati	1	95	95.5	2	13
30 kakamuk kati	2	94	94	3	12
15 Lî waihka kati	3	92	92.5	5	10
	4		91		
	5		89.5		
	6		88		
	7		86.5		
	8		85		
	9		83.5		
	10		82		
	11				
	12	Ulbi mangkanka kum: playa 4 ba ra, wirhka kasak ba piaptin yua ra wiria daukaia prugram munan wirhka ba sa, wirhka kasak aiska ba kaina tani wi alkaia kat. (82 k).			
	13				
	14				
	15				

Daukanka nani:

- Daknikam tilara nani dukiara yahpika praiska kat yaba kum wina kabia yaba pulanka tnatka wîna tara praptiska ridi dauks. Smasmalkra waitna/mairin wal laki kaiks, naha praptiska daukaia wina kainara.
- Dakni wina pamnika nani wal kau kaina manis smasmalkrikam bûi aû takan praptis ba dauks. Ai wîna tara nahki yaba tânka kulkanka ra blistu briaia yaba bara ai kaikanka nani ulbi mangkanka kum daukaia kupiam krauks, smasmalkra waitna/mairin ba wal mitin nani bangki ba ra ningkara yaba tânka wima dukiara.
- Daknikam wina tilara nani dukiara yahpika karna kum wina kabia yaba pulanka tnatka wîna tara warkka ridi dauks. Naha praptiska daukia wina kaina, smasmalkra waitna/mairin ba wal tânka pliks.
- Dakni wina ai panika mairin/waitna nani wal praptiska ba dauks. Ai wîna tara nahki yaba tânka kulkanka ra blistu briaia yaba bara ai kaikanka nani ulbi mangkanka kum daukaia kupiam krauks, smasmalkra waitna/mairin ba wal mitin nani bangki ba ra ningkara yaba tânka wima dukiara.

- e) Kaina pulanka praptiska nani wina kumi bani dukiara yamni takanka praptiska nani ridi dauks. Naha praptiska nani daukaia kainara, smasmalkra waitna/mairin ba wal tânka pliks.
- f) Kaina manis smasmalkra waitna/mairin ba bûi aû takan kli sakanka wina praptiska nani dauks.

Ulbi mangkanka kum:

Daukan warkka nani sut wina ulbi mangkanka kum dauks.

Silp tânka laki kaikanka:

Aslika III ba tadi takaia wina ningkara, ningkara kulki sakanka nani dauks:

Ansa Muns: Wan wîna tara nahki yaba tânka yamni briaia

- a) Wan wîna tara nahki yaba yamni briaia tânka wina libilka kum wal kultaia wina ilpka nani ba ani nani bangwisa?
- b) Wan wîna tara ba wina karnika tnatka yus muni tikanka ba dîa yaba sa?
- c) Dîa muni kli sakanka yaba bâra?
- d) Wîna tara ba wina mana tara yabanka yaba ba dîa sa?

Nina maks:

- a) Aslika ba ra tadi takan yaba karnika wina karma nani tânka maprika nani bara wîna tara ba yus muni yaba tnatka nani wina sampla kum yas.
- b) Rayaka yamni briaia tânka wina praptiska nani daukaia wina ilpka nani
- c) Rayaka yamni briaia tânka wina praptiska nani brih waia apia pât nani.

Smalkanka aslika IV. Wîna tara swapanka wina trai munanka nani pât apû lâka tnatka mununhtara

Aslika ba bapanka nani

Aslika ba tnata prakia ba ra, daukanka tâura yaba mairin/ waitna ba:

- Ai praiska mangkanka raya yaba tânka kaikaia lâka dukiara aitani dîa daukanka kum ba wal pulanka tnatka nani bara wan wîna warkka nani ba wina swapanka bara wîna tara daukra ba ra dauki yaba tnatka nani tânka plikisa.
- Wîna tara tânka nahki ba lâka ba kultaia dukiara uplika nina ba kat wan sinska tadi munanka daukisa.

I.- Tâura yaba lukanka tânka nani

Trai munanka

Traimunaia wina daukanka bara takanka (iksam kum daukaia apia kaka upla kum apia kaka diara kum ba wina tnatka nani dauki kaikanka). Baku dukia bûi trai munanka nani ba diara kum ai daukra aitani kat nahki takbia nutakaia dukiara iksamka nani ba bangwisa apia kaka diara wina kunin tânka apia kaka kasak tânka ba marikaia trai kaiki yaba marikanka nani bara tnatka nani,

Makabi walanka nani ulbanka

Dîa tânka ba kat ra bapanka kum wal dahra wahbaia dukiara dauki bangwi yaba makabi walanka nani aslika. Kumi bani brinka ba kat stail nani bara daukra tânka nani ailal bâra bangwisa.

Wan sinska tadi munanka

Warkka nani apia kaka daukaia sip yaba lâka nani, kakaira lâka nani laki kaikaia ra lukanka kum kahbanka trai munanka nani ba dukiara aisia. Naha bîla iksam talika baku yus munaia sip sa.

Praisika mangkanka dukia wan sinska tadi munanka nani ba watlika ra bal yaba trai munanka kum yaba kasak lâka daukra kum wina upla kum wîna tara nahki yaba tânka kakaira takia apia kaka kultaia yabaia ra wantbia nani bangwisa.

Wîna tara nahki yaba tânka bûi, karnika ba bara wan wîna tara warkka ba dukia daukanka ba dukiara libilka sirpi apia kaka tara ra diara daukaia karnika yabi ba yaba bara upla ba bri yaba wan wîna tara piska kumi bani warkka bara wan wîna tara tânka kultaia lâka tnatka nani aslika ba yawan tânka brihangwisa.

Nitka nani

Dakni kum wal apia kaka upla kum wal yus munaia sip kabia dukiara, trai munanka apia kaka ini test blistu aiska sut daukaia yaba nahki yaba tânka aiska nani ba bangwisa. Witin nani tilara takibangwisa:

- Diara kum daukaia dukia ba wina Kasak lukan lâka mariki ba, takanka nani ba brihangwi yaba ba wal aitani kat tânka ba sa. Sampla: Wirhka ba dukiara balans kum yus munisa kaka, nahe mark muni yaba wal aitani kat tânka ba.
- Wapni lâka takanka nani bara silp latwan kaikanka nani apû. Sât wala iksam dadaukra nani bûi, sim test ba dakni kum ra daukuya sa kaka ai takanka nani blistu wal baku kaia bangwisa.
- Lâ kat aitani tânka apia kaka pat apû lâka, kultaia brinka yaba dukia kasak pali kulki yaba.
- Sip ba lâka upla aihkika nani ba trai munanka apia kaka wan sinska tadi munanka ba bapi yaba warkka nani ba daukaia karnika brihangwisa.

Tânka kasak nani ulbi mangkan wauhkataya

Trai munanka nani kumi bani ra brin sakanka nani, wauhtaya karna tânka kasak aiska nani ulbi ba ra prais kat tnatka kum ra ulbaia tânka sa. Numba nani wahbi sakanka isi kum yaba sa, tânka lakan kaia ra wîna tara ailal briaia karnika nani kultaia dukiara dahra kum yabia. Tânka kasak ulbi mangkan nani tânka plikaia sip bangwisa bara lâka kum ra apia kaka lukanka kum ra wal ai tânka bri wal ai aslika ra wal baku baiki saki bûi baku wal prakaia.



II.- Wan sinska tadi munanka kum dukia nitka nani bara tânka kasak nani

Laki kaikanka dukia trai munanka apia kaka test ba dukia daukanka ba kaina manis tânka kasak nani baku, uplika ba daukaia dukia ridi daukanka ra sa kaka blistu tânka kultaia ba dukiara daktar tânka kaikanka kum luaia sa. Brin daukan luki tânka kasak nani wala ai manka, waitna bara mairin tânka ba, ris ra piua ai dikwanka nani bangwisa.

Wan sinska tadi munanka ba ra asla prakaia yaba, ningkara nani ba bangwisa:

Wan wîna tara piska kumi bani warkka bara wan wîna tara tânka kultaia lâka tnatka nani

Wan wîna tara piska kumi bani warkka: Yarika, wirhka, yahpika, iwi yarika, lama tnaya kir, kuhma nani yarika, ban.

Wan wîna tara tânka kultaia lâka tnatka nani: alki takaskanka trai munanka nani, wîna puhbanka bara tala plapanka tânka sut ba prais mangkaia dukiara.

Wan wîna tara aiawanka yabi nani: wîna tara bunhka tânka sut ba ra yabalka ra mangkan. Karnika, karna ba lâka bara newaikira tânka trai munanka nani,

Sip ba lâka bara dîa dîa kum daukaia sip ba lâka: wîna ingnika, wal baku yaba lâka, asla prakanka tânka, karna plapanka bara alki takaskanka karna plapanka dukia trai munanka nani.

III.- Wîna tara nahki yaba tânka ba laki kaikaia dukiara wan sinska tadi munanka satka nani.

1. Wan wîna tara piska kumi bani warkka kulkanka dukia test

Upla kum wina daukra ba nutakaia yawan swirka daukibangwisa, ai sip ba lâka nani wina kaikanka aiska kum yabi apia kaka sip yaba saura paskanka nani. Ai prais mangkanka wîna tara ba kulkanka bara aitani ba kat lâka kulkanka nani wina bri ba tilak daukisa.

Yarika: Upla sus apû paurika ba kulkisa, mita nani ra.

Wirhka: Wirhka ba kilugram ra kulkisa.

Yahpika: mihta ta kum wina wala ba ta kum ba ra wihekka ba kulkisa mita nani ra.

Wîna tara tânka kulkanka pura prakanka:

$$I.M.C. = \text{Wirhka (kg)}/\text{Yahpika}^2$$

Naha pura prakanka brin daukan luki tânka dukia sa, plun dakakanka tnatka bara sîknis apû tânka ba wal ai tânka bri tnatka ba wina man apia, sakuna sin wîna tara warkka ba ra ai mapara aisanka bûi. 26 wina purara bûi kulkanka nani alki takaskanka bara karnika ra ani mapa ra kau pain ba ra trabil nani brihbangbia bara mapara ba 20 wina munhtara bûi kulkanka nani ba wal luan kabia. Wîna tara ailal briaia karnika aiska ba 17 wina munhtara bûi bara 30 wina purara bûi kulkanka nani ra bangwi yaba uplika nani ra kau sirpi sa.



2. Wan wîna tara tânka kultaia lâka tnatka nani kulkanka wina test

a) Cooper dukia wan sinska tadi munanka

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
	<ul style="list-style-type: none"> • • Awar kultaia dukia. 	<p>Taki waia bîla baikra ba ra 12 minit nani piua kum ra sip yaba wihekka kau tara ba blistu plapaia sa.</p> 	<p>Mita nani ra daukan plapanka ba ulbi mangkan kabia. Naha tânka kasak wal ulbanka kum bapaia sip sa pasa wina yahpika ba wal.</p>

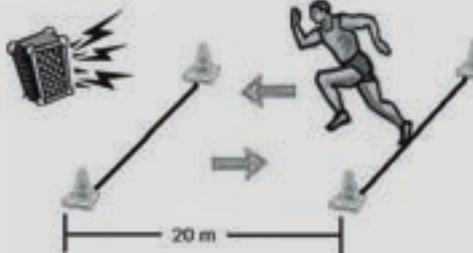
b) Ruffier – Dickson dukia wan sinska tadi munanka

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Karnika ba ra kupia wina wal prakanka ba kulkai. Ba dukiara kupia pat, pat lâka ba ris ra yabi praiska sunanka nani ba, yus munibangwisna karnika kum mawan ra bara sim ba wina mint kum ra wîna tara yamni takanka ningkara.	<ul style="list-style-type: none"> Sikan wal wachka kum baman nit sa. 	<p>Pura prakanka las ba pât apû lâka yaban kabia dukiara daukanka kasak ba rispik munaia tânka tara sa.</p> <ul style="list-style-type: none"> Dikwanka ba ris ra brisa P1 ra 15". 45" ra kuhma nani bulkanka 30 dauki bangwisa. Piua kau pura apia kaka kau wiria ra daukaia ba takanka ba praiska pura sunisa. Kau suapni daukaia dukiara wal baku yaba tânka brih waia ba ra 15" nani ra yaba blistu 10 brih waia kabia, 30 nani ba ra, 20 kabia, bulkanka kasak nani 30 wal 45" nani ba danh takaia dukiara. Iksasais P2 ba danh takaia ba ra wal baku dikwanka ba alkaia. 15" ra alkisa. P3 bulkanka nani danh takaia wina mintka ba ra dikwanka ba kli alkisa. Ruffier-Dickson wina pura prakanka ba sakai dukiara yawan daukuya yaba daukra ba ningkara ba sa: $R.D = \frac{(P1+P2+P3) \times 4 - 200}{10}$ <p>P1: ris ra kupia pat, pat lâka. P2: Iksasais wina tnata las ba ra kupia pat, pat lâka. P3: Yamni takanka wina minit ba ra Kabia sa</p> 	Daukra ba daukaia ningkara sakan takanka ba ulbaia sa.

c) Burpee dukia wan sinska tadi munanka

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Karnika kum mawan ra wîna bunnha alki takaskanka (pasa atumik pri apû iwaia bara pawai sip rayaka bri ba) wina libilka ba kulkisa	<ul style="list-style-type: none"> • Wach • Pura lalalni 	<p>Naha iksasais aiska minit kum ra aimâ an daukaia sip sa baku kli kli daukaia. (1 wîna 5 ba ra pat, pat lâka dukia)</p> 	Kli, kli daukanka nani numbika ba ulbisa.

d) Course – Navette dukia wan sinska tadi munanka

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Pasa atumik pri nit ba ailal briaia karnika ba kultaia	<ul style="list-style-type: none"> • Iksasais dauki pulanka kum lan takaia pliska, utla bîla apia kaka,bîla yahpika pliska kum yarka wina 20 mita nani wal. • Magnetófono • Walaia dukia kum plapanka wal baku mark muni yaba binka nani wal grabika daukan 	<p>Karna plapanka ba kaina tani wi plapanka wal minit kum wina wiria takaskanka ra bin nani saki yaba binkira daknika kum wal ba ta mangkisa. Tilara waitna/mairin ba dâukibangwi yaba binka nani ba wina ba ra ai on thatkara blistu aitani kat mangkaia kabia, baku bamna sainka ba walaia piua pliska ta kum ra kabia, 1 apia kaka mita nani wina lamara kum wal. Pliska ba tnata las ra waia ba ra isti wilwi tawi sait wala bara ban plapis. Karna plapanka ba tâura kau tawa, 60 sikan bani tawa, tawa pura praki auya. Wan sinska tadi munanka ba wina brinka ba sip yaba piua kau tara ba piua ra kahban tnatka ba ra aitani kat mangkaia ra sa. Kahban yaba tnatka dâuki waia sip apia piu ba ra plapanka ba takaskisa apia kaka pliska ba wina ta kum ra waia sip apia kabia yaba luki piua.</p> 	Takaskan yaba piua ba ra binkira daknika ba bûi kulki marikan las numbika ba ulbisa, baha takanka ba sa.

3. Ayawanka nani wan sins ka tadi munanka

Tnatka nani yumhpa dingkisa:

- a) Pas ba nawaikira tânka ba kulki bangwi yaba trai munanka nani asla daukisa.
- b) Sikan ba karnika ba kulki bangwi trai munanka nani.
- c) Yumhpika ba nikbi ba asla prakanka ba, karna plapanka ba bara wîna ingnika ba kulki yaba trai munanka nani.

a) Nawaikira tânka dukia wan sins ka tadi munanka

b) Mihta nani wina nawaikira tânka dukia wan sins ka tadi munanka

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Wan pahpaya wina ba dusa lukutbaika ba wina nawaikira tânka ba kultaia	<ul style="list-style-type: none"> • Ini dukia yari uba yahpa apia wan mihta nani wal aikuki alkaia sip yaba: dus kum, auka kum, ban. 	Wan bila munhtara prawi, wan mihta nani ilink wal bara iksasais ba dukiara wahbi sakan dukia ba mawan ba ra wan mihta nani wal aikuki priski, nina mapra lakaia mihta nani bulkas bara tâura pliska ba ra kli lakaia. Mihta nani wâl wal baku waia yaba bangwisa nina dukiara baku mawan mapra baku (wal ba ra wal praki kum kainara apia) Mihta kum bara wala tilara baiki sakanka ba kau pura ba ra aimâ bani sirpi daukaia wina munisa.	Iksasais ba daukan yaba wihiika sirpika ba ra, sintimita nani ra ulban sa. .

Kuhma nani wina nawaikira tânka dukia wan sins ka tadi munanka

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Baiki sakanka ra kilka dusa wal kuhma nani ba wina nawaikira tânka ba kultaia, wibia sa kaka baiki saki apia kaka purara yaba ilingki bangwi.	<ul style="list-style-type: none"> • Tat kum • Mita bara sintimita kulki sakaika 	Wan mina ra bui wîna tara baman wapni ba wal bara mawan mapra driwaia apia (kankahbaika dukia kum ra alki bri silp wan wîna yawan ilp munaia sipbangwisa) baiki sakanka ra sip yaba purara yaba dukia kuhma nani baiki sakaika wina dâuksesna, iksasais ba piua tasba ba wina mina ta nani bukaia apia trai kaiki.	Sintimita ra brin wihiika ba, mina plakura kum wina bilara ba wina wala ba bilara ba kat kulki. Trai munanka wâl wina bitar ba ulbi mangkisa.

Wîna tara baman wina nawaikira tânka dukia wan sins ka tadi munanka

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Bulkanka ra kil dusa bara wîna tara baman nawaikira tânka ba kultaia.	<ul style="list-style-type: none"> • Baks kum apia kaka iwaika kum. • Mita 	Iwi, kuhma nani ilingkan wal bara mina bila ba ul wal prawi (baks apia kaka iwaika ba wina) ba ra ilp bri, mita apia kaka libilka ba wina diara apû pliska ba wal asla prawi yaba, tawa, tawa bara suapni dâuksesna wina mihta nani mawan mapra brihwaia dukia daukaia, tukbanka nani tnayara laki, sem piuara mihta nani wal aikuki waia sip yaba ba ra wihiika purara mark munaia dukiara.	Yawan brin markka ba sintimita ra ulbi mangkibangwisa. Diara apû piska waras kaka sintimita nani ba apia wiba sainka wal (-) bara pura luya sa kaka kasak sainka (+) Trai munanka wâl wina bitar ba ulbi mangkisa.

Nawaikira tânska tihu dukia wan sins ka tadi munanka

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Wan wîna tara dusa luktaika nani tâura yaba nani ba wina nawaikira tânska aiska ba kultaika.	<ul style="list-style-type: none"> Lilka ba ra mariki yaba baku mark munan pura. 	Sûs apû, markka ba purara wan mina ul ba wal taibi. Wîna tara ul bulkisa mihta nani ninara briwi kuhma nani tilara ku, suapni daukra wina bara platukbanka apû. Mihta nani wâl wal baku (wala ba ra wal praki kumi ai kainara waras) minit nani kum, kum alki brihbangwisa riban ba purara wihkika kau tara brin ba ra. Riban ba purara mihta nani taibaia swirka daukras.	Mihta wâl aikuki waia sip kan yaba ba ra sintimita nani ra kau pura wihkika ba. Trai munanka wâl wina bitar ba ulbi mangkisa.

c) Karnika dukia wan sins ka tadi munanka

Mihta nani wina karnika dukia wan sins ka tadi munanka

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Tuktan waitna nani: Mihta nani ba wina wîna bunhka drabaikira nani wina karnika-alkitakaskanka ba kultaika.	<ul style="list-style-type: none"> Sueco wi iwaika kum apia kaka 30 bara 35 cm tilara kulki yaba dukia wala. 	Mina nani ba iwaika ba purara, kuhma nani ilingki, wîna tara wapni bara bulkras, pahpaya nani ba bîla yahpika ba ra mihta nani tasba purara, mihta sirpika nani mawan mapa kaiki. Mihta nani bulkaiwan krusa tâba yaba tasba kangbia kat bara tâura pliska ba ra kli balaia mihta nani aiska pali ilingki. Iksasais ba piua ris briaia sip apia apia kaka wîna tara ba tasba ris briaia, wîna tara baman ba bulkaiwan apia. Kli, kli daukanka sip baku daukaia	Kasak daukra wina daukanka kli kli daukanka nani numbika

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Tuktan mairin nani: Mihta nani ba wina nawaika daknika ba bara maisa Escapular wiba tilara bangwi yaba nani wina karnika-alkitakaskanka ba kultaika.	<ul style="list-style-type: none"> Tat dukia bar apia kaka ayan dukia yarka wina 28 cm kum nani, tasba wina bukan. 	Mihta nani bulkan wal bara wan krusa tâbar ba wina pura ku, sim ba wal wal prakanka ra kaia apia, sip sa baku piua baku baha pliska alki briaia trai kaikaia. Piua kultaika dukia ba iksasais ba ta krikaia wina piua ba ra wark ra mangkisa bara wan krusa tâba bara purara ba ris bri piua takaskisa apia kaka nahe wina libilka munhta ku lahwisa.	Alki takaskanka ra takaski yaba sikan nani ba ulbi mangkisa.

Kuhma nani wina karnika srutwanka wihitni dukia wan sinska tadi munanka

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Kuhma wina wîna bunhka drabaikira ba wina karnika ba kultaia.	<ul style="list-style-type: none"> Ulbaia tatka utla tnaya ba ra saban sim bara saban mita kum wal. Ulbaia dusa pihni apia kaka ini pura wala purara mark munaia sip yaba ba 	<ul style="list-style-type: none"> Pain ilingkan mihta ba wal wi yaba kau pura purka ba ra mark munaia. Iwi wina, pitka ba ra tnaya ra yaba. Utlia tnaya ba wina isti tnaya tawaia bara kuhma nani ba pain bulkia. Ulbaia dusa pihni ba apia kaka mihta ba wal purara mark muni sip sa baku kau pura srutwaia (kaina manis tukbanka briaia aitani apia) 	Naha ra mark ba wina kau lamara ilpka ba kat brin sintimita nani ra wihkika ba . Trai munanka wâl wina bitar ba ulbi mangkisa.

Kuhma nani karnika srutwanka wapni dukia wan sinska tadi munanka

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Kuhma wina wîna bunhka drabaikira ba wina karnika ba kultaia.	<ul style="list-style-type: none"> Mita Pura lalalni 	Kuhma nani bulkan bara wan mina nani wâl wal baku markka ba ningkara, srutwaia, sim piua ra kuhma nani wâl aikuki tukbi, mawan mapa sip baku uba laiwra. .	Naha ra mark ba wina kau lamara ilpka ba kat brin sintimita nani ra wihkika ba Trai munanka wâl wina bitar ba ulbi mangkisa.

Karnika dukia wan sinska tadi munanka, biara dukia

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Biara dukia wîna bunhka nani karnika alkitakaskanka ba kultaia.	<ul style="list-style-type: none"> Matras apia kaka tasba lalalni Wach apia kaka awar kultaia dukia 	Yahta param, kuhma nani bulkan bara baiki sakan wan pahpaya nani ba wina yahpika ba ra, wîna tara baman ba wina mawan mihta nani prihni. Panika waitna/mairin kum mina nani priski. Naha pliska wina, iwi takaskaia kat wîna tara baman bukaia. Iksasais ba lui yaba piua ba ul piua ra, mihta nani ba yaba wîna tara baman ba wina mawan ku aimami bangwi takaskaia. Pahpaya ba matras ba aiska kangbaia sa wîna tara baman yaba yarka kahwaia ra nina mapa auya aimi bani.	Kasak daukra daukan yaba kli kli daukanka nani ba baman ulban kabia. Panika waitna/mairin ba iksasais ba piua ra bila baikra pura ra kulki wan kabia.

Karnika dukia wan sinska tadi munanka, bal wina lulkanka nani

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Aiawanka nani wina wîna ingnika ba kultaia..	<ul style="list-style-type: none"> Dos vallas Dîa dîa daukaia karnika bri lâka dukia kutbanka wâl 0.70 mita nani purka ra. Dus wâl purka wina 1.70 mita nani purka dukia playa wal . 	Takaika wina markka ba ningkara wina "ridi nani" bîla baikra ba ra (smasmalkra waitna/mairin ba ai mihta ba bukisa) tilara waitna/mairin ba ridi dukia pliska kum ai dukia baku saki brin kabia. "Maka" bîla baikra ba ra (smasmalkra waitna/mairin ba ai mihta alahbisa), mahka waia ba daukisa bara awar kultaika ba wark ra mangkisa.	Plapanka ba ra luan piua ba sikan nani bara sikan wina matawalsipka ra mangki. Trai munanka wâl wina bitar ba ulbi mangkisa.
	<ul style="list-style-type: none"> Awar kultaika dukia. Sintimita bara mita kir ba kultaika dukiara na ha mark munras sa kaka. 	Tilara waitna /mairin ba las kutbanka srutwaia ningkara ai mina ba tasba ra mangkuya piua awar kultaikia ba takaskisa. Tnaya ra yaba dusa nani kumi sin batakaia sip apia.	

d) Wan sinska tadi munanka wala nani

Nikbi ba asla prakanka dukia wan sinska tadi munanka

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Asla prakanka wilin aiska bara visomotri z ba kultaika yarka rait luki.	Bulibal balka kum. Takaika ba ra cono nani wâl	<p>Trai munanka ba Sip yaba piua sirpika ba ra, tawi balan wina plapanka ba ra, mina ba wal bal ba tâ brih wi bara tawi wan wina plapanka ra bulibal balka kum wal witin nani tilara wapni waras ra srutwi, playa nani matsip wina kir ba plapaia ra sa. Kau tânsa tara bri lâka nani baku brih bangwisa:</p> <p>Tasba ba wina baiki saki, nikwi yaba sikan mina ba yaba wina kaina pas srutwanka ba blistu daukaia sa</p>	Trai munanka wâl daukibangwisa bara plapanka ba ra brin piua nani wâl wina bitar sikan bara sikan wina matawalsipka ra mangki ba ulbisa.
	Playa wiwitni nani matsip purka wina 1.70 mita lain ra mangkan bara ai tilara mita wâl baiki sakan.	<p>Bal ba mihta kum wal apia kaka wala wal lultaika sip sa, sakuna sim mihta ba ra bara wîna tara ini piska wala ra ris yaba apû.</p> <p>Bal ba lultaika wina danh takaia ra, lain bara blistu swiaia sa bara balan kan yaba ba ra mapa tani ba bûi mina wal wapanka ba ta krikaia.</p> <p>Playa kumi sin batakaia sip apia, mark munan plapanka ba wina takaia apia.</p>	

Karna plapanka dukia wan sinska tadi munanka (50 mts)

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Plis walara aiawanka wina karna plapanka ba kultaia	<ul style="list-style-type: none"> • Tasba lalalni, kulkan ka aitani ba wal. • Awar kultaika dukia 	<p>Takaika wina lainka ba ningkara, "ridi nani" wina bîla baikra ba ra (smasmalkra mihta ba purara kabia) tilara waitna/mairin ba ridi wina pliska kum ai dukia baku saki brin kabia. "Pat" wina bîla baikra ba ra (smasmalkra mihta ba lahbisa) plapaia ta krikisa bara awar kultaika dukia wark ra mangkisa.</p> <p>Tilara waitna/mairin ba awar kultaika dukia ba takaskuya piua yaba, tawi wan wina lainka ba pura luya yaba kat, plapanka wina tnatka ba slakbras 50 mita nani ba sip yaba karna plapanka kau tara ba ra blistu plapaia trai munaia</p>	<p>Plapanka ba ra luan piua ba sikan nani bara sikan wina matawalsipka ra mangki. Trai munanka wâl wina bitar ba ulbi mangkisa.</p>

Wîna ingnika dukia wan sinska tadi munanka

Daukaia luki ba	Diara paskaia dukia	Daukanka	Ulbi mangkanka
Aiawanka nani wina wîna ingnika ba kultaia..	<ul style="list-style-type: none"> • Dîa dîa daukaia karnika bri lâka dukia kutbanka wâl 0.70 mita nani purka ra. • Dus wâl 1.70 mita nani purka dukia playa wal . 	<p>Takaika wina markka ba ningkara wina "ridi nani" bîla baikra ba ra (smasmalkra waitna/mairin ba ai mihta ba bukisa) tilara waitna/mairin ba ridi dukia pliska kum ai dukia baku saki brin kabia. "Maka" bîla baikra ba ra (smasmalkra waitna/mairin ba ai mihta alahbisa), mahka waia ba daukisa bara awar kultaika ba wark ra mangkisa.</p>	<p>Plapanka ba ra luan piua ba sikan nani bara sikan wina matawalsipka ra mangki. Trai munanka wâl wina bitar ba ulbi mangkisa.</p>
	<ul style="list-style-type: none"> • Awar kultaika dukia. • Sintimita bara mita kir ba kultaika dukiara naha mark munras sa kaka. 	<p>Tilara waitna /mairin ba las kutbanka srutwaia ningkara ai mina ba tasba ra mangkuya piua awar kultaika ba takaskisa. Tnaya ra yaba dusa nani kumi sin batakaia sip apia.</p>	

IV.- Wauhtaya karna tânsa kasak aiska nani ulbi ba dukia ulbanka (sampla)

Nina nani: _____

Taitilka nani: _____

Dairiksan: _____

F.Na: _____

Pulanka tnatka nani: _____

Lilka

Lisin nani aslika								
Mani								
Wan wîna tara aitani ba kat kulkanka lâka								
Yarika								
Wirhka								
Yahpika								
I.M.C								
Upla nani aiawanka tânsa nahki yaba ba wina praiska mangkanka								
	Mark	Tânsa nahki ba kaikanka						
1. Cooper								
2. Ruffier-Dickson								
3. Burpee								
4. Course Navette								
Aiawanka nani trai munanka nani								
5. Flxb. Mihta nani								
6. Flxb. Kuhma nani								
7. Flxb. Wîna tara baman								
8. Flxb. Tihu								
9. Fz. Mihta nani								
10. Fz. S. Wihitni								
11. Fz. S. Tanhtaa								
12. Fz. Biara								
13. Fz. L. Bal								
14. Asla prakanka								
15. Karna plapanka 50 Mt.								
16. Wîna ingnika								
Tânsa nahki ba kaikanka bakriki								
INSAUKANKA NANI APIA KAKA								
TAKANKA WALA NANI								

Daukanka nani:

- Lan tatakra danika wina ai daknika wina tilara waitna/mairin nani ba wîna tara nahki yaba tânka laki kaikaia dukiara test bara trai munanka nani lilkä paskaia. Ai yamni kaikan briaia dukiara smasmalkra waitna/mairin ba ra marikaia.
- Ai wîna tara nahki yaba tânka laki kaikan kabia yaba tilara waitna/mairin nani ba wina kumi bani brin kulkanka nani dîa dîa ulbi mangkaia dukiara wauhtaya karna tânka kasak aiska nani ulbi ba dukia ulbanka daukra daukaia. Smasmalkra waitna/mairin ba ai yamni kaikan yabia piua kum ulbanka dîa ba kat ulbi ailal sakaia.
- Lan tatakra daknika wina ai daknika wina tilara waitna/mairin nani ba ra wîna tara tânka laki kaikanka dukia trai munanka bara test nani ba daukaia, kaina manis ridi daukan wauhtaya karna tânka kasak aiska nani ulbi nani ba ra takanka nani ba dîa dîa ulbi mangki. Naha smasmalkra waitna/mairin ba bûi prugramka ba kat daukisa.
- Smasmalkra waitna/mairin ba kahban yaba piua ba kat ai daknika wina tilara waitna/mairin nani ba wîna tara tânka laki kaikanka wina trai munanka bara wan sinska tadi munanka nani kli daukaia, takanka nani wina wal prakanka daukaia sip kaia dukiara. (ningkara)
- Daknika ba wina tilara waitna/mairin nani wala bara smasmalkra waitna/mairin ba wal daukanka nani wina ai ikpirinska nani banhki ra wal sir munbia.

Silp tânka laki kaikanka:

Aslika IV ba tnata praki, ningkara kulki marikanka nani ba dauks:

Trai munanka, makabi walanka bara wan sinska tadi munanka wina lukanka nani tilara talika kum bara aihka ba tânka kum baps.

Talika	Aihka ba tânka

Wîna tara nahki yaba ba tânka laki kaikaia dukiara yus muni bangwi yaba wan sinska tadi munanka nani tânka maprika nani nina maks.

Ansa muns:

- 1.- Kulkanka yaba wal dukia nani bara pliska nani ba kulkanka ra bri tilara nani ba wina tânska maprika nani wal baku swirka daukaia yaba diara raya yaba numbika kulkanka trai munanka nani wahbi sakram?
 - 2.- Trin munanka wina pliska ba ra pât apû lâka dukia nahki yaba tânska ra tilara nani ba ra wan sinska tadi munanka bara trai munanka nana daukram?
 - 3.- Wîna tara yamni takanka wina tnatka nani bara trai munanka nani sât aihka nani ba wina daukanka ba piua klin iwanka tânska bara pât apû lâka wina lâ nani daukram?
 - 4.- Kahban daukra nani ba ra brin tânska kasak nani ba dîa dîa ulbi mangkram?

Smalkanka aslika V.

**Makabi wali tânka pliki kaikanka
dukia sins lâka nani bara dîa tânka ba kat
ridi daukanka ba ra apis nani warkka ba
ra kumpu sins lâka nani bara nit dukia
nani brih munanka tnatka**

Aslika ba wina bapanka nani

Aslika ba tnata prakaia ba ra daukanka tâura yaba waitna/mairin:

- Wan wîna tara warkka wina praptiska nani ba ra tânka kasak nani dukia brinka wina sins lâka nani ba kulkisa.
- Kumpu daukanka nani wina tilak trai munanka bara wan sinska tadi munanka nani dukia tânka kasak nani kulki marikan prugram kum wark takbia dukiara dingkisa.

I.- Wîna tara nahki yaba tânka ba wina laki kaikanka

Yabal pain ku yawan dauki auya yaba ani ani wan wîna tara warkka yaba marikaia dukia yawan bribangwi yaba daukra kau bitar ba kultaia dukia sip yaba kau sinskira tnatka dukia daukra kum plikaia sa.

Wîna tara nahki ba dukia tânka ba wina laki kaikanka ba tânka wiaia sip kabia ba baku: "Sinskira apia kaka praptis tnatka nani wina aslika yaba upla ba wina tâura pali wîna tara daukra nani ba swirka kultaia yaba, sim nani dukiara luki kaikanka kum wiaia bara wilinka briaia".



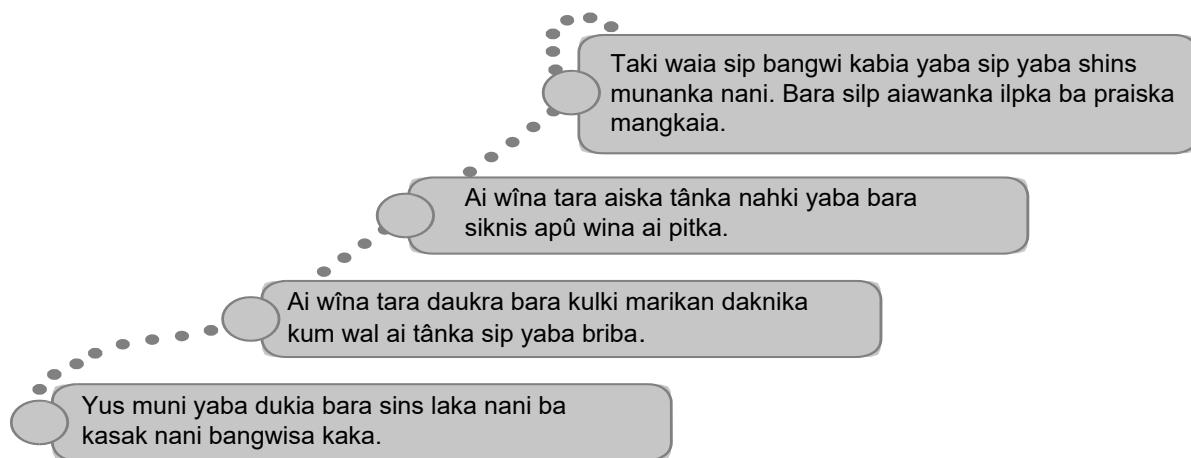
II.- Laki kaikanka ba wina bapanka

Laki kaikanka ba wina dukia tâura yaba ba kultaia sa. Sakuna ai yus munanka yawan briaia sip yaba wan wîna tara nahki yaba ba baman kultaia ra praiska ba mangkaia apia, sakuna witin tilak ku yaba uplika ba ra bara prugramka ba ra laki kaikaia yawan sip bangwikabia.

Kasak sa kaka apia kaka, mapara ba bûi,
ai wîna daukra nani ini ra shins munanka
kum dingkaia nit sa.

Kahban bapanka nani ba ani pliska kat
alkibangwisa.

Uplika ba ra tnatka ra, yawan yarka kakaira takbia:



III.- Wîna tara nahki yaba tânka ba wina laki kaikanka ba wina daukaia lukanka nani

Naha daukaia lukanka kasak nani yumhpa wal daukaia sip bangwisa:

Sip ba lâka ba dukia laki kaikanka: Wîna tara ikasais ba dukiara tilara waitna/mairin ba wina ailal briaia karnika aiska ba swirka kakaira takeia. Witin tilak ailal briaia karnika nahki yaba nani ba laki kaikibangwisa. (Smalkanka tânka dauki pliska nanira yus munisa)

Ilpka ba wina laki kaikanka: Wahma/tiara papulra kum bri yaba kulki mariki pulanka tnatka kum dukiara nahki yaba tânka nani ba swirka praiska mangkaia. (Pulanka tnatka talintka nani pliki sakanka bara wahbi sakanka ba ra yus munisa).

Trai munanka nani dukia wapni brih wanka: Piua ba wina kau yari piua ra daukibangwi yaba nani bangwisa bara yawan papulra ba wina wîna tara daukra nahki yaba swirka wapni brih wanka.

IV.- Takanka nani ba dukia laki kaikanka

Laki kaikaia tnatka nani sât aihka bangwisa, yawan ilpka brih bangwi yaba lukanka nani ra kat:

Silp ai dukia laki kaikanka, smasmalkra waitna/mairin-train mamunra waitna/mairin laki kaikaia ra uplika ba dukiara ai lukanka baman kulkanka ra brisa piua.

Laki kaikanka kasak, takanka nani ba briaia dukiara kulkanka wina dukia nani awar kulkaika dukia ba, sintimita bara mita kulkaika baku yus munibangwisa, ban.

Miks munan laki kaikanka, kainara nani ba wina miks munan kum sa.

V.- Nahki auya ba mark munanka dukia kulkanka bakska nani

Daukibangwan wîna tara nahki yaba tnatka wina wan sinska tadi munanka nani ba wina takanka nani dukia mina munhtara brin tânsa nahki ba sakanka nani bapi anira tânsa marikanka dukia kulkanka bakska nani bangwisa. Nahnanî tnatka nani allal ra, iplka purara dukia papulra nani wina takanka nani ba tânsa marikaia dukiara bapibangwisa, ai tânsa maprika kat.

Nahanani kulkanka bakska nani wina sampla kum, Course-Navette dukia wan sinska tadi munanka ba dukiara. (alki takaskanka trai munanka) sa:

Takaskanka nani	1º E.S.O Waitna tânsa	1º E.S.O Mairin tânsa	2º E.S.O Waitna tânsa	2º E.S.O Mairin tânsa	3º E.S.O Waitna tânsa	3º E.S.O Mairin tânsa	4º E.S.O Waitna tânsa	4º E.S.O Mairin tânsa	1º Bach. Waitna tânsa	1º Bach. Mairin tânsa
1	2.0	2.0	4.0	1.5	3.0	2.0	4.0	2.0	4.0	2.5
2	2.5	2.0	5.0	2.0	4.0	2.5	5.0	3.0	5.0	3.0
3	3.0	2.5	5.5	3.0	5.0	3.0	6.0	4.0	6.0	3.5
4	4.0	3.0	6.5	3.5	6.0	3.5	7.0	4.5	6.5	4.5
5	5.0	3.5	7.5	4.5	7.0	4.0	8.0	5.0	8.0	5.0
6	6.0	4.0	8.0	5.0	8.0	5.5	8.5	6.0	8.5	5.5
7	7.3	5.0	8.5	6.0	9.0	6.5	9.5	7.0	9.5	6.0
8	8.2	6.0	9.0	6.5	10.5	7.0	9.5	8.0	10.5	6.5
9	9.0	7.0	9.5	7.0	11.0	8.0	10.5	9.0	11.0	7.0
10	10.2	8.0	10.0	8.0	12.0	8.5	11.0	10.0	11.5	8.0

Ai daknika wina tilara nani ba wal brih bangwan yaba takanka nani laki kaikaia dukiara, ai tânsa kasak nani wina bakriki kum bara sim tânsa maprika brihbangwi yaba tilara nani tilara wal prakanka kum daukan kabia. Daukan wan sinska tadi munanka apia kaka trai munanka nani kat yaban kabia yaba punctua nani bapan kabia, smasmalkra waitna/mairin ba wal aslika ra.

VI. Baks bara lilka nani dukia paskanka dukiara sins lâka dukia nani

Excel programka yus muni, wan sinska tadi munanka nani ra brin takanka nani ba lilka ra nahki marikaia Sampla. Wapra ra wapra

Yawan ningkara bakska ba ra Course Navette waitna nani wan sinska tadi munanka ba ra brin takanka nani brih bangwisa.

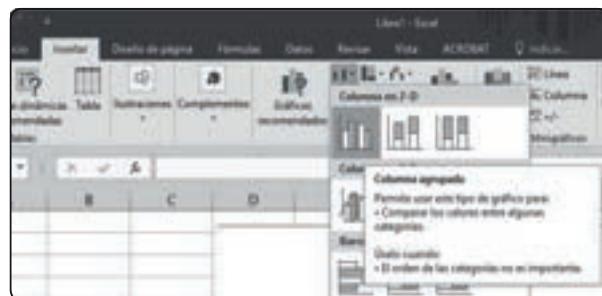
- a) Microsoft Excell programka bukutbaia bara wark bukka raya kum ra marikan tânsa kasak nani ba dingkaia.

Nina	Test Navette Waitna nani
Carlos Pérez	5
Jimmy Ortiz	7
Róger Flores	10
Miguel Castro	7
Ramiro Áreas	9
Tomas Jiménez	6
Fernando López	8

- b) Tânka nahki ba sakanka nani bara nina nani wina tânka kasak nani bri yaba celdika nani ba wahbi sakaia.

	A	B
	Nombre	Test Navette Hombres
1	Carlos Pérez	5
2	Jimmy Ortiz	7
3	Roger Flores	10
4	Miguel Castro	7
5	Ramiro Áreas	9
6	Tomas Jiménez	6
7	Fernando López	8

- c) TUKBI DINGKAIA dukia pestaña wi ba ra bara Gráficos de columnas wi yaba purara klik cum yabaia bara Tânka maprika wina Columna agrupada wi yaba wahbi saks.



- d) Ningkara lilka ba marikan kabia. Wilkaika tâ wina prais mangkanka nani 10 ra sât wala munba kum danh taki kaka, libil ba praiska kat mangkaia. Praiska mangkanka wina lain ba purara wan raitka klik cum yabaia bara Dar formato al eje wi yaba wahbi sakaia, 10 ra kau tara praiska mangkanka kat.

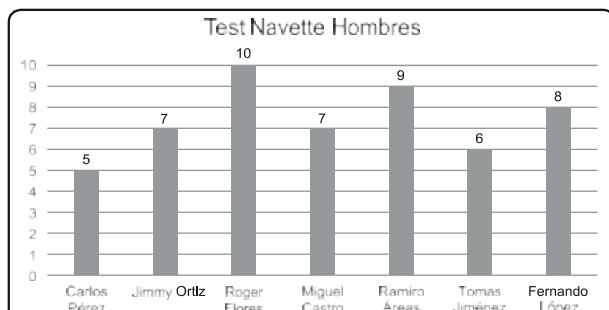
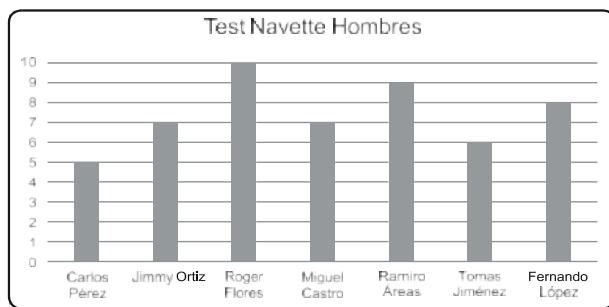
- e) Baras nina maki nani wina kumi bani ra dukia kaia yaba prais mangkanka nani ba pura prakaia.

Maus ba wina raitka tnatka ba wal klik cum yabaia kabia lilka nani wina barras wi yaba wina ini purara

Lilka wina barrika nani ba dukia ini purara maus ba wina tnatka raitka ba wal klik cum yabaia kabia bara tnatka Agregar etiqueta de datos wi yaba wahbi sakaia.

Lilka ba naha wina ningkara naku kaikan kabia:

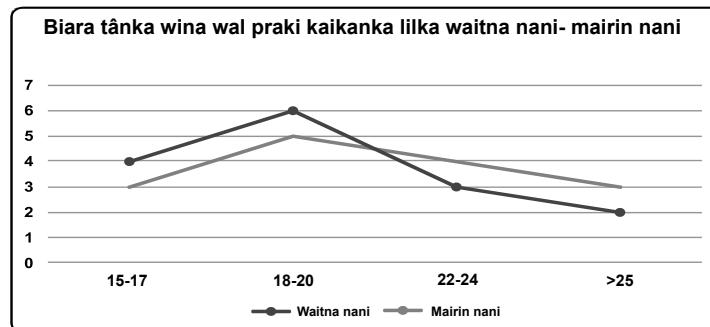
Ulbi mangkanka ba: brinkam sa kaka lilka daukra ba shins munaia sip sa (tekska ba wina dairiksanka, maprika nani bara Fuente wiba yahpika, barra nani wina maprika nani bara lilka ba wina fondo wi yaba, ban).



Daukanka nani:

- Excell wina tânska win sampla ba Microsoft Power Point wiba wina prugramka ba ra dauks (takanka ba sim ba kaia kabia)
- Ai manka nani kat, waitna nani bara mairin nani wina biara tânska wina trai munanka nani ba wina takanka nani ba wina wal praki kaikanka lilka kum dukaia dukiara Microsoft Excell prugranka yu muns. Mark munaika nani wal lain lilka kum yus muns. Tânska kasak nani ba ningkara bakska bar a marikibangwisa:

Manka nani	Waitna nani	Mairin nani
15-17	3	4
18-20	5	6
22-24	4	3
>25	3	2



Ningkara, aitani kulkbia ba kat lilka ba wina daukra ba shins munaia sip sa. (apia kaka smasmalkra waitna/mairin ba bûi makaban yaba kat.)

Paskram lilka ba kahbaia sma.

- Bakska ba ra marikibangwi yaba tânska kasak nani ba tanka pliks bara ulbaikam wauhkataya ra lukankam nani ulbi mangks. Smasmalkra waitna/mairin ba bara tilara wala nani wal mitin ra wal aikuki sir muns.
- Ai daknika wina tilara nanira daukan trai munanka nani takanka nani ba laki kaiks.
 - Wan sinska tadi munanka nani ba wina wauhtaya karna tânska kasak aiska nani ulbi ba dukia nani asla dauks.
 - Trai munanka nani ba wina takanka nani ba kulki kaiks. Kulki mariki adar kum, kum dukaia brnkam sa kaka, smasmalkra waitna/mairin ba wal tânska makabi wals.
 - Diara nani nahki dukaia tnatka nani brih muns, kulki kaikanka nani dauks, trai munanka nani ba wina takanka nani ba ra aitani kat wina nahki auya ba markka nani wahbi saks, ban.
 - Tilara nani ba wina kumi bani takanka nani ba dukia wîna kat tânska plikanka nani dauks, tnata prakankam bara pain sa win nani wauhkataya karna tânska kasak aiska nani ulbi ba dukia ra ulbi mangks.
 - Tilara nani (tânska maprika wal baku wal) ba wina takanka nani ba wina dakni tânska plikanka dauks. Dakni bani wina takanka nani ba wina dîa tnata prakisa? Wal baku tânska maprika brih bangwi purkara, sut ba sim ilpka brihbangwisa? Dîa tnatka nani aihka ba tânska nani, bâra bangwi kaka ba ra purara munka diara kum takisa?

Dakni bani wina tânka kasak nani bri yaba ulbanka ba ra pain sa win nani bara tnata prakankam nani ulbi manks.

- e) Daukan trai munanka nani ba wina takanka nani ba bangki tânka mawan marikaia dukiara Power Point prugramka ba yus muni tânka marikanka nani ridi dauks.
 - Sim nani ba dukia tnata prakanka bara takanka tânka plikan nani wina tânka kasak nani wal, baks nani dauks.
 - Tânka kasak nani dingks bara lilka nani pask. Marikaia brinkam yaba tânka kasak nani wal bitar aiska sut dauki yaba lilka stail ba wahbi saks, sim ba wina tânka marikanka bitar kum briaia dukiara, prugram ba maiki yaba pliki sakanka sât aihka nani wal puls.

Silp laki kaikanka:

Aslika V ba tadi takaia wina ningkara, ningkara kulki marikanka nani dauks:

Pulanka tnatka praptis yaba uplika wina wîna tara nahki yaba ba laki kaikaia dukiara tânka tara bri ba tânka mariks.

Wîna tara nahki yaba wina laki kaikanka nani ba tânka nahki ba sakaia dukiara yus munan bakska nani tânka pliks bara ningkara yus muni bangwi yaba ra daukra ba smasmalkra waitna/mairin ba bara tilara wala nani wal tânka aisi kaiks.

Ansa Muns:

Kaina daukanka ba ra (Piska e) tânka param saki win yaba dukia wal tilara wala nani wina lukanka nani ba wal baku lâka ra daukan? Diara kum sât aihka bangwisa? Baku sa kaka, Dîa ra sât aihka bangwisa? Kulkanka ra dingkras yaba dukia kaiki bangwram apia kaka pana watawi sin?

Smalkanka aslika VI: Wîna tara warkka ba wina upla nani sut aslika tnatka nani bara nahki ba tânka bara sinska wapanka tnatka nani plamaya bara tânka nani

Aslika ba wina bapanka nani

Aslika ba tnata prakaia ba ra, daukanka tâura yaba waitna/mairin ba:

- Train munanka pliska nani ra tilara nani wina spiritka bukanka nani bara nitka nani wina upla nani sut aslika tnatka nani bara nahki ba tânka bara sinska wapanka tnatka nani tânka wisa.
- Upla kum silp ai tânka nani bri ba wina pawanka bara wîna tara iksasais daukaia dukia tânka tara bri ba bapisa.

I.- Upla aihwa nahki ba tânka bara sinska wapanka tnatka

Nahki ba tânka bara sinska wapanka tnatka nani ba tadi taki yaba sins lâka. Dakni tnatka bara wîna kat kaikanka wina pliska ba wina upla ba nahki ba tânka ba, ai dukia wina tadi munanka ba sa, bîla wala nanira silp daknika nani ba ai kaina kir kutbanka wal bara dakni nani wala wal tilara taki yaba panaura ba. Bîla ba griego wi yaba wina balisa: psico (sinska apia kaka sulka daukanka) bara logia wi ba (tadi takanka)

Sinska wapanka

Upla sut dîa kum daukaia ba latan kaikaia sip bangwi bûi lan takeia dukiara tnatka ba sa. Bamna diara nani daukaia kainara luki bangwisa, kli laki kaikibangwisa bara ai lukanka nani ra adar kasak kum yabaia dukia daukibangwisa.

Upla aihwa nahki ba tânka bara sinska wapanka tnatka baiki saki ra:

Tâura yaba upla aihwa nahki ba tânka bara sinska wapanka tnatka	Brih munan upla aihwa nahki ba tânka bara sinska wapanka tnatka
Warkka: upla nani aiawanka aihkakira nani ba dukiara kakaira lâka nani raya paskaia	Bapanka: Tâura yaba psicologia ba bûi sakan kakaira lâka nani ba wina brih munanka ba wina tilak praptis trabilka nani wapnika mangkaia.

Upla aihwa ba wina pawanka ba purara munka diara kum kum takeia yaba nahki ba tânka bara sinska wapanka tânka nani.

Wihka apia manka kum wina pakanka wina lâka nani bara latwan lâka tnatka ba, spirikta bukanka ba kulkanka ra blistu briaia ra yaba wan kaina kir kutbanka ba dukiara nahnnani aisibangwisa.

Pulanka tnatka ba wina upla aihwa nahki ba tânka bara sinska wapanka tnatka

Pulanka tnatka nahki ba tânka ba wina sins lâka tadi ba baku kulkisa, nahki ba tânka ba ai kakaira tânka lukanka yumhpika ra kulki (yawan lukibangwi yaba dukia) nahki ba tânka tnatkara (yawan daudi yaba dukia) bara dahra walanka tnatka (wan dahra wali dukia) bara pulanka tnatka ilp munanka ba karnika yabaia dukiara upla aihwa nahki ba tânka bara sinska wapanka tnatka wina ta pali ra daukan nani bara pliki sakanka nani ba brih muni bangwi yaba ra.

Wîna tara iksasais ba wina pulanka tnatka ba ra nahki ba tânka bara sinska wapanka tnatka nani sins lâka nani ba wina kau kaina manis luki brih munanka ba dukia munan kabia, ilpka wina trabil nani ba sauhki tikaia ilp munaia dukiara bara papulra waitna/mairin nani ba ai ailal briaia karnika nani wina libilka ba ra pura luibangbia yaba dukiara sins lâka nani yabaia.

II.- Upla nani sut aslika tnatka

Upla nani sut aslika nani bara riliyan tnatka nani, apahki bri tnatka nani, diara pranakira daukanka tnatka aihkakira nani, ban. witin nanira takibangwi yaba dukia tadi takanka. Bîla ba latin ba wina balisa, socius (pana apia kaka uplika) bara logia (tadi takanka)

Upla nani sut aslika tnatka ba lan takaia dukia daukanka aihka nani wina ta krikaia ra tadi takan kaia sip sa:

Nahki yaba tânka	Nahki ailalka ba tânka
Upla nani bara nahki ba nani, nahki ba tânka nani wina tânka kasak pain win nani bara ulbi mark munanka nani dingkisa.	Numba kulkanka bûi watlikara aimakan kaia sip yaba lakaikira nani wina main kakaira takisa bara numbika kulkanka tânka plikanka tilak wal ai tânka briaia sip yaba nani yarka plikaia yaba.
Tilara nani wina aisanka kum witin nani silp bûi aisan ba dingkaia sip sa.	

Upla aihwa pawanka ba purara munka diara takaia yaba upla aikuki pain tauki tânka nani

Upla nani sut aslika ba sinska ba wina pawanka ba ra, latwan lâka ba, nahki ba tânka ba bara sinska aiska kum ra, upla kum silp ai tânka nani bri ba wina paskanka ba ra ilp munisa.

Upla aikuki pain tauki panaura ba sip smalkras yaba sip ba lâka paskisa. Kau ba ra yaba wihka manka kum ra apia wi panaura nani ba takanka saura nani briaia sip bangwisa, tânka mariki ba dukia lukanka ra tuski yaba kasak ikpirins nani ba naika taim dukia ba ra kainara trabilka nani ba kau sirpi daukaia sip bangwisa.

III.- Upla aihwa nahki ba tânka bara sinska wapanka tnatka bara upla nani sut aslika tnatka tilara wal ai tânka bri

Kumi bara wala tilara wal ai tânka bri ba uba lamara sa, bamna upla aihwa nahki ba tânka bara sinska wapanka tnatka ba upla aihwa ba wina nahki ba tânka ba ai grisi takanka nani bara daukaia sip ba lâka nani baku tadi munisa. Bara upla nani sut aslika tnatka nani ba upla aihwa ba ra dakni nani ra, upla aihwa nahki ba tânka bara sinska wapanka tnatka ba wina plamayka nani wina ilpka wal, nahki ba tânka nani ba kulki marikaia dukiara, ani wina takibangwisa bara ani mapa auya.

Wan wîna tara warkka ba ra upla nani sut aslika tnatka nani bara upla aihwa nahki ba tânka bara sinska wapanka tnatka nani wi tânka nani

Silp bara upla wal aikuki wîna tara yamnika ba wina bitarka ba ra wan wîna tara iksasais wauhkataya ba brin pali daukan bara mayara iwanka wina trabil nani wal upla nani numbika ba pura uluya yaba kulkanka ba ra yu bani kau tânka tara sa. Nahnani las ra pasa wal iksasais ba lahbanka nani wal asla prakansa.

Wîna tara yamnika upla aihwa nahki ba tânka bara sinska wapanka tnatka wi ba wal ai tânka bri diara kum wina bal taki ba purkara wal ai tânka bri ba tnatka kum brisa. Wîna tara iksasais nani ai warkka nani kau istikira kaia ra driwi yaba ban yaba nani bara upla nani ba iksasais ba wina ningkara bitar ai dahra walibangwisa aisibangwisa, takanka yaba awar nani ailal piua ban kaia yaba.

Wan wîna tara iksasais ba plis kum tnaya kir wina aihka, aihka ba lâka kum ra silp kulkanka yabanka ba wina karnika yabanka ba baku, ta brih wina dahra walanka ba wina pura prakanka, silp lukanka tara ba wina bitarka ba bara sinska warkka ba wina bitarka ba mark kasak kum briaia marikansa.

Upla nani ba wina wîna tara yamnika ba bitar dauki wîna tara iksasais ba yaba ra daukra nani sat aihka nani ba dukiara upla aihwa nahki ba tânka bara sinska wapanka nani tnatka nani, upla nani aiawanka tnatka nani bara aikuki asla prawi nani tânka marikanka nani lukanka ra dingkansa. Iksasais ba yaba bahnani shins munanka kasak nani ra wal ai tânka bri ba mita, pramiska daukan wark daknika nani bara upla nani bûi ai praptiska blistu maisa nihkaia, kainara sunan bara yaban kaia.

IV.- Nitka bara spiritka bukanka

Nitka ba, upla aihwa wina ai nahki ba tânka ra dauki yaba tâura yaba paskanka kum sa, kau kainara raya kaia dukiara apia kaka bitar kaia dukiara diara kum wina luha dahra wali ba mita.

Tâura yaba nitka nani wina maprika tânka nani:

Wan wîna aiska tânka bara warkka

Upla kum kau tâura yaba dahra wali nani bangwisa. Ej: plun dakanka, diaia dukia, kuala bara utla.

Pât apû lâka bara kaina kahbanka

Pât apû bara kan kahbi dahra walaia wina nitka nani ba bangwisa, wibia sa, adar wina nahki yaba kum alkaia, takaskanka bara pât apû lâka (wîna tara, dahra walanka, apahki bri, ban).Ej: Siknis apû lâka, utla, plun dakanka

Latwan lâka tnatka nani

Tâura yaba nitka, rayaka bri nani ba wina takaskanka ba dukiara ni tdukia bara ilpka briaia sip yuyika wala kumi sin bûi watlikara aimakan kaia sip apia. Ej: Latwan lâka, Pana lâka, latwan lâka bara prapati kum raitka.

Silp kulkanka yabanka

Aisubras karnika yaba upla nani ba ra ai warkka nani sut wina pawanka ba mapa spiritka bukisa bara ai latwan lâka karnika, kakaira bara upla aikuki lal aimakaia, asla daukaia bara yarka yabalka ra mangkaia. Ej Silp mapara rispik bara kulkanka tara.

Silp daukanka

Diara kum daukaia brin daukanka nani apia kaka upla kum silp bûi wina rayaka bri kaia bapanka nani pura luanka kasak aihwa bara witin bûi âuyapah daukanka bara praut lâka dahra wali yaba Ej: Silp ridi takanka, tnata prakanka nani wina aiska sut daukanka, ban.

Spiritka bukanka ba, bangwi yaba lukanka nani ba wina kau rayaka bri kaia nani ba wina kum sa. Naha lukanka kasak wan spiritka buki yaba tnata prakanka kum alkaia bûi, tânska tara bri ba wina libilka purara kum wina takanka kum baku takisa.

Spiritka bukanka satka nani

Bîla tani dukia: Daukaia ra silp ai dukia brin daukan luki tânska apia kaka on liliaka ba tilara dingki bapanka wala briras yaba sa. Ai plamaya ba upla aihwa nahki ba tânska bara sinska wapanka nani nitka nani watlika ra bal kum ra saki yaba tilara dingki, wala nani tilara, silp takanka tânska kaia, kasak aihwa tânska ba bara diara kum kaikaia want lâka.

Piuu kat apia bal yaba, ai piska bûi, nahki ba tânska talika ba wal ai tânska brisa. Naha tnatka bîla tani ta krikanka nani sim piuara tataibra nani bangwi yaba apia wiras, sakuna lata tani ba wina bara uplika ba wina bilara apia yaba nahki ba tânska ba wina ta krikanka nani ra wauhtaya kum kau purara yabisa. Naku tnatka wina, piua kat apia bal yaba spiritka bukanka wina karmika nani bangwan kabia lalah ba apia kaka panis wina saura munaia luki ba, wala nani tilara.

V.- Nitka nani bara spiritka bukanka pulanka tnatka nani ba wal baku daukaia dukiara wark dukia nani

1.- Laki kaikanka

Kasak yamni daukanka bûi nahki yaba tânska makabi wali tânska pliki kaikanka wina wark dukia baku, aikuki asla prawi sinskira nani bûi, sut purkara yus munan sa. Upla wîna tara bara sinska warkka dadaukra nani, upla nani sut aslika tnatka nani warkka dadaukra nani. Upla aihwa nahki ba tânska bara sinska wapanka nani tnatka nani warkka dadaukra nani, pulitik warkka dadaukra nani bara lalah apahki warkka dadaukra nani tânska pliki kaiki yaba diara aihkakira nani ba dukiara dahra briaia dukiara lan takoia daukanka baku yus munibangwisa bara baku ai sinska wina lukanka nani bara baku sa lukanka nani tânska kaikaia.

Laki kaikanka wina war dukia aihka nani bangwisa (kaikanka, makabi walanka nani, ban.). Sakuna, laki kaikanka ba kau yahpa Upla aihwa nahki ba tânska bara sinska wapanka tnatka laki kaikanka wina wark dukia ba sa bara brih munan upla aihwa nahki ba tânska bara sinska wapanka tnatka ba wina piska nani ba sut ra yus muni bara kau pali pulanka tnatka ba wina Upla aihwa nahki ba tânska bara sinska wapanka tnatka ra.

Laki kaikanka wina wapanka ba ra kainara piua ba ra piu bani ra ban yus munisa. Naha upla aihwa nahki ba tânska bara sinska wapanka tnatka wapanka piua ra laki kaikanka ba ilpka munaia dukiara:

- a) Uplika ba wina "dahra ba dukaia, nahara laki kaikanka dukaika ba wina diara kum dukaia lukanka tâura ba ban wina takanka nani, piua nani, daukanka nani dukiara ai wina kat tânska kaikaia.
- b) Pulanka tnatka rayaka ba wina nahki ba tânska bara rayaka wina stail wina kulki mariki yaba dahra briaia.
- c) Aitani kat apia mawan daukra nani, sinska, wan spiritka nahki yaba, dahra walanka nani, wîna daukra, Aisanka wina tânska plikanka tilak papulra waitna/mairin ba dukiara nahki yaba tânska tnatkara dahra sakaia.

- d) Laki kaikanka dauki uplika ba wal, wal ai tânka bri yamni kum bapaia, wiaia sa, yarka daukbia wan kaina kir kutbi pliska kum, tankira bara pana, pana brin daukan luki tânka kum bûi kulki mariki paskaia.

Laki kaikanka wina maprika tânka (Paskanka apia kaka stailka kat)

- Ta brin laki kaikanka: Laki kaikanka dadaukra adar ba bara bilara bri ba sut kaina manis bapan sa yaba ba ra makabi walanka – ta mankanka kum wina lal aimakanka ba ra kat daukisa. Ansa munanka nani ba yaba makaban dahra ba ra kat daukbia plikisa.
- Pri laki kaikanka: Sinska tânka plikanka laki kaikanka wina maprika tânka, laki kaikanka ba paski witinka laki kaikanka dauki uplika ba sa yaba ra bara ai daukra yakan ra asla dauki auya witinka. Laki kaikanka dadaukra ba wina dimanka nani ba makabi walanka nani bara kulki marikanka nani yahpa bara lukanka ra dingkaia apia adarka ba wina bangwisa.
- Tarbaik ta brin laki kaikanka: Sinska tânka nani laki kaikanka ba dukiara wahbi sakan maprika tânka bara pulanka ba wina upla aihwa nahki ba tânka bara sinska wapanka tnatka warkka dauki uplika ba warkka ba dukiara sin. Wala nani wina sins nahki ba tânka nani dingki yaba laki kaikanka wina maprika tânka kum dukiara aisia.

2.- Makabi walanka

Makabi walanka nani aslika dîa tânka ba kat ra bapanka kum wal dahra briaia dukiara paski yaba. Stail nani bara makabi walanka daukra nani ailal kumi bani wina kulki mariki tnata ba ra ba kat bangwisa.

Pulanka tnatka makabi walanka kum wina sampla, ningkara ba kabia:

Lisin nani aslika:	<input type="checkbox"/>	Wîna tânka:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Waitna.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Mairin.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Manka: mani nani
Kul taka daukanka kum daukisma ki? Aima kumi pulanka kum praptis munram ki? Nanara pulanka tnatka kum praptis munisma ki?			Aû Aû Aû Aû					

Dîa pulanka tnatka praptis munisma ki? _____

Asla takram sa ki? Aû Apia

Naha pulanka tnatka praptis muni brisma yaba piua
Kati nani

Wik bilara yua an train
munisma ki?

<input type="checkbox"/>	1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>	5 apia kaka kau
<input type="checkbox"/>									

Wik ba ra piua an train munisma ki? Awar nani

Kaikanka nani

Witin nani tilak pana, pana aisikaikanka, sins lâka, kaina kahbanka, paramka, wina daukra ba kulkanka yabanka sa; kulkanka yabanka wala nani sins, kupia wal aisi kaikanka wina ailal briaia karnika, daukanka pura ulanka baku.

Daukanka nani:

Smasmalkra waitna/mairin ba wal aslika ra:

- a) Ai daknika tilara nani ra daukbia yaba yakan makabi walanka nani dukiara makabi walanka nani ridi dauks.
 - Pualanka tnatka praptis munaia dukiara witin nani kumi bani wina spritka bukanka nani bara nitka nani kulki marikaia ilp munbia yaba makabi walanka nani witin nani ra blistu dingkaia kabia yaba kupiam krauks.
 - Makabi walanka ba ra makabi walanka nani ba wina adar ba baps.
 - Smasmalkra waitna/mairin ba yaba makabi walanka nani ba aitani kulkbia piua kum, makabi walanka nani ba wina daukra nani daukaia dukiara Microsoft Excel wina programka yus muns.
- b) Yus munma yaba laki kaikanka wina maprika tânska ba wahbi saks.
- c) Laki kaikaia ra ai daknika wina tilara nani ra wahbi saks.
- d) Laki kaikankam nani dauks.
- e) Laki kaikanka dauki uplika nani ba brih bangwi yaba spiritka bukanka wina libilka ba kulki marikaia brinka baku bri, laki kaikanka nani ba wina takanka nani ba tânska pliks. (***)

Silp lakikaikanka:

Aslika VI ba tadi takaia wina ningkara, ningkara kulki marikanka nani ba dauks:

Ansa muns:

Dîa muni upla nani ba wina upla kum silp ai tânka bri ba paskanka ba ra purara munka diara kum, kum taki upla nani sut aslika ba yaba wisa.

Tânka wis:

- a) Upla aihwa nahki ba tânka bara sinska wapanka nani tnatka nani ba nahki papulra mairin/ waitna nani ba ra purara munka diara kum,kum takibangbia?

- b) Dîa tnatka wina aikuki asla prawi tnatka nani ba papulra waitna/mairin nani wîna ra daukibangwisa?

- c) Laki kaikanka ba wina takanka nani ba kat (baikanka 6***) yakan tnatka ra, dîa kulki marikaia brin?

Bara dakni tnatka ra?

Witin nani kumi bani dukiara dîa maprika tânka wina pulanka tnatka ridi daukanka prugramka dukia pain sa wima?

- d) Banhki tnatka ra aikuki baku ra mangkan piua aman luki kaikaia daukra kum mariks.

Bîla nani wahbi sakanka

μm	Mita kulkaika sirpi ba, micrón apia kaka micra yarika wina kumi kum sa milimita kum wina piska tausin kum ra wal baku.
Agonista	Wan wîna tara piska sirpi kumi briaika kum ra asla prawaia sip yaba sa yaba diara kangbi kaia sip ba baha sa bara wan wîna tara piska sirpi ba ra kulki marikan daukanka kum tuskaia, wan wîna tara kangbi kaia sip ba kum bûi sakan ba ra wal baku aiska pali.
Aláctico	Acido lactico wiba sakras yaba.
Baremo	Kulki marikan publikka kum ra apia kaka aikuki baku publikka ba ra bah kulki kaikanka nani daukaia wina daukanka ba tnaya ra laki yaba kulkanka bakska kum sa. Wîna kat diara kum briaia ai rait ka bri nani ba laki kaikaia dukiara wark daknika kum bûi bapan lâka nani wina aslika kum bapaia dukiara yus munisa.
Bronquiolo	Pusa nani wina bilara karma wakia nani ba tarbaiwi bara tarbaiwi wina tarbaiwi yaba plapaika sirpi nani ba kumi bani.
Camuflaje	Rayaka bri nani ra swirka wiria kaikaia sip takai a yaba tnatka ai sasauhkra nani apia kaka ai dahra walras alkanka nani dukiara, bamna daukra wala wina, nahnnani las bûi pliki sakan kabia, bamna rayaka bri ba daukra ba apia kaka mapla iwi pliska wal baku ba ra, witin wal isi pali mawahkisa.
Catabolismo	Rayaka bri nani shins munanka tnatka aslika ba wina wapanka ba piua, nahe piua ra rayaka bri nani ba wina diara kangbi kaia sip ba sauhkitikisa.
CC	Wân wîna tara paskanka.
Distender	Karna bri (taya bita nani apia kaka dusa lukutbaika kum winawakia nani) bûi drawaia, kriwaia ra waia apia.
Doping/ Dopaje	Ai pulanka tnatka takanka nani bitar kaia bara ai train munanka ra kaina tani waia dukiara daukaia apia win sins lâka nani apia kaka diara kangbi kaia sip ba wina papulra waitna/mairin kum wina bûi yus munanka ba dukiara aisia.
Endoteliocito	Leucocito wiba tara kum sa, celula kumi baman bri, kirhbi tataukra, endotelio vascular proliferante vascular proliferante wi wina takai a yaba.
Estivación	Mani tara ba kau bitni piua wina ba piua ra daukanka ba lâ karna wal sirpi daukanka apia kaka sinska tikanka. Aiska pali, laptika bal iwi yaba piua nani ra plun piaia takibangwisa bara yua wina kau bitni awarka nani ra rayaka bri nani ba ai kaina kahbi takaskibangwisa. Bîla man ba baku tasbaya nanira, lapta piua ba piuara rayaka bri nani shins munanka ai warkka nani sirpi daukanka ba wina takanka baku yapan sauukan mita wan wîna aihka dauki ba kum param takisa.
Fenestradas	Unta sirpi nani apia kaka unta nani ailal bri yaba dukia wala apia kaka taya kum wal ai tânka bri.

Fortuito	Bîla kaikras kan lâka bara dahra walras bûi.
Hemicuerpo	Wîna tara ba wina tnayara yaba tarbaik.
Hibernación	Wîna tara laptika ba sirpi daukaia nahki yaba tânka kum (wîna tara laptika ba sirpi daukaia) yua nani apia kaka wîk nani kum, kum piua wapnika mangkanka dukia yaba li piua ba piuara rayaka bri nanira ai karnika yarka suni swiaia. Sampla kau klir ba wan wîna tara aiska warkka bara wapanka wal prakanka ba.
Hiponutrición	Prutiin tnatka bara lapta kulkanka pata nani wina wan bîla ra plun dingkanka mayara bûi dakakanka aitani apia piua.
Histología	Wan wîna tara tânka kulkanka wan nakra ni kaikras dukia, nina makan yaba dukia wal sam piuara wal baku daukisa, bamna ai tadi takanka taya nani ba ra takaskras, sakuna kau bukra auya yaba, bilara diara sirpi nani bara piska sirpi wala nani sim kaikia, piska sirpi tadi taki sins tânka ba bara rayaka bri nani paski tnatka nani tadi taki sins tânka wal ai tânka bri.
Linfa	Klasbaika laya, mapla apû lamara bara alkali swapni pali bri, tala wina aula yaba, linfa wi yaba luaika nani kuk plapi bara wakia nani ba ra yakabisa bara witinka warkka taya nani bara tala ba tilara dakakanka shins munanka nani ba ra lila pas ra aimaki wina ilp munania.
Lipocalibre	Wîna tara batanka kultaia dukiara dukia kum sa.
Mimetismo	Diara aihkakira yaba rayaka bri kum wala ra talia yaba wal ai tânka briras yaba bara witin wina ani mapa ra kau pain ba kum brisa.
Paquímetros	Diara kum wina mapara praiska ba kat tnaya wâl tilara wihkika ba kultaia dukiara yus muni dukia.
Somatotipo	Upla bani ai wîna tara bara ai sinska tani ra ai tânka marikanka nani wina satka nani wal upla aihwa wîna tara wina satka nani ba asla dauki yaba diara kasak kaikaia lâka kum sa.

Kau tânka kakaira kaia dukiara

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Ulbanka nani aslika

Upla aihwa wîna tara – matlalkahbi sakanka

(Frederic H. Martini, Ph.D. Michael J. Timmons, M.S. y Robert B. Tallitsch, Ph.D.) Madrid, 2009.

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