

**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
WAN WÎNA TARA AIHWIKA YABANKA NAHKI
DAUKAIA BA TÂNKA ULBANKA**



**SINSKA LÂKA KAU PAIN LAN TAKAN BA:
WÎNA TARA BARA PULANKA TNATKA TRIN MUNANKA**

**PASKANKA LIBILKA:
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KUL SMALKANKA KWARIKA KUM NISAN DUKIA SINSKA LÂKA SÂT, SÂT SMALKI

Warkka ta bri ba
Cra. Loyda Barreda Rodríguez.

Takanka wina satka nani bara baiki sakanka nani
Ningkara warkka ta bri ba Cro. Walter Sáenz

Dîa dîa daukaia warkka kum paskanka dukia aiska ta briba
Cra. Daysi Rivas Mercado.

Sinska laka asla prakanka:

Tadi takanka tnakara dîa daukaia luki ba pliska lalka:
Cra. Mirna Cuesta Loáisiga.

CHUTS ASLA TAKANKA SALESIANA WIBA

Prisidint ka:
P.Horacio Francisco Macal Garbutt.

WAHMA/TIARA NANI BARA PAWANKA PASKANKA

Centroamerica ra pana, pana ilp munanka daukaia luki warkka nani lalka:
Raquel Fuente González.

Nicaragua ra asla prakaika mairin:
María del Socorro Lacayo García.

Sinska lâka daknika

Mihta warkka daukanka:
Ma. de los Ángeles Calero Madrigal.

Lan takaia dukiara tnatka lakikaikanka:
Ernestina Amador Mora.

Tadi takanka tnakara dîa daukaia luki ba pliska - INATEC:
Cra. Mirna Cuesta Loáisiga.

Naha publik munanka Agencia Española de Cooperación Internacional para el Desarrollo (AECID) wiba manka aibapanka ilpka ba wal daukan sa, wal lâ daukan ba ra: Warkka kum nahki yaba tânka wina lilka paskanka ba ra bara paskaika yabanka raya nani wina daukanka ba ta baikaia Nicaragua wina warkka bara paskanka bara sins lâka smalkanka tânka sut ba karnika yabi blistu daukaia ba wal, wahma /tiara nani bara pawanka paskanka (JyD) bara chuts asla takanka Salesiana wiba (ACS) Nicaragua ra, bui daukisa. Baha publik munanka wina bilara yaba INATEC/JyD7ACS dukia yakan saki brin ba warkka sa bara AECID ba wina lukanka ba blistu pali marikras.

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Mairin nani bara waitna nani tilara aihka ba tânka nani mark munbia apia bara baiki sakbia sin apia yaba asla praki brin bîla aisanka kum yus munanka ba ilpka ra bangwisa. Sakuna wan bîlara daukaia tnatka ba dukiara bîla aisaia lâka kakaira waitna/mairin nani tilara wal lâ daukanka apû bara aima bani “o/a” yus munaia lilka pura ulanka kum kasak sa lukisa. Baku ba mita, aiska ra kau tilara mangkan bîla aisanka nani yus munaia ku yang nani wahbi saki bangwri sa. sakuna tânka kum kum nanira kumi dukia sin apia bîla aisanka kum yus munaia nani ba ra aisi kaikanka ba kau wiria isi daukan kabia, wainhka sâtka ba yus nahanani nina makanka nani waitna nani bara mairin nani watlikara bangwi yaba dukia tânka brinka ba wal.

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DAUKANKA TÂURA YABA UPLIKA BA RA YAMNI BALRAM

Mihta warkka WAN WÎNA TARA AIHWIKA YABANKA NAHKI DAUKAIA BA TÂNKA ULBANKA 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 aisaia 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 walhwal tilak daukanka tâura yaba uplika ba ra nit yaba kakaira lâka nani yabaia; baku bamna, tnatka ailal ra trin munanka pliska nani ra wan wîna tara aihwika yabanka daukanka nani nahki daukaia ba tânka ulbanka dukiara nit dukia nani bara dîa, dîa dukia nani ba wina swirka silp ai dukia baku briaia.

Aslika nani paski dukia yaba bangwisa: Wan wîna tara aihwika yabanka prugramka nani; srutwi pulanka tnatka nani lilka paskanka; wan wîna tara aihwika yabanka wina laki kaikanka dukia nahki daukaia ba ulbanka bara lan takaia dukiara daukanka bara nahki daukaia ba tânka ulbanka bara pulanka daukanka nani asla prakanka paskanka 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 muni bangwi yaba marikanka nani bara lilka nani yula kahbisa.

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

PAIN SA WIN NANI

	<p>Mihta dukia ba wal wark ba takrikaia dukiara, man blistu klir kaia sma yaba aima 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, dîa dîa 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.</p>
	<p>Mihta dukia ba wina dahra ba tânka pliks bara smasmalkrikam waitna/mairin ra klir takaia nitkama piua bani makabi wals.</p>
	<p>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.</p>
	<p>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.</p>
	<p>Daukaia kama yaba daukanka ba kat wark pliska ba ridi dauks, aima bani wîna tara yamnika bara wark tnatka ra pât apû tânka lâka nani wal dauki.</p>
	<p>Praptis nani ba daukisma piuara, kir wan kutbi bri nani wal pana lâka ra bas bara bapan pliska nani wina latara taski nani ba lulkpara.</p>
	<p>Nit dukia bara pulanka dukia nani ba apahkanka bara main kaiki lâka ba lan takanka paiwanka nani ba pawanka yamni ba yabibangwisa bara naika piua ba ra daukanka tâura uplika raya nani ba witin nani yus munanka daukan kabia yaba aima bani kupiam krauks.</p>

BAPANKA NANI

Bapanka aiska:

- Tilara nani ba wina wîna tara ailal briaia karnika nani ba bitar kaia dukiara ilp muni bangwi yaba aitani kat trin munanka pliska nani ba dukia kulki mariki programka nani daukaia.

Bapanka tânka kulki mariki ba:

- Tilara nani ba wina sip yaba nani bara brinka nani bapanka nanira wal prakanka aitani kat trin munanka pliska nani (SEP) dukiara wan wîna tara aihwika yabanka daukanka nani nahki daukaia ba tânka ulbaia.
- Wan wîna tara aihwika yabanka wina program kum piuara tilara nani ba bûi alkan takanka nani ba bara wapanka ba laki kaikaia tnatka nani bapaia.



Smalkanka aslika I. Smalkanka aslika I. Wan wîna tara aihwika yabanka programka nani

Aslika ba bapanka nani

Aslika ba tnata prakaia piua ra, daukanka tâura yaba uplika ba:

- Wan wîna tara aihwika yabanka programka nani ba bara nahki daukaia ba tânka dîa yaba tânka param daukisa.
- Iksasais ba wal wan wîna tara ailal briaia karnika nani ba nahki wark takibangwi ba tânka wisa.
- Wan wîna tara ailal briaia karnika nani kat trin munanka tânka sut nani tânka wisa.
- Trin munanka nani dukia program nani lilka paskisa.

1. Pulanka tnatka trin munanka

Pulanka tnatka ilp munanka ba wan wîna ra karnika bri ba pawanka ba bapanka yaba nahki daukaia ba tânka ulbanka wapanka kum sa. Pulanka tnatka ilp munanka kasak kum alkaia brinka ba wal wapni mangkanka, laki kaikanka bara ta mangkanka ba wina programka daukanka wina nit yaba kulkanka nani sut wina piua kunhku bara yari ra sins lâka pali tnatkara ilpka wal, tânka sut tnatkara asla prakanka ba sa.



Laki kaikanka bara ta mangkanka wina sip takaskras programka kum sinska tânka pliki kaikanka pliska wina wan sinska tadi munanka tilak, kasak pali wahbi sakan kaia sa, aitanî kat ta mangkanka, pain daukan bara upla ailal bara tânka plikanka piua nit sa, sakuna pulanka tnatka ba ridi takanka warkka nani wapanka ba dukiara blistu maisapakaia ba mita daukaia nit pali sa.

2. Pulanka tnatka trin munanka ba tâ krikanka bara tawa, tawa shins taki ba tânka

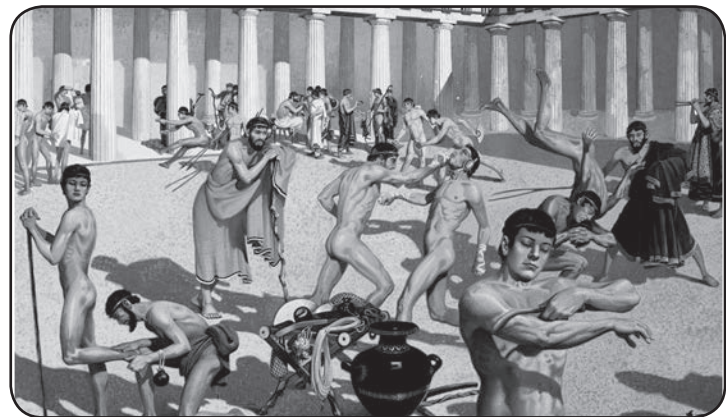
- “Trin mamunra” bîla ba mani nani 1500 lamara pas piua kaikan kan, truk tânka sut kum dukiara aisi, kasak pali ra, aras nani bûi aubi truk tnatka kum, Kocs tawanka wina.
- 1850 matawalsipka manka nani tarbaik ra, trin mamunra bîla ba inglan sinska lâka sât, sât smalki kulka tara nanira yus munan ai iksamka nani dukiara ridi daukanka ra kul tuktika nani ra ilp munikan uplika kum dukiara aisaia piua ra.

- Trin munanka ba upla nani nahki ba tânka bara sinska wapanka tnatka ba ra ai wakia nani wal baku daukisa, (Zeus y Skiffington), upla nani ba tara yaba lâka ba bara silp ai praiska mangkanka ra lila kat mangki.
- Trin munanka wina pliki sakanka kasak ba bisnis daukanka nani pulanka tnatka nani wal miks munanka ba wal balan, silp diara raya kum paski. Tim Gallwey, ai tinis pulanka wal bisnis tnatka nanira trin munanka dimanka dukiara tâura paki auya yaba kum kan, pulanka tnatka trin mamunra kasak wala nani wapanka isti ba wal, sampla baku: John Whitmore (Tnaya kutbanka ra ayan sâtka ni paskan dukia win takanka ulimpik).

3. Tawa, tawa shins taki ba tânka kasak

3.1. Grecia piua

- Pliska kat mangki smalkanka sins lâka bara wîna tara ridi daukanka bâra kan. Naiwa yua ra kau pura apia kaka wal baku praiska, sat wala daukikan dukia kumi yaba bapanka ba kan; witin nani brih bangwikan yaba lal mana lamara wabia yaba wîna tara painkirka ba yaba dukiara trin muni bangwikan.



- Ba kat ban ris mangkanka tânka sut kum brih bangwikan yaba swirka ai sip ba lâka nani marikaia. Olimpia wiba pulanka nani bâra kan (mani 4 bani) bara Delfos (mani 2 bani). Plaplapra nani ba witin nani silp dukiara ridi takibangwikan. Ris mangkanka kum, kum win takikan piua aikuki asla prawi dukia bara apahki bri tânka kaikanka yabi bangwikan. Ai rayaka ul dukiara aikuki asla prawi dukia bara apahki bri tnatka ba pura suni bangwikan. Baku bamna mana ba pura kan.
- Trin munanka tânka sut.
Tawan sirpi aihka nani ra kan yaba pulanka nani wahbi sakanka kum ra ai karnika pulanka tnatka baiki sakanka bâra kan. Upla nani tilara ris mangkanka nani dauki bangwikan bara bitar nani ba wahbi saki bangwikan. Olimpiada wiba nani dukiara ridi takikan nani yaba kati 10 trin munanka piua brih bangwikan, mana aibapikan yaba trin mamunra ailal apia kaka kumi bûi ta brian.
- Sinska lâka kau pain lan takan trin mamunra sâtka 3 bâra kan
Sixtarca: Plapanka ra kau pain lan takan.
Agonistarca: Aiklabanka ra kau pain lan takan
Paidotriba: Pulanka ra kau pain lan takan.

- Ridi daukanka aiska kum yabi kan.
Pulanka tnatka purkara plaplapra ba sinska bara spiritka pitka ra smalkikan.
Wala nani tilara riliyan bara pilusupia yab ibangwikan.
- Yamni takanka dukia nani pat bâra kan.
Trin munanka ba wina ningkara wan wîna tara aubanka nani brihbangwikan.
- Ilp munanka bara plun dakakanka tilara wal ai tânka bri wal prawan. Plun nahki kat piaia tânka 2 brihbangwikan:
 - Quisu bara higo wi nani wina tnatka.
 - Kwirku wîna bara brit tnatka.
- Win tatakra ba ra wîna tara aitani ba kat kulkanka tadi takanka kum daukikan.
Pura lalura ba ra tadi muni bangwikan bara ningkara pulanka nani kat upla ba baha patrangka talia kaia trai kaikibangwikan. Prapatika ba tadi munikan: pura lalura nani wina pura lalura luhpia nani
- Plapanka wal ridi daukanka aiska Sut ra daukikan.
- Kulki mariki ridi daukanka.
Aiklabanka bara lulkanka nani, paputra ba daukikan yaba kau pain lan takan sinska lâka ba wina ilpka bri.
- Sins lâka tnatka.
Tânka plikanka patrangka ba kakaira bangwikan; diara nani ba saura daukibangwikan.
Ningkara asla prakanka dukiara srutwi pulanka ba yus munibangwikan. Wan sinska wapanka tnatkara trin munanka bara karnika ba wina trin munanka kum uba pain paskan sin brih bangwikan. Trin munanka pura luanka ba ilpka ba bitar daukikan ba pliki sakibangwan.
Naha pura luanka wirhka kulkaika nani wal kan, panika wirhka, silp ai wirhka, auhya purara, lî purara, ban. plapanka nani dauki bangwikan.
- Ris mangkanka nani ba ra wal prakanka nani dauki bangwikan.
Ris mangkanka daukibangwikan pliska nani ba ra, yua kum,kum nani kainara wikan.
- Trin munanka nahki daukaia tânka ulbanka.
Upla apia kaka diara walhwal aslika wal ai lama kat apia kaka wilkan tnatka nani brih bangwikan; Naha lan takaia dukiara daukanka ku trin munanka ba asla dauki bangwikan naku tnatkara:
Pas yua: trin munanka suapni
Yua walka: trin munanka karnira
Yua yumhpika: Ris
Yua walhwalka: tarbaik trin munanka

- Piuu bani karnira bara karna trin munaia sip apia yaba lukanka kum brih bangwikan. Wirhka ba paskaia kan.
- Wîna tara trin munanka smasmalkra ba bâra kan. Yu kum, kum pura lura kabia dukiara sip yaba lâka wiria bri nani wal wark takikan ba mita, kupia alki takaskanka uba briaia kan.

3.2. Nanara piua

1900 wina 1920 ra

- Trin munanka lukanka apû kan. Inglaterra ra bit munanka ris munanka nani bâra kan. Sampla: Ya uplika kau piu kunhku ra Oxford wina Londres ra wisa? Lalahkira nani bûi spiritka bukanka wal.
- Trin munanka apû kan. Murphy baman yaba ris munaia dukiara 8 wina 10 wik nani trin munanka kum baman nitkan wikan. Sakuna 1916 ra KOTOV bukka pas takan bahara mani ul trin munaia yaba bapisa. Bukka ba ra mani kum ba piska 3 ra paskansa aisisa: aiska, ridi daukanka bara kulki mariki.

1920 wina 1930 ra

- Plaplapra Paavo Nurmi ba, naha matawalsipka manka nani piua daukan Olimpiada nani trai munanka nani sut lamara win takan Patrang baku alkan bara tadi takan. Piuu ba ra trin munikan baku ra aihka trin munikan, ai trin mamunra Pinkala warkka tingkika ra. Fartlek baku kulki marikaia sip yaba trin munanka kum daukan (pitka ulanka/piska karnira nani bara suapni nani/karnika pulanka nani piska nani dingkaia) Yua ba ra aima 3 trin munikan, karnika ra kaina tani ra wi: suapni, tarbaik bara karnika kau tara.
- Rusia wina daukanka tâura yaba 2, Pinkala wal aikuki lukanka bapanka nani ailal paskibangwan.
 - Nitka shins munanka yahpika-karnika. Kum ba pura praki piuara wala ba sirpi daukisa.
 - Kulki mariki trin munanka. Trin munanka aiska tara kum purara paskisa.
 - Yamni takanka bara wark tilara shins munanka.

Naha lukanka 3 tingkika ra wik ra trin munanka pat pat lâka ba pura prakisa.



1930 wina 1950 ra

- Rusia wina trin mamunra nani kulka ba karnika alkuya, bamna apahki ilpka nani kau bri yaba sa.
- Aikuki asla prawi lukanka ba pulanka tnatka ra laki bangwan bara naha shins munanka takanka baku tânka plikanka nani ailal kan, naha dukia swirka kainara waia.
 - Datin, ai bukka “ Pulanka tnatka trin munanka aiska nahki daukaia ba tânka ulbanka ba wina ta krikanka nani” ra kau tânka tara bri ba dukia piua yari ra plaplapra nani ba ra pulanka tnatka sinska lâka kau pain lan takan kaia bri yaba sa latan wisa, wiaia sa, trin munaia isti ta krikaia. Piua wiria man dukia sin piu 3 ra baiki sakan sa win:
 - Ridi daukanka
 - Ris mangkanka
 - Shins takanka
- Naha piua ra, yawanka ba bara plapanka ba sinska lâka kau pain lan takan wina taka wala ba ra wiria ta mangki bangwisa bara trin munanka patrangka tâ wal ra paski bangwisa: lî piua bara mani tara piu ris munanka pliska ra pulanka.

1950 wina 1960 ra

- Dimokratik Yerman Kuntrika ba nisan nani tilara pulanka tnatka ba ra pura luanka tara brisa.
- Nisan nani tilara ris mangkanka nani ba uba daukibangwisa bara tânka ulbanka. Trin munanka dukia ba nahki daukaia ba tânka ulbanka ba ra trabil nani briaia ra ta krikisa.
- Pulanka tnatka nani ris munanka patrangka tnatka tarbaiwaia ta krika bangwisa; pulanka tnatka kumi bani aihka daukra wina ridi takisa.

Matveiev ai bukka ulbisa “Pulanka tnatka trin munanka ba dukia lan takaia dukiara daukanka nani bara diara kasak kaikaia lâka”.

Ris mangkanka yu nani kulkaia wauhkataya ba trin munanka ba tânka wi yaba lukanka ba kaina kahbisa. Purkara mani tânka ba nanara piura brikaia yaba wisa. Nahki yaba tânka yumhpika ba pulanka tnatka daukra ba paskaia yaba bâra yaba sa, ba dukiara upla rayaka tadi muni uplika kum lukanka ba yus munisa (wan wîna tara bara wan sinska swapanka tara ba ra wal prakanka wina siknis kum tânka nani aslika) Papulra ba stress ba ra baha wal prakanka wahwi piua ailal briaia karnika tiwanka brisa, baku bûi wîna tara swapkaia apia dukiara ris munanka nani dingkaia nit sa.

1960 wina 1970 ra

- Tânka plaplikra- trin mamunra wal ai tânka bri klir ta kriksa.
Plaplapra ba ra trin muni piura taki yaba dukia tânka wiaia dukiara trin mamunra nani yaba kupia daktarka bara upla wapanka bara warkka nani tadi taki uplika nani asla takanka ba pliki bangwi piua kum sa.
- Interval-training trin munanka ba lilka paskansa.
Naha trin munanka wal wiria takaskanka -yus munaikira lukanka ba pliki sakan; “plapuma piua ra swapkisma sakuna takaskuma piura, wan wîna tara ba trin muni piua sa naha karnika mana ba kupia aibapi ba mita”.
Dîa kau bitar kan dukiara blahwan, ban ban trin munanka ba kaka apia kaka interval-training wiba ba bara lan takaia dukiara daukanka nani 2 miks munaia yaba tnata prakanka ra wan.
- Trin munanka wina yahpika ba uba pura prakan.
Yamni takanka dukia lan takaia dukiara daukanka ba ra tânka plikanka ba baku pura prakan. Kau trin muni piua, yamni takanka piua kau.

1970 wina 1980 ra

- Rayaka bri nani wapanka bara warkka nani tadi takanka wina karnika ba piua aisubi takan. Mistik nani ailal ra kahwisa. Miskit-wapnika-trai munanka bûi dauki kaikanka nani dauki bangwikan.
- Rayaka bri nani wapanka bara warkka nani tadi takanka uplika ba yerman Mader ba, tala ra lactato wi yaba aipaswanka ba karnika ba pitka wina silp dukia sa pliki sakan. Naha piua wina kau warbi lakanka lukanka ba kan; kaina wanka kau tânka tara bri ba.
- Kaina wanka nani sut Lalma tani daknika nani yarka pawan.
Trin munanka sinska lâka ra aisi dukia sut kuntri sikritka kan; ba dukiara Muna tanira kau lit wan (5 mani kum, kum nani)
- Ris mangkanka ba plamaika bapanka tnatkara trin munanka ba paskaia yaba bâra yaba Platanov wisa bara sim bapanka nani paiwanka nani tilara yamni takanka piua ba rispik munaia nukaia.

Dakni bani isti tânka aihka wal yamni takisa.

80 manka nani wina ta kriki

- Pulanka tnaka warkka ba aisuban.

- Papulra nani ra ilp munanka purara pliska nani paskaia yaba bâra, pulanka tnatka ba pua kum pri dukiara yus munaia watlika ra warkka kum kaia ra luan yaba dukia bûi. Naha papulra ba dukiara rayaka stailka kum uba kasak yabisa.

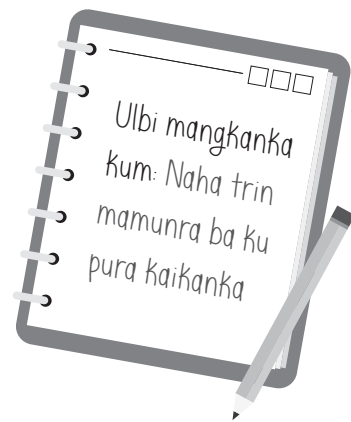
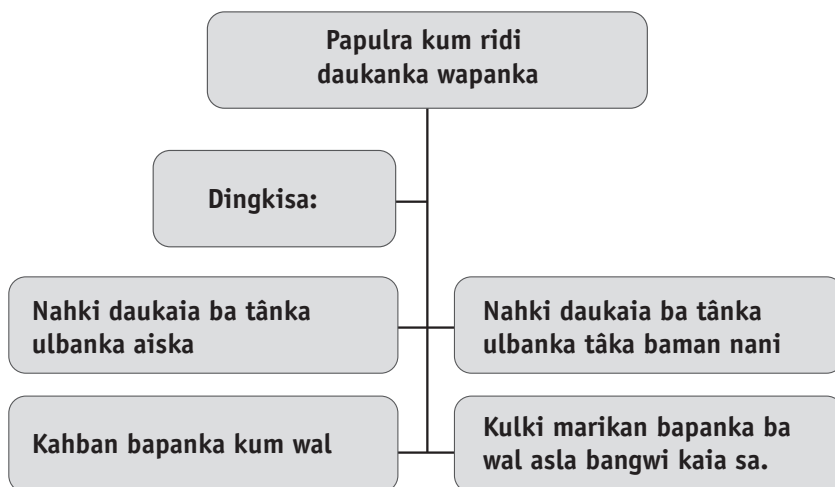
Naha piura pulanka tnatka trin munanka dukiara tâura yaba pliska nani 5 bâra:

1. Wirhka nani ba ra plaplapra nani ansika ba yakan daukisa.
2. Piu wiria man dukia pua mangkanka patranka ba pulanka kumi bani dukiara kulki marikisa.
3. Ris mangkanka kati pua wauhkataya makabanka nani trin munanka ba wina aihwika kau tara kum ra brihwisa. Ris mangkanka kau daukisma pua, wiria trin munisma, trin munisma kaka diara yuya rayaka danh daukisma. Wiria trin munisma kaka, naha kulki mariki tnatka ra bara aihwika ailal wal kaia sa.
4. Trin munanka wina ni tdukia nani aiska plaplapra ba kli raya daukanka dukiara yus muni bangwisa.
Pua wiria man dukia ba wina yarka ba ra kulki mariki wirhka nani aslika nani paski bangwisa.

Nahki daukaia ba tânka ulbanka ba rayaka bara daukanka nani kau kan luki ba wal kaina ra ridi daukaia sa, tânka sut tnatka bara kasak lâka wina, nitka nani bara sip ba lâka kasak nani kulkanka ra brih, naika pua lukanka nani bara pua ba ra bri yaba yuyika nani kasak pali yus munanka wal.

4. Pulanka trin munanka dukia nahki daukaia ba tânka ulbanka

Pua kat ba ra pulaika tnatka ba alkaia (Ris munanka tâura) bara kulki mariki bapanka kum alkaia dukiara papulra kum trin munanka wapanka na wal dauki yaba daukanka wina nahki daukaia ba tânka ulbanka watlikara aimakisa.



Trin munanka wina wapanka ba nahki daukaia ba tânka ulbaia piua ba ra, papulra ba wina pitka ba, pulanka tnatka wina nanara ris munanka satka nani ba bara kahban bapanka nani blistu kulkaia sa.

Nahki daukaia ba tânka ulbanka bapanka nani ba ningkara nani ba bangwisa:

- Pain ridi apia si daukaia ba tnayara lakaia, sim ba wina sauhkanka ba aisubi taki ba mita.
- Papulra nani ba wina daukra ba wina ban yaba kaina tani wanka bara main kaikanka kum briaia
- Kau wan brinka yaba piu wiria man piua ba ra daukra wina nahki yaba lâka kau tara ba briaia.
- Ris mangkanka piura pura sip luras daukra wina nahki yaba lâka alki briaia.

5. Nahki daukaia ba tânka ulbanka ba piua nani

a) Kainara tara ba tânka plikanka

Blistu kulkaia sa:

- Ilp munanka pitka lakanka.
- Dîa dîa daukaia kan ba daukanka wina pursintka.
- Trin munanka wirhka ba daukanka wina pursintka.
- Alkan takanka nani.
- Yus munan yuyaka nani.

b) Bapanka nani wina tânka wiaia lâka

Kainara daukan tânka plikanka ba wal papulra ba bri yaba nahki yaba tânka ba piua kat daukisa bara naku daukra wina bapanka nani kahbaia sip sa.

Sakuna papulra nani spiritka buki tnatka brin dauki ba dukia dingki yaba tnatka kum dukiara aisi piua ra, baha tânka wiaia lâka ra witin nani wina tilara dimanka ba nit sa.

Bapanka nani wina satka nani:

- Daukanka patrangka ingnika.
- Kasak lâka bara alkaia apia kaka briaia sip lâka.
- Kulkanka wina sip ba lâka.
- Diara dauki ba sins lâka nani ra aisan kaia.
- Tânka kulki marikaika nani kaia.

c) Ris mangkanka kati piua wauhkataya

Papulra ba yaba sip ba ilp munanka kau tara ba (pulanka daukra) blistu alkaia piua ba bapisa, ban sakuna ridi daukanka bara tâura yaba ris mangkanka bâra yaba kulkaia aitani sa.

- Tâura yaba apia kaka tâ pali ris mangkanka nani, ris mangkanka piua wina paskanka ba bapibangwisa.
- Ridi daukanka apia kaka walka ris mangkanka nani, driwanka aihka wal piua ba wina kulkibangwisa, bahara papulra ba wan wîna tara bara wan sinska swapanka tara yabanka mayara daukanka nanira wisa.

Naha ris mangkanka nani sins lâka smatka tnatka ba ra, wan wîna tara bara wan sinska swapanka tara ta mangkanka, wîna tara ilp munanka, ban, ai papulra nani brih bangwi yaba tâura wanka nani pliki sakaia dukiara trin mamunra ra ilp muni bangwisa.

d) Lila pas paskanka nani asla prakanka

Nahki daukaia ba tânka ulbanka piura piu wiria man dukia ba yawan baiki saki bangwi yaba ra piska bani yaba kasak lâka kum ra bara kulki mariki wihka takaskanka kum wal blistu mangkaia ba naha tânka marikisa.

Ris mangkanka kumi bani dukiara naha piska kumi bani nani blistu silp tnatkara asla daukan kaia sa, sim ta krikanka nani nina bliki yaba trin munanka paiwanka nani bara taim nani piua sirpi nani, taim nani piua tarbaik nani bara taim nani piua tara nani ba dukiara aisi piua mariki yaba nina bliki.

e) Trin munanka dukia lan takaia dukiara daukanka nani bara nit dukia tânka marikanka

Papulra paskanka piua kum ra bangwi yaba papulra nani ra, mark munan bapanka nani wal aiska sut daukaia dukiara trin munanka lan takaia dukiara daukanka nani bara ni tdukia nani ailal yus munaia pain sa wisa; bara piua ba wal yaba sim nani ba wina sirpi daukanka kum kahbisa.

f) Trin munanka wina wirhka nani ba wina baiki saki yuanka

Trin munanka wina baiki saki yuanka ba tnatka ba lilapas kat paskanka nani wina kumi bani ra tânka tara kum brisa bamna aitani kat daukra kum wina kulkanka ba ra bara piua ba ra kasak tnatkara blistu baiki saki yuaia sa.

g) Trin munanka ba wina paskanka nani

- **Trin munanka paiwanka:** Asla takanka wapanka paskanka ba sa. Silp tnatkara paiwanka bani dukiara aisisa, paiwanka kumi bani ba smalkanka ba, numbika bara pakaia dukiara wahbi sakan iksasais nani baiki saki yuanka bûi ta mangkisa.

Baha paskanka wina tâ pali dukia nani ba wan wîna tara iksasais nani bangwisa bara wirhka smalkanka ba, nit dukia nani bara trin munanka ba wina lan takaia dukiara daukanka nani, baku sin papulra ba pitka ba wina sin ai karnika brih bangwisa.

Nanara piua iksasais nani ba pulanka tnatka wina ai karnika bri baiki saki bangwisa, nahara ris mangkanka ba wal iksasais wina pitka sirpira apia kaka tara ra wal ai talia ba purara aimakisa.

Iksasais nani ba wina baiki sakanka

- Iksasais aiska nani
- Iksasais smalkan nani
- Iksasais aihka nani
- Ris mangkanka iksasais

Paiwanka ba asla takanka

- Ta krika piua
- Aihwika yakanka piua
- Pawanka piua
- Yamni takanka piua
- **Taim nani piua sirpi:** Piua kunhku kum ra kasak lâka tnatkara asla daukan trin munanka paiwanka nani sîn kum bûi paskanka sa bara spiritka bukanka piua kum bara yamni takanka piua wala kum dingkan sa. Ai wihka takaskanka ba 2 bara 14 yua nani kau pura tilara sa bara kau yus munan ba 7 yua nani dukia ba sa bara yamni takanka yua nani wal danh takibangwisa.

Kau yus muni paskanka nani bangwisa:

Spiritka bukaika piua (yua nani)	Yamni takanka piua (yua nani)
6	1
5	2
3	1
2	1

Taim nani piua sirpi pali nani baiki sakanka

- *Ta krika apia kaka aitani kat mangkaia wina taim nani piua sirpi lupia nani:* Wirhka pitka mayara wal nahki daukaia ba tânka ulbigangwi yaba bukra nani bangwisa bara yahpika bri trin munanka ba dukiara wîna tara ba ra aihwika yabaia swirka daukisa, baku bûi wark wapanka ba tâura paskibangwi yaba dukia.
- *Wirhka wina taim nani piua sirpi lupia nani:* Ilp munanka wina ailal briaia karnika ba bitar kaia nina bliki bangwi yaba bukra nani bangwisa bara alkaia dukiara wirhka tarbaik nahki daukaia ba tânka ulbi bangwisa.
- *Prukanka apia kaka wal prawi prukanka taim nani piua sirpi lupia nani:* Wîna tara ba wina wal prakanka wapanka nani spiritka bukaia bapanka baku barih bangwisa bara ba dukiara wark wina pura luan wirhka nani yus muni bangwisa.

- *Lamara yaba taim nani piua sirpi lupia nani:* Ris mangkanka ba wina makabanka nani dukiara papulra ba ra aihwika yabanka bapanka ba sa. Ris mangkanka ba ra uba talia nani tânka mariki wirhka nani yus muni bangwisa, baku wark aihka ba aiska ba purara, purara aimaki.
- *Ris mangkanka taim nani piua sirpi lupia nani:* Witin nani ra tânka tara bri ba ris mangkanka nani ba dingkibangwisa. Diara kum dukiara mana tara aibapanka ba yabia ris mangkanka ba wina piua a ra yaba alkaia dukiara yamni takanka wina yakan nit dukia nani blistu kulka kaia sa.
- *Yamni takanka wina taim nani piua sirpi lupia nani:* Trin munanka wina wirhka pitka uba mayara yus munisa, baku ris briaia paiwanka kau dauki. Naha taim nani piua sirpi lupia nani prukanka dukia apia kaka ris mangkanka wina ba ra taim nani piua sirpi lupia nani kainara bangwisa.
- **Taim nani piua sirpi lupia tnatka wal mesociclos wiba:** Taim nani piua sirpi lupia aihka satka nani tilak asla takibangwisa, nahnani 2 wina 6 apia kaka 8 taim nani piua sirpi lupia kat kaia sip bangwisa. Ailal briaia karnika kum pawanka alkaia dukiara apia kaka trin munanka wapanka ba wina bapanka tâka kum aiska sut daukaia dukiara paski bangwisa

Taim nani piua sirpi lupia tnatka wala mesociclos wi yaba baiki sakanka

- Kaina ra wi apia kaka dimibangwia mesociclo nani: Witin nani tilak wan wîna nahki yaba wina plamayka nani kaina sunibangwisa bara baku bûi ini trin munanka wapanka ra ta kriki mesociclo wi nani bangwisa. Aiska ra prais kat mangkanka wina taim nani piua sirpi 2 – 3 bûi paskan sa yaba yamni takanka kum wal tnata prakangwisa.
- Tâura yaba mesociclo wi nani: Pawanka wina bapanka nani bara wal baku lâka laki kaiki bukra nani bangwisa bara tnata prakanka trin munanka wina wirhka plamayka nani alki takaskaia ba sa. Papulra ba ra sins lâka bara kasak plamayka nani swirka paskisa apia kaka alkan pura luanka nani kulkaia bara karnika yabaia.
- Ris mangkanka kaina wina mesociclo nani: Ris mangkanka ra nitkan yaba pitka nani kat bara dîa tânka ba kat ra plamayka mesociclo nani ra brihbangwan sins lâka bara piua kat pitka nani swirka shîns munaia yaba nani bangwisa, baku bara trin maunanka ba ra naha mesociclo ris mangkanka wina nani ra nahki yaba tânka nani talia pakaia plikan kabia.
- Ris mangkanka mesociclo nani: Ai wihka takaskanka 2 wina 3 taim nani piua sirpi pali sa bara tâura yab ris mangkanka nani dingkibangwisa.
- **Taim nani piua tara pali:** piua nani ailal aslika kum paskisa. 5 wik nani wina 6 wik ra mani yumhpa apia kaka 4 ra wihka takaskanka kum wal trin munanka wina taim nani piua nani tânka wisa.

Piua nani ailal brisa:

- *Ipka brinka*: Ridi takaia piua (Wan wîna tara daukaia sip yaba lâka ba wina paskanka nani ba pakaia ai bapanka tâura sa)
- *Nahki ba kat ban yaba tânka*: Ris mangkanka piua (Pulanka daukra ba aiska sut yamni daukaia ai bapanka tâ pali sa)
- *Luiwaikira tiwanka*: lui waia piua (plaplapra ba wina dahra walanka, sinska tânka bara wîna tara kli watlikara mangkanka ba ai bapanka tâ pali sa)

6. Prugamka daukanka

Kahban bapanka nani briaia ra papulra ba ra apia kaka pulanka tnatka daknika ba ra swirka brihwaia yaba nahki daukaia ba tânka ulbanka smatka kum tilak trin munanka wina bilara ba sut nani asla prakaiia naha traikisa. Naha warkka bilara sut ba nani trin munanka ba ra baman wîna ra daukisa, baku ba mita trin munanka prugamka daukanka nina makaia sip kabia.

Prugamka ba piua ba ra sîn tnatka warkka bilara sut nani ba alsut blistu dingkaia sa bara baha trin munanka piua mankanka ba tilak daukisa.

7. Piua mangkanka

Piua mangkanka na sîn tnatka daukisa bara bilara sut nani luaikira daukisa, ba dukiara aisi pliska baku tawaikira walhwal yaba bangwisa: pat, pat lâka ba, yahpika, karnika bara buhnika, purkara nahnani ai tilara ai tânka brihbangwisa.

Paskanka ba wina piua las kum, lâ ba sa, nahara trin munanka kulkanka nani wapni ra mangkan kabia.

Naha piua ra mani kum nahki daukaia ba tânka ulbanka ba trin munanka kau kunhku bara ta briaia sip yaba nani piua nani ra baiki sakisa. Naha baiki sakanka trin munanka asla takanka ba bitar daukisa bara prugamka tânka sut tnatkara trin mamunra nani ra swirka ta briaia.

Piua mangkanka ba ris mangkanka kati piua wauhkataya ba wina bara pulanka tnatka satka ba wina warkka ra aima bani daukisa.

Mani kum nahki daukaia ba tânka ulbanka ba taim nani piua kau sirpi ra baiki sakaia ba ra trin maunra warkka ba ilp munisa, baku trin munanka wirhka ba wina ta mangkanka kau kasak briaia sip kaia.

Tânka prahni daukanka ra yawan brisa:

Nahki daukaia ba tânka ulbanka				
Bapanka nani tânka marikanka	Prugamka daukanka			
	Piua nani tânka marikanka	Prugamka daukanka		
Pitka nani tânka marikanka	Piua nani tânka marikanka	Piua mangkanka patrangka tânka marikanka	Trin munanka wirhka wina sirpi daukanka	Asla takanka bara kulkanka wina baiki saki yuanka

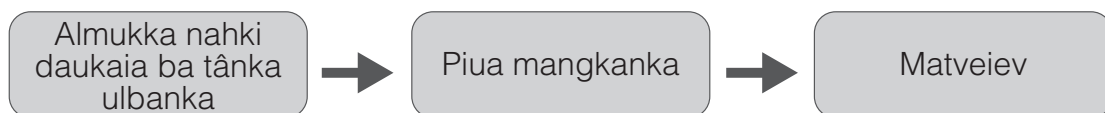
Piua mangkanka

	Pulanka tnatka daukra ba wina pawanka dukia piua nani			
Nahki daukaia ba tânka ulbanka patrangka nani	Ilp brinka		Nahki ba kat ban yaba tânka	
Almuka piua (Matveiev)	Ridi daukaika		Ris mangkaika	
Aslika nani (Verkhoshansky)	Karnika	Sins lâka	Karna plapanka	Ris mangkanka
ATR (Issurin y Kaverin)	Ailal paskank kum		Sat aihka takanka	Tara daukanka
Paskanka sirpi pali (Seirul-Lo)	Taim nani piua sirpi pali			

8. Nahki daukaia ba tânka ulbanka patrangka nani

Pulanka tnatka nahki daukaia ba tânka ulbanka patrangka kum, sins taki tânka briaia karna ba tânka sut kum wina lilka lukanka sa yaba, pulaika tnatka trin munanka wapanka yarka ra wark wirhka nani main kaikanka ba wina nahki daukaia ba tânka ulbanka, asla takanka, piua mangkanka bara prugamka daukanka ba ridi daukaia dukiara paskisa, sim piura ris mangkanka makabanka nani ku tânka marikisa.

8.1 Matveiev (1955) Nanara trin munanka aisika



Trin munanka tilak pulanka tnatka daukra ba wina pura luanka wapanka bara wal prakanka aiska siknis kum tânka nani aslika ba wina lukanka ba dingkisa.

Tâ krikanka tâura yaba nani

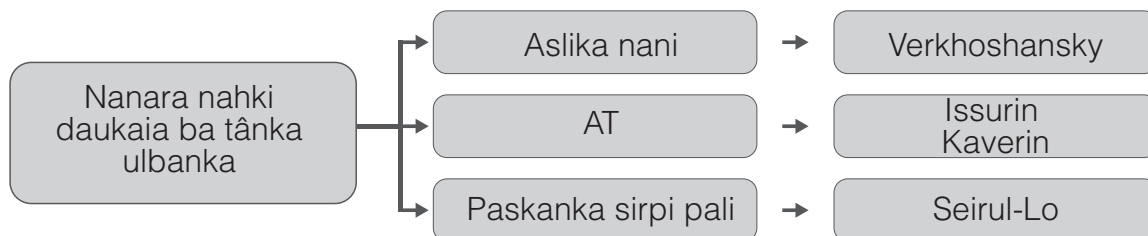
- Papulra ba wina aiska bara aihka paskanka ba tilara aslika.
- Trin munanka wapanka ba wina sip takaskras tnatka. (wirhka bara yamni takanka miks muni)
- Trin munanka ba wina karnika nani wina kau tara bara kaina tani wi pura prakanka.
- Wirhka ba wina karhwanka sat wala takanka.
- Piua wiria man dukia ba taim nani piura baiki sakanka.

Matvelev ra tânka pliki kaikaia lâka

- Ridi daukanka aiska wina wark pura luanka. Ailal briaia karnika sat, sat wina wal baku pawanka.
- Piua yari nani ra wirhka yu bani yus munanka.
- Tânka mariki warkka ba wina asla takanka pura mangkanka wiria.

8.2 Nanara nahki daukaia ba tânka ulbanka:

Wal prakanka ba wina rayaka tadi munanka lâka nani tânka sut nani wina Lukanka ba ra ai tabaikisa.



Silp lilka nani

- Trin munanka wina wirhka ba wina yakan daukanka ba.
- Piua kunhku piura sim ta mangkanka kum wina wark wina wirhka nani ba aipaswanka..
- Ailal briaia karnika/bapanka nani wina lamara pawanka kum ra driwanka. (Tâka wina ilpka bri).
- Trin munanka ba wina briba sut ba ra tânka marikan warkka wina pura prakanka.

8.3 Aslika ra trin munanka

Pulanka tnatka trin munanka ba ra aihka sakanka tara nani bapisa. Papulra nani wina trin munanka ba paskaia tnatka na karnika tnatka wal pulanka nani dukiara tâ pali bapan kan.

Plaplapra ba karna plapanka wina satka nani ba bara sins lâka pawanka wal ai tânka bri nani, trin munanka ba wina tilara bri ba sut nani ba ra ningkara yamnika kum wina nahki yaba tânka nani

paskaia dukiara, trin munanka aslika kum ra blistu asla daukaia kabia yaba, karnika warkka ba wina tnatka ba ra tâ pali plamayka sa. Naha nahki yaba tânka nani trin munanka ba wina wihka takaskanka ailal paskanka kum(EART) wina ai warkka nina ba bûi yabi bangwan sa.

a) ATR tânka sut (Ailal paskanka, blikan waia tânka bara tara daukanka)

Ailal paskanka

Wark wirhka uba ailal paskaia dukiara aisisa, taibanka uba apû tnatka kum ra, yamni takanka wiria wal bara paun mangkaika nani wal aiska sut dauki waia, iksasais warkka, srutwanka ailal, prakaika nani, ban. Naha trin munanka piua ra, taim nani piua yumhpa nani ba wina tingki lâka sirpi bri yaba, ris mangki yamni takanka nani sip bila kaikras, piu bani swapan trin muni ba mita bara isti tnatkara kilumita wiria plapanka kiawak daukaia sip kabia. Naha piua ra trin munanka plamayka ta krikanka ba paskisa, ningkara purara “utla tara” kum paskaia sip kabia plamayka.

Blikan waia tânka

Tara daukanka ba bara ailal paskanka ba tilara lila pas kat wapanka kum sa. Naha piuara iksasais warkka ba tawa, tawa suih wan kabia, sut swiras kira, bara aihwika kau tara sîn nani dingki wan kabia. Sakuna ris mangkanka ra 100% apû kabia sin, naha piuara maka plapanka yamni nani daukaia takanka nani yamni pura lui waia bara kau makabanka bri tnata alkanka nani ra lukaia sip sa. Yawan nahara “utla tara” ba bukaia ta krika bangwisa.

Tara daukanka

Daukan trin munanka sut ba yawan kasak daukaia yaba ba ra taim nani piua ba sa. Plur aslika kum paskanka talika ba wal ban nina blikisa kaka, naha piua ra kutbanka dauki bangwi kawaia, wiaia sa, warkka tnata praki. Naha piuara trin munanka uba isti yamni takanka ailal wal bara uba ris briaia tnatka kum wina. Iksasais warkka ba isi pali drabaia warkka ra bara wîna tara bunhka pain main kaiki briaia ra sirpi daukisa bara nanara ris mangkanka bitar nani daukaia piua sa.

Piua bani wihka takaskanka ba ris mangkanka wala mapara buaia dukiara briaia kabia yaba ra piu ba wina ilpka brin kabia. Kasak pali piua yumhpa nani ba kasak wal baku bangwisa bara naha trin munanka lukanka munhta bapanka kum wira pain ridi daukaia dukiara matawalsip pura wâl wik nani ba aitani bangwisa.

Baku, naha sampla nina bliki, matsip wikka pas nani ba ailal paskanka wina kaia sip sa, ningkara wikka walhwal nani sât aihka takanka bara las yumhpa nani ba tara daukanka. Naha praiska ba kat shîns takisa (Sampla baku, ailal paskanka wina piua ba kau wira yari daukaia apia kaka tara daukanka ba sirpi daukaia lihki uplika nani bâra, sakuna naha bapanka dahra tnatkara ilp munaia sip sa.

b) Paskanka sirpi pali: F. Seirul-Lo (1987)

Naha patrangka ris mangkanka piua sut ba aiska daukaia dukiara nit bangwi kabia baku paskanka sirpi pali nani ailal ku paskan, piua ba ra dingkan, ai silp aslika praptis wal, silp-paskanka taim nani piua kum sa. Paskanka sirpi pali ba ris mangkanka kati piua wauhkataya ba bara trin munanka ba wina wirhka, wirhka ba pliska ra mangkanka ba, bara upla tnatka nani wina bara ai nahki yaba daukra tilara kasak aitani kat mangkanka ba bûi tânka marikan kabia.



Purkara, baha paskanka sirpi pali nani wina kumi bani piu wiria man dukia paski bangwi yaba wala nani ba wina mina munhtara sa bara sim piuara, wik ba piua bara/apia kaka wik tnata alkanka ba, pitka kau pura ba ra ris mangkaia sip kabia dukiara, paskanka sirpi pali wina tnata las ba ra nahki yaba daukra brinka ba ra kaia swirka dauki yaba wirhka wina dukia nani witin ra kaiki bangwisa.

Naha kulki, dakni pulanka tnatka nani wina nahki yaba pulaika daukra yumhpa tânka marikisa

1. Nahki yaba wina daukra aiska: Pulanka tnatka kum ra praptiska ba dukiara nit yaba daukaia sip yaba nikwanka nani sut wina kasak yamni daukanka pura wina bara aihwika ridi daukanka wina pitka kum sa. Piua wiria man dukia kainara apia kaka ridi takaia piua ra bara ningkara pura luisa.
2. Nahki yaba wina daukra purara: Nahki yaba wina daukra kau tara ba lamara kum kaia bûi tânka marikisa. Ailal briaia karnika aihwika yabanka nani uba tânka marikaika nani takibangwisa bara purkara trin munanka dukia nani ba ra smatka bara sins lâka ba dingakaia ku tânka marikisa. Naha pitka, yawan ris mangkanka piua sut main kaiki barih bangwisa.
3. Sip pura lura nahki yaba wina daukra: Naha pitka ris mangkanka wina bara iksasais aihka nani ba ra dakni bani wina tânka mariki ansika ba wina takanka baku yakan tnatkara alkisa. Daknika nit kabia piuara (ris mangkanka nani tnata prakanka nani, ulanka wina ta baikanka, ban.) sip pura luras pitka ba alkaia.

Trin munanka wina dukia nani ba wina praiska ba ra kulki dakni bara/apia kaka papultra daukra ba bitar daukaia apia kaka main kaiki briaia bara trin munanka wina silp dukia nani sut dingkaia pura luisa. Aihwika yabanka paskanka nani sins lâka mahka daukaia luki ba wina wina tara nikwanka sinska warkka wal ai tânka briaia nitka ba, smatka satka wina kakaira nani wal dingki, pura daukra wapanka wina sip pura luras daukra swirka daukaia, nit kabia yaba piua wiria man dukia piua ba ra.

Ulbi mangkanka kum: Nahki daukaia ba tânka ulbanka ba pura luanka ba naika piua dukia pulanka kaikaia pliska kaikaia wina ailal briaia karnika tânka marikansa, kaina manis tânka plikanka tadi takanka, bapanka nani kahbaia ba bara tnata alkanka nani kasak, programa wina daukanka kasak kum, lui waikas ta mangkanka kum bara laki kaikanka.

9. Wan wîna tara ailal briaia karnika nani

Tâura yaba wan wîna tara ailal briaia karnika nani ba wîna tara wina bila tanira tânka nahki ba lâka pahni tânka marikanka nani bangwisa, trin munanka apia kaka wîna tara ridi daukanka tilak bitar taki bangwi yaba bara nikwanka warkka nani yu bani apia kaka pulanka tnatka bangwi kabia swirka daukaia sa bara ningkara nani ba bangwisa:

9.1 Wan wîna tara ailal briaia karnika tânka nahki ba lâka nani

Alki takaskanka	Karnika
<ul style="list-style-type: none"> • Wan wîna bunhka dakni nani kum, kum ra yaba karnika wina yahpika aitani purara kum piua yari piua ra kli kli daukaia bara alki briaia karnika ba sa. • Wan wîna bunhka nani ba karnika ba wina piska tara ra ai karnika brisa, sakuna wira karna takanka wal piua kum alkras kira sakuna wînka prakanka lamara piua kum ra ai kunhku takanka ban wi wîna bunhka daknika nani yus munan prapatiska nani sin. Naha karnika wina daukra ra, wîna bunhka nani nit yaba pâsa ilpka aitani apia sa. Wîna bunhka kunhku takanka ba wina mapara takanka tâka nani mapara buras kaka warkka nani ba yari sip daukras. Ai karnika bri nani alki takaskanka pura prakanka tilak bara suahni nani pura luanka nani takaski bangwi yaba diara kangbi kaikaia sip nani sakanka ba ra tingkika warkka tnatka ba ra wîna tara ba wal prakisa. 	<ul style="list-style-type: none"> • Alki takaskanka kum pura luaia dukiara karna daukaia ra sa. Ailal briaia karnika kum bitar daukaia dukia isi sa. Karnika wina param takanka aihka nani bâra: Yawan tnaya kum mapara platukbi karnika dauki bangwisa kaka yawan nikbia apia, sakuna wan wîna bunhka nani wark dauki bangwisa bara karnika tiki bangwisa. Naha dukia ra Isometrica nina makisa. Naha satka warkka wina wan wîna bunhka nani kunhku taki bangwi ba mita tnaya kir kutbi bangwisa bara takanka ba yawan “wîna bunhka binka”nina maki bangwi yaba dukia pura prakisa, wîna bunhka karnika ris piua ra ba sa yaba. Tnaya kum watlikara pana kum ra yawan platukbuya kaka, yawan nikban kabia bara baha tnata alkanka dukiara wark taki bangwi yaba wîna bunhka nani kunhku takanka kum sakisa. Naha warkka ra Isotonico nina makisa.
Karna plapanka	Nawaikanka
<p>Sain kum apia kaka ailal daukaia wina karnika ba sa, apia kaka piua sirpi kum ra wihkika kum plapaia. Karna plapanka tânka mariki yaba tnatka nani sât aihka bangwisa:</p> <ul style="list-style-type: none"> • Wîna bunhka tnatka, wîna bunhka awa mina ba nahki yaba ba wal, ai binka bara ai drawaika tnatka, ban. wal ai tânka bri Apia kaka wîna bunhka bila tani paskanka ba. • Wakia, wiling takanka ba ra wîna bunhka awa mina ba wina mapara buanka wina piua ba dukiara aisis. 	<ul style="list-style-type: none"> • Witin nani kum bani wina tnayara tukbi dingki wîna bunhka nani wina drawaika tnatka bara yari takanka tingkika dusa lukutbaika nani plapanka kau tara yarka daukisa. • Pawanka wal ba lustiwi yaba wîna tara karnika kum sa. Wîna bunhka nawaikanka ba witin purara warka takras kaka 9 apia kaka 10 mani nani ba wina sirpi takaia ta krikisa.

Naha wan wîna tara nahki yaba tânka nani ai pulanka warkka ra apia kaka yu bani daukaia kabia yaba karnika ba wal aikuki asla lâka ra upla kumi bani ra sât aihka daukra wina pakan sa. Aslika ra upla kum wina wîna tara nahki yaba tânka, tânka marikisa.

9.2 Wan wina tara ailal briaia karnika asla prakaika nani

Asla prakanka, ai sinska kau tara ra, asla prakaika daukanka ba sa, wiaia sa, sut dukia bapanka kum ra kaikanka nani wal asla tnatkara daukanka nani apia kaka dukia nani aslika kum tanka kat mangkaia. Lukanka wala nani ra, asla prakaika nikwaika warkka kum aitani kat daukaia blakisa.

<p>Wal prak prakanka apia kaka wal baku ta mangkanka</p> <ul style="list-style-type: none"> • Wan wina tara piska nani wina kitwanka nani asla prakaika, yakan kitwanka nani bara ai tilara daukanka karnika ba sa. 	<p>Ta mangkanka</p> <ul style="list-style-type: none"> • Wan wina tara ba wina kitwanka ba piua ba ra bara pliska ba ra bui ba shins munaia bara tanka marikanka dukiara karnika ba sa.
<p>Aihka ba tanka</p> <ul style="list-style-type: none"> • Kitwanka wina apahki laka bara pitka kat pura kum pura luaia dukiara karnika ba sa. 	<p>Wal baku yaba laka</p> <ul style="list-style-type: none"> • Wina daukra ba wina apia kitwanka wina makabanka nani ba kat pura sipluras bui kum ra main kaiki briaia dukiara wina tara ba wina karnika sa
<p>Wal prakanka</p> <ul style="list-style-type: none"> • Kitwanka tanka kum ra aitani tanka kat mangkaia dukiara karnika ba sa. Kasak tnatkara ansa munaia blakisa. 	<p>Lakras ban yaba</p> <ul style="list-style-type: none"> • Kitwanka daukanka piua ra daukaia dukiara, kitwanka wina sin kum ra silp aiawi shins munanka nani pliki kaikaia bara tanka briaia wina karnika ba sa.
<p>Mapara buanka</p> <ul style="list-style-type: none"> • Sain kum ra piua kunhku ra nikwanka daukanka nani aitani tnatka kat daukaia wina bara istikira ta krikaia karnika ba sa. 	

Ulbi mangkanka kum: Aihwika yabanka karnika nani ba sut purkara asla praki bara karnika yabi wapanka nani ra, sut purkara sinska tanka sut wina ta mangkanka bara laka wapanka nani ra ai plamayka brisa.

10. Karnika nani pakaia dukiara wina tara iksasais nani

10.1 Karnika pakaia dukiara

Karnika win takaia dukiara, pasa apu iksasais nani daukaia sa, yahpika pura wina pura luaia ra alki takaskanka kum wal, paun mangkaika baku, misin nani apia kaka silp wina tara wirhka. Sikan nani kunhku wina pliska bui bara sins wina bunhka tanka sut ba spiritka buki dauki bangwisa.

Sampla: Wirhka nani bukanka



10.2 Alki takaskanka tnatka pakaia dukiara

Naha tânka ra, pâsa bri iksasais nani maya wina tarbaik yahpika yaba kaina dakbanka kumi sin apû piua yari bûi daukaia sip bangwi nani bitar dukia bangwisa. Wînka puhbanka bara kupia bara tala plapi watlika nani tânka sut ba spiritka bukisa.

Sampla: Plapanka ris mangkanka, yawanka, yabal wina baisikil plapanka.



10.3 Nawaikanka ba pakaia dukiara



Kau nawaikira kaia dukiara, wîna daukra aiska pali yahpika uba mayara iksasais nani dusa lukutbaika plapanka wina tara takanka ba bara wîna bunhka yari takanka ba pliki nani ra blistu daukaia sa. Kitwanka wina karnika ba bara dusa lukubaika- wîna bunhka wakia tâ tânka sut spiritka bukisa.

Sampla: Wînka puhbanka iksasais, binka bara lilka dadukra tnatka iksasais nani wina kitwanka kum, kum nani.

10.4 Plapanka karna pakaia dukiara

Naha tânka ra kau piua sirpi sip yaba ra daukan (karnika kau tara ba wina100%) yahpika uba purara wina pâsa apû iksasais nani sin daukaia nit sa.

Sampla: 100 mita plapanka nani.

Tâ pali wîna tara karnika nani ba wina main kaikanka ba bara ningkara pura ulanka ba Pulanka ris mangkanka praptiska ba dukiara tâura yaba kaia purkara, kau bangki bara karnakira rayaka wina tnatka kum yabisa. Baku sin, manka tâura yaba nani ra karnika nani ba wina pawanka aiska prugramka kum ilpka briaia sip sa.



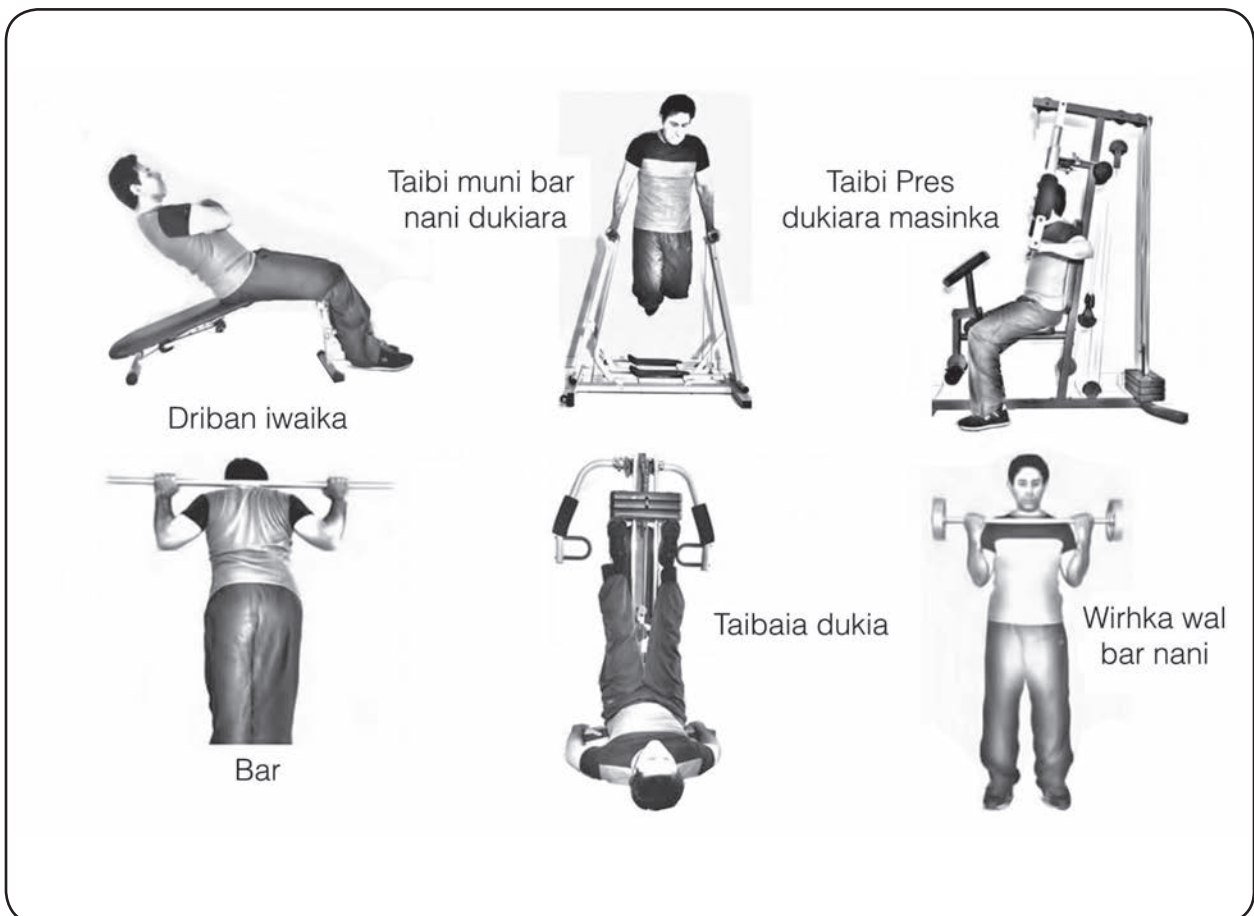
11. Pulanka tnatka daknika sât aihka nanira yus muni asla prakaika karnika nani




Alki takaskanka pulanka tnatka nani	Asla prakaika karnika nani
Plapanka: Tihu bara tarbaik tihu Baisikil ulanka Kayak wiba Lalalwanka Kaubanka	Wal baku yaba lâka Wal prak prakanka Lakras ban yaba
Yawanka	Wal prak prakanka Mapara buanka Aihka ba tanka
Triatlon wiba	Wal baku lâka Wal prak prakanka Lakras ban yaba Mapara buanka Aihka ba tanka
Karnika isti pulanka nani	Asla prakaika karnika nani
Wirhka buwanka nani	Wal baku lâka Wal prak prakanka Lakras ban yaba
Baisikil ulanka Plapanka: plapanka karna, srutwanka nani bara lulkanka nani	Lakras ban yaba Mapara buanka Aihka ba tanka
Aiklabanka Karate wiba Taekwondo wiba	Lakras ban yaba Wal baku lâka Mapara buanka Aihka ba tanka
Aiklabaia ra tuski	Tâ mangkanka Wal prak prakanka Wal prakanka Aihka ba tanka Lakras ban yaba Mapara buanka
Ris mangkanka Aiklabanka	Wal prak prakanka Aihka ba tanka Wal baku lâka Mapara buanka
Balibal Baskitbal	Wal prak prakanka Aihka ba tanka Wal baku lâka Lakras ban yaba Tâ mangkanka

Putbal	Wal baku lâka Lakras ban yaba Tâ mangkanka Mapara buanka
Lî tânka bri ba tâ	Wal prak prakanka Wal prakanka Aihka ba tânka
Kîn dusa kum wal pulanka	Wal prak prakanka Aihka ba tânka Wal prakanka

12. Wan wîna tara karnika nani pakaia ba ra yus muni masinka nani

- Karnika pakaia dukiara masinka kum kum nani bangwisa:



<ul style="list-style-type: none"> Alki takaskanka pakaia dukiara: Wapaikira bara baisikil krutnika prakan bara tanhta 	
<ul style="list-style-type: none"> Plapanka karna plapaia dukiara: Srutwanka bara iwi tnatka daukaia dukiara masinka. 	
<ul style="list-style-type: none"> Nawaikanka pakaia dukiara: Nina dusa ba bara wan mihta, wan lula bara wan mina nani yari takanka dukiara masinka nani. 	

13. Pulanka tnatka nani latwan brinka nani

Wina tara iksasais ba pua ra apia kaka pulanka kum prapatis munanka pua ra taki yaba latwanka nani bangwisa. Kum, kum nani dahra walras wina bal taki bangwisa. Wala nani trin munanka wina praptis saura takanka ba wina kaia sip bangwisa. Upla kum, kum nani wan wina tara aihwika yabanka pain apia pua ra latwanka brih bangwisa. Tanka kum, kum nani ra, latwanka iksasais daukaia apia kaka pulaia kainara yari takanka apia lapta takanka iksasias nnai wiria apia kaka apu ba ra latwanka nani blistu taki bangwisa.

13.1 Kau sut dukia pulanka tnatka nani latwan brinka nani satka nani

13.1.1 Wakia bulwanka nani bara wakia ta bara wina bunhka kalwanka nani

Wakia bulwanka, pura luan yari takanka, kriwanka apia kaka kalwanka, puskanka yula kahbanka wal bara klawanka tara yaba latwanka bri piska sip nikbras muni yaba bui latwanka kum sa.

Diara kum daukanka bui (kitwanka istikira kum nitka ba, pura luan kuawanka apia kaka dusa luktbaika prakanka, kasak apia kitwanka) apia kaka saura muni laka (kahwanka, prukanka) bui dusa luktbaika piska ba dia dia munaia ba ra ta krikisa.



Baiki sakanka ba wal lal tanis takaia apia, naha latwanka kum kau tara dusa luktbaika ba pliska wina shins munanka dingki yaba bara ai dusa nani baiki sakanka sa. Kalwanka ba wal sin apia, wina bunhka taya ba wina latwanka ba ra sa.

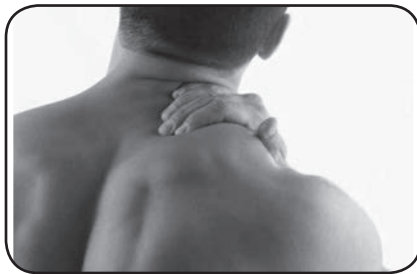
13.1.2 Lula ba ra latwanka nani

Lula nani wina trabilka nani ba ningkara nani bûi yaban kaia sip bangwisa:

- Wakia bulwanka kum yabi yaba kitwanka karna apia kaka prukanka kum.
- Lula dusa lukutbaika puskanka, ai piska nani yus munanka bara karnika tiwanka ba bûi yabi.



13.1.3 Wîna bunhka puskanka



Karnika wina apia kaka alki takaskanka wina trin munanka karn kum ningkara papulra ba ai dahra wali yaba puskanka ba sa. Naha puskanka apia kaka puskanka minit kum, kum nani luan piuara tiwisa apia kaka iksasaia tnata prakan ningkara awar ailal nani kat, naha wina bunhka puskanka wina nina kli, kli makisa.

13.1.4 Aquilis wi yaba wakia tâ ba ra latwanka nani

Naha wakia tâ warkka tâura yaba mina lingbungka bulwanka ba sa, wapaia ba ra bara plapaia apia kaka srutwaia ba ra yabalka ra platukbi. Naha warkka nani ra wîna tara wirhka aima 10 kat wina karnika nani wahwisa.

Aquilis wi yaba wakia tâ latwanka nani ba dakni wâl ra yawan baiki sakia sip bangwisa:

Wakia tâ kriwanka nani: tanhta bara lawra bangwi sa bara tânka nani aihkikara aparit munisa.



Wakia tâ trabilka nani: Pua bani ra dauki ba sikniska taki bangwisa. Wakia tâ puskanka lukanka ba tnaya ra suin sa aima kumi sin uba kaiki puskanka bâra apû ba mita. Kau uba yus munanka wal ai tânka brisa, aima bani srutwaika ba bara plapanka ba pura aimaki pulanka nani ra.

13.1.5 Wan braka dusa yarka ra klawanka

Wan braka dusa klawanka uba bahki bangwisa bara liliaka plapaika nani ra baku ilp munanka purara plapaika nani wîna ra daukaia sip sa.

Naha piska ra klawanka ba puskanka apia kaka wîna bunhka puskanka, wakia tâ nani bara wan braka dusa pura praki yaba pura taya tanhta ba bûi yabisa.



Naha klawanka satka wina tânka kau bahki ba taya pura nani ba yaba yamni taki bangbia apia kaka rawi bangbia dukiara ningkara ba wark takras pua aitanî bara trin munanka apia kaka uba wark bûi wirhka pura luanka ba sa.

13.1.6 Kriwanka nani



Kriwanka kum kalwanka kum sa, dus kum ra aiska pali. Dusa kriwan ba taya kalkuya kaka, kriwanka kalwan apia kaka param yaba (miks munan kriwanka) nin makisa.

Kriwanka nani ba aiska ra truk aksidintka ra, kahwanka nani apia kaka pulanka latwanka nani ba mita taki bangwisa. Tâ nka wala nani dusa ailalka tikanka ba bara dusa taya pura tikanka ba, dusa nani suapni takanka tâ nka yaba. Pura luanka yus munanka ba stres wiba bûi kriwanka yabia sip sa; dusa nani ra uba sirpi kriwanka pakni bara yari bangwi yaba.

ka pakni bara yari bangwi yaba.

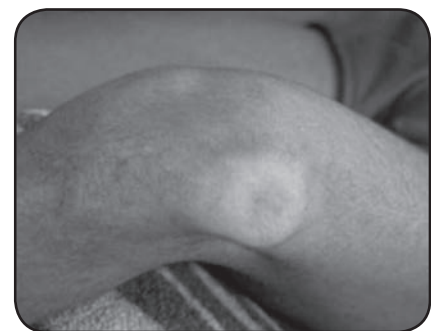
Kriwanka kum wina wan wîna ra siknis bri tâ nka nani bangwisa:

- Klawanka tara.
- Wîna sât aihka takan ba: Klahkla apia kaka mina ba ai pliska wina latara kaikisa.
- Puskanka apia kaka insaukanka tnayara klawanka.
- Mina apia kaka mihta ba nikbaia pua ra trabil nani.

Kriwanka kum mawan ra isti pali daktar ilpka blistu briaia. Bankra pauda pihni simint wal talia kum apia kaka yus munaia kabia. Pua kum, kum nani silak apia kaka skru nani mangkaia dukiara aparit munaia nit sa bara baku dusa ba ai pliska ra alki briaia.

13.1.7 Kalhbanka nani

Kalhbanka nani ba (apia kaka baiki sakanka nani) dusa lukutbaika nani ra dusa tâ nani daiki bangwi bara ai pliska wina saki bangwi yaba latwanka nani bangwisa. Tâ krikanka ba kahwanka kum apia kaka prukanka kum kaia sa bara pua kum, kum nani wal prak prakanka pulanka kum praptiska takanka kum.



Mina lingbungka nani ba, lula nani, pahpaya nani, kilka dusa ba, tingtingka nani bara wan krusa ba ra kalhbanka nani takaia sip bangwisa. Baku sin latwanka nani bangwisa mina nani bara mihta nani wina mihta sirpika nani dusa lukutbaika nani ba kalhban kaia sip bangwisa. Kalhwan dusa lukutbaika nani ba puski bangwisa, klahwisa bara nan kaikanka ra ai pliska wina latara. Tilara nikwras kaia sip yaba takaia sip sa.

Kalhbanka kum, daktar tnatka dahra walras bal taki ba dukia kum sa. Naha takuya kaka, ningkara daktar ilp munanka blistu plikaia sa. Ilp munanka ba dusa lukutbaika wîna ra daukan ba bara latwanka ba wina pâtka ba wina ai ilpka bribia. Dusa nani ai pliska ra kli mangkaia, sika nani, pauda pihni simint wal talia bara yamni takanka smatka nani dingkaia sip sa. Dusa nani ba ai pliska ra aimakuya piua, dusa lukutbaika ba yaba nikwaia sip yaba sa bara wik kum, kum nanira kasak wark takaia. Wan pahpaya apia kaka wan lula dusa kalhwanka kum kau kainara kli kalhwaia sip kabia. Pulanka nani praptiska piura kaina kahbanka dukia yus munaia kalhwanka nani kau kaina manis kaikaia ra ilp munaia sip sa.

14. Pulanka tnatka nani daukaia ba ra latwanka nani kau kaina manis kaikaia dukiara pain sa win nani

Pulanka tnatka dauki bangwi piua, latwanka nani tnayara lakaia dukiara pain sa wi tâura yaba kum, kum nani rispik munaia apia kaka siknis apû laka wina sip yaba pura luanka nani pulanka tnatka praptiska ba ra mita uba tânka tara bri ba sa. Witin nani kum, kum wina ningkara nani ba bangwisa:

- Kaina manis daktar tânka kaikanka kum luaia.
- Lapta takanka kum pain daukaia.
- Pulaika tnatka nani bara wîna tara warkka nani ba wina dîa dîa warkka kum bûi smalkanka pain briaia.
- Pulanka tnatka sinska lâka kau pain lan takan ba kumi bani dukiara pain sa win sûska nani yus munaia; Pitka kat (uba pamni sin apia, uba slakni sin apia) saks nani yus munaia bara sûs auka nani ba pain wilkaia.
- Pulanka tnatka nani aihkika ba ra wan mina nani plamayka nani bangwisa, baku bûi, asmala nani ba blistu pain bara wapni klakan kaia trabil munanka tnayara lakaia dukiara.
- Praptis kum piura sikli piaia apia katwaia sip kama mita.
- Tâka lâka (sîn nani, matkadinka nani) yus munaia apia sut purkara daknira pulanka nanira pana kum apia kaka dakni wal wina kum ra latwan yabaia apia dukiara.
- Tâura yaba wîna tara klin munanka kum, sim kualka tuskras kira aima wâl yus munaia apia (wan latika tahwanka ba puisin brih wi ba mita) pulaika sûska ba pâsa yabaia, pulaika praptiska ba wina ningkara aihtabaia bara kual klin dimaia.
- Pulanka bani dukiara pain sa win kaina kahbaika nani yus munaia: lal bapaika, tingtingka kaina kahbaika, lula mangkaika, nakra glas kaina kahbaika, wayata kaina kahbaika, ban.
- Pata pira yamni ku brih waia, wan wîna tara lî wal miks munanka bara pitka kat ris munanka, pulanka ba taka kumi takaia sip yaba pâtka nani tnayara lakaia.
- Wal baku apia pulanka nani daukisa kaka (pulanka tnatka nani, bamintun wiba, ban) trin munanka kumi bani ningkara mihtam wala wal kli yamnika yabanka iksasais nani wark taks.
- Wirhka nani bukaia piua damhra walia bara pahpaya wapni bri daukaia.
- Pulanka bani dukiara sins lâka aitani kat yus munaia, saura daukanka kum wakia tâ puskanka nani, bulwanka nani, ban trabilka nani baku tuskaia sip bangwisa.

- Pulanka bani dukiara pât apû lâka kulkanka nani bara lâka nani rispik munaia, purkara pât kar briaia tânka wina pulanka nani ba ra. Trin munanka bani ningkara yamni takanka bara yari takanka iksasais nani daukaia.
- Kumi bani wina pitka nani pura luaia apia.
- Tâ pali ilp munanka ra tâura yaba kakaira lâka nani brikaia, latwanka kum yaba kau saura takbia apia ilp munan kabia.
- Trin munanka wiria apia kaka piu wihka apia latwanka kum luan sa kaka, pain kapram piuara dauki kapram yaba duka daukaia trai kaikpara, mankan bara nahki yaba tânkam kat warkka ba wal praks.
- Pulanka pliska nani ba bara kuala dimaika pliska nani ingni lâka yamni, pâsa, lalalwanka aitan kat, klin, ban. blistu brih bangwi kaia sa.
- Yus munaia ra pulaika dukia ba blistu yamni bangwi kaia sa bara pulanka bani dukiara aitan kat ba kaia sa.

15. Trin munanka tânka sut nani

Wan wîna tara nahki yaba tânka pakaia dukiara yus muni bangwi yaba warkka nani, iksasais bara lan takaia dukiara daukanka nani aslika kum bangwisa.

Trin munanka nani ba ai daukanka tnatkara patrang sât aihka nani pliki bangwisa. Wîna daukra kasak kum ra dauki pua, tânka sut kum dukiara aisaras, sakuna lan takaia dukiara daukanka kum wina.

Tânka sut: Wîna daukra nani sut wina patranka aiska nani

Lan takaia dukiara daukanka: Wîna daukra kasak kum wina tânka mariki patrangka nani.

Trin munanka wina tânka sut nani baiki sakanka

Naha tânka sut nani wina baiki sakanka nai ailal bâra. Witin nani wina kum ba ningkara ba sa:

15.1 Sip takaskras tânka sut nani

Sip takaskras, wiria takaskanka apû dauki bangwi yaba nani bangwisa.

Witin nani tilara yawan brih bangwisa:

a) Sip takaskras plapanka

Wal baku binka ra plapaia bara prais kat yaba yahpika kum takaskras plapaia, tânka mariki piu kum piuara sa.

Sâtka nani:

- Yahpika isti wina karnika kupia pât pât lâka kau tara (FCM) ba wina 70% bara 85% ba tilara, minit/diwanka 140-170 ra lamara blistu yaba dukia.
- Lakras ban yaba binka.
- Wiria takaskanka nani apû.
- Pâsa traska apû (Wînka puhbanka bûi pâsa ilp munanka ba yus munanka ilpka yabisa)



Bapanka:

- Pâsa bri alki takaskanka ba pakaia.
- Ani, ani uplika wina wîna tara nahki yaba tânka ba yamnika ba bara main kaiki briaia ba dukiara lukanka ra baman yaba lan takaia dukiara daukanka kum sa.

Sampla: Minit/diwanka 145 ra 30' piura takaskras plapaia.

Sim piua ra sip takaskras plapanka ba, kaia sip sa:

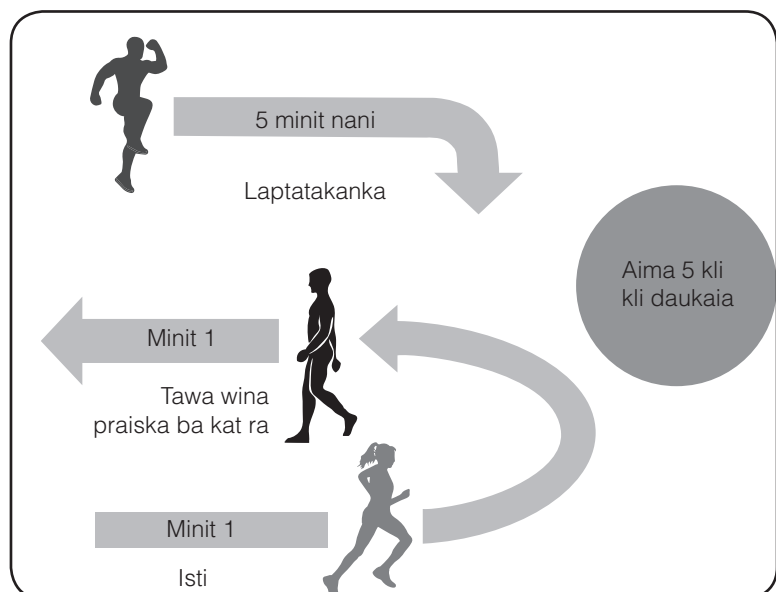
- Sip takaskras plapanka tawa apia kaka tawa tawa plapanka. (kaina tânka win).
- Sip takaskras plapanka tarbik (170 Minit/diwanka wina kau pura). Pâsa apû alki takaskanka sin pakan kabia sa.
- Sip takaskras plapanka isti (180 Minit/diwanka wina kau pura). Pâsa apû alki takaskanka sin pakan kabia sa.

b) Fartlek

Takaskras plapanka kum binka wina shins nani tilara dingki daukaia ra sa.

Sâtka nani:

- Binka ban ban sip dakbras ba apia sa bara plapanka yahpika ba shîns takisa (purara ulânka nani bara maya ra lahbanka nani bâra)
- Karnika pitka ba dauki bangbia yaba binka shins munanka nani wina ai karnika bribia.
- Pâsa manka aibapanka bâra kaia sip sa (Plapanka yahpika purara yaba minitka nani bâra piua ra)
- Wiria takaskanka nani apû.



Bapanka:

Pâsa bri bara pâsa apû alki takaskanka ba pakaia.

Sampla: 10' takaskras plapanka tawa kum ra + 3' kaina tani wi 5' takaskras plapanka kum tawa ra + 1' binka kau tara ra plapanka + 5' takaskras plapanka tawa + 2' binka kau tara ra plapanka (warkka piua sut: 26').

c) Trin munanka ul

Takaskras plapanka ba, fartlek wiba bara iksasais nani (daukra nani sut ra warktakaia sip bangwi yaba nani ra) miks munaia ra sa

Sâtka nani:

- Takaskras plapanka ba, pura ulanka nani bara maya lahbanka nani wal shins munanka dauki bangwisa. (binka shins munanka nani) bara iksasais nani.
- Binka ba ban ban sip dakbras ba apia, bamna dauki pliska yaba ra trin munanka ba wina piska ba wina karnika bri shins taki yahpika ba.
- Wiria takaskanka apû.
- Pâsa traska mana bâra kaia sip sa (Daukan yaba iksasais ba wina yahpika ba yaba minitka nani bâra piua ra apia kaka plapanka ba yaba uba purara kabia)

Bapanka:

- Pâsa bri bara pâsa apû alki takaskanka ba pakaia.
- Karnika ba, karna plapanka bara nawaikanka ba pakaia dukiara (wahbi sakbia yaba iksasais nani wina sâtka ba wina ai karnika bri, plapanka ba wal tilara daukaia dukiara)

Sampla: 10' takaskras plapanka dukia + 5' kaina tani wi plapanka dukia + 30 biara dukia nani + 30 mihta wina bulwanka + 30 yarahka dukia nani + 5' takaskras plapanka dukia + 5' yari takanka dukia + 2' binka kau tara ra plapanka dukia + 5' yari takanka dukia (Warkka piua sut lamara: 40').

15.2 Baiki sakan tânka sut nani

Trin munanka wirhka ba baiki saki nani ba bangwisa bara witin nani tilara yamni takanka wina wiria takaskanka wal. Tânka briaia dukiara shîns daukanka wahwal kulkanka ra briaia nit sa:

- Plapaia ra wihkika (W) apia kaka wirhka (W). Yawan dauki bangwi yaba iksasais ba plapaia sa kaka, wihkika ba tânka marikaia kabia; wirhka mangki kaikaika warkka kum sa kaka, wirhka ba nitban wirhka ba kabia sa.

- Yahpika (Y). Yawan iksasais ba daukibangwi yaba ba ra binka ba bûi param ba aula. Yahpika ba kakaira takaia dukia tnatka nani wina kum minit/diwanka nani tilak sa.
- Kli, kli daukanka nani (K). Yawan iksasais ba dauki bangwi yaba aima an numbika ba sa.
- Yamni takanka (Yt). Kli kli daukanka kum bara wala tilara yawan ris muni bangwi yaba piua ba sa.

Sampla: Tilara- trin munanka

Ris munanka wina wiria takaskanka kum bûi baiki sakan yahpika tara wina karnika nani kli kli daukanka daukaia ra sa.

Sâtka nani:

Yahpika: Upla ba wina sip yaba nani ba wina 75% bara 90% ba tilara shins takisa.

(Sampla baku 12 sikan ra 100 m nani ba daukaia karnika bri uplika 80% kum ra wihkika ba 15" ra plapan kabia)

- Plapaia ra wihkika: 100 wina 400 m. kli, kli daukanka nani: 10 (Alkaia yaba bapanka wina ai ilpka bri).
- Yamni takanka: 2', yamni takanka tâka kum bara sut apia ba mita (minit/diwanka 120 nani kat yamni takanka bri).



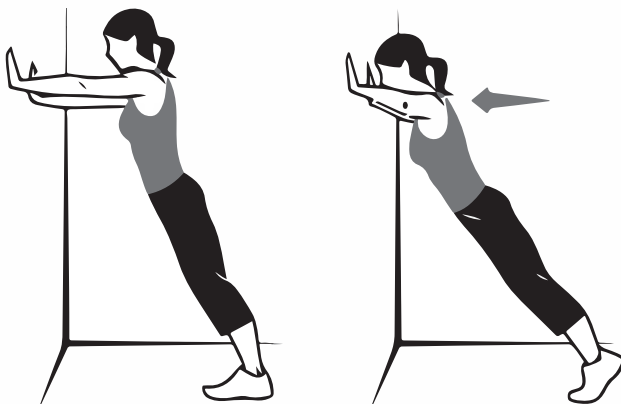
3 minit nani Minit 1 3 minit nani Minit 1 3 minit nani

Bapanka:

Pâsa bri bara pâsa apû alki takaskanka ba pakaia

Sampla: W: 200 m, Y: 80%, K: 12 , Yt: 1' 30" (apia kaka 120 p/m ra waia) (200 m x 12).

a) Kli kli daukanka nani



Tânka mariki wihkika kum apia kaka warkka lilka kum barih bangwi bara aima an tânka marikan numba kum kli kli dauki bangwi yaba bukra tânka sut nani bangwisa. Shins takanka nani sut miks taki bangwisa (W, Y, K, Yt) klir pali bangwi yaba bapanka nani ba kat.

Baha shins takanka nani nahki asla taki bangbia wina karnika bri yawan ningkara kli kli daukanka tânka sut nani briaia sip sa:

- Wihkika tarbaik wina kli kli daukanka nani: Yahpika kau purara munhtak bara yamni takanka kunhku. Pâsa apû alki takaskanka ba pakisa.
- Wihkika kunhku wina kli, kli daukanka nani: Yahpika kau pura bara yamni takanka yari. Karna plapanka ba pakisa.
- Il tnaya witni: Driwan tasbaya kum ra wihkika nani wina kli, kli daukanka nani. Pâsa bri bara pâsa apû alki takaskanka ba, karna plapanka ba bara karnika ba pakaia sip sa.
- Wirhka mangki kaikaika wal kli kli daukanka nani. Karnika ba pakisa.
- Nawaikanka wina iksasais dukia kli kli daukanka nani: Nawaikanka ba pakisa.

Sampla nani:

Il tnaya witni: W: 60 m, Y: 100%, K: 8, Yt: Driwanka sut: karna (karna plapanka ba bara karnika ba pakan kabia) (60 m x 8)

Wihkika kunhku wina kli, kli daukanka nani : W: 50 m Y: 100%, K: 12, Yt: sut (karna plapanka ba pakan kabia). (50 m x 12)

b) Miks munan tânka sut nani

Kaina wâl nani wina sâtka nani asla dauki bangwi yaba nani bangwisa.

Sâtka nani:

- Daukanka nani mapia kaka iksasais nani wina tânka marikan numbika kum wahbi saki bangwisa. (6-10 iksasais nani).
- Iksasais bani takaskaia pliska nina maki yaba pliska kum ra mangkisa.
- Takaskaia pliska banira iksasais ba tânka marikan numbika aima an kli kli dauki bangwisa apia kaka mangkan pua kum piura baha iksasais daukisa (20"- 1'30" lamara).
- Takaskaia pliska kum ra iksasais nani dauki ta krika bangwisa bara wala nani sut ku luan pua tnata prakisa.
- Tnaya kir daukanka ul aima ailal kli kli daukaia sip sa.
- Wiria takaskanka nani ba takaskaia pliska kum wina walara shîns takaia ra wihka takaskaia yaba pua bûi klir muni bangwisa.

Bapanka:

Takaskaia pliska bani dukiara wahbi saki bangbia yaba iksasais nani nahki bangwi kabia wina ilpka bri, wîna daukra nani sut wark takaia sip bangwisa.

Sampla: takaskaia pliska 6, 30" takaskaia pliska bani ra, 3 Tnaya kir ba ul wina kli kli daukanka nani, takaskaia pliska nani tiloara yamni takanka apû, tnaya kir bani tilara yamni takanka 1'

Ulbi mangkanka kum: Ai trin munanka wina pitka bara ai bapanka nani wina ilpka bri tânka sut nani papulra kumi bani ra aitani kat mangki bangwisa.

Lan takanka daukanka nani

- a) Klaskam daknika wina tilara nani yumhpa wahbi saks.
- b) Wahbi sakram tilara nani ba wina trin munanka ba dukiara dingkan kabia yaba masinka nani bara iksasais sâtka nani ba wal baku dauks. (Ai karnika nani brih bangwi yaba bara pakaia brin dauki kat)
- c) Wahbi sakan tilara kumi bani dukiara wan wîna tara aihwika yabanka lukanka kum dauks.
- d) Smasmalkra ba ra ridi dauki bangwan prugramka nani yas.

Smasmalkra ba wal bara tâura yaba uplika wala nani wal aisas:

Banhki ra, wan wîna tara aihwika yabanka dukia daukan prugramka nani ba kasakkira daukaia bara tânka wiaia. Baha prugramka nani ra blistu daukaia kabia kaikanka nani bara shîns munanka nani (bâra kaka) ulbaia.

Silp laki kaikanka daukanka nani

Smalkanka aslika I tadi takaia ningkara, ningkara kulki marikanka nani dauks:

Tânka pliks bara ningkara, ningkara ba diara wâl sim baku asla dauks:

- A** Sixtarca tanka ba () Wan wîna tara trin munan paskanka piska.
- B** Wan wîna trin munaia aisanka () Tnatka raya kum, wîna trin munan kaia mata.
- C** Matveiev tânka ba () Asla taki bara alki daukan kaia yabalka nani.

D Prugamka daukanka () Wîna trin munaia smalkanka mariki ba.

E Pâsa ra aiawanka tnatka () Plapi win tatakra uplika kum.

F Diara raya papaskra () Wan wîna karna bri kaia ra ta baikisa.

Ansika yas:

Ani patitara dahra piua “trin mamunra” lukanka ba ta krikan?

Wan wîna tara aihwika yabanka prugamka ba, nahki daukaia ba tânka ulbanka wal, nahki prakanka daukisa?

Lilka nani mariki ba tnayara, wan wîna ra dauki yaba latwanka nina uls. (Dusa bulwanka, kriwan, puskanka, kalhbanka)



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

- a) Papulra kum ridi daukanka ba nahki daukaia ba tânka ulbanka aiska baman blakisa.
- b) Wîna tara trin munaia warkka wirhka baiki sakanka nani piua bara kulkanka nani pitka kat a)blistu daukaia sa. _____
- c) Dakni ra baiki saki trin munaia warkka ba, karnika pulanka nani tâura yaba dukiara kahbansa
- d) Wîna tara sip ai karnika briba tanka, wihka bapi buaia, karnika manas bri kaia, isti aiawi taukaia, wina ba suapras, bara ai tânka sin pain bri kaia. _____
- e) Pulanka praptiska ba bûi plun pain piba wal, lî ailal diba wal bara ris pain bri bani wan wîna tara trin munisa piua ra, wîna tara ra trabil uya yabras. _____

Ningkara makabanka nani aiska sut dauks::

- a) _____ bui winam trin munaia warkka ba, tani ailal baiki sakisa bara tawa, tawa kli karna dauki nani ba bangwisa.
- b) Diara wihra buki, kli buki dauki ba wal, wan wîna tara ra _____ daukisa
- c) Wan _____ ra latwan briba, upla sut ai wina trin muanaia warkka dauki nani ra takisa, bara ya wala nani sim baku pulanka satka kum tilara ba, baha nani ra sim takisa.
- d) Diara wihra bukaia warkka dauki ba wal, wan wina piska nani _____; _____; bara _____ ra, kau karnika tara bara pain wark daukaia sanska yabisa.

Kasak pain aisi kaiki ningkara ansikam ulbi mangs: (Au / Apia)

- a) Wahbi sakan yaba tilara bani sip ba lâka nani apia kaka satka nani kulkanka ra bri trin munanka prugramka nani ba man daukisma ki?

- b) Man klin iwaia lâka nani, pât apû lâka bara asla iwaia lâka klaskam ra daukisma yaba daukanka nani piura yus munisma?

- c) ;Man warkkam daukisma tilara, dia pulanka nani ridi daukram ba sut pulisma sapa, bankra laki kaikisma ki?

Smalkanka aslika II. Sain tnatkara srutwi pulanka kum marikanka lilka

Aslika ba bapanka nani

Aslika ba danh takaia piua ra, daukanka tâura yaba uplika ba:

- Miusik paskanka kum wina asla praki dukia nani tânka wisa.
- Sain tnatkara srutwi pulanka ba baiki sakanka bara pura prakanka dukiara miusik paskanka kum ra asla praki dukia nani wal baku daukisa.
- Upla daknika nani sat, sat dukiara sain tnatkara srutwi pulanka lilka paskisa.

1. Wan wînka puhbanka ta mangkanka iksasais nani bara ai talia daukanka wala nani ra miusik ba.

Miusik binka apusa kaka sip wina nikbi danks pulanka ba sin pain apia kabia sa, pulanka almuk nani sin ba ra sa, Step (ulaika) ba bara miusik wala nani ispail uplika nani ai pulra briba sin kaikisa bankra: Funk, hip-hop wala wala. Naha danska pulanka nani ba, wîna tara trin munaia ra yamni pali takisa, kan baha wal sika aiawaia tnatka ba marikisa (wîna lapta daukaia apia kaka pulanka aiska ra ta baikisa) diara wala nani daukaia ra sin ta baikanka tara wankisa.

Wîna nikbanka warkka smalki ba, uba pain sa bara dia sat miusikka wali pulaia ba wahbi sakisa. Tiun kau pain ba wahbi sakbia sa kaka, papulra nani ba kau lilia takisa, baha wali puli uplika nani ba kau pain ai wina nikbisa, bara sip latwan brin kabia apia sa.

2. Miusik ba spitka

Miusik tiunka binka isti plapi ba, asla daukan kaia ba sipsa, kuna baha lika CD kum ra apia kaka Flasch maki ba bara wala wala nani ba ra sa, baha nani ra baman sipsa alki takaskan kaia. Miusik alkaika nani ba ai wina kat piska kum brisa nina pitch wiba- ta mangkaika makisa, baha wal baman sipsa miusik tiunka ba kau binka tara bukisa bara sin lahbisa.

Upla nani mahka ai wîna trin muni ba ra miusik tiunka ba sins munisa baha nina ba BPM- beats makisa, minit bani.



- | | |
|--------------------------------------|------------------------|
| a) Lapta daukanka: | 130-139 bpm bilkara |
| b) Kupia bara tala luaika piua: | 140-160 bpm bilkara |
| c) Wîna bunhka aihwika yabanka piua: | 126-134 bpm bilkara |
| d) Laman lâka ra kli balanka: | miusik tawa bara auhni |

Miusik binka nani yus munan kaia ba, danska pulanka natka kat pliki sakan kaia, uba sin bin tara daukaia apia. Miusik dauki piska nani yus munan kaia ba, uba mana dukia nani atkaia apia, kan naiwa piua nani ra diara raya paski dukia nani ba, uba pali yus munisa upla sut bui. Baha mita nit apia sa, mana dukia nani yus munaia kan sipar dukia nani ba sin ilp wan takisa wark dauki ba tila kat. Sipar ba mita upla manas baha dukia nani ba atki brisa. Bara ai wina nikbanka nani daukisa ai pliska kat upla sut CD, plats, miusik alakaika wala nani ba brisa.

Wan wînka puhbanka ta mangkanka iksasais nani dukiara miusik ba wahbi sakaia piura kulkanka nani:

- Upla nani ai wîna trin munaia ridi takan ba aima pas baku warkka tilara diman sa kaka, miusik ba sin tankira pliki mangkan kaia sa. Pat tanka brisa kaka lika miusik karna nani ba mangkaia sipa.
- Dakni ra asla taki ai wîna trin munaia trai munisa kaka, tila ba kat manka nani ba laki kaikan kaia sa sip kaka Baiki sakan kaia, baku daukras sa kaka tila kat upla manas ba sipa latuan brin kaia. Ai kaina pain suni pulaia kan miusik binka ba mita kau karna puli bamna.
- Upla nani tila ba kat kau yari pawan nani ba, trabil munisa naku piua ra, bara sip pain ai warkka ba daukras sa, uya wina ba isti apia sa, baha mita nikbanka piua ra pain tâ mangkras bara pât apû lâka ba trabil munisa.

Miusik binka isti ba bak sakan sa, baha lika step (ulaika) smalki piua; bara baha ba 120 bpm bri sa, yus munan kabia steps (ulaika nani) tnatka ba, baha ba, 20 sintimika kabia.

Musik binka istika nani aisanka sâtka wala nani ra

Wînka puhbanka ta mangkanka iksasais ispail tnatka:	130-142	bpm	bilkara
Jazz maki ba wînka puhbanka ta mangkanka iksasais:	124-145	bpm	bilkara
Funk maki ba:	115-130	bpm.	bilkara
Hip-hop maki ba:	100-120	bpm.	bilkara

3. Miusik ba paski yaba diara nani

Miusik paskanka kum asla praki yaba dukia nani sâtka wâl bâra sa: bila bara lata tani ra.

3.1 Bila tani diara nani

a) Tiun binka aunhka ba

Baha tanka ba saun nani binka asla praki saki sa, bara miusik binka ba lukanka nani sakisa. Lukanka kum tânka wiaia sip sa. Piua wihka luan saunka kum kaia sipa (binka yari bara kunhku nani sa) binka sat, sat tara bara sangni walan kabia.

b) Miusik binka asla praki kangbanka (yula kahbanka)

Ai yula kahbanka bara tiun kum tilara binka wal ai tânka bri ta mangkanka yaba miusik piska ba sa yawan wiaia sip sa. Baha ba, pain wali sa, wan wîna sut nikbisa saunka aunhka ba mita. Tiun ba yula kahbisa.

Miusik binka aunhka saki ba, wal baku kat yus munanka bara ai plamayka brisa, yawan kulkanka kum pitka wina ta krika tiun binka nani dakni yumhpa dukia apia kaka kau brin kabia (do, re, mi, sol, fa, la, ban ban) kumi bani binka sat nani sakisa.

Binka ba apia kaka tiun ba yaba wan nakra ni sip kaikras sa sakuna miusik binka ba miusik ra auhka yabaia dukiara papaskra mihta ra tuls kum kasak karna sa. Naha walras sa sakuna wan dahra walisa)

c) Miusik binka saunka (Miusik stailka ba)

Miusik nani ai saunka binka asla pain la kat saki ba sa. Miusik binka aunhka wali ba wal asla takisa. Tiun binka wira wan taim bal taki ba, baha ba saunka nani kunhku bara yari nani wal prikan sa.

Miusik binka satka nani

Tiun binka baiki saki ba, bin nani ba baiki sakisa bara taimka prahni nani daukisa. Binka pain wala nani ba ai ta kat ban yamni walisa, tila taim binka nani ba asla prakisa. Baku tnatka ba ispail nani tilara miusik almuk nani ra walisa.

Tiun binka pura prakan ba, tanka ba, miusik ai binka saki ba isti tnatka ra, baha ba alki kau wihka dukiara suisa. Ban sakuna, naha ba piua bani kli, kli bin nani tilara sakras sa, sipa baku kaia kuna sip walras wan munisa.

Tiun binka nani pri tnatka ra kangbi ba, baha ba kainara laki kaikan nani ba wal kumi sin prakas sa. Prakanka kum marikbia sa kaka, lawana almuk nani Kristian patitara almuka nani piua ra aiwanikan lawana satka ba nina: Gregoriano maki kan ba, baku ai saunka nani brikan, tiunka binka nani ba pri natkara kangbikan, sim lukanka pranakira kum ulbi aisi ba saunka baku.

Miusik nani kum kum ba saunkas ban bin baman kulkan kaia sip sa.

3.2 Lata tani diara nani

a) Paskanka

Baha ba miusik kum paskan kaia dukiara lukanka nani saki ba, dia sat miusik ka kaia baha sinska nani yabisa.

b) Miusik binka nani wan kiama kat wali ba

Pâsa bak wan kiama ra wali sa bara satka yumhpa bâra sa:

Saunka kumi baman: Baha ba, tiun binka satka kumi baman saki sa, tiun dauki wala nani alki yus munras, baku sin upla wala ta baikanka apu sa.
Sampla: Gregoriano nani aiwananka tnatka ba.

Binka satka wala wal asla
praki saunka dauki ba: Asla prawi tiun binka ba kau pain auhni daukisa wan kaima kat. Naku daukanka tnatka ba, mani tausin nani XVI piua ra bal takan sa, bara wan piua nani ra sin ban alki yus munisa. Sampla: Tiun binka ba sim ulbanka apia kaka binka lilka sim piura nin bliki bangwi yaba karma binka nani bûi yula kahbanka sa.

Binka ailal dauki ba: tiun binka sat sat, kumi bani silp ai tnatka kat dauki sa
Sampla: Prias watla tara almuk nani bila kat binka nani dauki ba.

Wan wînka puhbanka ta mangkanka iksasais nani praptis munaia dukiara miusik binka nani bak sakan ba, tiunka uba pain kaia sa. Naha sat miusikka ba, binka tara dauki nani kaia, wibia sa kaka kungbi tara binka dauki ba baku: (dung, dung, dung) takaskra kira pruki kaia.

Wan wînka puhbanka ta mangkanka iksasais nani ra bara step, baku sin dia warkka wala nani kum daukaia sa kaka, miusik binka ba wal ta mangki daukan kaia. Baha mita aitani sa, pain laki kaikaia dia sat miusikka binka nani yus munan kaia ba, wîna tara trin muni piua ra. Baha ba sipsa tawa tawa lan taki waia.



Wina tara trin munaia ra yus muni lawana nani ba:

- Beat maki ba: baha ba miusik nani ai taimka kat bin saki ba (dung, dung, dung), bara tram tram tara nani aslika pulisa piua ra. Kungbika nani pruki ba baha sut ba asla kau pain
- Tiun binka kau tara dauki ba: Naha tanka ba tiun satka sut kau karna yan bin takisa, beat aslika kum wina bilara aima bani tnatkara yaka tara daukisa bara kli, kli daukisa. (sampla: bin tara daukanka aima 8 prukuia ba wina 1^o ba) kau binka tara daukaia sip piska ba nina Master beat makisa, baha lika aima 32 binka tara daukuya ba wina kumka ba, kau param sa.
- Miusik binka bila baikra: Tiun binka kau purara buki dukia nani ba 8 asla daukan sa, taura ba binka tara dadaukra sa. Pâsa ra wîna trin munaia klaska kum ra miusik nani asla daukan ba sika CD, baha lika ta wina tnata kat miusik binka bila baikra satkira nani brisa.

- Nina blikanka yabi ba: Baha tânka ba miusik binka nani aima wal asla prakanka kum sa, wibia sa kaka miusik binka aima 16 taim buki ba sa. (tânka miusik puli tilara Solfeo maki ba 4 aima praki 4 nani sa).
- Miusik satka nani baiki saki asla dauki ba: Tânka miusik bîla baikra satka nani 4 walhwal asla daukan sa, wibia sa kaka, taimka nani 32 brisa apia kaka nina blikanka 2. Nina blikanka bani ba binka tara brisa, “master beat” ba wal.
- Tiun binka nani pis ra dauki ba: Miusik baiki sakanka 2 pura prakanka sa, wiaia sa ba tiun binka nani 64. Naha baiki sakanka ra pura prakaa ai yus munanka bûi tânka tara sa, purkara wal baku sain tnatkara srutwi pulanka nanira piska kum wal baku baiki sakanka pura prakanka ba sa, apia kaka step (ulaika) wina sain tnatkara srutwi pulanka marikanka nani ra, bamna smalmalkra nani step wapanka kum miusik binka 4 ra dauki ba mira baiki sakanka kum 64 beats baku kulki bangwisa.
- Briks nani apia kaka lakun nani: Lâka wina tnayara bangwi nani. Step (ulaika) dukiara bara wan wînka puhbanka ta mangkanka iksasais nani praptiska dukiara lâka aiska baku takaskras miusikka paskanka kum rispik munis, 8 taim nani wina bila baikra binka nani ra baiki sakanka kum ai pura prakanka 4 wal, naha sîn lukanka baku tiun miusikka 32 marikisa.

Baha mita CD nani wina trin munan kaia dukiara ridi daukan ba naha laka ba kasak kulkanka yabi bangwisa. Ban sakuna disku markit kara tiun binka nani ailal bangwi nani ba naha paskanka rispik munras, sam piuara ai tilara asla taki bangwan taimka nani bâra yaba 32 taim baiki sakanka piska kumi sin apia. Naha daukanka brits apia kaka lakun nina makisa.

4. Sain tnatkara srutwi pulanka kum marikanka (tnata las takanka)

Naha ba tnatka kum sa, baha daukanka bak wan wina tara ba pâsa ra dans puli trin munan kaia dukiara. Paskanka dauki yaba kitwanka nani apia kaka patranka nani ailal asla prakanka ba sa. Paskanka kum ba sain tnatkara srutwi pulanka kum marikanka baiki sakanka apia kaka piska kum sa. Naku pulanka kum ba, sipsa upla wiria apia ailal asla taki pulaia.



Naha pulanka marikanka las ra, upla ailal asla taki dans pulanka dauki ba, uplika sut ba, sim sat wina kitwanka bri kaia, wibia sa kaka, sim minitkara, mistik kum sîn apu kira dauka kabia, dia miusik ai binka saki ba tanka kat.

Naku pulanka kum ba wira karna sa, ban sakuna dakni nani ba pain lan taki wan kaia sa. Kau pain lan takaia dukiara wina bulkanka satka nani manas dauki lan takaia sa.

Sain tnatkara srutwi pulanka kum marikanka, upla 8 nani asla taki pulisa, baku taim kau pain takisa, sam piua ra uplika manas nani ba naha aslika ba sip tânka briras munisa, kan baha ba ta brabrira ba bûi adar yabisa nahki daukan kaia ba.

Sain tnatkara srutwi pulanka kum marikanka satka nani

- Wal baku tnatka: Sain tnatkara srutwi pulanka kum marikanka tnata las paski yaba aslika nani ba smihkika baku aihkika ba ra wal baku kli, kli daukisa. Wiaia sa smikika –aihkika wal baku kum bâra yaba. Naha wîna bunhka wal baku kum ra brihwisa. Naha lukanka wan wîna tarbaik wal, wal baku yus munanka bara kau yus muni kuhma dukiara aisisa.

Sampla: Smihkika ra drius (4t) Aihkika ra drius (4t) bara ningkara Smihkika ra drius (4t) y bara aihkika ra drius (4t).

- Wal baku apia tnatka: Sain tnatkara srutwi pulanka kum marikanka tnata las paski yaba aslika nani ba kumi yaba bangwisa bara kum, kum wala nani wina sat aihka, wal baku tnatka nani ra sain tnatkara srutwi pulanka kum marikanka nani ra baku smihkika bara aihkika ba ra kli, kli daukras. Wal baku tânka ba wark takaia sa sakuna ayawanka patrang nani wala wal. Wal baku lâka plikanka ba kau karna sa.

Sampla: Aihkika ra drius (4t) Smihkika ra drius (4t) bara ningkara Smihkika ra drius (4t), lunge I, lunge D (4t).

- Miks daukan nani: Sain tnatkara srutwi pulanka kum marikanka wal baku tnatkara bûi baku wal baku apia tnatkara aslika nani wal asla prakan nani bangwisa.

5. Wan wînka puhbanka ta mangkanka iksasais nani bara ai talia daukanka wala nani

Wan wînka puhbanka ta mangkanka iksasais nani miusik binka wal dauki yaba pulanka satka kum bangwisa. Pitka bara sâtka ailal wina sain tnatkara srutwi pulanka kum marikanka tilak asla prakanka bara alki takaskanka, nawaikanka bara karnika wark taki yaba sa.

Pâsa ra wina nikbanka klaska ba, aiawanka satka nani daukisa, baha ba tawa tawa lan taki wisa. Smalki uplika ba bui dia daukan kaia bara nahki sin dauka kaia ba marikisa, baha ba miusik binka wal praki smalkisa, upla sut ba aman wali ai wina nani ba nikbisa.

Wîna pasa ra trin muni pulanka ba wal diara manas ilpka lâka brisa: wan talia klin munisa, wan prisika nani pain daukisa, paunka bara batanka nani sin lahbisa. Upla kum kaikisma wina tara ba pain sa, batana, Lilia biara tara sakuna naku uplika nani ba kau isti pruan kaia sipsa wala nani plun sat sat piras taka biawan tauki nani ba wal, kan wina tara pain ba lika siknis kau brisa.

Step (ulaika) pulanka ba, “sainka uba purara” warkka kum baku kakaira sa, naha pulanka naku nina makisa ai purkara aitani kat mangkaia sip ba tips tnatka ra kau pura apia kaka maya pura kum mina munhtara warktiki ba mita, sain tnatkara srutwi pulanka kum marikanka mana ba kau pura apia kaka mayara daukan kabia.

Ai yamnika nani bangwisa:

1. Pâsa bri ai paskanka bara kupia warkka dauki yaba wan kupia ba dukiara yamnika tara pali yabisa.
2. Wan biara aiska karnika yabanka.
3. Wina piska maya tani ba karnika yabisa, baku sin pura tani ba karnika alkisa, kan klahkla nani nikbisa kuna uya pali api asa.
4. Wan talia uba lapta ba lahbisa.
5. Wan sinska ba bara asla prakanka ba kasak pali yamni daukisa.

Wan wînka puhbanka ta mangkanka iksasais nani smalkanka apia kaka aisanka ba pis yumhpa ra baiki sakan sa:

Wina lapta daukan prahni nani: 10 minit kum kum nani lamara daukisa, bahara wan wînka puhbanka ta mangkanka iksasais nani tnatka kum praptis munan kabia apia kaka wînka puhbanka ta mangkanka iksasais sirpi kum step (ulaika) purara wîna bunhka ridi dauki waia dukiara.

Kulka pali aihwa smalkanka ba: baha lika 40 bara 45 minit tilara daukisa, kan bahara sain tnatkara srutwi pulanka ba bara iksasais kau isti nani dauki bangwi yaba piska ba sa.

Wan wînka drabanka bara ris takanka: Latwanka nani tnayara lakaia dukiara aitnani kat wan wînka drabanka sîn nani dauki smalkanka ba danh takisa. Baha ba 5 wina 10 minit nani ra daukisa.

6. Trin munanka pitka

Diara daukaia patrangka Karnoven apia kaka kupia pat pat wark takanka alki takaskanka lan takaia dukiara daukanka ba yus muni kulkisa.

FC Yahpika wina % kum ra = $(FC_{\max} - FC_{\text{rep}}) \times \% \text{ de I} + FC_{\text{rep}}$

Nit tânka kasak nani:

- Uplika manka ba
- Kupia nahki wark taki ba tanka (FC_{\max}) wiba
- Ai wina wark takras sa piua ra kupia nahki wark taki ba (FC_{rep})
- Wark nahki kat pitka daukan kaia sip ba

Anira:

$$\mathbf{FCmax} = 220 - \text{manka}$$

Naha diara daukaia patrangka yus munisa piu, mistik nani takisa baha lika 10 – 12 kupia dikwanka nani minit bani.

Diara daukaia patrangka wala kau raya bara sim sat yus munaia sip yaba bâra sa:

$$\mathbf{FCmax} = 208 - (0.7 \times \text{manka})$$

Kupia dikwanka ris ra ba sika upla kum tihmia yapi si titan buan pua ra yaba ba sa. Naha pitka briaia ba kau pain sa aitniki piu bara kupia karnika alkaika kum wal.

Wark uba wihka takan ba: Iksasais ba dauki upla kum aiawaia yaba brisa yaba tilara pua nani ba bangwisa.

Kupia wînka puhbra fitness wiba pitka uba maya 50-60% FCmax

Kupia wînka puhbra fitness wiba pitka lila kat 70-80% FCmax

Kupia wînka puhbra fitness wiba pitka pain 80-90% FCmax

Sampla:

35 mani nani bri mairin kum ai kupia ris piuara 62 dikwanka nani minit kum ra brisa. Baku uplika ra. Kupia kraukisa witin ai wina trin munan kaia 70 –80 % karnika nani ra. Ani ba trin munanka wina ai kupia dikwanka sa?

$$\mathbf{FCmax} - 220 - 35 - 185 \text{ I/m}$$

$$\mathbf{FC} \text{ 70\% kum dukiara I wina} = (185 - 62 \times 0.7 + 62 - 148 \text{ l/m}$$

$$\mathbf{FC} \text{ ba 80\% kum dukiara I wina} = (185 - 62) \times 0.8 + 62 = 160 \text{ l/m}$$

Dukia kulki tânka mariki yaba upla kum ba ai bapanka nani pura luaia dukiara 148 bara 160 kupia dikwanka nani tilara minit kum ra wark takaia kabia.

Sim ba wina ilpka nani ba tara dauki pura luaia dukiara ta mangkanka apû pâsa bri daukanka kum wina pât nani ba sirpi daukaia nit sa naha diara daukaia patrangka wal wark takaia ra.

7. Wan wînka puhbanka ta mangkanka iksasais nani ba ra tâura wapanka nani.

Wan wînka puhbanka ta mangkanka iksasais nani ba ra tâura wapanka nani nani sîn kum bâra yaba smalkanka kumi ra sin apû kaia sip sa.

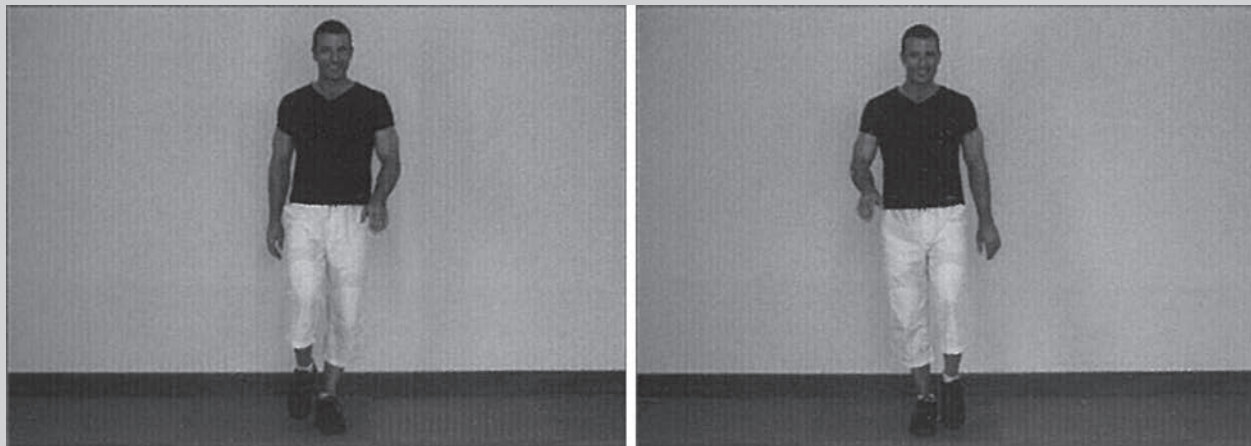


Mats muni: Klas aiska piua ra naha wapanka bâra sa. Wan Pliska bui ba kat wapanka karna nani daukaia imhpakras kira. Munhta sainka (tawa aiawanka) wal baku pura sainka (isti aiawanka) daukia sip sa.

Tilara kau dingkan wîna bunhka nani: wan tnata dusa, tnata nani, wan kuhma wîna bunhka, wan kilka wîna bunhka nani, wan braka wîna bunhka bara soleo wiba.

Yus muni yaba miusik binka nani: Taim kum

Aiawi tawaia sip yaba nani: Aû



Yus muni dukiara:

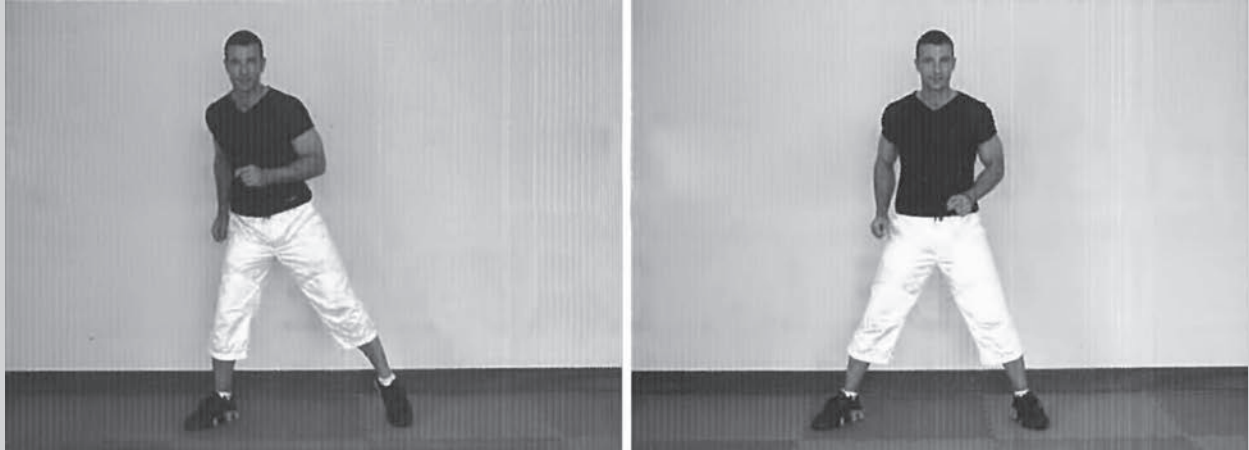
- Wîna nikbanka kum wina wala tilara takaskanka kum daukaia,.
- Klas ba wina binka ba takaskras kira sain tnatkara srutwi pulanka kum marikanka ba ilpka braia bara tânka wiaia.
- Kupia dikwanka nani lahbaia.

Wîna tara wirhka shins munanka: Kuhma dusa ba drabi - kuaki wan pahpaia kat suni brisa bara miusik binka bani ra wan wîna tara ba karnika alkisa bara sait kum ra aiawisa, wan mina wala tnata ba, beat wiba bani ra purara.

Tilara kau dingkan wîna bunhka nani: tnata tarbaik bara wan kuhma wîna bunhka.

Yus muni yaba miusik binka nani: taim wâl.

Aiawi tawaia sip yaba nani: apia



Ningkara ilpka nani braia dukiara tnayara wapanka kum sa:

- Wapanka sait aihka wâl tilara takaskanka daukaia
- Aisanka bara kupia dikwanka ba alahbaia.

Wapanka kanhbi kaikaia apia kaka step touch wiba: kuhma aihkika ba wal kuakisa (aihkika ba mapara) smihkika wal prakisa. Kuhma smihkika ba wal kuakisa (smihkika ba mapara) bara aihkika ba wal prakisa.

Tilara kau dingkan wîna bunhka nani: tnata tarbaik, wan wîna piska kum wilwaika tâ lila pas mapara bria wi yaba wîna bunhka bara wan kuhma wîna bunhka.

Yus muni yaba miusik binka nani: taim wal.

Aiawi tawaia sip yaba nani: Aû

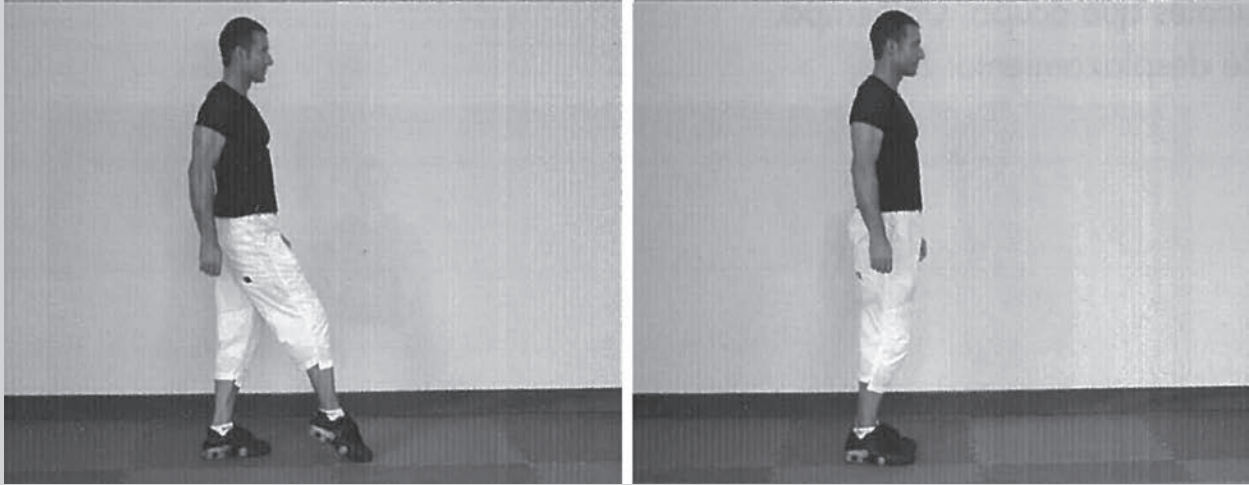


Mawan ra yaba nani

Tilara kau dingkan wîna bunhka nani: wan tnata dusa, wan kuhma wîna bunhka, wan braka wîna bunhka nani bara wan wayata wîna bunhka.

Yus muni yaba miusik binka nani: taim nani wâl.

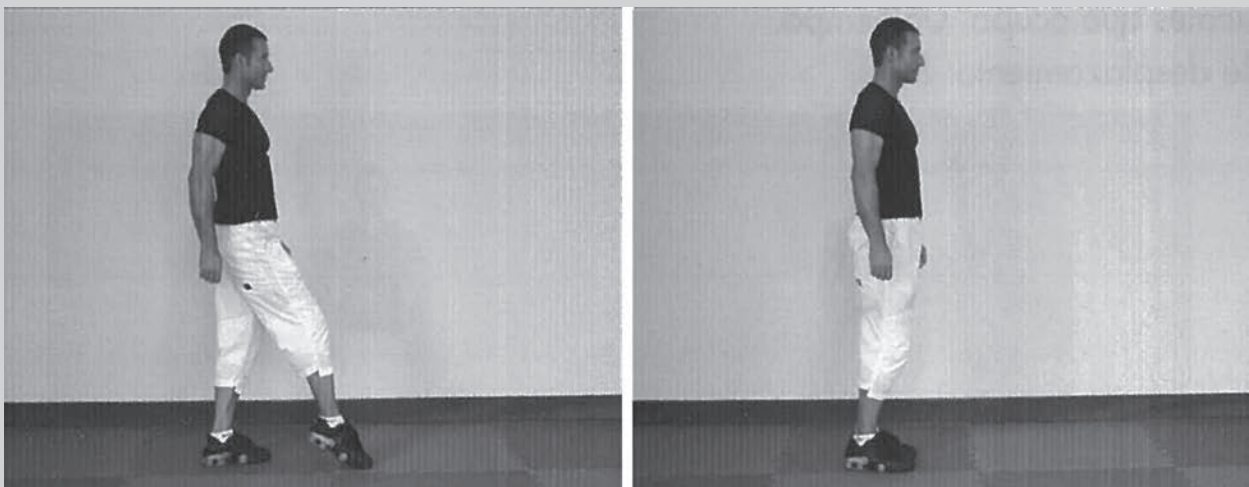
Aiawi tawaia sip yaba nani: aû.



Wan mina tnata nani

Tilara kau dingkan wîna bunhka nani: wan tnata dusa, wan kuhma wîna bunhka, wan braka mawan tani bara wan kuhma wîna bunhka.

Yus muni yaba miusik binka nani: taim nani wâl.



Aiawi tawaia sip yaba nani: aû.

Wapanka prihni taim nani walhwal ra dauki yaba aiawanka kum sa.

Tilara kau dingkan wîna bunhka nani: wan tnata dusa, wan kuhma wîna bunhka, wan braka mawan tani wîna bunhka bara wan kuhma wîna bunhka.

Yus muni yaba miusik binka nani: taim wâl.

Aiawi tawaia sip yaba nani: Aû



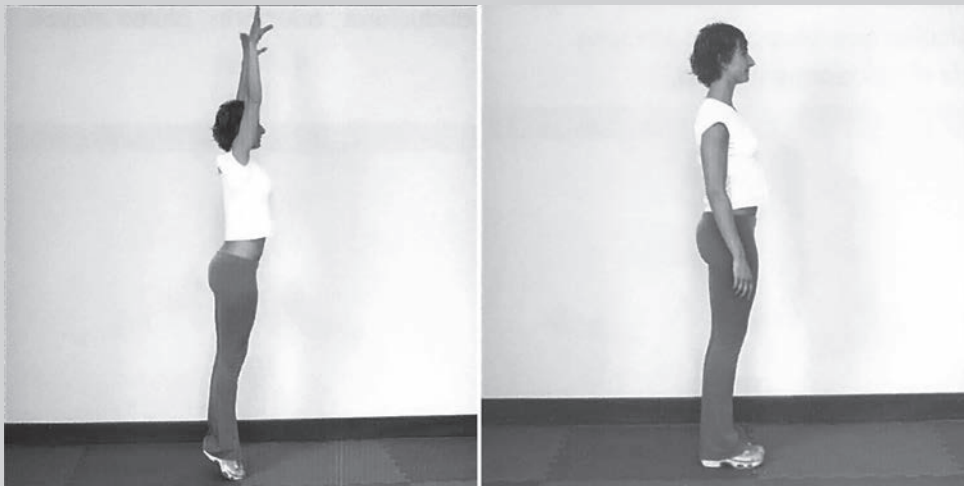
- Kuhma ba tnaya kum ra kuakaia.
- Kuhma wala ba nina ku lakisa (apia mawan ku, naha pâsa bri wapanka wina shins takanka wala sa)
- Kli ai kuhma ba kuakisa (bara kuhma wal sut kli kuakisa)
- Kuhma nani kli asla prakisa.

Bui ba pliska kat palanka: Isti pali bara/apia kaka purara daukaia sip sa (Naku aiawanka ba uba tara palisa) apia kaka kau tawa. Miusik ba binka bara wapanka karnika ba mark munan kabia

Wina bunhka nani kau wark daukan sa: tâ yumhpa bri wîna bunhka

Miusik binka nani yus muni ba: taim nani wâl.

Aiawi tawaia sip yaba nani: apia

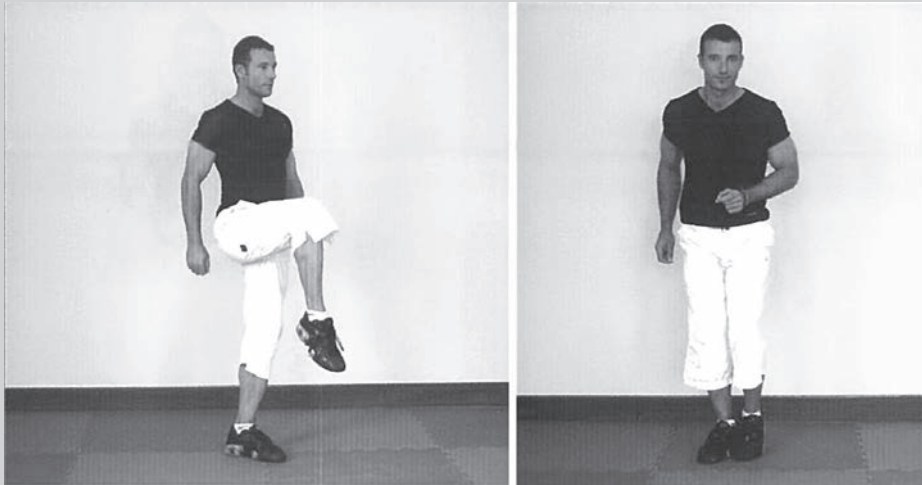


Lula purara bukanka: Naha aiawanka na mart muni ba wal ai talia sa, kuna naha lika wan lula kum bukisa. Kum buki wala buki ban ban.

Tilara kau dingkan wina bunhka nani: wan tnata dusa, wan kuhma wina bunhka mawan tani wapnika bara ta yumhpa briba wina bunhka.

Yus muni yaba miusik binka nani: taim wal.

Aiawi tawaia sip yaba nani: Aû.



8. Wan winka puhbanka ta mangkanka iksasais nani ai kanra wan wapanka nani

Wan winka puhbanka ta mangkanka iksasais nani ba kakaira laka briaia nit sa.

Viña apia kaka Grapvine: Wan winka puhbanka ta mangkanka iksasais nani lilia wapanka kum sa, sainka munhtara bara kupia dikwanka yamni dukiara uba pain sa.

Tilara kau dingkan wina bunhka nani: wan wina piska kum nikbi wilwaika ta wina laiwra dauki yaba wina bunhka nani, wan wina piska kum wilwaika ta lila pas mapara brih wi yaba wina bunhka, ta yumhpa bri wina bunhka bara tnata tara wina bunhka.

Yus muni yaba miusik binka nani: taim nani walwal.

Aiawi tawaia sip yaba nani: Aû



- Minara bui, mina nani asla praki bara minam aihkika wal taura itwi was.
- Minam smihka tani ba minam aihkika nina tanira laks. Kuhmam smihka tani ba kuhman aihkika tani ninara laks, bara tawa tawa minam smihka ba aihkika ba ninara lakbia. Ai mina smihka tani ba aihkika mina tnata bara prakan kaia, kuna uba pali lama kat kaia apia sa.
- Minam aihkika wal aihkika ba ra wapanka kum yas, minam nani ba aikuki asla mangkaia ra wilwi tawi.
- Winam ba ban trin muni aiawibas kuna smihka tanira. Tâura wira was minam aihkika wal, minam aihkika ba smihka tani ninara laks bara minam ba nanara smihka atani mina nata ba lamara barih waram kabia.
- Smihkam tanira wira aiawi taus, bara minam aihkika wal sim sat lainkara mangki suis.

V kum mawan mapara: Naha wan wînka puhbanka ta mangkanka iksasais nani V baku kum aiawi daukan kaia tasba ba ra, lainka ba tanka kat aiawan kaia.

Tilara kau dingkan wîna bunhka nani: wan tnata dusa, wan wîna piska kum nikbi wilwaika tâ wina laiwra dauki yaba wîna bunhka nani, wan kuhma wîna bunhka bara tâ yumhpa briba wîna bunhka.

Yus muni yaba miusik binka nani: taim nani walhwal.

Aiawi tawaia sip yaba nani: Aû.



- Bui ba pliska wina kuhma ba kuakan kaia, ba wina wala ba kuaki taura itwi wisa.
- Baha wina kli kainara bui katara bal buan kabia mina kum wal ningkara wala ba wal aiawan kabia.

V aiawanka nina tanira:

- Bui ba wina kuhma kum ba draban kabia, baha wina wal ba sin drabia bara wala ba kau wira alki takaski bri kabia.
- Mina kum alki takaski briba nikbia pliska ra mangbia baha wina wala ba wal sim sat daukbia.

Mina blikbanka: pasa ra mina wawanhka dauki ba.

Tilara kau dingkan wîna bunhka nani: Wan tnata dusa, wan kuhma wîna bunhka bara tâ yumhpa briba wîna bunhka.

Yus muni yaba miusik binka nani: taim nani wal.

Aiawi tawaia sip yaba nani: Aû



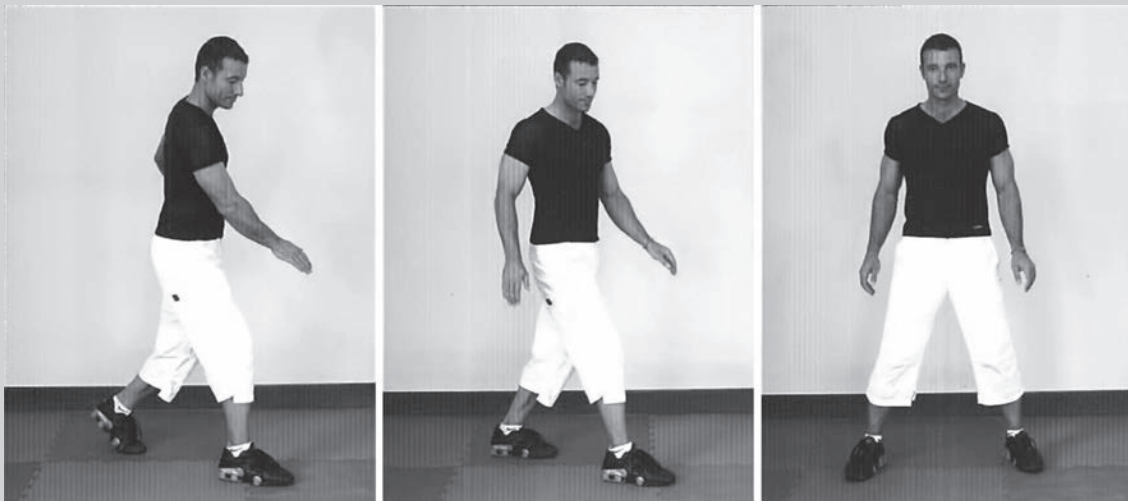
- Bui ba wîna mina pata pâsa ra wauhisa, wira driwi baku bara wan kukma ra wan ta baikisa.
- Nanara mina wala ba wal wahwanka daukan kabia, mina ba pâsa ra wahwisa, wira bawi baku bara wan kuhma ra ta baikanka brisa.

Mambo: karnika mayara wapanka kum sa.

Tilara kau dingkan wîna bunhka nani: wan tnata dusa, wan kuhma wîna bunhka, wan wîna piska kum nikbi wilwaika tâ wina laiwra dauki yaba wîna bunhka nani bara tâ yumhpa briba wîna bunhka.

Yus muni yaba miusik binka nani: taim nani yumhpa.

Aiawi tawaia sip yaba nani: Aû



- Bui ba wina kuhma kum tâura tukbi sakisa, wan nata dusa ra wan ta baikanka wal.
- Baha wina wan mina wakia nata ba wira buki brisa, baha wina wan mina tâura tukbi sakan ba kli pliska ra brih balisa.

Cha, cha, cha aiawanka

Tilara kau dingkan wîna bunhka nani: wan tnata dusa, wan wîna piska kum nikbi wilwaika tâ wina laiwra dauki yaba wîna bunhka nani, wan wîna piska kum wilwaika tâ lila pas mapara brih wi yaba wîna bunhka bara tâ yumhpa briba wîna bunhka.

Yus muni yaba miusik binka nani: taim nani wâl.

Aiawi tawaia sip yaba nani: aû



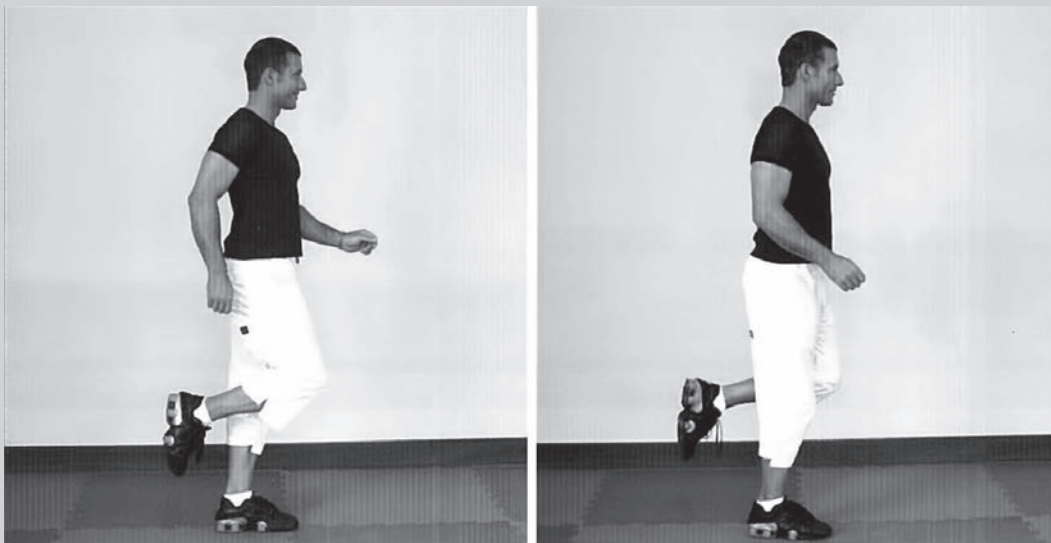
Danska puli ba tiunka kat, mina ba wira taura brih wisa baha wina wala ba wal bapi kli tawi bal lila ra takaski cha, cha, cha pulisa, baha wina wala ba wal sim sat pulanka daukisa.

Plapanka nani:

Tilara kau dingkan wîna bunhka nani: wan tnata dusa, wan kuhma, Kilka wihki kuhma wâl, bara tâ yumhpa bri wîna bunhka.

Yus muni yaba miusik binka nani: taim nani wâl

Aiawi tawaia sip yaba nani: Aû



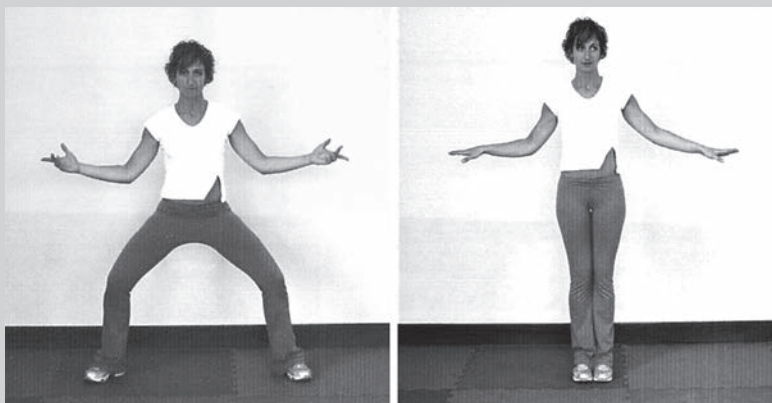
Sim pliska kat plapanka nani dauki ba.

Jumping Jack: Sainka pura wapanka kum sa. Aitanai daukaia dukiara klamhkla bara kuhma wîna bunhka nani blistu aubaia sa. Naha iksasais ra latwanka nani tnayara lakaia dukiara aubanka ba tânka tara bri sa.

Tilara kau dingkan wîna bunhka nani: ta yumhpa briba wîna bunhka nani, wîna piska kum nikbi wilwaika tâ wina laiwra dauki yaba wîna bunhka nani, wan wîna piska kum wilwaika tâ lila pas mapara brih wi yaba wîna bunhka, tnata tara.

Yus muni yaba miusik binka nani: taim nani wâl .

Aiawi tawaia sip yaba nani: apia.



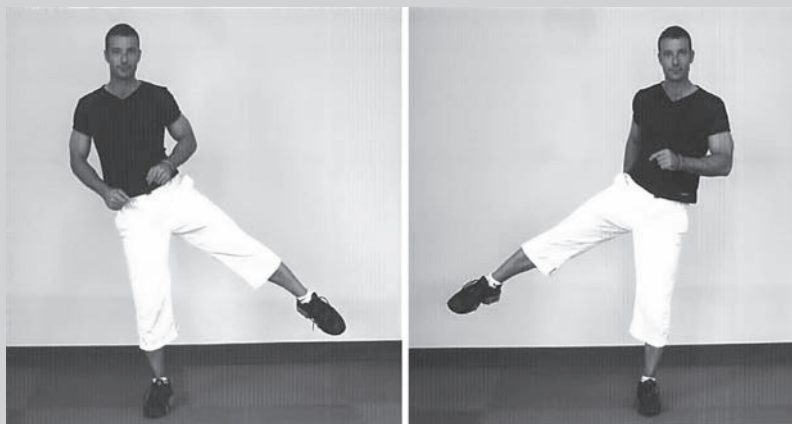
- Pamhpaya wapni mangks, minan nani ai lama kat bara klamhkla nani tnayara, lulam nani kriki. Ningkara srutwanka sirpi kum dauks bara kau pâsa ra sma piuara kuhma nani ba pamhpaya nani wina kau purkara brih was.
- Kuhman nani lata mapara nikwi piuara, klamhkla nani bulkan buki bangisma nitwanka piua ul ra pâsa ra

Pâsa ra takaski bri kaia: Baha tanka ba, wan kuhma kum ba pasa ra buki bri kaia.

Tilara kau dingkan wîna bunhka nani: wan wîna piska kum wilwaika tâ lila pas mapara brih wi yaba wîna bunhka bara tâ yumhpa briba wîna bunhka.

Yus muni yaba miusik binka nani: taim nani wâl.

Aiawi tawaia sip yaba nani: aû.



- Wan kuhma nani wina kum ilingki brikaia dukiara aisisa, sakuna tiabi brikaia watlikara pâsa ra buki brikaia yaba tasba alkras kira kli ai pliska ra balaia. (kuhma wâl ai lama kat) Naha tnatkara kuhma lula ba wan wîna tara wilwaika tâ wina laiwra taki yaba yari takansa.

9. Wan klahka nani nikwanka

Sain tnatkara srutwi pulanka kum marikanka ra wan klahkla nani nikbanka tilara dingkbia kaka iksasais wina kau ilp tara sakan kabia. Aitani pain sa wan klahkla nani nikbanka ba daukan kaia isti apia tankira pali.

Nikbanka satka kum dauki tânka brin piuara, isti pali klahkla nikbanka kum asla prakaaia. Klahkla nikbanka ba natka wal ra daukisa:

- a) Tânka marikan klahkla warkka: klahkla nani wark taki bara aiawanka aslika ba ra asla lâka kum yabaia bara kau karnika ba pakaia brinka brisa.

Naha aiawanka nani kaia sip sa:

Silp aiawanka nani: mihta apia kaka wîna tara piska kumi ra aiawanka nani.

Dubil aiawanka nani: Klahkla wal sut aiawanka nani

Shins muni aiawanka nani: klahkla kum pas ningkara wala ba.

Wal sim piuara: klahkla wâl sut sim piua ra yaka aiawaia.

- b) Sain tnatkara srutwi pulanka kum marikanka ra wan klahkla nani: Smalkanka ba ra lalihkra tnatka kum yabi tilara ba uplika asla prakanka brinka brisa.

Nahnani naku ra baiki sakan sa:

Wal baku tnatka nani: Sim piuara klahkla nani wâl aikuki nikbanka daukisa.

Wal baku apia tnatka nani: klahkla bani ba nikbanka satka wala wala daukisa.

10. Sain tnatkara srutwi pulanka kum daukanka

10.1 Tâura wapanka nani

Sain tnatkara srutwi pulanka kum marikanka praptiska ba karna muni dukia nani bara binka shins takanka (kau wiria miusik aisanka kum piuara) pitka nani sut ra shins takanka bara wilkanka nani sut yus muni, sim piuara mihta bara kuhma nani nikwanka asla prakanka nani mariki wan almukka piua wina wan wînka puhbanka ta mangkanka iksasais nani wina silp aiawanka patrangka nani asla prakanka nani blistu marikaia sa. Ani ani wapanka isi karna muni pitka kau tara kat daukaia sip sa.

Sipsa kuhma nikbanka ra diara nani wala takaia, naku dukia baku: purara bukan kaia ba, bila yahpika, pliska tânka ba, nahki kat aiawanka briba, piua wihkika nani, isti dauki ba, ani tanira aiawiba, bara dia daukaia mariki ba tânka sut takan kaia sipsa, (Mayara) tânka ba piua bani mina kum ba tasba ra bapi bri kaia sa, bara (purara) tânka ba, mina wal sut pâsa ra bukan kaia ba, baha lika paluya piua ra.

aim nani 8 wina tiun binka nani 4 ra (32 miusik binka nani) sain tnatkara srutwi pulanka kum marikanka dakni ra paskanka ba dukiara sip yaba sât sât nani tânka marikaia sip sa; baku bamna dakni paskanka ra dingki bangbia yaba wapanka numbika nani wina ai ilpka bri sain tnatkara srutwi pulanka kum marikanka yawan ningkara dakni paskanka nanira baiki sakaia sip sa:

- Karna apia wahbi sakanka: Tâura wapanka kumi baman kum yus munisa bara sim ba dukiara sât wala takanka nani daukibangwisa
- Dubil satka wahbi sakanka: Tâura wapanka nani wâl yus munisa bara sim nani dukiara sât wala takanka nani yawan daukibangwisa.
- Sîn ku ailal wahbi sakanka: Aisanka bani ra tâura wapanka kum yus munisa bara sim nani dukiara sât wala takanka nani yawan daukibangwisa.
- Aisanka ku ailal wahbi sakanka: Tâura wapanka nani wâl apia kaka kau aisanka bani bilara yus muni bangwisa.

Ris mangkanka dukiara ridi daukibangwi yaba sain tnatkara srutwi pulanka kum marikanka nani aihkika ba aisanka ku ailal wahbi sakanka yus munibangwisa wapanka bani dukiara shins takanka nani ailal dauki. Aima ailal ra sim danska pulra ba wal praki marikisa, ta krikisa kuna danh takras, bara wala satka dingki sin pulisa.

Sampla baku:

Lula kum ba purara bukan kaia (knee lift) wiba, baha wina wala Jumping Jack (J.J.) nina maki ba nina blikisa.

Naha sat wapanka nani wal pura prakanka ba kli kli daukanka, taim nani walhwal pliska kum alkan kabia (ai binka kasak wina aiawanka dubil nina blikisi). Aiawanka nani ba asla wal prakbia sa kaka, lula taimka kumi yawan wahbaia sip bangwisa bara wapanka ba danh takras kira JJ wina taimka kumi bara wâl prakan kabia, baku takuya wapanka wina taimka wâl bara yumhpa ba kabia. Baha sut daukanka ba wina sika diara kau karna nani ba bal takisa, sip pain tanka briras wan muni ba.

Dans pulanka nani satka paskan kaia ba bankra win taki pulanka ra, upla kaikbia dukiara, baha ba nitsa nahki aiawaia ba kau pian lan takan kaia bara dia sat smatka nani yus munan kaia ba sin.

10.2 Shins takanka dukia nani

Sât wala takanka dukia nani ba pâsa pri nit sain tnatkara srutwi pulanka marikanka kum wina paskaikira tânka ba paskanka nani ba bangwisa.

Sain tnatkara srutwi pulanka marikanka warkka ba aiawanka dukia ban ban shins takanka wina dukia kum kum nani blaki barih wisa, aisanka ritska kau tara yabaia dukiara (karna plapanka daukanka, klahkla patrangka nani sât wala takanka, yabalka shins munanka, ban)

Isti wina nikbi dans pulan kaia natka nani: miusik bani ba ai nikbanka satka nani brisa, minit ku dikwanka nani bûi tânka marikisa (ddm). Dikwanka nani ba miusik tiunka binka bangwi yaba binka daukanka kum, kum nani pua bani mark wan muni yaba wan aiawanka nani ta mangkaika bangwisa. Aiawanka bani apia kaka tâura wapanka wal baku lâka kasak kum brisa wiaia sa taim pliska kum yus munisa. Naha tnatka wina miusik ba ra para prakan aiawanka nani sâtka ra paskanka kum daukaia sip sa, ningkara baku:

- a) Karna apia aiawanka nani: Daukan kaia dukiara tiun saunka wâl nit yaba bangwisa.
Sampla: mina mats munanka, (Step touch apia kaka lunge wiba)
- b) Dubil aiawanka nani: Daukan kaia dukiara tiun saunka walhwal nit yaba nani bangwisa.
Sampla: saura balri apia kaka viña, V ba bara Knee Lift (lula purara bukanka).

klahkla patrangka nani sât wala takanka: Ris mangkanka ra tâ pali tnata alkanka kum lihkaikira bara paskaikira brih bangwisa. Wan wînka puhbanka ta mangkanka iksasais nani aisanka kum ra yus munan klahkla wina patrangka nani ba yaba uba tara apia bangwisa bara asla prakanka kau nit bangwisa. Wal baku apia kaia sa, klahkla bani plis sât, sât nani ra aiawanka aihka satka daukaia sip kabia. Klahkla patrangka nani ba wal baku apia bangwi, wiaia sa, tânka marikbia yaba sâtka ra paskanka kum apû. Baha purkara miusik kakaira lâka yamni kum wal warkka uplika sut, ai sain tnatkara srutwi pulanka marikanka daukaia awarka ba ra miusik ba bara daukan klahkla patranka ba tilara pana pana aisanka kum bapisa, baiki sakisa bara aiawanka bani ra tânka mariki pua kum wal ai lâka tânka dauki.

Pliska ra mangkanka wina shins takanka nani: Yus muni pliska ba ra daukra yabi bangwi yaba nani ba bangwisa, tilara uplika nani ba ai aiawanka nani brih munaia dukiara naha nani kakaira kaia nit bangwisa, (Ai klahkla bara ai kuhma wina patrangka nani) ai brinka yaba ta mangkanka, baku tnatkara pliska ba yus munanka kau pura alkan kabia.

Wîna tara pliska ra mangkanka:

Mawan wina:	Mawan pliska ra mangkanka (M.Pm)
Pahpaya wina:	Nina mapa pliska ra mangkanka (N.Pm.)
Tnaya wina:	Tnaya pliska ra mangkanka (T.Pm) (Aihkika-PTA/Smihkika-PTS)
Wilwi takanka (Wilwaika kum purara):	Wilwi takanka pliska ra mangkanka (W.P.) (Aihkika-PWA/Smihkika-PWS)
Prihni ra:	Pliska ra mangkanka prihni (PP)
Aihkika mawan tani:	(PPAMt)
Smihkika mawan tani:	(PPSMt)
Aihkika nina tani:	(PPANT)
Smihkika nina tani:	(PPSNT)

Pliska ba ra aiawanka nani:

Mawan tani/Nina tani:	(M/N)
Aihkika/Smihkika:	(A/S)
Prihni Mawan tani Aihkika:	(P.M.A)
Prihni Mawan tani Smihkika	(P.M.S)
Prihni Nina tani Aihkika:	(P.N.A)
Prihni Nina tani Smihkika:	(P.N.S)
Krukmika Aihkika:	0/360° wina
Krukmika Aihkika:	0/360° wina

Pliska ba ra lilka nani:

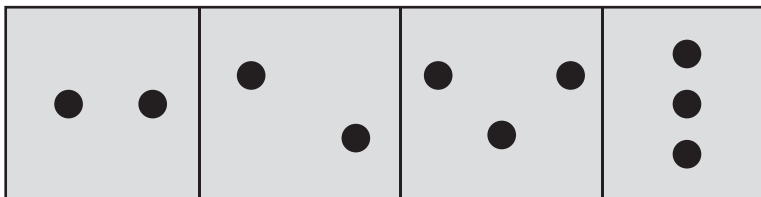
Pliska ra mangkanka ba bara aiawanka nani wal asla praki, pliska ba ra lilka nani asla paskanka kum tânka mariki bangwisa. Ris mangkanka ra lâka ba ra kahban makabanka kum bangwisa bara piu aimakanka ra daukras uplika panis yaban sa.

10.3 Bilara bri ba sut tânka mariki

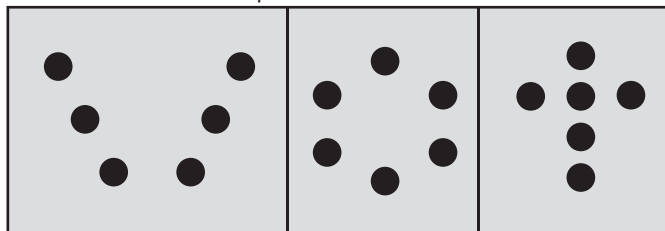
Naha ba dia kainara marikan nani ba wal prakanka daukisa bara nanara Wan wînka puhbanka ta mangkanka iksasais wina nahki auya ba mark munanka Lâka makabanka nani baku mark muni yaba dukia kulkanka ra brisa, purkara briaia aitani ba tnatka sut.

Paskanka nani wina satka nani:

Paskanka sampla nani maya wâl bara yumhpa dukiara.



Paskanka sampla nani dakni nani dukiara.



10.4 Wan klahkla nikwanka patrangka nani.

Ai sip yaba tara nani bûi klahkla nani ba srutwi pulanka kum marikanka ba ra smatka satkira piska yabi bangwi nani bangwisa. klahkla nani, mihta ta, nani bulwanka, yari takanka, mihta nikwanka, mihta bila mariki mihta tâ nikbanka ban, ban aiawanka nani tilak ai pliska shins munibangwisa.

Wal baku apia kaka wal baku apia tnakara, aiawanka yahpika daukanka apia kaka kau isti apia kaka mayara plis sât, sât nanira daukan, naku tâura wapanka nani ba ta mangkisa.

Yakan silp lan takaia ba uya kasak apia sa, kan pulanka nani kum kum ba uba karna sa bamna. Naha smalkanka ba, smasmalkra ba bui tankira smalki wisa nahki natkara miusik bara pulanka ba wal tâ mangki puli lan takaia ba. Praptiska piska ba ra wîna tara tnatka ra pliska ra mangkanka bara laiwra wanka warkka ra kau aitani klahka nani wina patranka nani ba wapanka tâura nani wina bila bani ra dingki auyasa.

Diara tara wal ba ra sa aiawanka nani daukan kaia ba dukiara. (Klahkla nani bara nahki aiawan kaia ba) baha lika nahki wîna tara ba nikbi sa tiun binka ba wali ni, sipsa isti apia tawa pulanka dia taimka nani kangbi ba tânka kat.

10.5 Mawan tânka marikanka ba

Upla bani ai daukanka brisa bara sin nahki smatka raya nani sakan kaia ba sin, bara baku ai mawan piska ba sin witin dia luki ba baku takaskisa; daukanka tringsar nani, kaikanka, dans pulisa piua ra nahki ai lal ba nikbisa, baha wal kaikaia sipsa witin smatka laka manas briba.

10.6 Miusik tnatka ba

Aiawanka nani ba (pâsa ra wina nikbi pulanka tnatka nani ba, patka sut taki ba, sins muni nani ba) baha sut ba miusik paskanka bara stail ba kat param sakan kaia sa. (Aiawanka satka nani, binka satka nani ban ban). Miusik binka saki dukia nani ailal praki kangbi sa kaka rait brisa dukia bani ba pain tiunka binka nani ba asla ai saunka sakan kaia, kum sip takaskras kaia, bara wala kum sip kau karna kangbras kaia. Shins takanka ba kasak kaia sa.



10.7 Karnika

Pâsa ra wina tara nikbi, dans puli baku trin muni uplika nani ba, wîna bunhka bara kupia tala plapaika ba karnika tânka marikaia sa, karnika wina tnatka nani tilak kulki yaba baku:

- a) Nikbanka nani ba wina pât, pât lâka ba: piua bani aiawanka ba, bâra kaia, (sim pliska kat apia kaka plis wala nani ra). Wan wîna ba 8 taim bani kuhma bara klahkla nani aiawanka satka nani bâra kaia kan, baku aiawanka karna bara isi nani daukaia sip yaba mariki.
- b) Isti/yahpa nitbanka: Baha tânka ba upla ai wîna ba istikira nikbisa aiawanka satkira nani wal.
- c) Alki takaskanka: Sain tnatkara srutwi pulanka kum marikanka ba sut tilak kupia tala plapaika nani sim karnika blistu alki briaia sa.

11. Sain tnatkara srutwi pulanka kum paskanka ba lan takaia dukiara daukanka nani

11.1 Lan takanka krutnika

Naha ba natka kum sa upla nani dans pulaia lan taki ra, dia las ra sakan ba param marikan kaia dukiara. Krutnika kum apia kaka wala wina wahbi sakanka ba dakni ba wina pitka ba wina warkka ra smasmalkra wilinka kum sa.

11.2 Pura prakanka lan takaia dukiara daukanka

Naha lan takaia dukiara daukanka kaina manis tânka win paskanka nani pura prakaia ra sa.

$$A = 16t \quad B = 8t \quad C = 8t$$

A. Tâ nka wisa B. Tâ nka wisa A Pura prakaia B

Pura prakaia C. Tâ nka wiaia A pura prakaia B pura prakaia C pura prakaia

11.3 Shins munan aihkakira lan takaia dukiara daukanka

Bila aisanka nani ba kli kli aisisa pura wina ai maya tanira, aiawanka satka nani ba sakbia kat. Tiun binka nani taki auya pitka ra alahwi auya yaba kli, kli daukanka ailal plamayka piska kum bas. (32, 16, 8, 4, 2)

1. $A+A+A+A+B+B+B+B \ C+C+C+C+D+D+D+D$
2. $A+A+B+B \ C+C+D+D$
3. $A+B \ C+D$
4. $A+B+A+B+A+B+A+B+C+D+C+D+C+D+C+D$
5. $A+B+A+B+C+D+C+D$
6. $A+B+C+D$

11.4 Kaina tani wi nani lan takaia dukiara daukanka

Isi wina tawa, tawa karna ra shins takan kabia yaba paskanka kum smalkaia ra sa. Naha sain tnatkara srutwi pulanka kum marikanka swirka smalkaia sa, karnika tikras kira bara pitka nani sut ra wal prakan kaia, ta krika uplika wina kainara yaba ba ra. Tilara uplika ba kaina paskanka ra kaina manis lan takan aiawanka ba shins takanka ba tânka bri piua kat daukisa baku bamna nanara kahbi yaba wal kau isi. Nahara sanska kum na sika dia patka briba pura luanka nani yabisa, srutwi pulanka kum marikanka pitka wina warkka ra.

Aipaswanka kasak ba sika, paskanka pas ba sa, miusikka sut ba, dia las ra daukan miusikka nani sa. Wan wînka puhbanka ta mangkanka iksasais nani ra yaba tâ patrangka nani bûi paskan kabia: mina marts munanka nani, Step, touches, viñas wiba nani bara lula nani nikbanka ba. Step (ulaika) bara lula wal pulanka ba kau paina sut ba tila wina. Kan baha pulanka nani ba kau isi sa bara lan taki uplika nani ba pain tânka brihbangwisa.

Shins munanka lâka nani taki ba lika, ai paswanka daukan ba tila kat watlikara aimakanka bara shins takanka bûi takisa. Shins takanka ba tâura kuhma ba yawan alki brikabia pliska ra tâ paskanka ba wina shins munanka ba sa, miusik binka ba bara mina nani sim pât pât daukanka. Watlikara aimakanka ba ra, sakuna miusik binka ba ban brisa, kuhma ba sin sakuna mina nani pât, pât daukanka lika apia.

Satka wala taki ba sampla

A (4t) = Marts munanka → Uve

Watlikara aimakanka sampla

A (4t) = Marts munanka → Lunge D, I

Las takanka ba yawan shins munanka nani wal waia want bangwi yaba paskanka ba sa. Srutwi pulanka kum marikanka apia kaka las takanka ba paskaia awarka ba ra yawan aihka sat wal ra daukaia sip bangwisa:

Tâ paskanka → Las takanka (*) Las takanka → Tâ paskanka (**)

Kanra kau yamni ba sika taura ba yus munan kaia (*), baha ba bui diara sins munanka nani ba kau isti bara isi wina lakisa bamna. Wala ba lika (**) sins laka nani makabisa diara sut ba nahki daukan kaia mata, baha apia sa kaka sip daukras takaskan kaia sipsa.

11.5 Numbika shins munanka lan takaia dukiara daukanka

Naha tnatka ba, miusik binka kum wala tiunka wal sip pain ta mangkras ba, witinka lika pain baha ba alki daukisa (8t, 16t, bara 32t) kuna miusik binka nani ba sins munras kira daukan kaia. Naku warkka daukan kaia sa kaka, uplika nani ba miusik warkka ailal lan kaia sa.

Sampla:

Wan wînka puhbanka ta mangkanka iksasais nani A (16t) = Viña D marts munanka (8t) viña I marts munanka pura praki (8t)

Numbika shins munanka

A (10t) = Viña D marts munanka (6t) viña I pura praki(4t); comodin wiba pura praki – marts munanka - (6t)

Step A (16t) = Wapanka 3 lula nani D - I (16t)

Numbika shins munanka

A (16t) = Wapanka 2 lula nani D - I (12 t); comodín wiba pura prakti – marts munanka - (4t)

11.6 Layer maki ba sins lâka

Yawan pas aisanka ba apia kaka asla paskanka A, ninka ba B, yumhpika ba C bara walhwal ka D nina makbia sa kaka.

1. $A + B + C + D$
2. A (mawan tanira plis wala ra aiawanka) + B + C (mihta nani wal) + D
3. A (mawan tanira plis wala ra aiawanka bara klahkla nani aiawanka) + B + C (klahkla nani wal bara wilwi takanka) + D
4. A (mawan tanira plis wala ra aiawanka bara klahkla nani aiawanka) + B + C (Klahkla nani wal bara wilwi takanka + D (pliska ra mangkanka wina shins munanka).

Bila ba apia kaka asla paskanka ba lan daukan piua kum, dia sins munan nani ba dingki sa, bara kli, kli dauki baku wina diara raya wala nani saki dingkisa.

Kau pain sa nikbanka nani dingkaia, wilwi tawanka, klahkla nani nikbanka ban ban. baku wina uplika nani sinska tanka ba laki kaiki wan kaia sanska brisa.



11.7 Paskanka implikanka ba

Naha lukanka raya kum sa, kuna ai brih daukanka kaina tani wi apia kaka tâura paskanka ba purara piuara sa mita, tâura lan takaia dukiara daukanka kum baku kulkisa.

11.8 Dingkanka lan takaia dukiara daukanka nani ba.

Pura prakanka daukan ba ningkara, dia paskanka nani wala sut pât pât daukanka nani dingkia shins munisa. Naha tnatka smalkanka bak, tâura tânka win pliska wina sat aihka pliska wala ra pat pakan asla prakanka kum mangkaia dauki yaba dukia sa. Da dukiara anira dingki suin miks munanka nani wal tilara kasak kabia kaikaia sa.

1. Tâura miks munanka A (32 taim nani)
2. Ningkara miks munanka B (16 taim nani)
3. Tila dingkanka: A (16 taim nani) + B (16 taim nani) + A (16 taim nani)

11.9 Sîn

Tânka ba paskanka aiska sut pura prakanka sa 8t wâl wina wâl ra asla daukan sa, 16t wina pât, pât daukanka nani paski. Sain tnatkara srutwi pulanka kum marikanka aiawanka nani ba paskibangwisa, pat paskan 16t wina pât, pât daukanka asla praki.

1. A, B
2. A + B...
3. C, D
4. C + D...
5. (A + B) + (C + D)

11.10 16t Lan takaia dukiara daukanka

16t paskanka kum istikira brih lan takisa bara 16t wina piua kat paskanka kum dairik pali kli daukisa, pât, pât daukanka kum yaba wal baku pura prakibangwisa.

1. A, B
2. C, D
3. (A + B) + (C + D)

Naha daukanka na kasak painsa wala nani ra sin ta baikanka yabisa, kan paskanka nani dauki piua ra pura prakanka nani ba bâra sa, paskanka nani kau sirpika wina ul aipaswanka ra. Nanara piua ra, naha daukanka ba dakni nani paskanka ba ra takan sa apia kaka tâ paskanka nani pura prakanka tâ krikan tnatka baku bara dakni nani ta mangkaia dukiara yakan tnatka ra yus munisa. Sampla: $64+64+32$

11.11 4 - 2 – 1 Lan takaia dukiara daukanka

1. Tâura aisanka ba aima 4 kli aisi sa bara ningkara ba aima 4, baha wina kumi bani wina kli daukanka 2 ra lahbisa bara las kat kumi ra.
2. Kli dukia ba alki daukisa kli aisanka 3^a wal baha wina asla daukan sa, 4-2-1 Lan takaia dukiara daukanka wal, kainara kata wal sim sat. Wapanka ba kli daukisa aisanka 4^a ba wal bara kainara nani wal baku 4-2-1 lan takaia dukiara daukanka wal asla daukisa.
3. Sain tnatkara srutwi pulanka kum marikanka asla paskanka ba aiska sut daukisa.

11.12 Paskanka tnatka ra apia kaka miks munan bûi lan takaia dukiara daukanka

Tâ wapanka nani ba wina aslika ba miusik asla prakanka ba rispik muni dauki puia. (32t).

11.13 Pri stailka (lain tnatka).

Asla paskanka nani rispik munras kira asla praki bangwi piua, sakuna paskanka nani kau sirpi wal dauki bangwi sa. (aisanka 8t).

11.14 Pri stailka shins munanka kum

Kaina tani wi nani wina sât wala sa aiawanka daukanka kumi bani tâ wapanka nani wâl apia kaka kau pura smalki ba mita bara lilka tnatka ra mariki bûi:

1. A, B, C y D (Aiawanka aisanka nani miusik taimka 8 nani wal)
2. A+B, C+D, E+F, G+H...

12. Kulkanka nani

Praptis kum ba karna muni dukia nani bara binka shins takanka (kau wiria miusik aisanka kum piuara) pitka nani sut ra shins takanka bara wilkanka nani sut yus muni, sim piuara mihta bara kuhma nani nikwanka asla prakanka nani mariki wan almukka pua wina wan winka puhbanka ta mangkanka iksasais nani wina silp aiawanka patrangka nani asla prakanka nani blistu marikaia sa. Ani, ani wapanka isi karna muni pitka kau tara kat daukaia sip sa.



Shins munanka dukia nani ba wan winka puhbanka ta mangkanka iksasais nani wina sain tnatkara srutwi pulanka kum marikanka kum wina paskaika tnatka wina paskanka nani ba bangwisa.

Sain munanka mayara wapanka nani	Sain munanka purara wapanka nani	Tâ baikanka wapanka nani
<ul style="list-style-type: none"> • Marts • Hop maki ba • Kuhma kuaki • Wal prak prakanka wapanka • Lula nani lamkuka ba ra • Prihnira wapanka • Lange maki ba 	<ul style="list-style-type: none"> • Jumping Jack maki ba • Lange aereo maki ba • Mina prukanka kaina tanira, tnaya ba ra bara nina tanira • Mina prukanka kainara bara tnayara. • Lange maki ba tnayara bara ninara 	<ul style="list-style-type: none"> • Wapanka “V” • Wapanka “L” • Wapanka tnaya walhwal tnatka • Tnaya wapanka dubil

13. Siknis nani kaina manis ridi daukanka ba ra iksasais ba

Daktar nani ba yu bani upla nani ba plun batana uba ailal bri satka ba pibia apia, baku sin sugar damni uya yus munan kaia apia bara sal pata nani sin uba pin kaia apia wan smalkisa. Baha sat pata piaia watlikara makabisa upla ba pibia dus ma nani, tumatis, inian, siltuma, kiabiks ban ban, baha tila kat daktar nani makabisa wina nikbanka satka nani ailal daukaia siknis bahki nani wan alkbia apia dukiara, wibia sa kaka: kupia bara tala plapi tawanka watlika sikniska, kiansa sikniska, iska damni takan sikniska, uba batanwi ba mapara sin. (naha sikniska nani ba isti sip rauras sim taim ban almuk taki pruisa). Sikniska nani ba wan luras kuna wihka wisa.



14. Piu bani ra dauki sikniska nanira karna apia yaba daknika nani

Naku sikniska ba manka wina daknika nani sut ra bara tasba piska sut ra alkisa. Kau manka purara daknika nani wal asla prakisa, sakuna tânka mariki ba dukia tasba aiska ra 16 milian pura upla nani naku sikniska wal pruan nani yaba 70 manka nani wina mayara uplika nani wahwisa marikisa. Naha prura lâka wina 82 % ba lalah lainkara mayara kuntri nanira takisa. Tuktan nani, dutki nani, bara almuk dama lupia nani naha piu bani ra dauki sikniska nani ta baiki pât tnatka nani ra pata pira tnatka, wîna tara warkka ba, tuaku apia kaka sigarit param ra saki marikanka ba apia kaka rum tahpla saura yus munanka nani wal karna apia bangwisa.

Sikniska na, ridi sa prukan kaia almuk takisa piua, tawan kum upla uba ailal iwisa plun sat sat pisa, yabal nani ra, isti pata klin apia nani pi ba wina baha ba bal takisa, uba taiban laka ra brisa, piua bani isti taukisa, ris pain briras baha sut sika naku sikniska ba wan alkisa. Sampla baku, naha dukia nani pata pira saura tnatka, wan talia wan wîna ra plapi ba wina purara ulanka apia kaka mayara lahwanka, iska damni takan sikniska bara wan batanka pura luaia. "Takaskanka wiria pât tnatka nani" nina makibangwisa wan kupia bara tala plapanka wakia nani klawanka kum yabaia sip bangwisa.

15. Wan wînka puhbanka ta mangkanka iksasais nani ba upla aihka yamni nani wal



15.1 Wan wînka puhbanka ta mangkanka iksasais nani ba tuktan nani dukiara

Naha tnatka kau wahma nani tilara aû takanka tara brisa bara kul watla nani ailal ra bara iksasais dauki pliska nani ra naha warkka makabibangwi yaba ra praptiska dauki bangwisa.

Tuktika nani manka ba pas kaikan kaia sa naku pulanka tilara dimisa taim. 4 wina 8 mani nani bara 9 wina ai kanra manka bri dakni nani ra baiki sakaia sip sa. Manka briba tânka kat aidubanka ba nahki daukaia ba tânka ulban kabia, aima bani pâsa bri apia kaka step aidrubanka daukra ba kulkanka ra brikaia.

Tuktan nani ra karnika sirpi nani pakaia: asla prakanka, tiun binka, kiama ingni kaia, smatkira, asla daknira wark takaia ba bara baha sut purkara, wan wîna tara yamnika bara lilia tnatkara miusik wal yula kahbi, iksasais daukaia takanka baku sain tnatkara srutwi pulanka kum marikanka bri.

Aidrubanka ba wina satka nani

- Sain tnatkara srutwi pulanka marikanka kum lan takaia ai bapanka sa, wan wînka puhbanka ta mangkanka iksasais nani kabia, step apia talika daukanka wala.
- Sanska yabisa puli uplika nani ba ai spiritka buki paki yaba tiunka binka silp wahbi saki bangbia
- Sain tnatkara srutwi pulanka kum marikanka wapanka nani ba dairk pali smalki bangwisa kaina tani waras kira. Tâ ba wina sain tnatkara srutwi pulanka kum marikanka takanka las ba smalkan kabia, naha tawa, tawa pura praki wabia sa.
- Kulka watla ra aslika ba lika dia ba kat ban brisa. Tuktan sirpi nani ra lika taura wira smalkanka sirpi nani yabisa tiun binka nani wal. Mahka kul ba bakriki piska ra sain tnatkara srutwi pulanka kum marikanka brinka yaba smalkisa pliska nani sins munisa, aiawanka bara las ra, wan wina yari takanka nani tilara dingk, ai spiritka bukanka alki briaia dukiara kakaira yaba miusikka wal dauki bangwisa: tuktan kau sirpi nani wal ai laman lâka ra swirka kli balbia yaba pulanka nani dauki bangwaia sip sa.

15.2 Wan wînka puhbanka ta mangkanka iksasais nani ba upla almuk nani dukiara

Almuk nani dukiara wîna tara warkka wina prugramka kum wina bapanka tâura yaba ba wan wîna yamnika aiska bara bitar kum alki briaia bara pura luaia blistu kaia sa. Naha, kasak bara pât apû lâka iksasais ba wina tilak kli, kli daukanka nani, kaina wi nani bara wal baku tnatkara warkka nani nit sa.

Naha daknika tilara uplika kum yaba bara iksasais prugramka kum ta krikaia ai brinka yaba kaina manis daktar ra laki kaikanka kum daukaia sa pain sa wisa bara purkara naha uplika ningkara yaba tânka sa kaka kulkan kaia:



Aiawi almukka kum: naha tanka sika uplika pat almuk sa kuna ai wîna tara ba yamni sa, siknis patka apû, witin piua bani silp ai lâka kat wark satka nani manas daukisa.

Aiawras almukka kum: Naku almuka nani ba, kaikisa silp wataukisa, kirhbi sa, sakuna witin kau naku ai wîna trin munanka satka daukras ba.

Upla kum mahka ai wîna trin munaia warkka ra dimisa piua, ai wîna tara ba kau yamni daukisa kan piua bani trin muni ba mita, baku sin ai rayaka ba sin kau kitbi brih wisa. Sakuna mapara ba bûi kaka wark karna takras yaba purara aimakisa, wan rayaka ra tânka tara bri warkka nani pâsa bri bara pâsa apû karnika lahbanka, wîna bunhka karnika ba wina, nawaikanka ba wina, dusa nani wina tiwanka ba taki yaba purkara kau krakriwra takisa, batanka taya pura pura prakanka kum yabisa bara wîna bunhka taya pura lahbanka.

Aidrubanka satka nani:

- Lapta takanka ba piu bani dauki dukia wina kau piua wira tara kum brisa (15 minit nani lamara).
- Lila pas makiarka ba ra, laiwra takanka nani, wilwi tawnka nani tilara dingkaia apia sa, purkara pura sain wina aiaiwanka nani aiska tnayara lakaia. Iksasais nani ba ai kaina wi satka kumi wal sin smalki bangwisa.
- Wina bunhka ba kau karna daukan kaia ba sipsa, iwi apia bui daukaia sipsa, baha lika uplika nani tilara ba kumi bani wîna tânka ba laki kaiki, baku ba mita wirhka nani bara alki takaskanka nani yus munanka ba aman ai dahra walaia sa.
- Wîna drabanka bara ris munanka piska ba ra, ai kanra wira wi wîna drabanka nani yus muni bangwisa, pliska nani ba 30 sikan kum, kum nani alki bri bara ris munanka sins lâka nani, ai kanra wi lahbanka ra karnika kum wal tâura kupia dikwanka yamni takanka kat.
- Naku warkka ba, wan wînka puhbanka ta mangkanka iksasais nani wina smalkanka kum yaba kau piua wihka kum brisa.

15.3 Wan wînka puhbanka ta mangkanka iksasais nani ba mairin kwihra nani dukiara

Witin nani dukiara klaska kum pliki sakaia uba praptis apû sa, bamna wan wînka puhbanka ta mangkanka iksasais nani praptika dauki kum ba kwira tiwuya sa kaka, ai wîna kulkanka bûi klaska wina takisa.

Daktar nani ba, mairin kwihra nanira kwihra piua ul ra bara bibi aisubi takuya ningkara iksasias nani ba daukaia dukiara smalki ta baikisa. Wina tara ilpka yamnika briaia dukiara wîna tara warkka daukaia pain sa wisa.



Mairin kwihra nani dukiara kul tara kum nina Colegio Americano kwihra nani laki kaiki ba daknika wina pain sa wi kum, kum nani bangwisa:

- Ai kwirhka laka ba nahki kat pawî auya ba tânka kat trin munanka lâka ba kulki waia sa, bankra wîna trin muni ba minitka ra bla, apia suapan baku daukbia sa kaka, baha kat alki takaskan kaia kli daukan kaia apia sa.
- Wirhka wal iksasais ba tânka nani kum, kum ra ban daukaia sip sa, kau kwira tiwras kan kaina daukan ba ra talia karnika kum alki bri.
- Wirhka apû iksasais ba latwanka wina pât ba sirpi daukisa bara kwihra mangkanka piua ba kaina wi tnatka ba ta baikisa.
- Pas katka yumhpa piuara bitnika wina laptiwanka ba blistu pura prakaa sa, iksaias piuara li ailal diaia, kuala bara kir wan bri dukia nani aitani kat yabi.
- Las katka yumhpa piua ra, biara trabilka sirpi ba kat yabaia sip yaba ini iksasais blistu tnaya ra lakaia bara biara dukiara iksasais nani daukanka ba.
- Mairin manas ba siknis sa, kupia sikniska nani, uba batana apia kaka, piu wihka wark karna daukras, karma wakia trabilka nani brih bangwi mairin nani, iksasais daukaia apia win kaia sip bangwisa.

Smasmalkra ba yaba kulkanka ra briaia kabia kulkanka nani:

- Wîna trin munaia satka kumi bani ba, mairka nani ba tânka kat laki kaiki daukan kaia bara ai wîna daukra nahki bri ba tânka ra sin.
- Klas ra mairin kwihra pliska ra mangkanka ba wan wînka puhbanka ta mangkanka iksasais nani wina pliska ba wina dur ba wina kau lamara kaia sip kabia.
- Asla taki aisanka ba wik kum bilara aima 3 apia kaka 4 nani aisikaikan kabia, baku wina tânka brisa dia pitka wina trin munaia lâka wina ilp sakaia sipa.
- Baha ba tankira daukan kabia, baku bamna kupia dikwanka ba wina 60 - 70 % ba minit kumi ra sin sip pura luras.
- Wakia kli balanka iksasais nani dauki bangwisa, wan pahpaya pura tani, wan pahpaya muhta tani, tâ wal bri wîna bunhka bara tâ yumhpa bri wîna bunhka, sait kum wina sait walara tawi tnata dusa nani bara kilka dusa, biara dukia iksasais suapni nani baku sin Kegels makiba iksasais nani.
- Aiawanka karna bara uya trabil bri nani satka sip daukras kabia, pali wilwi tawanka nani isti aiawanka nani, uba pakni bauaia ba, pat mairin ba 4° bara 5° katka kwihra sa piua ra. Mairin kwihra ba iwisi apia bawi si sip istikira buan kaia apia, sipa wînka puhbanka ba prahni takaia sipa, tanis iwi bui iwi bui nani daukan kaia apia, baisikil sim ulan kaia apia pali.

15.4 Wan wînka puhbanka ta mangkanka iksasais nani ba ailal briaia karnika sat sat nani wal uplika nani dukiara.

Naha tnatka ra, uplika bani ai wîna tara trabilka briba tânka kat pulankika nani ba asla dauki lan daukan kabia.

Daktar nani bui pua bani smalkanka nani daukisa, upla nani ai wîna tara ra patka kum brisa baha nani ba rait brisa sip taim wîna trin munan kaia kan ai sikniska ba nit pali sa witin nani ai wîna tara trin muni ba wal ilp kum sakaia kan baku sa bamna. Sakuna sinska bara wîna tara wal trabil brih aula ba mita, karnika nani aihka sat wal uplika nani dukiara iksasais wina prugaramka kum dauki pua tânka tara bri dukia nani kum, kum kulkaia sa. Naha uplika nani ai daktarka wina kainara makabi walaia bara yamni kaikanka ba briaia apû iksasais prugamka kum tilara dimaia apia sa, latwanka saura nani tnayara lakaia brinka wal.



Wîna tara wal trabil bri uplika ba daktar sik munan ningkara bara yamni kaikanka wal trin munanka ba kahbisa bara ningkara iksasaiska nani shins munaia tntaka nani ba plikisa, upla kumi sin trabil bribia apia dukiara bara baku sut warktakaia sip bangwi kabia. Paskaika smatka tara kum briaia nit sa.

Lan takanka daukanka nani

Ningkara tânka mariki yaba warkka nani ba dauks:

1. Yumpa daknika ra, sat, sat miusik lalka wâl wahbi saks. Sim nanira bilara beat nani, tiunka nani bara paski bangwi yaba miusik aisanka nani ba wal baku daukaia dukiara kli, kli walaia bara dakni ra aû takaia pua smasmalkra ba bara tilara uplika nani taka mawan ra ai laki kaikanka takanka nani ba aisanka ra tânka wiaia.

Ansa muns:

Tilara uplika taka wal nani ai dahra walanka nani wal aitanu lukisma?

Dîa ra sât wala bangwisa? Dîa muni?

Lukanka nani wala kahbi bangwan? Ani nani bangwisa?

2. Sain tnatkara srutwi pulanka marikanka kum piua ra daukan kabia nikwanka wala ba tilara uplika nani ra tânka marikaia dukiara piu bani yus munan wîna daukra sainka nani ba(mawan daukra/ mihta wina/klahkla nani) tânka laki kaiks.
3. Yumhpa daknika nani ra tânka plikanka ra wahbi sakram wîna daukra sainka nani, tilara uplika wala nani bara smasmalkra mawan ra tânka marikaia dukiara warkka kum ridi dauks. (marikanka sirpi kum tilak, Ban ban.).
4. Sain tnatkara srutwi pulanka kum marikanka lilka dauks.
 - Sain tnatkara srutwi pulanka kum marikanka ba nahki kaia ba sinskam ra lilka dauks. (lawana ba walaia ra wal ai talia apia kaka sim ba ra yus munaia kat miusik binka).
 - Yus munram kabia yaba nikwanka nani wapanka nani nina manks.
 - Nina mangkram lamara danska aiawanka nani wina bîla aisi kaikanka nani lilka dauks. Lilka nani ba sipsa daukaia satka wala walara, yua bani bara man tanka brima kaka.
 - Dans pulanka nikwanka kum, kum nani takbia brinkam yaba nanira miusik taimka nani mark muns.
 - Sain tnatkara srutwi pulanka kum marikanka ba wina ai kaikanka dukiara yaba wauhtaya ra kli, kli pas. Baha nikbanka nani sipsa daukaia kau painkara baku sin aisi kaiki kira baha diara kaikisma ba, wibia kaka lawana ba dukiara.
5. Sain tnatkara srutwi pulanka marikanka kum dauks
 - Sain tnatkara srutwi pulanka kum marikanka ba pakan kabia yaba tilara nani daknika kum wahbi saks.
 - Tilara uplika nani kumi bani nahki yaba tânka tadi muns.
 - Yus munma yaba stailka bara lawana wahbi saks.
 - Baku uplika nani puli ba satka nani (Lukikira pitka praiska ai wina trin taki daukuya ba baha aslika daukira), daukaia bara istirs ba lawanka ba satka ra mangkan ba wal (ai wina lapta daukaia, karna, drawi puli bara baku sin ai auya pahkira bri).
 - Sain tnatkara srutwi pulanka kum marikankam ra dingkan kama yaba kau aitani kat praptiska nani apia kaka wapanka nani ba wahbi saks.
 - Wark taks lawanka ba dukiara, laki kaikram ba bara wahbi sakram ba dia bara sa smalkanka lalka ba. Naha saitka ra witin nani kumi bani ra nina mangkaia lukanka maikisa bara lakikaikaia nahki kli dauki paskanka ra lawanka ra, dia wi ba kau nani, dia satka nikbanka wal taki wal baku kumi bani witin ra.
 - Wapanka wal ba dans pulaia kabia sa. Naha dukiara lilka alkaika kum lilka kum yus munaia bara ban wina takanka bani wina taki paskanka nani wahbi sakaia ba wapanka nani ulbi mangkaia. Takaski piska bara ridi daukaia lain yari kum mina nani ra bara ningkara wiaia klahkla dukiara bara lal, sip kabia tilara dimi sain tnatkara srutwi pulanka kum marikanka ba ra.
 - Sain tnatkara srutwi pulanka kum marikanka ba praptis takaia, aitani kat kulki bangwi yaba shins takanka nani pitka kat mangki bara dauki.

Smasmalkra dukiara dahra ulbanka kum ridi dauks bahara ulban kabia:

- Ridi daukan sain tnatkara srutwi pulanka kum marikanka wina taitilka bara tiunka.
 - Sain tnatkara srutwi pulanka kum marikanka ba tilara kabia yaba wahbi sakan wapanka nani.
 - Ailal briaia karnika limitka mangkan nani pakan kabia yaba (daukan kabia yaba wapnika mangkanka ba ra) baku sin, sim nani ba wina briaia brinak yaba yamnika nani ba.
 - Bri kabia baha wina pawanka dans pulanka sat, sat ba wina (wîna trin munanka asla daknira bara ai wîna drawi ai wînka pain brih).
6. Aisanka daukira mariks smasmalkrikam ra bara ai danska pulra kumi bani. Dia daukram ba bara marikram ulbi bris.
7. Tuktan nani apia kaka mairin kwihra nani dukiara sain tnatkara srutwi pulanka kum marikanka asla praks. Smasmalkra yabaia dukiara dia daukram ba ridi dauks .

Silp lakikaikanka daukanka nani

Aslika II ba tadi takaia ningkara, ningkara tânka mariki nani dauks:

Ningkara makabi walanka nani ansika yas:

1. Pâsa pri nit iksasais nani bara wal ai talia warkka nani ra miusik ba dîa tânka tara brisa?

2. Pâsa pri nit iksasais nani wina aidrubanka kum dukiara miusik ba wahbi sakaia dukiara dîa ra karnikam alkma?

3. Pâsa pri nit iksasais nani ba ra mayara bara purara tatukbanka dukia iksasais nani ba tilara ani ba aihka sâtka sa?

Nina maks:

1. Pâsa pri nit iksasais nani/step praptis munaia ba ra brih bangwi yaba ilpka yumhpa.
2. Pâsa pri nit iksasais nani nani bara step ba tilara pliki sakisma yaba aihka sâtka wâl.

Ansika yas:

1. Sain tnatkara srutwi pulanka kum marikanka ai daukanka piua ra tilara uplika nani yaba latwan pâtka nani wahwi bangbia apia dukiara man nahki daukaia tânka ulbram sa? (Aû/ Apia, Ansikam kasakkira dauks

Smalkanka Aslika III. Wan wîna tara aihwika yabanka wina laki kaikanka dukia nahki daukaia ba tânka ulbanka bara lan takaia dukiara daukanka nani

Aslika bapanka nani

Aslika ba tnata prakaiia piua ra, daukanka tâura yaba uplika ba:

- Laki kaikanka daukaia dukia nani paskisa.
- Tânka kasak ba wahbanka wina sins lâka nani wahbi sakisa.
- Wîna tara ilpka yabanka kulkanka laki kaikanka nani tânka mairikisa.

1. Lukanka tânka

- a) **Smasmalkra:** Lan takanka ba dukiara daukanka nani daukisa yaba apia kaka smalkaia warkka dauki yaba uplika ba sa. Tadi takanka lâka kum, kakaira lâka tânka mariki piska kum kau lan takan apia kaka tnatka aiska wina pain, smalkanka warkka ba ra ai taimka mangki witinka sa. Naha smalkanka wark sâtka kum aslika kum wina prugramka ba tânka marikaia, baiki saki sir munaia bara pakaiia dukia ai mihta ra sa.

Wîna tara aihwika yabanka tânka ba ra smalkanka wark sâtka kum aslika kum ra apia kaka iksasais dauki pulanka kum lan taki pliska kum ra kabia trin munanka ba nahki daukaia tânka ulbanka ba tâ brisa bara tâ baiki yaba lan dadaukra apia kaka lan dadaukra ba ra smasmalkra warkka kulkisa.

- b) **Lan dadaukra ba wina smasmalkra warkka:** Smalkanka tnatka kum bilara smalkanka warkka nani wala wina purkara, ai takanka nani, sim wapanka nani laki kaikanka ba bara daukanka ba, nahki daukaia tânka ulbanka ba, tânka plikanka ba dingki yaba dukia smalkanka –lan takanka dukia tânka sut wapanka nani trits daukanka ba balki yaba warkka daukra dukia ba sa.

Nanara piua aima bani briaia sip kabia bara limitka mangkan kum barih bangwi kabia yaba kakaira lâka kum kum nani “smalkaia” (tânka wiaia-laki kaikaia) ai warkka uba apia sa, sakuna lan takaia ra tilara uplika nani ba ra nahki ilp munaia ba sa.

- c) **Smalkanka lan takaia dukiara daukanka ba:** smasmalkra kum lan daukaia bara barih impakaia yabalka basika bapanka nani ba ra kahban dukia briaia ra barih wisa.

- d) **Lan takanka satka nani bara lan takaia dukiara smalkanka nani**

- Smalkanka wina satka: Smalkanka lan takaia dukiara daukanka ba barih munaia wina smasmalkra/landadaukra bani bri yaba daukra ba sa. Ningkara kau yus munan nani ba tânka marikisa:

<p>Almukka satka nani</p>	<p>Smalkanka lan takanka wapanka ba ra ai warkka dauki yaba wilinka nani purara smasmalkra wina ta mangkanka tara bûi tânka mariki yaba bangwisa. Sampla nani: Dairik karnika bri ba Dairik karnika bri ba shins takanka Warkka nani yabanka</p>
<p>Yakanra dadaukra satka nani</p>	<p>Karnika nani, tiun nani lan takanka, brinka nani dukiara sat aihka nani ba tâ pali daukiaia bûi tânka mariki yaba nani bangwisa. Sampla nani: Pitka wina dakni bûi warkka nani Brinka wina bûi warkka nani Aiwani lan takanka Yakan yakan prugramka nani Prugram munan lan takanka</p>
<p>Tilara dingki satka nani</p>	<p>Nahanani bapanka tâ pali bangwisa tnatka kum kum wina ilp muni bangbia, daukanka laki kaikanka bara wapnika mangkanka kum yabi bangbia, ai panika nani ra kaiki bangbia pliki, lan takanka wapanka ba ra tilara uplika ba dimbia yaba sa. Sampla nani: Pana, pana lan takanka. Dakni nani sirpi daukan Lan takanka sirpi lupia</p>
<p>Asla dauki satka nani</p>	<p>Asla dauki lantakanka satka nani apû yaba sakuna asla prakanka sins lâka nani tânka marikaia tânka tara bri sa naha daukanka tâura aikuki asla prawi bapanka nanira bara lukanka bri ba sut nani bara tânka nahki yaba ra lila kat aimakisa. Sampla nani: Wal ai tânka bri pulanka nani Isti lukanka nani. Phillips 66</p>
<p>Kakaira satka nani</p>	<p>Tilara uplika ba ra wilinka nani briaia laki yaba dukia nikbi ba dauki kaikanka bara tânka plikanka tilak aiawi bara tânka tara bri lantakanka kum spiritka bukaia brinka yaba nani bangwi sa. Sampla nani: Ta bri tânka plikanka. Trabil nani wapnika mangkanka</p>
<p>Paskaikira satka nani</p>	<p>Naha tnatkara nikbi ba paskanka ba dukiara pri lâka swibangwi yaba satka nani wahbi bangwisa. Smasmalkra ba warkka aiska tâ mangkan kabia yaba smalkanka lalka nani mangkan kabia bara tilara uplika nani ba wapnika mangkaia trabilka nani kahban kabia.</p>

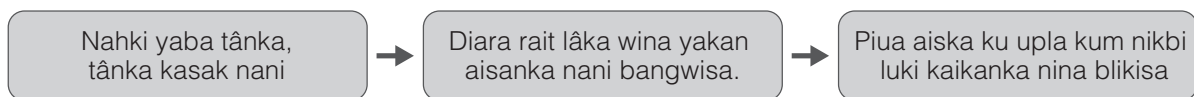
- e) Lan takanka wina lan takaia dukiara daukanka nani: tilara uplika nani sut sim sat lan takras. Kum, kum nanira kaikanka spiritka bukanka ba kainara brisa, wala nanira walaia karnika, kangbi kaikanka apia kaka wan wîna daukra. Dîa satka lantakanka nina blikisma yaba tânka pliki kaikbia sa kaka, smalkanka ilpka kau tara bara bitar kum briaia sip sma.

Walaia karnika lan takanka	Wan kiama ku wali yaba dukia wina tilak lan takaia kau isi pali sa. Dia sut kul ra walisma apia kaka wala nani tânka mai smalki dukia ilpka kau tara maikan kabia. Smalkanka yabira dimaia, brinka kasak bri ulbanka lalka dukiara lilka nani kaikaia ba lukanka yabisa.
Kaikanka lan takanka	Ai nakra kaiki bangwi yaba dukia tilak kau isi lan taki bangwi yaba tilara uplika nani wal takisa. Smasmalkra tânka wi yaba dukia ba wal, aitanî apia kaka silp namkra nani wal sanska yabisa dukia nani ba sinska turbi kaikaia sip namkra wal, dukia ba laki kaikaia pain sa wisa wibia kaka, kau pali lilka wal daukini dahra ba alki briaia dukiara (sinskara lilka ra).
Kangbi kaikanka lan takanka	Lukanka tânka wiaia ilp aitanî yabras, yaban lukanka ba wina praptiska tilak smalki bangbia yaba nit sa.
Wan wîna daukra lan takanka	Wîna daukra ailal bara aiawanka ailal wal lilka marikanka daukanka kum dukiara aisi baku tilak diara nani ba tânka wisa kaka, ai lan takanka ba wîna daukra lan takanka sa bara wan wîna tara aisanka dukiara uba isi sa. Lilka nani mariki pliska ra wi, marikanka dauki pliska ra impaki ai takaskanka ba ilp yabaia sipsa.

2. Lan takaia dukiara daukanka nani

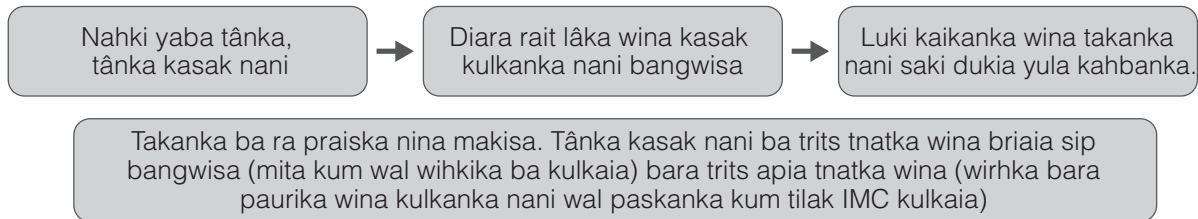
Lan takaia dukiara daukanka ba sim nani tnatka ba wal ai tânka brikaia yaba kasakka kum wina brin tânka kasak nani wina lilka marikanka ba, munanka ba bara wahbanka ba dingkisa; baku bamna, pura luaia brinka yaba bapanka nani tânka marikaia piua ra dahra nani kahbaia wan swibia kulkanka satka nani yaba tânka marikaia nit kabia.

Sait kum ra brih bangwisa:



Naha kulkanka nani wina takanka nani ba nahki yaba tnatka kum tânka wisa. Ai tulska tâura yaba nani yakan laki kaikanka nani, pitka wina ansika yabanka makabi walanka nani, yu bani ulbanka nani, kaikanka wahia nani.

Saitka wala ku



Wan kaina kir kutbanka wina tnayara bara tânka kasak brinka ba ai tânka plikanka daukaia dukiara diara nani numbika kulkanka ba ra ilpka briaia nit sa witinka tânka kasak nani pat pat lâka ku asla daukaia warkka bri yaba tânka kasak numbika kulkanka lilka tnatka nani briaia tarbaik praiska ba, stail ba, tani walak auya yabalka silp, lilka nani ban, ban. Purkara takanka wina sins lâka nani wina shins munanka sat, sat nani ba wina tânka kasak numbika kulkanka lilka tnatka nani tilara wal ai tânka bri nani kahbaia sip bangwisa, sampla baku: wal baku lâka kasak sa lukanka ba wina mapara, ban.

Baha tânka kasak nani wina bîla aisi kaikanka ba yus munibangwi uplika nani ba pitka kulkanka baska nani wal prakanka daukaia sanska yabisa bara tnata prakanka nani saki ningkara wîna tara warkka ba wal ai tânka bri tâ tnatka nani dukiara wilinka nani daukaia aima bani siknis apû lâka tilara yabakau pain lan takan nani asla prakanka wal, daktar nani baku, plun dakakanka tânka bri uplika nani, sinskam nanira taibi ilp maikiba pisiutirapia wiba bara sinska turbi kakaira bara ilp yabi ba sinska trabil laki wiba. Naha tnatka nani tilara kupia tala plapanka luwaika wakia sikniska nani bara rayaka wina iwanka satka tâura bangwisa.

Las bara, tânka plikanka wapanka ba bara ai tnata prakanka nani naika pua dimanka lainka nani kum, kum pliska yabi bangwisa, ani sins takanka nani yamni kaia sip bangwi bara ani nani sip pura luras nahki yaba tânka marikibangwisa

3. Wan wîna tara nahki ba tânka ba laki kaikanka wina diara daukaia dukia nani bara sins lâka nani

Ai wîna tara nahki yaba tânka nahki yamni daukaia baku ba, wala nani ra smalkaia dukiara ridi taki yaba uplika kum kaia ba ra, wapanka laki kaikanka ba yaba Yus muni uplika lan takanka yamnika bara wapanka nani tânka tara bri yabalka ra sa blistu klir kaia sa. Baku bamna, lan takanka paskan ban yabaia ilp muni yaba laki kaikanka wina दौरा daukaia dukia nani bara sins lâka nani wahbi sakan kabia.

Sins lâka nani Nahki tânka plikaia sa?	Diara daukaia dukia nani Dîa wal tânka plikaia sa?
<ul style="list-style-type: none"> Laki kaikanka ba brih wan kabia yaba tilak diara nani nahki daukaia tânka ba sa. Sins lâka kum,kum nani bangwisa: tânka kaikanka, laki kaikanka, trabil wapnika mangkanka bara takanka nani makabanka. 	<ul style="list-style-type: none"> Dahra wahban kabia yaba tilak dukia sa. Tulska kum, kum nani bangwisa: Upla an yaba nina ulbanka, pitka praiska mangkanka, trai munanka nani, wal nani tilara

3.1 Laki kaikanka sins lâka nani

3.1.1. Tânka kat apia nani bara lâ kat pain apia nani

- Piuu kuhku dukia bangwisa. Smalkanka daukanka nani wal miks taki bangwisa.
- Laki kaikanka daukanka baku tânka marikras sa.
- Klaska piua yarka bara dauki bangwisa (dairik tânka kaikanka nani, aisanka nani, laki kaiki nani aikuki baku ra, aisanka nani, pana, pana aisanka, tânka plikanka makabi walanka nani).

3.1.2 Tarbaik prais tânka kat nani

- Ridi daukanka piua kau tara.
- Kulkanka dukiara piua tara tara.
- Kau piua aihwara nani ansika nani nitbangwisa.
- Laki kaikanka nani daukaia sip bangwisa (wakka nani an praptis nani dauki kul watlata daukan iksasais bara praptis nani, kul watla wina lata ra daukan warkka nani).

3.1.3 Tânka kat nani

- Kau diara sât sât ba nahki daukaia ba tânka ulbanka bara daukanka
- Ai daukanka kau main kaikanka nit sanani. Tuktan nani wal wark daukaia tnatka dukiara lâka nani brisa.
- Sinska tadi munanka satka laki kaikanka nani apia kaka trai munanka nani, praptis munanka laki kaikanka, nina ulbanka wal praki kaikanka bara kaina tani wi nani kli kli dauki tnatka ra apia kaka taim nani piua tnata prakaia ra dauki bangwisa.

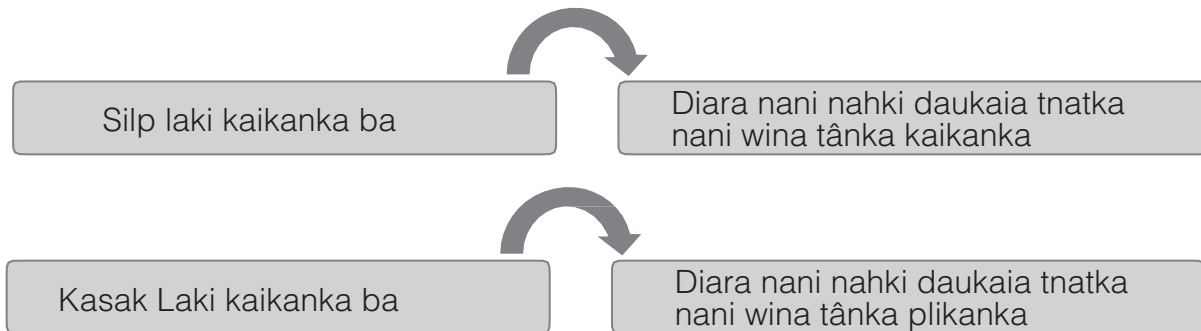
3.2 Laki kaikanka wina diara daukaia dukia nani

Upla kumi bani pawanka bara lan takanka pitka dukiara dahra wahbaia dukira yus muni yaba wîna tara plamayka nani bangwisa. Diara kumi sin silp aitani apia, sins laka tnatkara bara tankira yus munras sa kaka. Sim dukiara dahra kau bribia piua briaia want takanka nani wina kau kasak lâka bribia.

Pulanka tnatka bara wîna tara aihwika yabanka ba dukiara trin munanka tânka ba ra, yus mamunra ba nahki sa yaba ra kaina tani wi piua warkka ra tânka plikanka kum daukaia dukiara tâ krian laki kaikanka kum daukisa. Swapnika kum kum wal prawaia tânka ba ra kainara sip yaba dukia wapnika mangkanka kum plikisa. (sât sât tnatka ba ra main kaikanka)

Ulbanka tânka kum: Mihta warkka “Wîna tara nahki yaba bara siknis apû lâka” ba ra wîna tara laki kaikanka ba dukiara tnata prakanka bara bapanka ba tânka marikisa; purkara lakii kaikanka satka nani nina mangkaia smasmalkra wi yaba lukanka kat.

Diara nani nahki daukaia tnatka nani bara tulska nani wina laki kaikanka yaba baha ulbanka ra dingkan tânka laki kaikanka wina satka wâl nani wina taki bangwisa:



Wîna tara nahki yaba tânka ba laki kaikanka dukiara tânka plikanka bara tânka kaikanka diara daukaia dukia nani tâura yaba nani bangwisa:

DIARA NANI NAHKI DAUKAIA TNAKKA NANI	DIARA DAUKAIA DUKIA NANI
Tânka kaikanka	Wawira pliki kaikanka: Smasmalkra ba dukiara tânka tara briaia sip yaba nahki tauki ba tânka kum kum aisanka prahni.
	Nina mangkan nani ta mangkanka (wal praki kaikanka): Bâra yaba apia kaka apû nahki ba tânka nani ba aisibangwi yaba bila aisanka nani. Sip yaba ansa munanka yumhpa wal: "Aû ", "Apia" bara "?"
	Kaina wi lilka nani: Laki kaikaia ra nahki ba tânka wina pitka ba lilka kum ra marikaia sa: aima bani, aiska pali, sam piua ra, wiria bara aima kumi sin apia.
Tânka plikanka	Kasak trai munanka nani: Nahki yaba satka nani bara wîna tara nahki yaba dukiara tâ lukanka nani wal prak prakanka.
	Lukanka mapka nani: Kakaira lâka lukanka kum,kum nani bara wal ai tânka bri pana pana aisi bara wi yaba lilka.
	Wan sinska tadi munanka: Papulra wala nani kulkanka prak prakanka ku laki kaiki yaba nahki ba tânka kum spiritka buki yaba wal baku tânka plikanka nahki yaba.

3.2.1 Tânka kaikanka wina wapanka ba laki kaikanka diara daukaia dukia nani wina tânka marikanka

a) Wawira pliki kaikanka

Ai diara nani nahki daukaia ba tânka, brinka nani, wîna daukra nani apia kaka nahki tauki ba tânka nani wina klukanka yabi, smasmalkra-landadaukra ba dukiara tânka tara kulkibangwi yaba (papulra ba wina) kasak kahbanka nani apia kaka takanka nani, daukanka nani tânka wi yaba

ulbanka kum sa. Laki kaikanka tulska baku yus munaikira takbia yaba dukiara dakni kum wina apia kaka yus muni uplika kum wina tânka marikaika daukanka nani pliki sakbia tânka kakaira ba yaba nit sa.

Taki bangwi yaba piua ba ra lantakanka wina wapanka nani ba laki kaikaia sanska yabi bamna; naha sins lâka nani wal smasmalkra nani ba tânka marikan kahbanka kum ra nahki yus muni bangwi bara pulanka tnatka ani ani wina tilara uplika nani ba brih bangwi yaba praiska nani ba, wîna daukra nani, sip ba lâka nani bara kakaira lâka nani kaikaia sip bangwisa.

Kahban bara tânka marikanka laki kaikaia yus munaikira tânka kasak nani briaia dukiara tânka sut nina bilkanka kum daukaia dukia brinka ba wal, dakni kum apia kaka yus mamunra kum wina sâtka nani wal baku daukaia dukiara wawira pliki kaikanka ba pain sa wisa.

Diara nani nahki daukaia tnatka

Wawira pliki kaikanka tâ dukia matlalkahbi pura kumi paskisa:

Piua:	Daukisma yua ba ulbi mangkaia.
Awar:	Klaska piua ba anira daukanka ba takan yaba ra mangkaia sip kaia dukiara pliki kaikisa.
Tilara uplika nina:	Yakan bara daknira daukaia sipsa.
Laki kaiki warkka:	Laki kaikanka takaskisa yaba daukanka ba wîna daukra ba kulki mariki pali ulbisa.
Tânka kaikanka ba pliska:	Warkka daukuya yaba ra wan kaina kir kutbanka bara pliska.
Kaikan dukia tânka marikanka:	Silp lukanka nani aisaras kira tânka wisa.
Tânka kaikan dukia bila aisi kaikanka:	Nahki yaba tânka wina smasmalkra - landadaukra ba yaba aisi kaikanka, tânka plikanka bara bila aisi kaikanka dauki yaba dia muni tânka tara kulkanka bri tilara dingki sa.

Naha tulska paskra sampla kum kabia sa:

Laki kaikaia mata warkka: _____ Tânka kaikanka pliska: _____

Piua:	Awar	Tilara uplika nina	Tânka kaikanka	Bila aisi kaikanka

b) Nina mangkan nani ta mangkanka (wal praki kaikanka)

Tânka marikaia brinka sa bahara ba tânka apia kaka balras ba lâka yaba daukanka nani ban ban, upla kum ai tânka bara ai tnatka sâtka bani bri nani, nahki ba tânka nani, mawan daukra nani, sip ba lâka nani, sâtka nani kulkanka kum tânka mariki yaba ba ra diara daukaia dukia kum sa. Naha diara daukaia dukia wal laki kakaira ba upla kum ai tânka bara ai tnatka sâtka bani bri nani, sâtka nani apia kaka mawan daukra nani ba kaka kulki marikaia ra limitka mangki baman sa.

Nina mangkan nani ta mangkanka yus munanka ba piua bani sa, ningkara dukia nani dukiara dahra wahbaia brinka piua ra:

- Warkka nani apia kaka wapanka nani.
- Wark kum wina, wark kum wina apia kaka lan takanka kum wina ra satka kum kum nani bâra sa apia kaka apû sa kaka laki kaikaia sip yaba takanka nani
- Nahki tauki ba tânka lilka nani.

Nina mangkan ba ta mangkanka wina paskanka:

- Laki kaikaia brinka yaba bapanka ba blistu tânka wiaia sa.
- Yus muni uplika daukanka ba ra kaikaia brinka yaba tânka mariki nahki ba tânka nani wina kumi bani wal baku daukaia.
- Nahki ba tânka kumi bani nina mangkan ba ta mangkanka wina dukia kum paskisa.
- Blistu daukan kaia daukanka kumi bani yaba kli, kli daukan ba kat tnatka nani asla daukaia.
- Mai takaia sip yaba dukia nani ra piu bani mistikka nani kum tilara dingkaia.
- Daukanka ra kaikan nahki ba tânka ba wina apû apia kaka bâra ba isi tânka marikaia sip kabia yaba aihwika bani satka wina ulbaia.

Sampla:

Nina mangkan ta mangkanka

Tilara uplika: _____

Bapanka: Wan wînka puhbanka wal sain tnatkara srutwi pulanka kum marikanka yakan daukanka ba laki kaikaia.

Laki kaikaia lukanka nani	Aû	Apia
Landadaukra mariki wapanka nani nina blikisa.		
Piu bani karnika pitka alki brisa.		
Tânka mariki nikwanka nani kaina manis yabi mark munisa.		
Daknika taka wala nani wal asla prakisa.		
Dukia nani aitanî pali yus munisa.		
...		

c) Kaina tani wi tânka laki kaikanka

Kaina tani wi tnatka wina laki kaikaia ku nahki tauki ba tânka apia kaka satka nani wina aslika kum sa. Smasmalkra ba kaina manis tânka marikan satka nani (daukra, aihwika apia kaka kaikan dukia pitka) ba ra ai main kaikanka tânka marikaia sa.

Silp pawanka, tnata las takanka nani, diara nani nahki daukaia tnatka nani laki kaikaia dukiara yus munaia sip bangwisa.

Kaina tani wi nani ba nina mangkan wina wal prak prakanka nani pura yamnika nani ailal brihbangwisa, tânka mariki daukra kum ra upla ba ku kaina pura luan pawanka dukiara kaina tani wi tnatka wina nahki tauki ba tânka nani apia kaka nahki ba tânka kaikaia sanska yabi ba mita.

Kaina tani wi laki kaikanka kum tânka tara bri warkka nani ailal dukiara yus munisa:

- Klir pali tânka marikan bara kulki mariki daukra nani mapara tânka kaikanka ba ta briaia.
- Sim aslika satka nani ba kat upla nani sut ra wal prak prakaiia dukiara piu bani dahra bakska kum yabaia.
- Dahra wahbi sakaia dukiara aitanu yaba tnatka kum yabisa.

Ai daukanka dukiara wapanka nani:

- Diara daukaia dukia wina brinka ba tânka marikaia.
- Tânka kaikaia yaba tâ mangkaika nani wahbi sakaia.
- Instruksan nani ba ulbaia.
- Satka bani wina tânka tara bri ba satka nani numbika mangkaia.
- Kaina tani wi satka ba tânka marikaia (numbika, lilka apia kaka tânka wiba).
- Kaina tani wi ba wina kulkanka nani asla daukaia.
- Kum wala nina bliki tnatka ra tâ mangkaika bani param wiaia.

Kaina tani wi Satka nani

c.1 Kaina tani wi numbika: sain wal numbika nina mangkanka kum dukiara aisisa: Satka bani takisa ban, ban wala wina wala ra. Baha satka kumi bani pitka kau istira. Kul smasmalkra - tamangkaika ba, marka las bakska ra mark munaia numbika aihwa ra pitka mariki ba ani kat mariki bara satka nani apia kaka sainka ai wina ra bri ba yabi ba nahki daukaia satka ra; kulkanka yabia wisa kau pali aisaka ra 1 a 5, yus munbia sainka kum sut aikuki ba 5 (uba pali pain) an 1 (saura ba).

Sampla:

Laki kaikaia lukanka nani	5	4	3	2	1
Dakni tilara nikbanka nani asla prakanka.					
Piu bani kaina tawi wi karnika alki brisa.					
Pain daukan nikwanka nani.					
.....					
Sut bara					

Naha satka kaina tawi wi yus munisa piua, laki kaikainka lukanka nani ba blistu tânka marikaia sa, sampla baku:

5 = Yamni pali 4 = Uba pain 3 = Pain 2 = Bitar 1 = Saura

c.2 Kaina tani wi lilka: Kaikaia tnatka wina tânka marikanka sirpi kum daukisa. Laki kaikaia uplika lukanka ra yaba tnatka bitar tânka wi pri pali wahbi bri tânka ba mark munisa.

Sampla:

Laki kaikaia lukanka nani	Aima bani	Uba aima ailal	Pat pat	Pat pat apia	Aima kumi sin apia
Binka wina dukia nani laki kaikisa.					
Binka nikbanka pitka kat daukisa.					
Miusik satka aihka sat nani wal wapanka sat aihka nani asla prakisa.					
Sut bara					

Sakuna naha kaina tani wi wiria takaskanka pliska nani ra laki kaikaia sip ba daukisa, sâtka nani wal baku daukaia dukiara bîla yakan nani yus munanka ba numba nani yus munanka ba purara kau yamni briras, baku bamna tânka kakaira ba yaba wahbi sakan bîla nani ba tânka kakaira ba limitka mangkan bara klir brikabia nit sa.

c.3 Kaina tani wi tânka marikanka: kaina tani wi lilka ba wina ba yaba tânka marikanka kau tara daukisa. Lilka adarka kum yus munisa. Daukaia sip ba prahni ra, tanka klir bara nahkira laki kaiki ba yus munaia sa.

Tânka kaikanka ra ai tânka bara ai tnatka sâtka bani bri ba wina pitka sat sat nani tânka mariki aisanka nani wal watlika ra aimaki yaba kaina tani wi kum param sakanka bani ra nina bliki.

Sampla:

Laki kaikaia lukanka nani	Laki kaikaia lukanka nani 1	Laki kaikaia lukanka nani 2	Laki kaikaia lukanka nani
Aima kumi sin wark tilara dimras, aiawras- sap sa.			
Dakni wina ani ani mimbarka wala baku tilara dimisa.			
Dakni wina mimbarska ani ani wala yaba wal kau tilara dimisa.			
Sut bara			

Ulbi mangkanka kum: Kulkanka dukia diara daukaia dukia sut ra nahki ansa munaia dukiara instruksan nani dingkaia nitsa.

Takanka nani wina kulkanka tânka ba tânka kaikanka uplika wâl apia kaka kau pura ra sim dukia kaikbia makabi bara ningkara takanka nani tilara wal prak prakanka daukbi.

2.- Tânka plikanka wapanka wina laki kaikanka wina diara daukaia dukia wina tânka win

Laki kaikanka apia kaka trai munanka kasak nani
<p>Trai munanka nani dukia yus munaia sip sa:</p> <ul style="list-style-type: none"> • Aiska daukaia bara ansa kunhku nani dukia • Rait aihwa/Kunin • Wahbi sakanka ailal makabi walanka nani. • Âi tânka wiaia lâka lukanka nani wal ai tânka bri.

Lukanka mapka nani

Lukanka mapka nani daukanka ba kul tuktika mairin bara waitna nani kakaira lâka raya nani ba tânka plikan, prahni ra daukan, wal ai tânka bri bara lan takan kaka laki kaiki yaba traî munanka nani lilka paskaia sanska yabisa.

Wan sinska tadi takanka

Yakan tnatka duikia dukia yaba wan sinska tadi takanka nani wina purkara Mihta warkka “Wîna tara nahki yaba bara sîknis apû lâka” ba ra mainkira kahban nani baku wîna tara aiska nahki yaba laki kaikaia bapanka ba wal wan sinska tadi takanka aslika nani sin bangwisa.

4. Ailal briaia karnika sat, sat wal uplika nani dukiara laki kaikanka wina diara daukaia dukia nani wal prakanka

Wîna tara aihwika yabanka pliska nani apia kaka iksasais daukaia pliska nani ba wan wîna tara ilpka bûi apia kaka siknis apû bûi kabia ba iksasais daukaia brinka yaba uplika nani ailal bûi piu bani ilpka brihbangwi pliska nani bangwisa. Sakuna briaia sip takaskanka kum bâra sa sip apia ba lâka kum kum wal uplika baha pliska nani yus munaia brinka sa piuara. Naha pliska aihkika nani tasba aiska lilka kulkanka wal apû yaba masin bara paskanka satka bri pliska nani bribangwisa.



Pulanka praptiska daknika apia kaka yakan tnatka ra karnika tilak pura luan tnata alkanka nani wina liliaka ba wina bara/apia kaka dakni ra wark praptiska ba wina ai wîna tara takanka nani bûi liliaka kau sip briras yaba uplika nani ai sinska ra shins munanka tânka tara bri nani sakaia sip sa.

Sip apia ba lâka satka kum,kum wal uplika nani ra pulanka praptiska wina ilpka nani.

Aikuki asla prawi nani:

Upla tilara wal ai tânka brin nani, asla prakanka bara pana, pana ilp munanka bapanka.

Wîna tara tnatkara nani:

Nikwanka bitar, wîna tara pura aimaki ba wina pura prakanka, ban.

Sinska tnatkara nani:

Liliaka lâka, ris brinka, silp latwan kaikanka ba suni bangwi yaba ilp munanka lukanka nani.

Nikwaia sip apia ba lâka wina satka kum, kum wal uplika nani ra karnika kli yabaia bara kakaira takaia tnatka ba, wîna tara warkka wina nitka nani ba tânka marikaia purkara blistu daukan kabia:

- Yus munaia sanska yabras yaba takaskanka nani wal baku daukaia dukiara iksasais pliska wina masinka nani laki kaikaia.
- Pulanka trin munanka wina masinka nani bara pliska ba wina wal prakanka lilka daukaia nahnani yus munaia dukiara briaia sip nani bara sip bangwi kabia dukiara.
- Aitani kat wal prakanka wal masinka nani ba kulkanka ra bri sip apia lâka bani ra wal baku trin munanka nahki daukaia ba tânka ulbanka kum kahbaia.
- Brih bangwi yaba sip apia lâka wina satka ba kat yus muni uplika nani ra daukanka kabia wîna tara trai munanka bara laki kaikanka diara daukaia dukia nani ba wal prakaaia.

Nitwanka sip apia lâka wina satka kum, kum wal uplika nanira laki kaikaia dukiara yus muni diara daukaia dukia samplika nani:

Prak prakanka nina mangkanka

Tilara uplika nina			
Kaikaia sip nahki tauki ba tânka nani	Aû	Apia	Sam piuara
Sip apia ba lâka ba wina warkka ra pulanka nani aihka sat daukisa?			
Baha tnatka nani ra wîna tara warkka pakaia ba tânka wi yaba trabilka nani dukiara pamnika tâka wala ba wal ai dahra walaia karnika brisa?			
Sip apia ba lâka yabi yaba takaskanka nani ba ra wal prawaia karnika brisa?			
Warkka ba dukiara tnatka pain kum marikisa?			
Warkka ba wina trabilka nani wina pri lâka ra tilara dimisa?			
Lâka ba wina tâura lâka nani ba kaina tani wi wal talia daukisa?			
....			
Sut bara			

Kul tuktan nina: _____

Manka: _____

Lan takanka daukanka nani

Nikwaika pliska	Yakan	Ilp wal	Daukras
Plapi sa			
Palisa			
Mina kum wal palisa			
Tnaya karwanka			
Mawan karwanka			
Diara nani lulki bara alki			
Bal kum ai mina pata prukisa			
Auka ba palisa			
Iwi wina piua isti pali buaia karnika brisa			
Wal baku lâka ba alki brisa			
Kuhma nani bulki ai mina wina mina sirpika nani kangbisa.			
Mina kum ra buaia sip sa.			
Wîna tara nahki ba tânka: iwanka sirpi tnatka nani, maklala tnatka nani, biara tnatka nani, ban, etc.			
Kakauka nani/wilkanka nani daukisa.			
Aikruskan			
Mihta warkka nani daukaia piua ra pitka kat dukisa.			
....			
Tânka kaikanka nani:			

Ningkara maiki yaba tânka mairikanka nani ba dauks:

1. Ai dakni ka wina upla wâl ra wahbi saks.
2. Wahbi sakan tilara uplika nani wina wîna tara nahki yaba tânka ba laki kaikaia dukiara yus munanka kabia yaba laki kaikanka wina diara daukaia dukia nani ba wapnika mangks.
3. Wahbi sakram yaba diara daukaia dukia nani ba wina daukra nani dauks. (tilara uplika nani ra laki kaikaia brinka yaba tnatka nani ba sim nani tilara dingkaia. Smalkanka nani kau dukiara smalkaikam ra makabi wals)
4. Laki kaikanka wina diara daukaia dukia nani daukaia dukiara yus munan kabia yaba sins lâka ba wahbi saks.
5. Laki kaikanka nani ba ra tilara uplika nani yus munan kabia yaba wîna tara ilp munanka wina trai munanka nani ba wahbi saks. (traï munanka daukaia kaina ra smasmalkrikam wal aias)

6. Laki kaikanka wina diara daukaia dukia nani ba wina tilak ai takanka wina ta mangkanka briwi, wahbi sakan tilara uplika nani ra ilp munanka trai munanka nani ba dauks. Pât apû lâka bara klin kaia lâka dauki warkka nani ba aima bani daukaia kupiam krauks.
7. Riram takanka nani ba bara warkka pua daukram tnatka nani sut dukiara dahra kum ridi dauks.

Silp laki kaikanka nani daukanka nani

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

Ansa muns:

1. Wîna tara laki kaikanka ba wina tnata prakanka ba ani sa?

2. Sip apia ba lâka wina satka kum,kum wal uplika nani ra wîna tara aihwika yanbanka ba wina ilpka nani ba ani nani bangwisa?

3. Dîa satka wal prakanka nani sip apia ba lâka kum,kum mariki uplika nani dukiara iksasais daukaia pliska nani ba ra blistu dauki bangwaia sa?

4. Laki kaikanka wina diara daukaia dukia nanira lilka paskan yaba pua kum ra dîa pura prakaa nitsa?

5. Nina mangkan wina praki kaikanka dukiara laki kaikanka kaina tani wi nani ba dîa yamnika nani brih bangwisa?

Kasak ansika ba wahbi saks:

1. Wawira pliki kaikanka kum sa:
 - a) Diara nani nahki daukaia tânka kum
 - b) Diara daukaia dukia kum
 - c) Kaina nani wina kumi sin apia

2. Kaina tani wi lilka nani ba baiki sakisa:
 - a) Numbika nani bara lilka nani
 - b) Tânka wi
 - c) Kainara nani sut
 - d) Kaina nani wina kumi sin apia.

Tânka pliks:

Ai paskanka tânka kat wan sinska tadi munanka nani nahki baiki sakibangwisa?

Laki kaikanka wina diara daukaia dukia baku wauhtaya wahia nani auhbaika kum satka nani

Smalkanka Aslika IV. Pulanka tnatka takanka nani wina asla takanka bara nahki daukaia ba tânka ulbanka

Aslika bapanka nani

Aslika ba tnata prakaiya ba ra, daukanka tâura yaba uplika ba:

- Pulanka daukanka satka nani wal baku daukisa.
- Pulanka daukanka kum ridi daukanka ba ra tilara yaba uplika warkka nani bapisa.
- Wîna tara aihwika yabanka daukanka kum asla daukisa.

1. Diara kum takanka

Piua kum tnatkara wina apia kaka yu kum kum, piu kum tnatkara dauki yaba bara plis kum ra dauki yaba daukanka apia kaka tânka kum sa.

2. Pulanka tnatka takanka

Piua kum tnatkara dauki yaba warkka bara asla dauki bangwi pliska ra kasak takanka kum, kum nani bri yaba: plis ra impaki kaiki tauki tânka, paskanka nani, apahki brin nani, aikuki asla praki nani, pulanka nani, pulitik nani, ban.

Ai pawanka dukiara aihka nitka nani:

- Wark uplika paskanka.
- Lal aimakanka warkka nani.
- Lalah ilpka.
- Brih waia lâka bara takaskaia watla dukia nahki daukaia ba tânka ulbanka nani.
- Paskanka aihka nani.
- Daukanka lâka nani.
- Dahra aisanka bara kan sunanka nahki daukaia ba tânka ulbanka.
- Yamni kulkanka tânka sut nani.
- Yabal nani tâ mangkanka, pât apû lâka, ban.

3. Pulanka tnatka takanka kum wina asla takanka ba ra kulkaia dukia nani

Pas pali ningkara makabi walanka nani blistu lilka paskaia:

- Dîa asla daukaia brinki sa?
- Dîa dukiara asla daukaia brinki sa, dîa bapanka wal?
- Nahki sa?
- Ahkia sa?
- Dia prais mana kabia?
- Ya atia tilara bangwi kabia?

Daukaia wilinka bri aima kum, lukaia lâka tânka wi kum blistu paskaia sa yaba brikabia:

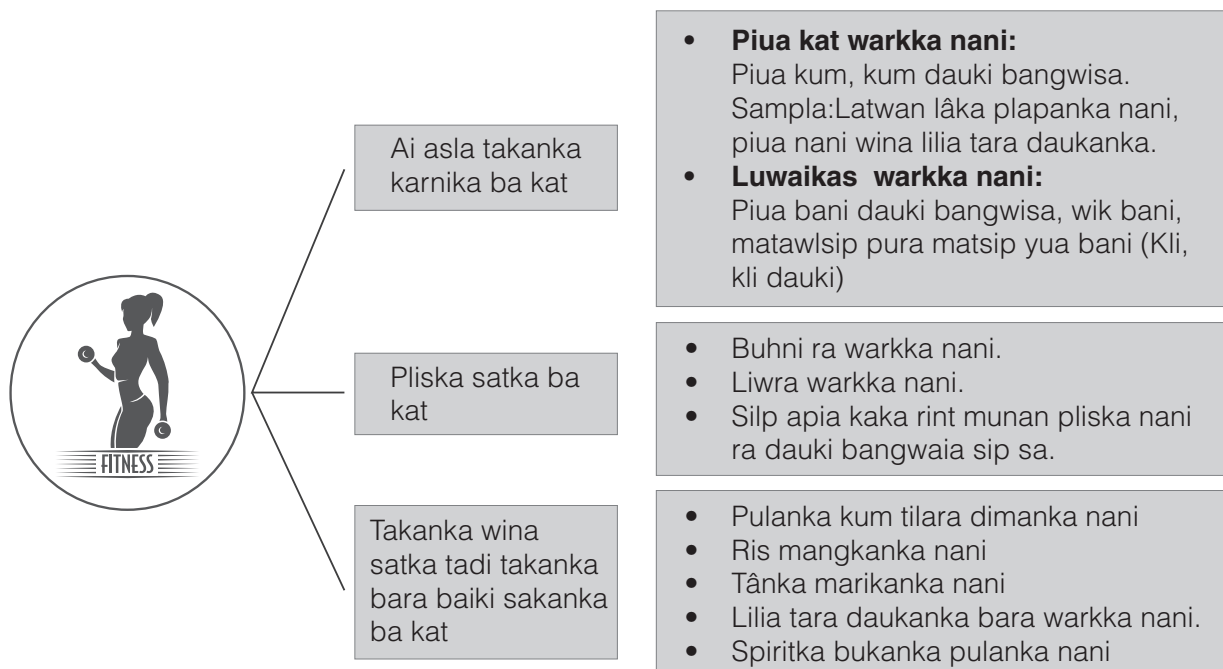
1. Diara kum takanka satka aiska nani mariki yaba tâ krikanka kunhku kum.
2. Tnatka kum ra tilara kaia daknika nani ba (publik wark daknika nani, asla takanka nani, asla takanka aslika nani bara wala nani).
3. Diara kum takanka wina asla takanka sauhkaia sip yaba tnatka wina satka kum, kum bâra kaka tânka marikaia (lâ, lâka wapnika mangkanka).
4. Diara kum takanka ba wina sins lâka satka nani ba tânka marikaia.
5. Paskanka dukiara nitka nani ba bapaia.
6. Warkka ba daukaia kainara lalah nahki prais tikaia ba kulki sakanka ba paskaia dukiara ilp mamunra nani bara kaina kahbanka dukiara tânka kasak nani.
7. Wark upla tnatkara nitka nani ba bapaia.

4. Diara kum takanka wina sâtka nani bara sâtka ra paskanka nani

Fitness diara kum takanka nani ai asla takanka karnika, pliska satka bara satka tadi takanka bara baiki sakanka kulkan ra bri ningkara tnatka ba wina baiki saki bangwisa:

4.1 Pulanka tnatka- lilia brinka diara kum takanka wina satka nani

Fitness diara kum takanka baiki sakisa:



Ningkara ra, naha las nani kunhku tnatka ra tânk wibia.

4.1.1 Pulanka kum tilara dimanka nani

Kaina manis mangkan prisantka ailal nani apia kaka kumi bûi tilara diman nani ris mangki bangwi pliska ra trai munanka nani bangwisa. Witin nani ra pura luaika uplika kaia brinka wal upla nani ba sim trabilka nani mapara bangwisa bara sim tnatka nani wal dimi bangwisa. Yakan tnatka (prisantka upla kumi ra yabisa) apia kaka dakni tnatka (prisantka ba dakni ba ra yabisa) daukaia sip sa. Sampla nani: bal lulkanka nani bara palanka nani.



4.1.2 Ris mangkanka nani



Pulanka win takanka kum briaia bûi aiklabi yaba ra trai munanka kum kaikaia sa, nahara dakni wâl apia kaka kau mapara buisa, laka nani bara nitka nani tânka marikan nani kasaka dauki. Kaikanka simpil ra pulanka kum tilara dimanka kum bara ris mangkanka kum wal baku talia sa, sakuna aihka sat ba ris mangkanka kum yaba aima bani pulanka sa bara karnika bri asla takanka ba bûi nisan nani tilara bapan lâ bara kulkan lâka nani bûi lal aimakisa.

Sampla nani: karna plapanka nani, kutbanka nani, marts, ban.

4.1.3 Tânka marikanka nani

Publik ra fitness warkka kum marikaia nit pua tânka marikanka nani ba ra makabisa. Nahnani publik tânka marikanka baman bangwi yaba, ris mangkanka tnatka apû bangwisa. Wark raya kum dingkaia bara ai aû takanka kaina manis marikaia dukiara pulanka bara iksasais daukaia pliska nanira uba yus muni bangwisa. Sampla: Zumba wiba klas kum marikanka.



4.1.4 Lilia tara daukanka

Kulki marikan yua nani liliaka daukaia dukiara witin nanira ra makabisa. Fitness ra pua bani dauki lilia tara daukanka nani pliska kuakan manka alkanka, Pana bara latwan lâka yua, maskarit wal dans pulanka lilia, ban.

4.1.5 Spiritka bukanka pulanka bara warkka nani

Piu bani kati piua wauhkataya lata tani ra pulanka nani bara wark nani dingkaia sip sa yaba tilara uplika nani liliaka yabi bara lilia dauki bri kaia warkka kum baman sa. Naha warkka nanira liliaka daukanka yua nanira dingkaia sipsa, sakuna tâka wal wina aihka sat dauki yaba pulaia tnatka ai warkka ba sa.

Sim piua ra pulanka tnatkara diara kum takanka nani ba ai asla takanka karnika kat ningkara sâtka nanira paskaia sip bangwisa: medianos

Diara kum takanka nani tara	Diara kum takanka bakriki prais nani	Diara kum takanka sirpi nani
<ul style="list-style-type: none"> • Tilara apia kaka bâra yaba uplika nani tânka tara bri numbika paiwi bangwisa. • Pulanka daukanka ailal nani apia kaka yahpika tara wina kumi baman. • Lalah yuyaka nani ailal, wîna tara bara upla nani, purkara ilp munaia uplika nani numbika tara nit bangwisa. • Sampla.: Olimpik pulanka nani, tasba aiska putbal pulanka. 	<ul style="list-style-type: none"> • Plis kum kat diara kum takanka nani. • Tânka marikan tilara apia kaka bâra uplika nani numbika kum paiwi bangwisa. • Sampla: tasba baikanka piska pulanka nani, kul watla nani tilara pulanka nani, kul watla ra liliaka nani, Upla asla daukanka pulanka nani. 	<ul style="list-style-type: none"> • Tawan sirpi tnatkara diara kum takanka. tânka marikan numbika kum upla nani paiwi bangwisa. • Paskanka ailal nit apia sa. • Yuyaka nani bara ilp wiria nit bangwisa. • Sampla: bariu ra aitwahkanka, bariu ra taim nani piua, wînka puhbanka pulanka tawan sirpi tnatkara.

Diara kum daukanka takanka tara kum aû takaia kainara apia kaka sim ba wal pramis takaia ningkara daukanka nani blistu kulkaia sa:

- Bapanka nani
- Paskanka (pliska bara sins lâka)
- Karna daukanka bara pliska makabanka
- Tânka laki kaikanka
- Asla takanka(kamiti bara kamisan nani nina mangkankas)

Diara kum takanka sirpi bara bakriki prais nani asla daukaia dukiara, ningkara tnatka nani kulkaia nit sa:

- Bapanka nani:
Pulanka tnatka ra
- Sins lâka nani:
Paskanka (lilka mariki pliska nani)
Manka aibapanka (lalah manka aibapanka, lalah apahkanka bara aikuki asla tnatkara rint sa sapa)

- Tânka laki kaikanka:
Tilara uplika nani (tilara nani kulkanka)
Yuyaka (Upla nani-lal aimakanka nani-sins lâka nani, diara nanis)
- Piuu nani:
Awar nani bara yua nani (takanka piua warkka mart ra mangkaia brih waia yaba piua.
Pulanka tânka sut
Kamiti bara kamisan nani (Nitka nani ba kat)

4.2 Aitwahkanka nani bara pura luanka nani dukia nahki daukaia ba tânka ulbanka.

Ris mangkanka takanka nani ra aitwahkanka nani bara win takanka nani pura aimakaia sip sa yaba panis yabanka bara pâtka nani wal ai tânka bri nani sut bara pulanka tânka sut klir pali tânka mariki lâka kum blistu brihbangwaia sa, purkara nina mangkanka bara prisant yabanka baku ulbanka lalka nani pain asla dauki brikaia.

Tilara uplika nani ra dakni tnatkara apia kaka yakan tnatkara ra dingkaia plikisa, bara sut purkara pulanka praptiska tilak kulkanka nani paskaia bara pakaia dukiara daknika ba ilpka briaia.

Dakni nani bara watlikara uplika nani aslika ba kulkanka ra blistu briaia sa, wapanka nani wina awarka bara piua nani piu kat dahra yabaia. Ris mangkanka daknika sat, sat nani dukiara pulanka ra lâ mangki uplika daknika pain wahbi sakaia tânka uba tara sa.

4.2.1 Kamiti nani asla takanka

Asla prakaika nani ba pulanka takanka ba lâ kat bara ingnika wal daukbia dukiara karnika kum tara dauki bangwaia sa, Tilara bangwi yaba lâ karnika bri nani, lalka nani, papulra nani wal ai tânka bri kulkaia lâka daukanka nani baku sin baha lilia tara daukanka ra yus muni sainka nani kasak pali rispik muni, pulanka takanka ba lâ kat bara ingnika wal daukbia dukiara karnika kum tara dauki bangwaia sa.

Diara kum takanka wina asla takanka ba ra wartakbia yanani, warkka tânka marikanka bara warkka asla prakaika lilka kum ra kaina manis pain kahban wal kamiti sat, sat tilak blistu daukaia sa.

1. Asla Prakaika Kamitika

Diara kum takanka ba nahki daukaia tânka ulbanka wina daukanka ba kat, piua mangkanka ba bara programka daukaia, purkara kamiti wala nani asla prakaia bara pura kaikaia mihta ra uplika sa.

2. Manka aibapanka kamitika

Lalah nahki prais tikaia ba kulki sakanka, lalah lal aimakanka bara kulkanka yabanka, baku sin kampani nani mawanra diara atkanka ba bara daukanka kum diara kum alkaia dukiara mihta ra ba uplika sa

3. Pana, pana aisi nani kamitika

Dahra aisi wi, kan sunanka bara atkanka warkka daukisa, Pana, pana aisi daknika nani wal publik tnatkara wal ai tânka bri uplika ba sa.

2. Sins lâka kamitika

Prugramka daukanka ba ra, piua nani, awar nani bara sins lâka tnatka nani sut ra bara daukanka ra wark taki uplika

Naha kamiti nani warkka nani kum, kum:

1. Asla prakaika kamitika

- Ris mangkanka nani ta mangbia yaba pulitkka aiska nani tânka wiaia.
- Ris mangkanka nani wina manka aibapanka ba yamni kasak daukaia.
- Ris mangkanka nani wina lalah nahki prais tikaia ba kulki sakanka aiska ba tadi takaia bara yamni kaikaia.
- Ris mangkanka nani ba dukiara pliska nani ba tadi takaia bara tânka wiaia.
- Ris mangkanka pawan kabia yaba dukiara piua mangkanka sat, sat nani tadi takaia bara yamni kaikaia.
- Ris mangkanka daukanka ba yamni kasak daukaia brinka ba wal lukankam ra aitani bara nit kabia yaba taka wala nani daukaia.

2. Lal mana aibapanka kamitika

- Mana aibapanka bara taka wala nani daukaia.
- Masin ku mana aibapanka ba, man kulkanka nani, ilp nani, atkanka tânka briaia.
- Kutbanka nani, winanka nani dauki tilara ulbanka brih wi nani pliska, ban, tânka marikaia.
- Pulanka pliska bila tani bara lata tani atki tauki tânka nani wina lâka, masin ku mana aibapanka ba daukaia.
- Atkanka nani wal praki kaiki dukia aiska daukaia brinka ba wal nit yaba lalah nahki dingkaia ba lâka mangkanka nani makabaia.
- Diara apahki bri watla ba wina tâura bara tnata ra bri dukia nani tânkira kulkanka ba brih waia.
- Pliska sat, sat nani ra bri dukia nani tânkira kulkanka kum, pliska nani ta mangkanka kum bara pulanka nani winailp mamunra nani ra yaban publik munaia raitka nani bapaia.
- Pulanka pliska kumi bani ra ban yaba publik munanka pliska ba asla prakaia.

- Pana pana aisi tnatka nani bara taka wala nani nahki daukaia ba tânka ulbanka, VIP wiba daukanka, aiawi publik munanka tnatka ra ilp mamunra nani wal brin pramiska nani aiska daukanka ba asla prakaiia.
- Pulanka nani ba wina asla takanka ba bûi sain munan ilp munanka kantrakka nanira ra bapan raitka bara pramiska nani tadi takaia bara kakaira kaia
- Sain munan kantrakka nani aiska kat daukaia dukiara, asla takanka piska kumi bani wina bara il mamunra nani tilara asla prakaiika baku kaia.
- Publik munaia ai dukia nani bara ilp mamunra kumi bani ra pana, pana aisi daukanka ulbanka kum tânka prahni daukanka kum daukaia.
- Pulanka pakka nani kantrak munan uplika nani kumi bani ra marikaia dukiara markit warkka bara ai warkka tnata las dahra kum tânka marikaia.
- Diara sut bûi mana aibapanka riputka daukaia.
- Asla prakaiika kamitika ba kahbia yaba wala nani.

3. Pana pana aisi kamitika

- Pulanka lâ karnika bri uplika nani, tasba lâka ra nani bara militar nani tasbaya baiki sakanka ba wina bara minispiu nani ba wina tânkira kulkanka kum daukaia, inbait munanka nani daukaia bara blikaia brinka wal.
- Kasak lâka pliska nanira inbait munan aihka uplika nani ra brih ai pliska ra mangkaia.
- Maisa papakra nani plakin nani bandira wiba, plakinka dusa, plakin tara nani, tilar satka nani, podium wiba, binka, tara saki ba ban nani, pawa wal, bumbas, yabal luaika nani, silp kulkanka nani, sain naniba naha nani sut, plakin wal auka, tibil nani, iwaia pliska nani, kualka sirpika, tangni wal prana dauki, ban, ban. wal tânka bri nitka nani bri dukia nani tânkira kulkanka ba daukaia.
- Pulanka daukanka ta krikanka ba bara tnata prakanka ba brihwaia.
- Ta krikan bara tnata prakan bila nani bara pulanka ra lâ mangki uplika nani bara papulra nani dukiara pramis ba daukaia.
- Bin, diara nani, iwaika dukia nani, upla nani ra ban naha takanka nani kumi bani dukiara lâka auka nani lilka paskaia.
- Lâ mangki uplika nani, watlikara nani, VIP wiba, pulanka nani ra kakaira uplika nani wina sat sat daknika nani dukiara aikuki asla prawi prugramka kum bapaia.
- Yu bani saki publik munanka, tilibisan, radiu wal ai tânka bri nani brih waia bara yu bani saki publik munanka paiwanka nani nahki daukan kabia, pliska nani bara sip kaka awar nani tânka wiaia.
- Watlikara nanira main kaikaia awarka nani bara pliska dahra nani bapaia.
- Sins lâka kamisanka ra yaban takanka nani ba publik munaia.
- Pulanka asla takanka wina sakbia yaba aisi ulbi param sakanka nani dahra aisi win lâka, tânka marikanka, ridi daukanka bara daukanka tânka sut kum bapaia.
- Plis sat, sat nani ba ra yu bani saki publik munanka pliska nani wina pitka kat mangkanka dukiara pana pana aisi kampanka kum wal lâ daukanka nan bapaia.
- Ris mangkanka pliska nani kumi bani ra VIP wiba pliska kum bapaia bara sim ba ra yabalka bara ai warkka ta mangkaia.

- Takanka ba dukiara ridi daukanka pulanka kumi bani wina pawanka ba ra yula kahbanka ba dukiara upla brikaia.
- Yu bani saki publik munanka pliska nani dukiara nit kabia yaba pun nani, paks nani, pun lainka nani, kumpu, masin nani ban,ban. bara diara nani nitka nani bri dukia nani tânkira kulkanka kum daukaia.
- Naha pliska kumi bani main kaikanka ba asla prakaaia.
- Pulanka nani wina publik munanka apiska baku daukaia.
- Pulanka nani kainara, piura bara ningkara wina yu bani saki publik munanka paiwanka nani daukanka ba asla prakaaia.

4. Sins lâka kamitika

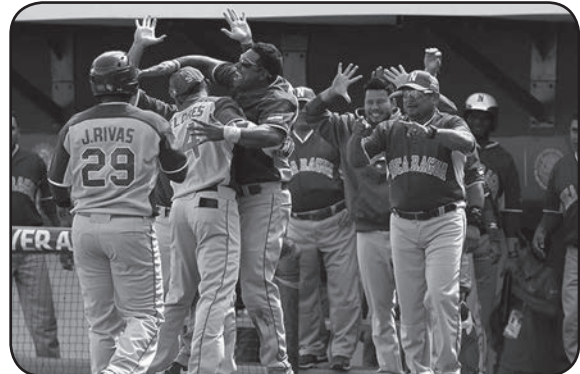
- Ridi daukaia mitinka nanira brin wilinka nani bara lâ lâka mangkanka nani wina pulanka bani dukiara lâka nani ba daukaia kan ba daukanka tilak, pulanka takanka ba wina pawanka aitani kat yabaia.
- Klinik nani apia kaka kanparins nani, kul yabanka, aisanka nani, lisan nani aslika ku takanka kainara bara piura (Sinskira nani bâra ba ilpka bri) sins yabaia.
- Pulanka takanka sat, sat nani ra kaina manis ridi daukan mitinka nani kumi bani ra wal praki kaiki dukia sut ridi daukaia. (maisa pakaia mitinka nani, ris mangkanka tânka sut nani, wal baku daukan wina baiki sakanka tânka sut, piua, awar bara pliska)
- Awar ba brîh wi uplika nani, pulanka ra lâ mangki uplika nani wal ai tânka bri dukia sut asla prakaaia.
- Pura luanka wina lalka nani ba ra sim dukia nani aitani kat mangkanka, piua kat dukia nani yabanka ba asla prakaaia.
- Ris mangkanka nani bara trin munanka nani dukiara nahnanni aitani kabia yaba pulanka pliska nani paskanka bara kli paskanka nani kasak lâka ra daukaia.
- Tilara uplika watlikara nani aidrubanka pliska nani kumi bani dukiara tâura ilp munanka ra bara siknis apû ra tâ main kaikanka wina ta mangkanka kum lilka paskaia.
- Naha ta mangkanka praptis ra mangkaia dukiara nit bangwi kabia yaba saika nani, daktar masinka nani, baku sin daktar nani, ban,ban. mangkaia.
- Lâka aiska ba daukaia, tânka kaiki daukanka lâka ulbanka tilara dingki. (Panis bara pâtka nani kamisanka wal ai mihta tâ wina wark takisa)
- Takanka ba ra dingkan pulanka sat, sat wina prugramka ba wina daukaia kan ba daukanka ba bûi main kaikaia, watlikara sat, sat nani ba ra sim prugramka yabi (pulanka nani prugramka ba dukiara awar nani bara anira daukan kabia pliska nani dahra aiska dingkaia.
- Win takanka wina takanka nani bara witin nani wina taki bangwuya kulkanka nani ulbaia warkka kamisanka ra pliki kaikaia, publik munaia bara pana, pana aisaia.

4.3 Pulanka tnatka diara daukaia sip ba laka nani wina tânka sut

4.3.1 Win takanka tânka nani ba baiki sakanka

Win takanka tânka nani satka ailal bâra; kum,kum pîu kunhku ra daukisa (awar nani, warkka tarbaik) wala nani pîua yari dukiara (yua nani, wik nani, kati nani bara pîua wihka kat).

Win takanka nani ba ai wihkika pîua dukiara baman sip baiki sakras sa, bamna satka kum apia kaka wala wina wahbi sakanka ba yaba ris mangkaia brinka yaba ra daukanka ba, paskanka nani ba, upla bara lalah mangbia yaba, sim ba wina brinka ba wina sin ilpka brisa



- Yari takanka wina: Pîua wina “yari takanka” tânka marikanka ra tnata prakaiia dukiara ris mangkisa bara tânka marikan paiwanka nani wina numbika kum apû bangwi yaba bukra nani bangwisa.
- Kulkanka nani bûi: Ris mangki uplika kumi bani yaba tâka wala nani wina kumi bani ra mapara bui bukra nani bangwisa.
- Sauhki tikanka wina: Pulaika wina numbika kum kum lustiwaia pîua ra win takanka wina sauhki tiki bangwi yaba tilara uplika nani bukra nani bangwisa.
- Miks munan nani: Nina makan win takanka tânka wina aihka sat satka wâl wina sainka nani brih bangwi yaba nani bangwisa.
- Suizo wiba tânka sut: Suizo wiba tânka sut ba kaina manis numbika kum mangkan wilwi tawanka kum piura dakni nani ku apia kaka yakan tnatka, mawan kat buanka ba ra sa. Sauhki tikanka tnatka briaia sip sa purkara, wilwi tawanka nani sut ra ris mamangkra nani sut yaba tilara bangwi kabia pîua bani dukia sa. Kasak ra sauhki tikanka tânka sut ba suizo wina tânka sut shins munanka kum kaia ra aula. Kumi bani kulkanka ba, wilwi tawanka bani ra mapara babura ba wina yabanka ba tânka marikanka yaba sim kulkanka blistu briaia sa apia kaka kau lamara sip yaba dukia. Naha tnatka wina singbanka wina ai warkka kum saki auya sa bara ris mamunra nani sut wina tawa, tawa tara takanka kum. Wilwi tawanka nani numbika lahbanka kum wal kulkanka aiska briaia sip sa.

Sampla baku 64 papulra nani tilara ris mangkanka kum sampian ba ra briaia dukiara bara tâka wala baiki sakaia dukiara wilwi tawanka 6 nitsa. Naha baiki sakanka wilwi tawanka nani kau pura prakbia wal kau kulkan bara kau sitni kaia sip sa kasak sa. Tânka sut wina karnika ba pura prakisa ris mamunra nani sut ai lukanka karnika kat tâura asla daukuya kaka bara naha tâura asla daukanka ningkara maya wâl tânka nani ra kulkanka ra brisa kaka.

4.3.2 Aitwahkanka nani baiki sakanka

- **Dairik sauhki tikanka:**

Aitwahkanka sat, sat nani ra yus munan tânka sut sa yaba pulanka kum wina lustiwan uplika yaba ra sim minitka ra sauhki tikisa. Wilwi tawanka nani puli auya bara witin nani kumi bani ra tilara uplika nani numbika kum tnayara lakisa ris mangkanka uplika kumi yaba suaia kat, bah aba sampian baku takaskisa.



Sakuna kulkras nani ba bâra kaia sip bangwi ra kaina manis tnayara lakan tilara uplika kum yaba ban ris mangki waia sip kabia, sauhki tikanka tânka sut ra kli dimi apia kaka pliska yumhpika pulanka nani baku puli. Naha tânka sut ai nina inglis ra bûi sam piuara play-off baku kakaira sa.

Naha sat aitwahkanka prais kata mangkan pua kum kainara apia kaka ningkara dakni nani sut, sut mapara bui yaba ra. Naha pua ra tilara uplika nani ba dakni ra apia kaka ai tasbaya pliska tnatkara baiki saki bangwisa.

Aitwahkanka pulanka nani, tinis wiba baku ra, put bal bara baskit bala pulanka kum, kum nanira uba yus munisa. Naha tânka sut tilara uplika nani numbika ba 2 karnika wina kum, kum ra sa piuara kasak pain warktakis. Naha wal ris mamunra kumi bani yaba wilwi tawanka numbika sim sat pulbia bara wilwi tawanka bani ra tilara uplika nani numbika tarbaik ra alahbaia bapi karna daukisa. Wilwi tawanka kumi bani paiwanka sat, sat bûi paskansa nahnani ra win taki bangwi uplika nani ba satka nani ra wahbi saki daukisa. Satka nanira wahbi sakan nani kaina manis bapan dukia wal kat pana, pana ai mapara bui bangwisa. Wilwi tawanka nani ba tilara uplika nani aihwika ba wal kat ai nina nani brisa, kau kakaira nani ba bangwisa: matlalkahbi pura walka tnata las, walhwalka tnata las, tarbaik tnata las bara las, 16, 8, 4 bara 2 ris mamunra nani.

- **Sut nani mapara sut nani:**

Tânka sut ba wina sut nani mapara sut nani ba apia kaka aslika tânka sut ris mangkanka wina tânka sut kum sa, aiska pali pulaika tnatka, bahara aitwahkanka tilara uplika nani witin nani tilara mapara buibangwisa sanska yabanka numbika kasak kum ra (aiska pali, kumi apia kaka wâl) Naha sat ris munanka aslika sirpi apia kaka roun-robîn sin nina makisa. Sut nani mapara sut nani wina aitwahkanka kum sin triangular, cuadrangular apia kaka itsagunal baku nina makisa tilara uplika nani ba yumhpa, walhwal apia kaka matlalkahbi sa kaka. Naha aitwahkanka rugby, baskit bal, bara put bal baku bal pulanka nani wina nisan aslika nanira pua bani yus munisa, bahara dakni nani ba mani tarbaik apia kaka mani ul pua ra ai mapara bui bangwisa. Nisan nani tilara kup kum, kum nani wina wilwi tawanka pas nani piuara, Put bal kupka tasba asikara ba, UEFA wina win tatakra nani aslika bara America pri lâka yabaika Kupka ba baku, pua wâl tânka sut kum yus munisa. Dakni nani pua ra, dakni nani ba upla wiria bri daknika nani ra baiki sakisa (aiska pali walhwal) sut nani mapara sut nani tânka kum ra mapara bui yaba. Dakni bani wina kau pain nani ba pua wala ra luibangwisa, bara pua bani sauki tikanka dairik sa.

- **Yakan laki kaikanka:**

Ris mamunra kumi bani yakan trai munanka kum daukaia yabaK brisa, ba wina laki kaikanka kum takisa. Laki kaikan ba pura luan markka ku kaia sip sa (sampla baku: plapanka ra, purka wina palanka ra pura ulan purka kum apia kaka wirhka lulkanka ra alkan yarka kum) apia kaka pulanka ra lâ mangki uplika kum bûi yaban kulkanka kum (sampla baku iksasais ra ulbanka kum mangkanka) Kulkanka ba upla praïska mangkanka kum ra ai plamayka bri piua ra aima bani silp kulkanka kum bâra sa. Natka nani wala ra kulkanka ba kasak sa, sampla baku,putbal ra gol wiba kum, mapara babura wala plika ba ra bal dimuya piua tânka mariki yaba. Ai yakan tnatkara purkara trai munanka nani ba ris mamunra nani numbika kasak kum tilara yaba nani ra dauki bangwisa. Trai munanka nani ba tnata prakan piua pliki kaikanka nina mangkanka kum mangkisa, bahara wintakan uplika ni aba tâura sa.

- **Piramide wiba tânka sut-aiklabaia ra tusbi:**

Naha tânka sut ai nina mariki baku tilara uplika nani ra (ai sins lâka pitka bûi apia kaka aitwahkanka bûi) lain wapni ra baiki sakan pirâmide wiba kum mangkansa, pura uli tnatkara numbika nani auya lilka tâ wina bara munhta tanira playa ba ra waia kat. Wan mapara dukia nani apia kaka aiklabaia ra tuski nani tilak wark takisa munhta tani pliska wina papulra kum yaba kau pura wina kum ra daukisa. (Numba 10 ba numba 8 mapara sa) mapara mamunra ba wintakaia tnatka ra, naha mapara munan uplika pliska ba brisa bara mapara maunra ba lahbisa. Kau pura aiklabaia sip yaba dukia kat pliska nani, mapara dukia kum bara wala tilara blistu kaia yaba piua lain kum wina walara aiklabaia dukiara lâka nani, paiwanka wina takanka kat mapara buan uplika ba ra mapara babura wina tnata las pliska nani, asla takanka ba wina nitka nani kat lâka mangki tnatka nani bangwisa, sakuna ai tilara dimanka wina ta krikanka wina kainara ris mamunra nai sut bûi klir pali blistu kakaira kaia sa.

- **Tnata las luanka:**

Naha tânka sut ini tadi takanka nani wala dukiara tâ mangkanka kum sa, paiwanka tnata las ba upla sut kaikbia brinka sa piuara. Aitwahkanka ul wina ris mamunra nani bitar nani walhwal briaia bara pulanka tnatkara apia kaka kaina manis wâl lâ mangkan kat tilak dakni wâl ra mapara buanka daukaia, pas ba ra pulibangwisa bara win tatakra nani bara lus tatiura nani taki bangwisa (al baku takanka swirka takras) bara sikanka ba ra sim tnatkara bangwi nani ai tilara mapara bui bangwisa apia kaka win tatakra nani ba sampian bara sampian ningkika bara lus tatiwra nani plisk yumhpika bara walhwalka bûi puli bangwisa.

- **Impapakra numbika-fixture wiba:**

Ta krikaia dukiara numba kum bapisa, naha naha tânka ra 1 ba bara yawan numbika kau tara aihkika ba ra ta krika bangwisa, pawî tnatkara numbika kulkanka tanira wi kumi wina wala ra wats wina piua kulkaika tanira N ra waia kat, N tilara uplika nani kau pura ba sa. Playa bani wina lain nani sut numbika piua ku pulanka nani numbika wina takanka ba bûi yaban sa, naha lan takaia dukiara daukanka ra playa bani piua apia kaka wilwi tawanka kum sa.

- **Pulanka lâka**

Pulanka takanka nani piua bani kau ailal bangwisa bara aima bani ilp mamunra watla nani, bara naha satka daukanka kum ra blaki bri yaba silp publik munan markitka mina munhtara bangwisa.

Naha satka wina takanka kum asla takanka ba lal blakanka ba, tnatka ailal nani kulkanka tara wina ai ilpka brisa: Sim pliska ra wi kulkanka tara bara lâ karnika bri nani, dauki pliska, takanka tânka tara bri ba (sampla baku tnata las kum sa kaka), Takanka ba tilibisan ku kli lakaia sa kaka, ban.

Naha sut asla prakaika nani ra takanka wina nahki daukaia tânka ulbanka, (Upla kan kahbanka bara siknis nani mapara ilp munanka) pulis ta mangkanka, pât apû lâka (kulkanka tara bri uplika nani baku sin takanka ra kabia yaba publikka) wina tnatka nani kulkanka ra blistu briaia yaba ra wark nahki daukaia tânka ulbanka aiska kum, purkara kainara takan dukia nani, kahbia yaba lilka aiska kum bapaia ra brihwisa.

Sim piuara yaka tara kulkaia nukaia yaba sa, bara ilp mamunra nani ba baku makabi bangwisa, diara kum takanka ba ra manka aibapi yaba publik munanka ba, ai watla nani wina daukanka ba nina bliki yaba tilibisan kakaira nani ba dukiara baku pliska ba kaiki yaba nani ba dukiara naku, param nani bara kau tânka mariki pliska nani ba ra publik munaia diara daukaia dukia bara ai sainka sâtka nani mangki.

Ba sut dukiara, asla takanka bara lâka dauki yaba wark daknika ba naha tnatka nani sut kulkanka ra briaia kabia, baku sin diara kum daukanka yarka ba ra takaia sip yaba bila kaikras bal taki sâtka ani ani tâ briaia dukiara mapara buanka ailal briaia karnika briaia.

Dauki bangwaia sa yaba warkka daukanka bara warkk nani:

1. Imbait munanka nani paskanka bara piua kat imbait muni uplika nani bara asla takanka aslika nani ba ra ai blikanka.
2. Sâtka sut yamni kulkanka dukia sakanka bara tâ mangkanka: VIP, yu bani saki ulbanka, ban.
3. Kulkanka tara bri bara lâ karnika bri uplika nani wapnika ra mangkanka, piska nanira ba ra naku sip ba daukanka wala nanira baku (prisant nani/ayan sâtka ni daukan dukia yabanka, tilara uplika nani yamni balanka ban)
4. Tâ krikanka, prisant nani yabanka bara tnata prakanka daukanka nani sât sât nahki daukaia dukiara tânka ulbanka.
5. Tâ baikanka daukanka nani nahki daukaia dukiara tânka ulbanka publik munanka nani raunka, yu bani ulbi saki wauhkataya ba bara tnatka wala nani dukiara ulbanka nani aslika kum paskanka, ban.
6. Yamni balan tânka nani, diara kum takanka ba bara aisabê wiaia laka nani piua ra naku, kulkanka tara bri bara lâ karnika bri uplika nani wina main kaikanka bara ilp munanka.
7. Nit diara daukaia dukia nani tnatka ra yabanka pawanka bara tâ mangkanka: plakin nani, lawana nani piska nani, tat ni paskan purara uli aisaika , prisant nani, tâ baikaia dukiara prisantka nani, ban.

8. Diara daukaia dukia libilka ra baku dahra sakanka libilka ra naku daukanka ba wina asla takanka ba ra tânka tara bri tânka kasak ani ani wala.

Asla prakaika kamiti bani brih munaia ra lâka nani sât sât kahbaia sip sa, sim nani ba ra wal prakanka kum aima bani main kaiki brih bara kulkanka tara bri publik nani bara lâ karnika bri uplika nani ilp munanka tânka ba ra kasak lâka ba wina lâ nani brih munaia trai muni.

• **Lâka nani bara lâka lâ nani**

Diara kum takanka piura daukaia ra lâka lâ nani bara lâka nani ba, nisan bara nisan nani tilara pulanka tnatka asla takanka aslika nani ba wina lâka nani ku lal aimaki bangwisa bara sim nani ba baha diara kum takanka ra daukbia yaba tânka aihka lan takan ba wina ai ilpka bri ra shins takan kabia.

Sampla baku:

Plapanka takanka kum dukiara aisi kaka



Nicaragua wina Plapanka Aslika (FNA) bara Nisan nani tilara Plapanka Aslika nani Asla takanka ba (IAAF- inglis ra sainka) wina lâ nani bara lâ lâka nani bûi lal aimakan kabia

Putbal takanka kum dukiara aisi kaka



Nicaragua wina Putbal Aslika (FENI-FUT) bara Nisan nani tilara Putbal Aslika (FIFA- inglis ra sainka) wina lâ nani bara lâ lâka nani bûi lal aimakan kabia

Diara kum takanka ba dukia marikanka nani ba wina spiritka bukanka yamni kum blistu daukaia sa, piska ba apia kaka asla takaia ra takanka pliska ba wina warkka ra baku sim nani mihtara yaba masinka nani wal praki.

Aiawi tauki uplika apia kaka takanka ba spiritka bukaia mihta ra uplika nani daknika ba, pulanka takanka yamni takanka ba dukiara tâura yaba lilka nani bangwisa. Nahnani wapanka ul ra yula kakahbra nani tâura daukaia uplika nani blistu bangwi kaia sa.

Sim piura, aima bani alkaia brinka yaba bapanka ba ani sa klir brih warkka nani ba blistu daukaia sa.

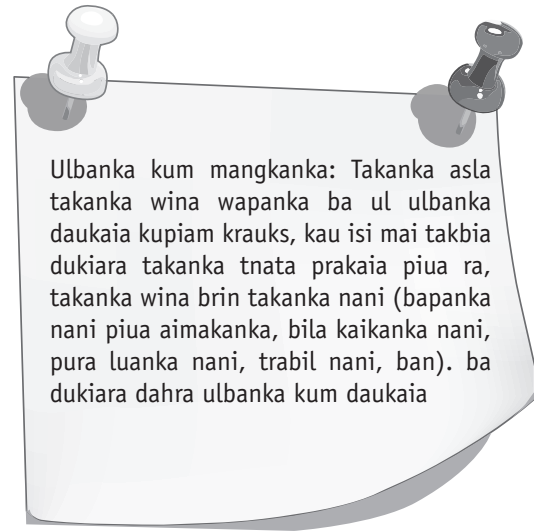
Tilara waitna bara mairin nani wina spiritka bukanka bara main kaikanka alki briaia dukiara smatka nani kum, kum ningkara nani kaia sip bangwisa:

- Lata tani ra bara upla nani tilara wal ai tânka bri lâka nani kan sunaia.
- Dahra nani lakanka ba ra kupia lilia tânka, dahra walanka, ilp munanka marikaia.
- Bâra yuyaka nani wal bara tnatka sat, sat tilak diara kum takanka ba kan sunaia.
- Marikanka lilka kum wal wark takaia. Wiaia sa, diara kum takanka ba wina daukanka ba wina nahki daukaia tânka ulbanka kum brikaia.

Lan takanka dukiara daukanka nani

Dakni ra smasmalkra pura kaikanka ba mina munhtara:

- Asla daukaia brinkam yaba pulanka takanka satka ba tânka marikaia.
- Wark kamitika nani ba paskaia, tilara bangwi kaia uplika nani bara witin nani wina kumi bani brih waia warkka nani bapaia.
- Kamiti bani wina ai watlikara nani ba ai daknika bani wina tilara uplika nani ra smalkanka nani bara mitin aiska nani ra wal lâ daukanka nani ra wabia yaba lakan kabia.
- Dakni bani bilara tânka marikan bapanka ba/nani wal aiska sut daukaia dukiara nit yaba warkka nani blistu yabaia kabia, witin nani kumi bani wina bapan pât apû lâka, lalah, pua nitka nani wal aiska sut daukan kabia main kaiki.
- Kahban bapanka nani pua aimakanka pua bani laki kaikaia dukiara kamiti mitinka nani daukaia bara sim ba asla daukikan pua wahbi sakan trabilka nani wapnika mangkanka plikaia (Kupia smalkanka pain briaia dukiara baha mitinka nani tilara kaia smasmalkra ba ra imbait muniaia kupiam kruks)
- Diara kum takanka dauks.
- Smasmalkra dukiara tnata las dahra ulbanka dauks.



Silp laki kaikanka daukanka nani

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

Ansikam auya yaba bakska ba ra X kum wal mark muns, ningkara aû wiaia lâka nani yaba rait aihwa apia kaka kunin bangwisa kulkisma ba kat.

	R	K
1. Takanka nani ba kaikanka pliska nani sât aihka wina sâtka ra paskaia sip bangwisa.		
2. Daukanka kum ra tilara dimanka bara ris mangkanka bila baikra wâl tânka kumi bri bila nani bangwisa.		
3. Fitness wiba daukanka kum publik ra marikaia brinka sa pua ra tânka marikanka nani ilpka plikaia sip sa.		
4. Spiritka bukanka pulanka apia kaka daukanka kum wina bapanka ba tilara uplika nani ba ra lilia dauki brikaia bara lilia daukaia sa.		
5. Sauhki tikanka tânka sut ba suizo wiba tânka sut shins takanka kum sa.		

Ningkara dukiara tânka pliks:

- Pulanka takanka kum wina asla prakaika nani mapara taki pâtka nani apia kaka trabil nani.

Ridi dauks:

- Tilara uplika wala nani bara smasmalkra ba wal banhki ra yaba dukiara marikanka kum, tankam plikanka nani wina takanka nani dukiara aikuki sir muni bris.

Kasak lâka wal ansa muns:

1.- Tânka marikan daukanka ba daukaia piua ra dakni ra warkka tâ baikram bara man tilara dimram? (Aû/Apia) Kasak dauks

2.- Warkka ba bilara man dîa warkka daukram? Ani warkka nani bahki man daukaia (Tâ briaika/wark uplika) kapram? Aiska sut daukram? (Aû/Apia) Kasak dauks

Bîla nani wahbi sakanka

Acciones didácticas:	Kahban bapanka nani tawa pali pura lui bangbia lan tatakra nani ba yaba wina tnata prakanka ba brih bangwi nahki daukaia ba tânka ulbi bara lilka paski yaba iksasais daukanka nani.
Baremos	Diara kum laki kaikaia dukiara tânka nahki ba lâka pali bapan lâka nani aslika.
Basculación de la pelvis	Kilka dusa driwanka kum mita tânka mariki yaba piu bani diara aihkakira
BPM	Minit mita Beat.
Catering	Plun dakanka ilpka.
Cinergético	Nikwanka karnika wal ai tânka bri yaba.
Dossier	Upla apia kaka tânka marikan tânka kum dukiara dahra ulbanka nani apia kaka ulbanka aslika kum sa.
Ejercicios de Kegel	Pubocoxigeo wiba wîna bunhka kunhku takanka iksasais nani, kilka wîna bunhka karnika yabaia dukiara iksasais kum, kum nani bangwisa. Piu bani shins takanka nani tnayara lakaia dukiara iska takaskanka apû baku apia kaka aisubanka ba ta baikaia dukiara sin pain sa win.
Fixture	Aitwahkanka kum ra daukan kabia yaba pulanka nani ba wina prugramka daukanka.
Frase musical	Sinska aiska wal dakni kum paskibangwia tiun lainka kum ra yaba binka nani wina aslika kum sa. Piska wâl brisa, kum yaba makabi walanka baku wala ansa baku, Ansa ba tnata las dahra walanka yabisa bara pawî lahbisa.



Makabi walanka



Ansa yabanka

Halteras	Ai tâ ra sip kitwras wirhka wâl twilki yaba ayan bar kum sa. Paun bukanka wina, wîna bunhka wina, iksasais daukaia dukiara yus munisa.
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Hiperlipidemia	Talia ba ra batanka pura ulanka.
Hipotensi3n	Wakia prisika mayara iwi balanka (120/80 mmHg wina kau sirpi).
Inferencia	Ulbanka kum briba tânka sut dahra tânka kum sakaia dukiara yus muni yaba wapanka kasak kum dukiara aisisa.
Lactato	Upla kumi bani wîna tara ba ra kasak pali taki yaba paskanka asla kum sa. Iksasais ba wina walkara ilpka bri kum kaia purkara, witin dukiara âiamra sin kum sa. Wîna bunhka, tala ba bara wan wîna tara piska ailal ra sa. Wan wîna tara ba aitani kat wark takaia dukiara nit dukia sa.
Lúdico	Liliaka ba ra, pulanka silp dukia sut dukiara apia kaka pulanka ba ra praki kaiki.
Respuestas dicot3micas	Makaban ansika ba Rait aihwa/Kunin apia kaka aû/apia sa
Sponsor	Ilp mamunra. Upla kum apia kaka dakni kum yaba ilp munisa, ilp muni apia wark kum apia kaka daukaia luki warkka manka aibapisa.
Tiempos musicales	Tiun ba mark dukiara yus muni kulkanka wina aslika ba ra baku nina makisa. Sim dikwanka ba ra prukanka nani sîn kum sa bara tilara wal baku tnatka wina, ulbanka lalka dîa sainka brikabia wina mina munhtara piu ba tawa apia kaka isti kaia sip sa

Kau tânka kakaira kaia dukiara

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Ulbanka nani aslika

Step bara pâsa bri wina mihta warkka

Iraima Fernández González, Blanca López Erquicia y Susana Moral González.

Sakaika Paidotribo

Sikan sakanka

España

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