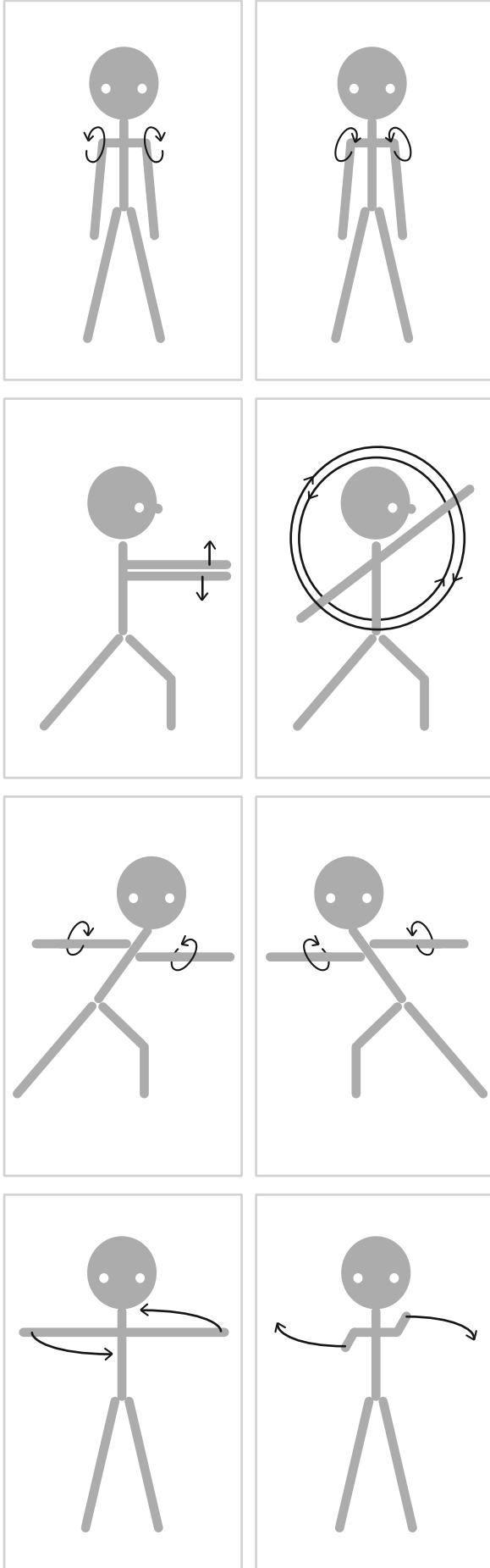




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TILMAAMAHA CIYAARTA JIMICSIGA DHABARKA

1. WAREEJINTA GARBAHA

- Istaag adigoo sinuhu kala baxsan yihiin oo aad lugaha ku taagantahay.
- Garbaha kor u qaado gadaalna u wareeji .
- Ku celi 10 jeer adigoo labada dhinac u sameynaya.

2. MARAWAXADDA GACANTA

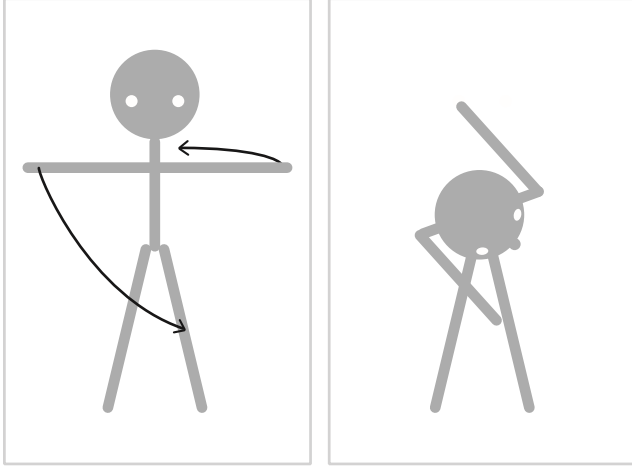
- Istaag adigoo sinuhu kala baxsan yihiin oo aad lugaha ku taagantahay.
- Gadaal u wareeji gacanta midig tan bidixna horay isku mar.
- Ku celi 5 jeer, beddel jahada oo ku celi 5 jeer..

3. DHINAC ISU KALA BIXIN IYO WAREEG

- Istaag adigoo sinuhu kala baxsan yihiin oo aad lugaha ku taagantahay.
- Gacmuhu waxey la siman yihiin dhinacyada jirka.
- U taag dhinaca midig adigoo wareejinaya calaacasha.
- U taag dhinaca bidix adigoo wareejinaya calaacasha.
- Ku celi 10 jeer oo labada dhinac ah.

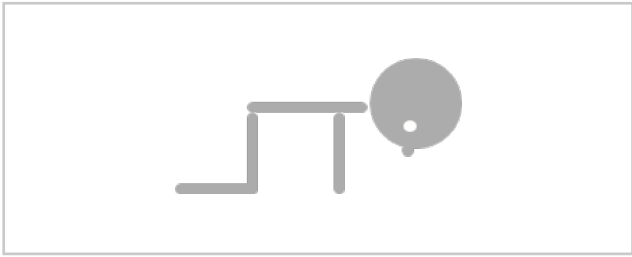
4. WAREEGGA ARAXDA

- Istaag adigoo sinuhu kala baxsan yihiin oo aad lugaha ku taagantahay.
- Gacmuhu waxey la siman yihiin dhinacyada jirka.
- Horay u wareeji gacanta midig, gacanta bidixna gadaal isku mar adigoo kaltaminaya.
- Sinaha ku celi meeshooda.
- Ku celi 10 jeer oo labada dhinac ah.



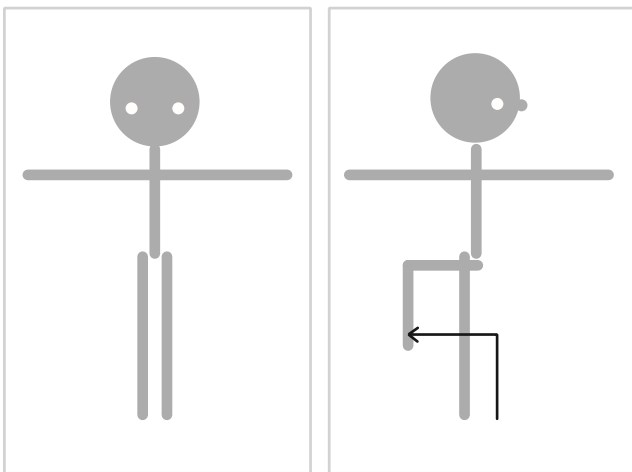
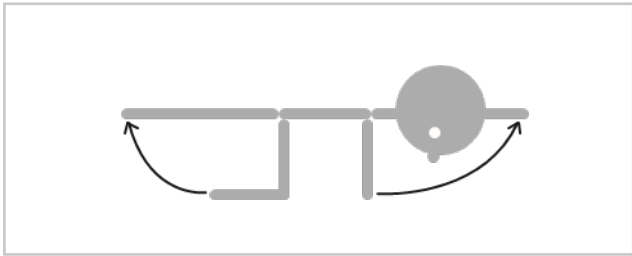
5. GACAN+JILIB ISKA SOO HORJEEDA

- Istaag adigoo sinuhu kala baxsan yihiin oo aad lugaha ku taagantahay.
- Gacmuhu waxey la siman yihiin dhinacyada jirka.
- Gacanta midig ku taabo jilibka bidix gacanta bidixna ku taabo jilibka midig..
- Gacmuhu ha toosnaadaadno.
- Ku celi 10 jeer oo labada dhinac ah.



6. QAADISTA GACANTA+LUGTA

- Ku billow qaab gurguurad ah.
- Kor u qaad gacanta midig iyo lugta bidix isku mar.
- Dhabarku toos ha ahaado.
- Ku celi 10 jeer oo labada dhinac ah.



7. WAREEGGA LAF-DHABARTA HOOSE

- Ku billow dhacadiid u jiiifasho.
- Jilibka midig kor u qaado oo caloosha dulsaar lugta bidixna iyadoo toosan dhulka ku haay.
- Jilibka midig gee dhinaca bixid ee dhulka xagiisa ah.
- Gacmaha dhulka haay.
- Ku celi 2 jeer oo labada dhinac ah