

Sida soo socota ayaad tijaabo isaga qaadi kartaa, ilmahaagana uga qaadi kartaa

1. Gacmaha dhaqo.

2. Fur tijaabada.

Dhig meel adag.

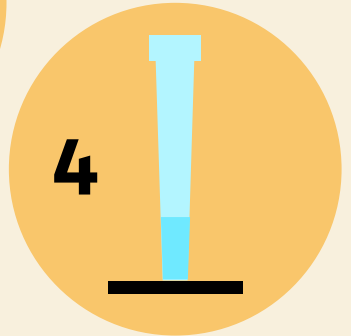
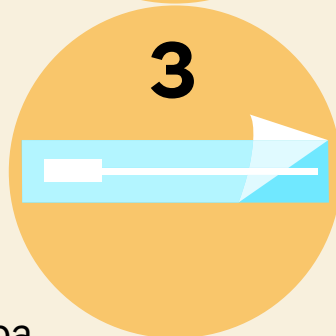
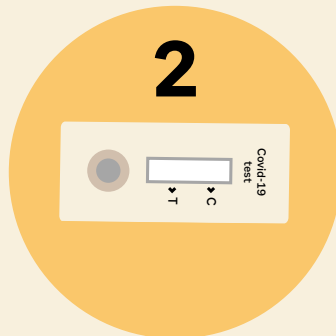
3. Fur baakadda uu qoriga tijaabadu ku jiro.

4. Fur tuubbada dareeruhu ku jiro.

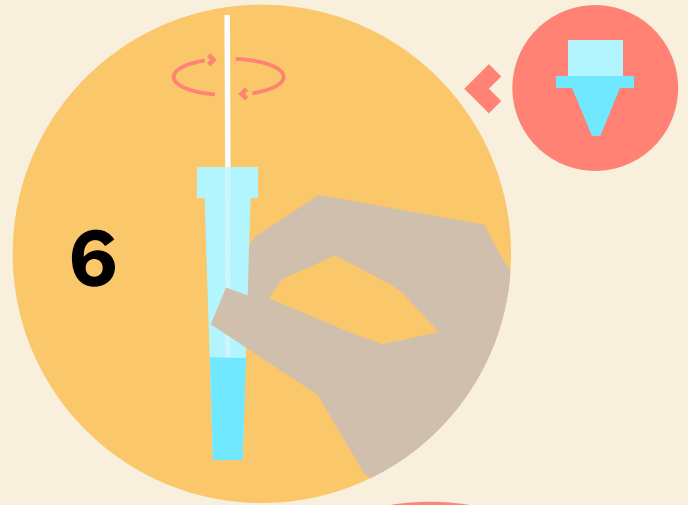
Dhig meel adag.
Dareeraha ka ilaali inuu daato.

5. Tijaabada iska qaad.

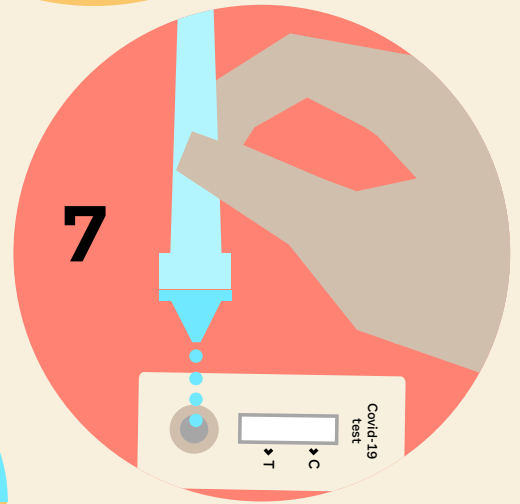
Dadka waaweyn markay tijaabada iska qaadayaan, waxay tijaabada ka soo qaadi karaan cunaha/dhuunta iyo sanka labadaba. Marka hore tijaabada ka soo qaad cunaha/dhuunta. Afka fur oo qoriga tijaabada soo mari gudaha danbe ee afka meesha qumanku ku yaallaan. Dhinac walba 4 jeer soo mari. Markaas kaddib caaradda hore ee qoriga tijaabada tartiib sanka u geli ilaa uu qorigu meel ku istaagayo, laakiin caaradda wax ka badan ha gelin gudaha sanka. Qoriga 5 jeer ku dhex wareeji gudaha sanka. Isla sidaas ku samee dulka kale ee sanka. Marka tijaabada ilmo laga qaadayo, waxaa tijaabada laga soo qaadayaa qaybta hore ee sanka oo keliya.



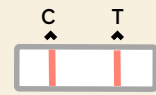
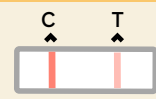
6. Qoriga tijaabada ku rid tuubbada dareeruhu ku jiro. 6 jeer wareeji adigoo tuubbada dhuujinaya. Qorigu 1 daqiiqo ha ku jiro tuubbada. Qoriga siib adigoo tuubbada dhuujinaya. Tuubbada dabool.



7. 4 dhibcood tuubbada ka dhiiji oo ku dhiiji godka tijaabada. 15 daqiiqo kaddib ayay tijaabadu soo baxaysaa (qabo saacadda).



Tijaabo cudurki lagaa helay



Tijaabo cudurki lagaa waayay

