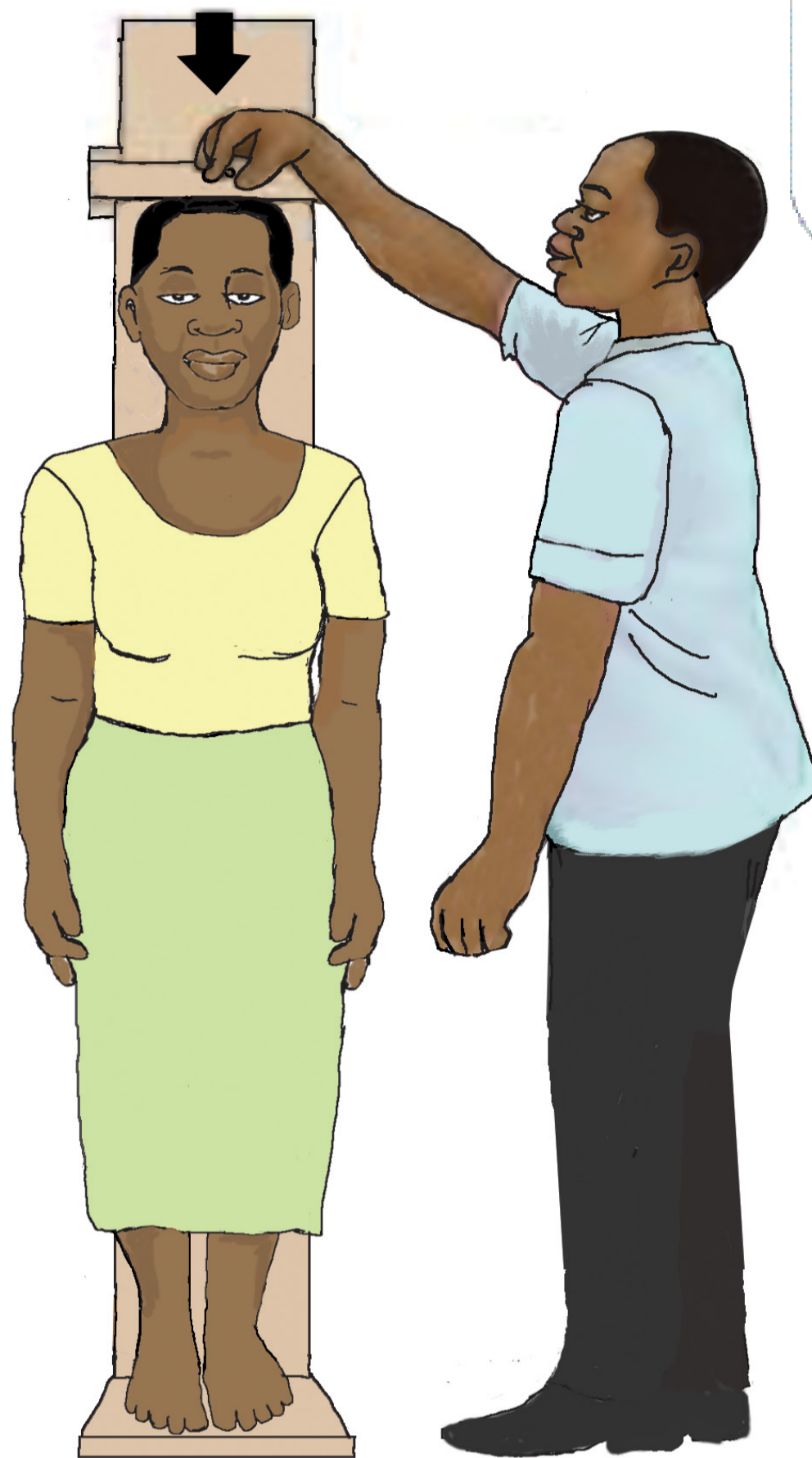


Kuyesa kutalika kwa achinyamata ndi akulu



Imani moongoka ndipo gunditsani mutu ku thabwa lomwe mwayimapolo maso mutayang'ana kutsogolo.

- Sitepe 1** Gwiritsani ntchito thabwa loyesera kutalika kapena mangirirani tepi pa khoma.
- Sitepe 2** Imikani thabwa loyesera kutalika pa malo osatsetsereka.
- Sitepe 3** Auzeni amene mukuwathandiza kuti avule nsapato komanso chilichonse chovala ku mutu.
- Sitepe 4** Auzeni amene mukuwayesa kuti ayime moongoka ndipo nkhangochi, mapewa, matako ndi chidendene zitagunda khoma/thabwa.
- Sitepe 5** Sunthani kathabwa kamene kali pamwamba pa thabwa loyesera utali mpaka kagunde pa mutu.
- Sitepe 6** Lemabani kutalika kwa munthuyo m'ma sentimita.

