

# Qorshahayga Jimicsiga

## Maxaan u Jimicsanayaa?

- Jimicsigu wuxuu iga caawin hoos u dhaca sonkorta dhiigayga, cadaadiska dhiiga iyo kalastarool.
- Jimicsigu wuxuu iga dhigi inaan dareemo kasoo rayn.
- Jimicsigu wuxuu iga caawin inaan si fiican u seexo.
- Jimicsigu wuxuu caawin wadnahayga iyo jidhka.

## Maxaan Samayn Karaa?



Lugayn



Baaskiil Fuul



Jimicyada Kursiga



Jaas



Wax kale

## Maalmaha Aan Jimicsanayo

A	I	S	A	Kh	J	S

\_\_\_\_\_dagiigadaha

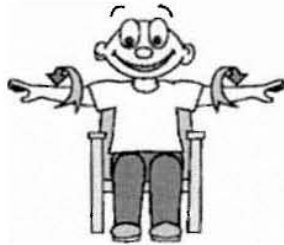


**La hadal dhakhtarkaaga si uu u eego hadday SAX tahay inaad bilawdo jimicsiga.**

- Hubi sonkorta dhiigaaga kahor iyo kadib jimicsiga.
- Sonkorta dhiigaaga aad ayey hoos ugu dhici karta haddaanad goorahan wax cunin.
- Qaado wax sonkori ku jirto, sida kiniinka guluukoox ama nachaca adag, waa intaayoo ay dhacdaa in sonkorta dhiigaagu hoos aado.
- Is kulayli kahor jimicsiga isna qabooji kadib jimicsiga.
- Samee 30 daqiiqo oo jimicsi ah maalin kasta.
- Qaado aqoonsiga sheegaya inaan sonkorow leedahay.
- Ha jimicsan haddaad xanuunsanayso ama aanad caafimaad qabin.
- Gudaha ku jimicso hadday aad u kulushahay ama qabawdahay dibaddu.
- Xidho kabaha iyo dharka raaxada leh.
- Cab biyo badan.



# Jimicsiyada Kursiga



**Gacan wareejinta:** si toos ah ugu fariiso kursiga lugahana dhulka dhig. Caloosha isgali.gacmaha u fidi dhinacyada si garbaha la siman.Hubi ineey suxulladaada toosanyihiin gacmaha u soo wareeji xaga hore 4 goor.



**Gacmo ku laac laacshood:** ku fariiso kursiga.dulsaar labadaada gacmood garbaha gacantaada midig kor u taag sida adigoo fooqa ka laac laacshoonaya. Ku sooceli gacantaada garabka kadibna bidixda sidoo kale ku samee adigoo si tartiib ah sideed goor middiiba sameeynaya.



**Dhinac isu kala bixin:** kursi ku fariiso. Gacanta kor uqaad madaxa dulmari dhinaca bidix isu leexi. Isla markaana sameynaya xarafka Cda camal (ama adigoo ilma yar haya camal). Si,dagan dhinaca bidix isugu kala bixi .marba dhinac u badal adigoo ku celcelinayo. Sideed goor dhinac walba



**Gaardinta fadhiga :** ku fadhi kursiga.Kor u qaad lowgaaga bidix ilaa 6 inches.hoos u dhig oo qaad hadana kan midig .sidaa kuwad adigoo marba mid kor u qaadaya sida adigoo gaardinaya.



**Canqaw wareejin:** ku fadhi kursiga . horey u fidi Lugta. Midig adigoo wareejinaye canqawga midig 4 goor. Sidoo kale ku samee lugta bidixna.



**Lawga jiidid:** ku fariiso kursiga kor u jiid lowga ilaa xabadka .kor u hay 4 ilbiriqsi Daji lugta kadibna lugta kale sidaa ku samee.