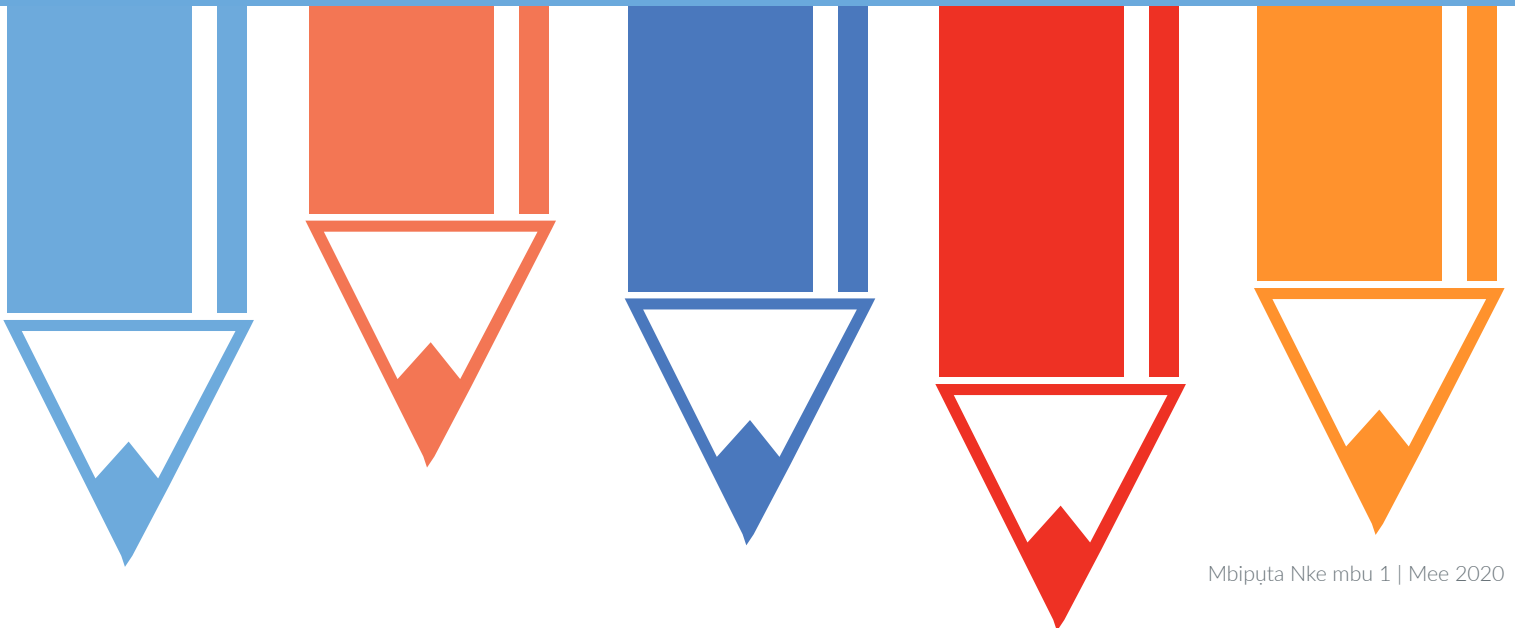




Ihe itoolu ga-eme ka i nwee ọnụ ọchi

AKWUKWỌ NTA EZINỤLỌ GA-EJI NỌRỊA OGE

Ndị Smile Train haziri ma wepụta akwụkwọ nta a iji kwalite ahụike uche na mmụta nyere ezinaụlọ ebe e nwere ndị nwere mgbawa ọnụ na mgbawa akpo.



Ihe Banyere Akwukwo Nta A



A haziri ma biputa akwukwo nta a maka umuaka ndi di ka gi. Akwukwo nta a juputara narumarud di iche iche nke i nwere ike ime nonwe gi maobu gi na ndi ezinaulo gi, i ga-esi na ya mutakwuo ihe ndi na-eme gi obi anuri, ihe ndi na-eme ka i nwee nganga n'ime onwe gi, nakwa otu i ga-esi merie ihe mmetuta na onodu di iche iche na-echere gi aka mgba. Anyi nwere olile anya na o ga enyere gi aka na njem gi. Daalu maka iburu akwukwo nta a ma were ohere ahụ chotara otutu ihe ndi ozoo iji na-amumu onu ochi.



Kedu ihe i ga - eme ma o buru na inweghi ohere na ngwa nbipute ma o bu mbiputa akwukwo a e biri ebi? Nsogbu adighi! I nwere ike guo ntuziaka wee doroo ihe omume nonwe gi! Jiri echiche gi mee ihe niile di ebe a kpomkwem etu esi amasi gi.

Ekele puru iche ka ndi Smile Train na-enye Grace Peters, NY na okà mmuta uche Martha Jaramillo na Camila Osorio nke sitere n'aka ulo ogwu ha na ndi Smile Train na-aruko bu Fundación Clínica Noel, di na Colombia, maka ntinye ha di nkpa gbasara oru a.

Tebulu Ndịna

Pizza nke obi uto	1
Nchoputa Okwu Ndị Na-ebute Mbuli Ugwu Onwe Onye	4
Eserese ezinaulo m puru iche	5
Ozuzo na ochuchọ	6
Si n'ikpo ahija baa n'okaibe	7
Nkwekoritara na Aka	8
Ndị otu ezinulo	9
Mkpọ "A bu m" (ma o bu iko!)	10
Omume nke Ekele	11

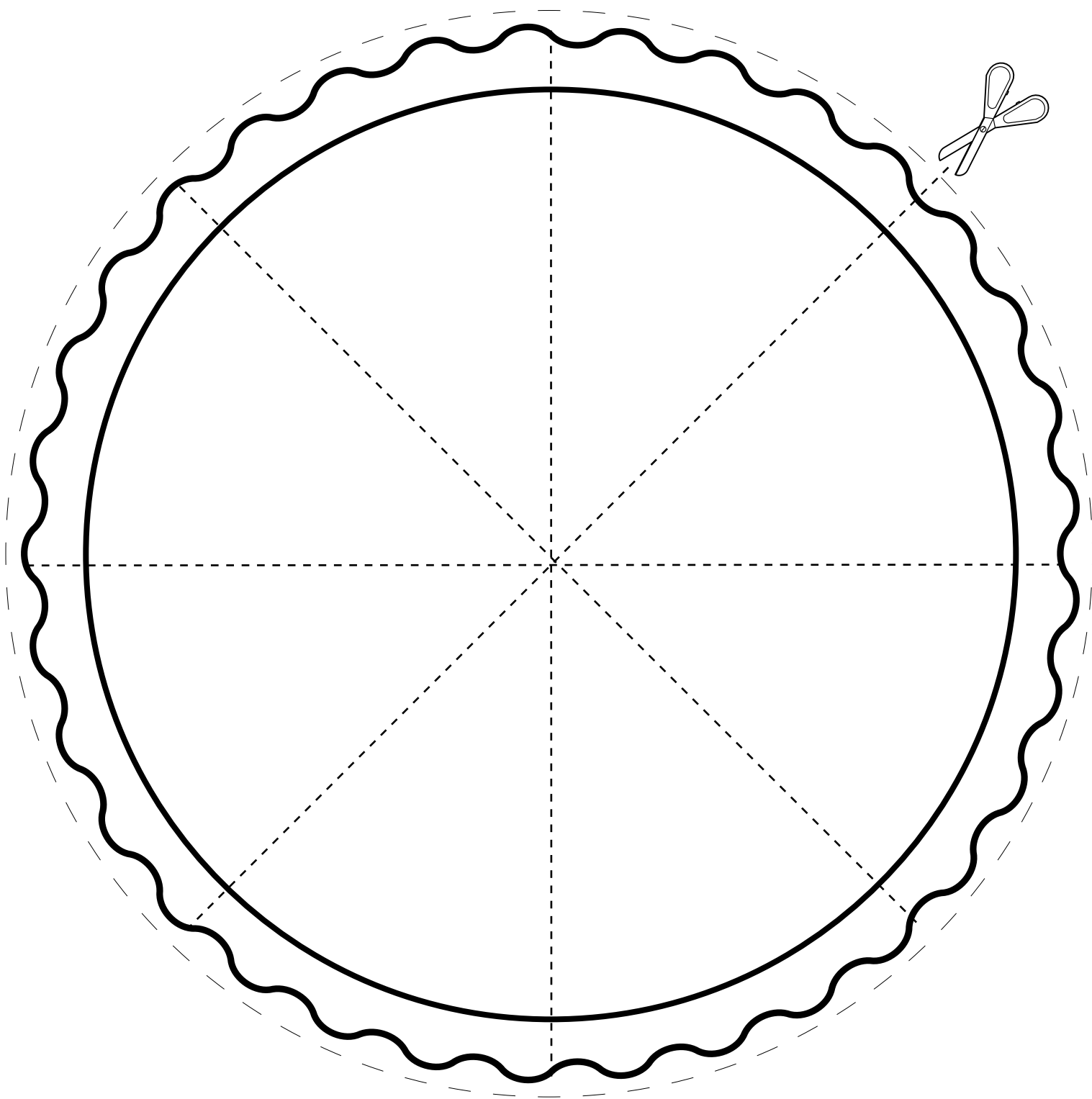
Pizza nke obi uto



Ọ naghị adị mfe mgbe niile ịma ihe na-eme gị obi uto, mana pizza na-abụkarị nnukwu ihe dị mma e ji ebido. N'ihe mmega ahụ ị ga-eme pizza nke gị bụrụ iche - mana kama ị ga-eji pepperoni maọbụ chiizi budaa ya, ị ga-eji ihe niile na-enye gị obi uto na ndụ gị dika nnọkọ gị na ndị ezinụlọ gị, maọbụ ịchị ọchị, maọbụ kwa pizza ọzọ! Ime nke a ga-enyere gị aka ilekwasị anya n'ihe ndị ahụ dị nnukwu dị gị oke mkpanke na ị gaghị enwe ohere ichegbu onwe gị n'ụmụ obere ihe ọzọ.

1. Depụta ihe asaa na-eme gị na ndị ezinụlọ gị obi uto (dika n'ịma atụ: nnọkọ ezinụlọ, mmakụ, ịchị ọchị). Ihe ndị a bụ **“ngwa obi uto gị.”** Ọ bụrụ na ị gaghị echeta ihe nke asaa ugbua, nsogbu adighi, o nweghi ihe o mere itinyekwu ihe ndị ọzọ n'odinihu.
2. Depụta **“ihe nke obi uto”** bido na “otu” ruo na “Asaa”. “1” ga-abụ nke kachasi gị mkpa, “2” nke abụọ kachasi gị mkpa, i dere gawazie n'usoro a. (Ịma atụ, ọ bụrụ n'oge nnọkọ ezinaụlọ bụ ihe kachasi eme gị obi uto, nke ahụ ga-abụ “otu”). Cheta: Pizza ndị kachasi atọ uto bụ ndị a kwanyere otutu ngwa!
3. Ihe ọzọ ị ga-eme bụ inye **“ngwa pizza”** ndị a aha (akpịrịkpọ pizza, ngwakọta akpūrakupụ, ofe mgbachi, chiizi, ngwa ntukwasa ndị ọzọ) n'usoro ha si dịrị gị mkpa. Ịma atụ, akpịrịkpọ piza nwere ike ịbụ “1” maka na ọ bụ akpịrịkpọ pizza na-ejikọta pizza ọnụ, maọbụ chiizi nwere ike bụrụ “1” makana ọ bụ ya kacha amasị gị.
4. Hazie ma depụta aha **“ngwa obi uto”** gị n'elu **“ngwa pizza.”** (Ịma atụ, i nwere ike ide oge nnọkọ ezinaụlọ n'elu akpịrịkpọ piza, maka na ha abụọ bụ “1” -- nke kachasi mkpa). Ọ bụrụ na ị depụtaghị asaa “ngwa obi uto” na mbụ, o nwere ike bụrụ na ị cheputala ndị nke ọhụy. ga-edetu ndị ahụ ị cheputara ma dokọta ha na ngwa piza ha na ha nwere otu ụdị nomba.
5. Ozugbo niile **“ngwa obi uto”** na **“ngwa piza”** nokotara n'udi ha were ụcha gbujie ngwa ndị a.
6. Dọkaputa ngwa ndị a site n'igbaso akara ntupọ dị na gburugburu ha ma nyado ha n'ikpọrịkpọ piza.
7. I mere nke ọma! Ugbua inwetala pizza nke a tukwasiri ihe niile na-eme gị na ndịezinaụlọ gị obi uto!

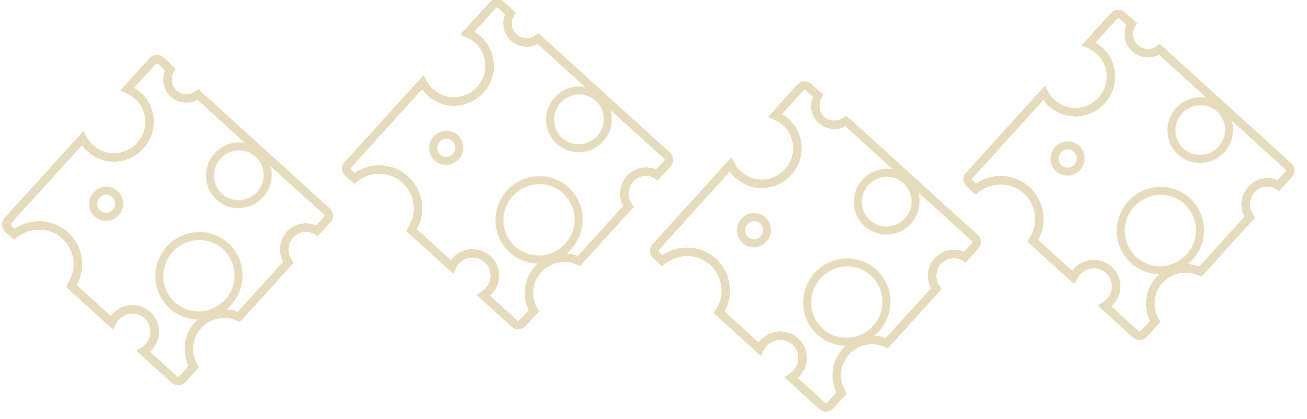
Ngwa obi uto



Tomato



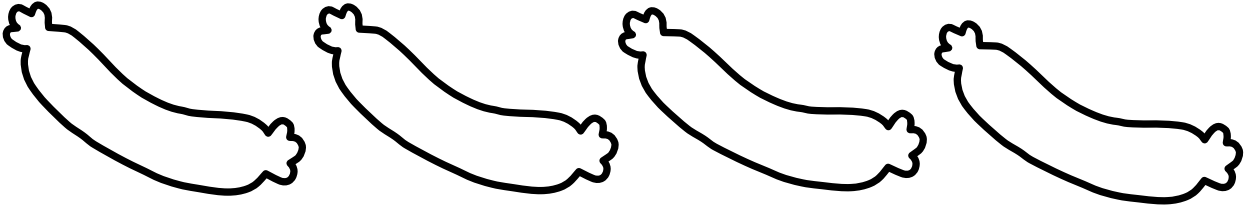
Chiizi



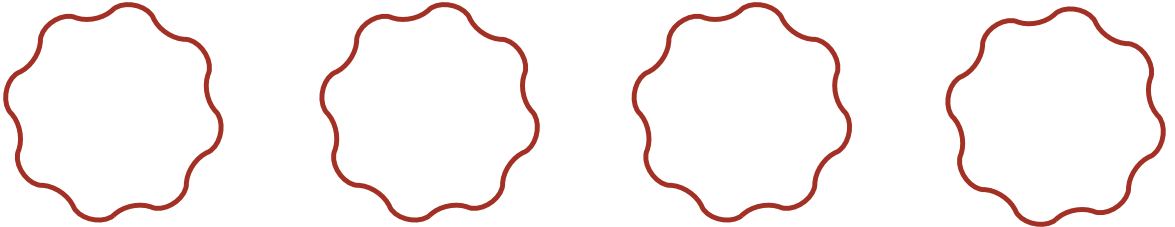
Ero atakata



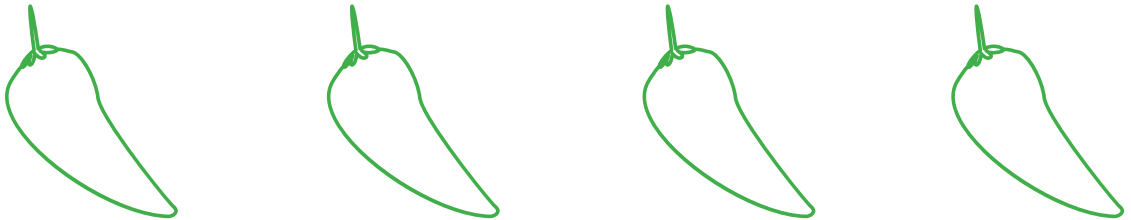
Soseeji



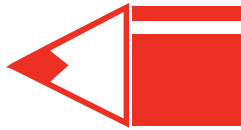
Anu ahụ



Ose



Nchọpụta Okwu Ndi Na-ebute Mbuli Ugwu Onwe Onye

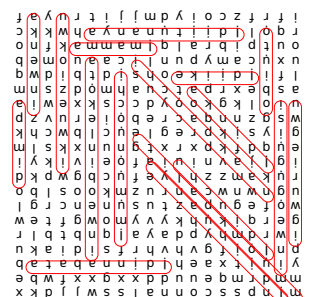


Idi itunyanya onweghikwa onye di ka gi n'udi gi. Mana mgbe ufodu o nwere ike metuta gi na o siri ike icheputa okwu ndi i kwesiri iji kowaa ihe niile di ukwu na ihe niile puru iche banyere onwe gi. Na nchoputa okwu ndi a, i ga-eji uburu gi choputa okwu ndi zoro ezo. Okwu nke obula metutara ugwu onwe onye, nke nkwenye i nwere banyere onwe gi. Dika i na-achop, chee otu okwu ndi a si gbasag n'otu n'otu. I nwere otutu ihe i kwesiri iji eme onu!

1. Chopu gbagoo elu, gbadaa ala, gaa n'ihu, gaa n'azu, ma na nkono ichota okwu ndi zoro ezo.

m	l	n	p	s	s	c	o	n	n	a	l	s	s	w	j	j	d	k	x
m	m	d	r	m	q	e	u	u	d	d	x	x	g	x	x	f	w	b	e
y	i	u	i	t	x	a	e	h	l	d	i	n	n	a	b	a	t	a	b
p	n	l	o	i	f	g	v	h	v	h	r	f	s	i	d	i	a	k	u
i	w	r	d	m	h	y	p	d	a	y	a	l	q	n	b	t	b	l	r
g	e	r	q	i	k	u	h	k	y	v	y	m	o	w	g	f	t	e	w
w	o	f	e	g	u	p	a	z	t	u	s	u	n	e	n	c	r	g	l
u	g	n	w	n	w	c	a	n	r	u	z	m	k	o	o	s	l	b	o
r	u	k	a	m	z	z	h	l	y	e	f	u	c	b	g	w	p	k	d
i	g	l	j	a	v	n	i	u	i	a	f	o	e	i	v	i	k	y	i
e	u	q	d	f	k	p	x	r	x	t	g	n	u	n	x	k	s	l	m
g	i	y	s	i	k	p	r	e	g	l	e	u	c	l	b	w	c	h	k
w	s	g	z	n	n	q	a	c	r	e	b	o	i	e	r	u	v	z	p
u	i	o	l	k	g	k	o	o	y	d	c	c	s	k	x	e	w	i	a
a	s	b	e	x	r	p	a	t	c	u	a	h	m	o	d	z	s	n	m
l	f	i	l	d	i	i	k	e	o	h	s	i	d	t	b	i	d	w	q
u	x	u	c	a	m	y	p	u	n	l	i	c	a	a	u	o	m	e	b
o	u	t	p	i	b	r	a	l	q	l	m	a	m	m	a	k	f	n	o
r	q	o	l	l	d	i	i	t	u	n	a	n	y	a	h	w	k	k	c
i	f	r	f	z	c	o	i	y	d	m	j	j	i	t	r	u	y	a	f

- | | | | |
|------------------|---------------|----------------|---------------|
| Imumu onu ochi | Idi itunyanya | Inwe ogugu isi | Idi ihunyanya |
| Inwe obi nlekota | Na-akpa ochi | Mmuo mkpalite | Idi nnabata |
| Idi Uchu | Ikwu eziokwu | Obi utu | Idi nka |
| Igwuri egwu | Idi ike | Ima mma | Inwe nka |
| Dimkpa | | | |

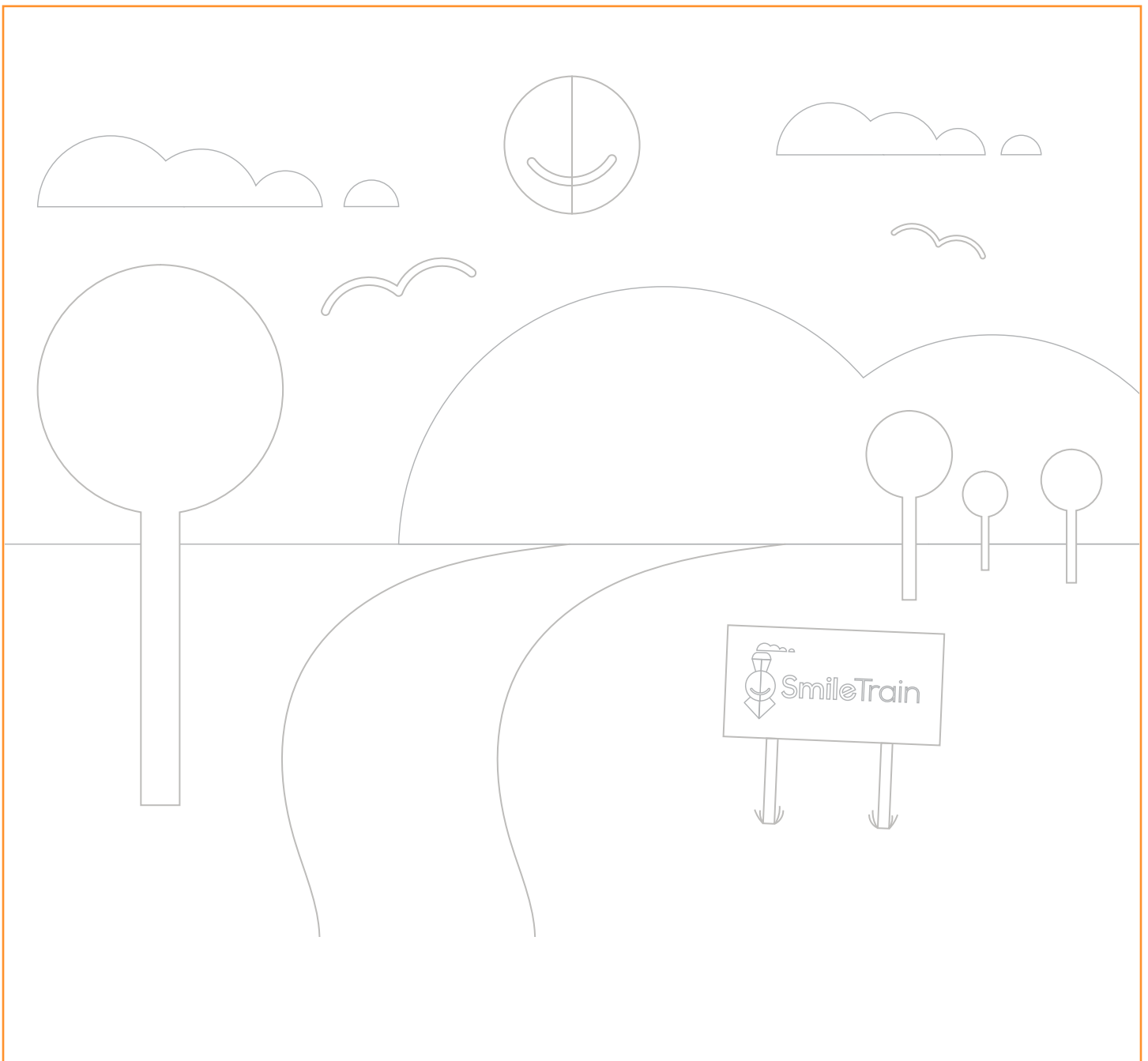


Eserese ezinaụlọ m pụrụ iche



Ezinaụlọ ọbụla dị iche. N' eserese dị n'okpuru see onye ọbụla bụ onye ezinaụlọ gị ma were ụcha gbujie ụdịdị ha iji gosi omume pụrụ iche nke onye ọbụla. Dịka ị na-ese chee otu gị na onye ọbụla nọ n'ezinaụlọ gị si dị iche. Kedu ihe mere ezinaụlọ gị ji pụọ iche?

1. See gị na ndị ezinaụlọ gị n' eserese dị n'okpuru.
2. Gbujie ime eserese a otu o si masị gị!



Ozuzo na ọchụchọ

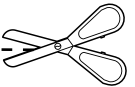


Mgbe ọfọdụ, ọ na-esiri anyị ike icheta ihe ndị kachasị mma banyere anyị. Ọ naadịcha ka ihe ndị a banyere anyị anyị hụrụ n'anya na-ezo ezo. N'ihe omume a, ndị ezinaụlọ gị ga-ezo ihe ndị mere ha ji hụ gị n'anya na gburugburu ụlọ, ị gaachọta ha. Dịka ị na-achọ, gbaa mbọ cheta na agwa ebube ndị a ị chọtara dị adị n'ime gị oge niile - mgbe ọfọdụ gị ka ọ dịrị icheta ịchọ ha!

1. Gụọ agwa ndị a ziri ezi dị n'okpuru ma chee ka nke ọbụla si metụta gị. Ngwa, n'aka nke onwe maọbụ site n'enyemaka ndị ezinaụlọ gị, denye ezi agwa ndị banyere onwe gị nke ịhụrụ n'anya n'oghere ndị e nyere.
2. Kachapụta ezi agwa ọbụla n'otu n'otu, tinyere ndị nke ị deputara n'onwe gị.
3. Ndị ezinulo ga-abịa were ezi agwa ndị a zoo na gburugburu ụlọ.
4. Ọ bụrụ na ha zochaa ezi agwa ndị a, bido chọwa ha. Gbaa mbọ weta ha ebe ọ dị ukwu dịka ike kwere gị! Oge ọbụla ị chọtara ezi agwa ọbụla, gbaa mbọ cheta na ọ dị n'ime gị, ọ bụkwa ihe ị kwesiri ijidesi ike ma jiri ya eme ọrụ.

Omuma atu: Abum ezigbo onye agbata obi

EZI AGWA GA:



Abụ m onye na-ege ntị nke ọma

Abụ m enyi kwesiri ntụkwasị obi

Ezuru m oke otu m dij

Enwere m obi ọma

Abụ m ezigbo onye enyemaka n'usekwu

Abụ m nwanne nwaanyị/nwoke na-akpa ọchị

Enwere m ọchị kachasị mma

Mmụmụ ọrụ ọchị m dij sam

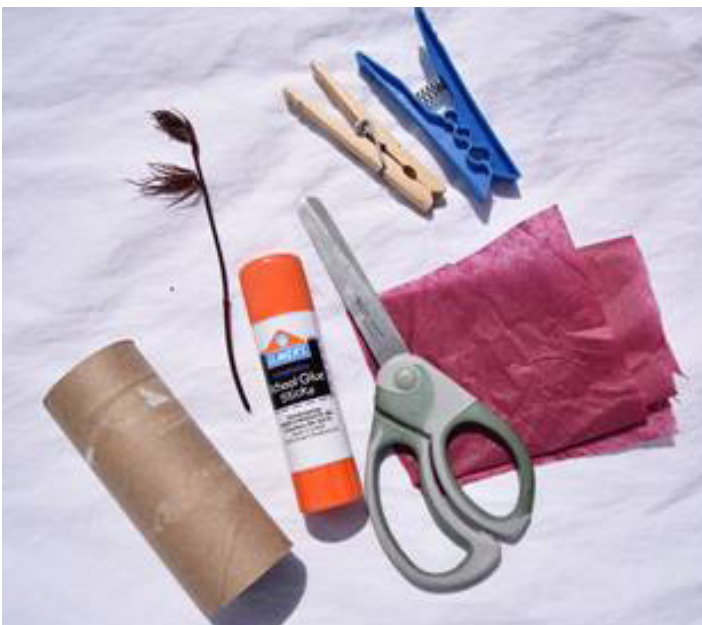
Abụ onye a ma ama n'ụzọ pụrụ iche

Si n'ikpo ahijia baa n'okaike

Nnwogharị abughị naanị ime" ihe mebiri emebi" ka ọ dị mma ọzọ ka ọ na-eme, o nwekwara ike inyere gị aka iji ya rụpụta ihe eji egwuri egwu n'ụlọ! Ihe omume a bụ ichetara anyị na ihe niile nwere uru zoro ezo, bụrụgo ihe ndị anyị che na ha kwesiri ntufu.

1. Chọta ụmụ obere ihe ndị dị na gburugburu ụlọ maọbụ n'azụ ụlọ gị e nwere ike inwogharị. Ima atụ ọdumbi, ipiripe eriri, ụfukpọ, maọbụ okwuchi karama.

2. Jiri echiche gị gbanwee ihe ndị a ka ọ bụrụ ihe osise mara mma!

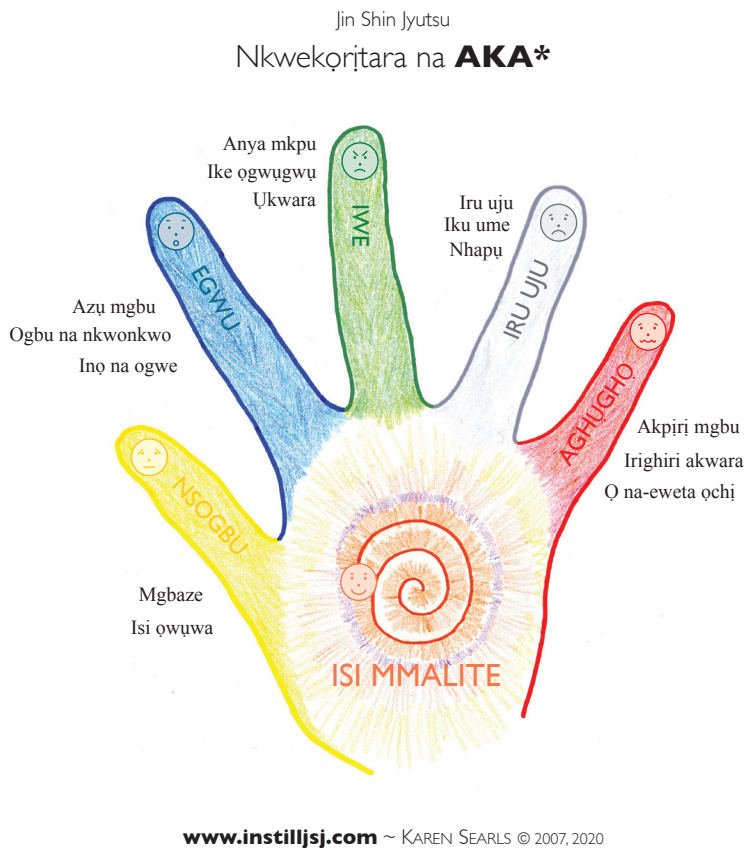


Nkwekoritara na Aka



Mgbe ụfọdụ anyị na-emeso nsogbu uche akapiri ọnyị, ma ọ bụ na anyị adichaghị mma. Ihe omume Jin Shin Jyutsu Nkwekoritara na Aka nwere ike inyere gị aka ka'we ike nwetuo obi makwa ime ka obi di gi mma. Ị nwekwara ike isoro ezinụlọ gị kekorita ya, maka mgbe ha nwere mmetụta mmụọ ndị a, ha nwekwara ike ime ihe omume ahụ. Site na mkparịta ụka ghere oghe na ikerita, gị na ezinụlọ gị nwere ike ịmụ gbasara mmetụta ibe ha ma mụta inwe ahụ iru ala kari, otuebe.

1. Jiri ihe mgbe ochie Eshia nke Jin Shin Jyutsu maka ime ka obi dajụọ, kelee, na ahụ dị mma. Guo nkọwa “Nkwekoritara na Aka” n’okpuru.
2. Dịka omume a na-eme kwa ụbọchị, n’mfe na-ejide mkpịsị aka ọ bụla nkeji ato ruo n’ise, na-amalite na isi mkpịsị aka gị.
3. Iji nyere aka inwe mmetụta a kapiri ọnyị, jide mkpịsị aka kwesiri ekwesị ruo mgbe ị ga-enweta ngbanwe. Ka ị na-ejide ya, cheta iku ume ma mụmụọ ọnyị ọchị.



Jin Shin Jyutsu

(a n'akpọ jin shin jit-su)

bụ usoro ọgwụgwọ oge ochienke e si n'aka nne na nna rue nwa, ogologo oge tupu akwụkwọ ezuo ebe niile. ihe Nkà na echetara anyi na mgbe anyi nwere nsogbu siri ike na erughị ala anụ ahụ, Anyị nwere ikike inyere onwe anyị na ndị ọzọ aka, na-eji ngwaọrụ di mfe nke anyị nwere mgbe niile — nku ume anyị na aka anyị.

Maka inweta nkọwa ndi-ọzọ, gaa na www.jsjinc.net

**Nkwekorita n'Aka, emeputaghari site n'ikike Karen Searls, onye e yere ike e na-eme ihe Jin Shin Jyutus, na Onwa ano na afo puku abuo na iri abuo*

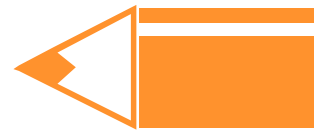
Ndi otu ezinulo



Ezinaulo gi nwere ike ibu otu n'ime uzọ kacha mkpa i si na-akwado ma na-akasi gi obi. N'ime ihe omume a, gi na ezinulo gi ga-anoko onu. Mana nke a abughi naani oge ezinaulo gi, o bu "Ndi otu ezinulo" — Ebe mmadu nile n'ezinulo na ekwuputa otu ihe n'izu obula ma hu na ndi ozo nile na esonye. I nwere ike iji oge a kerita ihe di gi mkpa, ma o bu mutakwuo ihe di mkpa gbasara otu na ndi ezinulo gi.

1. Gi na ezinulo gi ga-ahoro otu ubochi na oge kwa izu iji na-ezuko maka Ndi otu ezinulo. Dika omumaatu, mgbe erisiri nri abali na Tozdee o bu bu oge di mma inoko onu n'hi na gi na ndi ezinulo gi anorla!
2. Horo onye isi mkparita uka. Onye a kwesiri ibu onye ezinulo di iche kwa izu.
3. Onye isi ntule mkparita uka ga - ahoro isiokwu ndi otu ezinulo. Ufodu ihe omumaatu bu nri eji megharia onu kachasi nma, egwuregwu kachasi nma, ma obu ebe ncheta ezi ulo ka cha ime ochi.
4. Weputa opekata mpe nkeji 30 na-ekwurita isiokwu a horo. O di mma ma o buru na isiokwu ndi ozo abja n'oge mkparita uka a, mana jide n'aka na onye isi mkparita uka ahụ na-eche na isiokwu ha nwetara na-elekwasị anya nke oma. Ozokwa, o di mkpa ijide n'aka na onye o bu ga-enweta ohere iji kwuo okwu.
5. Nke a bu uzọ di mma maka mmadu niile izuko onu ka ha kwuo ihe ha chere gbasara isiokwu ahoputara ma mee ka onye o bu nwee mmetuta di mkpa!

Mkpọ “A bụ m” (ma ọ bụ iko!)



Oge ụfọdụ ịchọrọ ncheta maka ihe ọma niile dị na ndụ gị. Mkpọ “A bụ m” (ma ọ bụ iko!) Bụ akpa jupụtara na ncheta ndị a. O nwere ike inye aka nye gị agbam ume oge ọbụla ịchọrọ otu!

1. Weta mkpọ ma ọ bụ iko ihe adịghị n’ime ya Nke a nwere ike igụnye ịsachapụ mkpọ ma ọ bụ iko nwere nri dị na ya. Ọ bụrụ n’ịchọrọ iji mkpọ, soro nne na nna gị / onye nlekọta ma lelee na iko ịchọrọ enweghị ihu nkọ dị n’elu ya. (Ndụmọdụ: Nwere ike chepụta mkpọ mara mma site na ihe omume “Ahịhịa ruo lhe dij mma” gị!)
2. Nweta ma ọ dịkarịa 10 ihe nweda ire ma ọ bụ osisi pọpsịkụl (ma ọ bụ ihe ndị ọzọ nwere otu ụdị i nwere ike ide na).
3. Gị na ndị ezinụlọ gị ma ọ bụ ndị enyi gị, onye ọ bụla ga-ewere mkpanaka pọpsịkụl ole na ole wee dee okwu ma ọ bụ ahịrịokwu dij iche na nke ọ bụla. Okwu ndị a kwesiri ịbụ okwu oma nke mezuru ahịrịokwu “A bụ m...” (dịka ọmụmaatụ: “obi dij m uto,” “onye a hụrụ n’anya,” ma ọ bụ “nke na-adighi ize ndụ”).
4. Ozugbo osisi niile ahụ nwere ezigbo okwu edere na ha, tinye ha n’ime mkpọ ma kwagharịa ya.
5. Otu onye ga ewere mkpọ, were otu osisi, ma gụpụta ozi ya n’olu dara ụda. Onye ọ bụla ọzọ ga-ekwughachi ozi ahụ n’olu dara ụda.
6. Nyefee mkpọ ahụ onye ọzọ, onye were osisi ma gụọ ozi ahụ. Ndị ọzọ ga kwughachi ozi ahụ n’olu dara ụda.
7. Nọgide ruo mgbe onye ọ bụla nwere oge, ma ọ bụ ruo mgbe okwu gwụchara!
8. Ozugbo egwuregwu ahụ gwụchara, debe mkpọ “A Bụ M” (ma ọ bụ iko!) na mbara. Mgbe obi joro gị njọ ma ọ bụ choro “bulie m elu,” horo ma gụọ osisi site na mkpọ ma ọ bụ iko!



Omume nke Ekele



Ị mara ihe okwu a “ekele” pụtara? Ọ pụtara inye ekele ma ọ bụ ekele, na ịkọrọ onye ọzọ mmetụta a. Ị Nwere ike icheta onye ị nwere ekele maka ya? Eleghi anya ọ bụ nne gị na-esi nri kachasi amasi gị, ma ọ bụ enyi gị na-eme gị ọnụ ọchị mgbe niile. Igosiputa ekele agaghị eme ka obi dị gị mma naanị, ọ ga - eme ka onye ị nwere obi ekele nwee mmetụta pụrụ iche!

1. Dejuputa ndebiri n'okpuru ma detara onye ị nwere ekele leta! Iji maa atụ, “Ezigbo Nne (aha onye ahụ), daalụ maka isi osikapa na ọkụkọ tọrọ uto maka nri abali (ihe ha na- eme l gị enye ekele). A na m enye ekele maka gị. Ị na-eme m ọnụ ọchị! Ihunanya, Grace (agha gị).”
2. Tinye agba na imewe na leta gị etu osi masị gị!
3. Ọ bụrụ n'obi ruru gị ala ime nke a, kee leta a nye onye nke gị. Ọ ga-eme ha obi uto ịmara na ị nwere ekele maka ha, ọ ga-emekwa ka ị nwee obi uto ịkekọ ekele gị!

Ezigbo _____ ,

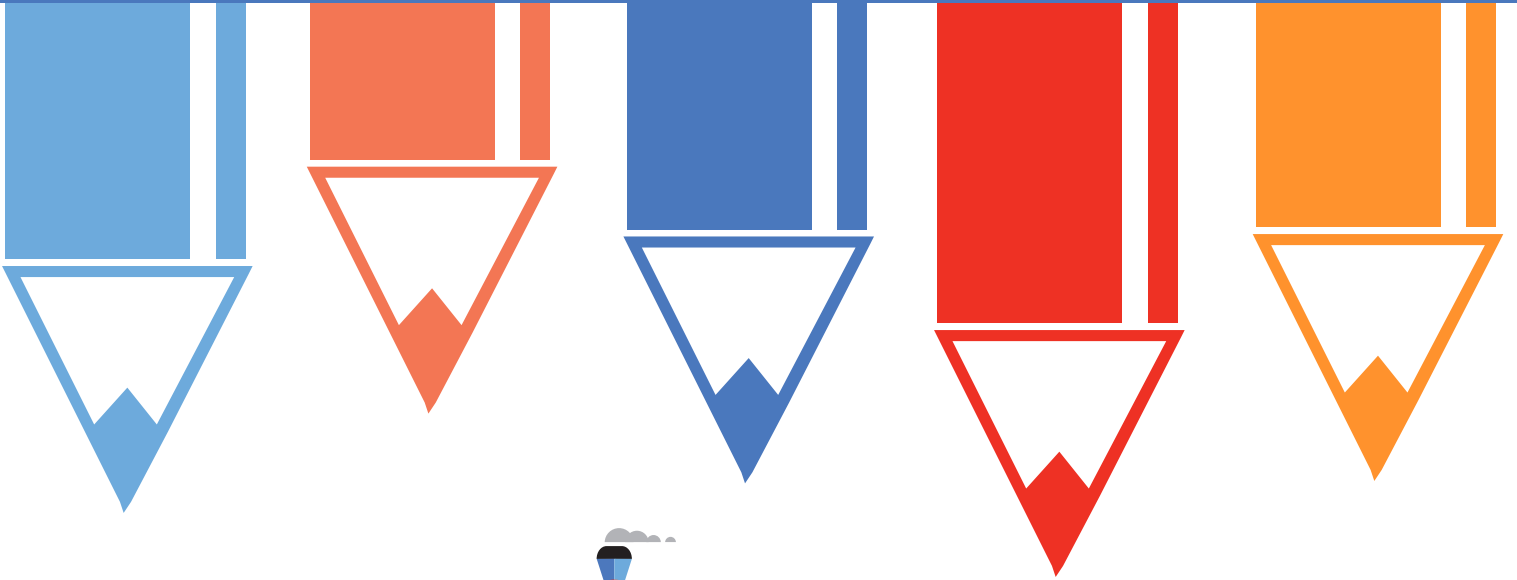
Daalụ maka _____

A na m enye ekele maka gị. Ị na-eme m ọnụ ọchị!

Ihunanya, _____



! GBANWE ỤWA ỌTỤ ỌNỤ ỌCHI NA ỌTỤ OGE



I maara na elekọta uche gi bụ ihe di mkpa dikwa ka ilekọta ahụ gi anya? Otu n'ime ụzọ ị ga - esi lebara uche gi na mmetụta gi anya bụ site na nka! Nzukọ ahụike ụwa na Ọchị ọzụzụ na-arụkọ ọrụ ọnụ na Nka mmetụta maka ahụ ike, usoro mmemme iji kwalite nka dị ka akụkụ nke ọdịmma uche na mmekeji mmadụ na ụmụaka (dị ka gi onwe gi)! amurụ site na egbugbere ọnụ aghugho na / ma ọ bụ okpo ọnụ. Anyi bu olile anya na akwukwo mmemme a enyerela gi aka lekota uche gi, gosiputa onwe gi, soro ezinulo gi jikoo site na ulo.

Biko zitere anyi foto, nkowa na nzaghachi nye akwukwo a na info@smiletrain.org