

# Kar 28-na atangin tan rawh!

- 1 Ni tin naute chet dan chhiar la, a hun ngaiah hlir nikhatah vawi 1 chhiar ang che.
- 2 I naute in vawi 10 che turin engtia rei nge hun a hman. . Ni reilote chinah, i naute tana normal chu i hre thei ang.
- 3 Naute tana normal chu a danglam anih chuan healthcare provider hnenah thlen ang che.



# Chhiar tan turin inbuatsaih rawh!

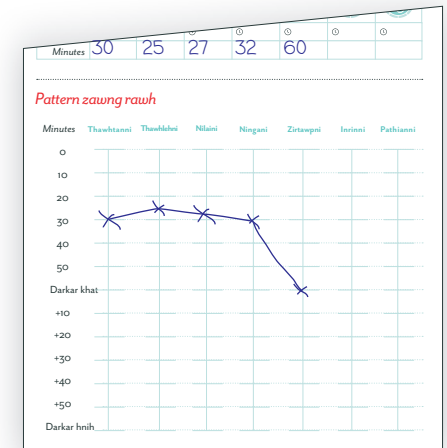
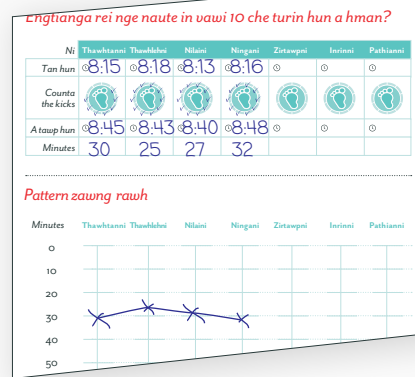
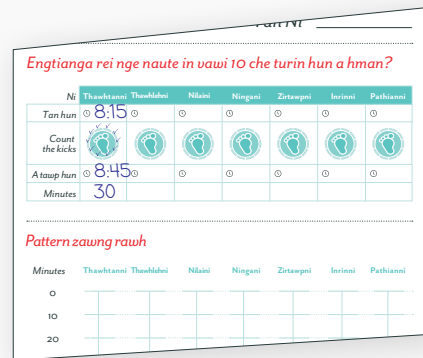


- A hun chhinchihna tur Sana emaw i nei em tih chiang rawh..
- Pen emaw pencil emaw pawh i hnai ah dah ang che.
- A sir zawnga mut emaw thu in emaw awm ang che
- I chart chu mark turin ready ang che.

# Naute chet dan chhiar hi a awlsam a ni.

Kar tin chart khat hmang ang che.

1. Kar intanna chungah ani leh kar zat ziaik ang che.
2. I naute chet dan i hriat veleh , a hun ziaik ang che..
3. Kick, roll leh jab te chu chhiar tur a ni. *Hiccup erawh chu chhiar tur a ni lo.*
4. Naute chet dan i hmuh apiangin tick (✓) ang che.
5. A vawi 10 chetna hun chu ziaik ang che.
6. Vawi 10 che turin naute in minutes engzat nge a hman ziaik rawh.
7. Naute vawi 10 a chetna minutes zat ah chuan X dah rawh.
8. X tinte chu line-in zawm khawm ang che, pattern i hmuh theih nan.
9. Line danglam a awm chuan i healthcare provider hrilh rawh. **Tunah call nghal rawh!**



Kar \_\_\_\_\_

Tan Ni \_\_\_\_\_

Engtianga rei nge naute in vawi 10 che turin hun a hman?

Ni	Thawhtanni	Thawhlejni	Nilaini	Ningani	Zirtawpni	Inrinni	Pathianni
Tan hun	⓪	⓪	⓪	⓪	⓪	⓪	⓪
Count the kicks							
A tawp hun	⓪	⓪	⓪	⓪	⓪	⓪	⓪
Minutes							

Pattern zawng rawh.

Minutes	Thawhtanni	Thawhlejni	Nilaini	Ningani	Zirtawpni	Inrinni	Pathianni
0							
10							
20							
30							
40							
50							
1 Darkar							
+10							
+20							
+30							
+40							
+50							
2 darkar							

Kar \_\_\_\_\_

Tan Ni \_\_\_\_\_

Engtianga rei nge naute in vawi 10 che turin hun a hman?

Ni	Thawhtanni	Thawhlejni	Nilaini	Ningani	Zirtawpni	Inrinni	Pathianni
Tan hun	⓪	⓪	⓪	⓪	⓪	⓪	⓪
Count the kicks							
A tawp hun	⓪	⓪	⓪	⓪	⓪	⓪	⓪
Minutes							

Pattern zawng rawh.

Minutes	Thawhtanni	Thawhlejni	Nilaini	Ningani	Zirtawpni	Inrinni	Pathianni
0							
10							
20							
30							
40							
50							
1 darkar							
+10							
+20							
+30							
+40							
+50							
2 darkar							