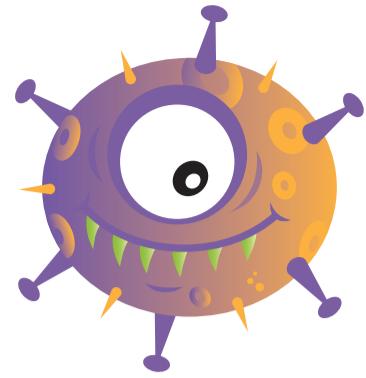
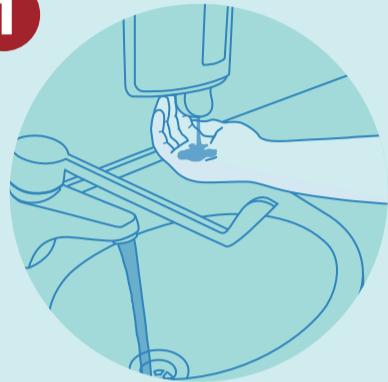
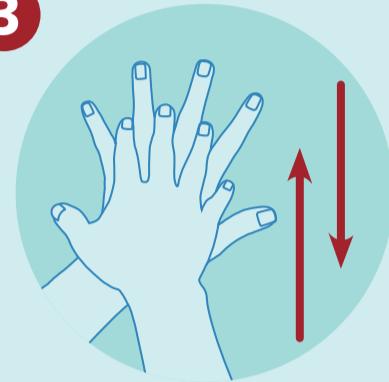


# Me Pēhea Te



# HOROI RINGA



 Whakamākūhia ō ringa, ka whakapani ki te hopi kia kapi katoa tō kiri ringa	 Miria ō ringa, kapu ki te kapu, tae noa ki ō whatiringa	 Te kapu matau i runga i te muri o te ringa mauī ka tūhono i ngā matimati, kātahi ka whakawhiti
 Kapu ki te kapu me ngā matimati e tūhonohono ana	 Ko muri o ngā matimati ki te kapu tauaro, me ngā matimati tūhonohono	 Mirimirī haere te kōnui mauī mā te kapu matau, ka whakawhiti
 Ka kaha te mirimirī haere, i te wā e kuiti ana ngā matimati o te ringa matau i roto i te kapu mauī, ka whakawhiti	 Ringihia ō ringa ki te wai	 Āta whakamaroketia ngā ringa mā te pepa taora

40-60  
HĒKONA