UBURYO BWO GUFASHA UMUNTU UFITE IHUNGABANA

MBERE NA MBERE, tekereza ku kibazo ufite hanyuma ugihe uburemere ukoresheje ikigereranyo cyo kuva kuri 1 kugeza ku 10, 10 igereranywa n'aho ikibazo kigukomereye cyane, naho 1 ni nkaho ntacyo kigutwaye. Ibi nibyo byitwa SUD.

Noneho kora ibi bikurikira:

a) **Kudodanga ahantu hatandukanye**—Koresha imitwe y'intoki zawe hanyuma udodange ahakurikira nibura inshuro 10.
   - Kuruhande rw'ikiganza (karate chop point)
   - Munsi y'izuru
   - Aho ibitsike bitangirira (ahagana ku zuru)
   - Munsi y'ijisho(aho igufa ry'itama ritangirira)
   - Munsi y'ukuboko (nka cm 10 uvuye mu kwaha)
   - Munsi y'urwano (Manura intoki zawe uturuste hejuru ku ijosi ukagera mu kobo kagabanya inzano zombi hagati na hagati hameze nko mu ndiba y'inyuguti V, manuka nka cm 2 n'igice hanyuma ujye iburyo cyangwa ibumoso izindi cm nka 2 n'igice.)
   - Ku gahera (ku gasongero k'imbere ugana ku gikumwe)
   - Munsi y'urwano
   - Mukubitarukoko (ku gasongero kaganisha ku gikumwe)
   - Munsi y'urwano

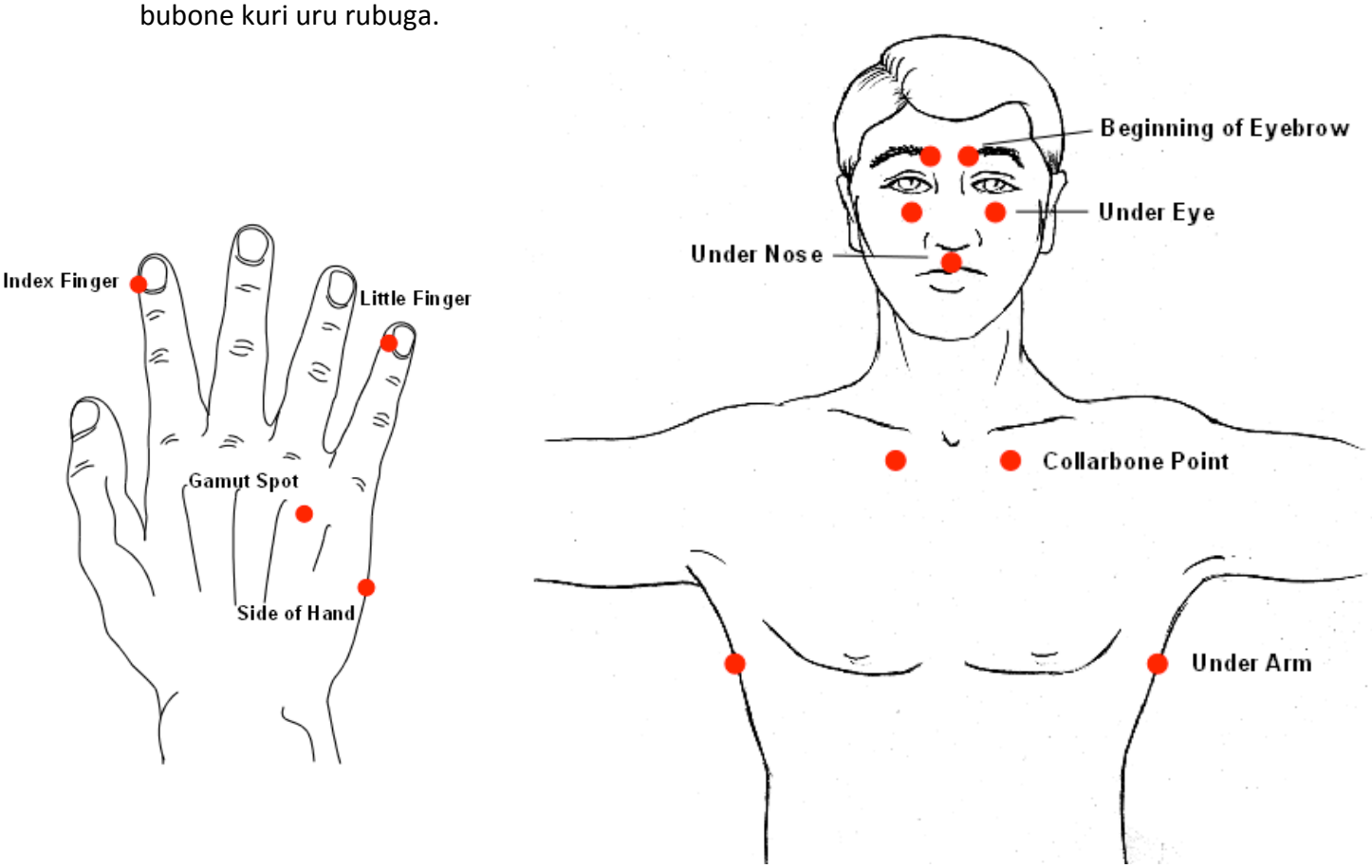
b) **9-Gamut**: Mugihe uri gudodanga hejuru ku kiganza cyawe(ufunze igipfunsi ni hagati y'agahera na mukuru wa meme nka cm 2 n'igice ugana kubujana bw'ikiganza),Kora ibi bikurikira (ubyibuke uko ari 9)
   - Ukanuye
   - Humiriza
   - Fungura amaso maze urebe ahagana hasi ibumoso bwawe.
   - Reba ahagana hasi iburyo.
   - Zengurutsa amaso mu cyerekezo kimwe
   - Zengurutsa amaso mu kindi kerekezo
   - Ririmba ufunze umunwa (amajwi aranze 1)
   - Bara kugeza kuri 5
   - Ongera uririmbe ufunze umunwa andi majwi make.

c) Subiramo ibyo wakoze mbere. Dodanga:
   - Kuruhande rw'ikiganza (karate chop point)
   - Munsi y'izuru
   - Aho ibitsike bitangirira (ahagana ku zuru)
   - Munsi y'ijisho(aho igufa ry'itama ritangirira)
   - Munsi y'ukuboko (nka cm 10 uvuye mu kwaha)
   - Munsi y'urwano (Manura intoki zawe uturuste hejuru ku ijosi ukagera mu kobo kagabanya inzano zombi hagati na hagati hameze nko mu ndiba y'inyuguti V, manuka nka cm 2 n'igice hanyuma ujye iburyo cyangwa ibumoso izindi cm nka 2 n'igice.)

- Ku gahera (ku gasongero k'imbere ugana ku gikumwe)
- Munsi y'urwano
- Mukubitarukoko (ku gasongero kaganisha ku gikumwe)
- Munsi y'urwano

HANYUMA, baza uko ufite ikibazo yiyumva ugendeye kuri cya kigereranyo cya 1-10--

a) Niba ikibazo cyagabanutse kugeza kuri 1(cyarangiye) cyangwa 2, reba hasi buhoro buhoro hanyuma uzamure amaso ugeze kure hashoboka (nko mu masegonda 10)-Ibi byose ubikora udodanga hejuru ku kiganza (ufunze igipfunsi ni hagati y'agahera na mukuru wa meme nka cm 2 n'igice ugana kubujana bw'ikiganza) kandi utanyeganyeza umutwe.
b) Niba IKIBAZO cyagabanutse ariko ntikigere kuri 1 cyangwa 2, subiramo ibyo twabonye hejuru byose kugeza aho ikibazo kigabanuka kigagera kuri 1 cyangwa 2 cyangwa se cyanze kugabanuka.
c) Niba IKIBAZO cyanze kugabanukaho na gato –cyangwa cyagabanutse ariko ntikigere kuri 1, ifashishe ubundi bufasha uri
bubone kuri uru rubuga.



Ibi bigamije kwigisha gusa. Ibi ntago bisimbura kujya kwa muganga

www.TFTtraumaRelief.wordpress.com or www.TFTFoundation.org

Copyright © 2009 by ATFT Foundation