

WORLD PA KUA MARTIAL ARTS & HEALTH ~BURBANK~

ADULT CLASSES - FAMILY CLASSES
AFTER SCHOOL PROGRAM



STUDENT HANDBOOK

**MOVE WELL
LIVE WELL
FEEL WELL
BE WELL**

K YWta Yshcsnai fsoyk sDUs? i Ušci fbYrn's Mti s\Uj YsXjgMj YFYXsUb
dck YfZ `slbXs/ZZVWij Yshcc`šZcfs\YUHslbXsk Y`bYggLbXsk YsLFYSI VjYXshcs
k cf_sk]h'snai "šH\jg\cc_`Yh\jg]bHbXYXshcsdfcj]XVsb]bhfciXi Wjcbstscsi fs
Wta a i b]h's

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H\Ysk cf`XsDUs? i Usg\Wcc`sd`UWg[fYUhs]a dcfHbWscbsdfYgMj]b[s
UbscfUsa Yh.cXscZsYUfb]b[`sK \]`Ysk Ysa UhsYUfbsa Ubnšh]b[gZfca š\cc_gs
cfšj]XVgšh YsDUs? i Usa UjYfGshh]gg\Wcc`_s_bck šZfca šI dYf]YbWsh.UhsUb
gji XYbhsYUfbg]Ygh]fci [\š YfVUsb[U] Ya Yohk]h.sch.Yfgšh YsdfcWggcZ
Lj]b[škei Yg]cbsubXs`YUfb]b[šck šcs bXYfgLbXsh YšYgicbgšfWVWj YXš]`s
Wbhf]M Hgshcs`cb[!`Uj]b[si bXYfgLbX]b[sLbXsgf`Z] Ja dfcj Ya Yoh's `š]gs
h.YfYZcfYsci fs[cUshcsdfYgMj Ysh.YshYWb]jei YgscZsDUs? i Ush]fci [\scfUs
H\UW]b[gš]gsa i Wslbpcgg]VY's H\Uhg]Xsk Ysk ci `Xs_]YshcsdfYgohsUj]W
]bZcfa U]cbs\YfYshcs`Ydscf]YohsbYk sgi XYohgsUsh YsW[]bb]b[scZsh Y]fs
gi X]Yg's

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K YscZZfso]bYsX]ZYfYohsXjg]M]bYgsA Ufh]Us5fhgšHUs7\]š9X]YXs
K Yubcbgš5fWYfnšM[UšF \nh]a šš5VšcVUH]Vgš7\]s9bYf[nsGh X]YgšLbXs
FYZM c`c[n's 9UWsXjg]M]bYs]gcb`nscbYsLpYMcZsh Ysk \c`YšZ]YXscZgji Xns
_bck bsLjDUs? i UšLbXsUWšWbH]bgsLfhgšZsh Ysk \c`YšfUX]h]cb's fca šh]gs
Xij Yfgšfub[YscZsXjg]M]bYgsk Ysk]g]shcsZZfšnai šh Ys]bZcfa U]cbsLbXsh Ys
hfU]b]b[`a cgh] gZ `hc'nai fi b]ei Y`]Z'dU'h's

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DU? i U8]g]M]bYg! DU`Y` s
Gh X]cFi `Yg! DU`Y`%š
5fWYfnFi `Yg! DU`Y`%s
Fub_]b[`DfcWgg! DU`Y`%s
: fYei YohimLj_YX`ei Yg]cbg! DU`Y`%s

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A Uf h]U` '5f hg`

A Ufh]Us5fngsXy YcdgsY YfnsdUfhscZn Ys i a UbsZcfa s/hq YbYFUh]o[s
h YsdfcdYfsZck scZsYbYf[nsk]h.]bsh Ys/cXm's -hsUgs]bY[fUYgh Ysa YbUz
Ya ch]cbUzLbXsgcV]UdMU`Yb[Ygk YZUMs]bs]ZrZa U]b[s]hcbYscZn Ysa cgrs
YZZMij Ys Zcfa gs cZs hfU]b]b[s U U] W'Y's H\YsK cfXsDU's? i Us UbdfcUWs
Ya d\Uj]nYgs dYfgcbUs Xy Ycda Ybhs k]h.ci hS W'a dYh]jcb's K YsXcsbchs
W'a dYh]s]bsLh. Yh]sk Ush]h.sci fsdYfgsK Ysk cf_ k]h.sch YfgLgsk Ush
hcsa cfYsZ `nsi bXYfgubXsci fg]j YgsLbXsci fsk cfX's 5sbcb! W'a dYh]j Ys
Ybj]fcb YbhsU`ck gsdYcd YscZsU`sL[YgsLbXsU]]h]YgscsXy YcdsLs]Z! `cb[s
dYfgcbUdYfU]W]sZcfsLdfcXi Mij YsLbXsLbdhs]Zr's-bsa Ufh]Us5fngsW]gYgk Ys
`Yfbs h Ysd\ng]W]sLbXsa YbUshWw]ei YgscsWbZcbs]j YfnXhscdfcVYa gs
k]h.sgfYb[h.ZdYfg] YfubW]sLbXsW'a a i b]m's-H Ys]bYfbUscV]Mij YscZsLs
a Ufh]Us5fngsdYfU]W]s]gscsX]g]j Yfnoi fs]a]h]jcbg]gk Y`slgnai fs]b]ei Ys
g.]`g]g: h.Uhg'Z Uk LfYbYggWb WYUfii ghX[i]XYh fci [\ `]Zr's

sBcsa Ufh]s\ck shWw]W]`nsdfcZ]YbhsLgji XYbhsa UhsCfsa Uhschs
Ww'a Ys]bsh Y]fgh X]Ygs YfYsk Ys/c`Xsh Y]fsW]bXs]bYh]bsYfub]o[slps
h Ysa cgrs] Ui UYshUW]b[scZsa Ufh]Us5fng's 6ng]h]b[sh Y]fscK bsdUW]sLs
a Ufh]Us Lfngs gi XYbhs Xy Ycdgs a cfYs g'Z WbZ]XYbW]s WbWbhfU]cbZs
WcfX]bU]cbZLbXZYI]M]]m's

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7 \]b YgY'Mc [U'

7 \]b YgY'sMc [Us]gsUbsUv]MbsUfhsXVf]j YXZfca sDUs? i Us_bck `YX[Ys
hfUX]h]cbU`nsW`YXs7 \]s cb['s H\ fci [\sh`Ysgji XnscZsh`Ysgj' Zk YsWta Yshcs
i bXYfg]ubXsLbXsgnbWfcb]nYsk]h`sh`Ysk cf XsUfci bXi g'sK \]'Ysa Ufh]UsUfngs
HUUWYgsUsgji XYbhs\ck shcsYb[U] YsZ ``nabXsWta a]hsk]h`swti fu[Ys7 \]bYgY's
na[UsVUUbWgsh`UshdfUW]Vsv`nshUW]b[snai s\ck shcsfYUbjYXU]`nabWVfngs
LbXs]a]h]b[sY`YZjsH\]gVW]gg[Yngi g]bsnci Wsk]h`sh`YsdYfgcbk Ysk ci `Xs
VsjZk YsWti `XsfYa cj Ysh`Ys]bZi YbWscZsgcV]VmsLbXsZLa]n's Mc[UsVWUWYgs
gdUW]bs]bsh`Ysa]bX's6nsU_]b[s]a YscsfYUbj'sci fgY] YgZcfstK \]'YsZfca sci fs
gcV]UscV][U]cbg]ubXsci fsm`hi fu]s]Xybh]mzak YsVWUWYsfbci [\sgdUW]bsci fs
VcXnsLbXsa]bXsZcfscdg]h]j YsWub[YshcscWVf's 7 \]bYgY'sMc [Us]gsUbsUv]MbsUfhsXVf]j
VfYUh`]b[s dUHYfngs VbYZ]U]s hcsVch`sh`YsWfX]cj U]W'Uf'sLbXsbyfj ci gs
gngY'a g's-bsh`]gVW]ggk Ysk]`shUWsnai s\ck shcsjck s\ck bsLbXsW'h]j UHsLs
gdUWYbyfj ci gngY'a Zcf UWWUf`LbX'c'VW]j Ya]bX's

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F \nhka s\WbgYgcZfslca cfYsMj Usa UfhUslfhfU]b]b[s\hici [\s\hYs
i gYscZa i g\Wk \]WstYUWYgZck sLbXs]a]b["sbs\hYgYs][\!YbYf[nM YfV]Ys
WbgYghYsgj XYbtk]`s\i fbs\Wcf]Ygk \]YsYUfb]b[sYfZ XYZVogYs UbYj Yfgs
]bsLsYgsgfii Wif FYXsLbXsa cfYsLb]a UfYXsk Urt's H\Ys[cUscZs\]gsWbg]gshcs
Xyj Ycdsci fsi b]ei Ysd\ngj]WslWbU]]h]YgsheshY]fisz ``YghsdchYb]U"s K Ys
]a dfcj Ysci fsWfX]csWbX]h]cb]b[žsa i g\WsgfYb[hžsLbXsf\nhka]WZck 's
H\]g]b]hYb]g]sLbXsdck YfZ `sk cf_ci hsfY]Y YgsgfYg]b]b]WbgYgZM]M]]h]m]LbXs
\Ydgi g]b]X'a cfYf\nhka]b]ci f`j] Ygs

F \nhka sfP]W_Vc I]b[ŁsWbgYgsUgcsHUUWsa Lbnsi g]Z `sgdUff]b]b[s
W]a V]b]U]cbgshcsj ddYa Ybsh\YsfU]h]cb]Usa UfhUslfhfU]b]b["s\hM]Xgs
hYVbX]h]cb]b[bYXYXZcfUbYbXi f]b[`UbXfYk UfX]b[dfUW]W's

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FYZ` YI c` c [m3

8]Xsnai s_bck sci fsZYrñs\UbXgšUbXsUfsgUMI U`nslAbolU]bosJa UbscZš
 ci fs\cX]YgšH\YsUbV]MhnsdfUM]MscZšFYZYI c`c[nscZZfsgUbs]bosYdH\sgji XnscZš
 H.YsDUs? i Ušgna Vc`slbXs\ck šrcsXYrñMšg VñYsMUb[Ygs]bosH Ys\cXnsVZcfYs
]a VUUbWs cVMfgs FYZYI c`c[ns]gs Ubs **JbYbUs** A Uf]Us 5fhs k \]Ws
 WobWofUHfYgs cbs\YU]b[sUbXsg ddcf]b[sH.Yscf[Ubsghscsd]ja]ñYsH.Y]fs
 Z bM]cb]b['sH\]gsU]bgsYUWYga Ugg[YsYWb]ei YgšcfšH Yšcchš UbXgšUbXs
 YUfghscs[YbYfUHs\YU]h.sWbYZ]hgsH fci [\ci hšH YsVcXrñs H\Ysa cj Ya Ybhs
 YI YfV]g]gšU [\hš YfYsdfca chYscf[UbsYf j YoU]cbšdfcdYfsVYU]h.sk cf _šUbXs
 a]bXZ `bYggšH\YsUf]hscZšFYZYI c`c[ns\ UgsVMYbnsdfUM]MscZšcfš YbYfUH]cbg]bs
 7\]bU]UjUk Utrc \YdZLa]ma Ya Vfg\YU k]h.ci hgY_]b[UXcMcf's

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Gh XYbngk \csdfUM]MsfZYI c`c[nslAbolU]YbñnsYdcfñZY]b[sa cfYs
 YbYf[Y]MšWU! a]bXVZslbXsg]fcb[Yf'sGh XYbngk \csg ZZfšZca sWfcb]W
 U]a Ybngš g Ws Ugs \YUWYgs X]]Yg]j Ys dfcV Ya gš VU]s dU]bš k Y] [\hš
]a VUUbWslbXsg]fYgšY UHxslU]bghñ fbscsDUs? i UfZYI c`c[nslAbolU]MfYšcfs
 H.YgsUZ]M]cbgšCbWšYUfbYXšFYZYI c`c[ns\ UbsYsdfUM]MscZšfci [\ci hš]Zš
 UbXi gX]rc \Yd\YU `cbYgZUbX`ch.Yfgšs

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9X [Y'K YUdc b g'

H\Ys gi Xns cZs YX[YXs k YUdc b g's]gs Ubs]bH[fU s dU fns cZs DUs? i Ubs
HUUW]b[gsk \]WsxY Y cdgsWcfX]bU]cbzdfW]g]cbzUbXsX]g]M]bY's7 ca VUs
k]H.srfUk]h]cbUsk YUdc b gk UbsXy Y cdYXsci hscZbYWg]hns]bos UbV]M]bH]ja Ygs
i g]b[sWta a cbscfX]bUfns]Hya gsh\Ysg]V]sh UshUWta dUb]YXsU]fUj Y YfscbsU
'ci fbYns cfsH YsWta a cbsrcc`gshsMffnsk UYfsvUW]s7ca sh Ysk Y`dWMA Ys
k YUdc b g's]bsW]g]gcZsYa Yf[YbW]s Cj Yfs]ja Ysh Ys g'scZsh Yg'srcc`gsj c] YXs
]b]hcsUbsUfnsZcfa sUbXs\]cgpd\nsZcfs]j]b[sUb]YU]h nsUbXs Ubdns]Z'sk \]Ys
k YsXcsbchbYYXs rcsMffnsj Wsk YUdc b g's]bsrcXUhg]cV]M]hsh Ysa]bXg]hsh Ush
UWta dUb]YXsh Ysi g'scZsh Yg's]Z]d]]b[shcc`gs]g]j`scZs[fYU]j Ui YsUbXs
fYy UbW's @Ufb]b[s\ck shcsk]YXsUbsYX[YXsk YUdc b g's]gsh Ysg]i Xns cZsh Ys
k Uff]cf gk Uh'sbsh]g]W]g]k Ys YUfbs\ck shcsXy Y cdWta dog fYzdfW]g]cbz
XW]g]j YbYg]sUbXsW]i fU]Y's Gca YscZsh YsUbV]M]bH]sk YUdc b g's]U [\hs]bsYX[Ys
k YUdc b g's]W]g]gsUfYs`cb[sgk cfX]sg]cfhsjk cfX]sXi Usk cfX]gsfa UW]Yg]sZs
_b]j YgZ/ 'gdYUf]g]ss

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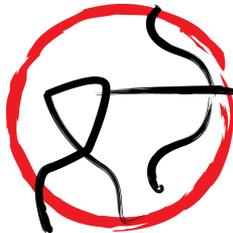
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Uffck zXFuk]b[sh.Ysvck zsbXsgj.cch]b[sh.Ystuf[YnsLgbsZcfa scZsa YX]H]j]cbs
LbXsgjZ cvGfj U]cb's5fWYfns]g]bX]g]M]]bYsk \]Wsg]ck gi gsh.YsbX]h]cbs
czsci fsa]bXsk]h.s]g]ci bX]b[s]MMFU]M]H\YsfYU]cbg.]dsM]k Ybsh.Ysvck s
LbXsci fsa]bXsg]g]b]ei YsbXs]b]b]U]b[sa YX]H]j] Ysg]i Xr]k \Yob]s]ffck s
]g]g]ch]sh.YsufWYfnsWbsg]YsY] Ybsh.Ysga U`Yg]sj U]U]cbgs]bsh.Y]fsZcWgs
h.fci [\`h.YZ][\`hcZ]h.Yuffck `LbX`k \YfY`LbX`ck]h]gf_]Yg]ss

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bsHfUX]h]cbUsDU? i U]fWYfnsk Yscbch]Ya d\U]j]n]s]MMFU]H]stuf[Yns
g]cch]b[slbs]sg]d]f]h]sc]fs[cU`sk Ysi gsh.]g]U]M]j]h]ns]Lg]b]k U]h]sc]j YfW]a Ys
dYfZM]cb]ga slbXsg]uf]h]sbYk s]bs]U]W]sa ca Yob]s@Yuf]b[s]ck sh]s`Yns] cscZ
d]h]s]Z]i g]f]U]cbgs]LbX]s]j YfW]a Ysa Yob]U#Ya ch]cbUs/ cv]g]b]YX]ga cfYsh]Lbs
]b]Y`W]M] U]s bX]Y]g]LbX]b[`s`#sb]YX]g]L]LbX]g]cb]s]d]f]U]M]W]s5fWYfns]M]]X]g]b
fYg]]Yob]W]h]s]U`sh.Ysk U]h]g]h]b[g]s[csk fcb[slbXsh]U]W]Y]g]i gsh]U]sk \U]Y] Yfs
\Lbd]Yog]g]b]Y]h]Yf`f][\`h]bc]f`k fcb[`ss

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HU] '7 \]'

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HU]s7\]s]gsh YsfUM]WscZyb[U]b[s]Zyk]h.sh YsYUghfYg]g]ubWsbXs
Zck]b[sk]h.sh YsMbX]h]cbgsh UbXsfUH Yfsh UbsMbZcbh]b[sh Ya š YUKsb's
H\]gsVW]ggs]bWf]dcfUH]Ygsgck sa cj Ya YohgshcsfY YU]shYbg]cbsubXsd]ca ch's
fYU U]cb'sHU_]b[sh]a YshcsfYU š]a dfcj Ygs YUH š/mšXy Ycd]b[s]g]bg]scZ
]b]YfbUsW]a "sF YU U]cb]sgj]h]UscfSU `s`Yuf]b]b["s H\]gsVW]ggs]gsLš [Ys
g ddcfhsZcfsh Ysch YfsW]g]Ygs]gk Y `s]gZcfSU`sci fs]Z]Z] cUgsh\]ci [\sh Ys
h Yfub]M]h]WgZ]sgck sa cj Ya Yohgsh]sW]shYU]Ygs]ck shcsa cj Ys]bsMbW]fhs
k]h.sh YsmbUb]h]gZsh Ys]g]a cgs]ch]sk]h.]bsubXsk]h.ci Hs@]h]b[š] cscZ
fYg]g]ubWsbXszc`ck]b[sh Ysa cj Ya Yohgsh]h Ys b]j Yf]g]sbU/Ygs]g]cs]U Ys
LšV]h]f]si bX]f]g]ubX]b[scZ]ci fsd]f]g]cbUs`]a]h]h]cbg]sk \ Ybsk Ys`Yuf]shcs
UW]h]sbXs]h]Y Xshcs]ck Yf]gs]U]f] Yfsh Ubs] gk Ysz]b]X]s]bs b]Y d]M]h]Xs]YU]WsbXs
]b]b]f]sg]f]Yb[h]žk \]W]s]b]sh] f]bs`YUK]g]h]cs]L]a c]Ys]b]c]nb]V]sci h]f]sg]Z]b]Yg]g]cZ
W]f]U]M]f]s]HU]s7\]s]gsh Ysa U]a i a s]Y d]f]Yg]g]cb]scZ\]ck shcsb]U] [U]h]s]Z]s
g]h] U]cb]g]s]bs]b]cb]! W]b]Z]cb]h]U]cb]U]sk U]h]h]]g]a cj]b[sa YX]h]h]cb]sd]f]U]M]W]s
W]a V]b]Yg]sg]ck žZck]b[s]W]cf]X]b]U]cb]sk]h.sXY]ds]V]f]Y]h.]b[s]g]s]sk U]h]cZ
UW]g]b]b[š] [\]f]s]k U]f]Yb]Yg]s]Uk U]_Yb]b[scb]Yg]f]i Ys]b]h] f]Y]s]ub]X]s]Y] Ycd]b[s
cb]Yg]dch]b]h]U's

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9b Yf [mif7 \] 'Ghi X]Ygl'

7\]s]gsh YsbLa YsZcfsh Ysi b]j YfgJsbYf[nsh Unsa cj Ygsh fci [\sci fs VcXns UbXs Ybj]fcbayobhs H\]gs VUggs HUUWYgs H Ys %&s X]ZfYbors VVVVWVs a cj Ya YohgscZsbYf[nsdUHk Uhgh fci [\sh Ys/cXnsUbXs ck sh cg]sdUHk Uhgs fY UHshesh YsWUb[]b[sg]UgcbgsUbXsh YsZccXsk YsWbog a Y'sk Ys Yufbsh Ys HWWb]ei YgshcsU][bsk]H sh Ysg]UgcbUsWUb[YglUglUa Yh cXscZdfY Yohj Ys a YX]V]bY's K Ysk cf_sk]H sh YsdfYgg fYsdc]bhgscZsh YsVcXnsUbXsYbYf[ns a Ugl[YHWWb]ei Yghc U][b'h YbYf[n's

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9bYf[nsWUggs]g]UgcsUgji XnscZsh Ysk Ushcscc_s]h]h Ysk cf Xs]fci bXs i g]sbXshcsUWWfUY nsdfYX]V]bY's YsU]cbg]sbXsWbog]ei YbVgscZci fg]j YglbXs ch Yfg]sbsh]g]WUggs Ys]g]Wggs\ng]W's YUH]ggj YglbXsa U YsWb]b]cbgs Vrk Ybos ZccXsbYf[Y]V]sa YobU#Ya ch]cbUsXnbLa]V]sbXs]g]Ufa cb]Ygs k]h]b'ci fg]j YglbX'ch Yfg]'s

5gUWza d'Ya Yohirc h Y]Y Hf]bU WUg]g]h]g]bh]f]bU]gi Xn] Ydgs]h X]bng\YU Zfca]b' f]YglbX]' bYgg]g]Ujk Y` Uj]X]b]ZnXYdYf' dUH]f]bgs cZ]a VUlbWdfY Yoh]b[`cb[!` U]h]b[\YUH.'" < YfYk YX]g]Wg]dcgg]V Ys W] g]gZcf' Ubn]g]Ufa cbnk Ya Uh] U Y]b'h YVcXn]UbX'X]j Ycd'dYfgcbUs HfYUa Yohid' UbgZcf' \ck 'rc' fYgc] Yh YXYdYf' W] g]g]cZci f]b' f]Yg]cfs \YUH]ggj Ygl'ss

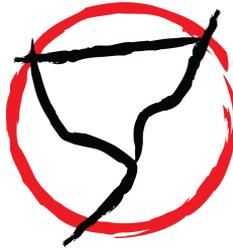
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5Wf c VUh]Wg'

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a cfYsh.UbsUbrsch.YfsX]g]W]bY'sK cf_]b[sk]h.sh.Ysk Y][\hsWUb[YSubXs
Wl bhYfs\UUbWscZ\ubdlfHbYfsm]XgHfi gh.bXsXYdYbgci fs bXYfgHbX]b[scZ
\i a Ubs fYU]cbg].dgs k \]Ys Ugps \Yd]b[s YUWs dYfgbs cj YfWa Ys dUgHs
Ya ch]cbU]b\ f]YgdfYj Yb]b[sgV]Uk Y' bYgd'sbsh.]gVWUgHsUWsgH X]bHk]`s
]a dfcj YsgfYb[h.sUbXSVUUbWsi gb[sh.Ysk Y][\hscZ\ubdlfHbYf's K YsfU]bs
\UbXg]bXg]sWfHk \Yg]sbXshi a V]b[shcsM]XsWfYsgfYb[h.sUbXsYufbsck s
hcsa cj Yshsh.Ysf][\hscUWscZfSYUWsbYk sdUfHbYf'sh.]gsXj YcdgsWUfSubXs
Wb]gfi W]j YsWa a i b]W]cb's 5Wf c VUh]Wg]gsU[fYHk Ushcs'Yufbsck shcs
k cf_ k]h.ch.Yfgk \]W'a U_Yg]h]X]U Zcf Wl d'YgZ]a]Yg]UbX[fci dg's

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GWX cc` Fi` Yg

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H\YsZ`ck]b[\$i]XY]bYg\U Ys\Ybsli h]bhsd'UWbcsYbg fYs\Ysa cgrs
dfcXi Mij Ys\Yfb]b[sYbj]fcb YbhsZcfsYj Yfmsgi XYbhs K]hsh Yg's
[i]XY]bYgsk YsgY_shcsa]b]a]nYsX]gfUM]cbgsLbXsdfca chYsLWma žs
fYU YXZLbX]bW gj Y`Yfb]b['dfcWgg's

S

: cf`Gi XYbhs

- DfcdYfsDU? i Uli b]Zcfa sUhfYs]gfYei]fYXs]bscfXYfshcsYbYfsls
WUgg's
 - H\YsdfcdYfsi b]Zcfa gszcfsA UfhUs5fhgs9bYf[nšHUjs
7\]žs 5fWYfnš 9X[Ys K YUbcgš FYZI c`c[nš 6Yhs
WfYa cb]YgsCZV]Uusk \]hYs-UWYhs6`UWSDubhsDUs
? i UGna Vc`DUW'cj Yf`YzhVfUg's
 - K ca YbsZ`XsYzšUWYhg]Xysj Yfs][\hš k Yufs
WYhk]h' dUWYg\Ub[]b['cb'h.Y`YZh's
 - sA YbsZ`Xsf][\hsUWYhg]Xysj YfsYZhš6Yhk]h.s
dUWYgja i gh\Ub['cb'h.Yf][\hš

S

- H\YdfcdYf' i b]Zcfa Zcf 7\]bYg'Mc[Us
 - 6`UWSDUs? i Uli b]Zcfa sdubhg/ sk \]hYhg.]fhs
k]hsk cfXsDUs? i Us@c[cscfs7\]bYg'sna[Us
'c[c's
 - 6Yhsk cfbsZcfsGji hYzš]YXsLbXs_bchYXshs\Ys
'YZh.]dsZcfsa Ybžf][\hš.]dsZcfsk ca Yb's'Ubs\Ys
fYa cj YXUWf'gJi hY's

S

- H\YsdfcdYf\si b]Zcfa sZcfs5V\icVUj]Vjs UbXsF\nt\ha s V\lgYgs
 - 6UW'dU_i UdUbrg/ 'DU?i U'c[c'hg]f'h's
 - <UbXsk fUbgsa i g'sWysk cfbos]bsF \nt\ha s\Wlpgs k]h\slsW\cfsfYZ\W]b[sgh XYbhgsW'hs'Yj Ys]bs h\Yf\nt\ha 'a UjYf'n's

S

; YbYfU.s

- <Uf'a i ghW'g\WfYX'UbX'ci hcZH.YZ\W's
- 5`i b]Zcfa ga i ghW'_YdhW\Ub'UbX'a U]bhU]bYX's
- Gh XYbhgsa i g'sW'a YsV\Ubs/ sa U]bhU]bscfUsUbXsd\ng]W's \n[]YbY's
- Bcsk YUf]b[sYk Yfns]bs\Wlpg'sk YUf]b[sYk Yfnsk \]YsfU]b]b[s a Uh]b\ fYZ'ck 'gh XYbh]b]k Y`Uj]h.Yk YUfY's

S

5sA UjYf'sf'sbgfi W\cf'sa Uhs\Uf's]gh XYbhZ'ca sYbhYf]b[s\Wlpgs]ZH.Yg]i XYbhXcYgbch\ U Yh.Y'dfcdYf Uh]fY's

S

- FYg\W\Z `V\U]cf]gfYei]fYX'UhU` h]a Yg'DfcdYf fYg\W\ts g\ci `XW'g\ck b'hc'h.Y'g\Wcc`za UjYf'g]]bgfi W\cf'g\UbX'nci fs Z'ck 'gh XYbh]s
- H\YfYs]gh's\W\U'g'ci hY'nsbcs bg dYfj]g'XsgdUff]b[z]Z[\h]b[z's cfsfci [\s\ci g]b[z'scbsh.Ysa Uhs'cfs]bsUbsch.YfslfYbcZ'h.Ys g\Wcc`'s GdUf]b[sk]`scb`nsc\W\fsk]h.sh.Ysl dfYggdYfa]gg]cbs UbX'g dYfj]g]cb'cZUei U]Z]YX'A UjYf'cf'`bgfi W\cf's
- Gh XYbh]fYfYi d\W\X'hc'W'cb'h.Y'a Uhcb'h]a Y'H\Y'A UjYf's cf'`bgfi W\cf'a Uhi\Wccg'`bch'hc`YhUgi XYbh]dUf]h]Y\U]Y]bs h.Y\Wlpg]ZH.Yg]i XYbh]gbch'cb'h.Y'a UhiUh.YWY[]b]b]b['cZs h.Y\Wlpg's

- GhYdd]b['cb'cf'cZzH.Y'a Uha i ghib`m'W'XcbYUZYf'f'fVM]j]b[s dYfa]gg]cb Z'ca 'UA UghYf'cf'\][\YghfUb_]b['=:bgrfi Vmcf's
- Bc'YU]b['ci hg]XY'cZzH.Yg]h]b['fYU's
- Cb`mi g'Yei]da YohUddfci YXVriUK cf'X'DU? i U's
- @Yj Yyj Yfrh]b['Ljb]WUbjk \Yb'nai 'Ma YZ'UbX'di hrai fs dYfgcbU]hYa g]b h.YUddfcd]UHY'gcfU] Y'fYU's

S

**K \]` Y'c VgYf j]b['U WUgg'c f k \]` Y
k U]h]b['Zc f 'næ i f Vx]` Xžd` YUgY
c VgYf j Y'h\ Y'Zc` ` c k]b['f i ` Yg**

- Hi fb'cZzH.Yf]b[Yf'cZnai f W`d\cbY"-Z]hf]b[g'd'Yub'y'gYds ci hcZfUb[Y'cZzH.YVUgg]"8c' bchYbhYfU]b UVm]b YfgU]cb]bs h.YgVcc"s
- D'YUy'sfYU]bsZ'ca s\U]b['sci XsU]b YfgU]cbgk]h.sch Yfg]bs h.Yk U]h]b['fYU'=:hgX]gfU]b['UbX'X]gfYgdVMM "s
- K \Yosdcgg]VYsXfcdscZznai fsW] XsUbXsd]V]h.Ya si dsk \Yos VUgg]gscj Yf's 8csbcheg]h'ubXsk UHWsnai fsW] XSk f]b[sVUgg]s 6Y]b[scVgYfj YXsWbs\YsU]b]cb'sZcf'nai fsW] X's; cšZcf'sub k U_žcf'gYd'ci hg]XY's
- 8c' bch]bhYfU]m]k]h h.YW] XfYb]b UVUgg]Z'ca h.Yg]XY]bYg's D'YUy'k U]hZcf h.YVUgg]hc VY'cj Yf]b'cfXYf'hc Vm]b[fU]h 'UHYs YbVai fU]Yžcf Yb[U]Y]b Ubrk U]rk]h Ugi XYbhdU]h]U]b[s]b UVUgg]s

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5f Wk Yf mF Ub [Y # 7 ` Ugg'F i ` Yg'

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- 5fWYfnsF Ub [YsWubscb`nsWysi gYXsk]h.sh.Ysg dYfj]g]cbscfs dYfa]gg]cbscZUei U]Z]YXsDUS i UB/UWVWYhflbnsa UghVfntsbXs UbsufWYfnsf fYnsWYhdfYgYbhts5fWYfnsWUgga i gsh.U YsUW/UWV WYhdfYgYbhts
- 5bnsdWcc`sYei]da YbhsfscdfcdYfmsH.Uhs]gXLa U] YXsa i gshWY fYd'UWX'cf'fYdU]fYXVrth.Y'fYg]cbg]VY'dUfht's
- 5`d'fWYfga i gsh]cchZfca sh.Ysg]cch]b[s]bYs]gUW]g] YXs/ns h.Y'a UghVf'cf']bgfi Wtf's
- BcsufWYfgdYfYU'ck YXsc]g]f]h]g]cch]b[sk]h.ci hdyfa]gg]cbsc Zfca h.Y'a UghVf'cf']bgfi Wtf's
- 5fWYfgsMbsCB@WfYf]Y] Ysuffck gZfca sh.Ysuf[YngcfsU] Ys k]h.sdYfa]gg]cbscZfca sh.Ys]bgfi Wtf'scf'sa UghVf's*No one is allowed to cross the shooting line without permission.*
- K \Yosh.YsufWYfnsfU] [Ys]gs]bsi gZsh.YfYs]g]bcsU_]b[s]bg]Xys h.Y'gWcc`s
- Bcsfi bb]b[scfsfi g.]b[sk \YbsfYf]Y]]b[s]uffck gZfca sh.Ys huf[Yng]s'f Yf]Y] YsU' s]uffck g]bcs'h.YsZccfsU]Yfsh.cg]sdi ``YXs Zfca h.Y'huf[Yng]Zcf h.Y'g]Z]hricZU` gi XYbng]s
- K \YosfYa cj]b[s]uffck gZfca sh.Ysuf[Yris`cc_sWV\]bXshcs a_U]g' fYbc'cbYk]` W\]hVrth.Ydi ``YX'uffck 'bcW's
- Gh XYbng]Mbscb`nsdfU]WshWb]ei Ygh.Yns.U] Ys/WbstU [\hs Vns'h.Y]f'sa UghVf'zochshWb]ei Ygh.Yns.U] Ysg]Ybsch.Yf'g]Xcs]bs WUgg's
- 7\WV'U` Yei]da YbhiUbX'uffck gWZcfY'g]f]h]b['s
- Cb`nsi g]s'ck g]ubX'suffck g]ubdfcj YXs/nsai f'YUWYf's8c]bchs V]b['ch.Yf'g]m]YgcZVck g]ubX'uffck g]hc WUgg's

H\YsW\hsfUb_gsfYsk \]h\zsnr`ck žcflUb[Yž[fYMož[fYnžV i YžfYXs
UbXs/UW'sHcsfUb_s]bsnr`ck žcflUb[Yž[fYMožUbXs[fYnšWYhgžkji XYbšk]`s
UrhYbXsfY[i `UfsWUgYgk YY_`nsUbXšh.YbsdfUJ_Y]bsUbšj Ui U]cbšWUgk \]Wš
]gscZYfYXsUbdfcI]a UYnah.fYš]ja YgsUWsmUfSUbXs]gš.YXšh.Yšgi XYbšg
i g U WUg]ja Y's

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HcsdfYj Yohs/Ugscfsj V'Wmj]hžšUa U]YfšWUWfšXcYgšbšj Ui UYs
h.Y]fšck bšgi XYbšgšh\YšW]g]cbšcš`j Yšgi XYbšš.][\YfšUb_s]ga UKYš/ns
šj]g]b[sa U]Yfš \csXcYgšbšs_bck šh.Yšgi XYbššgk Y`šbšh.Y]fš g Us
hUWYf's H\]gsXW]g]cbš]gsa UKYšXi f]b[ššh]ja Ys_bck bsUš-]bYfUbWšš
-]bYfUbWšš]gsšh cšhšh.fYšk YY_šdY]cXš \Ybšj]g]b[sa U]YfšWUa Ygšc
h.Yšgi X]cšcšb[U]Yšh.Yšgi XYbšgšUbXšWYfa]bYšžh.YnšUfYšYUkšcšsa cj Ys
hčšh.YšbY hšW\hsfUb_'s5šgi XYbšk]`šbYXšcšhYbXšššj Ui U]cbšWUgšcfs
YUW\]g]d]bYh.Ynšgi Xn]b'cfYf hč'a cj YZcfk UfX]b'h.UhX]g]d]bY's

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5Zfššgi XYbšfWmj Ygš[fYnšWYhšh.YnšgdšUrhYbX]b[šj Ui U]cbš
7`UgYgšUbXšW[]bsdUf]WU]b[s]bs-a dfcj Ya Ybš7`UgYgšUbXš6Yhš
G]a]bUfšgšh.YgšUfYšcb![c]b[šj ddYa YbššfU]b]b[šWUgYgšZYfYXšcb`ns
Xi f]b[h.Y-]bYfUbWšš]ja YdY]cXZcf fUb_gUWcj Y[fUh's

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: f Ye i Yb h` mUg_YX `e i Ygh]c b gs

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<c k Xc = df YdUfY Zcf Ub 9j U i Uh]cb cf Ub
=> df cj Ya Yb h`WUgg3

5s gi XYbhs Wbs bchs dfYdUfYs ZcfsH.YsdfcWggscZsYj Ui Uh]cbcsfcs
Ja dfcj Ya YbhsUbXs]hsgVgshrcbchsUj YsUf cUsZfUb_]b[zVi hfUhYfscshU_Ys
UbsUhh]h XYscZs]gUj YfnsUbXsM d'cfUh]cbcs] f]b[sh Ys]h]bYfUbWsdrcWgg'sH_Ys
-h]bYfUbWsdrcUj]a YscZs] fYUhfscZcWggUbXscfa U]hsk \Ybsh Ys]gi XYbhsWgYns
fY]Mk ghY]f' dYfgcbU [cUgUbX]bhYfdYfgcbU fYUh]cbg.]d]gss

S

<c k `a i Vx Xc `h\ Y`-h]b Yf Ub W`h`WUggYgW` gh3

9j Ui Uh]cbcsWUgYgUfYs, \$'s-a dfcj Ya YbhsWUgYgUfYs *\$'sDUha Ybhs
]gsa UKYshcsH.Ys]bhYfUb]cbUsqWcc'! sbchshcsH Ys]gi XYbhs]gi Usg]i X]c's
7\ WU]gg]ci `XsYsa UKYsci hrc.k cf`XsDU? i Ua Ufh]U s]fng s YUha `s
DUhU]sDUha YbhsWbsYsgYbhsHcsH.Ys/a U] sUXfYggk cf Xdu_i U4 [a U]`Wa `s
DUha Ybhs]gi ci `XsYsa UKYs]bsUj UbWscZsUhh]bX]b[sh Ys]j Ui Uh]cbcsWUg]s
D'YUg]sbchZs]Zs]gi XYbhsXcYg]hYfW]j Ysh Y]f]sbY hfUb_sZc]sbnsfYUgcbZsH_Ys
gi XYbhsXcYg]bchfW]j YsUfYZ bXscZc]shUsh]j Ui Uh]cb'sH_YsDUha Ybhs] `sYs
hfUbgZfYfYshcsH.YsbY h]h]bYfUbWsdrc]h] sh YnsUj UbWsdrc]b]fUb_'s-Znai sUj Ys
Ubnsei Yg]cbgcfcsWbWf]bglU]ci hsh Yg]sZYgcfsc]]Y]g]s] YUg]g]MU_scsnai fs
hUWYf's -h]g]DU? i Ugsa U]b[cUsHcs.Yd]sbns]bhYfYghXs]gi XYbhs]b]XsUk Ush
hcsUWgg]sbnsWUgYgsh Yns]]g]shcs]i Xn's 8csbchs YghUshcsX]g]Wgg]sbns
]b]b]U] ei Yg]cbgk]h' nai f`hUWYf's

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K \ Yb Xc `=[Yh`a mVY` h3

5Vci hsk cshcsHfYsk Y_Yg]hYfsh YsWg]scZsH.Ys]h]bYfUbhsWUgYgsh Ys
`cWsgWcc'gk]`s`cXsUWY h`MfYa cbrn'sH.]g]g]g]g]U]s] Uh Yf]b[s]bXsUbs
cddcfh]b]hrcsa YnsU`sh]cg]shUsh]fU]h]W]sbnsai f]s]fYU'sh]g]g]h]a Ysc]]g]hs
k]h'sch Yfsg]i XYbhsUbXsa YnsbYk sdYcd`Y'sH_YsWYh`MfYa cbrn]gsUbs
]a dcf]ubhsa Uf_YfscZsUW]Yj Ya Ybhs]bnsai f]s]YfgcbUsZc]fngk]h'sh YSDU? i U
Wa a i b]h'n's -h]gsUz] b]b]Xsdc][b]b]hsk UshrcsWb[f]h] `UhYsnai fgyZsUbs

ch.YfgcbsLb'cVsk Y'!XcbY'sK YsbVmi fU] Ysj YfnobYstcst]bs]bsth]gMlj Us
LbXs]j YnsWfWU]cbck \YfYsk Ys.Uj Ysh.Yscddcfhi b]mksj]UfYsga YscZci fs
\LFX!YufbYXsg_]`gubk Y`sb]ubdfW]LHsh Ysk cf_sZci fsiMYfg'sCZYbZf]YbXgs
LbXsZLh]nslWa YstcsdLfh]V]LHYSLbXsk UHwsh.YsWUggsYa cbgfU]cbgjs K Ys
\cdYhc:gY'nai 'h.YfY's

S

K \ Uh]g'Ub]a df c j Ya Yb h WUgg3

5ZYfsubgi XYbhs\Ug]bc:]XsZci bXU]cb]bsLbX]g]M]j]bYzLbXsa Ubrs
\ci fgcZdfU]M]Vsh.YnslfYsa YbU`nslbXsd\ng]M]nslfYKnszcfsg]M]V]LbXs
XYU]YXsja dfcj Ya Ybhcbs\Y]fshWb]ei Ygsh.Yg'sWUg]g]fYs g U`nslU [\hs
VnslUa L]YfYsk \cs]g]ochsh Ysobfa UshUWYfscZsh.Ungji XYbhsLbXsk]`s.Ydshs
fci bXsci hsh.YsXi W]fcbcsZYUWsgji XYbhsLbXh Yns'fck 'sa dfcj Ya YbhsWUg]g]fYs
LfYsg]WYXi `YsXi f]b[s]h]bYfLbsh]a YgUWfX]b[shsh.Ysgji XYbhsLbXsa L]Yf g
g]WYXi `YgshcsLk] LbWsfca s]fYnslWYhshcs/i YsWYhslbgi XYbhsa i gshU_Ys(s
=a dfcj Ya YbhsWUg]g]fYsHcsLk] LbWsfca s/i YsWYhshcsfYsWYhslbgi XYbhsa i gsh
U_Ys*s]a dfcj Ya YbhsWUg]g]fYsLbXsLbYhsg]a]bUf'sHcsLk] LbWsfca sYsWYhsh
hcs/UWYsWYhslbgi XYbhsa i gshU_Ys s]a dfcj Ya YbhsWUg]g]fYsLbXsLbYhsg]a]bUf's
:cfsa cfYs]bZcfa U]cbbsUci hsh.YsWYhsg]a]bUfZsd'YU]sg]MU_sk]h.snai fs
HUUWYf's

5sgji XYbhsWbshU_Ysi dshcs(s]a dfcj Ya YbhsWUg]g]fYs f]b[slsg]b[Ys
]h]bYfLbWsh]ci [\sh.YnslcbschbYXshshU_Ys]s' `s'h]g]ochshcgg]VYshshU_Ys]s
*scfs s]a dfcj Ya YbhsWUg]g]fYs f]b[scbYs]h]bYfLbWsh]s5bnslYa U]b]b[s]WUg]g]fYs
bYXYXsZcfsLbWYhslb_s]Mbscb'nslWshU_YbsXi f]b[sh.Yszc`ck]b[s]h]bYfLbWsh]s
H.YfYs]gsbcs\i ffnshcsUW]Y YsLbWYhslb_'s A cfYsh]a Ysk]h.sh.Ysa UYf]U
dfYg]b]hX]g]h.Ya cghYZZM]j Yk Uhtc`YUf'b's

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K \ Yf YWUbb '= _Yy'd'a mih\]b[gUh'h\ Y'ghi X]c 3

5hsh.Ys6i fVUb_s]h X]csbYi hshsh.Ysccfsh.YfYsg]g]fYsZk]h.s
VUWYs]cl Yg]M]s]bci [\szcfsli fg]g]bXsU]g]bXsci hszg] [\hshcbsh.Ysccs.UZs
h.YfYsLfYs(sga U`sXfuk Yfgszcfsga U`sli fg]g]sk U`Yng]LbXs_Yng]sD'YU]si g]s

H YgYshcs_Ywdsnai fsW'cb[]b[gsci hscZsg[\Hs6U[gsMbsUgpcsws_Yohs]bsh.Ys
WUb[]b['fcca gbYUf H.YVUA'fcca 's

5hsh.YsA U[bc`]UgHi X]csl sghi XYbhgsMbsi gYsh.YsWUb[]b[sfcca s
`cWYXsVMk Ybsh.YsZfcbhsLbXsVUW'sghi X]cshcsgrcfYsh.Y]fslU[gLbXsdi fgYgs
D'YUjYsfYa cj Ysg.cYgs]bsh.YsZfcbhsfYWdh]cbsLfyUsVZcfYsYohYf]b[sh.Ys
fU]b]b['gdUW' s

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K \ Yf YVWUb '=dUf _3

5hsh.Ys6i fVUb_sgi X]cshZnai sLYXfcd]b[scZcfsd]W]b[s dzcfs
Lbnk YY_XUhsZHYf's.' \$da znai sMbsLuf_s]bsLbnscdYbgsdUW'sZnai sLYf c]b[s
hcsVYsg]h]b[szcfsa cfYsh.LbsLbs'ci fzk Yslj_sh.Uhnci sLuf_scbsh.YsUWggs
fcUksUWicggsZfca sF Ud\ g]bsZfcbhscZ9NsGrcfU[Yzcfscbsh.YsgYfYhscsU'ck s
H.YsWgca Yfgs]c]b[shsh.YsYk YfnggrcfYzXc[s] fcca YfzcfscWga]H.#V]_Ys
g.cdr'c\Uj YVdg/UWggsZcf H.Y]f'g.cfhgUhg's

5hsh.YsA U[bc`]UgHi X]csh.YfYsgd'YohmsZgfYhndUf_]b[scbsh.Ys
g]XysgfYhng's6Ysg fYshsa U_YsbchYscZgfYhndUW]b[sUhsd] c]Xf Yh]b[sLb
dUf_]b[f]VWYh's

K \ Yb 'g\ ci `X '=Uf f]j Y3

fhgJk UhgUf ccXgXYUhs'Vszj YscshYsa]bi HgYUf nscsWUggsnai s
\Uj Yshja YshcsMub[YsfYU zLbXf Yha YohU'nsLbXs\ng]W'nsdYdLfyXscfsh.Ys
WUggs6YsWbg]XfUhsZsh.YsWUggs]bsgYg]cbsLbXsh fbscZnai fsd\cbY'sMci s
Wbck U_scbsh.Ys UhsM.]bXsh.YsWUggs] Yhscsh.YsU'fcca scfsUW'sfYU]Z
nai sbYYXk]H.ci hK U]h]b[szcfs.YsWUggs'bsXsYI WdhZcfsfWYfnd'sHsa cj Ys
H.fci [\sLWUggs]YUjYk U]hsh.YsX[YscZsh.Ys UhsZcfsh.Ys U]Yfscf'sYU]b[s
]bgfii WdfshcsUWbck `YX]Ynai fsLff]j U'sD'YUjYsXscbck U_s]fci [\sLWUggs
]bsdfc[fYggs]H.ci hsh.YsM dYggsYfa]gg]cbscZsh.YsUWYf'sYU]b[sh.YsWUggs
D'YUjYfYa cj Yg.cYgVWZcfYgh'dd]b['cb H.Ya Uhs

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< c k Xc 'e g l [b ! : b ' c f ' f Y [] g h Y f Z c f W U g g 3

D'YUjYsg[[bsi dsZcfsU`snai fsWUjYg[gs]bsUj UbWscbsci fsk WgJY.s
Vi fVUb_dU_i UMa 'S\ \Jgk Ushh YshUWYfgsMbsd' Ubs\ YsWUjYgU YUkscZsh'a Ys
UbXsdfcj]XYsh YsYgshXi WU]cbsZcfsU`shk]` sUgcsa U_Ysj fYsh Ushnai sUk Uhg
\ Uj YsUgpcsh]bsWUjYg[sh YsWUjYg[]` gi dsUbXs\ Ydgi gs_bck sk \Ybsnai sUfYs
fYUkshcsUj UbWsjbsYhg'sK \Ybsnai sUf]j Ys]bXsnai fsbUa Yscsg[[b!]b'sZ
nai Wb hUHYbXUWUjYg[nai Wb 't ghWbW UbX`Yhina f'fYUWYf`_bck 's

8c 'e b Y Y X U I b] Z c f a 3

Mrg'sK YUf]b[sUbi b]Zcfa s]gsUbs]a dcfhUbsdUfshcZsh.Ys`YUfb]b[s
dfcWgJ'sk Ysk YUfs[ZZYfYohs b]Zcfa g]bsX[ZZYfYohsWUjYg]sMti fshUWYf'sk]`s
]b]Zcfa snai scZsh YsdfcdYfs b]Zcfa sZcfs\ Ys]g]M]]b]Ygnai sWcg]'sMti sMbs
Vi nsh.Ya sUshh YsgVcc'sk \Ybsnai sg[[bsi dsZcfsnai fsa cbh`n'sa Ya Wfg.]ds
d'Ub's K YsUj_sh.Ushj YfnobYsk YUfs b]Zcfa gZcfs\ Ysdf]a UfnafYUjcbsh.Ush
bYi fUshWch.]b[sa U_Ygi gU`sYei Us]bsh.Ysgh X]c'sk YsUfYschoafUM]V]b[s'cs
g'ck scZci fsWcXscf'sci fsg]U]sg]h gk \YbsfU]b]b['sk YsU`sUj Ysh Ysg]a Ys
bYYXg]bs]i a Ubgs'gsk YsU`sXfYgshcsWYsYei U's K Ysk YUf.s/UWsdUbhg]UbXs
k \]h's UWYs Zcfs A Ufh]Us 5fhg's 5fWYfn's 9X] Ys K YUbcbg's 9bYf[n's
FYZYI c'c[n'UbXHU] 7 \] k]h nai f` \] \ YghfUb_ WYh'ss

K Ysk YUf.s/UWsdUbhg]UbXsUk \]h'sg]fhZcfs7 \]b]Yg]sM[U]b]Xs]bns
W'cf'DU?i Ufh]g.]fhZc'5V'cVU]W]UbXF\nh'a " s

s

7 Ub 'e V f] b [' a m i c k b Y e i] d a Y b h ' h c W U g g 3

Mrg'sK YsbWti fU] YsU`sg]i XYbhgk \c'sk]g]s'csfi `n'sUa a]h'cs'h.Ys
X]g]M]]b]Ysh Ynag]i Xn'scsdli fWUjYsh Y]f'sck bs'ck g]b]XsUf'ck g]b]Xs]gk cfXg's
6i h'k YsUj_sh.Ushnai sg]YU`sk]h'snai fshUWYf'sWZc'fYsM n]b] sU]ck sUf'ck g's
cf'sgk cfXg'sg'sh.Ushnai fsYei]da Yohs]g'h Ysg]a Ysg]m]YsU]Xsa Uhf]U]sU]g'h.Ush
i g]Xs]bsh Ysgh X]c's =Znai Xs`_YshcsM n'sU]ck sUf'ck g'scf'sgk cfXg'sd YU]g's
g]YU`k]h' nai f'fYUWYf UbX'h.Yrk]` [i]XY'nai 'h'h.YdfcdYf Yei]da Yoh's

- S
- S
- S

7Ub = UhhYbX U` h\Y WUggYg hUi [\ h Uh h\Y
ghi X]c 3

Mti sWbsUhhYbXsU`sWUggYgscZZfYXsVhsmci fshUWYf'sH\YfYsUFYs
gj YfUsX]ZZfYbhsDUs? i Usa UjYfYgscZZf]b[sWUggYgshh.Ysk cf XsDUs? i Us
gh X]cgs]bs@cgs5b[Y Ygs5sgh XYbhsgh Xn]b[sh YsDUs? i UsX]g]d]bYgMbsochs
Xfcds]bsrbsubch YfshUWYf gswUggYgshh sa][\hsXubWscfsUfrcV]gswUggYs
HcsdfYgYf Ysh Ys b]ei YsUbXj Ui U/YsUddfcUWshcsYUfb]b[shU [\hs YfYzk Ys
Uj sh UshUWshh XYbhs]bXgcbYshUWYf sUbXsU_YgU scZh Y]fswUggYgk]h sh Ys
gJa YshUWYf's =bsh]gsk UhsYUWshUWYfsgsh Y]fscck bsggh X]csg]Uf]b[sh Ys
gdUWk]h ch Yf'YUWYfg's

H\YsWgshk Ushcsdfcj]X]Ysei U]hmsYXi W]h]cbs]gshesa U_Ysgj fYsh.Ys
gh XYbhs\UgsUg]fcb[sfY U]cbg.]dsk]h sh Y]fshUWYf sUbXsZY gMza ZcfHU Ys
Uj]b[sh Ysei Yg]cbgobYYXYSZcfsh Y]fcsYUfb]b[sdfcWgg's =hglUgcsJa dcfHubs
hcs_YdsUbfY[i `Ufsg]WYXi `YsUgs]Z]sU`ck gsgcsh Ushnai sWbsfYdYUshh.Ys
hWwb]ei YgYbci [\ hc [Yh]h.Ya]]bhc nai f'a Ya cfrh'ss

