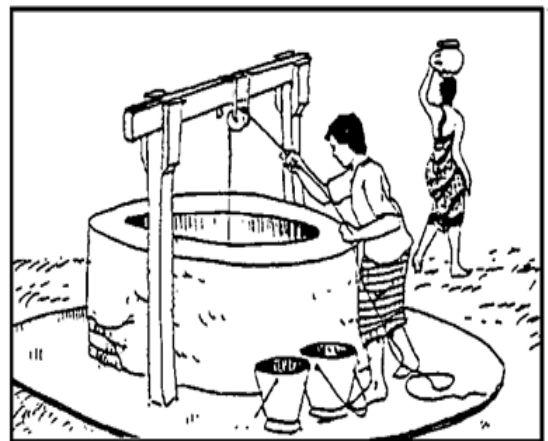


Krax Grawng Pa Priex Rawm Nyaux Rawm Shiao Singax
Rawm nyaux rawm shiao kaoh khaing dee mawx? Priex ti deuh
dee mawx?

Kuad yaong caw ti laug pui tix
kaux mai tawx beeh glawm son
sang kieh priex ka rawm pa nyaux
pa shiao pui khawm yaong. Pui an
caw ti teei beeh glawm son sang
kieh rob reem dee lih rawm singax,
yuh vie, priex vie son ang laux mai
caw ti jhak son sang pon pui yaong
ti shiao rawm mhawm mhawm
heue.



Phan pui khawm yaong shiao
rawm maw tix mu ngie, caw ti vie
ka tiex mak ut heue. Tiex mak ut
pa vie an tag tieb tie ka mam pa
seeing brai mai mam pa sibloe ti
hoek mai rawm lhiex, son sang
ang cod daux rawm maw heue.
Caw ti phak ka pung pa shiao pui
hun tix tuah tix bawg heue.



Phan pui yaong khawm uik shiao ka rawm klawng, caw tix
vie ka rawm klawng an heue. Son ang krak moi khawng eei brie
liang sang laig, caw ti vei die (lawng) plak taoh rawm klawng
an.

Phan pui yaong khawm uik
nyaux mai shiao ka rawm klawng
an caw ti tat ti deuh dah dee sang
kin rawm ka taoh klawng dee
lhaong heue.



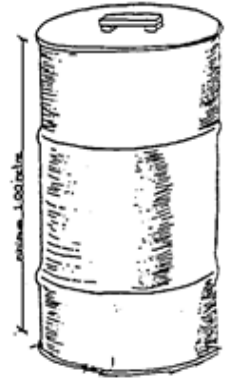
Pui yaong khawm uik ang caw ti aing tix, heem khoek tix,
sidaux kraung tix ka taoh rawm klawng heue.

Pie khawng eei brie liang kawx caw ti liang plak seh
rawm klawng khaing heue. Phan chix, caw ti vie ka taoh
rawm klawng an, son ang khawng eei brie laing sang laig
heue.

Krax Grawng Cied Rawm Ka Suah Mai Mhaik

Ex nyaux rawm ceu pa tix?

Rawm pa cied ka suah mai mhaik pon yoi ti tik ka viag pa viex jhawm saux. Rawm pa hoik cied an nie lheu singax khaing rawm klawng rawm maw heue.

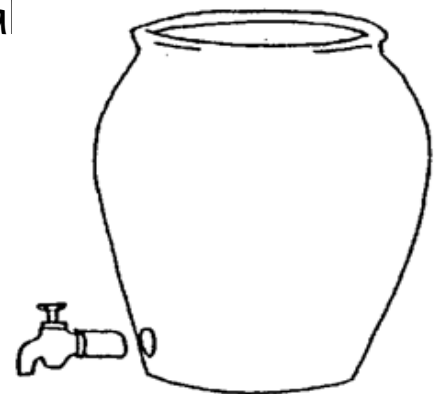


1 Sawg ti deuh pung graix, ang tiex, phan ang mawh nan pung pa chix laig rawm tom nie.



2 Sighah singax mhawm ka sidah khoek (sapiak).

3 Phan shiao pung graix son ang rhaw sang haok, caw ti kraix sidah kraix ka plal daux pung.



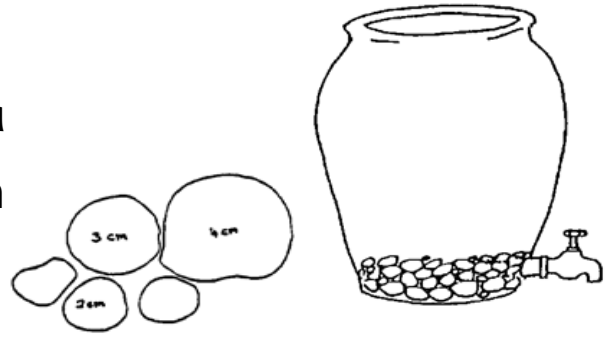
4 Son sang sau kaing rawm ka pung caw ti yuh daux doh koe.

5. Phan shiao pung graix caw ti sitee kaing rawm mai pung graix ka pid yang yit mai nyeeep kaux heue. Phan shiao ang tiex caw ti nyeeep kaing rawm kaux ka tien.

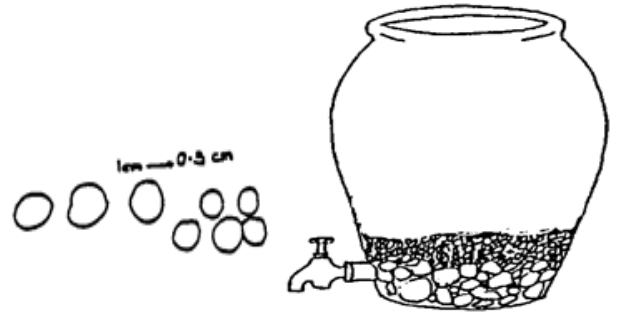
6. Dux ti deuh pung cied rawm ka dah dee sang deuh ku jheeng. Phan hoik sau mhaik, simaox, suah mawh kheu cien nu ti dux heue. Son sang yie ti daung rawm caw ti een pung cied rawm dee lhaong heue.

7. Khrawm simaox pa koe 2 gien taix son sang pon naok plak lhaong koe 8 gien taix, simaox pa koe 1 gien taix son sang pon naok plak lhaong koe 4 gien taix mai mhaik ti plak pung cied rawm. Teei mhaik daux klawng deuh nawh lan. Ka daux mhaik klawng pa lan koe viag mhawm pa pah ka viag pa ang mhawm. Sigras ti deuh simaox khankix singax mhawm mhawm.

8 Sau simaox pa koe 2 gien taix ka caong pung cied rawm tom bleeh ka piang dee koe kaing rawm.



9 Sau simaox pa koe 1 gien taix ka piang simaox pa koe 2 gien taix.



10 Pah(Teueng) suah max situ awm simaox pa koe 1 gien taix. Sau suah an ka piang simaox tom pu 4 gien taix. Nyia kam riex kawx chix ti shiao heue.



11 Baox naok mhaik lan tom bleeh ka tix plak pung cied rawm.



12. Baox sau simaox pa koe 2 gien taix, kieh koe krax pu 4gien taix ka piang mhaik.

13. Een plah simaox tix mu ka piang simaox pa koe 2gien taix.

14. Caw ti sau rawm daux pung cied rawm tom lih rawm singaong kheu singax, simaox, mhaik mai suah.



Krax Grawng Pa Shiao Pung Cied Rawm

1. Phan naok deuh rawm daux pung cied rawm, paoh kaing rawm mai chix ti pon rawm singax.
2. Caw ti naok rawm ka daux pung cied rawm tivud tivud. Caw ti yuh satix son ang mhaik sang kroh. Phan mhaik kroh viag pa mhawm khankix tag sang yum uik.
3. Son ang mam, viag, maing(brang) laig ka daux pung cied rawm caw ti tawb dawb bawg yam ang shiao heue.
4. Phan rawm sang cied kied sigu, son sang tum caw ti pau been 10cu (minit) heue. Khaix an sau rawm pa singaong daux pung mai hieh ti tik rawm pa sigu.
5. Phan glaox mai viag koe sinax mhaik rheung ti cied rawm heue. Phan rawm iak lih hoe ti teei simaox iak pa koe plak piang mai mhaik tix plak. Khaix an sigrah singax mai deeh sau daux pung cied rawm.

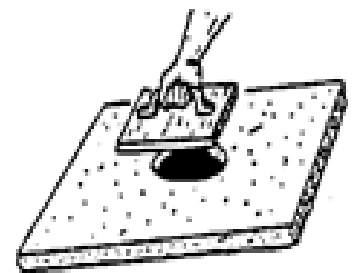


6. Rawm pa hoik cied an sau ka daux pung pa singax mai tawb ka dawb heue.

Krax Grawng Sum Nyiex Rawm



- 1 Caw ti laug dah dee singai khaing nyiex ot pui, rawm klawng mai rawm maw 66 sawk.
- 2 Kaong daux daux pa koe plak viex 2-3 sawk mai plak raux 3-6 sawk heue.
- 3 Caw ti tawm khang nyiex rawm ka khaox, ka ox, phan ang mawh nan ka tiex philat(mien simaox pid). Caw ti yuh daux tix daux pa koe krax vieh 10gien taix sigreung khang nyiex rawm.
- 4 Son ang roi pon laig, caw ti yuh dawb khaox tix mu son sang tawb ka daux an.
- 5 Caw ti sum nyiex rawm koe ding, koe braux grum naog heue.
- 6 Khaix hoik haok nyiex rawm son sang yuh singax, caw ti shiao rawm phan ang mawh nan ce.



Krax Grawng Shiao Nyiex Rawm (Nyiex Aing/Nyiex Thang)

1. Paoh dawb daux aing.
2. Kieh aing caw daux daux.
3. Phan hoik haok nyiex rawm son sang grai tao sioe mai son sang kheem ka aing caw ti rhuat nyaox phan ang mawh nan simaox ceet(thun).
4. Khaix an deeh nyeep dawb daux aing.
5. Khaix hoik haok nyiex rawm son sang khoek taix tix caw ti deuh sidah khoek mai rawm ka plak praix nyiex rawm. Krax pa khoek taix tix ka rawm pa lih khaing kaing lawt rawm phan ang mawh nan rawm pa pug ti khoek tix ka kawc rawm mawh krax pa mhawm heue.
6. Kieh nyiex rawm singax. Sighah nyiex rawm tivud tivud. Gau kawn- nyawm haok nyiex rawm son sang chix aing caw ka daux daux.
7. Phan nyiex rawm hoik naog caw ti baox kaong pa khraox. Kheem nyiex rawm pa prim ka tiex pa kaong khaing nyiex rawm pa khraox.

Chix ti deeh shiao kraung nyiex rawm prim son nyiex rawm khraox. (lox phektiex: braux nyiex rawm, ding nyiex rawm...)

Nyiex gau lai mai nyiex Buan caw ti koe nyiex rawm heue.

