

TRAINING DEPARTMENT

NATIVE TRAINING

FANAKALO RELATING TO LASHING

(Job Training, namely Lashing Drill,
is given concurrently with Fanakalo teaching)

Adapted for Anglo American Corporation of South Africa Limited

from

LO FOSHAL (by M. WHYTE)

ANGLO AMERICAN CORPORATION OF SOUTH AFRICA LIMITED

(INCORPORATED IN THE UNION OF SOUTH AFRICA)

44 MAIN STREET, JOHANNESBURG

LO DLES KA LO FOSHOL

Instructor's guide for lashing-drill and its vocabulary, as adapted for Anglo-American Corporation from Lo Foshol (by M. Whyte). Check groups :

Bennetts, Moodie, Nel, Turner, Whyte,

Digitized by srujanika@gmail.com

Sketches represent actual demonstrations. The directions are set out as for an instructor working with his trainees, not facing them, and having another instructor or an experienced trainee to demonstrate in a position half-back-left towards the trainees. If an instructor has to do demonstrations himself he must try to keep with his group though a little in advance of them and again half-back-left towards them. Then, too, he will find it necessary to introduce the appended "Mina, Tina, Wena" step before he does the "Foshol" step.

The star at the question-answer steps indicates that each of these steps must be done so that the answer is elicited in chorus then several times from individuals.

Every "mteto" must be given and acquired clearly and rhythmically, and the final linking must match the rhythm of the movements.

"Ndaha" steps, additional to those set down, should not be included with the initial drill; they should rather be introduced with job instruction for lashing.

From the middle of page 15, when the learning of the drill steps starts, every new step should be preceded by recapitulating the drill so far done, so that the new step follows only as a slight advance on what has already been mastered.

* * * * * * * * * * * * * * * *

Instructor points to three or four separate labourers, saying :

" " " these again, saying :

" " " ", asking :

" asks questions and gives answers, thus :

- * Instructor asks trainees at random questions with reference to individual labourers, getting trainees to answer correctly :

Instructor moves with trainees to point to groups of labourers, saying :

" asks and answers with reference to two different groups :

- * Instructor asks trainees, at random, questions with reference to random groups, getting trainees to answer correctly :

- * Instructor points to groups of individuals (labourers) asking the questions and getting the required answers :

Instructor makes trainees look at groups of men as he says :

and look again as he says :

and again as he says :

and yet again as he says :

and once more as he asks :

Trainees give the answer :



Lo ndoda.

Yena lo ndoda.

Ubani lo?

Ubani lo? Yena lo ndoda.



Lo ndoda.

Yena lo ndoda.

Ubani lo?

Ubani lo? Yena lo ndoda.



Lo ndoda.

Yena lo ndoda.

Ubani lo?

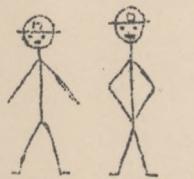
Ubani lo? Yena lo ndoda.

Ubani lo?

Ubani lo?

Ubani lo?

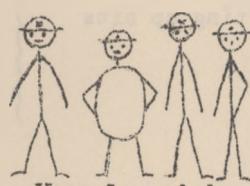
Ubani lo?



Yena lo madoda.

Ubani lo?

Yena lo madoda.



Yena lo madoda.

Ubani lo?



Yena lo madoda.

Ubani lo?

Yena lo madoda.

Ubani lo?

Ubani lo?

Ubani lo?

Ubani lo?

Ubani lo?

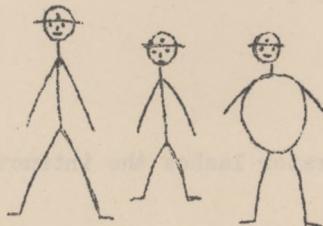
Buka!

Buka!

Buka! Yena lo madoda.

Buka lo madoda!

Buka! Ubani lo?



Instructor points to a shovel saying :

" " " the shovel, then to another, and to yet another saying :
" " " each of the shovels as he asks :
" " " one as he questions and gives the answer :
* " " various shovels as he questions :

Trainees answer :

Instructor points to some waste lifting up bits
of it as he identifies it thus

Instructor questions :

Trainees answer :

The instructor identifies in turn, waste, shovel, the labourer :

As the demonstrator repeatedly takes a shovel (which has
been conveniently leaning nearby)
the instructor says

* The instructor asks the question :

Trainees answer :

As the demonstrator lashes the instructor says

The instructor asks the question :

" " answers :

* The instructor questions :

Trainees answer :



Yena lo foshol.

Yena lo foshol.

Ini lo?

Ini lo? Yena lo foshol.



Yena lo foshol.

Ini lo?

Ini lo?



Yena lo foshol.

Ini lo?

Ini lo?



Buka lo stof!

Buka! Yena lo stof.

Yena lo stof.

Ini lo?



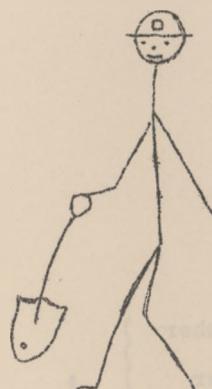
Lo stof.



Lo foshol.



Lo ndoda.



Buka! Lo ndoda yena bamba lo foshol.

Lo ndoda yena bamba lo foshol.

Yena bamba lo foshol.

Yena bamba lo foshol.

Buka! Ini lo ndoda yena enza?

Ini lo ndoda yena enza?

Ini yena enza?

Yena bamba lo foshol.

Ini lo ndoda yena enza?

.....



Buka! Lo ndoda yena layisha lo stof.

Lo ndoda yena layisha lo stof.

Yena layisha lo stof.

Ini lo ndoda yena layisha?

Yena layisha lo stof.

Ini lo ndoda yena enza?

.....

6.
opp. 7.

The instructor points appropriately to the man as
he lashes the waste with his shovel, and he says

- * The instructor questions :
Trainees answer :

The instructor points to the shovel then to the man lashing
as he (the man) points to his shovel with one hand
and over his "middle" with the other and says

- * The instructor questions, and trainees answer :

The instructor points to the man as he lashes

The instructor points to the man and saying :
" " " " " (lashing) " " :
" " " " " " " " :
" " " " " " " " :
" " " " " " and mimes :

The instructor points to the lasher, and says :

" " " " shovel and then to the lasher
(who meanwhile points at shovel with one hand and over
his "middle" with the other) as he says

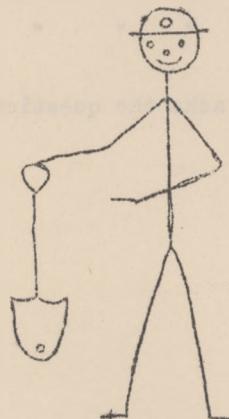
Now as the lasher lightly puts his hand on the shovel and
points with the other over his "middle" the instructor says

- * The instructor asks questions :
Trainees answer :



Buka! Lo ndoda yena layisha lo stof nga lo foshol.
Lo ndoda yena layisha lo stof nga lo foshol.
Yena layisha lo stof nga lo foshol.
Yena layisha lo stof nga yena.

Ini lo ndoda yena enza nga lo foshol?
.....



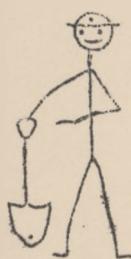
Buka lo foshol! Buka lo ndoda!
Yena lo foshol ka lo ndoda.
Yena lo foshol ka yena.
Lo foshol ka yena!

Ini lo?



Lo ndoda yena layisha lo stof.
Yena layisha nga lo foshol ka yena.

Buka lo ndoda!
Lo ndoda yena layisha.
Lo ndoda yena lo malayisha.
Lo malayisha yena layisha.
Lo ndoda yena lo malayisha, yena layisha.



Buka lo malayisha.
Buka lo foshol ka lo malayisha.
Buka lo foshol ka yena.

Lo malayisha yena kona lo foshol.
Yena kona lo foshol.
Ini lo malayisha yena kona?

Ini yena kona?
.....

8.
opp. 9.

Instructor points to a shovel (standing it up) :

" " " " " " " " ;

" " " handle, then to shovel ;

" " " " " " " " ;

* " asks the question and trainees answer :

Instructor points to shovel and to its blade :

" " " " " " " " ;

" " " blade ;

" " " " and to shovel ;

* " asks the question and trainees answer :

Instructor points to mark on blade :
hole

" " " " " " ;

" " " " " " of shovel ;

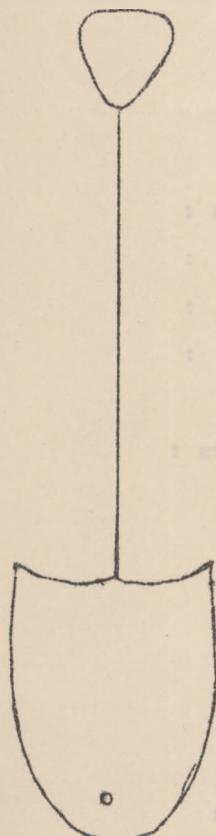
Instructor points to shovel and mark on blade :

" " " " " ^{hole} mark ;

* Instructor asks the question :

Trainees answer :

Buka lo foshol!



Lo foshol yena kona lo handel.

Yena kona lo handel.

Yena lo handel ka lo foshol.

Yena lo handel ka yena.

Ini lo?

Lo foshol yena kona lo skop.

Yena kona lo skop.

Yena lo skop.

Yena lo skop ka lo foshol.

Ini lo?

Buka lo mak lapa ku lo skop!

mbobo

Buka lo mak lapa ku yena.

mbobo

Buka lo mak lapa ku lo skop ka lo foshol.

mbobo

Lo foshol yena kona lo mak lapa ku lo skop.

mbobo

Ini yena kona lapa ku lo skop ka lo foshol?

10.
opp. 11.

Instructor points to shovel and to lasher (who has it) :

" " " " the mark :
" " " " hole , and stresses nyuwan :
" " " " " " " "
" " " " as he says :
" " " " " "
" " " mark, then to lasher, then to shovel, as he says :
" " " " " " " " " "
" " " " " " " " " "
" " " " " " " " " "
" " " " " " " , as he asks the question :
" " " " " " " and to shovel as he answers :
*

Instructor points to mark as he asks :
hole

Trainees answer :

Instructor points to mark then to shovel, as he says :
hole

" " " " , " " lasher, then to shovel as he says :
" " " " , " " shovel, as he says :
" " " " , " " " , " " "
" " " " , " " lasher, then to shovel, as he says :
" " " shovel and to mark. as he says :
hole

Instructor calls attention elsewhere, to an old shovel :

" " " to the worn-out shovel :
" " " to it again :
" points to shovel and gestures 'none' with both hands :
and points to blade, saying :

As above :

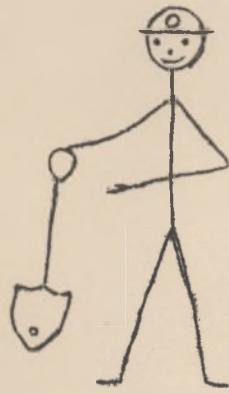
Instructor points to shovel and shakes head asking with
clear question inflection } :
-do- -do-

Instructor points to shovel, shakes head, says 'none' with hands :

As above :

* Instructor asks question :

Trainees answer :



Buka lo foshol ka lo malayisha!

Lo foshol yena kona lo mak.
mbobo

Lo foshol yena kona lo mak, yena lo myuwān foshol.
mbobo

Yena kona lo mak, yena lo myuwān foshol.
mbobo

Yena lo myuwān foshol.

Lo foshol yena lo myuwān.

Lo mak yena komba lo malayisha lo foshol yena lo myuwān.
mbobo

Yena komba lo malayisha lo foshol yena lo myuwān.

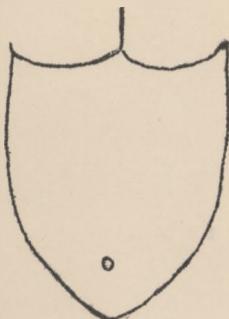
Yena komba yena lo foshol yena lo myuwān.

Yena komba lo malayisha yena lo myuwān foshol.

Ini lo mak yena komba lo malayisha?
mbobo

Yena komba yena lo foshol yena lo myuwān.

Ini lo mak yena komba?
mbobo



Lo mak yena komba lo foshol yena lo myuwān, yena lungile.
mbobo

Yena komba yena lo foshol yena lungile.

Lo mak yena komba lo foshol yena lungile.
mbobo

Lo mak yena komba yena lungile.
mbobo

Lo mak yena komba lo malayisha lo foshol yena lungile.
mbobo

Lo foshol yena kona lo mak, yena lungile.
mbobo

Buka lapa! Buka lo madala foshol.

Buka lo foshol lapa! Yena lo madala foshol.

Buka lo foshol lo yena lapa! Yena lo madala foshol.

Lo foshol yena aziko lo mak lapa ku lo skop, yena lo madala foshol.
mbobo

Yena aziko lo mak lapa ku lo skop. Yena lo madala foshol.

Yena aziko lo mak, yena ayikona lungile. Yena lo madala foshol.
mbobo

Ini ndaba lo foshol yena ayikona lungile?

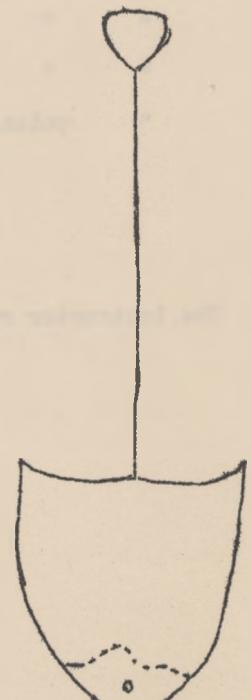
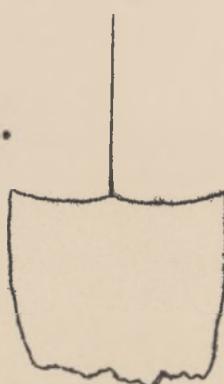
Ini ndaba yena ayikona lungile?

Ini ndaba?

Yena ayikona lungile ndaba yena aziko lo mak.

Yena ndaba yena aziko lo mak, yena lo madala foshol.
mbobo

Ini ndaba yena ayikona lungile?



Instructor mimes as he says

}

:

Instructor points to lasher (who is shaking head as he looks at }
the shovel) and says }

As above and pointing, too, at absence of mark :
hole

As above :

Instructor asks question and looks at lasher while shaking his head }
and gestures absence of mark }

Instructor answers shaking his head as he looks hole

at shovel with no mark :
hole

- * Instructor asks question while looking at shovel and shaking his head :
Trainees answer :

- * Instructor asks question while looking at lasher, then shaking his head :
Trainees answer :

Instructor calls attention back to lasher :

" " " to the shovel lasher is holding :

" " " " " , pointing then to mark :
hole

" points to lasher and his shovel with its mark :
hole

The instructor recapitulates the latest steps as the
demonstrator lashes }

:

Lo foshol yena aziko lo mak, yena pelile.
mbobo file

Yena aziko lo mak, yena pelile.
mbobo file

Yena pelile.
 file



Lo malayisha yena ayi azi jopisa sebenzisa lo foshol.
jopisa

Yena ayi azi sebenzisa lo foshol.

Yena ayi azi sebenzisa lo foshol lo yena aziko lo mak.
jopisa

Yena ayi azi sebenzisa lo foshol ndaba yena aziko lo mak.
mbobo
jopisa

Ini ndaba lo malayisha yena ayi azi sebenzisa lo foshol?

Ini ndaba yena ayi azi sebenzisa yena?

Yena ayi azi sebenzisa yena ndaba lo foshol yena aziko lo mak.
mbobo
yena ayikona lungile, yena pelile.
 file

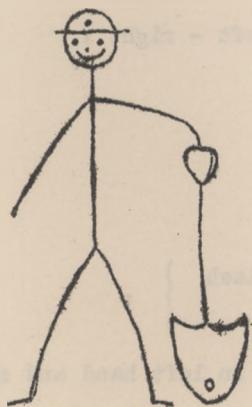


Ini ndaba lo foshol yena ayikona lungile?

.....

Ini ndaba lo malayisha yena ayi azi jopisa sebenzisa yena?

.....

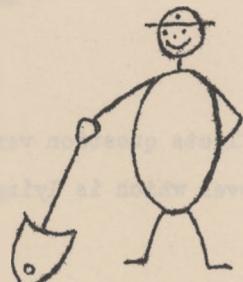


Buka futi lo malayisha!

Buka futi lo foshol ka yena!

Buka futi! Lo foshol ka yena yena lo nyuwan.

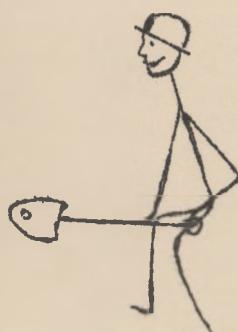
Lo malayisha yena kona lo nyuwan foshol.



Buka! Lo malayisha yena bamba lo foshol.

Yena bamba lo nyuwan foshol.

Yena bamba lo nyuwan foshol ka yena.



Lo malayisha yena layisha nga lo foshol.

Yena layisha nga lo nyuwan foshol ka yena.

14.
opp. 15.

Instructor holds out one hand as he says :

" " " other " " " :

" " " both hands as he says :

" " " " " " " :

* " points to one hand, then the other, then both as he asks :

Trainees answer :

Instructor demonstrates left and leftwards

and right and rightwards :

Instructor makes lasher lay down shovel and stand with back to trainees }
while he (instructor) stands behind lasher, pointing out right } :

Instructor points out hand (held up) of lasher on right :

" " right hand of lasher :

" " right :

Instructor points to left hand of lasher :

" " left hand of lasher :

" " left side :

" " left :

Instructor stands behind lasher and both point left - right :

* Instructor asks questions :

Trainees answer :

Instructor calls attention to lasher preparing to lash }
to the left and says } :

" " " lasher taking shovel in left hand and says :

Instructor inflects question very clearly as he points to lasher, }
then to shovel which is lying on ground } :

As above :

As above :

As above :

Instructor answers pointing out lasher, shovel handle, right hand :

* Instructor asks question :

Trainees answer :

Buka! Lo sandla!
Lo sandla!
Lo sandla.
Yena lo sandla!

Ini lo?
.....

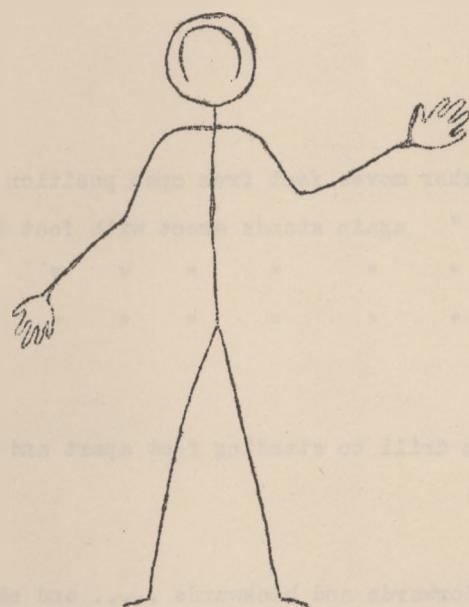


Ini lo?
.....



Lo kohlo!
←←

Lo nene!
Lo nene!
→→→

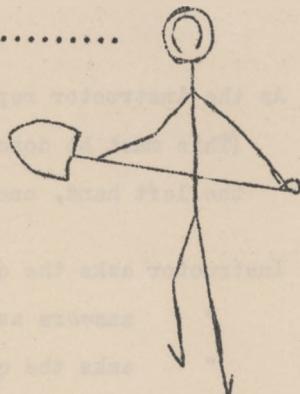


Buka! Yena lo nene,
Yena lo sandla ka lo nene,
Lo sandla ka lo nene,
Lo nene.

Yena lo sandla ka lo kohlo,
Lo sandla ka lo kohlo,
Yena lo kohlo.
Lo kohlo.

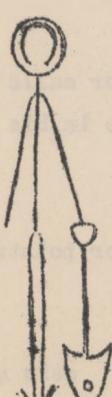
Lo kohlo
Ini lo?
.....

Lo nene.
Ini lo?
.....



Buka! Lo malayisha yena azi layisha lapa ku lo kohlo.
Lo malayisha yena azi layisha lapa ku lo kohlo.
Yena azi bamba lo foshol nga lo sandla ka lo nene.

Kanjani lo malayisha yena azi bamba lo foshol?
Kanjani lo malayisha yena azi bamba lo foshol ka yena?
Kanjani yena azi bamba lo foshol?
Kanjani yena azi bamba yena?
Yena azi bamba lo foshol nga lo handel nga lo sandla ka lo nene.
Kanjani yena azi bamba lo foshol?
.....



Instructor speaks, lasher suits actions to lashing hold, shovel in right hand and standing up straight :

Instructor himself stands erect as he points out lasher doing so :

" " " " " " " " " " " " ;

" " " " " " " " " " " " ;

* " asks question :

Trainees answer :

Instructor introduces a foot, the other, both, as he says :

" repeats the step thus :

* " questions :

Trainees answer :

As instructor speaks, lasher moves feet from open position to closed and stands erect :

" " " , " again stands erect with feet together :

" " " , " " " " " " " " " ;

" " " , " " " " " " " " " ;

Instructor makes trainees drill to standing feet apart and standing feet together :

Instructor demonstrates forwards and backwards and says :

" points to position behind blade as he says } :

As the instructor repeats the points covered so far, the lasher demonstrates.

(This must be done clearly and slowly) and then the point taking the shaft by the left hand, one hand's length from the head is clearly demonstrated :

Instructor asks the question as lasher prepares to use left hand :

" answers as lasher demonstrates :

* " asks the question again :

Trainees answer :

Instructor calls attention of trainees to lasher taking shovel by its handle in his right hand and standing erect with feet together }

Instructor points out lasher holding the handle against his body on the left side :

" " " " " " " " " " " " " " " " ;

" " " " " " " " " " " " " " " " ;

" asks question, pointing to lasher holding shovel (against body) :

" answers :

* " asks question and trainees answer :

18.
opp.19.

Instructor shows lasher measuring distance of shovel (left) :

" " " " " " " " "

" asks, pointing to lasher and shovel :

" answers as lasher demonstrates :

" asks the question :

Trainees answer :

Instructor points to lasher measuring distance from truck)
and repeats lo ngolovan. lo ngolovan. pointing } :

As above :

Instructor points to lasher standing at the spot, one shovel length from truck :

" " " " " " " " "

* " asks question :

Trainees answer :

to face the waste
As lasher turns his back to truck and stands erect, instructor says :
(buka lapa ku lo stof)
Instructor also repeats mhlana, as he points :
eyes facing waste
Lasher turns his back to truck and stands erect :

" " " " " " " " "

Instructor asks question as lasher stands in position :

" eyes facing waste
pointing to back of lasher :

" answers question, pointing to lasher standing erect
facing waste
his back to truck :

* " asks question :

Trainees answer :

Instructor indicates forward, backward and says
in front behind } :

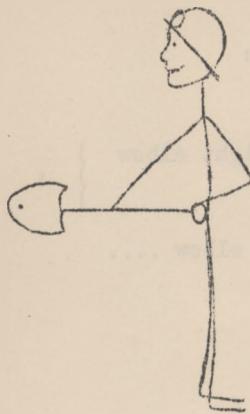
" mimes as demonstrator steps 1 step back } :

As demonstrator takes 1 step backward with right foot instructor says :

" " " " " " " " again instructor says :

Instructor drills trainees :

All the time care is taken that feet are straight (parallel).



Yena sayisa lo sayiz ka lo foshol.

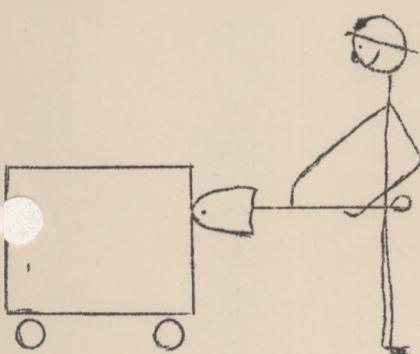
Lo malayisha yena sayisa lo sayiz ka lo foshol.

Yena sayisa lo sayiz ka lo foshol.

Ini yena enza nga lo foshol?

Yena sayisa lo sayiz ka lo foshol.

Ini yena enza?
.....



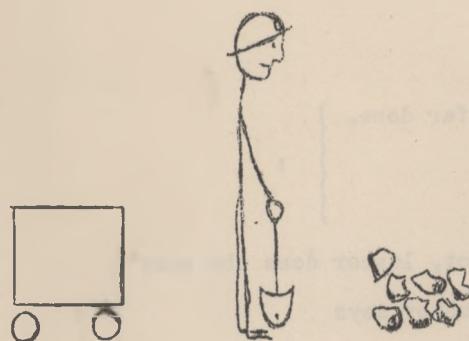
Lo malayisha yena sayisa sayiz ka lo foshol ku lo ngolovan.

Yena sayisa sayiz ka lo foshol ku lo ngolovan.

Lo malayisha yena ima lapa sayiz ka lo foshol ku lo ngolovan.

Yena ima lapa sayiz ka lo foshol ku lo ngolovan.

Upi lo malayisha yena azi ima?
.....



yena buka lapa ku lo
Manje yena ima streyit, lo mhlana yena buka lapa ku lo
stof
ngolovan.

yena buka lapa ku lo stof
Manje lo mhlana ka lo malayisha yena buka lapa, ku lo ngolovan.

yena buka lapa ku lo stof
Manje lo mhlana ka yena yena buka lapa ku lo ngolovan.

yena buka lapa ku lo stof
Manje lo mhlana yena buka lapa ku lo ngolovan.

Kanjani lo malayisha yena ima lapa?

yena azi buka
Kanjani lo mhlana ka yena yena buka?

yena buka lapa
Lo malayisha yena ima streyit, lo mhlana yena buka lapa
ku lo stof
ku lo ngolovan.

Kanjani yena ima?
.....



Buka!

Pambil!

Muva!

Pambil!

Muva!

Muva!

Lo malayisha yena hamba wan nyawo muva.

Yena hamba wan nyawo muva!

Buka futi! Yena hamba wan nyawo muva. Lo nyawo yena streyit.

Yena beka lo nyawo ka lo nene muva ku lo nyawo ka lo kohlo. Lo nyawo yena streyit.

Yena beka lo nyawo ka lo nene muva ku lo nyawo ka lo kohlo. Lo nyawo yena streyit.

Beka lo nyawo ka lo nene muva ku lo nyawo ka lo kohlo.

Dibanisa! Beka lo nyawo ka lo nene muva ku lo nyawo ka lo kohlo.
Vala

20.
opp. 21.

Lasher has laid aside his shovel and demonstrates his elbow :

Lasher stands back to trainees as the instructor points to right elbow

- * " " " " " instructor points to right elbow
and trainees answer :
* The same procedure is followed for the left elbow

- * " " " " " right knee
* " " " " " left knee

- Once again, as the instructor repeats the points so far done,
the lasher demonstrates

Instructor demonstrates and steps back with right foot, lasher does the same
as instructor says

- * Instructor asks the question and trainees answer :

At this point the lasher puts left elbow on left knee, as instructor asks :
He repeats as instructor asks :

Instructor speaks as lasher puts left elbow above left knee and
right hand above right upper leg

- * Instructor asks the question as lasher demonstrates :
Trainees answer :

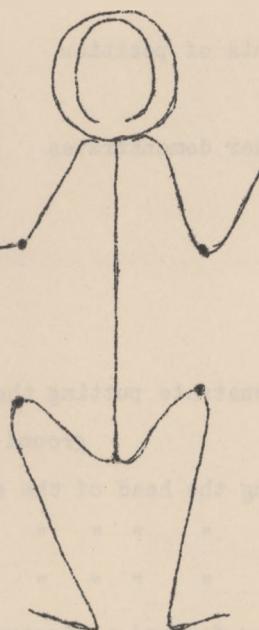
- * Instructor asks as lasher demonstrates :
Trainees answer :

- * Instructor asks as lasher demonstrates :
Trainees answer :

Buka lo nqiniba ka lo malayisha!

Yena lo nqiniba ka lo kohlo.

Ini lo?



Yena lo nqiniba ka lo nene ka yena.

Yena lo nqiniba ka lo nene.

Ini lo?

.....

Buka lo dolo!

Buka lo dolo ka lo kohlo.

Ini lo?

.....

Buka lo dolo ka lo malayisha!

Buka lo dolo ka lo nene.

Ini lo?

.....

Buka futi! Lo malayisha, yena bamba lo handel ka lo foshol nga lo sandla,

ka lo nene, yena ima streyit, yena bamba lo handel nga lo

sandla ka lo kohlo, lapa muva ku lo skop.

Manje yena hambisa lo nyawo ka lo nene muva.

Yena hambisa lo nyawo ka lo nene muva.

Lo malayisha yena hambisa lo nyawo ka lo nene muva.

Ini yena enza?



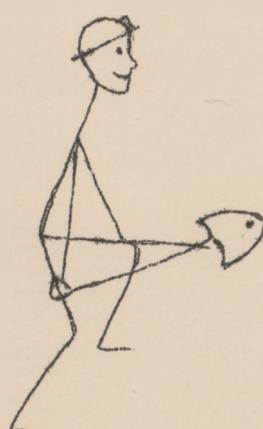
Buka! Ini yena enza futi?

Ini yena enza futi?

Yena beka lo nqiniba ka lo kohlo lapa pezulu ku lo dolo

ka lo kohlo, yena beka lo sandla ka lo nene lapa ku

lo mlenze-pezulu ka lo nene.



Ini yena enza futi?

.....

Ini yena enza nga lo nqiniba ka lo kohlo?

.....

Ini yena enza nga lo sandla ka lo nene?

.....

22.
opp. 23.

Instructor points out points of position
as the
lasher demonstrates

Instructor and lasher demonstrate putting the head of the shovel on the
ground as instructor says :

Lasher demonstrates putting the head of the shovel on the ground as instructor says :

" " " " " " " " " " " " " " " " ;
" " " " " " " " " " " " " " " " ;
" " pushing forward as instructor points to his body saying :
" " " " " " " " " " " " " " " ;
" " " " " " " " " " " " " " " ;

* Instructor asks the questions :

Trainees answer :

As shovel goes under waste instructor says

Lasher shoves to fill shovel

" " " " " again }
" " " " " " " } as instructor speaks :
" " " " " " "

Instructor asks the questions
and answers

* Instructor asks question :
Trainees answer :

Buka!

Lo nyawo ka lo nene yena muva.

Lo nqiniba ka lo kohlo yena lapa pezulu ku lo dolo ka lo kohlo.

Lo sandla ka lo nene yena lapa ku lo mlenze-pezulu ka lo nene.



Manje lo malayisha yena tshayisa lo skop ka lo foshol
beka
lapa ku lo taful-panzi.

Yena tshayisa lo skop ka lo foshol lapa ku lo taful-panzi.
beka

Yena tshayisa yena lapa ku lo taful-panzi.
beka

Lo malayisha yena tshayisa yena lapa ku lo taful-panzi.
beka

Lo malayisha yena shova pambili nga lo mzimba.

Yena shova pambili nga lo mzimba.

Yena shova pambili nga lo mzimba ka yena.

Ini yena enza?

Ini yena enza nga lo mzimba?

.....
.....



Lo malayisha yena ngenisa lo foshol lapa panzi ku lo stof.

Yena ngenisa lo foshol lapa panzi ku lo stof.

Yena ngenisa lo foshol lapa panzi ku lo stof.



Lo malayisha yena shova pambili, yena gcwalisa lo foshol.

Lo malayisha yena gcwalisa lo foshol.

Yena gcwalisa lo foshol.

Yena gcwalisa yena nga lo stof.

Ini lo malayisha yena enza lo skati yena shova pambili?

Ini yena enza lo skati yena shova pambili?

Lo skati yena shova pambili, ini yena enza?

Lo skati lo malayisha yena shova pambili, ini yena enza?

Lo skati yena shova pambili yena gcwalisa lo foshol nga lo stof.

Ini yena enza?

.....

24.
opp. 25.

Lasher withdraws and raises shovel, as instructor says . }

" " " " " " " "

* Instructor asks question and trainees answer :

Lasher looks over his left shoulder to take aim, as instructor says :

Instructor points to shoulder :

" " " left shoulder :

" " " " " and to lasher :

* Instructor asks question and trainees answer :

Lasher demonstrates again looking once to take aim and throws :

and instructor says :

lasher demonstrates two or three throws correctly :

* As lasher continues, instructor questions :

and trainees answer :

* As lasher continues instructor questions :

and trainees answer :

Instructor stresses once, holding up 1 finger }

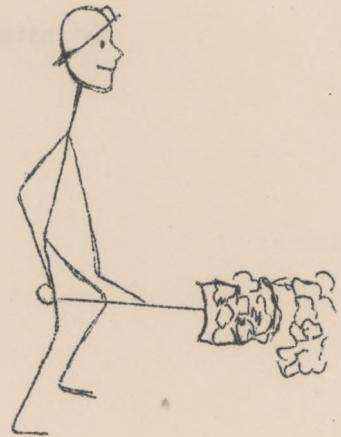
Instructor asks the questions }

Instructor answers, and lasher continues lashing without looking round :

Manje lo malayisha yena donsa hambisa lo foshol muva mbitshan, yena pakamisa yena.

Lo malayisha yena donsa hambisa lo foshol muva mbitshan, yena pakamisa yena
Yena donsa hambisa lo foshol muva mbitshan yena pakamisa yena
Yena donsa hambisa yena muva mbitshan, yena pakamisa.

Ini lo malayisha yena enza?



Lo malayisha yena buka muva ku lo hlombe ka lo kohlo.

Yena lo hlombe ka yena.

Yena lo hlombe ka lo kohlo ka yena.

Yena lo hlombe ka lo kohlo ka lo malayisha.

Ini lo?



Lo malayisha yena buka muva ku lo hlombe ka lo kohlo, yena posa.

Yena posa. .

Yena posa lo stof.

Yena posa lo stof lapa ku lo hlombe ka lo kohlo.



Ini yena enza?

.....

Ini yena enza manje?

.....

Lo malayisha yena buka muva wan skati kupela (lapa ku lo ngolovan).

Yena buka muva wan skati kupela.

Yena buka muva ku lo hlombe wan skati kupela.

Yena buka wan skati kupela.

Mangaki lo skati lo malayisha yena buka muva?

Mangaki lo skati yena buka muva?

Mangaki lo skati?

Yena buka muva wan skati kupela, futi yena posa, yena posa, yena posa.



26.
opp. 27.

As instructor repeats points of mteto, the lasher demonstrates :

The trainees practise repeating mteto.

Then the instructor lets lasher demonstrate for lashing to left with reverse instructions for right and left, and trainees practise again

Buka futi!

Lo skati lo malayisha yena azi layisha lapa ku lo kohlo :-

Namba wan! Kangela lo taful.

taful-pezulu.

Yena bamba lo foshol nga lo handel nga lo sandla ka lo nene.

Yena ima streyit, yena bamba lo handel nga lo sandla ka lo nene lapa muva ku lo skop, yena penduka lo mzimba, yena buka muva.

Yena bamba lo handel ka lo foshol lapa ku lo poket ka lo bruk ka lo kohlo, yena sayisa nga lo foshol.

Yena ima lapa sayiz ka lo foshol ku lo ngolovan.

Yena ima lapa yena buka ku lo stof.

Yena ima lapa lo mhlana yena buka lapa ku lo ngolovan.

Yena hambisa lo sandla ka lo nene muva. Lo nyawo yena streyit.

Manje, yena beka lo nqiniba ka lo kohlo lapa pezulu ku lo dolo ka lo kohlo, yena beka lo sandla ka lo nene, lo yena bamba lo handel, lapa ku lo mlenze= pezulu ka lo nene.

Lo malayisha yena shova pambili nga lo mzimba ka yena.

Yena tshayisa beka lo skop ka lo foshol lapa ku lo taful-panzi, yena shova pambili, yena ngenisa lo foshol lapa panzi ku lo stof, yena gcwalisa lo foshol nga lo stof.

Yena donsa lo foshol muva mbitshan, yena pakamisa yena, yena buka wan skati lapa muva ku lo hlombe ka lo kohlo, (yena buka wan skati kupela), futi yena posa lo stof.

Manje yena posa, yena posa , yena ayikona buka muva futi

Lo skati lo malayisha yena azi layisha lapa ku lo nene :-

Yena bamba lo foshol nga lo handel nga lo sandla ka lo kohlo.

Instructor points to himself as he says :

" " " again as he says :

" " " walking as he says :

" " " again walking as he says :

Instructor with two others, then with one other as he says :

Instructor with other, then one other, and walking, says :

Instructor points to himself, then to himself with another walking, says :

Instructor points to himself, walking, sitting, sitting again as he says :

Instructor and another walk, then sit, pointing to themselves as he says

Instructor points to himself as he walks, then as he sits, asking :

Instructor asks and answers as he mimes } :
}

Instructor and another mime as he asks } :
}

Instructor points to a man walking, to himself as he walks } :
and to himself and another as they walk, and he says }

Instructor points to two men walking, then to himself as he sits, and says :

Instructor addresses trainees and gives the orders :

" makes the statements to the trainees :

" asks them the questions :

Trainees answer in the 1st person :



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