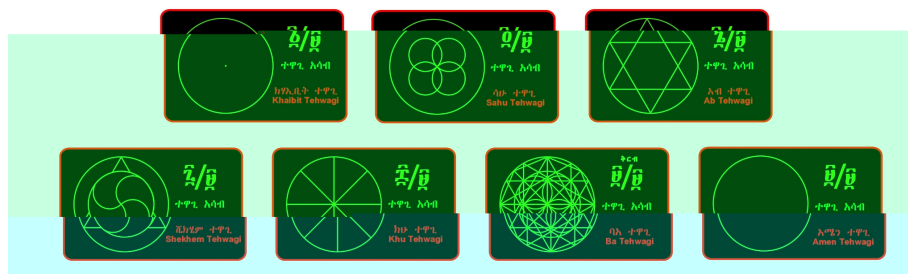


## ሳሁ ተዋጊ - ተዋጊ አሳብ ፬/፱ን ማወቅ

### Sahu Tehwagi - Grasping 4/9 of the Tehwagi Ahsab

ሥርዓተ ትምህርት (srateh tmhrt, study order, curriculum)	ፕላታ Potential	ግብ Score
• <b>ሐሺማ - አክብሮት</b> (hashima – ahkbrot, respect)		
• <b>የጥምር ዕውቀት መንገድና ቋንቋ</b> (yeht'mr urwuk'eht mehngedna k'wank'wa, unifiedknowledge way and language)	0 - 10	
• <b>የተዋጊ ሕገመሠረት</b> (yehteHWagi hgehmeHsehreht, The Warrior's Charter)	0 - 10	
• <b>የሂሳብ አዋቂ ሕገመሠረት</b> (yehhisab ahwak'i hgehmeHsehreht, The Mathematician's Charter)	0 - 10	
• <b>ታጃባ፣ ጥናትና መሠረታዊ ሃሳብ</b> (tajaba, t'natna mehsehrehtawi hasab, tajaba, study and basic thought) - the basics of advanced learning	0 - 10	
• <b>የተዋጊ ግዛትን መገንዘብ</b> (yehteHWagi gzatn mehgehnzehb, understanding the warrior province)	0 - 10	
• <b>የተዋጊ አሳብ ተግባራዊ ዕይታ</b> (yehteHWagi ahsab tehghbarawi uryita, practical vision of the Tehwagi Asab)	0 - 10	
• <b>ትንፋሽ እዘዘ</b> (tnfash urzehzeh, breath command) - the importance and power of breathing	0 - 10	
- <b>ሆድና ተቃርኖ ትንፋሽ</b> (hodna tehk'arno tnfash, Abdominal & Reverse)	0 - 10	
- <b>ሹንጣይ ትንፋሽ</b> (shunt'i tnfash)	0 - 10	
- <b>ኤን ትንፋሽ</b> (en tnfash)	0 - 10	
- <b>ኩን ትንፋሽ</b> (kun tnfash)	0 - 10	
• <b>ረገጣ</b> (rehgeht'a, stances, trample - 'to put the foot down',) <b>አቋም</b> (ahk'wam – pose, body structure)		
- <b>መሠረታዊ ረገጣ</b> (mehsehrehtawi rehgeht'a, the basic way of putting One's foot down)	0 - 10	
- <b>የአቢት ረገጣ</b> (yehahbit rehgeht'a, the praying mantis way of putting One's foot down)	0 - 10	
- <b>የዊንቺ ረገጣ</b> (yehwinchi rehgeht'a, the crane way of putting One's foot down)	0 - 10	
- <b>የተዋጊ ረገጣ</b> (yehteHWagi rehgeht'a, the warrior way of putting One's foot down)	0 - 10	
- <b>የድመት ረገጣ</b> (yehdmeht rehgeht'a, the cat way of putting One's foot down)	0 - 10	
- <b>የአዞ ረገጣ</b> (yehazo rehgeht'a, the crocodile way of putting One's foot down)	0 - 10	
- <b>የጉማሬ ረገጣ</b> (yehgumare rehgeht'a, the hippopotomas way of putting One's foot down)	0 - 10	

<ul style="list-style-type: none"> <li>• <b>ጤነኛ የእካል ብቃት ልምምድ</b> (t'enehigna yehurkal bk'at Immd, healthy body growth practice)</li> </ul>		
- ተለማጭ ሁን (tehlehmach' hun, be flexible)	0 - 10	
- ጠንካራ ሁን (t'ehnkara hun, be strong)	0 - 10	
- የመጋገብ ዘዴ ልምምድ (yamehgagehb zehde Immd, nutrition practice)	0 - 10	
- የመዳን ልምምድ (yehmehdan Immd, healing practice)	0 - 10	
<ul style="list-style-type: none"> <li>• <b>የአካላዊ አቋም ጥናት</b> (yehahkalawi ahk'wam tmhrt, physical structure study)</li> </ul>	0 - 10	
<ul style="list-style-type: none"> <li>• <b>የአንድነት ማህበር</b> (yehahndneht mahabebr, unity organisation) - movement and stillness in unity</li> </ul>	0 - 10	
- ክብ ማህበር (kehb mahabebr, circle organisation)		
- ፈድፍ ማህበር (rehdf mahabebr, line organisation)		
<ul style="list-style-type: none"> <li>• <b>ዳንኪራ</b> (dankira, dance of a specific pattern)</li> </ul>		
- አንድ መፍጠር እንጎማ (ahnd mehft'ehr ngoma, complimentary dance)	0 - 5	
- ገለጭ እንጎማ (gehlach' ngoma, reflective dance)	0 - 5	
- ዳንኪራ አንድ (dankira ahnd, dance one)	0 - 10	
- ዳንኪራ ሁለት ክብ (dankira huleht kub, dance two cubed)	0 - 10	
- ዳንኪራ ሶስት (dankira sost, dance three)	0 - 10	
- ዳንኪራ አራት (dankira ahrat, dance four)	0 - 10	
- እንጎማ (ngoma)	0 - 10	
<ul style="list-style-type: none"> <li>• <b>ውጊያ</b> (wugiya, fighting - battle with grace, sparring)</li> </ul>	0 - 10	
<ul style="list-style-type: none"> <li>• <b>ተጋደለ</b> (tehgadehle, fight to deter, subdue or cause destruction) - the study of life as it passes on (death), the ability to champion a cause without fear.</li> </ul>	0 - 10	



• የእንስሳት ጥናት (yehurnssat t'nat, the study of animals)		
- ጥልቅ የዊንቺ ጥናት (t'lk' yehwinchi t'nat, deep winchi studies – the crane)	0 - 10	
- ጥልቅ የአቡት ጥናት (t'lk' yehabiti t'nat, deep abiti studies – the praying mantis)	0 - 10	
- ጥልቅ የተፈጥሮ ጥናት (t'lk' yehtehfeht'ro t'nat, in-depth nature studies)		
• የዳንኪራ ተዋጊ ተረትና ታሪካዊ ጨዋታ (dankira tehwagi tehrehtna tarikawi ch'ehwata, dankira tehwagi folktale and story show)	0 - 10	
• ሐሺማ - ማህት (hashima – ma'at, acknowledging truth, justice, order and right within)	0 - 10	
• የምረቃ በዓል (yehmrehta behal, graduation - completing One's graduation) - revision, demonstrations, assessments and visions of the next cycle		
<b>TOTAL:</b>	<b>0 - 360</b>	



The Sahu Tehwagi has grasped 4/9<sup>th</sup> of the Tehwagi Ahsab and so has made a major advance from the previous title, Khaibit Tehwagi (1/9<sup>th</sup>). Their responsibility, power, wisdom and peace is greater.

This Tehwagi has focused on developing their physical body, electromagnetic body, their intellect, imagination and sense of devotion to a higher cause. In doing this they have clearly past the beginning of the realization that they are more than the basic senses of their physical body or their personality; they are coming into the knowing of responsible governance over the beast - Ahwure (the lower self) and earth.

The Sahu Tehwagi clearly strives to reject negative beliefs and conditioning. This One deliberately and consistently cultivates positive ideas and ways, seeking and affirming truth, justice order and right from within. There is enjoyment in this, and satisfaction in the experience of taming the wilder (undisciplined) essences of One's being with the guidance of One's supreme authority.

This tehwagi's dankira is more grounded than in the early times. The Sahu Tehwagi now consciously experiences and plays with the inner and outer forces realized in the dankira (of life). The coordination of these forces is realized by the One as mathematics (hisab), and in hisab the Sahu Tehwagi is maturing well.

## hashima sahu tehwagi

እግዜር ይመስገን። ሐሺማ ተዋጊ አሳብ።