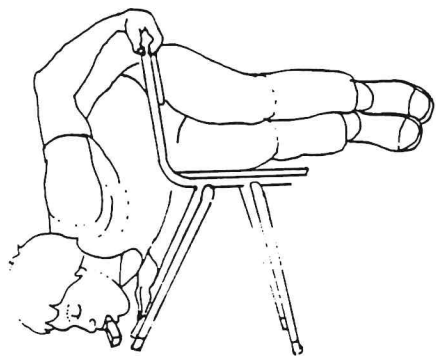
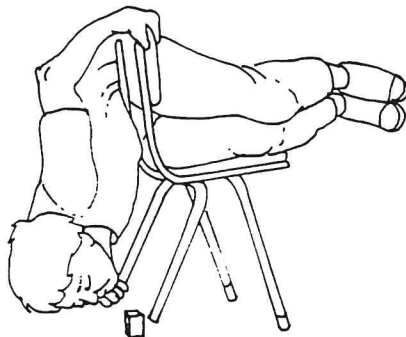


Chair Twist Mouth Reach

Δχ<D>CΓ<σ σβσ<J Πρ<Δ<σ



Placing Block
ΠJΠJ< Δ<ρ<Δ<σJ



Block Placed
Δ<σJ



Return to Position
Δσ<Δ< σDΠ<ΠJ

5. CHAIR TWIST MOUTH REACH

Equipment: Chair, small block of wood

Stance and Start: Sitting in chair sideways, place one hand on leg of chair behind you and the other hand on the corner of chair. Feet must be together at all times and the body must remain in chair.

Movement: Place block of wood in mouth and reach forward to place block on floor near the farthest leg (back) of chair from head. (See diagram.) Twist upper body around chair to grab wood with mouth and return to starting position. Next competitor tries to place wood farther.

Judging and Scoring: Three tries each time. Body must not touch floor. A dropped block counts as a try.

5. Δχ<D>CΓ<σ σβσ<J Πρ<Δ<σ

ΔJL<: Δχ<D>C<β Π<Δ<ρ<J

Λρ<Δ<β: Δχ<D>C<β χ<σσβσ<σ Δχ<D>σ σD< Δ<σ<Δ<σ ΠJρ<Π< ΔL<< Δ<σ<Δ< Δχ<D>C<D< Π<σ<Δ<Δ<σ<J ΔΠLΠ< βΠLΔ<σ<Δ<σ<, Δχ<D>C<Γ<σ<σ<σ<σ<σ<.

ΔD<ρ<Δ<σ<σ<σ<: σ<ρ<Δ<σ<σ< σΠ<σ<JΔ<σ<J Δχ<D>C<D< χ<σ<Δ<σ χ<σβσ<σ σ<ρ<Δ<σ<σ< Π<ρ<Δ<σ<J Π<ρ<σ<Jσ< LΠ<σ<Π< Δχ<D>C<σ<σ<σ<σ<.

β<σJσDΠ<: Π<σ< σΠ<σ<J Δ<β<σCΔ<σ<J βCΔ<ρ<β<σ< D<β<σDΔ<σ<σ<β<σβ<σJΔ<σ<σ<σ<.

Mouth Pull

ፍጥረት ማሳደግ



Start
ፍጥረት



Action
ልዩ ለማሳደግ

8. MOUTH PULL

Equipment: None

Stance and Start: Both competitors stand side by side on set line. Inside feet are meeting. Each competitor grabs mouth of opponent with inside hand by going around the neck and grabbing outside corner of opponent's mouth with middle finger.

Movement: On a signal, competitors try to pull opponent to their side of the line. Strongest mouth wins.

Judging and Scoring: Wash hands before competition. Best out of three tries.

8. ፍጥረት ማሳደግ

ሐሳብ: ለጥንቅቅ.

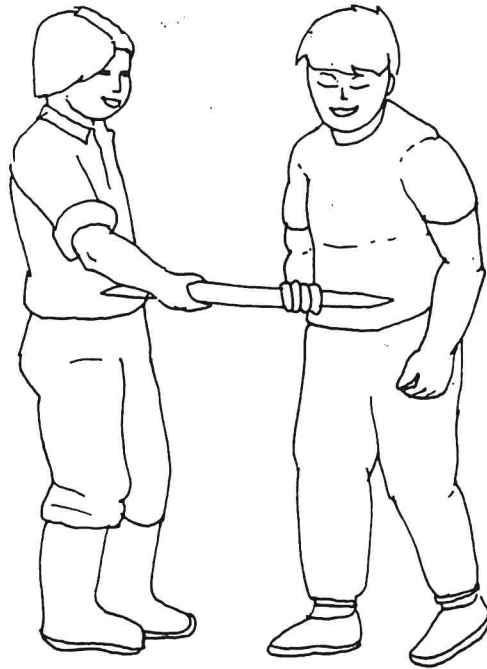
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ሐሳብ: ለጥንቅቅ ለሁለቱም ሰጠው ለሁለቱም ፍጥረት ማሳደግ ለሁለቱም ፍጥረት ማሳደግ.

ፍጥረት ማሳደግ: ለጥንቅቅ ለሁለቱም ሰጠው ለሁለቱም ፍጥረት ማሳደግ ለሁለቱም ፍጥረት ማሳደግ.

Indian Stick Pull

ᐃᑦᑎᑦᐅᑦ ᑖᑭᑦᐅᑦᐅᑦᐅᑦ ᑭᑦᑎᑦᐅᑦᐅᑦ



11. INDIAN STICK PULL

11. ᐃᑦᑎᑦᐅᑦ ᑖᑭᑦᐅᑦᐅᑦᐅᑦ ᑭᑦᑎᑦᐅᑦᐅᑦ

Equipment: Tapered stick about 8 inches long

ᐃᑎᑦᐅᑦ: ᑖᑭᑦᐅᑦᐅᑦ 8ᐃᑦ ᑎᑭᑦᐅᑦ

Stance and Start: Both competitors face each other with feet at a comfortable distance. Standing within arms reach, competitors grab the same stick at the ends.

ᐱᑦᐅᑦ: ᐱᑭᑦᐅᑦᐅᑦ ᑦᑎᑦᐅᑦᐅᑦ ᑖᑭᑦᐅᑦᐅᑦ ᑎᑎᑦᐅᑦ ᐅᑦᑭᑦᐅᑦᐅᑦ ᑎᑎᑎᑎ ᐱᑭᑦᐅᑦᐅᑦ ᐃᑦᐅᑦᐅᑦᐅᑦ ᑦᑎᑦᐅᑦᐅᑦ ᑖᑭᑦᐅᑦᐅᑦ ᑎᑎᑎᑎ ᐅᑦᐅᑦᐅᑦ.

ᐃᑎᑦᐅᑦᐅᑦᐅᑦ: ᑎᑭᑦᐅᑦ ᑖᑭᑦᐅᑦᐅᑦ ᑭᑦᐅᑦᐅᑦᐅᑦ.

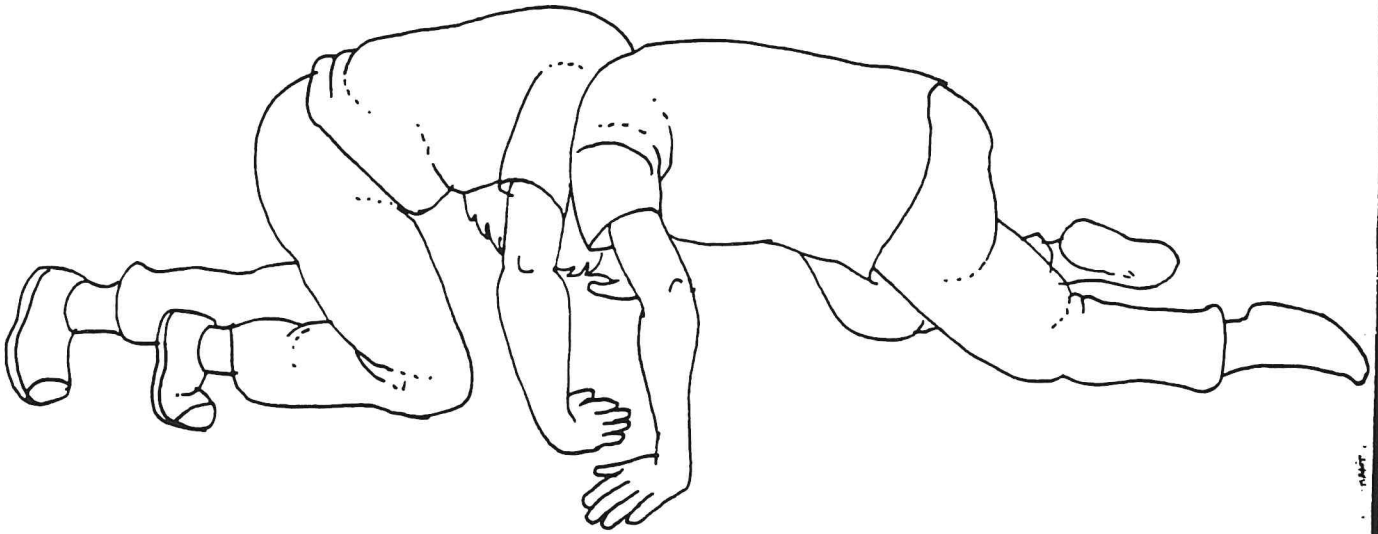
Movement: Opponents pull straight back on the stick and attempt to take the stick out of the opponent’s hand.

ᐃᑦᐅᑦᐅᑦᐅᑦ: ᐅᑦᑭᑦᐅᑦᐅᑦ ᑖᑦᐅᑦᐅᑦᐅᑦ ᑦᑎᑦᐅᑦᐅᑦ ᐱᑦᐅᑦᐅᑦᐅᑦ ᐅᑦᐅᑦᐅᑦᐅᑦ.

Judging and Scoring: Best out of three attempts.

Musk Ox Fight

ᠳᠦᠭᠦᠯᠤᠯᠤᠰᠤᠵᠢᠰᠤᠪᠤ



2. MUSK-OX FIGHT

2 ᠳᠦᠭᠦᠯᠤᠯᠤᠰᠤᠵᠢᠰᠤᠪᠤ

Equipment: None

ᠠᠵᠤᠨᠠᠭᠤᠨᠠᠵᠢᠰᠤᠪᠤ

Stance and Start: Competitors get on all fours in the middle of a set circle. Place heads under collar bone of opponent so that opponents press shoulder to shoulder. Head is tucked under.

ᠠᠵᠤᠨᠠᠭᠤᠨᠠᠵᠢᠰᠤᠪᠤ ᠠᠵᠤᠨᠠᠭᠤᠨᠠᠵᠢᠰᠤᠪᠤ ᠠᠵᠤᠨᠠᠭᠤᠨᠠᠵᠢᠰᠤᠪᠤ ᠠᠵᠤᠨᠠᠭᠤᠨᠠᠵᠢᠰᠤᠪᠤ ᠠᠵᠤᠨᠠᠭᠤᠨᠠᠵᠢᠰᠤᠪᠤ ᠠᠵᠤᠨᠠᠭᠤᠨᠠᠵᠢᠰᠤᠪᠤ ᠠᠵᠤᠨᠠᠭᠤᠨᠠᠵᠢᠰᠤᠪᠤ

Movement: Using body weight and strength, opponents try to push each other out of the circle or until the other person gives up.

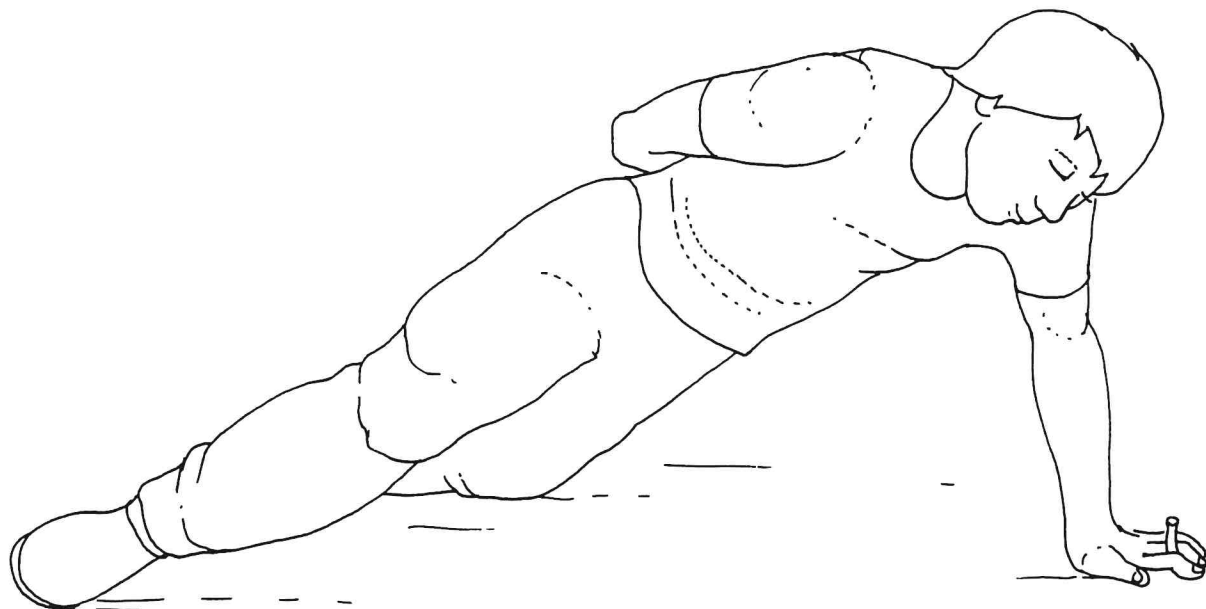
ᠠᠵᠤᠨᠠᠭᠤᠨᠠᠵᠢᠰᠤᠪᠤ ᠠᠵᠤᠨᠠᠭᠤᠨᠠᠵᠢᠰᠤᠪᠤ ᠠᠵᠤᠨᠠᠭᠤᠨᠠᠵᠢᠰᠤᠪᠤ ᠠᠵᠤᠨᠠᠭᠤᠨᠠᠵᠢᠰᠤᠪᠤ ᠠᠵᠤᠨᠠᠭᠤᠨᠠᠵᠢᠰᠤᠪᠤ

Judging and Scoring: Best out of three attempts. The circle measures about 8 feet in diameter.

ᠠᠵᠤᠨᠠᠭᠤᠨᠠᠵᠢᠰᠤᠪᠤ ᠠᠵᠤᠨᠠᠭᠤᠨᠠᠵᠢᠰᠤᠪᠤ

One Hand Push Up

አካል ነፃ ተኩረት ማግኘት



5. ONE HAND PUSH-UP

Equipment: None

Stance and Start: In push-up position, use one arm to hold body up and the other arm is kept off the ground at side. A match stick is placed between index and middle finger of push-up hand. Feet can be resting on ground, crossed over or flat. Knees must be raised off floor.

Movement: Using arm strength, try to pick up match stick with mouth and return to starting position. Then, put match stick back in fingers again.

Judging and Scoring: Winner is declared by number of lifts (push-ups). If match stick is dropped, start over. Push-ups must be continuous.

5. አካል ነፃ ተኩረት ማግኘት

አገልግሎት: ለርኅሕረት የቅንብር አጠቃቀም

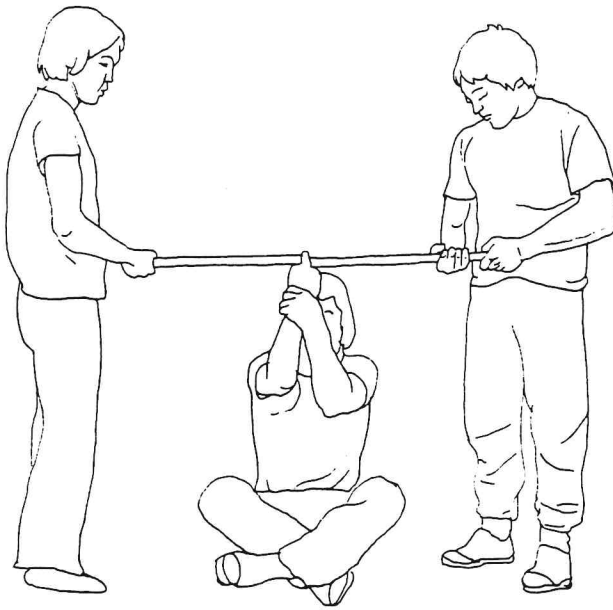
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ሰነድ ለማግኘት: ለጥፋት ሰነድ ለማግኘት ማንኛውንም የጥፋት ሰነድ መጠቀም አይገባም። ለተኩረት ሰነድ ለማግኘት ማንኛውንም ማሳሰቢያ ማስጠንቀቂያ ለማድረግ ይቻላል።

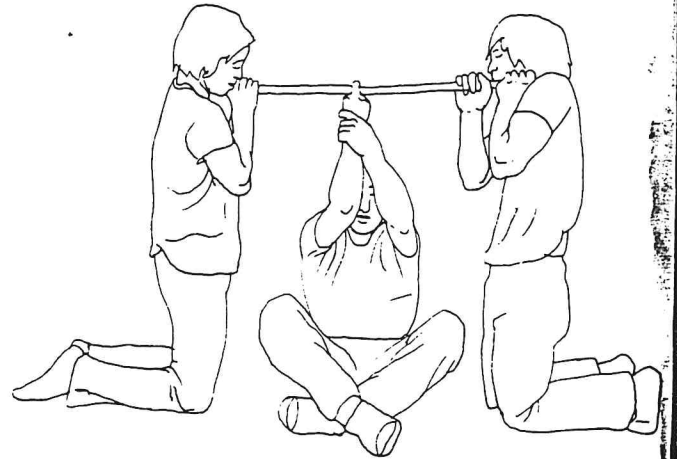
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Finger Hang

የገጠናው ስራ ማሳኪያ



Standing position lift
ደብዳቤው ማሳኪያ



Kneeling position lift
የሰጠው ስራ ማሳኪያ

4. FINGER HANG

Equipment: Broom handle

Stance and Start: Two people grab the broom handle at the ends about 4 feet high. The competitor grabs the broom with the middle finger only of one hand. The other hand grabs the wrist of the hand hanging from the broom. Legs are lifted off the floor and crossed.

Movement: Competitor must hang from the one finger until he gives up. Feet must be off the floor as the two pole carriers move slowly forward or can stay in one place.

Judging and Scoring: The best of three tries. The longest finger hanger wins.

4. የገጠናው ስራ ማሳኪያ

ለገጠናው ስራ ማሳኪያ ስራው የሚያስፈልገው ስራ ማሳኪያ ነው።

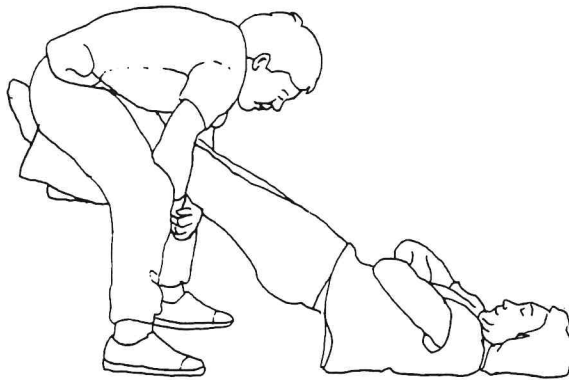
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ስራ ማሳኪያው የሚያስፈልገው ስራ ማሳኪያ ነው። ስራ ማሳኪያው የሚያስፈልገው ስራ ማሳኪያ ነው። ስራ ማሳኪያው የሚያስፈልገው ስራ ማሳኪያ ነው።

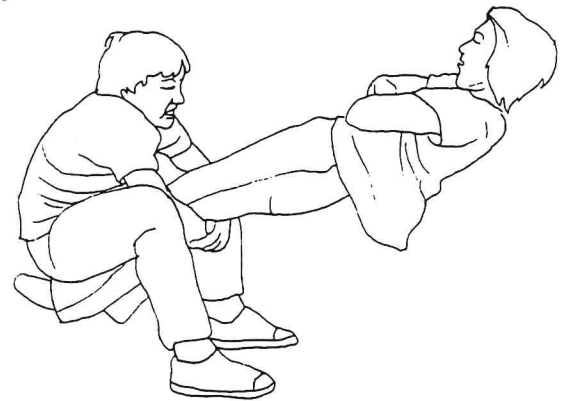
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Dead Man Weight Lift

ᐃᓗᓃᑦ ᑦᑭᑦᑕᑎᓗᑕ ᑭᐱᑲᑦᑭᑦᑕᑦ



Start
ᐱᑦᑕᑦᑕᑦ



Action
ᐃᑕᑦ ᐱᑲᑦᑕᑦᑕᑦ

2. DEAD MAN WEIGHT LIFT

2. ᐃᓗᓃᑦ ᑦᑭᑦᑕᑎᓗᑕ ᑭᐱᑲᑦᑭᑦᑕᑦ

Equipment: None

ᐱᑕᑦᑕᑦᑕᑦ ᐃᑕᑦᑕᑦᑕᑦᑕᑦ: ᐱᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ

Stance and Start: A person lies flat on his back with legs straight out, hands are at the sides or crossed over the chest. The body must remain rigid.

ᐱᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ: ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ ᐱᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ, ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ, ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ.

Movement: A competitor grabs the "dead" person around the knees and lifts him off the floor to almost a standing position. Then he returns him to the floor.

ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ: ᑕᐃᑦᑕᑦ ᐱᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ, ᑕᐃᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ, ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ ᑕᐃᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ. ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ.

Judging and Scoring: The person who does the most continuous lifts wins.

ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ: ᑕᐃᑦᑕᑦ ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ ᐃᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ.