Muritondere polo

MWABA muzi aho polo ishobora kwihisha?

Polo ni ubutare bushobora kugirira nabi abana ndetse n'abantu bakuru. Ku bana bishobora kutagaragarira amaso ko barwaye, ariko ikizami cy'amaraso kikagaragaza ko bafite uburozi bwa polo mu mubiri. Ibi bishobora kugira ingaruka ku mikurire yabo, imyitwarire ndetse n'ubushobozi bwabo bwo kwiga. Polo ishobora kandi gutera ikibazo ku bantu bakuru, cyane cyane abagore batwite n'impinja zabo.

Iyo **irangi rya polo risize mu nzu yawe** rigakaka cyangwa rikomoka, rishobora kugwa ari ibibaru cyangwa ivumbi rya polo. Igihe abana bakambakamba batoragura ibi bibaru n'ivumbi cyangwa bagashyira intoki n'ibipupe byabo mu kanwa. Ni muri ubu buryo uburozi bwa polo bushobora guhumanya abana.

Mwari muzi ko **imiti imwe n'imwe, indyoshyandyo, amavuta n'ibindi bintu byisigwa, n'ibiribwa bituruka mu bindi bihugu nabyo bishobora kubamo polo?** Polo yo muri bene ibi bicuruzwa yagiye itera abana uburwayi. Hashobora kuba hari n'ibindi bicuruzwa tutaramenya ibyabyo. Bishobora kugurishwa mu iduka muturanye, cyangwa inshuti zawe cyangwa abo mu muryango bagiye mu ngendo bakagaruka babizanye.

Imiti n'ibindi bicuruzwa bishobora kuba birimo polo:

Indyoshyandyo zirangurwa mu Burasirazuba bwo hagati, muri Amerika y'epfo, mu Buhinde no mu Bushinwa zishobora kuba zirimo polo.

Amavuta n'ibindi bintu byisigwa nabyo bishobora kuba birimo polo. Urugero rumwe ni Kohl (soma Koli) (izwi nka surma (soma suruma) cyangwa kajal (soma kajali) bisiga ku maso.

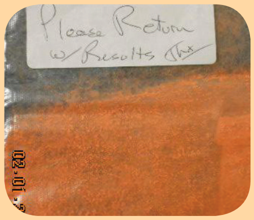
Bombo z'ubwoko bwinshi ziturukа hirya no hino ku isi zishobora kuba zirimo polo.

Imiti ikozwe mu bimera n'iya gakondo ikorerwa mu Burasirazuba bwo hagati, muri Amerika y'epfo, mu Buhinde no mu Bushinwa ishobora kuba irimo polo.

Amafoto yafashwe ku burenganzira bw'Ishami ry'ubuzima rya New York.

Imiti y'amavuta ituruka hanze ya Leta zunze ubumwe z'Amerika ishobora kuba irimo polo:

"Yisaoguang Yaogua" (soma Yisowegwani Yakwa) ni umuti w'amavuta ukorerwa mu Bushinwa uvura ibiheri ibiheri byo ku ruhu.

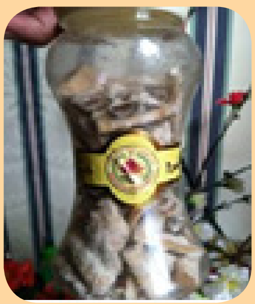


"Hondan" (soma Hondeni) ni umuti w'ifu ukunze gukoreshwa nk'amavuta uvura kubabuka no kumagara k'uruhu.

"Thanaka" (soma Tanaka) ni umuti w'amavuta ukorerwa muri Birimaniya, ukorwa mu biti ufasha kugabanya ubukana bw'izuba ukarinda uruhu.

Igikoresho gikoze

mu ibumba risize irangi kiba kirimo ubutare nticyagombye gukoreshwa mu gutegura ibiryo cyangwa mu kukiriraho.



Ububani n'ibyo baterekaho amatabaza

bishobora kuba birimo polo. Amakara, "unsi", n'ubundi bwoko bw'ububani mucana mu mazu yanyu n'intambi cyangwa indodo zimwe na zimwe zakisha amatabaza bishobora kubamo polo.

Ibintu by'umurimbo bikozwe mu butare, birimo ibihomesheje zahabu cyangwa feza, bishobora kuba birimo polo.

Abana ntibagombye na rimwe gushyira mu kanwa ibi bintu bikoze mu butare.

Amaforo yafashwe ku burenganzira bw'Ishami ry'ubuzima rya New York.

Bwira muganga wawe, Ishami ry'ubuzima rikwegereye, cyangwa umuyobozi ushinzwe gutuza impunzi niba:

- Umuryango wawe warakoresheje kimwe muri ibi bicuruzwa cyangwa igisa nabyo.
- Ufite ibibazo birebana n'ibyo ubona kuri aya mafoto.
- Hari umuntu waguhaye umuti mushya cyangwa ufite ibindi bibazo birebana n'ubuziranenge bw'umuti cyangwa igicuruzwa ku ruhinja cyangwa umwana wawe.
- Irangi ry'inzu yawe ryarakatse cyangwa ryarahomotse.
- Utinya ko umwana wawe yaba yarahumanyijwe n'uburozi bwa polo cyangwa hari aho yahuriye n'ibintu irimo. Abana bose bagomba gukorerwa ibizami by'amaraso, kabone n'ubwo baba bagaragara nk'abatarwaye.