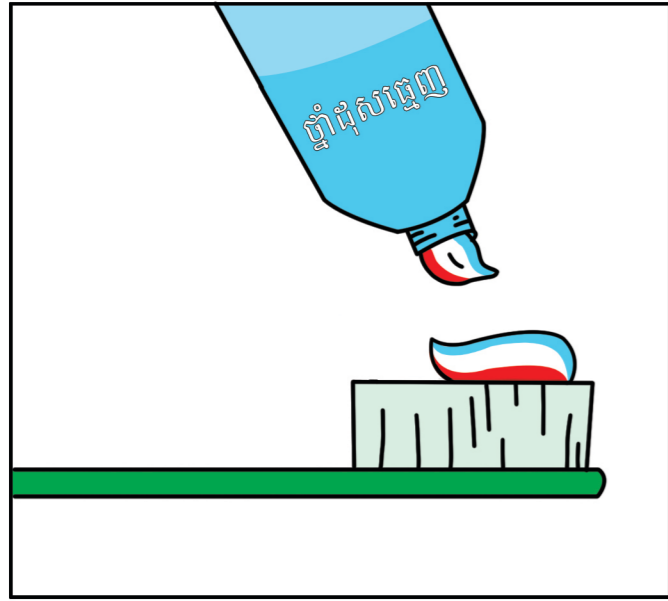
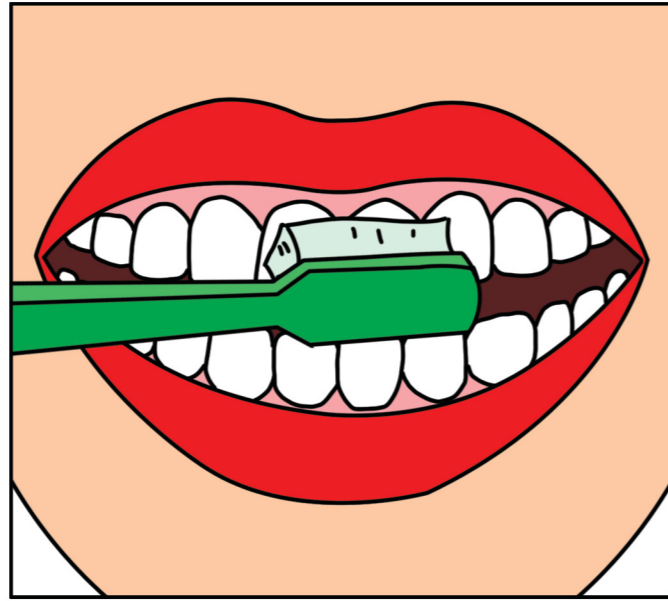


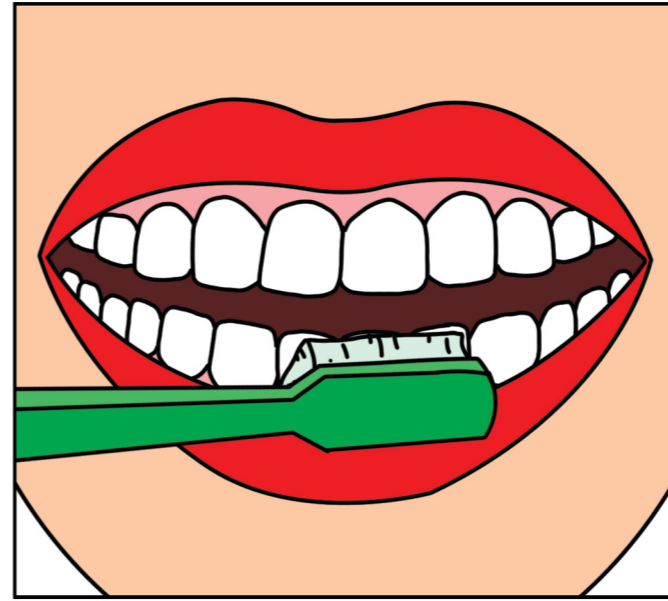
របៀបដុសធ្មេញដ៏ត្រឹមត្រូវ



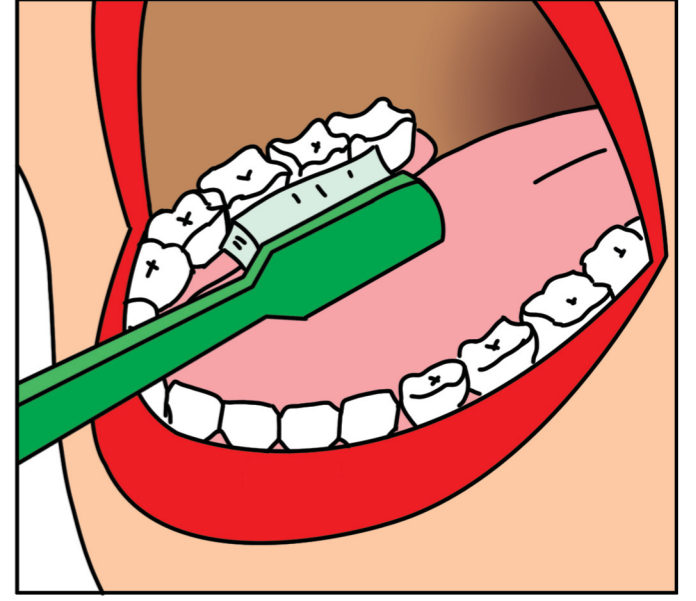
១. ដាក់ថ្នាំដុសធ្មេញ



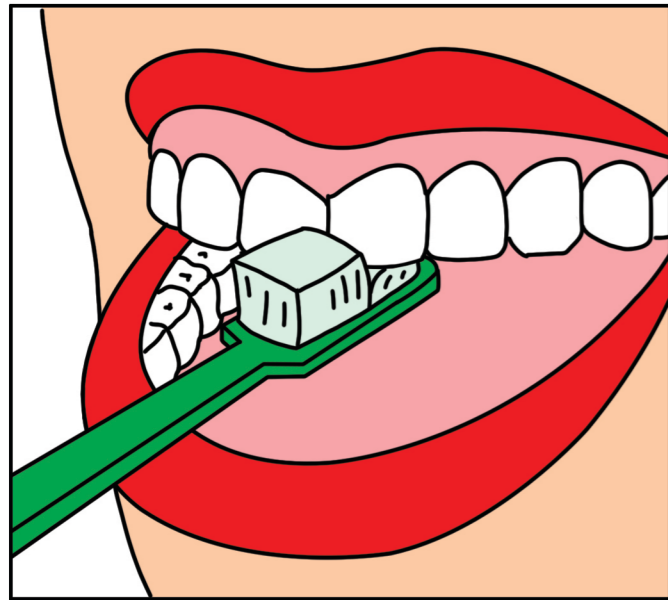
២. ផ្ទៃលើខាងក្រៅ



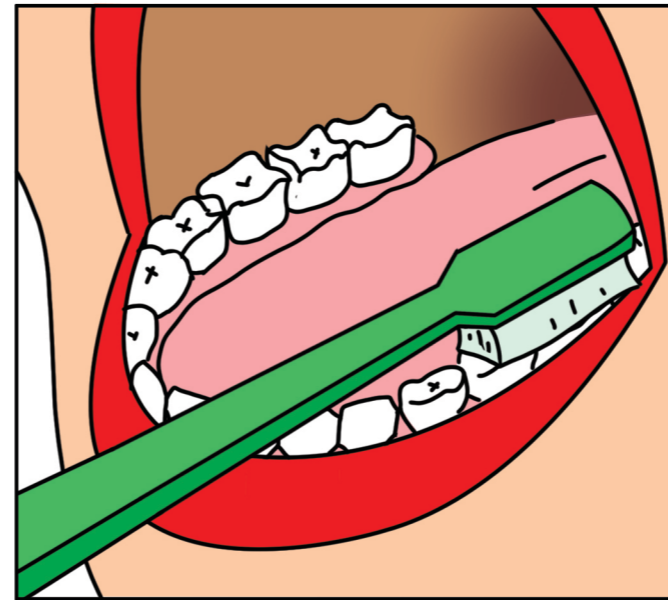
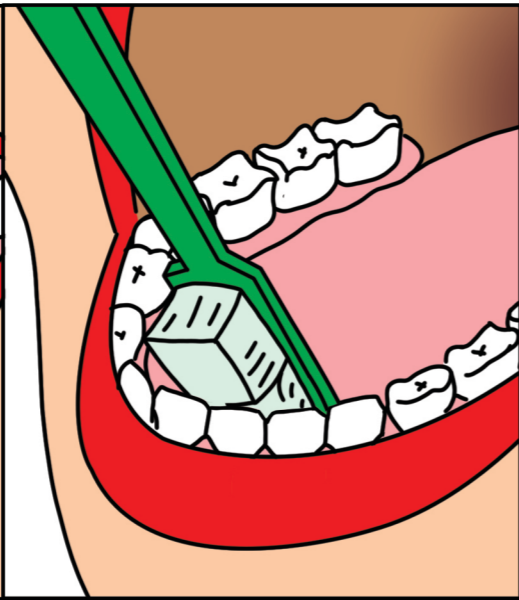
៣. ផ្ទៃក្រោមខាងក្រៅ



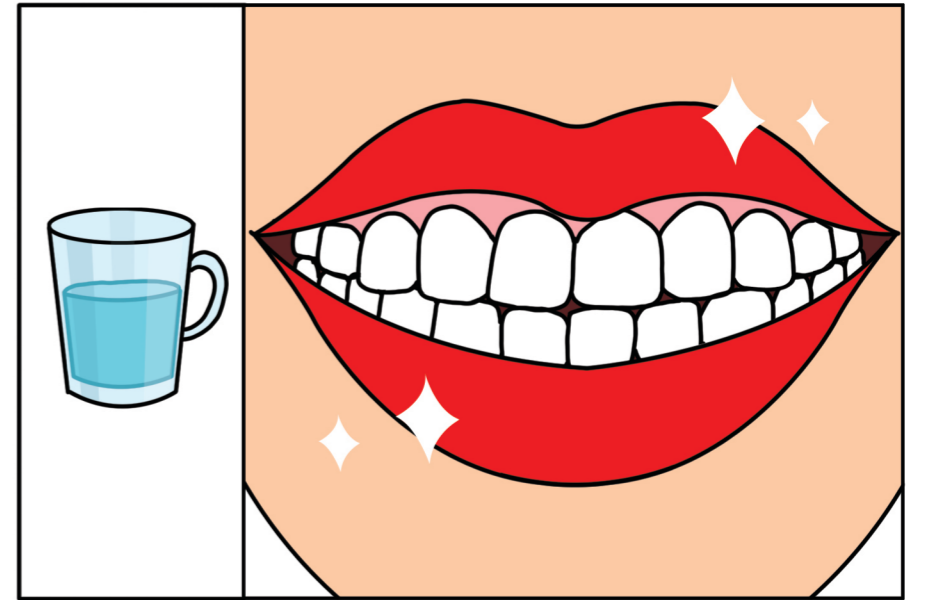
៤. ផ្ទៃខាងក្នុងធ្មេញថ្នាម



៥. ធ្មេញមុខផ្ទៃខាងក្នុងលើក្រោម



៦. ផ្ទៃលើក្រោមទំព័រ



៧. លាងជម្រះមាត់ជាមួយទឹក

រយៈពេលដុសសម្អាត៖ ប្រមាណ ២នាទី