

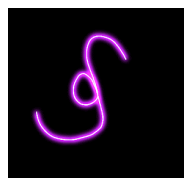
On the Mat

with

Merindilogun

Lesson 03
of
Lesson 16

‘Ibi/ Ire’



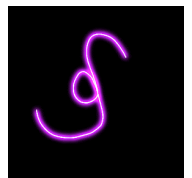
1) Cast Merindilogun twice to establish a pair of ODU
(Document this Pair— Elder 1,2)

2) Cast Merindilogun twice again to establish a 2nd
pair of odu (Document this 2nd Pair—Junior 1,2)

3) Compare the seniority between the Elder Odu and
Junior Odu. If the Elder Odu is senior to the Junior Odu,
then document Ire.
Otherwise document as Ibi

4) Complete steps 1-3 above a minimum of four times daily
for at least 16 consecutive days. Document in preparation for

Lesson 4— Causes of Ire/Ibi



Day(Date)	Elder1	Elder2	Junior1	Junior2	Ire	Ibi
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						

