

**198 Methods of Nonviolent Action by Gene Sharp, Boston 1973**  
**Izindlela (198) Ezingenziwa Kungeladlakela Nzira Dzekurwisa Kusina Mhirizhonga dziri 198**

<b>THE METHODS OF NONVIOLENT PROTEST AND PERSUASION</b>	<b>INDLELA ZOKUTSHENGISELA KUNGELADLAKELA LOKUNCENGA</b>	<b>NZIRA DZEKURATIDZIRA KUSINA MHIRIZHONGA NEKUNYENGERERA</b>
<b>FORMAL STATEMENTS</b>	<b>IMBIKO EVUNYELENWEYO</b>	<b>MASHOKO AKATENDERWANA</b>
1. Public speeches	Inkulumo ezethulwa kumphakathi/kuzulu	Nhaurwa Dzeeparuzhinji
2. Letters of opposition or support	Incwadi zokuphikisa loba ukusekela	Tsamba dzekushora kana kupa rutsigiro
3. Declarations by organizations and institutions	Izimemezelo sisenziwa zinhlanganiso/ingatsha	Zvitsidzo zvinoitwa neveruzhinji kana ungoro
4. Signed public declarations	Izimemezelo ezisayinwe nguzulu	Matsamba echikumbiro akanyorwa neveruzhinji
5. Declarations of indictment and intention	Izimemezelo zokubeka icala lenjongo yakho	Kutsidza kuita
6. Group or mass petitions	Izicelo ezisayinwe liqembu kumbe uzulu.	Zvikumbiro zvakasainwa nezvikwata kana neruzhinji
<b>COMMUNICATIONS WITH A WIDER AUDIENCE</b>	<b>UKUKHULUMISANA LABANTU ABANENGI</b>	<b>KUTAUDZANA NERUZHINJI</b>
7. Slogans, caricatures, and symbols	Izilogani, imifanekiso edwetshwayo ayinhlekisa yisimilo somuntu lempawu	Masorogani, mifananidzo yezvakafura nechimiro chemunhu
8. Banners, posters, and displayed communications	Amafulegi, imifanekiso emikhulu esemaphepeni, okukhulumisana ngokubukiswayo.	Mabhana, mapepa ekunamira pamadziro nezvimwe zvinyorwa zvekutaudzana nevanhu
9. Leaflets, pamphlets, and books	Amaphetshana, ingwalo ezincane, lezingwalo.	Tumapepa tweekuverenga, tumabhuku nemamwe mugwaro
10. Newspapers and journals	Amaphaphandaba lohlelo lwezehlakalo zansukuzonke.	Mapepanhau nemabhuku anobuda kamwe kana kaviri pamwedzi
11. Records, radio, and television	Amalekhodi, umsakazo lomabonakude	Marekhodhi, dzimudzangara neterevhizheni
12. Skywriting and earth writing	Umbhalo wesibhakabhaka lomhlaba.	Zvinyorwa zvepasi zvinogona kuonekwa nevari muchadenga uye kunyora pamadziro
<b>GROUP REPRESENTATIONS</b>	<b>UKUMELWA KWAMAQEMBU</b>	<b>UMIRIRI HWEZVIKWATA</b>
13. Deputations	Isenzo sathize abamele iqembu	Chitiko chinoyitwa yechidimbu chevanhu
14. Mock awards	Izipho zokukloloda, yangisa kumbe ukuhleka usulu	Mibairo yekushoropodza
15. Group lobbying	Amaqembu ecela okuthize	Kukurudzira vanhu vemuchikwata kuti vatsigire kurwira rusununguko
16. Picketing	Ukubasendaweni uvimbela okuthize	Kuva panzvimbo uchifurira vanhu
17. Mock Elections	Ukhetho lokukloloda/ yangisa/fanisa kumbe ukuhleka usulu	Sarudzo dzekushoropodza
<b>SYMBOLIC PUBLIC ACTS</b>	<b>IZENZO ZIKAZULU EZILOPHAWU</b>	<b>ZVIRATIDZIRO ZVEPARUZHINJI ZVINE ZVAZVINOBEVA</b>
18. Displays of flags and symbolic colours	Ukubukisa kwamafulegi lemibala elophawu.	Kuratidza mureza nemavara anechirevo
19. Wearing of symbols	Ukugqoka impawu	Kupfeka mbatya dzinezviratidzo
20. Prayer and worship	Umkhuleko lenkonzo	Kunamata nekurumbidza
21. Delivering symbolic objects	Ukwethulwa kwezinto ezilophawu	Kuratidza zhinhu zvinechirevo
22. Protest disrobings	Ukunqunula litshengesela	Kufugura
23. Destruction of own property	Ukubhidliza impahla yakho	Kuparadza pfuma yako
24. Symbolic lights - candles	Izibane loba amakhandlela alophawu	Zvibani kana makenduru anezvaanoreva
25. Displays of portraits - or not	Ukubukiswa kwemifanekiso loba hatshi	Kuratidza mifananidzo kana kwete
26. Paint as protest	Ukuzipenda litshengisela	Kuzvipenda senzira yekuratidzira
27. New signs and names	Imphawu lamabizo amatsha	Zviratidzo nemazita matsva
28. Symbolic sounds	Imisindo eluphawu	Ruzha renezvarunoreva
29. Symbolic reclamations	Ukubuyisela okulophawu	Nzira yeku dzosera chinhu inezvainoreva
30. Rude gestures	Izenzo zokudelela	Maitiro asina ruremekedzo
<b>PRESSURES ON INDIVIDUALS</b>	<b>UKUJONGA UMUNTU UQOBO LWAKHE</b>	<b>KUNANGANA NEMUNHU PACHAKE</b>

31. "Haunting" officials - constant phonecalls, letters, faxes, visits	Ukuhlukuluza iziphathamandla, ngocingo, incwadi, amafakisi lokwethekela	Kuronda vatungamiri
32. Taunting officials	Inkulumo ezimbi ngeziphathamandla	Kudenha vatungamiri
33. Fraternalization	Ukudinga amangena njani kusitha/ jwayelana	Kutsvaga nzira dzekupinda nadzomuvengi
34. Vigils	Imbuthano liqaphele kumbe lithandaza	Kugara vanhu vakangwarira zviri kuitika
<b>DRAMA AND MUSIC</b>	<b>IMIDLALO LEZINGOMA</b>	<b>MITAMBO NEMUMHANZI</b>
35. Humourous skits and pranks	Indaba efaniswa lenye sihlekisana ngayo lemigilingwane	Tumitambo tunonakidza nyambo
36. Performances of plays and music	Ukwenziwa kwemidlalo (lezingoma) lemiculo	Kuita mitambo nemumhanzi
37. Singing	Ukuhlabela	Kuimba
<b>PROCESSIONS</b>	<b>ABANTU ABANENGI BEMATSHA</b>	<b>KURATIDZIRA</b>
38. Marches	Udwendwe lwabantu behamba	Kumacha
39. Parades	Ukubukisa livza inhlanipho ngokuqhotsha	Kuwungana kwevanhu kunevziratidzo kvanezvazvinorava
40. Religious processions	Ukumatsha kwezenkolo	Kufamba vanhu vachiita zvechitendero
41. Pilgrimages	Uhambo lwenhlonipho oluya endaweni engcwele	Kufamba kuneruremekedzo
42. Motorcades	Izimota zisenza udwendwe/umzila	Kufamba kwedzimota dzichitevedzana dzakawanda
<b>HONOURING THE DEAD</b>	<b>UKUHLONIPHA ABAFILEYO</b>	<b>KUREMEKEDZA VASHAKABVU</b>
43. Political mourning	Isililo sombangazwe	Kuchema kwezematongerwe enyika
44. Mock funerals	Imingcwabo yokukloloda, yangisa kumbe uhleka usulu	Ndufu dzekunyedzera
45. Demonstrative funerals	Imingcwabo etshengiselayo	Ndufu dzekuratidzira
46. Homage at burial places	Ukuhlonipha emangcwabeni	Kuratidza ruremekedzo kumakuva
<b>PUBLIC ASSEMBLIES</b>	<b>IMIBUTHANO YOMPHAKATHI</b>	<b>UNGANO DZEVERUZHINJI</b>
47. Assemblies of protest or support	Imibuthano yokutshengisela kumbe ukusekela	Ungano dzekugunun'una kana kutsigira
48. Protest meetings	Imihlangano yokutshengisela	Misangano yekugunun'una
49. Camouflaged meetings of protest	Imihlangano yokutshengisela esithekileyo	Misangano yokugunun'una yakavanzika
50. Teach-ins	Ukufundisana ensitha	Kutaudzana nezvirimumagariro
<b>WITHDRAWAL AND RENUNCIATION</b>	<b>UKUBUYELA EMUVA LOKUKHALALA</b>	<b>KUDZOKERA KUMASURA UYE NEKURAMWA</b>
51. Walk-outs	Ukukhalala usukume uhambe	Kuramwa
52. Silence	Ukuthula	Runyararo
53. Renouncing honours	Ukuthathela inhlonipho	Kutorerwa ruremekedzo
54. Turning one's back	Ukufulathela	Kupa vanhu gotsi
<b>THE METHODS OF SOCIAL NONCOOPERATION</b>	<b>INDLELA ZOKUNGAPHATHEKI KUKAZULU</b>	<b>NZIRA DZEKURATIDZA KUSABATANA NEVAMWE MUMAGARIRO</b>
<b>OSTRACISM OF PERSONS</b>	<b>UKUNGAHLANGANYELI KWABANTU</b>	<b>KUSABATANA NEVAMWE</b>
55. Social boycott	Ukwala ukudlelana kwabantu	Kuramba kuDYIDZANA NEVANHU
56. Selective social boycott	Ukwala ukudlelana kabantu okukhethiweyo	Kuramba kuDYIDZANA NEVANHU pane zvakasarudzwa
57. Lysistratic nonaction	Ukwala ukuya emacansini	Kusayata chinhu zvinechikonzero
58. Excommunication	Ukuxotsha enhlanganisweni	Kudzingwa musangano
59. Interdict	Ukwala umyalo	Kudzivirira
<b>NONCOOPERATION WITH SOCIAL EVENTS, CUSTOMS, AND INSTITUTIONS</b>	<b>UKUNGAPHATHEKI KUNHLELO ZIKAZULU KUMIKHUBA LENGATSHA</b>	<b>KURAMBA KUBATANA NERUZHINJI PAMITAMBO NETSIKA</b>
60. Suspension of social and sports activities	Ukumisa imidlalo lokuthokozisa kukazulu	Kurambirwa kwemithambo nezvino fadza ruzhinji munharawunda
61. Boycott of social affairs	Ukukhalala indaba zikazulu	Kuramba kuvapanezvimwe zvinoitwa munharaunda
62. Student strike	Ukukhalala kwezifundi imfundo	Kuramba kwevadzidzi zvidzidzo
63. Social disobedience	Ukungahlalisani kukazulu	Kuramba kuterera kweruzhinji (social disobedience)
64. Withdrawal from social institutions	Ukuzikhupha kuzingatsha zikazulu	Kuramba kuvanhengo dzemasangano anechekuita neruzhinji
<b>WITHDRAWAL FROM THE SOCIAL SYSTEM</b>	<b>UKUZIKHUPHA ENDLELENI ZOKUHLALISANI KUKAZULU</b>	<b>KUZVIPATSANURA KUBVA MUKUZVIBATA KWERUZHINJI</b>

65. Stay-at-home	Ukuhlala emakhaya	Kuzvigarira kumba
66. Total personal non-cooperation	Ukungaphatheki okupheleleyo komuntu	Kusazvipira kwakakwana kwemunhu
67. "Flight" of workers	Ukubaleka kwezisebenzi	Kutiza mabasa kwevashandi
68. Sanctuary	Ukuyaphephela	Pekuvanda
69. Collective disappearance	Ukunyamalala kanyekanye	Kunyangarika pamwechete
70. Protest emigration	Ukutshiya ilizwe njengesitshengiselo	Kusiya nyika
<b>THE METHODS OF ECONOMIC NONCOOPERATION: ECONOMIC BOYCOTTS</b>	<b>INDELELA ZOKUNGANCEDISI KUNOTHO: UKUKHALALA KUNDAWO ZENOTHO</b>	<b>NZIRA DZEKUSABATSIRA MUNEZVEUPFUMI HWENYIKA: KURAMBA KUBATANA MUNEZVEUPFUMI</b>
<b>ACTION BY CONSUMERS</b>	<b>UKUTSHENGISELA KWABATHENGI</b>	<b>KURATIDZIRA KWEVATENGI</b>
71. Consumers' boycott	Ukukhalala kwabathengi	Kuramba kutenga
72. Nonconsumption of boycotted goods	Ukungasebenzisi impahla ezikhalaliweyo	Kusatenga kana kudya zvinenge zvanzi vanhu varamwe kutenga
73. Policy of austerity	Umthetho wokuzehlisa kodwa ubelesimilo esilukhuni	Mutemo wekuzvidzikisa
74. Rent withholding	Ukungabhadali umthelo wendlu	Kuramba kubhadara mutero
75. Refusal to rent	Ukwala ukunikeza indawo	Kuramba kugara vanhu vachibhadhara mutero mudzimba dzinenge dzaramwiwa
76. National consumers' boycott	Ukukhalala kwabathengi elizweni lonke	Kuramwa kutenga kwenyika yese
77. International consumers' boycott	Ukukhalala kwabathengi emhlabeni jikelele	Kuramwa kutenga pasi rose
<b>ACTION BY WORKERS AND PRODUCERS</b>	<b>IZENZO ZEZISEBENZI LABENZI</b>	<b>ZVINGAITWA NEVASHANDI NEVANOGADZIRA ZVEKUTENGESA</b>
78. Workers' boycott	Ukukhalala umsebenzi kwezisebenzi	Kuramwa basa kwevashandi
79. Producers' boycott	Ukukhalala umsebenzi kwabenzi	Kuramwa kugadzira zvitengeswa kwevanogadzira
<b>ACTION BY MIDDLEMEN</b>	<b>IZENZO ZABATHENGA BETHENGISA (ABAPHAKATHI)</b>	<b>ZVINGAITWA NEVAMOMIRIRIRA VATENGESI NEVANOTENGA</b>
80. Suppliers' and handlers' boycott	Ukukhalala kwabapha abanye impahla labazibambayo	Kuramba kutenga kubva kunevanogadzira kana kutenga zviru kubva kunevatengesi
<b>ACTION BY OWNERS AND MANAGEMENT</b>	<b>IZENZO ZABANIKAZI LEZIPHATHAMANDLA</b>	<b>ZVINGAITWA NEVARIDZI VEMABHIZIMUSI KANA VANEZVINZVIMBO ZVIRI PAMUSORO KUMABASA</b>
81. Traders' boycott	Ukukhalala kwabathengisayo	Kuramba kushanda kwevanotengesa
82. Refusal to let or sell property	Ukwala ukuthengisa loba ukulojisa izakhiwo loba impahla	Kuramba kutengesa kana kuisa vanoroja mudzimba kana maofisi
83. Lockout	Ukukhiyela phandle	Kukiyira vanhu panze
84. Refusal of industrial assistance	Ukwala ukuncediswa emisebenzini	Kuramba kupa rubatsiro kubva kumaindasitiri
85. Merchants' "general strike"	Ukukhalala umsebenzi kwabathengisi	Kuramwa basa kwevese vanoita zvekutengesa
<b>THE METHODS OF ECONOMIC NONCOOPERATION: THE STRIKE SYMBOLIC STRIKES</b>	<b>IZINDLELA ZOKUNGANCEDISI KWEZENOTHO : UKUKHALALA UMSEBENZI OKULOPHAWU</b>	<b>NZIRA DZEKURAMBA KUBATANA NEUDZVANYIRIRI MUNEZVEUPFUMI HWENYIKA : KURATIDZIRA KUNE ZVAKUNOREVA</b>
97. Protest strike	Ukukhalala umsebenzi okutshengiselayo	Kuramwa kunoratidza kugununa
98. Quickie walkout	Ukutshiya umsebenzi masinya	Kuramwa kwekungokasira kubva panzvimbo
<b>AGRICULTURAL STRIKES</b>	<b>UKUKHALALA UMSEBENZI KWEZOKULIMA</b>	<b>KURAMWA MUNEZVEKURIMA</b>
99. Peasant strike	Ukukhalala imisebenzi kwabazilimelayo	Kuramwa kurima kwevanorima zvekungozviraramisa pachavo
100. Farm workers' strike	Ukukhalala imisebenzi kwabasebenza emapulazini	Kuramwa basa kwevashandi vemumapurazi
<b>STRIKES BY SPECIAL GROUPS</b>	<b>UKUKHALALA IMISEBENZI KWAMAQEMBU ATHILE</b>	<b>KURAMWA KWEZVIKWATA ZVAKANGOSIYANA SIYANA</b>
101. Refusal of impressed labour	Ukwala imisebenzi kwezisebenzi kwabancindezelweyo	Kuramba kushanda kunenge kumanikidzwa uye kune mari shoma
102. Prisoners' strike	Ukukhalala kwezibotshwa	Kuramwa kushanda kwevasungwa
103. Craft strike	Ukukhalala umsebenzi kwababazayo	Kuramwa basa kwevanogadzira zvevezwa nezvimwe
104. Professional strike	Ukukhalala umsebenzi kwezisebenzi ezifundileyo	Kuramwa mabasa kwevanemabasa epamusoro
<b>ORDINARY INDUSTRIAL STRIKES</b>	<b>UKUKHALALA UMSEBENZI NGABAMAFEKITHALI</b>	<b>KUMWE KURAMWA MABASA KWEVANOSHANDA KUMAFEKITORI</b>

105. Establishment strike	Ukukhalala imisebezi kwengatsha lenhlanganiso	Kuramwa mabasa kwemasangano akasiyana siyana
106. Industry strike	Ukukhalala umsebenzi kwamafemu	Kuramba mabasa kwevemapazi akasiyana siyana ezveupfumi
107. Sympathy strike	Ukukhalala umsebenzi kozwelo	Kuramwa mabasa kwekubatsira vanenge vatanga kuramwa
<b>RESTRICTED STRIKES</b>	<b>UKUKHALALA IMSEBENZI OKULEMIGOQO</b>	<b>KURAMWA MABASA KWAKAVANZIKA</b>
108. Detailed strike	Ukukhalala okulemikhuba ethize	Kuramwa kwakadzika kunobata nyika yese
109. Bumper strike	Ukukhalala okukhulu	Kuramwa kunowisa nyika pasi
110. Slowdown strike	Ukusebenza uphuza/kancane kancane	Kuramwa kwekushanda basa pashoma nepashoma
111. Working-to-rule strike	Ukwala ukusebenza amahola adlulisileyo	Kuramwa basa kwekushanda vanhu vachiongorora chese chidoko-doko chinoda kuitwa
112. Reporting "sick" (sick-in)	Ukuzigulisa usemsebenzini	Kuramwa 'kwekuzvirwarisa'
113. Strike by resignation	Ukukhalala ngokutshiya umsebenzi	Kuramwa kwekuramba basa racho zvachose
114. Limited strike	Ukukhalala okwesikhathi esithize	Kuramwa kusina kunyanya kudzama
115. Selective strike	Ukukhalala kwabathize	Kuramwa kwevamwe mabasa
<b>MULTI-INDUSTRY STRIKES</b>	<b>UKUKHALALA UMSEBENZI KWEZINKAMPANI</b>	<b>KURAMWA MABASA KWEMAPAZI EZVEPFUMI AKAWANDA</b>
116. Generalised strike	Ukukhalala kwabantu-nje	Kuramwa mabasa kwemunhu wese
117. General strike	Ukukhalala kwabantu bonke	Kuramwa mabasa kwenyika yese
<b>COMBINATION OF STRIKES AND ECONOMIC CLOSURES</b>	<b>UKUHLANGANA KOKUKHALALA UMSEBENZI LOKUVALWA KWEZOMNOTHO</b>	<b>KUBATANIDZA KURAMWA MABASA NEKUMISA MAFAMBIRO EBASA MUNEZVEUPFUMI</b>
118. Hartal - closing down of retail outlets	Ukuvala izitolo lamahofisi uveza ukudana	Kuvarwa kwezvitoro nemahofisi zvinoratidza kusuwa
119. Economic shutdown	Ukuvala kwezomnotho	Kusafamba kwezeupfumi
<b>THE METHODS OF POLITICAL NONCOOPERATION REJECTION OF AUTHORITY</b>	<b>IZINDLELA ZOKUNGAPHATHEKI KWEZOMBANGAZWE LOKWALA UBUKHOKHELI</b>	<b>NZIRA DZEKURAMBA KUBATANA NEVADZVANYIRIRI MUNEZVEMATONGEROENYIKA NEKURAMBA HUTUNGAMIRI</b>
120. Withholding or withdrawal of allegiance	Ukwala ukuzinikela ukubalilunga	Kuramba kuzvipira kuvanhengo
121. Refusal of public support	Ukwala ukungasekeli kukazulu	Kunyima rutsigiro
122. Literature and speeches advocating resistance	Imibhalo lenkulumo ezifuna ezimela umvukela/ukwala	Zvinyorwa nenhourwa dzekukurudzira kusateerera
<b>CITIZENS' NONCOOPERATION WITH GOVERNMENT</b>	<b>UZULU ENGANCEDISI UHULUMENDE</b>	<b>KURAMBA KUBATANA NEHURUMENDE KUNGAITWA NEVANHU NENZIRA IDZI</b>
123. Boycott of legislative bodies	Ukungaphathisi kungatsha zikahulumende	Kuramba kubatana nevatongi
124. Boycott of elections	Ukungaphatheki ekhethweni	Kuramba sarudzo
125. Boycott of government employment and positions	Ukungaphatheki emisebenzini kahulumende lezikhundla zakhe	Kuramba mabasa ehurumende
126. Boycott of government departments, agencies, and other bodies	Ukungaphatheki enhlelweni zikahulumende lezingatsha zakhe	Kuramba kushandisa mapazi ehurumende nezvimwe
127. Withdrawal from governmental educational institutions	Ukuzikhupha engatsheni zikahulumende zemfundo	Kuramba kudzidza kuzvikoro zvehurumende
128. Boycott of government-supported institutions	Ukungaphatheki engatsheni ezisekelwa nguhulumende	Kuramba kubatana nemasangano anotsigirana nehurumende
129. Refusal of assistance to enforcement agents	Ukwala ukuncendisa ingatsha zebutho	Kuramba kubatana nemapurisa
130. Removal of own signs and placemarks	Ukukhupha impawu lamasayini yethu	Kubvisa zvikwangwani zveemunharaunda dzenyu
131. Refusal to accept appointed officials	Ukwala ukwamukela iziphathamandla ezibekiweyo	Kuramba vatungamiri vakayiswa

132. Refusal to dissolve existing institutions	Ukwala ukudiliza ingatsha ezikhona	Kuramba kuparadza musangano aripo
<b>CITIZENS' ALTERNATIVES TO OBEDIENCE</b>	<b>EZINYE INDLELA EZINGASETSHENZISWA NGUZULU KULOKULALELA</b>	<b>ZVINGAITWA NEVANHU 'PAKUBATANA' NEHURUMENDE YEUDZVANYIRIRI KANA VASINGADI KURATIDZA KUSATEERERA KWAVO PACHENA</b>
133. Reluctant and slow compliance	Ukudonda lokwenza kancane	Kuratidza kusada uye kunonoka kuteerera mitemo
134. Non-obedience in absence of direct supervision	Ukungalaleli nxa kungalakukhangelwa	Kusateerera kana pasina foromani anotouya achitarisa kuti basa riri kufamba here
135. Popular non-obedience	Ukungalaleli kwabanengi	Kusateerera kweruzhinji
136. Disguised disobedience	Ukwephula umthetho okusensitha	Kusateerera kwakavanzika
137. Refusal of an assemblage or meeting to disperse	Ukwala ukuchitheka komhlangano	Kuramba kuungana kana kuramba kuti musangano upere
138. Sitdown	Ukuhlala	Kugara pasi
139. Noncooperation with conscription and deportation	Ukungaphathisi ekubanjweni ngamandla lokuxotshwa	Kuramba kudzingwa munyika kana kuita nhengo dzemasangano ehurumende
140. Hiding, escape, and false identities	Ukucatsha, ukuphunyuka lokupha ibizo elingayisilo	Kuvanda, kutiza, kushandisa mazita ekunyepa
141. Civil disobedience of "illegitimate" laws	Ukwala kukazulu imithetho engalunganga	Kuramba kuteerera mitemo yeudzvanyiriri
<b>THE METHODS OF NONVIOLENT INTERVENTION</b>	<b>INDLELA ZOKUNGENELA EZINGELADLAKELA</b>	<b>NZIRA DZEKUPINDIRA PASINA MHIRIZHONGA NEKU</b>
<b>PSYCHOLOGICAL INTERVENTION</b>	<b>OKUBAMBA ENGGQONDWENI</b>	<b>ZVINO KANGANISA PFUNGWA</b>
159. The fast	Ukuzila ukudla	Kutsanya
a) Fast of moral pressure	a) Ukuzila ukudla ufuna uzwelo njenjentshukuntshu	a)Kutsanya kwekuramba vanhu vachitaura zवानanoda kubva kuutungamiriri
b) Hunger strike	b) Ukuzilambisa/ukukhalala ukudla	b)Kutsanya kwekuramwa zvekudya kunoitwa nevashoma
160. Reverse trial	Ukuguqula impumela yokuthonisiswa	Kutevedzera kutongwa kwedzimhosva nenzira inoratidza kusaenzana kweutongi pamitemo
161. Non-violent harassment	Ukuhlukuluza okungela dlakela	Kushungurudza kusina mhirizhonga mukati
<b>PHYSICAL INTERVENTION</b>	<b>UKUNGENELA OKUBAMBEKAYO</b>	<b>KUPINDIRA</b>
162. Sit-in	Ukuhlala phakathi uze uthole impendulo	Kugara panzvimbo pane vanhu vamuri kuda mhinduro kwavari kana kuti varikukoniwa basa
163. Stand-in	Ukuma phakathi uze uthole impendulo	Kunomira panzvimbo pane vanhu vamuri kuda mhinduro kwavari kana kuti varikukoniwa basa
164. Ride-in	Ukugada phakathi uze uthole impendulo	Kuenda kwevanhu vakawanda nedzimotokari kana nemabhezautare panzvimbo pane vanhu vamuri kuda mhinduro kwavari kana kuti varikukoniwa basa
165. Wade-in	Ukuhamba phakathi uze uthole impendulo	Kufamba famba kweruzhinji panzvimbo pane vanhu vamuri kuda mhinduro kwavari kana kuti varikukoniwa basa
166. Mill-in	Ukuma phakathi libuthene uze uthole impendulo	Kuungana kweruzhinji panzvimbo pane vanhu vamuri kuda mhinduro kwavari kana kuti varikukoniwa basa
167. Pray-in	Ukukhuleka phakathi	Kunonamata vanhu vari panzvimbo pane vanhu vamuri kuda mhinduro kwavari kana kuti varikukoniwa basa
168. Nonviolent raids	Ukuthumba okungeladlakela	Kupamba kusina mhirizhonga
169. Nonviolent air raids	Ukuthumba ngendizamtshina okungeladlakela	Kupamba muchadenga zvisina mhirizhonga
170. Nonviolent invasion	Ukungena endaweni okungeladlakela	Kupinda munzvimbo kusina mhirizhonga
171. Nonviolent interjection	Ukuqumaumlomo okungeladlakela	Kupikisa kusina mhirizhonga
172. Nonviolent obstruction	Ukuvimbela okungeladlakela	Kudzivirira zvisina mhirizhonga
173. Nonviolent occupation	Ukuhlala endaweni okungeladlakela	Kupinda nekugara munzvimbo zvisina mhirizhonga

<b>SOCIAL INTERVENTION</b>	<b>UKUNGENELA KUNHLALO YABANTU</b>	<b>KUPINDIRA MUNEZVEMAGARIRO EVANHU</b>
174. Establishing new social patterns	Ukuqala inhlelo ezintsha zokuhlala zikazulu	Kuumba mafambiro matsva ezvinhu mudzinharawunda
175. Overloading of facilities	Ukugcwalisa izakhiwo kakhulu	Kuwanza zvekuita
176. Stall-in	Ukuzipha indawo yokuhlala embuthaneni	Kuzvipa nzvimbo
177. Speak-in	Ukungena endaweni ukukhuluma ujongile	Kunotaura vanhu vari panzvimbo pane vanhu vamuri kuda mhinduro kwavari kana kuti varikukoniwa basa
178. Guerrilla theatre	Imidlalo yamalwa ecatscha	Kuita mitambo yechimurenga
179. Alternative social institutions	Ukudinga ezinye ingatsha zokudlelana lazo	Kutsvaga mamwe masangano ekubatana nawo
180. Alternative communication system	Izindlela ezinye ezingasetshenziswa ukukhulumisana	Kutsvaga nzimwe nzira dzekufambisa mashoko
<b>ECONOMIC INTERVENTION</b>	<b>UKUNGENELA KWEZENOTHO</b>	<b>KUPINDIRA MUNEZVEUPFUMI</b>
181. Reverse strike	Ukugengula ukukhalala imisebenzi ngendlela eyehluneyo	Kuramwa mabasa nenzira yakasiyana nemazuva ose
182. Stay-in strike	Ukukhalala kokuhlala phakathi	Kuramwa mabasa kwekugara munzvimbo dzekushandira
183. Nonviolent land seizure	Ukuthumba umhlabathi okungeladlakela	Kutora ivhu kusina mhirizhonga
184. Defiance of blockades	Ukungananzi imigoqo	Kuramba kuteerera kuvharwa kwenzira
185. Politically motivated counterfeiting	Ukwenza izinto ezifananayo kubangelwa ngezombangazwe	Kuuita zvinhu zvakafananina zvikonzerwa nematongerwo enyika
186. Preclusive purchasing	Ukuthenga uqedela uvimbela abanye	Kutenga uchipedzera vamwe
187. Seizure of assets	Ukuthumba impahla	Kutora upfumi
188. Dumping	Ukulahla	Kurasa
189. Selective patronage	Ukusekela okulokukhetha	Rutsigiro runerusarudzo
190. Alternative markets	Ukudinga ezinye indawo zokuthengisela	Kutsvaga dzimwe nzvimbo dzekutenga kana kutengesera
191. Alternative transportation systems	Ukudinga ezinye indlela zokuhambisa	Kutsvaga zvimwe zvimfambiso
192. Alternative economic institutions	Ukudinga ezinye ingatsha zenotho	Kutsvaga mamwe mabhanga ekubata nawo
<b>POLITICAL INTERVENTION</b>	<b>UKUNGENELA KWEZOMBANGAZWE</b>	<b>KUPINDIRA MUNEZVEMATONGERWOENYIKA</b>
193. Overloading of administrative systems	Ukuthwalisa gadalala kwengatsha zokuphatha uzulu	Kubatwa kwakaipa kwevanoona nezveruzhinji
194. Disclosing identities of secret agents	Ukuveza amabizo amaCIO kumbe abachuphi	Kutaura mazita emapurisa aya anenge achinzi anoshanda muchivande
195. Seeking imprisonment	Ukudinga ukubotshwa	Kutsvaga kusungwa
196. Civil disobedience of "neutral" laws	Ukungalaleli kukazulu imithetho ephakathi laphakathi	Kusateerera mitemo isinganzwisisiki
197. Work-on without collaboration	Ukusebenza kungela kusebenzelana	Kushanda pasina waunobatidzana naye
198. Dual sovereignty and parallel government	Ukudala omunye uzibuse eceleni kukahulumende	Kupa rutsigiro kunevamwe vanenge vasarudzwa kuti vaumbe hurumende yeparutivi