1 частина - лекція:

<https://www.youtube.com/watch?v=Ao9b_eLyzuQ&ab_channel=%D0%90%D0%BB%D0%B5%D0%BA%D1%81%D0%B0%D0%BD%D0%B4%D1%80%D0%93%D0%B0%D0%BB%D1%8C%D1%87%D0%B5%D0%BD%D0%BA%D0%BE>

2 частина - вправи:

<https://www.youtube.com/watch?v=3klqIfTwWhc&ab_channel=%D0%90%D0%BB%D0%B5%D0%BA%D1%81%D0%B0%D0%BD%D0%B4%D1%80%D0%93%D0%B0%D0%BB%D1%8C%D1%87%D0%B5%D0%BD%D0%BA%D0%BE>