86 - SUGGESTIVE AGE TO INITIATION IN SPORTS KARATE: A PERSPECTIVE OF KARATE TEACHERS, PHYSICAL EDUCATION PROFESSIONALS AND PEDIATRICIANS DOCTORS

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INTRODUCTION

Karate is a martial art systematized in Japan has its origins in the Shaolin Temple in China, where he taught the monks in order that they have the necessary complement to the rigid discipline imposed by religion. This fight was then imported to the island of Okinawa, Japan Logo received local characteristics and spread rapidly when the ruler of ancient Okinawa has banned the use of weapons, developing then karate, which means empty hand fighting (Nakayama, 1966).

In Brazil, the practice of this fight is easily observed in many schools, academies and clubs. The highest number of practitioners in this fight, however, consists of children. This fact gives the child's imagination is populated by movies and cartoons that address fighting techniques. Another fact also contributes to the large number of practitioners of this art for children, parents consider karate as a complementary educational.

This work is justified by empirical observations, that teachers of Karate lack theoretical and scientific bases for admitting children in their classes with low chronological age, many are in doubt whether to accept students in this age group because they feel unprepared to teach classes for this audience. This situation leads to a lack of scientific basis for making decisions regarding the best age at which children should start practicing this fight. It is also a fact that few studies regarding the sport initiation in Karate. From the above formulated question to guide the research activity: What is the ideal age for initiation Karate?

As a general hypothesis, based on the experience of the authors, it appears that there is no consensus about the optimal age for initiation of children in Karate.

Therefore, the aim of the study was to determine the optimal age for initiation to the sport in perspective Karate teacher of the sport, physical education professionals and pediatricians; confronting opinions with literature specific area.

METHODOLOGY

The research was a comparative, descriptive field, qualitative and quantitative. The research was teachers of Karate, Physical Education professionals and pediatricians. The research sample included 10 teachers of Karate, Physical Education 10 professionals and six pediatricians. The last two categories were chosen by professionals who study child development, and physical education professional, moreover, reflected in their training about the effects of sports initiation in childhood. The Karate teachers were chosen as participants because she needed to know your opinion on the matter since the issue involved the mode given by them.

We randomly selected 10 physicians at a pediatric hospital in Fortaleza, however only six responded to the instrument. The 10 Physical Education teachers were selected randomly also among the teachers of undergraduate Physical Education, State University of Ceará (UECE). Already Karate teachers were purposefully selected, as it should give lessons to children.

Data were collected through a questionnaire, which consisted of a subjective question to know about the ideal age for initiation in sport karate. The results were presented and discussed by means of content analysis of the responses that were categorized and discussed in the light of subjectivity. They were also faced with the specific literature.

RESULTS AND DISCUSSION

By analyzing the responses on the age for the onset of this modality, groups involved in the study was observed that:

a) Teachers Karate - 40% considered five years, 30% four years, six years and 20% only 10% three years;

b) Physical Education Professionals - 30% consider six, seven years 20%, 20% two years, 10% four years, 10% nine years, and the remaining 10% 12;

c) Doctors Pediatricians - 50% consider five years, 16.7% four years, and 33.3%, two doctors, did not indicate a precise age. Table 01 presents the comparison of results between categories of professionals, totaling 26 participants.

Table 01: Comparison of age ideal on the perspective of the three groups involved in the study

Age Ideal	Teachers Karate	Physics Education Professionals	Pediatricians	Total
2 years	-	2	-	2 (7,7%)
3 years	1	-	-	1 (3,8%)
4 years	3	1	1	5 (19,2%)
5 years	4	-	3	7 (26,9%)
6 years	2	3	-	5 (19,2%)
7 years	-	2	-	2 (7,7%)
8 years	-	-	-	-
9 years	-	1	-	1 (3,8%)
10 years	-	-	-	-
11 years	-	-	-	-
12 years	-	1	-	1 (3,8%)

Source: Research data

Considering all of 26 respondents, the majority, 26.9%, chose the age of five years as ideal for sports initiation in the fight in the study. It is important to remember that the picture does not tell the answer of two members of the group of pediatricians because not indicate an exact age on this question.

The end result, considering all the professional groups involved reveals five years as the ideal age for the start of practice in Karate. When fragmented, the result, by professional category, shows that physical education professionals, for the most part, chose the age of six years as ideal, most teachers of Karate indicated the age of five, as well as most Pediatricians also reported that the age of five years.

The position of most doctors and teachers Karate reveals that the optimal age for initiation in sports Karate is five years. However, according to Gimenez and Ugrinowitsch (2002), within the sports initiation, there are actually five children engaging in activities typical of sports, however, according to studies on child development, this would not be considered best time to start the specific modality, since children need to experience general motor activities Naked specificity and complexity of sports.

According to Figueiredo (2003), aged four to five years still remains the egocentric view of the child has not already aware of the existence of another child as a person who has feelings and thoughts as her. It is likely that stage the difficulty of socialization and 'play along' with other children.

The combat sports should only be worked with children five years if it is done with great care and skilled people. From six to eight years is that it takes maturity to perform fundamental movements in this fight, so can be worked consolidation of motor gestures of traditional karate. With all of these features described varied ages infant, had to be found an ideal age to begin the practice of struggles, would opt for six years (Figueiredo, 2003).

The views above are reinforced by Moreira (2003) who talks about the best time for sports initiation agreeing with the view Carazzato and Costa (1991, s / w):

> The third phase of development, corresponding ages of 06 to 12 years old, which is the phase of joint development of the body, bone growth and miotendinoso, psychic and mental. It is recommended at this stage in the beginning 'school sport' to acquire knowledge in various sports.

Child development is divided into phases that have peculiar features. The first phase occurs in early childhood education that spans six / seven years to 10 years of life, where psychological and physical conditions are extremely favorable to the practice of activities that provide motor skill acquisition and expansion of the motor repertoire (Weineck, apud MOREIRA 2000, 2003).

According to Figueiredo (2003), Weineck (2000) and Carazzato and Costa (1991), the latter cited by Moreira (2003), the optimal age for initiation in sports mode under study is from six to seven years, corroborated by understanding the majority of physical education professionals surveyed.

Although both groups understand that the ideal age is five years, it must be considered the opinion of Physical Education professionals, considering that, according to CONFEF (2002) are specialists in physical activities in its various manifestations: gymnastics, physical exercise, sports, games, wrestling, capoeira, martial arts, dancing, rhythmic activities, expressive and acrobatic fitness, recreation, rehabilitation, ergonomics, body relaxation, yoga, exercise compensatory activity and daily labor and other body practices . Thus, considering the ownership of knowledge in physical culture movement as something specific Physical Education, this study is positioned favorably and corroborates the results obtained with professionals in this area, therefore, comprises the age of six years as the indicated for the start of practice karate.

It is worth reiterating that the guidance of the undergraduate Physical Education, provides future professionals knowledge units expanded and specific training, ie, knowledge specific to the area. The dimensions of this knowledge are: respect human - society and biology of the human body; production of scientific and technological knowledge; cultures of human movement; technical-instrumental and pedagogical-didactic (BENITES; SOUZA NETO & HUNGER, 2008).

FINAL CONCLUSIONS

This study took as reference the study of Figueiredo (2003), which was the only study indicating an optimal age for initiation into the practice of karate. In this work, Figueiredo (2003) states that the best age to start this fight, is age six. Carazzato; Costa (1991) and Weineck (2000) cited by Moreira (2003) reinforce the view Figueiredo (2003), when they discourse on the stages of child development and the present age from six years as the best for the sport initiation. Age that this is also the understanding of much of the physical education professionals involved in the study.

The Karate teachers and pediatricians, mostly indicated the age of five as ideal for sports initiation in Karate. Gimenez and Ugrinowitsch (2002) report that the age of five years is not the best time to start your child on a special form, given that the child is in need of general motor activities, being absent the specificity and complexity of sports.

Although teachers of Karate and pediatricians indicate the age of five years, the study comprises the majority view of physical education professionals participating in the research should be taken into consideration. Considering that, according to CONFEF (2002), the Physical Education professionals are experts in physical activities in its various manifestations including fights and martial arts. The academic disciplines provides these professionals, and research contents that give ownership to them about the motor and cognitive development of children, sports initiation, among other issues that permeate this study.

Considering the ownership of knowledge in the physical culture movement as something specific to physical education, and literature presented by Carazzato and Costa (1991), Weineck (2000), cited by Moreira (2003), Gimenez and Ugrinowitsch (2002), Figueiredo (2003) , this study is positioned favorably with the results obtained with professionals in this area, therefore, comprises the age group of six to seven years as indicated for the start of practice karate.

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SUGGESTIVE AGE TO INITIATION IN SPORTS KARATE: A PERSPECTIVE OF KARATE TEACHERS, PHYSICAL EDUCATION PROFESSIONALS AND PEDIATRICIANS DOCTORS

ABSTRACT

This study aimed to determine the optimal age for initiation in sports karate on the perspective of karate teachers, physical education professionals and pediatricians. Karate is a martial art or fight systematized in Japan. In Brazil this fight is widely practiced in schools, gyms and clubs, where the largest number of practitioners is composed of children. Was formulated then the question of investigative activity guide: what the optimal age for initiation Karate? It was a comparative and descriptive study, qualitative and quantitative. The research sample consisted of 10 teachers of Karate, 10 Physical Education Professionals and six pediatricians. Data collection was performed by the application of a subjective questionnaire to those involved. The teachers of this fight and pediatricians indicated, mostly, the ideal age for initiation of the practice of Karate as five years. But authors like Carazzato and Costa (1991), Weineck (2000) and Figueiredo (2003) reinforce the view of Physical Education professionals participating in the study, which is six years for the ideal age for this sport initiation fight. The study includes the opinion of Physical Education teachers is the most consistent, given the academic background of these, making them experts in the field, and also by the statement authors reference area, which also teach that the age of six years is the ideal initiation to the sport.

KEYWORDS: Initiation Sports, Karate, Child

AGE SUGGESTIVE À L'OUVERTURE DU SPORT KARATE: UN POINT DE VUE DES ENSEIGNANTS DE MODE, DE L'EDUCATION PHYSIQUE ET PROFESSIONNEL DE LA SANTÉ PÉDIATRIQUES

RÉSUMÉ

Cette étude visait à déterminer l'âge optimal pour l'initiation aux sports enseignants perspective de karaté sur les sportifs, professionnels de l'éducation physique et les pédiatres. Le karaté est un art martial combat ou systématisées au Japon Brésil, cette lutte est largement pratiquée dans les écoles, les gymnases et des clubs, où le plus grand nombre de praticiens est composé d'enfants. A été formulée alors la question de guide d'activités d'enquête: quel est l'âge optimal pour l'initiation de karaté? C'était un avantage comparatif, champ descriptif, qualitative et quantitative. L'échantillon de l'étude était composé de 10 enseignants de Karaté, Éducation physique 10 professionnels et six pédiatres. La collecte des données a été réalisée par l'application d'un questionnaire subjectif de ceux qui sont impliqués. Les enseignants de cette lutte et les pédiatres ont indiqué, la plupart du temps, l'âge idéal pour l'initiation de la pratique du Karaté que cinq ans. Mais des auteurs comme Carazzato et Costa (1991), Weineck (2000) et Figueiredo (2003) renforcent l'opinion des professionnels de l'éducation physique participant à l'étude, qui est de six ans pour l'âge idéal pour ce combat initiation sportive. L'étude comprend un examen des professeurs d'éducation physique comme le plus cohérent, compte tenu de la formation universitaire d'entre eux, ce qui les rend experts dans le domaine, ainsi que par la zone de référence déclaration indiquant les auteurs de l'âge de six ans que l'idéal initiation à ce sport.

MOTS-CLÉS: Initiation sport, karaté, Enfant

EDAD SUGERENTE INICIACIÓN DEPORTIVA KARATE: UNA PERSPECTIVA DE PROFESORES DE KARATE, EDUCACIÓN FÍSICA Y PROFESIONAL MÉDICA PEDIÁTRICA

RESUMEN

Este estudio tuvo como objetivo determinar la edad óptima para la iniciación en los deportes maestros perspectiva de karate en el deporte, profesionales de la educación física y los pediatras. El karate es un arte marcial o lucha sistematizada en Japón Brasil es ampliamente esta lucha practicada en escuelas, gimnasios y clubes, donde se compone el mayor número de practicantes de los niños. Se formuló entonces la cuestión de la guía de actividades de investigación: lo que la edad óptima para la iniciación Karate? Era una comparativa, de campo, descriptivo cualitativo y cuantitativo. La muestra del estudio consistió de 10 maestros de Karate, Físicas 10 profesionales de la educación y los pediatras seis. La recogida de datos se realizó mediante la aplicación de un cuestionario subjetivo para las personas involucradas. Los maestros de esta lucha y pediatras indicó, en su mayoría, la edad ideal para la iniciación de la práctica del Karate hasta cinco años. Sin embargo, autores como Carazzato y Costa (1991), Weineck (2000) y Figueiredo (2003) refuerzan la opinión de los profesionales de la Educación Física que participan en el estudio, que es de seis años para la edad ideal para esta pelea iniciación deportiva. El estudio incluye una revisión de los profesores de educación física como el más coherente, teniendo en cuenta los antecedentes académicos de éstos, lo que los expertos en la materia, así como por el área de Documentación autores que indica la edad de seis años como el ideal iniciación en el deporte.

PALABRAS CLAVE: Iniciación deportiva, Karate, Niño

IDADE SUGESTIVA PARA A INICIAÇÃO ESPORTIVA NO KARATE: A PERSPECTIVA DE PROFESSORES DE KARATE, PROFISSIONAIS DE EDUCAÇÃO FÍSICA E MÉDICOS PEDIATRAS

RESUMO

Este estudo teve como objetivo verificar a idade ideal para a iniciação esportiva no Karate na perspectiva dos professores da modalidade, profissionais de Educação Física e médicos pediatras. O Karate é uma luta ou Arte Marcial sistematizada no Japão. No Brasil esta luta é muito praticada em escolas, academias e clubes, onde o maior número de praticantes é composto por crianças. Formulou-se então a seguinte questão guia da atividade investigativa: qual a idade ideal para iniciação ao Karate? Foi um estudo comparativo, descritivo, de campo, quali-quantitativo. A amostra da pesquisa foi composta por 10 professores de Karate, 10 profissionais de Educação Física e seis médicos pediatras. A coleta de dados foi realizada a partir da aplicação de um questionário subjetivo aos envolvidos. Os professores desta luta e os médicos pediatras indicaram, em sua maioria, a idade ideal para a iniciação da prática do Karate como cinco anos. Entretanto autores como Carazzato e Costa (1991), Weineck (2000) e Figueiredo (2003) reforçam a opinião dos profissionais de Educação Física participantes do estudo, que é de seis anos para a idade ideal para a iniciação esportiva nesta luta. O estudo compreende a opinião dos professores de Educação Física como a mais coerente, haja vista a formação acadêmica destes, o que os tornam especialistas no assunto, e também pela afirmação de autores de referência da área indicando a idade de seis anos como a ideal para a iniciação na modalidade.

PALAVRAS-CHAVE: Iniciação esportiva, Karate, Criança