33 - Taekwondo for Visually Impaired Individuals.

MARTINS, Ana Cláudia Borges.
BORGES, Rogério José Maria.
rjborges8@hotmail.com
Educação Física, Instituto de Ciências da Saúde. UNIARAXÁ. Araxá MG, Brazil.

I - Introduction

Today, the sport for the handicapped, is in evidence, due to the results obtained by them in paraolimpiadas and world championships.

Reading and researching the matter, we contend that these different types of collective and individual sports and martial arts judo is the only part of the program of sports for the disabled especially for the visually impaired.

In order to study sports adjusted, the various sports that make up the sports for people with disabilities, note that only the martial arts judo is part of this universe, because they are equipped principles, norms, values and today is an alternative to people may have a physical activity and not just as rehabilitation.

It is necessary to understand the concept of disability, according Carmo (1991) the term is attributed to poor members of society, which have some form of abnormality or differentiation towards the other members, either in cognitive, affective or engine.

Today the deficiencies are subdivided into: sensory (auditory and visual), physical, mental and multiple. From now on we will restrict visual impairment that is our object of study.

The whole is visually impaired person who owns a reduction or total loss of visual ability. As Gil (1999) is the total or partial loss of ability to see. The partial loss of vision might characterize it as the inability to see their fingertips to a distance less than 3 meters.

The bearer of visual impairment, with difficulty in walking and insecurity of it, note that they have the most difficulty in basic physical skills such as walking, balance, coordination in general.

It appears that the city of Araxá - MG there is a lack of physical activities for the disabled, in the face of this fact it is proposed the deployment of initiation for the visually impaired Taekwondo.

The martial arts provide a great physical development As Vaughan (1980) is one of the first and great benefits that we get practicing self-defense, because it is an eminently practical activity, which requires a coordinated and appropriate physical labor to each practitioner, returning to the driving requirements of each technique, resulting in the development of skills, aimed at optimizing the full potential of each practitioner, in several aspects, such as aerobic conditioning, stretching, flexibility, agility, strength and motor coordination, and so on.

The martial arts, with their principles, norms, values and histories, are up today as an alternative body of practice and how high-level sports. We also meet the requirements of a public increasingly demanding in terms of aesthetic body.

Today we have various types of martial arts such as Judo, Kung fu, karate, Aikido, Jiu Jitsu, Capoeira, etc.. And as the object of study was chosen because it works for the Taekwondo courtesy, integrity, perseverance, self control and indomitable spirit. From now do a literature review on the subject of our study is that the Taekwondo, because this sport does not exist with the carriers of visual impairment.

With reference to Taekwondo, we found a lack of bibliographic material and academic, especially those who seek to portray their social transformations and the establishment of its field sports. A large part of the bibliography for this martial art is limited to technical manuals or studies aimed at improving the income of athletic sports. In this sense the following is an excerpt from Apostila of the 3rd National Course for instructors, teachers and examiners: CBTKD. MG. 2006.

The Taekwondo is taught as a defensive martial art, which develops skills for self protection, physical agility and mental development. The Taekwondo is a struggle that does not grab the opponent to attack or defense, because the grip is forbidden, the goal is to reach the opponent with quick strikes and why the Taekwondo favors the defense staff. The practitioner of Taekwondo acquires physical development of their body, which does even more self-assured, and mental discipline, which makes it more balanced, transforming it into a person with the confident spirit, generous, fair, and humble leader. The main goal of Taekwondo is to humans respected in every sense, developing intelligence, strengthening the spirit, and ensuring a good physical and mental health.

The word Taekwondo means tae feet, Kwo hands, the path. Thus, although a Korean word on whether the three will join the concept art of attack and defense with their feet and hands (Barros / 2006).

The Taekwondo originated in Korea more or less 2000 years ago. 2882 has hand and foot techniques, and its rule of competition allows kick above the track, even in the face. The basis of Taekwondo is a discipline and became Olympic sport on 04 September 1994.

For centuries the Taekwondo was practiced as a form of exercise and defense of the country and its philosophy as part of the historical process of Korea (Almeida / 2006) ``. With the invasion of Japan to Korea at the beginning of the twentieth century the Taekwondo benefiting the Karate was banned because it is a struggle of Japanese origin and the end of the 2nd World War and the liberation of the Korea Taekwondo again be practiced. With the return of Koreans living in Japan and the practiced Karate, Taekwondo and with it the period that had an influence in its design because of this, a Taekwondo emerging from other schools of their origin. Among the many practitioners of Taekwondo, General Choi (who studied in Japan) out as a great master, thanks to his studies textbooks; introducing some techniques of Karate in Taekyon (dominated the various techniques of leg). In 1955, General Choi, the defending Taekwondo as sports mode, formed a committee proposing the unification of it in a single name but the schools resisted the move arguing names like Gong-Soo and Dang-Soo. In 1961, through various meetings in schools, it moved to call it, Taesoodo. With the founding of the Korean Association of Taesoodo, General Choi was invited and took over the presidency of emsma in January 1965. Finally, on August 5 the same year, proclaimed the name of our art as Taekwondo. The leaders consider the year 1961, as the reformulation of the name `` ultimately''Taekwondo (Goulart / 2005).

In the second half of the twentieth century the Taekwondo came to Brazil and today and one of the most martial arts practiced in this country.

Currently, the Taekwondo is practiced in more than 157 countries, with teachers, academies and entities linked the two Federations, the ITF (International Taekwondo Federation) and WTF (The World Taekwondo Federation), founded in May 28, 1973 at the time of completion of the 1st World Championship of Taekwondo in his seat, the Kukkion, built in 1972 in Seoul, South Korea Despite being the second largest entity formed, received the support of the government of Korea, due to be headquartered there. One example was the announcement by the president of the republic as a national sport Taekwondo (Almeida / 2006).

Poom in the Taekwondo consists of movements of attack and defense against an imaginary opponent within a particular diagram, its practices must be implemented after the training of many Langnese Dongjak (basic positions of attack and defense in Taekwondo, basic movements, improving basics for beginners and intermediates, the training is crucial for correct posture and progress in development) with the training of Poom is, we can gain muscle strength, correct posture, develop the balance of your body, your breath and better motor coordination.

As the main purpose of this study to develop the techniques of Taekwondo with individuals with visual impairments. Visually impaired to arouse interest in the Taekwondo, develop independence and security, check the contribution of Taekwondo in social and physical aspects, providing the student sports activities contributing to the maintenance of their physical and mental health and provide concept of self defense.

Our intention in this study was to show that the bearer of visual impairment can learn and develop the skills necessary to practicing Taekwondo, because the poor suffer much with the limited physical, psychological and social importance of why the practices of some kind of physical activity for the disabled.

The Taekwondo for the visually impaired does not exist so we will make adjustments in the teaching of Taekwondo.

Methodological procedures

Ethical Care

The study was approved by the ethics committee of the University Center of the Planalto Araxá - MG (Uniaraxá). The study was conducted Araxá Taekwondo Association in the city of Araxá - MG. Students were informed about the objectives of the study and they participate in the project had to sign a consent authorizing the authors to use all data collected at work. Criteria for selecting the sample

It is a field research with 3 for the visually impaired to participate in this study were established some criteria: before he left with impaired vision.

The research was performed at the Academy Araxá Taekwondo Club in the city of Araxá.

Materials and methods

In this work the volunteers have received all the information regarding the initiation of Taekwondo, and at the end of it were subject to an assessment of progress of track. The evaluation of this work will be done at the academy by a qualified teacher by the Confederation of Brazilian Taekwondo is judge that they can progress to track.

Students attended classes for six months, two hours a week, where he was working for the basic motor skills Taekwondo, mental and physical development, concentration, self-confidence and the basic movements of Taekwondo at the end of this process the students were subjected to Examination of track.

In examining the track the student (athlete) is evaluated to see if you can continue with the new techniques will be or whether more time on the same track. And the master techniques for assessing whether he is able to acquire new knowledge or if you need further refine those techniques that were learned. The examination was conducted in Araxá in Araxá Taekwondo Association. An examination of the track is held every four months, and every student can attend it, where it passes through a review of the whole process of learning where the student must have a favorable performance in the following items:

- Tuesday concentration to perform the movements
- Take the coordination of movements
- Take control of breathing
- Implement strength and speed the movement
- Have correct posture and balance
- Be calm, disciplined and cuts.
- Keep your dobok (training uniform) clean and tidy.

The examination is conducted with the presence of a master is that it has to be at least 4th Dan, and be approved by the federation, together with the technical committee of the academy which is composed of at least one teacher and a student graduated. The student is evaluated from its position inside and outside the academy until their technical and theoretical learning where it is estimated some knowledge of Taekwondo, for example:

- Which is Taekwondo
- What is the meaning of the word Taekwondo
- Birthplace of the Taekwondo
- Was born when the Taekwondo
- What is the basis of Taekwondo
- What are the principles of Taekwondo
- Which is IOC, COB, FTEMG WTF, PATU
- Etc.

To participate in the examination of track the student (athlete) than the professor indicate that it is able to participate, he has to go through a sequence of work that is needed to make progress as the basic positions critical to the practice of Taekwondo.

In addition to these technical questions the student (athlete) has to show in this period of learning their personal development to determine such matters as: whether control, wait, show calm, be willing to learn, listen, be fair, to respect people and nature , Effort, trust, give good examples, apart Tuesday in class attendance Tuesday.

The test was conducted on 23/09/06 from 8:30 min Araxá in Taekwondo Association located at Rua Rio Branco, 417, center, Araxá - MG, the bank examiner was composed by the master Jéferson Vicente de Paula, black belt 5th Dan, and the teachers Evandro Carlos da Silva, 3rd Dan black belt in the city of Araxá, Alexandre Chaves, 1st Dan black belt in the city of Campos Altos Ana Claudia Borges Martins. Track red tip black, 1st Gub of Araxá and by Professor Elbert Martins, 1st Dan black belt in the city of Betim, and all belong Taekwondo Federation of the State of Minas Gerais, Brazil.

The techniques were evaluated by their repetitive movements, concentration and body posture. The note between A and C at the end of assessing students, were approved with the letter A and can overcome the expectations of the examination table and were automatically approved for graduation yellow stripe Gub and 8th Federation of Taekwondo registered in the State of Minas General, which was founded on February 28 of 1984 regulated by Decree 80228/77, approved by Mec under. 23005.003470/84 and affiliated to the Confederation of Brazilian Taekwondo, and so his record in Taekwondo Federation of the State of Minas Gerais by the number of your card and your certificate of yellow stripe.

After the examination of track were sought by a member of the bank where the examiner said he was very surprised they have succeeded in making the examination of track in perfect harmony even though visually impaired.

And the rest of that one student came to thank and talk about the change that Taekwondo has in his life, that to start with Taekwondo he barely leave home, it was very difficult not to accept their right the situation and from Taekwondo, he feels another person, longer accepts the condition, and knows that it can overcome any obstacle that will have.

Final considerations

The sport as a whole can provide a healthier life not only for those who are at risk for lack of physical activity and a key aspect is improving the quality of life.

We know that the bearer of poor eyesight, has difficulty in walking because of their disability. Because of this difficulty to move without assistance they have some difficulty in motor skills. With experience in Taekwondo believe that it could help in developing motor of students, because the diversity of movement, which provides this martial art, and students during school had a significant development in all their motor skills, as the students in end of the first stage managed to run fluently movements required for the exchange of track where they were approved by the evaluators with the highest note.

One interesting aspect was noted that the availability and willingness to learn these students because they thought it would have enough difficulty in their learning, but the Taekwondo in its design practices requires much attention, reflection, coordination and several other physical qualities and they showed that despite his disabilities are able to learn much more, gave us a lesson in life. Of a well developed significantly, they won a scholarship to continue his training at the academy. During this period we realize that they have a huge desire to live and learn. Therefore, their disability does not prevent to live life with intensity and that has surprised me most was his will to live and live with joy regardless of their condition. References

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RESUMEN

El presente estudio tiene por objeto el desarrollo de técnicas de Taekwondo para las personas con discapacidad visual.

El estudio pretende mostrar que las personas que tienen problemas visuales son capaces de aprender y desarrollar las competencias requeridas para la práctica Taekwondo. Dado que esas personas sufren de física, psicológica y social limitaciones, la práctica de cualquier actividad física es esencial para ellos, y por la práctica de Taekwondo, se les permite estar en contacto con un deporte más. El estudio utiliza como parámetro los estudios ya desarrollados por los investigadores en el ámbito de la deficiencia y sus sugerencias sobre cómo hacer frente a esas deficiencias. La investigación fue aprobado por el Comité de Ética del "Centro Universitario do Planalto de Araxá - MG. La investigación de campo fue desarrollado con tres personas con deficiencias visuales. Se les dio toda la información refiriéndose a la iniciación de Taekwondo, y al final del estudio que se evaluarán en cuanto a los progresos realizados en la banda. Los estudiantes asistieron a clases durante seis meses, dos horas dos veces por semana. En las clases los instructores trabajaron con sus habilidades motoras básicas, desarrollo físico y mental, concentración, confianza en sí mismos, y los movimientos básicos del Taekwondo. Al final del proceso, los estudiantes fueron evaluados. En el examen. Su disposición se verificó para ver la posibilidad de pasar a nuevas técnicas o en caso de que se mantenga más tiempo en el mismo nivel. Los estudiantes hicieron una presentación siguientes requisitos básicos y fueron aprobadas con la letra A, que se colocan automáticamente en el 8 º gub franja amarilla. Durante ese período se observó un fuerte deseo de las personas tienen que vivir y aprender. En este sentido, su deficiencia no les impide vivir su vida intensamente y lo que es más importante - que realmente quieren vivir - y vivir con alegría, independientemente de su condición. PALABRAS CLAVE: Visual imparity, Taekwondo, Araxá.

La présente étude vise à développer les techniques de taekwondo pour les personnes ayant une déficience visuelle. L'étude vise à montrer que les personnes ayant une déficience visuelle sont capables d'apprendre et de développer les compétences requises pour pratiquer le taekwondo. Comme ces personnes souffrent de conséquences physiques, psychologiques et sociales, la pratique de toute activité physique est essentiel pour eux, et en pratiquant de taekwondo, ils sont autorisés à être en contact avec un autre sport. L'étude a utilisé comme paramètre les études déjà mis au point par les chercheurs dans le domaine de la déficience et de leurs suggestions sur la façon de traiter ces déficiences. La recherche a été approuvé par le Comité d'éthique de la "Centro Universitário do Planalto de Araxa - MG. Le domaine de recherche a été élaboré avec trois personnes ayant une déficience visuelle. Ils ont reçu tous les renseignements relatifs à l'ouverture de Taekwondo, et à la fin de l'étude, ils seraient évalués que pour les progrès réalisés dans la bande. Les étudiants ont suivi des cours pendant six mois, à deux heures deux fois par semaine. Dans les classes les instructeurs ont travaillé avec leurs habiletés motrices de base développement physique et mental, la concentration, la confiance en soi, et les mouvements de base du taekwondo. À la fin du processus, les élèves ont été évalués. Dans l'examen. Leur préparation a été vérifié pour voir la possibilité pour eux de passer à de nouvelles techniques ou si elles être conservées plus longtemps dans le même niveau. Les étudiants ont fait une présentation de base ci-après et ont été approuvés par la lettre A, sont automatiquement mis sur la 8e GUB bande jaune. Au cours de cette période, il a été constaté un fort désir de ces personnes ont à vivre et à apprendre. En ce sens, leur carence ne les empêche pas de vivre leur vie intensément et ce qui est le plus important - ils ont vraiment envie de vivre - et de vivre avec joie, quelle que soit leur condition. MOTS CLÉS: Visual imparité, Taekwondo, Araxa.

ABSTRACT

The present study aims at developing Taekwondo techniques for visually impaired individuals. The study intends to show that individuals who are visually impaired are able to learn and develop the required skills to practice Taekwondo. As those individuals suffer from physical, psychological and social limitations, the practice of any physical activity is essential for them, and by practicing Taekwondo, they are allowed to be in contact with one more sport. The study used as its parameter the studies already developed by researchers in the area of deficiency and their suggestions on how to deal with those deficiencies. The research was approved by the Committee of Ethics of the “Centro Universitário do Planalto de Araxá MG. The field research was developed with three visually impaired individuals. They were given all the information referring to the initiation to Taekwondo, and at the end of the study they would be evaluated as for the progress in the stripe. The students attended classes for six months, two hours twice a week. In the classes the instructors worked with their basic motor skills, physical and mental development, concentration, self-confidence, and the basic moves of Taekwondo. At the end of the process, the students were evaluated. In the exam. Their readiness was checked to see the possibility for them to move on to new techniques or if they would be kept longer in the same level. The students made a presentation following basic requirements and were approved with letter A, being automatically placed on the 8th Gub yellow stripe. During that period it was noticed a strong desire those individuals have to live and learn. In this sense, their deficiency does not prevent them from living their lives intensively and what is most significant they really want to live and live with joy, regardless their condition.

KEY WORDS: Visual imparity, Taekwondo, Araxá.