55 - THE IMPORTANCIA Of FLEXIBILITY IN CAPOEIRA PRACTITIONERS

MARCO ANTONIO SARTOR; JONI MARCIO DE FARIAS
Universidade do Extremo Sul Catarinense - Unesc, Criciúma, Santa Catarina, Brasil.
limao_sc@yahoo.com.br / jmf@unesc.net

Bibliographical revision

As simple pleasure to possess the capoeira and to practise it as form of physical activity and benefiting to the quality of life or in the form of leisure and recreation, or even though through the improvement of the income performance, the practitioner of capoeira and the ones that teach it, for many times do not possess theoretical knowledge to understand and to understand the advantages and disadvantages in agreement the practised modality.

The capoeira for if dealing with a esportiva activity and being above of everything an art form that it joins music and the rhythm conciliating the physical activity, where historicamente started as a fight of defense with anciã of freedom, currently must be understood as a esportiva activity with character predominantly of educative income and.

In accordance with Campos (2001), the capoeira is an excellent physical activity, therefore it works as in set: the muscular part, to articulate and all the great functions of the human body. The capoeira supplies physical qualities of base directly working mainly and in the improvement of the condition of the practitioner, mainly in the aerobic and anaerobic part.

The capoeirista has an only objective in its movements that is to attack, to defend or to recoup the balance. So that this happens the necessary capoeirista to supply of conditions that take it to play these beddings with the biggest possible precision being been that the capoeira for its practical systematics develops its abilities and physical conditions necessary to supply its necessities in the hour of the "game" of the capoeira.

In the "game" of the in agreement capoeira Campos (2001), are where the capoeirista one shows to all its ability and dexterity, where if it becomes necessary an excellent physical conditioning indiscutivelmente. The physical qualities are developed in constant movement, where in the proper wealth of movements through the variations of the game in the low, average and high plan; through its esquivas, counterstrokes and blows; its brusque changes of direction; jumps and saltitos are worked flexibility, agility, balance, speed, coordination, resistance and force.

Above are cited some "acquired abilities" by means of the practical one of the capoeira, where can have a questioning on because speaking on the other abilities not to be of the flexibility that is the objective of the study? It is that an ability is linked to another one directly or indirectly for á practises of the capoeira, where being will have a reduction or if individuo practicing to possess little flexibility, it will cause a reduction the performance of the other abilities before the game of the capoeira, being thus of great importance for practical its.

For Achour Junior (1998) flexibility is defined operationally as maximum amplitude of voluntary movement in one or more joints without lesionar them

We can define flexibility when individuo obtains to arrive at its maximum point of amplitude to articulate of its movements, without a external force, thus possessing one better amplitude of its joints, and, facilitating its daily and esportivas activities as to practise capoeira, to run, to walk and to execute domestic works, providing to one better quality of life for this individuo.

For the capoeira practitioner flexibility is one of the demanded beddings more according to Campos (2001), being classified as Brazilian gymnastics very possesss a great necessity of amplitude to articulate for execution of its movements, where its movements explore the biggest capacity of flexibility of the capoeirista in its blows, esquivas, counterstrokes and floreios. In the practical one of the capoeira, it is had for purpose or for better performance when the movements are carried through with the amplitude maximum to articulate, being thus it strengthens the importance of flexibility for practises of the capoeira.

To acquire a good flexibility or simply to keep it, in the capoeira lessons it must be applied programs with allonge exercises before and after the lessons, therefore as Contursi (1990) first serves for the practitioners to get ready in such a way physical as mentally and after the allonge exercise will make possible to the practitioners one better flexibility with the elimination of the muscular rigidity.

The allonge exercises will also serve for the capoeiristas for á health and well-being and eliminating or diminishing the muscular shortenings and injuries for the efforts demanded in the work to alliviate the muscular tensions, where as It Silva (2002) the injuries more common than they can happen to the capoeira practitioner happen á muscular level and to articulate, where the stretchings of the musculatura of the inferior members and the lumbar region are most common and are decurrent of forced movements or for the lack of an adequate heating.

In the children the muscular injuries in accordance with Achour Junior (1999) are little citizens of that the adults, because of the reduction of the attrition to intramuscular and the biggest accumulation of water, and of the lesser muscular tonicidade.

Flexibility possesss an excellent development in the part of infancy until the beginning of the adolescence for Achour Junior (2002), and that it diminishes with passing of the growth of the chronological age, mainly in the cases of the lack of physical exercises that need significant amplitude of movement and exercises of allonge.

Besides practising allonges for the maintenance and perfectioning of flexibility, the child has that to practise esportivas activities and tricks Zakharov in accordance with (1992) so that she does not have a rigidity muscle-to articulate. The capoeira is an excellent esportiva activity for the child, where they congregate the sport and the trick, assisting of significant form in the perfectioning and maintenance of flexibility through its articulated super movements.

A flexibility is bigger the more young will be the athlete, thus being that the training of flexibility must more be demanded since in agreement infancy Tubino (1984) & Weineck (1999) in the direction to keep maximum flexibility, with the objective of the infantile maintenance of high flexibility, through general and specific exercises for the practised esportiva modality, to supply the enrijecimento of tendões, ligaments and capsules to articulate, so that it does not have losses and to guarantee a good flexibility in the adult life.

The disequilibrium because of the growth and for the high tensions repeated during the long o of the life possesss a great part of the origin of the deterioration of the organism according to Geoffroy (2001), by cause of this reason the muscular education must be initiated more early possible, and seguiz it during all its esportiva career and after of the same one to feel itself well, to prevent injuries and to guarantee a long and healthful future.

Methodology

The work was carried through with a group of practicing and not practicing children of capoeira with age of 9 to the 11 years of a school of the City of Criciúma.

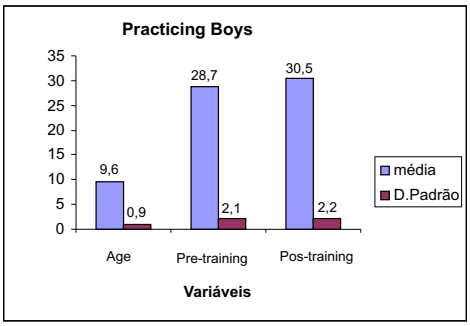
For determination of the degree of flexibility of the children, the test was used for this to seat and to reach, that it measures lumbar flexibility.

The participants of the study who carried through capoeira, had capoeira lessons 1 time per week with duration of 90 minutes, and, the not practicing ones had not had counted with the capoeira called art-fight. All the two groups had had called tests daily pay-training and after two months the same groups they had returned to carry through the same tests called after-training.

It analyzes and Quarrel of the Data.

Graph 1 demonstrates the results gotten in daily pay and after training between practicing boys of capoeira.

GRAPH 1: Practicing Boys

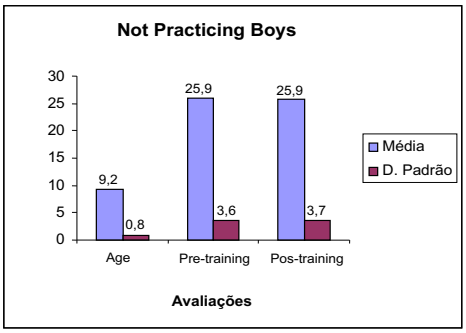


The evaluated pupils of the fourth and third series of basic education had presented a average of 9,6 + 0,9 of age.

When evaluated the data only of the group that carried through the activities of capoeira, it can be observed in graph 1 that the boys had had a profit of 1,8 cm when compared with the beginning of the capoeira lessons. This improvement can be in result of the capoeira modality to demand some movements that increase the amplitude to articulate.

In Graph 2 the results will be express daily pay and after training of the not practicing boys of capoeira.

GRAPH 2: Not Practicing Boys



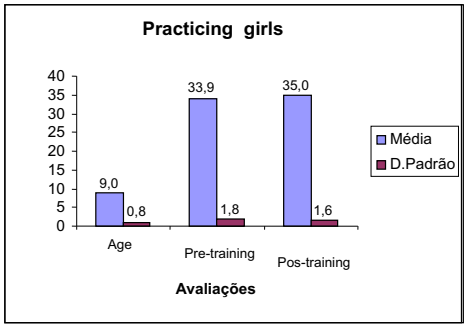
The sample of not practicing of capoeira had been selected of the third and fourth series of basic education with a average of 9,2 + 0,8 of age.

The not practicing boys of capoeira had not presented improvement in the computed results, thus remaining with the same average of daily pay-training compared with the after-training. Valley to stand out that these children exactly not participating of the capoeira lessons, participated of other esportivas activities, what of certain form it did not contribute for the improvement of flexibility.

If to relate the average between the practicing boys and the not practicing boys of capoeira, we can observe a profit of the lumbar flexibility of the capoeira practitioners. To establish this improvement, the improvement must be led not only in consideration, but the activity time so that the children got this improvement, that as Weineck (1999) the flexibility training must be carried through at least 3 times per week, but to reach one high level of flexibility, the flexibility training must be daily not occurring great interruptions. E to the level of lumbar flexibility we can observe a difference of 4,6cm of the practicing boys in relation to the not practicing boys of capoeira in the period of after-training.

Graph 3 presents the results of the practicing girls of capoeira in the periods daily pay and after training.

GRAPH 3: Practicing Girls



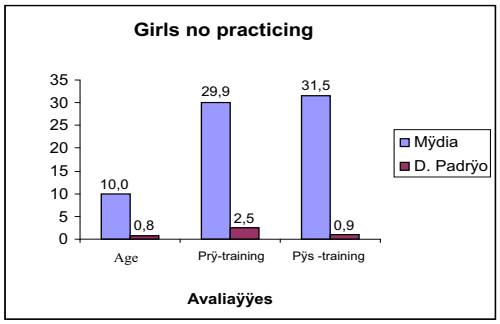
The sample of the practicing girls was surveyed of the third and fourth series of basic education totalizing a average of

9,0 + 0,8 of age.

The practicing girls of capoeira had had a minimum improvement of 1,1cm of after-training in relation to the daily pay-training, related to lumbar flexibility surveyed through the test to seat and to reach.

Graph 4 express the result of the not practicing girls of capoeira in the period of the daily pay-training and after-training.

GRAPH 4: Girls No Practicing



The not practicing girls of capoeira had totalized a average of 10,0 + 0,8 of age, possessing an increase in relation to the not practicing decurrent one that some are repeating the series of third and fourth series of basic education.

The not practicing girls of capoeira had had a profit of lumbar flexibility of 1,6cm of the period of daily pay-training for the after-training. If to analyze the profit of a period for the other the not practicing girls of capoeira had had a profit not very significant of 0,5cm in relation ace practicing girls, being able to have been generated for other extracurricular activities. But, if to compare the level of flexibility between the not practicing practitioners and, we can get a difference of 3,5cm of bigger lumbar flexibility of the capoeira practitioners.

Conclusion

Making a general analysis of the graphs, as much for the boys as for the girls is observed that the capoeira practitioners had possessed resulted more positive in relation to the not practicing ones, exactly having the knowledge that the activity time has not been the sufficient for better resulted, in the same way that in this etária band if it becomes more easy to have earned of flexibility in result of its corporal maturation.

One notices that the girls possess a bigger level of lumbar flexibility in relation to the boys, exactly in relation to the practitioners and the not practicing ones of capoeira. Being able to affirm that the feminine sex possesss one better flexibility of that the masculine sex. The feminine sex as Costa (1996) are more flexible for a question of hormonais differences, where á woman with a high amount of estrógeno, possessing a bigger retention of water and because of the thickness of the muscular staple fibres to be lesser of that of the man, independent of the etária band.

The profit of the lumbar flexibility of the not practicing ones of capoeira can have been unchained for the other activities offered in the institution where the research was carried through as: street dances, theater, escolinha of vôlei, escolinha of soccer, escolinha of tennis, lessons of Physical Education among others, where the pupils could choose, some participated of more activities.

Through the computed results we can affirm that the practical movement and of the capoeira, together with allonge exercises they contribute to acquire and/or to improve flexibility in children. This affirmation this endorsed by the found values, therefore if with only 1 weekly lesson of 90 minutes is possible to have improvements, as presented previously, subentende that with the practical systematics of the capoeira and exercises of allonges, with a bigger periodização, to the little three times in the week, they can be had resulted more significant of profit of flexibility.

It is only one challenge, that this activity can in together a next future be contemplated to all the educational levels, repassing the culture of this art which has much to have with the history of our Brazil, as also not only a life philosophy, but yes as one practical for the improvement of the amplitude to articulate, the force, of the dexterity, important agility among others, components for the good development of a child.

BIBLIOGRAPHICAL REFERENCES

ACHOUR JUNIOR, A. **Bases para exercícios de alongamento:** relacionados com a saúde e no desempenho atlético. 2ª ed. Londrina, Phorte: 1999.224p.

_____. **Exercícios de alongamento:** anatomia e fisiologia. São Paulo, Manole: 2002.550p.

_____. **Flexibilidade:** Teoria e Prática. Londrina, Atividade Física & Saúde: 1998.183p.

CAMPOS, Hélio. **Capoeira na escola**. Salvador, EDUFBA: 2001.151p.

_____. **Capoeira na Universidade:** uma trajetória de resistência. Salvador, EDUFBA: 2001.184p.

CONTURSI, Tânia Lúcia Bevilaqua; CARVALHO, Ana Cristina; LACERDA, Iara Cerqueira. **Flexibilidade e Relaxamento**. Rio de Janeiro, SPRINT: 1990.

COSTA, Marcelo Gomes. **Ginástica localizada**. Rio de Janeiro, SPRINT: 1996.338p.

GEOFFROY, Christophe. **Alongamento para todos**. São Paulo. Manole: 2001.

SILVA, Gladson de Oliveira. **Capoeira:** do engenho à universidade. 3ª ed. São Paulo. CEPEUSP: 2002.263p.

TUBINO, Gomes. **Metodologia cientifico do treinamento desportivo**. 11 ed. São Paulo. Ibrasa: 1984.435p.

WEINECK, Jurgen. **Treinamento ideal:** instruções técnicas sobre o desempenho fisiológico, incluindo considerações específicas de treinamento infantil e juvenil. 9ª ed. São Paulo. Manole: 1999.740p.

ZAKHAROV, Andrei. **Ciência do treinamento desportivo**. Tradutor GOMES, Antonio Carlos. Rio de Janeiro. Grupo palestra sport: 1992. 338p.

Universidade do Extremo Sul Catarinense - Unesc
Av. Universitária - 1105
Bairro Universitário
Setor: GEPeS - Grupo de Extensão e Pesquisa em Saúde.
E-mail: limao_sc@yahoo.com.br
Fone: (48) 3462-7986 / 8428-0477

THE IMPORTANCIA Of FLEXIBILITY IN CAPOEIRA PRACTITIONERS

Abstract

The present study it will approach flexibility in the capoeira practitioners, for if dealing with a Brazilian sport genuinamente born of a freedom shout of the slaves afro-Brazilians, where it practises it of the capoeira if it has become each time more popular in Brazil and if spread by the o entire world with a on art-fight the sport and quality of life, and, taking important projections with the care with the leisure and prevention of illnesses, thus benefiting Ã¡ health. The great paper of this work is to supply subsidies to that they practise and they work with capoeira, to know and to work flexibility. The objective of this is to show as the capoeira together with allonge exercises, intervenes with the maintenance and improvement of the flexibility of who practises them. So that this study happens had been surveyed lumbar flexibilities through teste de sentar e alcançar with practicing and not practicing children of capoeira with ages between 9 and 11 years, being nine practitioners of capoeira and nine not practicing of capoeira, totalizing eighteen pupils, subdividing itself in five boys and four girls for each group of not practicing practitioner and.

Word-key: Capoeira, Flexibility, Allonge, Children.

L'IMPORTANCE DE LA FLEXIBILITÉ DANS APPRENTIS DE CAPOEIRA

Le résumé

La présente étude il approchera flexibilité dans les praticiens du capoeira, pour si négocier avec un genuinamente du sport brésilien né d'un cri de la liberté des Brésiliens de l'afro des esclaves où il le pratique du capoeira s'il est devenu chaque temps plus populaire au Brésil et si s'est étendu par l'o monde entier avec un sur art bagarre le sport et qualité de vie, et, prendre des projections importantes avec le soin avec le loisir et prévention de maladies, donc benefiting Ã la santé. Le grand papier de ce travail est fournir des primes à cela ils pratiquent et ils travaillent avec capoeira, savoir et travailler flexibilité. L'objectif de ceci est montrer comme le capoeira avec allonge exerce, intervient avec l'entretien et amélioration de la flexibilité de qui les pratique. Afin que cette étude se passe avait été inspecté des flexibilités lombaires à travers sentar du de du teste alcançar e avec pratiquer et pas enfants pratiquants de capoeira avec âges entre 9 et 11 années, être neuf praticiens de capoeira et neuf qui ne pratiquent pas de capoeira, totaliser dix-huit élèves, qui le subdivise dans cinq garçons et quatre filles pour chaque groupe de pas praticien pratiquant et.

La mot clef: Capoeira, Flexibilité, Allonge, Enfants.

LA IMPORTANCIA DE LA FLEXIBILIDAD EN APRENDICES DE CAPOEIRA

El resumen

El estudio presente se acercará la flexibilidad en el capoeira pone de aprendiz, por tratar de un deporte el brasileño genuinamente nacido de un grito de la libertad de los esclavos afro-brasileños dónde el practica del capoeira tiene si se puso más popular en Brasil y si dispersó para el el mundo entero con un arte-lucha se unido al deporte y calidad de vida, y, tomando las proyecciones importantes con el cuidado con el ocio y prevención de enfermedades, como esta salud de á beneficiando. El gran papel de este trabajo es proporcionar los subsidios al esa práctica y ellos trabajan con el capoeira, de saber y trabajar la flexibilidad. El objetivo de esto es mostrar como el capoeira junto con la prolongación ejerce, ellos interfieren en el mantenimiento y aprimoramento de la flexibilidad de quién el los practica. Para que este estudio pase que las flexibilidades lumbares se verificaron a través de la prueba de sentarse y alcanzar con practicar a los niños y ningún capoeira pone de aprendiz con las edades entre 9 y 11 años, mientras siendo nueve capoeira pone de aprendiz y nueve que ningún capoeira pone de aprendiz, mientras ascendiendo a a dieciocho estudiantes, subdividiéndose en cinco muchachos y cuatro muchachas para cada grupo del aprendiz y ningún aprendiz.

Palabra-importante: Capoeira, la Flexibilidad, la Prolongación, los Niños,

A IMPORTANCIA DA FLEXIBILIDADE EM PRATICANTES DE CAPOEIRA

Resumo

O presente estudo abordará a flexibilidade nos praticantes de capoeira, por se tratar de um esporte genuinamente brasileiro nascido de um grito de liberdade dos escravos afro-brasileiros, onde a pratica da capoeira tem se tornado cada vez mais popular no Brasil e se espalhado pelo o mundo inteiro com uma arte-luta ligado ao esporte e qualidade de vida, e, tomando importantes projeções com o cuidado com o lazer e prevenção de doenças, assim beneficiando á saúde. O grande papel deste trabalho é fornecer subsídios aos que praticam e trabalham com capoeira, de conhecer e trabalhar a flexibilidade. O objetivo deste é mostrar como a capoeira juntamente com exercícios de alongamento, interferem na manutenção e aprimoramento da flexibilidade de quem os pratica. Para que aconteça este estudo foram aferidas as flexibilidades lombares através do teste de sentar e alcançar com crianças praticantes e não praticantes de capoeira com idades entre 9 e 11 anos, sendo nove praticantes de capoeira e nove não praticantes de capoeira, totalizando dezoito alunos, subdividindo-se em cinco meninos e quatro meninas para cada grupo de praticante e não praticante.

Palavras-chave: Capoeira, Flexibilidade, Alongamento, Crianças.