

THE USAGE OF MARTIAL GAMES AND EXERCISES AT PHYSICAL EDUCATION FOR VISUALLY HANDICAPPED CHILDREN

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The wide spectrum of martial arts offers a lot of possibilities of their application in physical education. For instance, there are martial games which, with their set of activities, principles and rules, can have a very positive impact on physical as well as mental development of personality. It has been proved that this sort of games account for a highly effective method in the process of socialization. They help to enhance the process of socialization concerning both able-bodied as well as physically-disabled individuals in a society, regardless their sex and age. Obviously, if taking into consideration physically-disabled individuals, this process is more difficult. Its effectivity is determined by the level and particular kind of individual's disability, and, of course, by the proper application of activities, methodology and teacher's approaches (Janečka-Górny, 1998). Each sort of physical disability differs in its specific as well as objective aspects such as the function of particular receptors, centers of movement, psychic status of an individual, possibilities of progressive improvement, etc. (Vute, 1998). It is inevitable to be aware of these aspects and to respect them. This information is the main criterion for the selection of martial games used as a means to achieve goals from the pedagogical-psychological, physiological and therapeutic point of view.

In our work, we focused on visually handicapped children between the age of 10 and 14 years. We worked with children from Banská Bystrica district, in special physical education lessons. 60 % of them were visually-handicapped, and 40% of them were totally blind. The main goal of our activity was to improve their spacious perception, the perception of their own movement, coordination abilities, the impact on the development of audio and proprio receptors, the influence on the development of their own attentiveness, as well as the possibility to develop their personal and willful characteristics such as self-confidence, ambition, etc. (Bartík, 1998).

If taking into consideration the choice of martial games for visually - handicapped children, it is necessary to take into account the possibilities of their realization within specific physical education. Such a lesson should involve only activities with direct physical contact, which are based on the principle of permanent power effect and continual and mutual personal contact of both children such as various martial grips. It is not suitable to apply games with dynamic and changeable application of power, as well as games with frequent change of contact points. In application of these activities, it is necessary to apply various sound and contact signals. In the presentation of a new game, it is

important to help children with taking their position, and to realize a possible range of movement and possible injuries. One of the possible ways how to avoid injuries and negative aspects of practising is to use soft ground and well as to let children practice in low positions, for instance, when sitting, crouching, or kneeling.

Our program made use of those martial grips that are normally used in aikido, wrestling, or karate.

Using games during pedagogical experiment:

1. Sticky hands :Two partners are joined together by using the same hand on both sides, i.e. either their right or left hand. The role of the first one is to move and guide the partner without any use of power. The main task is to concentrate on the leader by means of the contact between their palms. This activity should be done within 30-60 seconds, without the use of strong pressure between palms.

2. Fast hands : Two partners are kneeling or crouching against each other, their hands are lowered. The palms of the first one are opened upward (attacker), the palms of the second one downward, i.e. the defensive role. They slightly touch their connected palms. The teacher gives a clear signal. The attacker tries to grasp quickly his opponent palms, and the other partner tries to do the same thing. They do it 5-10 times, and then change their role. Each partner gains for every successful grasp one point.

3. Feet pushing : Two partners sit against each other on the ground, hands behind their backs, touching each other by their feet. Hearing the teacher's order, they start pushing each other by their feet, keeping the permanent connection. They can move only by the help of their hands on the ground. The fight is over when one of the partners pushes out the other one from the initial position, or after 30 seconds. The result of fight after the time limit is judged by the teacher.

4. A Stronger Hook (Crochet): In a standing position facing each other and with extended hands placed on opponent's shoulder, each wrestler endeavours to hook the leg of the other, from the inside or outside (internal or external hook) and pull it towards himself. The winner is the wrestler successful in this action.

5. Test for Balance: One of the wrestlers takes a garde position „par tere“, and the other sits on his back against his head, tucks his legs between the opponent's hips and by alternatively pushing and stretching his legs manages to put him flat on his stomach. This type of wrestling is also called „rodeo“.

6. Wrestling by Palm Pushing: Face-to-face in a standing position, elbows bent, the wrestlers place their palms against the opponent's palms. The winner is the wrestler, who by jerk or feign movement, manages to move his opponent.

The most complex variant of this game is to have the wrestlers stand on logs cut in two down the middle (vertically).

Other different variants of the same game:

- the wrestlers face each other in a squatting position,
- the wrestlers face each other in a squatting position on one leg,
- on their knees, one against the other, each wrestler tries hard to overturn the other by pushing him,
- the wrestlers kneel down and fight by executing holds.

7. Runaway horses: The two wrestlers take a back-to-back position by hooking each other's arms, elbows bent. Each starts pulling. The winner is the wrestler who manages to make his opponent step back. For this type of exercise the wrestlers may also hold each other by the hands.

8. Throwing the Opponent Flat on the Stomach: The wrestlers are sitting on the mat, back-to-back, hooking their arms at the elbow level. The winner is the wrestler who succeeds in overrunning his opponent flat on his stomach and keeping him in this position.

9. Wrestling by pushing: The wrestlers are in a standing position, face-to-face, or back-to-back, with their arms folded (in front or behind, depending on the position) and start pushing with the body. The winner is the wrestler who succeeds in pushing his opponent beyond a marked line or a given object. The same game may be organised for two against two wrestlers or more, and also from different initial positions.

There are several options:

- pushing with the back between horizontal bars,
- pushing with shoulders' back to back,
- pushing with shoulders on all four,
- pushing with shoulders in a standing position,
- pushing with the extended hands placed on the opponent's shoulder,

10. Wrestling by Arms Pushing: Each of the wrestlers tries to push the arm of his opponent. The winner is the wrestler who makes his opponent bend his arm at the elbow. Alternate the arms, left and than right.

Other Variants:

- The wrestlers hold a stick with both their hands, each pressing as much as he can attempting to overcome the resistance of the other. Success in this effort determines the winner.
- Each wrestler, after having placed the same arm on the opponent's nearer shoulder, forcefully presses the opponent's biceps with the arm.

11. Take Down Flat on the Stomach: Face-to-face, the opponents lean against each other and by pulling the opponent's arm try hard to take down the other flat to the stomach.

12. Dragging: The two wrestlers are in a standing position, face-to-face, holding each other by the hand at a previously determined distance. The winner is the wrestler who, by dragging his opponent, makes him go beyond the line or otherwise marked boundary.

Other Variants:

- The wrestlers hold each other by the hand but stand back-to-back.
- Each wrestler tries hard to throw his opponent off balance. The winner is the wrestler who succeeds in forcing his opponent to move his feet.
- The wrestlers fight by dragging each other by one hand with support of the other hand against the ground.
- Sitting down, each wrestler pulls on the same stick.
- Two (or more) wrestlers on each side dragging each other.
- The wrestlers try hard to get hold of a near by object using a piece of rope.
- Two wrestlers pulling a piece of rope.
 - a) round the waist,
 - b) round the chest,
 - c) divided into groups,
 - d) all members of the team form a chain holding their hands, only the first one holds the rope with one hand.

13. Leg trip: Face-to-face, with hands on the shoulders of the opponent, the two wrestlers try hard to throw each other off balance. The winner is the wrestler who forces his opponent to contact the mat with a part of his body other than his feet.

14. Wrestling with legs: This kind of wrestling may be practised from different initial positions and in many variants:

- Sitting down, the wrestlers lift and press against each other feet against feet. The winner is the wrestler who manages to push away his opponent to the distance of his extended leg.
- Sitting, with feet pressed against the opponent's feet, the wrestlers push each other in view of forcing the opponent to bend his knees.
- The wrestlers push each other's legs with support on the back and on both hands.
- Each wrestler tries hard to push his opponent's leg outwardly sitting down, one leg extended and pushing the opponent's ankle against ankle.
- Two wrestlers are sitting down face-to-face. One of them places his legs between the legs of his opponent and tries hard to spread them.
- Two wrestlers lie down on their back, side by side with heads in the opposite directions. They hook each other's inside arm with elbows bent and hook their inside legs at the back of the knee. The winner is the wrestler who overturns and rolls his opponent.

References:

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