ADAPTED

KICKBOXING

A POJECT OF SOCIAL COHESIÓN

BEGINNINGS OF THE ADAPTED KICKBOXING PROJECT

In 2017, and with Espen Lund as vice president of WAKO and as responsible in the executing area of this project, we began to propose the idea of Kickboxing adapted to take it to its maximum degree of projection in the Paralympic games. At the beginning, two adapted modalities are proposed; Forms and Kick light.

LAST YEAR IN 2018 WE PRESENTED THE WORK DONE OVER A YEAR.

We achieved the presence of adapted Kickboxing in an international martial arts championship and the adaptation of a third modality with its adapted regulations.

2. Presence in a championship.

In this championship we have a presence with kickboxing adapted by athletes with disabilities such as Dawn (1.1) and ASD (5.2)

TATAMI SPORTS ADAPTED AND PADS REGULATION.

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VISIBILITY AND AWARENESS FOR ADAPTED SPORT IN GENERAL AND ADAPTED KICKBOXING IN PARTICULAR

After the work of the last year, we have returned to have an international championship presence with three modalities of adapted Kickboxing, as well as different presentations by the state. Next we will present that it is adapted sport, the different types of disabilities, as well as the adapted modalities and their participants with disabilities.

NOTICIAS KARATE 18 NOVIEMBRE 2019

Éxito del XII Campeonato Bera Bera de artes marciales para personas con discapacidad

DEFINITION OF ADAPTED SPORT

The adapted sport is understood as that sport that adapts to the group of people with disabilities or special health condition, either because a series of adaptations and / or modifications have been made to facilitate the practice of those, or because the structure itself of the sport allows its practice (Reina, 2010). That is why some conventional sports have adapted some of their characteristics to fit the needs of a certain group of people with disabilities that will practice, while in other cases, a new sport has been created from the characteristics specific to a certain group of people with disabilities.

TYPES OF DISABILITIES

5 DIVISIONS FOR DISABILITIES
5 DIVISIONES POR DISCAPACIDADES

1. PSYCHICS.

1.1. Mental retardation.
- Deep and severe.
- Medium.
- Light.

1.2. Mental diseases.

2. PHYSICAL.
2.1. -Circulatory system.
2.2. -Respiratory arrest.
2.3. -Digestive system.
2.4. -Genito-urinary apparatus.
2.5 - Nervous system.
2.6 -Endocrine-metabolic.
2.7 - Locomotor function.
2.7.1 Head and trunk.
2.7.2 From the extremities.

3.- SENSORIALS.

3.1. - From the audition.
- Total deafness.
- Deafness of one ear.
- Bad hearing.

3.2. - From sight.
- Total blindness.
- Blindness of one eye.
- Of the vision.
- Others.

4. MIXTURES.
4.1. -Cerebral palsy.
4.2. -Other

5. SEVERAL
5.1. - Social (abused women, social exclusion)
5.2. - TEA (Autistic Spectrum Disorder)
5.3. - Genetic alterations (exoma)
5.4. - Syndromes with no mane (Patient without diagnosis)
5.5 - Other

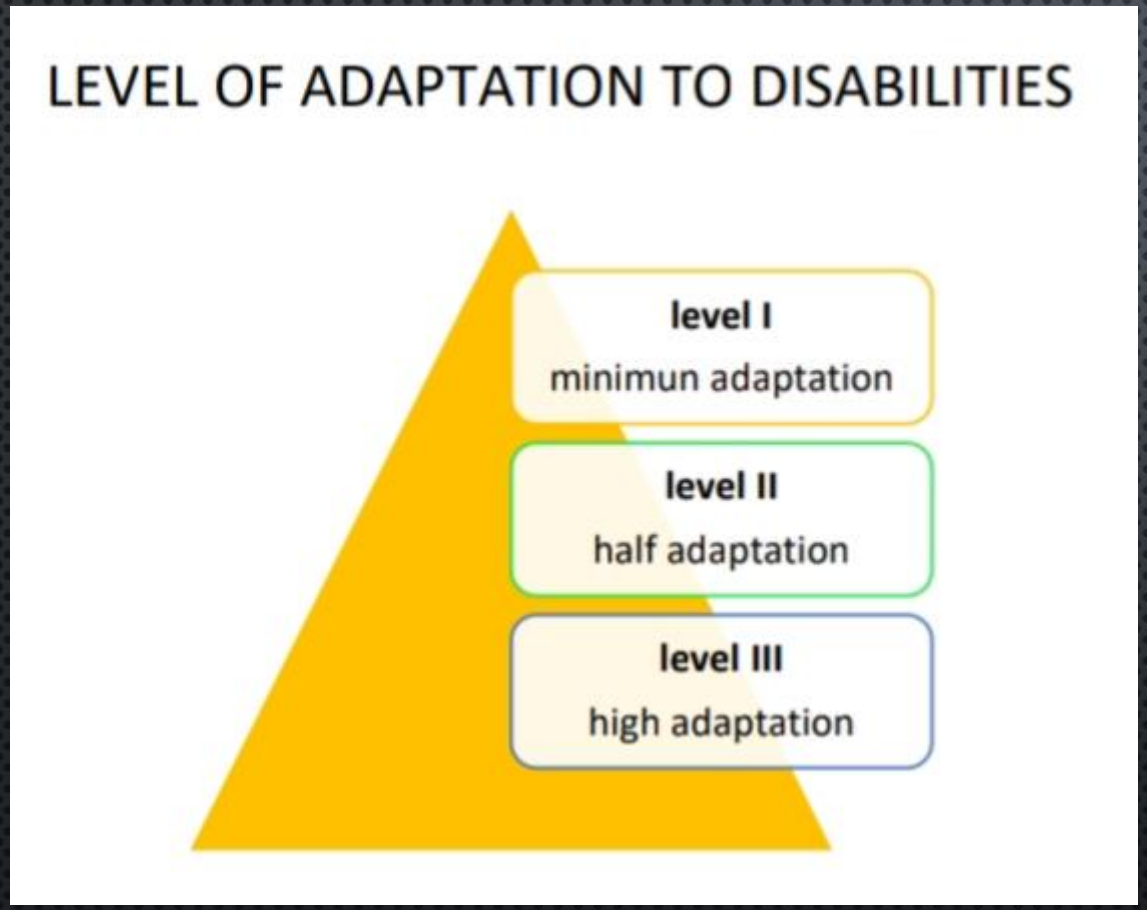
In this division, all existing types of disabilities are contemplated, this sport and the adapted modalities allow us the participation of most disabilities, we have only excepted mixed disabilities such as cerebral palsy. Accommodating the rest of disabilities.

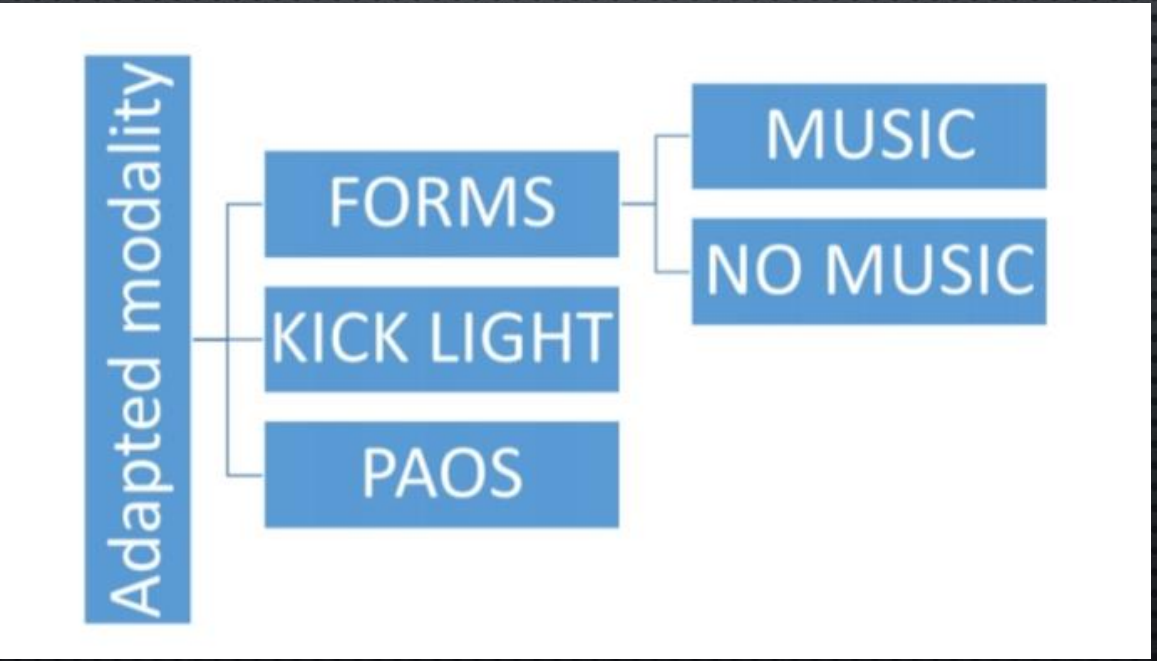
1. PSYCHIS DEFICIENCES; MENTAL RETARDATION, DAWN, AND MENTAL DISEASES.

2. PHISICAL DEFICIENCIES; FROM THE EXTREMITIES, HEAD AND TRUNK, LOCOMOTOR FUNCTIÓN OR SISTEM(DIGESTIVE, NERVOUS….)

3. SENSORIAL DEFICIENCIES; FROM AUDICIÓN OR TOTAL DEAFNESS. OR SIGHT TYPES AS A TOTAL BLINDNESS.

4. SEVERALS DEFICIENCIES; TEA(AUTISTIC SPECTRUM DISORDER), GENETIC ALTERATIONS, SÍNDROME WITH NO NAME AND OTHERS…



Each disabled athlete may choose three levels of adaptation according to their sports condition.

3 ADAPTES MODALITIES: FORMS, PADS AND KICK LIGHT