Adapted Taekwon-Do Seminar

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Autism Spectrum Disorder

EARLY STIMULATION: Early stimulation is a set of activities that is applied from birth to 6-7 years of life, which constitutes the age group with the greatest brain plasticity.

THIS IS DIVIDED INTO 5 AREAS:

- -Cognitive Area
- -Motor area
- -Language area
- -Social emotional area
- -Sensory area





Description of the pathology:

Autism spectrum disorders or ASD encompasses a broad set of disorders that, in their phenotypic manifestation, is characterized by persistent deficiencies in both communication and social interaction in various contexts, coupled with repetitive patterns of behavior, interests or activities.

Pervasive developmental disorder (PDD)

The PDD includes a group of disorders that affect the growth of children during the first years of life. It is a set of alterations characterized by delays in different areas of development, such as skills for communication and social interaction that affect, in turn, the activities, interests and behaviors of children, these disorders begin in childhood, and they are usually maintained into adulthood.

- Within the TGD is:
- Rett sindrome
- Asperger síndrome
- Childhood Disintegrative Disorder
- Pervasive Developmental Disorder, Unspecified
- Kanner syndrome

-All developmental disorders share signs and manifestations. What makes it difficult to distinguish one from the other for this reason the (DSM-5) now refers directly to "Autism Spectrum Disorders"

Abordaje desde el Taekwon-Do

- -Ítem a tener en cuenta para la realización de la clase
- .Seguridad en el Dojang
- .Duración de la clase
- .Trabajar en forma conjunta con terapistas y familia
- .Adaptación de la forma de enseñar para cada uno de los ejercicios según su condición

-Many times the instructors are going to find situations in which our students will need the class to be accommodated according to their needs since many work under a structure, others it is necessary to devise stories where the student feels comfortable to work.

-How to act in a crisis: It is important to remain calm, speak in a low voice, place ourselves on the back, hug him with arms and legs, thus avoiding hurting himself and us, the duration of these crises usually last more than 20 minutes.

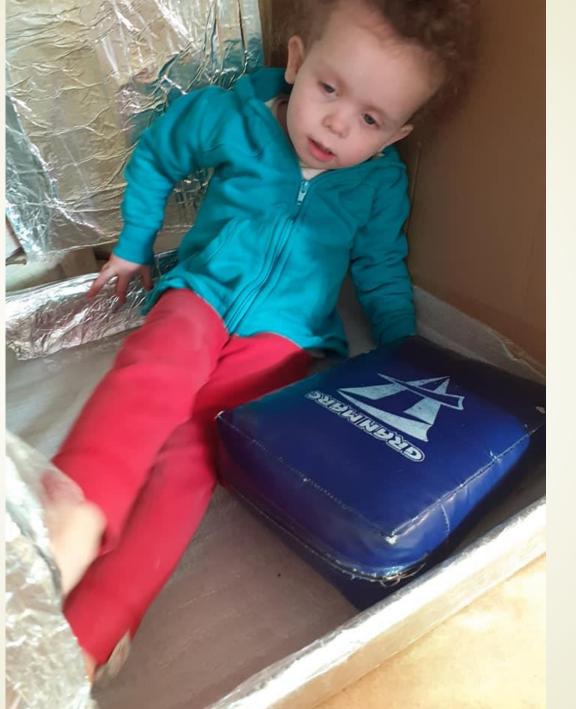
-Body language:

We have to carefully observe what the student wants to express with his body, since some of them are not verbal, therefore it will help us to decipher what the child wants to say to us.











DEVELOPMENT OF A CLASS:

1-Work one to one

2-importance of TA and assistants

3-respect space of each of the students

4- Try to keep the student connected with the exercise that is being carried out









Work materials to be used in a class:

1-Eva rubber, fluor color, various textures, cut into different shapes and sizes

2-Elastics

3-Balloons

4-soft balls of various sizes and colors

5-corks, thinly sliced and painted in strong colors

6-cones

7-Hoops

8-Motor circuits

9-plastic weights, to fill with water and matter that emit sounds

10-spotlights, palmettes, shields

11-Various pictographs (will be shown below)









