

ADAPTED TAEKWON-DO SEMINAR

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DOWN SYNDROME

- It is a genetic disorder or alteration, produced during conception in which the person has an extra chromosome in the 21st pair or a part of it.
- The diagnosis is made in the first moments of life from a neonatological examination and is confirmed with a genetic study.
- People with Down syndrome generally have an IQ in the mild to moderately low range.

-Physical Characteristics

- Flattened face, especially at the nasal bridge.
- Small nose
- Oblique, slanting, slanting eyes
- Short neck
- Small ears
- Tongue tending to stick out of the mouth.
- Tiny white spots in the iris of the eye.
- Small hands and feet
- Short stature in childhood and adulthood.

Accompaniment

- Down syndrome is a lifelong condition. Early support and stimulation treatment is necessary, as well as psychological counseling for parents and later speech therapy exercises.
- Children with Down syndrome may also need extra help in school, speech, occupational and physical therapy.

APPROACH FROM TAEKWONDO-DO

- The practice of TKD helps to strengthen muscle tone through the exercises performed in class (motor circuits, leg retention, etc.).
- Using focus, palms or shields, it is ideal for the coordination of sight, hands and legs, in the execution of a technique.
- People with this condition tend to leave their mouth open with their tongue out, this is called tongue protrusion. Some manage to control it (hence the importance of early stimulation).
- Exercises should be performed to strengthen the facial muscles (blowing elements such as feathers, whistles, making the gesture of kiss and smile, etc.).
- The practice of tulle helps notably to improve their memory as well as their coordination and balance (with assistance). They have small hands and feet (adapt the work materials).

CLASSROOM MANAGEMENT

- It is important to give them time to do their activities, concentration is not always achieved in long periods of time.
- We will find that there will be days when they will not want to work, just sit and play with drawings, colors or pictograms (with assistance).
- We must respect the motivation they have in each of the classes because they go quickly from a state of excitement to one of frustration or anger.
- We must be attentive to the constant hydration since the protrusion of the tongue dries the throat easily.















