

Good/ best practice for implementation and impact of the martial arts on the behaviour, skills and competences of disadvantaged youth.

N°	1
Country where the practice is implemented:	Bulgaria
Organisation name:	EWTO - Bulgaria
Period and frequency of implementation:	Every day: Monday, Tuesday, Wednesday, Thursday and Friday from 18:30 and from 20:00 Monday, Wednesday, Friday from 7:30 to 8:30
Source of funding:	Members subscription
Target Groups:	5-8 years old 9-12 years old 16-36 years old 40-60 years old
Involvement of disadvantaged youth:	Yes – students from sheltered houses participate in the trainings. There have been specialised training courses in sheltered houses and we have worked with disadvantaged social groups as well as with disabled students. We have worked with Plovdiv Municipality on a project for prevention of violence and we have had many open trainings and demonstrations on a number of events in Plovdiv and elsewhere in Bulgaria
Description of the practice:	General Training: 1. Warm up. 2. Training the forms. 3. Basic hits, movements and techniques; training the sense of balance, timing and distance 4. Dividing by levels of competence 5. Practicing self-defence techniques and Wing Tsun 6. Physical exercise, training with pads. 7. Meditation

“Martial Arts as tool towards Inclusion”

Project number: **2017-1-BG01-KA201-036353**

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

	<p>Specialized training for people from disadvantaged groups: When working with children from sheltered houses who are subjected to a lot of aggression from society at large and among themselves the training methodology was changed to focus specifically on control and self-control; a sense of distance and preventing aggression. The activities were in a calm environment, controlled exertions with more frequent lectures and explanations. This led to clear changes and control in the extreme character traits of many of the participants.</p> <p>Training people with disabilities: We have trained with people in wheelchairs who cannot move by themselves. The techniques being taught are changed according to individual ability and only techniques with the arms and hands are shown as well as strategic methods for avoiding attacks. The effect of the work with these people was a clear and tangible change in their perception of safety. Training with blind people. This type of people has developed their other means of receiving information from their environment. This is why their tactile sense is very strong – and it is used a lot in Wing Tsun to have a sense of force, pressure and direction of the hit or attack. This helps these people learn to defend from hits and pushes which increases their sense of security.</p>
Web Site Link(s):	www.wingsun-bg.com
Social Media Links:	https://www.facebook.com/BulgariaSelfDefence/
Visual Materials:	Brochures

N°	2	
Country where the practice is implemented:	Bulgaria	
Organisation name:	Aikido Satori Club - Plovdiv	
Period and frequency of	<u>За възрастни:</u>	<u>За деца:</u>

“Martial Arts as tool towards Inclusion”

Project number: **2017-1-BG01-KA201-036353**

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

implementation:	Monday 06:00-09:00/19.30-21:00 18:30-19:30 Tuesday 07:30-09:00/19.30-21:00 - Wednesday 06:00-09:00/19.30-21:00 18:30-19:30 Thursday 07:30-09:00/19.30-21:00 - Friday 06:00-09:00/19.30-21:00 18:30-19:30 Saturday - 09:00-10:00
Source of funding:	Fee from the trainees
Target Groups:	Group of adults and group of children
Involvement of disadvantaged youth:	Yes - a child with hyperactivity
Description of the practice:	They are welcomed with a bow, warmed up, trained to falls and various other exercises. The trainer works with the group but also draws attention to each child individually. At the beginning of each workout the parents help everyone, including the child with hyperactivity, to structure and develop feeling of belonging. One of the main goals to achieve is to overcome the aggression in the relationship between children and to build a spirit of tolerance between themselves.
Web Site Link(s):	http://www.satori-bg.com/About.htm
Social Media Links:	
Visual Materials:	

N°	3.
Country where the practice is implemented:	Bulgaria
Organisation name:	Wing Tsun – Montana /EWTO – Bulgaria/
Period and frequency of implementation:	Three times per week. Monday, Wednesday and Friday from 18:30

“Martial Arts as tool towards Inclusion”

Project number: 2017-1-BG01-KA201-036353

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

Source of funding:	Financing is completely from the monthly subscription of the students
Target Groups:	From 6 to 50 years old
Involvement of disadvantaged youth:	A few disadvantaged youths from a group at risk who are unable to pay their monthly subscriptions train with us for free.
Description of the practice:	<p>Kids: Training for kids from 6 to 12 are one hour long and include warm up, exercises for strength and flexibility, SiuNimTao form, and exercises to develop a sense of distance, speed and reaction as well as applications and physical activity.</p> <p>Adults Trainings for adults /above 13/ are an hour and a half long and include warm up, exercises for flexibility and stretching as well as strength. Depending on the level of the students they practice one of the two forms – SiuNimTao or ChamKiu, exercises for rooting, developing tactile reflex reactions, acting at different distance and situations including ground fighting and fighting with weapons – Escrima and knives</p>
Web Site Link(s):	http://wingsun-bg.com/монтана/
Social Media Links:	https://www.facebook.com/groups/MontanaWingTsun/
Visual Materials:	

N°	4.
Country where the practice is implemented:	Bulgaria
Organisation name:	Yang Style Tai Chi Chuan Association-Bulgaria, branch Burgas
Period and frequency of implementation:	Two days in a week Monday from 18.30 and Wednesday from 19.30.
Source of funding:	Monthly Members Subscription. There is no outside funding
Target Groups:	From 14 to 50 years

“Martial Arts as tool towards Inclusion”

Project number: **2017-1-BG01-KA201-036353**

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

Involvement of disadvantaged youth:	Yes, women victims of violence
Description of the practice:	<p>Yang style Tai Chi Chuan</p> <p>Training begins with warm up and Chi Gung exercises which improve breathing, concentration and the body.</p> <p>After that the trainees are split into groups – beginners train the basics and the first part of the form, advanced students train the whole form. At the end of the training Pushing Hands and applications are done.</p>
Web Site Link(s):	taichiburgas.blogspot.com
Social Media Links:	https://www.facebook.com/TaiChiBurgas/
Visual Materials:	

N°	5.
Country where the practice is implemented: Страна, където се провеждат тренировките	България
Organisation name:	Yang Family Tai Chi Plovdiv
Period and frequency of implementation:	5 times per week
Source of funding:	Member Subscriptions

“Martial Arts as tool towards Inclusion”

Project number: **2017-1-BG01-KA201-036353**

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

<p>Target Groups:</p>	<p>35 to 65 years old at regular trainings. At public events people from 12 to 65 can freely participate.</p>
<p>Involvement of disadvantaged youth:</p>	<p>Disadvantaged youths have been included in a lot of free public lessons and training such as at the 'Zdravei zdrave' festival, local events and seminars that have been organized by us. We have made presentations in sheltered houses that have been organized by the municipality. The results that we have seen are improvement of the general health and coordination, overcoming issues such as attention deficit, balance, reducing stress in relations, socializing the youths, generating interest and understanding of Chinese philosophy and the moral and ethical code of traditional Chinese Martial arts, improving the general physical and psychological condition of the participants, reduction of aggression and increase of tolerance and understanding</p>
<p>Description of the practice:</p>	<p>Training follow the given pattern:</p> <ol style="list-style-type: none"> 1. Warm up 2. Chu Kung exercises for warm up and health 3. Static meditation 4. Learning positions and form from traditional Yang Family Tai Chi 5. Practicing Pushing Hands techniques in order to develop tactile perception, balance, following and leading. 6. Practicing applications 7. Explaining philosophical basis of traditional Chinese martial arts. 8. Clarifying the basic principles of movement. 9. Explaining the moral codex of traditional Chinese martial arts. 10. Questions and answers on the activities in the training.

“Martial Arts as tool towards Inclusion”

Project number: **2017-1-BG01-KA201-036353**

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

Web Site Link(s):	http://www.yangtaichi-bg.com
Social Media Links:	https://www.facebook.com/taichiplovdivsofia
Visual Materials:	

N°	6
Country where the practice is implemented:	Bulgaria
Organisation name:	Karate military sports club "Trakia" - Plovdiv
Period and frequency of implementation:	Three times a week
Source of funding:	Self-financing
Target Groups:	There is a group of students, a group of adults and a group of children at pre-school age
Involvement of disadvantaged youth:	Yes - participants with chronic diseases and people with physical disabilities
Description of the practice:	The training begins with a warm-up, including general exercises. Then there is a circle for time that takes about 16-20 minutes. The training continues with a workout on a sack or work with appliances. The exercises have different duration, depending on whether they are for combinations or for time – it is about 15-20 minutes. The next activity is rope jumping in different combinations for 1 minute and 30 seconds -

“Martial Arts as tool towards Inclusion”

Project number: 2017-1-BG01-KA201-036353

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

	a total of 9 minutes. The training ends up with a relaxation of about 5 minutes. The people with chronic illnesses and physical disorders manage to do their best according to their abilities and with the help of the trainer.
Web Site Link(s):	
Social Media Links:	Facebook: Army sports karate club “Trakia”
Visual Materials:	

N°	7
Country where the practice is implemented:	Bulgaria
Organisation name:	Proto-Bulgarian School of Survival "BAGATOUR" in Stara Zagora with instructor Yavor Gunchev
Period and frequency of implementation:	Three times a week
Source of funding:	Self-financing by fees
Target Groups:	Age groups: Lower age limit - 12 years. Upper age limit - 40 yrs. * Anyone who wants to practice regularly but is not included in the above-mentioned age limit may attend the classes and after a 2-hour trial period be admitted to the group.
Involvement of	Yes - children from the Daily Care Center for Children with Disabilities / DZD from Kazanlak with different disabilities

“Martial Arts as tool towards Inclusion”

Project number: 2017-1-BG01-KA201-036353

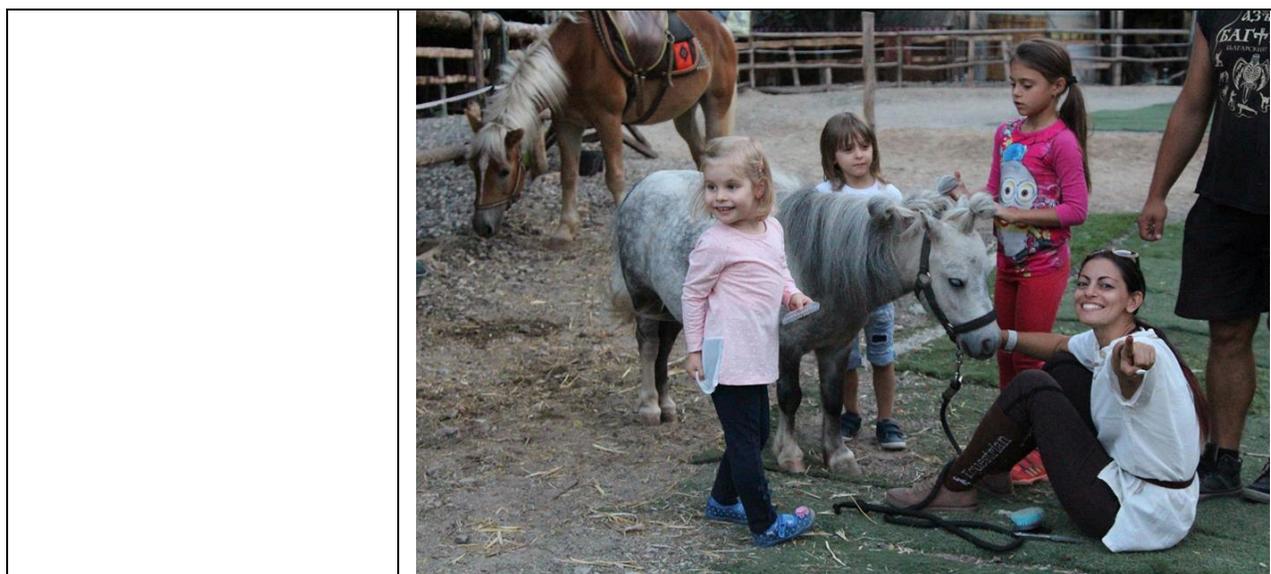
"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

disadvantaged youth:	
Description of the practice:	<p>The standard workouts are two types - in the school lounge and in the outdoor aul. The lessons are on general physical culture, course, discipline, self-defense techniques of boxing combat. Children with disabilities from the daily center are also working with the method of hypotherapy - horses and riding. Hypotherapy is used in disorders of the locomotory system, atherosclerosis, cranial-brain trauma, polio, gastrointestinal disorders, scoliosis, mental retardation. The communication with the horses gives a positive emotional background, which is itself a healing. Hypotherapy is intended for children with mental and / or physical disabilities. It consists of performing different exercises by the child depending on his / her personal characteristics and the extent of his disability.</p>
Web Site Link(s):	<p>http://baga-tur.com/news.php</p>
Social Media Links:	<p>Facebook: https://www.facebook.com/bagatur.bg Web site: http://www.baga-tur.com</p>
Visual Materials:	<p>photos</p>  <p>The image shows two men in traditional martial arts attire (dark pants, white headgear, and protective leg gear) practicing a sparring technique in an outdoor field. One man is in a defensive stance while the other is attacking. A crowd of people is visible in the background, watching the practice. The setting is a grassy field with trees in the distance.</p>

“Martial Arts as tool towards Inclusion”

Project number: **2017-1-BG01-KA201-036353**

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."



N°	8
Country where the practice is implemented:	Bulgaria
Organisation name:	Sports club "Kronos" - Plovdiv
Period and frequency of implementation:	The trainings are conducted twice a week with a duration of 60 minutes
Source of funding:	Fees paid by parents
Target Groups:	Students between 7 and 11 years old, including children with disabilities
Involvement	YES - children with hyperactivity and attention deficit

“Martial Arts as tool towards Inclusion”

Project number: **2017-1-BG01-KA201-036353**

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

of disadvantage d youth:	
Description of the practice:	This is a club at “St. Paisii Hilendarski” Secondary School, which was created to train students as extra curricula activity. The trainings are conducted according to a strict plan. Styles such as boxing, kickboxing, karate and MMA are being taught. Exercises for strength, flexibility and endurance are the basic elements in the preparation of the children. Last but not least is the task to form the characters of the children, as well as their autonomy.
Web Site Link(s):	-
Social Media Links:	-
Visual Materials:	

“Martial Arts as tool towards Inclusion”

Project number: **2017-1-BG01-KA201-036353**

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."



N°	10
Country where the practice is implemented:	Bulgaria
Organisation name:	Sports Club "Ran" Plovdiv
Period and frequency of implementation:	Three times a week
Source of funding:	Membership, sponsorship
Target Groups:	Kids and adults
Involvement of disadvantaged youth:	Yes, physically impaired people - with prosthetic limbs
Description of the practice:	Each workout starts with general practice exercises or the so called "warming up". After that, people perform exercises to develop speed and specific skills, or upgrading to technical

“Martial Arts as tool towards Inclusion”

Project number: **2017-1-BG01-KA201-036353**

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

	skills, depending on the training plan. Throws, grip, keys, and other technical techniques are practiced in pairs. At the end of the training, probation wrestling takes place in pairs or can be replaced with exercises developing strength or strength training. Every workout ends with stretching - exercises for stretching and relaxing muscles.
Web Site Link(s):	
Social Media Links:	
Visual Materials:	

N°	10
Country where the practice is implemented:	Bulgaria
Organisation name:	Bulgarian Kiokoshin Organization "Ulot Sport" Sports Club - Plovdiv
Period and frequency of implementation:	Every weekday from 19.00 to 21.00
Source of funding:	Membership fee
Target Groups:	Children and adults
Involvement of disadvantaged youth:	Yes, people from economically disadvantaged groups

“Martial Arts as tool towards Inclusion”

Project number: 2017-1-BG01-KA201-036353

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."

<p>Description of the practice:</p>	<p>Participants meet and train in groups but they also have an individual plan with different types of exercises. They begin with general physical training and then continue with technique training. They also practice sparring exercises. The attention is also drawn on martial arts terminology. They often take part in competitions.</p>
<p>Web Site Link(s):</p>	<p>-</p>
<p>Social Media Links:</p>	<p>Facebook.com/ ulotsmort/</p>
<p>Visual Materials:</p>	

“Martial Arts as tool towards Inclusion”

Project number: **2017-1-BG01-KA201-036353**

"The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein."