

عنوان مقاله:

Braille Tonik Deserves More Attention

محل انتشار:

نشریه بین المللی یادگیری و کنترل حرکتی، دوره 4، شماره 2 (سال: 1401)

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خلاصه مقاله:

Under the publishing an article in the previous issue of the journal entitled "Comparison of the Effectiveness of Braille Tonik Exercises and Physical Fitness on the Coordination and Memory of Housewives in Mashhad" (Farzane, ۲۰۲۲), I considered it necessary to provide explanations under the title of the letter to the editor. Braille Tonik exercises were invented in the early part of the new century by an Iranian social activist named Yasman Moayedi and have been recognized in Iran since ۲۰۱۲ by a group of enthusiasts. There is a lot of activity in this field, but perhaps France, which has been an official organization for Braille Tonik since ۲۰۰۹, can be introduced as the biggest developer of this field. Braille Tonik exercises, which are based on coding and semiotics and inspired by the letters of the International Touch Alphabet (Braille), have unique features that can be used as an independent discipline or in combination with other occupations and sports exercises and by all people in any age group and with any level of physical and motor abilities. The nature of this field with its different tendencies has wide capacities to create attractiveness and diversity and increase creativity in the audience and can be performed as a group or individually. The philosophy of this field, which is licensed by the NGO Peace and Friendship, is as a common language to promote peace and friendship between nations through the movement and teaching of various subjects, especially languages and cultures. In recent years, although numerous research activities have been carried out mainly as master's theses of students of different sports sciences in Bu-Ali Sina, Alzahra and other universities to explain the effects of Braille Tonik exercises on different fitness, physical, psychological and social dimensions of different age groups of athletes, the elderly, typical children and special groups such as perceptual – motor abilities in grade ۱ male students) and elementary school female students. However, the publication of results in the form of articles has rarely happened such as static, dynamic balance and psychological factors in adult women (Amirizade & et al., ۲۰۲۰) and motor skills of educable children with intellectual disability (Dehghanizade & et al., ۲۰۱۸). This trend is also observed internationally. It is interesting that the way of pronouncing the name of this field and also the way of writing its name are not seen in the same way in ... different texts, so it is because the publication of Farzane (۲۰۲۲) is a pleasure. In short, Braille Tonik exercises with

کلمات کلیدی:

Braille Tonik, Sport for All

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