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## THE EFFECT OF SIX WEEKS KARATE ON STATIC BALANCE IN THE PRE-SCHOOL GIRLS

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**Abstract:-** The aim of this study was to evaluating six weeks of daily practice karate on static balance in a group of preschool girls. The quasi-experimental study was done on 60 preschool girl randomly selected And were divided into two experimental and control groups. At the start of pre-test taken from both groups .after 6 weeks daily karate exercises in experimental group, post test were taken in both experimental and control groups . results showed (p = 0/05) static balance in the experimental group has increased in pre-school girls students.

**Keywords :** karate, static balance, preschool girl.

### INTRODUCTION

Karate due to having the skills needed to maintain body balance on one leg during the execution of the movements and other quick movements and robustness provided by hand or in the inferior extremities runs can improve muscle that can play a role of balance.

Humans to achieve balance in daily life, need to use three basic mechanisms. The actions of these three mechanisms (visual, vestibular and proprioceptive) include:

1. to maintain posture and make sense of direction intentional interaction with each other (Reddy and Gadr, 2002).
2. adaptation of the body to notify located.
3. A series of reactions to the appearance of the body that are involved in balance control.

That is why the aim of the present study .

Zieae et al. (2003) showed the Shotokan style could be caused injuries in girls ages preschool expressed that most of the damage is slight, but according to the sensitivity of the age of this category need medical supervision even after the completion of the treatment. Rahnama and colleagues (2013) express that a total of 170 racing team (1436 individual game), 326 was recorded damage. Prevalence rate of damage in men was 2.8 injure per 100 minutes also in competition was 4.13 damage on each 100 minutes activity . Shirley (2012) showed Taekwondo exercises improve sensory and balance control in organizing children have coordination disorders. However, a study that examines the impact of daily karate exercises on static balance, jump especially in preschool age category was not founded .

### RESEARCH DESIGN AND METHODS:

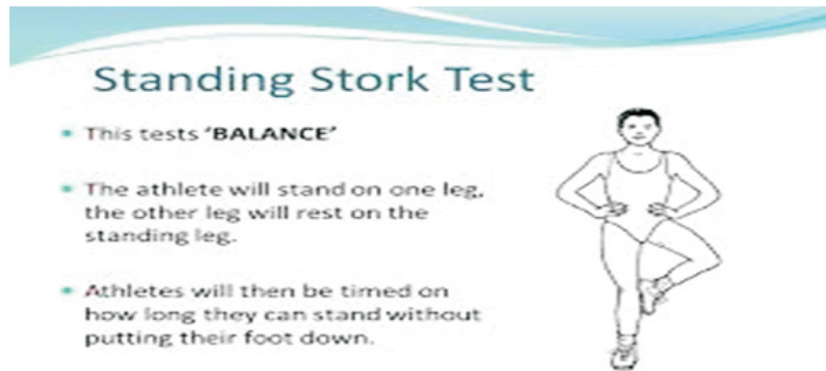
Research methodology in terms of the purpose, application and data collection strategy was quasi-experimental with pre and post test . The statistical community of this study was preschool students girl in the city of borujerd west of Iran. the sample of the study consists of 30 (experimental) and 30 (control) preschool girl that randomly selected and divided in two groups. subjects did not participate in any regular exercise and never had sports .

**Table 1. Characteristics of subjects .**

Height	Weight	Age
124±21	27/4±4/4	6/3±0/64

Independent variables was 6 weeks daily Karate and dependent variables was static balance.

Measuring Tools and materials was personal information questionnaires, Tape and standard height measuring , and Stork Balance Stand Test. at the beginning of study pretest were taken from both groups. than only experimental group perform 6 weeks daily Karate .one day after finished karate exercise post test has taken in both group.



**KARATE PROTOCOL:**

program has been set for 45 minutes daily and 5 time per weeks such as warm up which includes a variety of walking (on the line , moving to the right and left, move towards the rear), walking along with the movements of the hands (left and right hand turns into different directions up, down, right, left), Butterfly motion; all movements in 10 minutes. a few techniques of karate exercises during training in 30 minutes . and finally cool down in 5 minutes .

**RESULTS:**

Comparison of Stork Balance Stand Test in pre test and post test of preschool girls showed that after six weeks of daily exercises significant improvement in static balance in experimental (P = 0.002). Mean and standard deviation of the test records can be seen in table .

Sig.	Post test	Pre test	Group
0/020	6/0±2/8	6/1±1/2	Control
0/002	8/8±2/1	6/2±1/1	Experimental

According to the results Stork Balance Stand Test in comparison with the control group were improved in preschool girls.

**DISCUSSION AND CONCLUSION:**

results showed (p 0 / 0 5) static balance in the experimental group has increased in pre-school girls students. Bishop et al(1989), Naghizadeh et al(2003), Shirley et al(2013), Reddy et al (2002), in their research showed the same results. perhaps improvement in deep sensory of nerve-muscle is the fact of increasing static balance in preschool girls.

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