

Mental Health Charter Case study February 2016

1. **Project name:** How Karate has helped a young person with autism

2. **Organisation name:** English Karate Council

3. **Target group:** Young people with disabilities

4. **Aims of the project:**

- To motivate a young individual with autism to get physically active, providing the support and coaching framework for him to learn Karate.
- Develop his concentration, behaviour and communication skills through structured training
- To show the general public that autism is not a barrier to learning Karate

5. **Bob's story:**

Bob (not his real name) has been training for nearly 3 years in Karate. He is 8 years old now.

He has become much more confident and able to concentrate for a longer period of time since he started training. When he first started Karate classes, Bob was reluctant to enter the training hall and when he did he would not take any notice of commands, rather he would shout and be disruptive.

Lisa (Bob's Karate Instructor) has built a bond with Bob and he now knows what is expected of him: he has shown he is able to concentrate and do as he is asked.



He has reached the grade of 7th Kyu, which is his second coloured belt. This has involved learning a Kata, which is a complicated set of moves with direction changes and remembering which leg to move in sequence.

Karate has massively improved Bob's focus and listening skills and Lisa feels that he could progress further up the grading system.

Lisa concludes "sport can raise an individual's mood tremendously so where ever possible we as coaches should aim at involving people at whatever level is suitable for them"

Case Study supplied by Lisa Shaw, 3rd Dan Black belt, Instructor at Southern England School of Karate

6. Further information

Website: www.englishkaratecouncil.com

Richard Naylor-Jones
Mental Health Charter Advocate
English Karate Council
Tel: 07768 378244
Email: rnaylorjones@yahoo.co.uk

