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POSSIBILITIES OF NON-TRADITIONAL ORIENTAL SYSTEMS PRACTICED FOR THE PURPOSE OF ADULT HEALTH AND RECREATION

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Rezumat. Cercetarea dată are drept scop evidențierea posibilității aplicării sistemelor netradiționale de arte marțiale în procesul de recreere, recuperare a persoanelor adulte. Studiul nostru a fost elaborat pe baza

analizei retrospective a literaturii de specialitate, și a documentelor științifice, care prezintă datele experimentale privind posibilitatea utilizării mijloacelor din sistemele netradiționale din artele marțiale în recreerea persoanelor adulte. Prin acest studiu putem presupune că sistemele netradiționale din artele marțiale și mai ales Wushu, este o metodă universală a educației fizice de recuperare.

Cuvinte-cheie: arte marțiale, recreere, adulți, Wushu.

Research relevance. One of the priorities of any society is the formation of a culture of health, which is an integral part of general culture, which is a set of human achievements in areas such as science, education and upbringing, ideology, art, literature, etc. [19].

Decline in physical health and fitness indicators in children, youth and the adult population is largely associated with low physical activity throughout life. Due to the difficult conditions of the reorganization of the Moldovan society, the problem of strengthening the health of various segments of the population became acute.

One of the current problems is the health of the population, more than that, all more people have a tendency to worsen the health of the younger generation [15]. The research carried out by V.A. Vinik, V.A. Panomarciuc [11] on it for several years have demonstrated that people who take care of themselves and lead a healthy lifestyle capitalize on such values as family, children, studies, full recreation more highly.

When it comes to the issue of preserving, strengthening and developing health, we must mention the formation of a certain system of support and education of an adequate life attitude towards the fashion to be. Building physical fitness strength that were formed at the time of the emergence of human civilizations are part of the culture of mankind: V.K. Volcov divides the grounding systems into contemporary and traditional systems [12]. According to the numerous studies presented by the authors, non-traditional oriental systems such as Wushu Kung Fu and Tai Chi are traditionally studied in two directions, this is the style of martial arts and health-enhancing gymnastics [4]:

Martial art – Tai Chi (“Fist of the Great Boundary”) – it vividly expresses the concept of "Small to overcome be big" and similar to such systems as Aikido, Judo.

Health gymnastics is a complex of forms related to breathing and meditative exercises. In the process of its execution, all systems of the body begin to work harmoniously and restore their original harmonic program.

However, on the territory of Romania, the Republic of Moldova and other countries, the sports movement activity and the self-defense system are developing more in order to participate in the competitions [7,8]. The system of the healing and preventive direction, which forms the basis of rhythmic, slow, meditative movements that promote relaxation and peace of mind is not yet sufficiently studied [6].

Therefore, we believe that the scientific approach to study and develop programs by means of non-traditional eastern systems with the aim of improving and preventing diseases among the adult population is currently the most relevant.

The **purpose of the research** is to establish the possibility of using means from non-traditional oriental systems within the recreation programs of adults.

Materials and Methods. Our study was developed based on the analysis of specialized literature and scientific documents, which present experimental data on the possibility of using means from non-traditional orientalsystems in the recreation of adults.

Contemporary non-traditional systems of intermarriage was formed in countries with a recent culture, based on a unitary approach to the system. Non-traditional systems come from eastern countries with a continuous development of culture - India, China, Korea, Japan [20].

It is known that every civilization of the East is original and unrepeatable. But the long history of their coexistence created and preserved a general subcultural institution - the improvement of the personality with the help of physical and respiratory exercises, psychotraining, healing practices, correct nutrition and natural healing factors. The experience of this practical activity is observed in the oriental systems of intermarriage.

In the national system of continuous training, the oriental systems of maintenance can have an important scientific-practical significance as a difficult complex of spiritual and physical culture with durable traditions of health maintenance. For example, Kim Den The [18] introduced the oriental training systems in the professional training of physical culture and sports specialists. The author mentioned that the oriental training systems have an important scientific-practical significance in the national system of continuous education of physical culture and pedagogy.

The oriental systems of fighting are associated with martial arts, which at the end of the 60's, became known in the national sport in a spontaneous and unsanctioned way [14]. The adaptation and subsequent transformation of martial arts took place, in particular, being influenced by the national physical culture.

The spiritual values of one or another school of martial arts were transmitted in the form of a treatise, where not only the technical procedures were exposed, but also the school's doctrine in general, its philosophical and moral principles [16]. Nowadays, Eastern gymnastics practices, such as Pilates, Yoga, Qigong, and Wushu, are beginning to gain more and more popularity [4].

The Wushu system was adapted in the XIV for all ages. Abbot Fuiui is considered the greatest reformer of this style. He is one of the first promoters of the Shaolin school, which combined fighting methods and smooth movements to regulate breathing and calm the conscious.

The Wushu style represents a complicated complex of practical directed coordination movements that are combined with deep breathing performed with the help of the diaphragm, concentration, meditation and adaptation to the surrounding environment and requires a great emotional and mental effort. This test of sports culture develops in three directions: training, sports and fighting [1]. Many authors believe that this test has no age limit.

Research results.The retrospective results of the therapeutic effect of Tai Chi gymnastics was marked by B.M. Smolevsky and B.K. Ivlev, in the work "Non-traditional types of gymnastics" [21]. In addition, B.K. Volkov [12] believes that the healing effect of Tai Chi is due to the harmony of movements, body position and breathing. Through the

consecutiveness of certain movements and by focusing attention on certain parts of the body, muscle tension is relaxed and mental balance is restored. Self-healing takes place, all the body's vital processes are normalized. According to the authors V.K. Volkov and L. Shuhuey [12,22], Tai Chi gymnastics influence the states of the systems: cardiovascular, respiratory, digestive, excretory, reproductive, skeletal-muscular.

Our research results based on research studies, according to the authors A.M. Hall, C.G. Maher, P. Lam, M. Ferreira, J. Latimer [5] in the journal *Arthritis Care & Research*, though authors presented an experiment with 160 subjects aged 18-70 who reported persistent, unspecified back pain. To assess the intensity of back pain, all participants passed a test procedure according to "The Roland-Morris Disability Questionnaire (RMDQ)", "The Pain Disability Index (PDI)" and "The Quebec Back Pain Disability Scale (QBPDS)" [5]. The curriculum for the experimental group was subjected to a complex of exercises and techniques from the Wushu system compared to the control group, which continued the usual fitness and health regimen set by their doctors and personal trainers. The sessions in the Wushu system were divided into 40-minute workouts each, where the general warm-up of the muscles and their relaxation after the workout were included. Each session was conducted under the guidance of a specialized instructor [5]. Particular importance is given to strengthening the back muscles and forming a correct posture, because it is believed that the wrong positioning of the spine generates all diseases. Through a correct position of the spine, the functions of the nervous system are balanced, the body's defense systems are strengthened, the activity of the heart and lungs increases [10]. The results presented by the authors showed that after 10 weeks, those who practiced Tai Chi reported that their pain was reduced by 10% and that it became 13% less bothersome. In comparison, people in the other group noticed an increase in pain intensity. The Tai Chi group also reported significant improvements in disability scores [10].

Another study published in the magazine "US National Library of Medicine on February 15, 2012", developed by the Directorate of Research and Education in Complementary and Integrative Medical Therapies, Osher Research Center, Harvard Medical School, "Division for Research and Education in Complementary and Integrative Medical Therapies/Osher Research Center/Harvard Medical School" namely by specialists including Gloria Y Yeh, David H Roberts, Peter M Wayne, Roger B Davis, Mary T Quilty, and Russell S Phillips, with the support of those from the National Institute of Health, from the National Center for Complementary and Alternative Medicine, an experiment was carried out in which ten patients were involved from the Israel Beth Medical Center in Boston, Massachusetts [9]. They were randomly assigned to receive either 12 weeks of Tai Chi plus usual care, or usual care only. The latter included drug therapy and general exercise guidelines provided by the American College of Obstructive Pulmonary Physicians. According to this study, people with the diagnosis of chronic obstructive pulmonary disease up to 45 years of age were selected.

The training program consisted of 60 minutes of Tai Chi, twice a week for 12 weeks and included light movements, relaxation, meditation, breathing techniques. The protocol

included traditional warm-up exercises followed by 5 simplified Tai Chi movements taught by 2 certified and experienced instructors. Warm-up exercises included weightlifting, arm swings, gentle stretches of the neck, shoulders, spine, arms, legs, visualization techniques, and traditional breathing methods (eg, Dan Tien Breathing) [9]. These exercises focus on releasing tension from the physical body, which includes mindfulness, increased awareness of the breath, and general relaxation of the body and mind [3]. The basic Tai Chi movements were adapted from Master Cheng Man and performed repeatedly [2]. Patients were encouraged to practice at home at least 3 times per week, this being optional. Class attendance was monitored, and participation was tracked through protocols that recorded the weekly frequency and duration of Tai Chi classes at home. In the case of 4 out of 5 participants in the experiment, participation was excellent. One of the 5 participants had a low frequency of Tai Chi classes, attending only one hour. The other 4 participants attended 22 hours out of 24, which would mean a frequency of 91%, in addition to this they also practiced Tai Chi at home. During this time, none of the patients were hospitalized, and no deaths were recorded. Compared to the group that received usual care, patients in the Tai Chi group showed significantly better results such as: improved physical functions, including cardiovascular and respiratory function, pain control, flexibility, endurance and immunity [9].

Conclusion

After researching the specialized literature and scientific documents in the field, we found that the Wushu system is a universal method of recovery physical culture. It shows moderate effects in reducing pain and increasing motor functions, which is similar to other methods based on physical exercises evaluated in medical clinics, fitness centers, etc. Having control over the difficult coordination of movements, the simultaneous participation of numerous muscles and joints in a process of harmonious movements, concentration and tranquility during their execution lead to continuous changes in various physiological systems of the body. More than that, the physical exercises in the Wushu system do not worsen asthma, and even more, they help to control crises of this kind, it is only necessary to properly dose the exercises and monitor their intensity, keeping under supervision the changes presented by the patient. Therefore, Wushu gymnastics is recommended not only for recreation, recovery, but also for the prevention of diseases, the treatment of certain ailments of the cardiovascular system, the digestive tract, the locomotor system, etc. In addition, the given system is safe, accessible, pleasant, and has a high adherence rate among the population of the East, with an increasing tendency of Europeans and those overseas to implement martial arts exercises and techniques in the treatment process.

We believe that the Wushu system can occupy an important place in the recreation of adults and the elements of Wushu can be adapted to the treatment of specific ailments, or can be combined with other methods of recreation and recovery for an optimal result.

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