

Kudo -Dobro

Introducing our social contribution project, "Kudo - Strength and Goodwill"

The charity project "Kudo - Strength and Goodwill (Kudo - Shira i Dobrota)" was launched in 2014. This project is led by the Russian Kudo Federation and operates with the cooperation of the Shinyuchin Dojo, the Predanie (Tradition) support fund, the Yunona children's welfare facility, and the Ekaterina Inozemtseva Memorial Charity Fund, among others.

This project aims to provide regular, free classes in adaptive sports (sports for people with disabilities) and Kudo, as well as Para Kudo training, to children and young people with physical or mental disabilities or developmental characteristics, tailored to their individual needs and abilities. It also aims to promote the health, physical and mental rehabilitation, improve quality of life (QOL), and provide emotional support for children and their families, while helping families raising children with disabilities avoid isolation and maintain connections with society. Furthermore, the project is working to create employment opportunities for adaptive sports instructors with disabilities and to establish a barrier-free sports facility (Parakudo Center) accessible to everyone.

This program is entirely volunteer-based, and all group lessons are offered free of charge. The most important rule for participation is that "parents and children participate together and learn while helping each other." This is because tangible changes and growth will only become apparent when the careful training at the dojo is put into daily practice at home. Please note that a doctor's permission form for the implementation of exercise therapy (rehabilitation exercises) is required to participate.

Project progress

The "Kudo - Strength and Goodwill" project began in 2007 with free classes started by instructor K.A. Simankin at the "Dzhetostvo" (Childhood) Children's Rehabilitation Center. He currently heads the Para Kudo division of the Russian Kudo Federation. As a father of a child with a disability, he has dedicated himself to supporting children's rehabilitation for over 10 years.

Since 2014, the project has grown to include four instructors and dozens of volunteer assistants. To date, it has provided regular instruction to children in the Taganka Children's Fund, the disability support group Rostochek, children in child welfare facilities under the Moscow City Labor and Social Protection Department (Yunona Center, Children's Facility No. 9), children and their families supported by the Ekaterina Inozemtseva Charity Fund, and parents and children attending the Shinyuchin Dojo. In addition, the St. Seraphim Sarovsky Memorial Gymnasium regularly conducts posture correction training and joint exercises aimed at preventing and improving scoliosis in children.

Currently, more than 350 children and adults with disabilities who have been approved to participate in training under the supervision of a doctor regularly attend classes.

As a result of the project, it has been demonstrated that not only have the health and quality of life of the participating children and their parents improved, but a positive and warm community has been built throughout the dojo.

Main activities

1. Adaptive Sports (Sports and Physical Education for People with Disabilities)

- Warm-up exercises, walking, breathing exercises, Pilates, Bobath therapy , various stretches, core (stability) training, and joint exercises.
- Physical activities include games played while kneeling or lying down on tatami mats, and exercises using balls, fitness balls (balance balls), ankle weights, resistance bands, and orthopedic mats.
- Cooling down and relaxation.

2. Adaptive Martial Arts and Combat Sports Classes — "Liberation of the Body Through Exercise"

- Safe warm-up exercises, stretching, static pose holding, breathing techniques, and coordination training on a tatami mat.
- A hybrid exercise incorporating elements of Bobath therapy, Qigong, Para Karate, Judo, Aikido, and Sambo.
- Rehabilitation and functional recovery using traditional Eastern physical techniques.

3. Adaptive Parakudo Class

- Warm-up exercises on a tatami mat, Apnea Yoga (breath-holding yoga) breathing techniques, Pilates, stretching, and Zass isometric (static) strength training.
- Exercises incorporating elements of Kudo (basic training, etc.), group movement and body agility.
- This program involves the performance of Para Kudo kata and demonstrations by groups of two or four people, targeting individuals with physical disabilities but no intellectual disabilities.
- A combination program aimed at relaxation, and an approach utilizing traditional Eastern therapies.

Our thoughts and achievements

We welcome everyone who comes to our dojo seeking training, and we never turn anyone away. Many wonderful children have already gained physical strength, self-confidence, and independence. We have also seen tangible improvements in emotional stability and motor coordination.

Difficulty controlling their bodies or developmental delays are common characteristics among the children we support. However, they are determined to move their bodies of their own volition, and they participate in group and individual exercises with enthusiasm and dedication.

Participating in Para martial arts and combat sports classes, or competing in tournaments and festivals for people with disabilities, is an excellent opportunity for children and adults to improve their health and become stronger both physically and mentally. It not only fosters confidence and independence, but also provides a wonderful opportunity for them to take a step into the "broader world" on their own, transcending the limitations of their home or institution.