

Gyurka guru tanításai - Az autizmusról másképpen

Fejezetek az autista bátyám, Gyurka guru nem hétköznapi hétköznapijairól

I have been to Gyöngyös and I have seen an Autistic Helping Center



Actually, I have visited the Aikido group of ASK (helping center for children and adolescents who live with autism), instructed by Iván Ozorák (4th dan master) set off in spring in 2012.

I had been struggling with bears in the icy North when I noticed a post, written by Zsuzsanna Szilvássy about the group of children who live with autism in Gyöngyös, (ASK) started practicing Aikido.

After some correspondence, I managed to arrange with Zsuzsanna to "save a place" for me in the group, as I had longed for the opportunity to bring Autism and Aikido together and write a thesis about it.

It took me about a month and a half to be able to get on a bus to Gyöngyös. Having arranged everything with Zsuzsanna and Iván, it was really easy to find ASK which is actually 2 minutes from the bus station.

The guys were gathering in the changing room half an hour before the start. After the warming up, such as running, climbing, rolling, Ivan arrived and it was the time of Aikido.

It was good to see the combination of an activity and an autism specific therapy. There was a timetable board on the wall, showing the next exercise. A plastic disk was given to the kids if they executed the task successfully. The disks were attached to the timetable board and after four disks, they were rewarded with a piece of chocolate.

The training consisted of basic steps and exercises in pairs. I was surprised that in spite of the fact, that most people who live with autism do not tolerate physical contact, these children could overcome this challenge and they seemed to enjoy the tasks and the practice of a martial art.

It made me feel delighted that such a new and creative initiative could be seen, like this group in Gyöngyös. The movement therapy of people who live with autism is not handled very well, in professional circles. Some state that the treatment of physical symptoms in their case is not the priority. It is true, but we have to admit their need for physical exercises, which is a kind of self-expression that can lead to mental and social development.

Congratulations!