

SLOC: a new martial art for people with special needs

LOCATION: La Zubia (Granada).

DURATION VTR: 1'41"

SUMMARY: A Granadian has created a new form of sport called SLOC, a martial art that avoids physical harm of participants and is specifically developed for persons with special needs. SLOC (Sistema de Luchas Orientales en Competición) offers many collective benefits to people of different abilities.

VTR:

A new martial art prevents injury and is accessible to people with disabilities. This mode of sport is called SLOC (The System of Asian Combat Competition) and was created by this man from Granada.

Ignacio Vílchez
Founder of SLOC

"We have introduced an element that avoids injury, and allows us to make harmless competition. The sport is totally suitable for any martial art as you can see without causing harm."

Among the participants of this new sport we find Moses, who has a visual impairment; and Alvaro, who has a hearing disability.

Ignacio Vílchez
Founder of SLOC

"The beauty of this sport is that it is all inclusive."

Moisés González
SLOC Participant

"The mobility, the response, in a nutshell various things that seemed interesting to me".

Álvaro de la Torre
SLOC Participant

"It helps many people to communicate there is not much aggression, unlike some other sports that I have seen, it's very dynamic."

Roberto, who works in a Center for Special Education, indicates that among the advantages for this group are the liberation of energy in a controlled environment, without risk of pain.

Roberto Martínez
Psychomotricity specialist

"Via the SLOC, the object they use to hit, they can project the aggression or impulses that they sometimes bottle up."

The practice can also improve dynamic coordination and enhance reflexes.

Roberto Martínez
Psychomotricity specialist

"It improves the knowledge of the corporal scheme, and the knowledge of the speed answer emitted, like the rest of the martial arts. It is practiced in teams and promotes team values, improving social relations".

SLOC opponents must strike in the head or trunk. In addition to combat, it introduces actions of speed, acrobatics and creativity, like this light exercise performed by Ainhoa, a young girl with Down syndrome.

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