

# EFFECT OF CARDIO KARATE ON SOME OF TENSION AND PSYCHOLOGICAL SECURITY INDICATIONS AND ITS RELATIONSHIP WITH THE ASPIRATION LEVEL TO THE ORPHANS

NAFAA NASHWA <sup>1</sup>, ELTANAHI NAGLA<sup>2</sup>

<sup>1</sup> Prof .Dr. Department of Exercises, The faculty of Physical Education, Zagazig University, EGYPT

<sup>2</sup> Dr., Department of Combat Sports, The faculty of Physical Education, Zagazig University, EGYPT

DRTANAHI@YAHOO.COM

## ABSTRACT

This study aims to Construct a psychological security measure for the orphan children (unknown parents or loss of father or mother) for the age group of (12-14) years, Knowing the effect of Cardio Karate on Some physical variables of Karate sport, some tension indications, Psychological security and the level of aspiration and its relationship between the psychological security and the level of aspiration of the orphan children in the orphans' houses, This study includes (46) children of orphans (unknown parents or loss of father or mother), the physical variables Which Were measured (agility, coordination, balance, muscular power), the physiological variables Which Were measured (pulsation, diastolic, systolic blood pressure and Vanillymandelic Acid),The psychological variables Which were measured to know the level of aspiration and constructing the measure of Psychological security Its axes are (body security - social security – emotional security),According to the results of analyzing, There are statistical significant differences between the pre and the post measure in some of the physical variables, the tension indications, the axes of the psychological security in the favor of the post measure and all of the aspiration level axes except the axis of satisfaction status and deciding aims of the orphan children in the orphans' houses and There is a statistical significant relationship between achieving psychological security and the aspiration level of the orphan children in the orphans' houses.

Keywords: Orphans houses – Level of aspiration – Cardio Karate – Psychological security.

## Introduction

The orphan child is in a bad need of care and interest from the part of the society so as to providing all his wants, seeking his interests and needs, taking care of them and not neglecting them in order not to affect the personality of this child negatively for he is one of the human forces that develop society.

The specialists see that the child, who is brought up far from his family as the orphan child, is usually retarded in the emotional, mental and physical growth because it is difficult for any institution whatever its level is to compensate the child for the care and interest provided by his family. Therefore, any disturbances in his general personality formation, will lead to dealing with him as a retarded and less than his counterparts and this affects his social and psychological adjustment generally (A.M. Amal, 1991)

Despite the family importance to the child, we find all societies children who are deprived from the family well fare and are put into orphans houses to provide them with faster care, so there must be sound well fare inside these institutions to provide for the children adjustment with themselves and with others in the society so as to contribute in achieving their sound psychological growth. The children in the institution suffer from extensive reaction and tend to anxiety and aggression, they don't accept the others and tend to centralize around self with non-feeling of security and lack of the ability of concentration. The deprivation from love and affection in child hood leads to retarding the mental

functioning of the child (A. M. Nagla , 1999 ; E. T. Mahmud, 1989)

A. Maslow (1970) points to the importance of feeling security and the need for it so as to reach a given goal because security is one of the basic needs for man. He defined it as the need of satisfaction, satisfaction, stability, protection and getting rid of fear, anxiety, confusion and so. He added that security is the most demanding need related to the individual especially in case of exposing to real threat that causes several psychological troubles to him.

E. Erikson (1980) considers that feeling psychological security is the corner stone in the sound personality. The psychological security arises from satisfying the basic needs of the child of food, warmth and other forms of parental care that create feeling security and absolute confidence in the child's self so he realizes himself as deserving well fare and estimation. He will see his family as donors and he can trust them. This feeling of psychological security is a basis for the person's success, his achievements and his ability to bear frustration.

M. Rutter (1990) and H.G. Muhammad (2006) point out that feeling psychological insecurity results from exposing the child to the emotional and psychological abuse through rejecting him, and threatening him with preventing love and comparing him to his counterparts and ignoring him, that lead to his feeling of insecurity and decreasing his freedom and his spontaneity in exploring the world. This hinders his learning ability thus affecting his level of aspiration which is one of the most important principles that must be cultivated

inside our children selves. It is a motive for the child in order to strive so as to achieve his target.

S. Mamdoha (1985) points out that anxiety in childhood arises from fear of a loss or threat of losing the parental love. Anxiety is represented in organic complaints and it appears in extensive apprehension and expecting disasters, disease, excitement, non focusing attention, fatigue and unjustified tiredness. The child who has anxiety gets disappointed rapidly and it is easy to reduce his will.

F. W. Ganong (1991) points out that the symptoms that related to anxiety and tension can be appeared and measured by Vanillymandelic acid (V.M.A.) that appears in the urine and its proportion is an indicator for secreting Adrenaline and noradrenalin the more its secretion, the more the (V.M.A) and its proportion in the urine that reflects tension and anxiety. Its percentage in the urine is directly related to the degree of tension.

C. Jayme (2005) agrees that cardio karate training is one of the best aerobic fighting arts training that provides the individual with the methods of self defense, and helps in improving the efficiency of the breathing circular system, increasing the physical fitness, getting rid of extra weight, contributing in reducing the psychological pressures and increasing the feeling of trust and security. It does not need experience for every individual trains according to his speed and his special capacity.

The present study deals with children staying at orphans houses who are deprived from parental care because of the death of the parents or one of them or the children with unknown parents. These children usually suffer from some of social and economic problems that may affect them negatively. These problems may lead the child to feel anxiety, tension, lowness, reduced self-esteem and non-feeling of psychological security and their level of aspiration may be affected too. The statistic pointed out that, since the setting too. The statistic pointed out that, since the setting up of education institution for boys in (1937) in El Sharkya (Orphans house) about 551 orphans graduated and only 24 jointed the university and this is a very few number that reaches 4,3% of the total number of the orphans house. This indicates the level of aspiration which is reduced for the orphans who are staying permanently inside the orphans' houses.

Practicing sport contributes positively in increasing the feeling of satisfactory and psychological security for the orphan children especially the fighting activities "sports of self defense" that gives the child the self trust, security and satisfaction. Thus, the two researches see that cardio karate trainings is the best way that increases the feeling of psychological security for the orphan children through what it involves of excitement and suspension. It contributes in achieving the self and social and psychological equilibrium, increasing the

drive for success and satisfying all of the individual needs.

Thus, the importance of the study is shown in attempting setting a proposed shape for the training of Cardio Karate that achieves the psychological security in the inner structure and raises the aspiration level of the orphan children in the orphans houses in Sharkeya Governorate and treating the psychological and social troubles of which these children suffer that represented in isolate, anxiety, tension, hatred, non conforming with the group, envy, jealousy and negative unacceptable aspects that deprive the child from feeling warmth and security. This depriving may reflect negatively on the growth of the child's personality and on his social and psychological health. It may overshadow his trends, his thinking style and his level of aspiration directly or indirectly. It is important to build a well social and psychological personality of the orphan that will contribute in building and developing the society and the environment considering this class of children among the main pillars that contribute in developing societies and human environment.

#### **The purpose of the study:**

This study aims at deciding group of Cardio Karate training and knowing their effect on some of the indications of tension and psychological security of the orphan children and their relation with their aspiration level and this is done through the following:

- 1- Constructing a psychological security measure for the orphan children (unknown parents or loss of father or mother) for the age group of (12-14) years.
- 2- Knowing the effect of Cardio Karate on Some physical variables of Karate sport, some tension indications of the orphan children in the orphan's houses, Psychological security and the level of aspiration of the orphan children in orphans' houses.
- 3- The relationship between the psychological security and the level of aspiration of the orphan children in the orphans' houses.

#### **Methods and procedures**

This study includes (46) children of orphans (unknown parents or loss of father or mother),( 12 ) children were chosen on purpose as an experimental sample of the study from the Education Institution for boys Zagazig- Sharkeya Governorate because of the full permanent staying in the institution. They do not practice any sport activity regularly. (19) children were chosen from the education institution for boys Mansoura , Dakahlia Governorate and (15) children from Education institution for boys Tanta ,Gharbia Governorate as a pioneer sample in order to construct the measure and generalize its results on the orphans community.

The two researches performed homogeneity procedure for the community of the study in some of the physical and psychological variables targeted. The age  $13.26 \pm 2.23$  years, height  $151.45 \pm 4.18$  cm, weight  $45.12 \pm 6.51$  kg, intelligent  $32.47 \pm 5.15$  degree and the level of aspiration  $29.33 \pm 4.11$  degree.

The pre and post measures were performed in the same circumstances of the physical variables which were test of zigzag running to measure agility in seconds, test of digital circles to measure coordination in seconds, test of standing on the foot toe to measure the stability balance in seconds (H. A. Muhammad, and N. E. Muhammad, 1994), broad jump of stability test to measure the muscular power estimated distance (S.H. Muhammad, 1999), the physiological variables for pulse rate frequency to heart estimated the number of pulses in a minute, measuring the diastolic and systolic blood pressure by using the Sphyg Manometer. A urine sample was taken from the children to analyze the Vanillylmandelic acid (V.M.A).

The psychological variables were measured to know the level of aspiration. This measure is prepared by (A. E. Camellia, 1992). It measures the level of aspiration of individuals. It includes in its final form 79 questions titled fewer than seven basic traits. Each trait has ten questions except the trait of (including to struggle) which has only nine questions. There are ten questions for revision distributed among the other traits of the measure. These traits are (outlook at life – direction towards excellence – deciding aims – inclining to struggle – responsibility bearing – self-depending – insistence – satisfaction of the present status – believing in luck). The answer is by yes or no. The scientific correlations were calculated validity through the inner consistency. (The reliability of the measure is calculated through test and retest) on the introductory sample that consisted of (34) children from the society and out of the basic sample of the orphans children. The psychological security was measured by a constructed measure.

#### **Steps of constructing the measure of (Psychological security)**

**Deciding the basic axes of the measure:** Some personal interviews were performed with some of the orphan children (unknown parents, loss of father or mother) in the orphans' houses and some of supervisors and social and psychological specialists who are staying and dealing with them permanently or temporarily, the theory S. Milton (2006) considers the psychological security is the most needed necessity after the physiological needs. He divides the psychological security into (body security - social security – emotional security) . This theory helped in adopting these axes as basic dimensions to form the main structure of building the measure and through it, we could put the axes in its first shape in a form that was shown to a group of specialist experts who approved these axes.

#### **The scientific correlations of the measure of (Psychological security):**

##### **The validity of the measure of (Psychological security)**

1- The validity of the experts (the logical validity): The two researches showed the axes of the measure and the phrases of each axis to the experts of educational psychology, sport psychology and psychological health. They were 9 experts. The two researches considered the agreement ratio of the experts on the phrases of the measure a criterion of its validity.

2- The validity of the inner consistency of the phrases of the measure and its axes: The co-efficient correlation value was calculated between the score each phrase alone and the total score of this axis on the introductory study sample which consisted of (34) orphan children (unknown parents, loss of father or mother) in the orphans houses in the governorates of El Dakahlia and El Gharbia.

##### **Reliability of the measure:**

In order to find the reliability coefficient of the measure axes whose number is (3) and their phrases whose number is (48), the two researches used the method of the half partition for the answers of the introductory study sample for each axis by using the formula of (Spearman- Prawn and Guttman) to find the correlative coefficient among the double and the single phrases.

**The method of correcting the measure:** The scores of the measure responses are calculated on a tri-estimation balance so, the positive phrases is represented in a few score (one point), a middle score (two points), a big score (three points). The negative phrases are represented in a big score (one point), a middle score (two points) and a few score (three points). Thus, the maximum and the minimum of the orphan children responses on the measure as follows: From 43 to 64 accepted feeling of psychological security, from 65 to 89 a middle feeling of psychological security and from 90 to 164 a tense feeling of psychological security. Thus, the measure is ready in its final form and the number of the phrases became (48) phrases.

##### **Cardio karate program:**

On performing Cardio Karate training, some special bases were followed Taking into account, doing loads gradually through arranging the content so as to start from the easy to the difficult and from the simple to the compound, variation in training, good warming up and taking care of the elasticity of the spine and the ligaments because the tissues, ligaments and the hamstrings having less resistance for the muscular effort (G. ALI,1994), taking care of individual differences and the overall balanced development of all the body parts.

##### **The content and the study program:**

The total period of the program was decided to be (12) weeks in (36) training units daily and (3) units in the week. The time of the training daily unit in the beginning of the program is (40) minutes divided into (15) minutes warm up, (20) minutes main part, (5) minutes claming up that increases gradually till it study to (60) minutes divided into (10) minutes warm up (45) minutes main part (5) minutes claming up in the end of the program. The training unit was distributed as follows:

**1- Warming up:** This part of the training unit aims at preparing the different body systems of the individual to perform the basic part of the training unit. The time period for this part (15) minutes at the beginning of each training unit daily in the first and the second month and it is reduced in the third month to reach (10) minutes. It includes the group of training for all parts of the body .This study made this part including the longing exercises that increase elasticity and helps to warm the muscles and avoid injury.

**2- The basic part:** this is the most important part of the program and through which the main goal of the study is achieved. This part includes the training of Cardio Karate that involves the basic skills of karate of defense methods (blocking – feet movements) and attack methods (punching – hitting – kicking). The two researches chose the suitable skills for this program.

**Feet positions:** Front – stance ( zenkutsu –dachi ) , Back – stance ( kokutsu – dachi ) , Straddle – leg Stance ( kiba – dachi ) , Sparring Front stance (zenkutsu kumite –dachi )

#### Results

**Table 23.** The significance of differences among the pre and the post measures in the physical variables:

N= 12

Variables	Pre M ± SD	Post M ± SD	T	Improvement Percentage %
Coordination	10.35±3.22	9.02±2.81	2.79*	12.85
Balance	4.74±2.18	7.12±2.56	3.15*	50.21
Agility	11.2±4.16	9.81±3.19	3.83*	12.41
Muscular power	160.71±2.47	197±2.98	5.71*	22.95

T value at 0.05 = 2.20.

**Table 24.** The significance of differences among the pre and the post measures in the physiological measures of the tension indications

N = 12

Variables	Pre M ± SD	Post M ± SD	T	Improvement Percentage %
Pulsation	77.24±3.06	74.31±2.87	2.87*	3.79
Diastolic blood pressure	118.6±7.61	115.41±5.92	2.96*	2.68
Systolic blood pressure	73.33±5.13	69.46±4.13	4.03*	5.27

**Blocking methods:** Downward block (Gedon-Bari ) Rising block (Jodan Age-Uke ) , Inward forearm block (Chudan Uchi-uke ) , Outward forearm block (Soto-ude-uke ) , Seward hand block( Chudan - Shuto –Uke )

**Punching methods:** Rising Punch (Age-Zuki ) , Short Punch ( kizami-zuki ) , Lung Punch ( Oi-zuki ) , Reverse Punch ( Gyaku-zuki ) .

**Kicking methods:** Front Kick (Mae – Geri ) , Back Kick ( Ushiro – Geri ) , Side Kick (Yoko- Geri ) , Roundhouse Kick ( Mawashi – Geri )

This method starts with a daily training unit for (20) minutes with taking time gradually in the rate of (5) minutes every two weeks till it reaches (45) minutes in the end of the third month.

The two researches took into account that the proposed training load intensity ranges from (50% to 70%) of the maximum capacity of the individual and cope with the special age stage nature of the study sample. The rest time should be enough whether it is among the repetitions in the daily training unit or among the weekly training units. The positive rest period (the timing in the place) was (10) seconds among the repetitions in the daily units and the weekly training units for (48) hours.

**The part of calming:** This part of the training unit aims at taking the systems and organs of the body back to their natural state. The two researches saw that this part should contain exercises to organize breathing and relaxation. The time period of this part (5) minutes in the end of every daily training unit.

V.M.A 4.86±1.32 3.6±1.57 5.02\* 25.93

T value at the level of 0.05 = 2.20.

**Table 25. The significance of the differences among the pre and post measures of the axes of psychological security N = 12.**

Variables	Pre M ± SD	Post M ± SD	T	Improvement Percentage %
Social security	25.23±3.21	28.24±2.45	3.69*	11.93
Body security	21.14±2.63	25.36±2.57	6.84*	19.96
Emotional security	27.35±3.02	31.14±2.71	4.57*	13.86

T value at the level of 0.05 = 2.20.

**Table 26 . The significance of differences among the pre and post measures of the axes of aspiration measure N = 12.**

Variables	Pre M ± SD	Post M ± SD	T	Improvement Percentage %
Satisfaction of the present status	5.62±1.52	5.75±1.48	1.92*	5.87
Insistence	4.34±2.36	6.41±2.56	3.44*	47.69
Responsibility bearing	5.12±1.29	7.62±1,84	4.13*	57.60
Inclining to struggle	5.33±1.66	7±1.21	2.48*	31.33
Deciding aims	5.16±1.40	5.58±1.53	2.03*	8.13
Direction towards excellence	5.24±1.85	6.71±1.34	3.11*	28.05
Outlook at life	3.58±1.02	5.33±1.13	4.03*	46.08

T-value at the level of (0.05) = (2.20).

**Table 27. The correlation coefficient among the axes of psychological security measure and the dimensions of the aspiration axis**

N = 12.

Aspiration psychological security	Satisfaction of the present status	Insistence	Responsibility bearing	Inclining to struggle	Deciding aims	Direction towards excellence	Outlook at life
Social security	0.605	0.638	0.787	0.779	0.857	0.815	0.624
Body security	0.654	0.713	0.591	0.658	0.635	0.757	0.587
Emotional security	0.582	0.713	0.640	0.761	0.812	0.709	0.653

The significance of the correlation coefficient at the level of (0.05) = (0.578).

### Discussion

Table (23) shows the differences significance among the pre and the post measures of the study sample points out that there are statistical significant differences for the favor of the post measure in the physical variables. The two researchers see that these differences and the percentages of the improvement of the post measures rather than pre measures are due to the practice of the training of Cardio Karate which are performed three times weekly accompanied by music and including several of punching, kicking and blocking skills that helped in improving the

physical variables (coordination – balance - agility - muscular power) of the orphan children and this agrees what shown by both of S. A. Muhammad (1999) ; A.E. Naglaa ( 2006) who pointed out that employing training similar to the motion performance is one of the best ways to improve the physical sides that are accompanied by advancement in performance .This also accords with what C. jaymee (2005) pointed that the Cardio Karate trainings is one of the best aerobic fighting arts trainings that provides the individual with the self-defense methods and helps in improving the physical fitness and getting rid of the extra weight. They do not need experience as each individual practices

according to his speed and his special capacity.

Table (24) shows the significance of the differences among the pre and the post measure of the study sample points out that there are statistical significant differences for the favor of the post measure in the physiological variables of the tension indications in improving percentages ranged from (2.68%) to (25.93%) which showed that the highest improving percentage was (V.M.A) and the lowest improving percentage was the contracting blood pressure. The two researchers see that these differences and the percentage of improving the post measures rather than the pre measures are due to practicing Cardio Karate training which are performed three times weekly accompanied by music and which helped in making physiological adjustment led to raising the efficacy of the vital systems of the body. This led to the increasing of the heart pushing of blood per minute and has its positive effect on the pulsation and the diastolic and systolic blood pressure. This agrees with what shown by R. Osama and K. Ibrahim (1998) that regularity in training affects the heart so the heart rate improves through the widening of its rooms and increasing the pulse volume and as a result the heart beating rate decreases during the rest that leads to making the main arteries to feed the heart muscle better rather than the successive heart beatings, The reduction in the amount of V.M.A in the urine is due to the effect of practicing the Cardio Karate training regularly accompanied by various and funny music that led to improving the psychological sides of the orphan children such as anxiety, tension, anger and disturbance that reflected on improving the results of the acid, The results of the study agree in improving the amount of V.M.A in the urine agrees with what shown by F.W. Gangong (1991) that the amount of V.M.A in the urine is correlated directly with the state of anxiety and tension that the individual exposes to. The more of Adrenaline and the noradrenalin and also the increasing of the amount the acid in the urine, the less the tension and anxiety, the less the secretion of Adrenaline and the noradrenalin and the amount of the acid in the urine, This also accords with the results of the studies of N. Nashwa and M. Salwa (2004) ; A.A Elham and M. Amal (2004) which pointed out that regularity in training and practicing the various sport programs help in reducing the amount of V.M.A in urine which is directly correlated with the state of tension and anxiety to which the individual exposed. Table (25) shows the significance differences between the pre and the post measures of the study sample points out that there are statistical significant differences for the favor of the post measure in the axes of the psychological security in improving percentages ranged from (11.93% to 13.86%) and which showed that the highest improving percentage was in the body security axis and the lowest was in the social security axis. Table (26) shows the significance differences between the pre and the post measures of the study sample points out that there are statistical significant differences for the favor of the post

measure in all the axes of the aspiration measure except the axis of satisfaction status and deciding goals in percentages ranged from (57.60% to 5.87%) that showed that the highest improving percentage was in the responsibility bearing axis and the lowest was in the satisfaction status axis. This improvement is due to the regularity of the children in practicing Cardio karate training which includes teaching methods of self-defense (methods of punching – kicking – pushing) that helped the children in providing them with pleasant positive emotional experiences having the spirit of optimism, harmony, fun, feeling self-trust, getting rid of psychological pressures and the ability to face the anxiety symptoms that faces them as the result of the troubled social and family life because of the non-existence of the father, the mother and the natural family. This agrees with what pointed out by S. Eric & S. Jennifer (2002) of the National Union of the fighting arts professionals and Everson (2010) that practicing Cardio Karate training is the most safety ways for the individual to perform regardless the level of the previous experience of the individual. The main advantage of the practice is the increasing of the fitness level and strengthening the muscles and the elasticity through learning the self-defense methods. It also helps in increasing self-trust feeling and contributes in lightening pressures that the individual exposed to. It increases also the motive for achievement and increasing the academic aspiration level of the children. This agrees as well with the results of the studies of A. M. Nagla (1999) , A.K. Ali (2003) ; M. K. Samira (2004) ; R.W. Taimour (2006) that pointed out that practicing sport activities and the regularity in training is one of the important factors in improving several psychological sides of the orphan children.

Table (27) of the correlative coefficients among the axes of the psychological security measures and aspiration measure points out that there is a direct correlative relationship which means, the more the feeling of psychological security of the orphan children, the more the improvement of their aspiration level. The two researches see that the more the feeling of the psychological security of the orphan child, the more his feeling of his inner self and the more the level of his motivation and achievement that reflected positively on the level of aspiration. This accords with what was pointed by G. Davison, J. Neale (1994) that there is a direct correlative relationship between the psychological security and the level of motivation and aspiration. This agrees also with the results of A.M. Saied (1992) ; A.O. Amr (1999) ; I.C. Varghese (1990) that points out that there is a correlative relationship among several of psychological sides and the level of aspiration. Milton (2006) asserts that there is a correlative relationship between the psychological security and the aspiration level and he considers the psychological security one of the most important requirements to achieve the reach quality and making the scientific achievements.

### The conclusions:

- 1- There are statistical significant differences between the pre and the post measure in some of the physical variables of the orphan children in the orphans' houses.
- 2- There are statistical significant differences between the pre and the post measure in some of the tension indications of the orphan children in the orphans-houses.
- 3- There are statistical significant differences between the pre and the post measure in the

axes of the psychological security in the favor of the post measure of the orphan children in the orphans' houses.

- 4- There are statistical significant differences between the pre and the post measure in all of the aspiration level axes except the axis of satisfaction status and deciding goals of the orphan children in the orphans' houses.
- 5- There is a statistical significant relationship between achieving psychological security and the aspiration level of the orphan children in the orphans' houses

### References

- AHMED, M. I., 1994**, *Karate sports, the principles of planning for training and educational programs*, Alexandria, p.24-91
- ALI, A.K., 2003**, *the effect of a recreational sport program on the emotional and psycho movement state of the children in the orphans house (S.O.S) in Gharbia*, Master thesis, the faculty of the Sport Education, Tanta University, p.110
- ALI, G., 1994**, *the Sport Health*, The faculty of Sport Education for Boys, Zagazig University, p. 178.
- AMAL, M. M., 1991**, *the effect of a proposed program of exercises accompanied by music on the physical adjustment for the children unknown parents in the village of SOS*, A master thesis, the faculty of Sport Education for Girls, Zagazig University, P. 30
- AMR, A. O., 1999**, *Methods of welfare in the living institutions as realized by children and its relation with the aspiration level to them*, Master Thesis, the high institute of childhood studies , Ein Shams University, p. 87
- CAMELLIA, A. E., 1992**, *Psychological studies in the personality and aspiration level*, Renaissance Egypt, Egypt.
- DAVISON, G., NEALE, J., 1994**, *Abnormal Psychology*, New York, John Wiley & Sons, (6 Ed), p. 197
- ELHAM, A.A. and AMAL M. M., 2005** , *The effect of two programs of Hatha Yoga exercises and walking on some of physical and psycho physiological variables of the women working in the banks* ,The scientific sport Magazine Science and arts, The faculty of the Sport Education for Girls , Helwan University , V.22 , p. 1-36
- EMAD, M. M., 2003** , *Children realization of psychological security from the parents and its relation with anxiety and despair-psychological studies* , psychological scientific periodical , quarterly , the union of the Egyptian psychological specialists, V.13 , N.4 ,p. 613-677.
- ERIC, S., JENNIFER, S., 2002**, *Cardio karate for fun*, Parker Academy of Martial Arts, p. 38.
- ERIKSON, E., 1980**, *Identity and the life cycle*, New York, W.W. Norton and Company, P. 57- 67
- GANONG F. W., 1991**, *Review of Medical Physiology*, Middle East Edition Libraries du libnan , Beirut ,Lebanon, P.337
- JAYMEE C., 2005**, *Add a kick start to your workout*, Victor Marx Academy, oahu, P. 121
- MAHMUD, E. T.,1989**, *The effect of a sport recreational program on some of social, physical and psychological sides of the secondary stage students*, PHD, The faculty of Sport Education for Boys , El Menia University , p. 3
- MAMDOHA, S., 1984**, *Methods of socialization and their relation with psychological problems in the middle childhood stage*, PHD, the central library, Ein Shams University, P. 79.
- MASLOW, A., 1970**, *Motivation and personality*, 2nd, Ed 1, New York, Horper Row, P. 120,121
- MILTON, S., 2006**, *Is Sex Too Good for the Working Class? Education and Oppression* , Social Justice Research, Vol. 19, No.1, p.63, 64.
- MUHAMMAD, H. A., MUHAMMAD N. E., 1994**, *Tests of motion performance*, Dar El Fekr El Araby , 3rd Ed., Cairo , p. 365
- MUHAMMAD, H. G., 2006**, *Aspiration of children and how to face it*, the Egyptian library, p. 7- 10
- MUHAMMAD, S. A., 1999**, *The effect of developing some of the special motion abilities on the efficacy of the skilled performance of kicks of karate players, age group (12-13) juniors* , A Master thesis , The faculty of Sport Education for Boys , Alexandria University , p.198
- MUHAMMAD, S. H., 1999**, *Measuring and correction in the physical and sport education*, Dar El Fkr El Araby , Vol.1, p. 400.
- NAGLAA, A.E. , 2006**, *The effect of using different types of training on developing the level of explosive strength and speed of moving response and its relationship with the effectiveness of attacking during kumite Karate* , PHD , The faculty of Sport Education for Girls , Zagazig University , p. 151-167
- NAGLA, A. M., 1999**, *The effect of a proposed sport activity program on some of non-cognitive aspects of the children in the orphans houses*, Asyut Governorate, A Master thesis, The faculty of Sport Education, Asyut University, p. 36,37

- NASHWA M.N., SALWA, M., 2004**, *A comparative study between the effect of a Uga training program and contemplating walking program on some of ladies accompanied symptoms in the state of pre menopausal and its relation with the extent of life quality*, The faculty of Sport Education for Boys, The Scientific journal of Psychical and Sport Education , Helwan University , N. 42 , p. 287 – 351.
- OSAMA, R., IBRAHIM, K., 1998**, *walking sport, an approach to achieve the mental and physical health*, Dar El Fekr El Araby, Egypt, p.36
- RUTTER, M., 1990**, *Psychological resilience and protective mechanisms*, In J. Rolf., A. Masten , D.Cicchetti, K., Nuechterlein and S., Weintraub.,( Eds)Risk and protective factors in the development of psychopathology, Cambridge University press , p.181-214
- VARGHESE, I. C., 1990** , *Academic Achievement of Children from Monogamous and Polygynous Families*, the Journal of Social Psychology, University of Transkei , V. 130, N(1),p. 117- 19  
<http://www.kodenkanmartialartsacademy.com/index.html>, Download  
**Date:15 | 2| 2010**  
<http://www.cardiokickpunching.com/cardiofaqs.htm>, Download
- SAIED, A.M., 1992**, *A study of the aspiration level and its relation to some mental abilities and emotional traits of personality during some of growth stages*, A master thesis, El Menia University, The faculty of Education, p. 101
- SAMIRA, M. K., 2004**, *practicing the recreational activities and its relation to satisfying the psychological need and decreasing of violent behavior to social children*, scientific production, the faculty of Sport Education for Girls, Zagazig University, Vol.27, N.64, p. 27
- TAIMOUR, R. W., 2006** , *The effect of a proposal recreational program on the satisfaction for leisure time activities for lads in orphans houses* , Asyut Magazine for science and arts of sport education, N. 22, Vol.1, p.110
- THURMAN, T. R., 2008**, *Care and protection of orphans and vulnerable children in Sub. Saharan Africa: In slight into their risks and resources (Rwanda)*, PhD, Tulane University, p.113  
 Date: 24 | 3| 2010  
[http://www.norfolkkarate.com/cardio\\_karate.htm](http://www.norfolkkarate.com/cardio_karate.htm), Download Date: 28| 1| 2010  
<http://eversonscardiokickpunching.com/>, Download Date: 3 | 11| 6 | 2010  
<http://urbandojo.com/karate-classes-for-kids/>Download Date: 7 | 3| 2010  
<http://www.martialartsgear.com/kb8264.html>  
 Download Date: 5|6|2010