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Braille Tonik Deserves More Attention



Gholamreza Lotfi *

Motor Behavior Department, Faculty of Sport Sciences, Shahid Rajaei Teacher Training University, Tehran, Iran

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Under the publishing an article in the previous issue of the journal entitled “*Comparison of the Effectiveness of Braille Tonik Exercises and Physical Fitness on the Coordination and Memory of Housewives in Mashhad*” (Farzane, 2022), I considered it necessary to provide explanations under the title of the letter to the editor. Braille Tonik exercises were invented in the early part of the new century by an Iranian social activist named **Yasman Moayedi** and have been recognized in Iran since 2012 by a group of enthusiasts. There is a lot of activity in this field, but perhaps France, which has been an official organization for Braille Tonik since 2009, can be introduced as the biggest developer of this field.

Braille Tonik exercises, which are based on coding and semiotics and inspired by the letters of the International Touch Alphabet (Braille), have unique features that can be used as an independent discipline or in combination with other occupations and sports exercises and by all people in any age group and with any level of physical and motor abilities. The nature of this field with its different tendencies has wide capacities to create attractiveness and diversity and increase creativity in the audience and can be performed as a group or individually. The philosophy of this field, which is licensed by the NGO Peace and Friendship, is as a common language to promote peace and friendship between nations through the movement and teaching of various subjects, especially languages and cultures.

In recent years, although numerous research activities have been carried out mainly as master's theses of students of different sports sciences in Bu-Ali Sina, Alzahra and other universities to explain the effects of Braille Tonik exercises on different fitness, physical, psychological and social dimensions of different age groups of athletes, the elderly, typical children and special groups such as perceptual – motor abilities in grade 1 male students) and elementary school female students. However, the publication of results in the form of articles has rarely happened such as static, dynamic balance and psychological factors in adult women (Amirizade & et al., 2020) and motor skills of educable children with intellectual disability (Dehghanizade & et al., 2018). This trend is also observed internationally. It is interesting that the way of pronouncing the name of this field and also the way of writing its name are not seen in the same way in different texts, so it is because the publication of Farzane (2022) is a pleasure.

In short, Braille Tonik exercises with the ability to affect different physical, psychological, and social dimensions of a wide range of people with different genders, ages and levels of ability that can be learned and performed in any place and time, and on the other hand as

a sport, holding competitions at different levels deserves more attention from the general public and researchers. Braille Tonik as one of the important capacities of public sports is comparable to disciplines such as Pilates, Yoga and Tai Chi, which can be specially combined with a variety of music. Braille Tonik research attractions include a variety of movements and orientations (which helps motivate participants), the ability to change the level of difficulty of the task (which makes it applicable to different age groups and people with disabilities to skilled athletes). The ability to measure the learning of skills (through objective and simple tests) and the ability to plan and execute in different environments (laboratory and field) noted.

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* Corresponding author. **Gholamreza Lotfi**, Motor Behavior Department, Faculty of Sport Sciences, Shahid Rajaei Teacher Training University, Tehran, Iran.

E-mail addresses: gholamrezalotfi@sru.ac.ir

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