

Saymon

Sars Cov-2
THE INVISIBLE ENEMY



Saymon

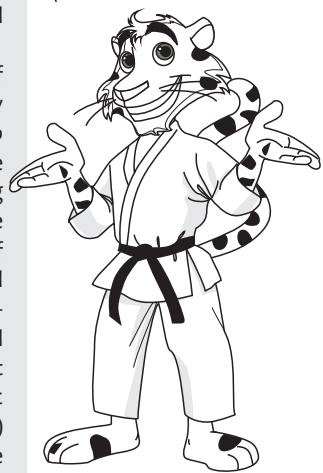


The pandemic COVID-19, a respiratory disease caused by a new severe coronavirus and now an acute respiratory syndrome 2 (SARS-CoV-2), will be, here, illustrated by Osmar Negreiros, a drawing and painting artist and a comics creator, who mixes fiction in a very interesting narrative bringing a new comic hero to life, named SAYMON.

Today History makes us think of disorders caused by the new coronavirus, such as conflicts related to the quarantine period and, at the same time, the contributions of training Karate at home, in addition to the physical aspects, during this period of social isolation. So, the great potential of regular karate practice focus self-esteem, against depression and anxiety. Our hero SAYMON will count on Neko's help, an anthropomorphic hero, to discover his Ki (internal energy) and use that vital energy to defeat the great invisible villain, an enemy that threatens our planet Earth.



Family Brazil



Neko

Screenplay: Osmar Negreiros

Drawing: Osmar Negreiros

Final art: Osmar Negreiros

Translation: Juarez Chagas

Review: Juarez Chagas



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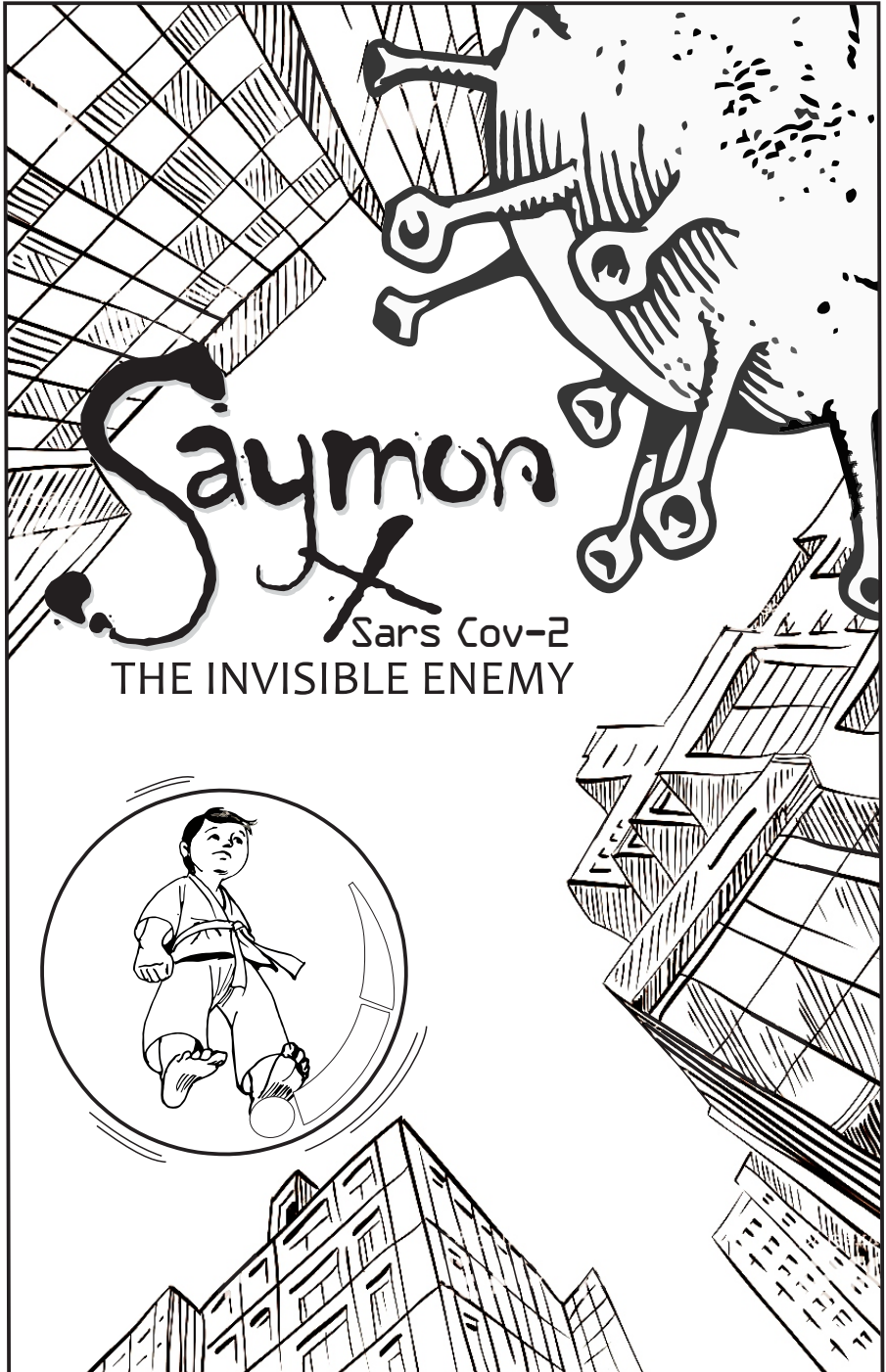
Osmar Negreiros Askaja



Askaja-Karate Jaguaribe



Osmar Negreiros Askaja



Saymon X

Sars Cov-2
THE INVISIBLE ENEMY



Saymon

Saymon



Karate practitioner, the boy of only 8 years old, would be a child like any other one, because of his remarkable determination, purity and sense of justice. One night, Saymon had a strange nightmare and woke up confused and disturbed by emoticons that made him practice karate exhaustively. From this moment on, he kept practicing and began to mentalizes the unshakable spirit of the effort and begins to channel an inexplicable fluid energy, in perfect harmony between the physical and the spiritual. This Vital Energy - KI, allows Saymon to see the invisible, develop an unmatched kime and activate a floating and impassable magnetic field.



Here enters Neko

An expert in Martial Arts, Neko (cat, in Japanese), is a feline belonging to the Felidae family, extremely rapid and flexible, with an extraordinary night vision and binocular that allows to clearly perceive movements in different lighting conditions. He has very accurate hearing and his whiskers are very sensitive, providing him with information about air vibration. Neko's mission is to keep the flame of enthusiasm, determination and perseverance of special people alive, through self-knowledge and channeling the energies between nature and the entire Universe.



Sars-CoV 2

From East, the ancestors of Sars-CoV date back to 1937, but it would have spread worldwide panic in the 1960s, when it was known as Coronavirus. In 2019, it resurfaces from the shadows. Sars-CoV 2, is an invisible villain which has the power to multiply uncontrollably and infect human beings through physical contact, by air or by contact with contaminated secretions. This villain takes advantage of people's fragility, invades the airways and multiplies through the lungs, and can be lethal. Sars-CoV 2, is highly powerful and selective, its main victims are preferably hypertensive, asthmatic, diabetic, lactating children and the elderly. This villain himself believes that contaminating the whole world is a noble mission and that killing people is doing it right and good, helping to end the pain and suffering of these people.

A SILENT AND LETHAL ENEMY
THREATENS THE ENTIRE PLANET
EARTH. WORLD AUTHORITIES REPORT
CASES OF COVID-19, A DISEASE
CAUSED BY THE NEW CORONAVIRUS.

THE WORLD HEALTH
ORGANIZATION (WHO)
DECLARED THE OUTBREAK AS A
PANDEMIC, AN EPIDEMIC IN
GLOBAL CONCEPT.



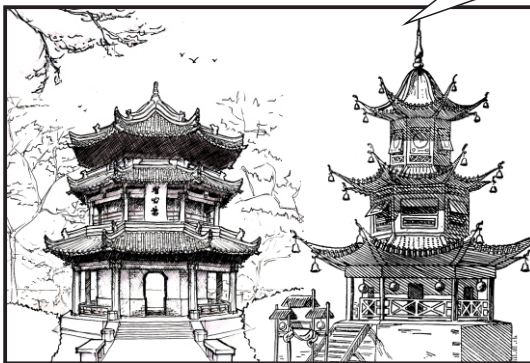
THE NEW CORONAVIRUS IS HIGHLY
CONTAGIOUS. THERE IS NO KNOWN ANTIDOTE
IN THE WORLD. IT IS ASSUMED THAT ALL
PEOPLE CAN BE CONTAMINATED BY HIM.


THE WORLD HEALTH ORGANIZATION (WHO)
RECEIVED AN ANNOUNCEMENT ON A SERIES
OF PNEUMONY CASES OF UNKNOWN ORIGIN
IN WUHAN, A CHINESE CITY WITH 11
MILLION INHABITANTS.

THE CHINESE GOVERNMENT'S FIRST
BREAKING NEWS ABOUT THE SURVEY
OF THE NEW CORONAVIRUS WAS
GIVEN ON DECEMBER 31, 2019.

SINCE THEN COVID-19 KILLED
THOUSANDS OF PEOPLE IN CHINA
AND SPREADED ALL OVER THE
CONTINENTS.

A GOOD ADVICE IS THAT PEOPLE
STAY AT HOME IN AN ATTEMPT
TO AVOID CONTAMINATION.






DADDY, WHY HAVE KARATE CLASSES STOPPED?

WHY ARE THE STREETS SO EMPTY?

IT WAS A DETERMINATION OF THE GOVERNMENT AND AN ORIENTATION OF THE WORLD HEALTH ORGANIZATION ...

... PEOPLE MUST STAY AT HOME TO PREVENT THE VIRUS FROM CONTAMINATING EVERYONE.

APRIL 27- LATEST NEWS FROM THE NEW CORONAVIRUS. NUMBER OF CASES IN THE WORLD APPROACHES THREE MILLION.



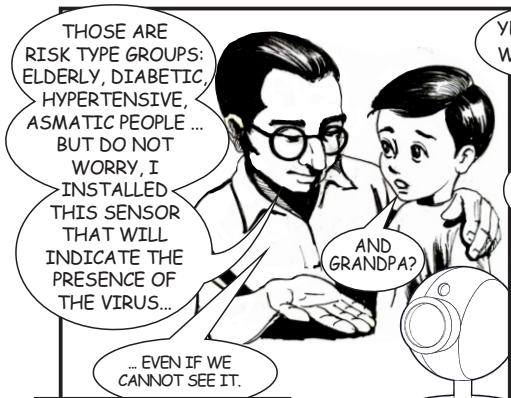
DAD, IF YOU DON'T HAVE AN ANTIDOTE, WILL WE ALL DIE ?!

TAKE IT EASY, SON. NO PANIC...

ITALY HAS MORE THAN 27,000 DEATHS AND ALMOST 200,000 CASES CONFIRMED SINCE THE BEGINNING OF PANDEMIA.



THERE IS NO ANTIDOTE UP TO NOW...



THOSE ARE RISK TYPE GROUPS: ELDERLY, DIABETIC, HYPERTENSIVE, ASMA TIC PEOPLE ... BUT DO NOT WORRY, I INSTALLED THIS SENSOR THAT WILL INDICATE THE PRESENCE OF THE VIRUS...

AND GRANDPA?

... EVEN IF WE CANNOT SEE IT.



YEAH... HE WILL STAY...

?!

?!

TRIMMMMMMM!!!

HOSPITAL INFORMING FAMILIES ABOUT IN-HOUSE PATIENTS ...



WHAT?!!

WHAT HAPPENED? HOW IS MY FATHER?

WHAT HAPPENED?

WHAT HAPPENED TO GRANDPA?

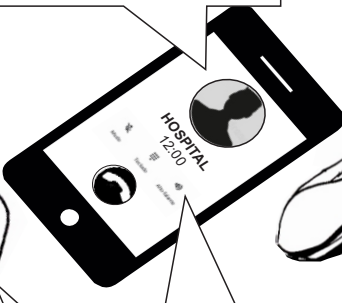


AT DAWN MR. BRAZIL ENTERED THIS HEALTH UNIT...



WE NEED A LIST WITH THE NAMES OF ALL PEOPLE WITH WHOM HE HAS CONTACTED IN THE LAST DAYS ...

?!



YES! YEAH!

HOW'S THE GRANDPA ?!

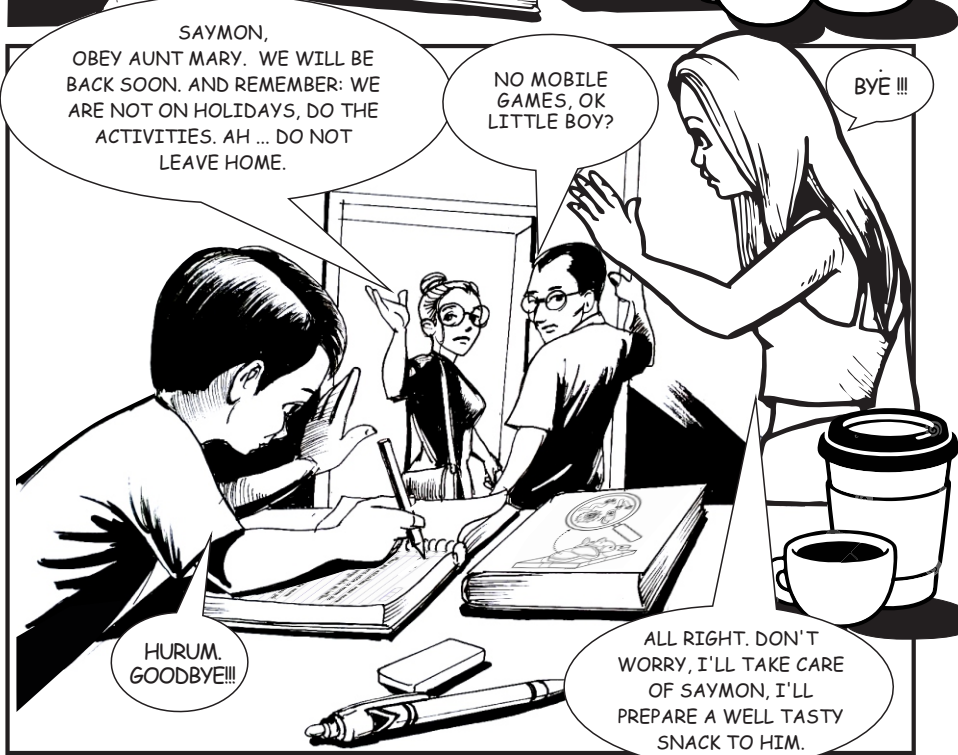
HE AND HIS WIFE MUST COME TO THE HOSPITAL, IMMEDIATELY.



SON, YOU MUST DO HOUSEHOLD ACTIVITIES TODAY AND KEEP THE DOOR CLOSED. AUNT MARIA WILL BE WITH YOU UNTIL WE COME BACK HOME.

MARY, HELP HIM IN HIS ACTIVITIES.

LEAVE IT TO ME. THIS BOOK WILL HELP.



SAYMON, OBEY AUNT MARY. WE WILL BE BACK SOON. AND REMEMBER: WE ARE NOT ON HOLIDAYS, DO THE ACTIVITIES. AH ... DO NOT LEAVE HOME.

NO MOBILE GAMES, OK LITTLE BOY?

BYE !!!

HURUM. GOODBYE!!!

ALL RIGHT. DON'T WORRY, I'LL TAKE CARE OF SAYMON, I'LL PREPARE A WELL TASTY SNACK TO HIM.



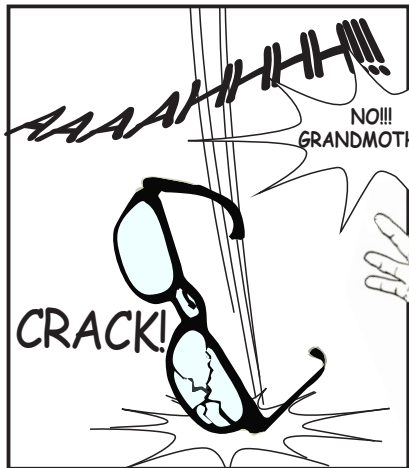
A STRANGE ATMOSPHERE
INVADES THE ENVIRONMENT...



MIAAAAAAAOQ!

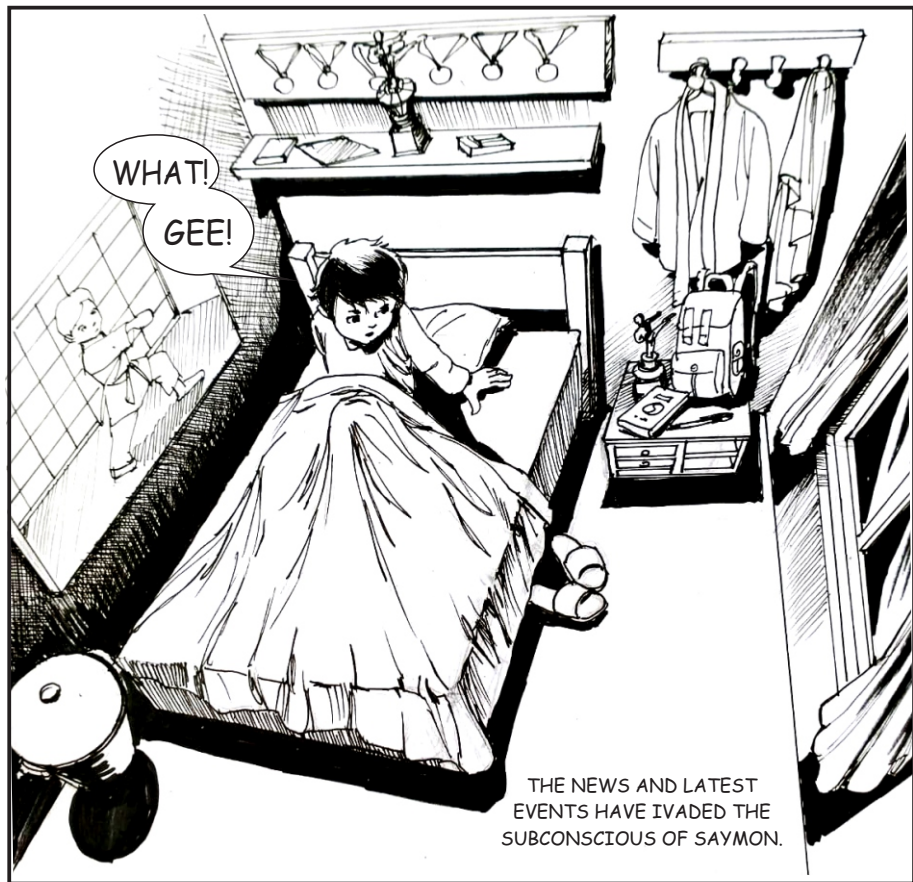
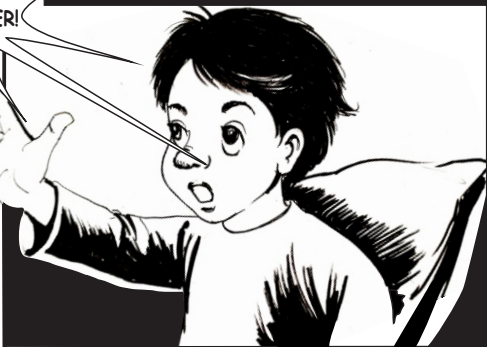






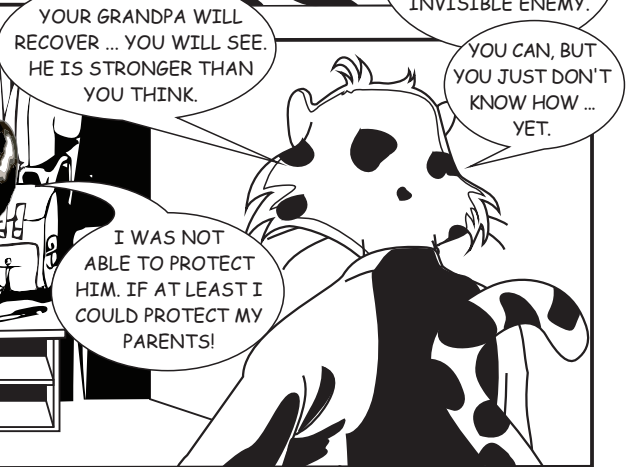
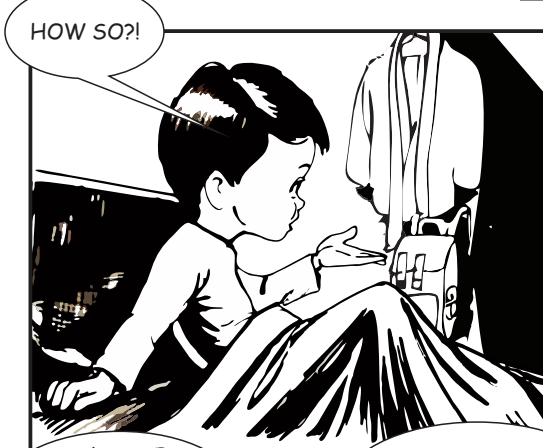
NO!!!
GRANDMOTHER!

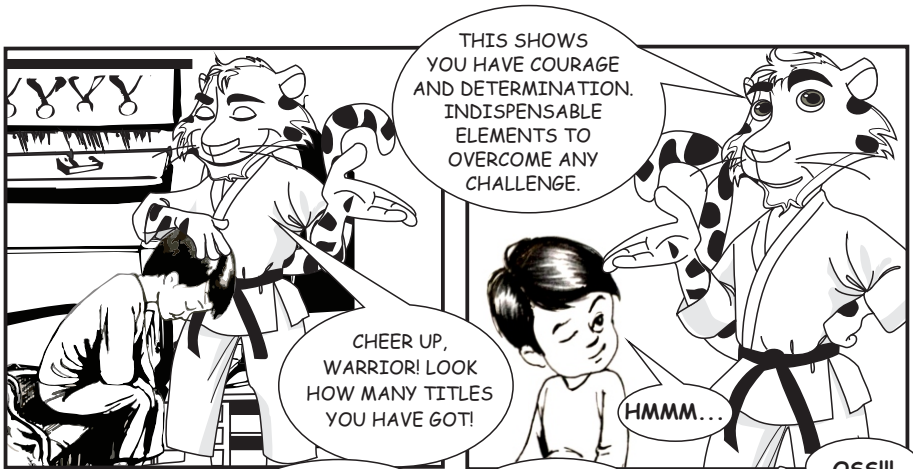
SAYMON WAKES UP DESPERATE IN THE MIDDLE OF THE NIGHT, HIS MIND IS TAKEN BY FEAR ...



WHAT!
GEE!

THE NEWS AND LATEST EVENTS HAVE IVADED THE SUBCONSCIOUS OF SAYMON.

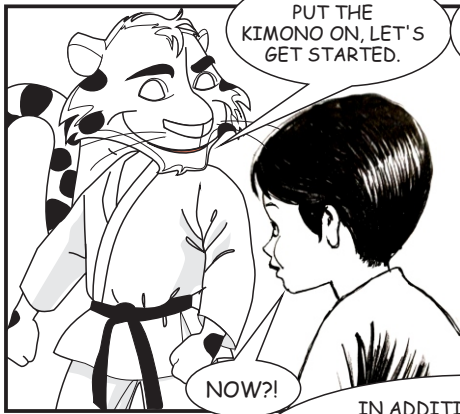




THIS SHOWS YOU HAVE COURAGE AND DETERMINATION. INDISPENSABLE ELEMENTS TO OVERCOME ANY CHALLENGE.

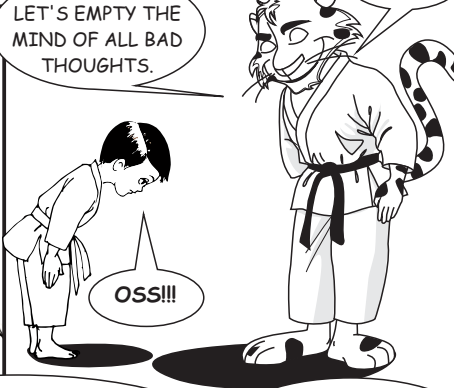
CHEER UP, WARRIOR! LOOK HOW MANY TITLES YOU HAVE GOT!

HMMM...



PUT THE KIMONO ON, LET'S GET STARTED.

NOW?!



LET'S EMPTY THE MIND OF ALL BAD THOUGHTS.

OSS!!!

OSS!!!

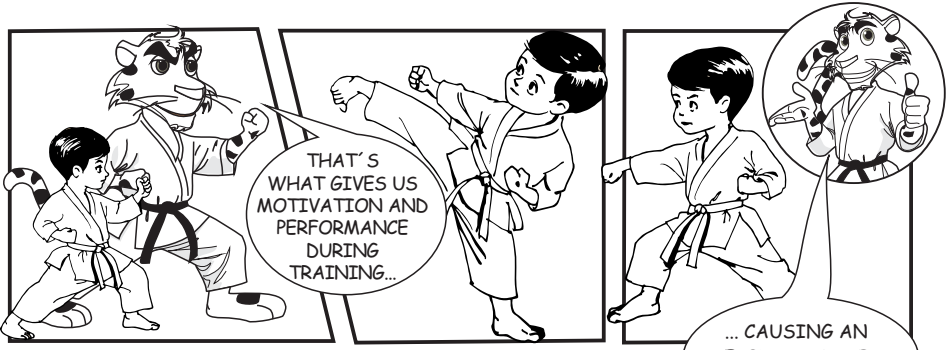


INTAKE YOUR BODY, LET IT FLOW. BREATHE...

IN ADDITION TO OTHER BENEFITS, WHEN WE PRACTICE KARATE, OUR BODY PRODUCES A LARGE AMOUNT OF ENDORPHINE. WHEN RELEASED IN THE BODY, ...

... ENDORPHINE INCREASES PHYSICAL AND MENTAL DISPOSITION AND IMPROVES ...

... IMMUNOLOGICAL RESISTANCE.

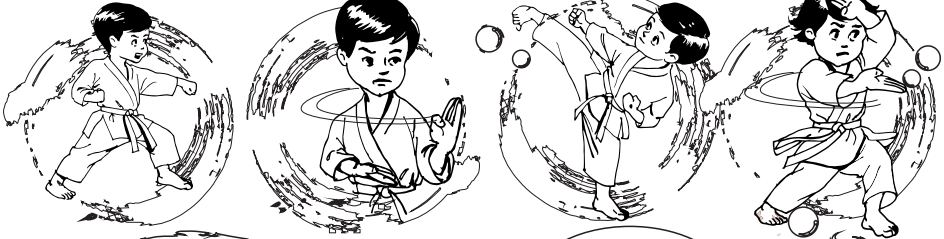


THAT'S WHAT GIVES US MOTIVATION AND PERFORMANCE DURING TRAINING...

... CAUSING AN EXPLOSION OF EUPHORIA AND STRENGTH OF WILL. CAUSING ENERGY THAT FLOWS... AS A RESULT OF HARMONY OF BODY, MIND AND SPIRIT.



KIAAAAAAAAAAAAI!



THIS IS THE GOAL: CREATE THE IDEA OF EFFORT ITSELF

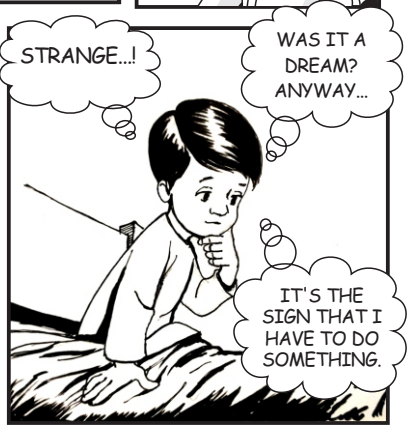
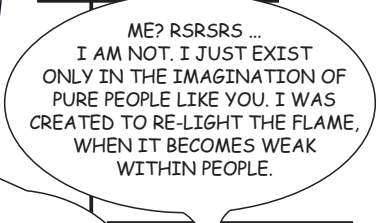
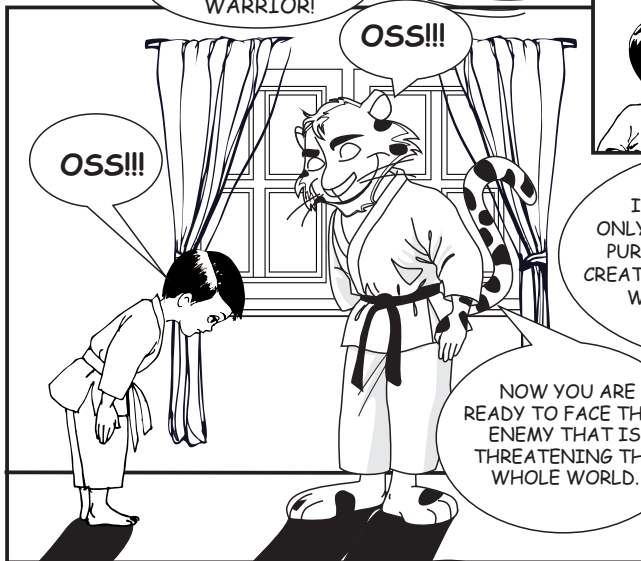
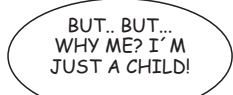
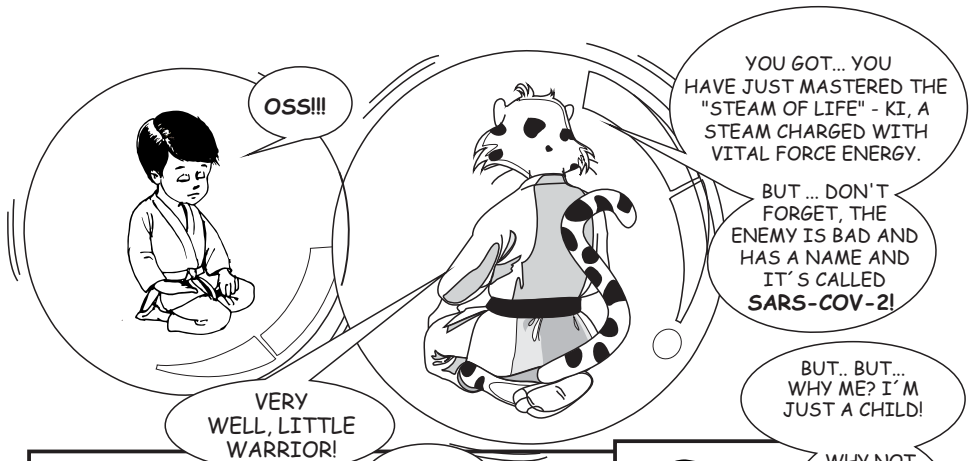


KIAAAAI!

IT'S AMAZING!!! I FEEL AS IF THE WATER, THE FIRE, THE AIR ... THE NATURE, THE ASTROS AND ALL THE FORCES OF THE UNIVERSE WORK FOR ME.



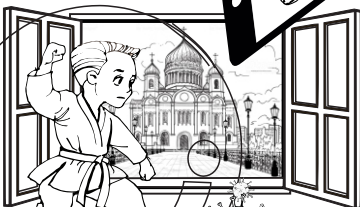
IT IS JUST POSSIBLE WHEN WE EMPTY OUR MIND COMPLETELY AND BRING GOOD ENERGY, INSTEAD.



SAYMON PROMOTES A KARATE PRACTICE CAMPAIGN, STIMULATING PEOPLE TO PRACTICE IT AT HOME.

SHARE IT WITH EVERYONE ALL AROUND THE WHOLE WORLD. IF WE KEEP THE UNSHAFTBLE CONCENTRATION OUR BODY WILL BE INVOLVED BY A STRONG ENERGY! IT IS THE RELEASE OF KI.

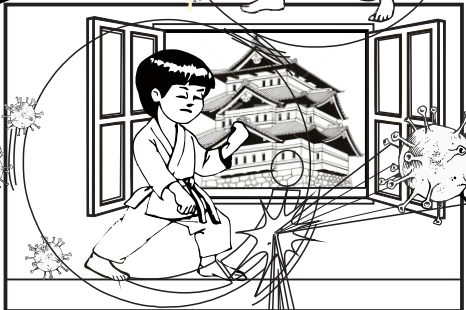
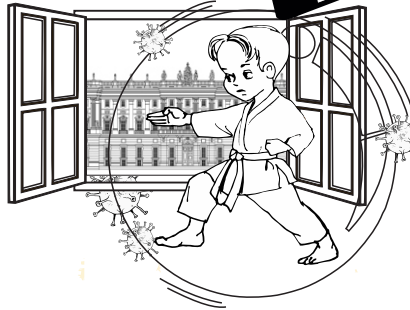
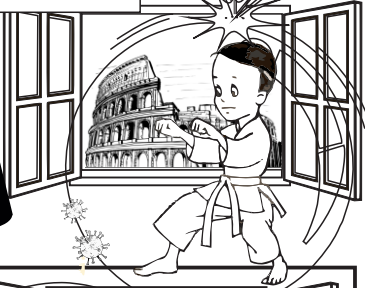
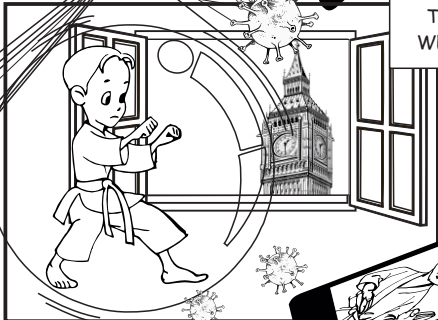
IF WE PRACTICE WITH DETERMINATION, WE WILL CREATE ENERGY ABLE TO STOP THIS INVISIBLE AND LETHAL ENEMY.



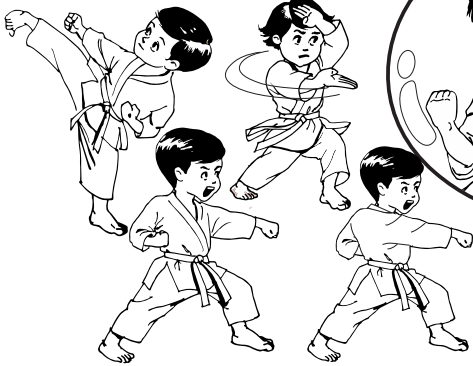
CREATE INTUIT OF EFFORT! LET'S CREATE THIS ENERGY WORLDWIDE!



PRACTICE EVERY DAY. FEEL THE ENERGY! TOGETHER WE'LL WIN THIS BATTLE!



SAYMON PRACTICES EVERY DAY...



KIAAAAI!!!

... BECOMING STRONGER AND STRONGER, EVERY DAY

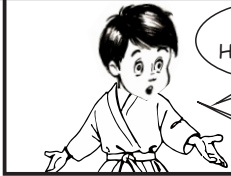


OOHH! MY GOD!!!

WHAT?!

THE SENSOR ACCUSES THEIR PRESENCE!

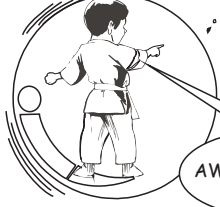
TRAININGS BECOME MORE AND MORE INTENSE ...



WHAT'S HAPPENING?!

WHAT?! OH NO!!

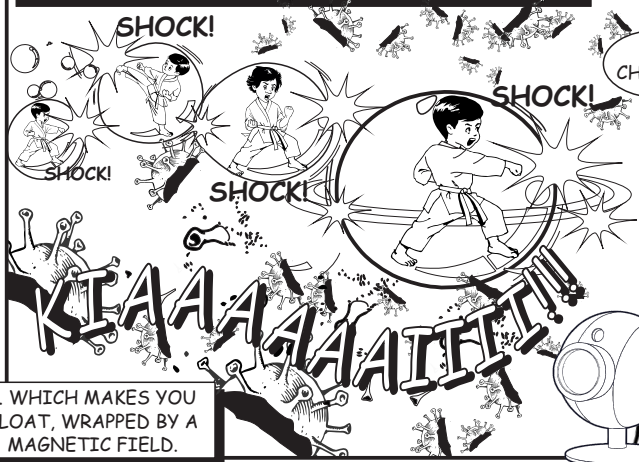
MY SON! GET OUT OF HERE. NOW!!!



STAY AWAY FROM MY PARENTS!



SAYMON IS TAKEN BY POWERFUL ENERGY ...



SHOCK!

SHOCK!

SHOCK!

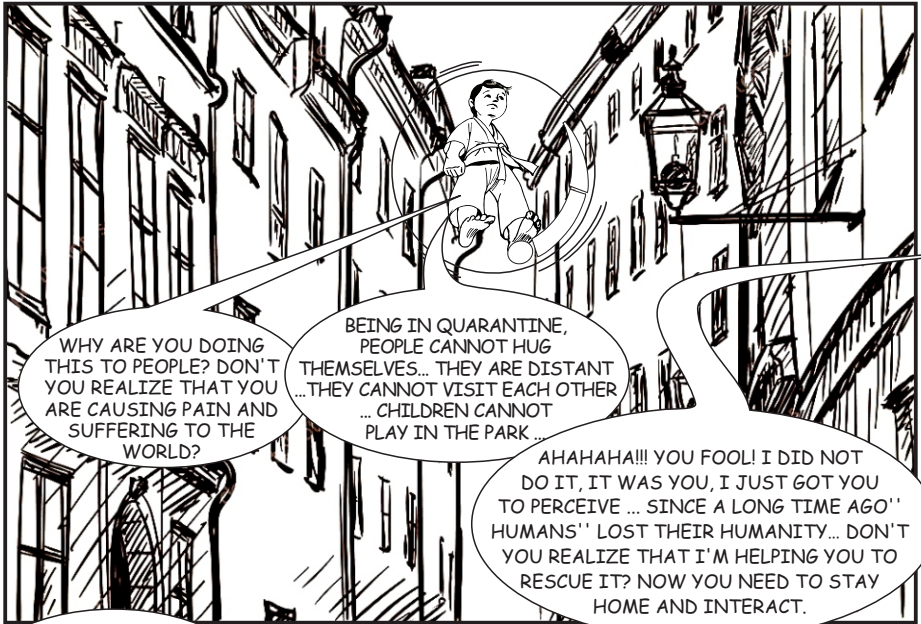
SHOCK!

KIAAAAI!!!

WHAT?!

MY CHILD!?!

... WHICH MAKES YOU FLOAT, WRAPPED BY A MAGNETIC FIELD.

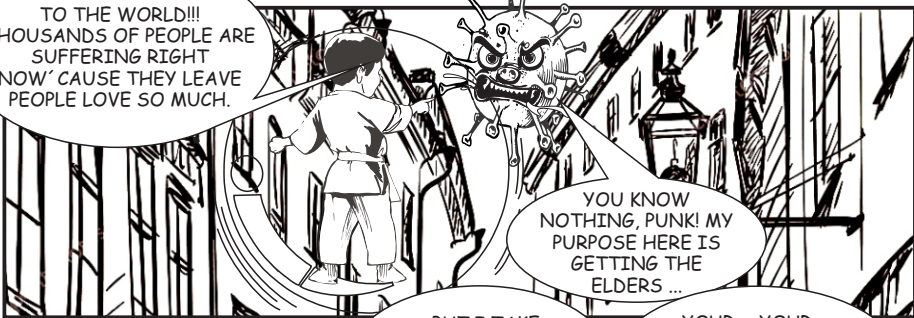


WHY ARE YOU DOING THIS TO PEOPLE? DON'T YOU REALIZE THAT YOU ARE CAUSING PAIN AND SUFFERING TO THE WORLD?

BEING IN QUARANTINE, PEOPLE CANNOT HUG THEMSELVES... THEY ARE DISTANT ...THEY CANNOT VISIT EACH OTHER ... CHILDREN CANNOT PLAY IN THE PARK ...

AHAHAHA!!! YOU FOOL! I DID NOT DO IT, IT WAS YOU, I JUST GOT YOU TO PERCEIVE ... SINCE A LONG TIME AGO'' HUMANS'' LOST THEIR HUMANITY... DON'T YOU REALIZE THAT I'M HELPING YOU TO RESCUE IT? NOW YOU NEED TO STAY HOME AND INTERACT.

YOU BRING CHAOS TO THE WORLD!!! THOUSANDS OF PEOPLE ARE SUFFERING RIGHT NOW' CAUSE THEY LEAVE PEOPLE LOVE SO MUCH.



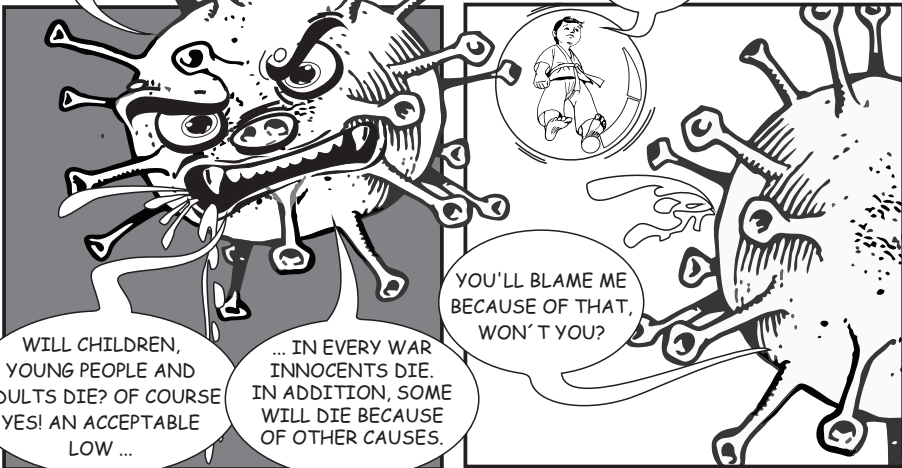
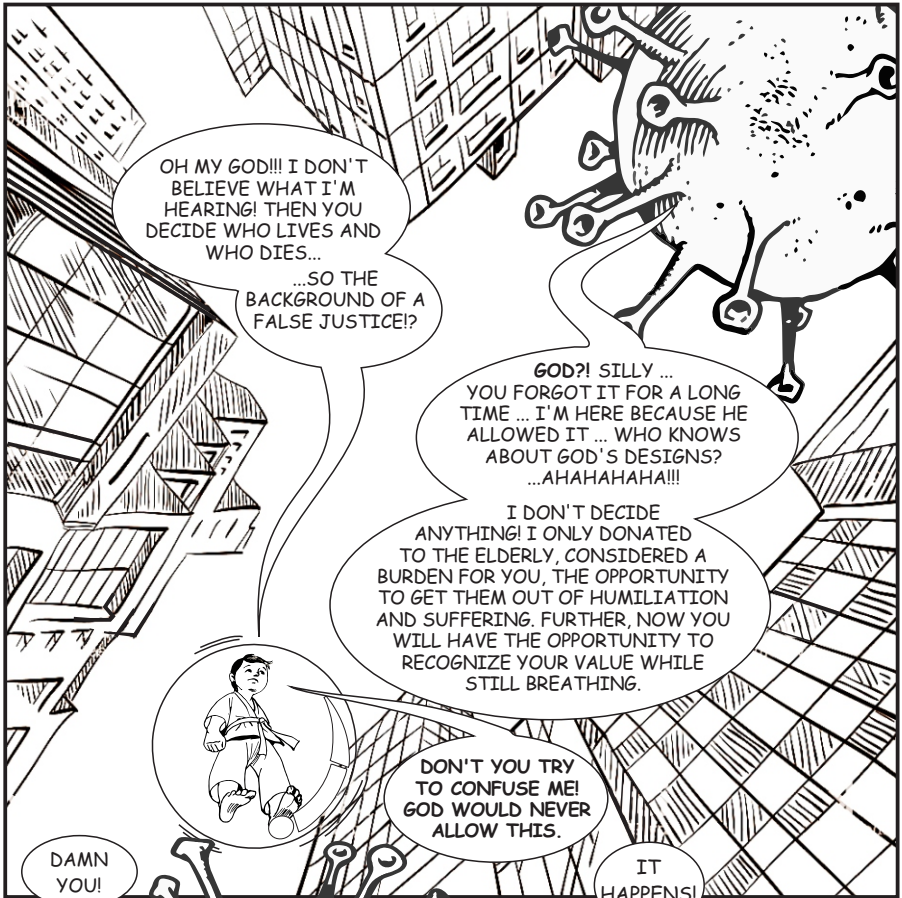
YOU KNOW NOTHING, PUNK! MY PURPOSE HERE IS GETTING THE ELDERS ...

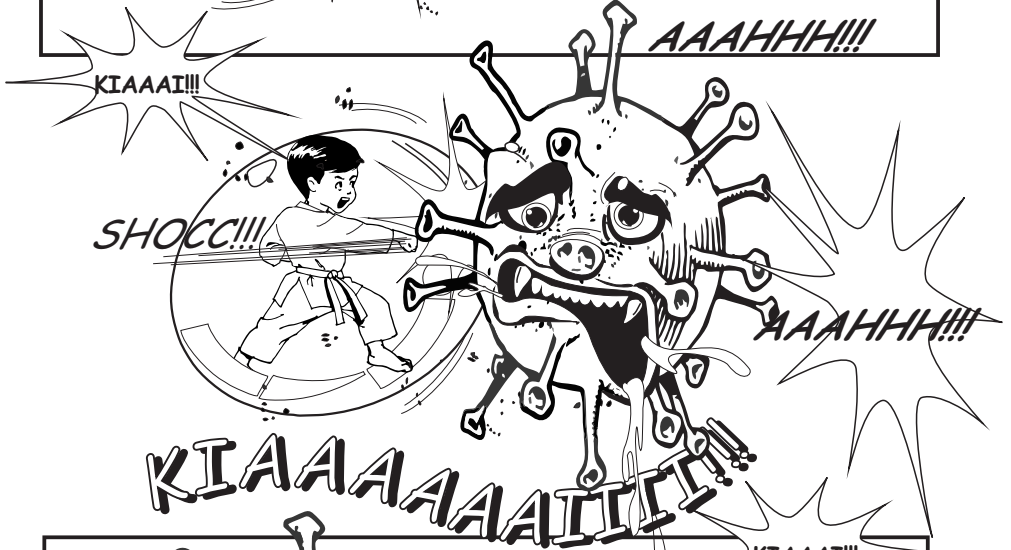
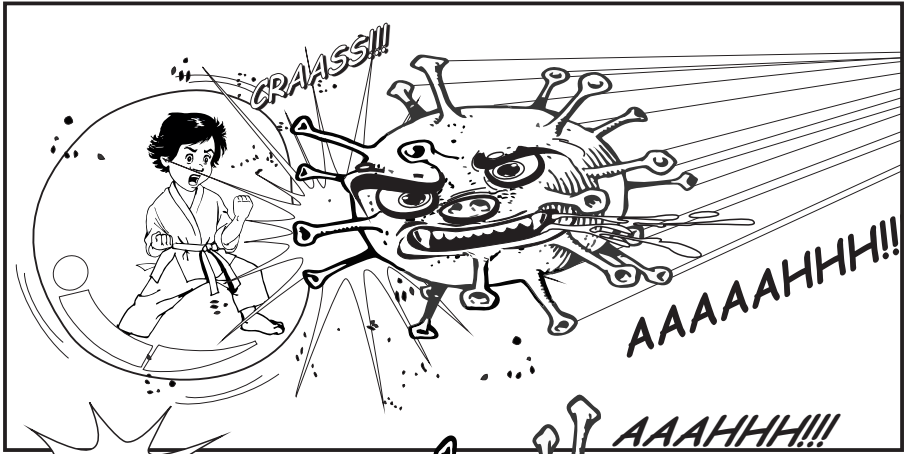
BUT I TAKE ADVANTAGE TO MAKE THEM FEEL ON THE SKIN WHAT THE ELDERLY FEEL.

YOUR ... YOUR ... BECOSE OF MY GRANDPA IS NOW, ON THE BED OF A HOSPITAL, ALMOST DYING!



NOW YOU KNOW WHAT IT IS LIKE LIVING SOCIALLY ISOLATED.





IT IS MULTIPLYING!!!
IT SEEMS THAT WHEN
REPRODUCING IT IS MORE
VULNERABLE.

IF I HIT IT NOW,
WITH ALL MY KI, ALL
REPRODUCTION PROCESS
WILL BE DESTROYED.

YOU'D WATCHE OUT!
BUT NOW ITS OVER!

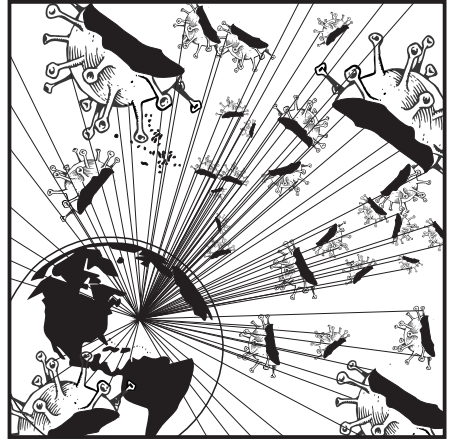
INFURCED,
SARS KOV 2 IF
MULTIPLIES IN
THOUSANDS.

AAAAAAH-H-H!!!!

BEAT
IT NOW OR I
WILL DESTROY
YOU!

KIAAAI!!!

ZUUMMMPI!!!



LOOK SON,
EVERYTHING BACKS TO
NORMAL! THANKS TO
YOU, OUR HERO!

WE GET A CONNECTION
FROM THE HOSPITAL, YOUR
GRANDFATHER IS ALREADY
RECOVERED AND WILL BACK HOME
TODAY. WHAT ARE WE GOING
TO LOOK FOR?

FREE FROM COVID -19, LIFE COMES TO ITS
NORMAL SITUATION ALL AROUND THE
WORLD. THE PANDEMIC THAT CAUSED
GREAT DAMAGE AND MADE FAMILIES DIE
ALL OVER THE WORLD ALSO BROUGHT BIG
REFLECTIONS ...

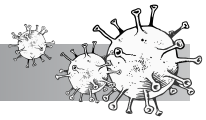
...HOW ARE WE TREATING OTHER PEOPLE FROM NOW ON?

WHAT REALLY MATTERS IN OUR LIVES?

GEE!!!
LET'S GO NOW!
I NEED TO SAY HOW
MUCH I LOVE IT!

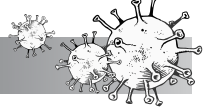
THE END.

Which is COVID-19



COVID-19 is a disease caused by the SARS-CoV-2 named coronavirus, which presents a clinical situation that varies from asymptomatic infections to severe respiratory conditions. According to the World Health Organization (WHO), most patients with COVID-19 (about 80%) may be asymptomatic and about 20% of cases may require hospital care because they have difficulty in breathing and of those cases approximately 5% may need support for the treatment of respiratory failure (ventilatory support).

What is the coronavirus?



Coronavirus is a family of viruses that cause respiratory infections. The new coronavirus agent was discovered on December 31, 2019, after cases reported in China.

The first human coronaviruses were isolated for the first time in 1937. However, it was in 1965 that the virus was scientifically described as coronavirus, due to the profile under microscopy, looking like a crown. That's why the name.

By people are infected with common coronaviruses throughout their lives, and young children are more easier to become infected with the most common type of virus. The most common coronaviruses that infect humans are alpha coronavirus 229E and NL63 and beta coronavirus OC43, HKU1.

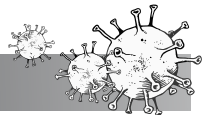
The most common symptoms:



The symptoms of COVID-19 can range from a simple cold to severe pneumonia. The most common symptoms are:

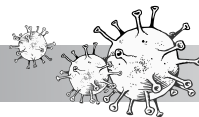
- Cough
- Fever
- Coryza
- Sore throat
- Difficulty breathing

How it is transmitted:



Transmission happens from one sick person to another or through close contact through:

- Touching by handshake;
- Droplets of saliva;
- Sneeze;
- Cough;
- Catarrh;
- Contaminated objects or surfaces, such as cell phones, tables, door handles, toys, computer keyboards, etc.

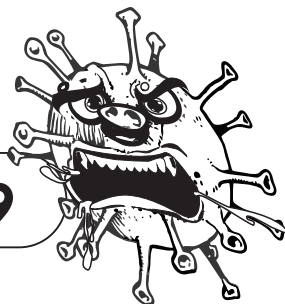


The prevention recommendations for COVID-19 are as follows:

- Wash your hands frequently up to the wrists with soap and water, or clean them using alcohol 70% gel.
- When coughing or sneezing, cover your nose and mouth with a handkerchief or your arm, not your hands.
- Avoid touching eyes, nose and mouth with unwashed hands.
- When touching, always wash your hands as indicated.
- Keep a minimum distance of about 2 meters from anyone coughing or sneezing.
- Avoid hugs, kisses and handshakes. Adopt friendly behavior without physical contact, but always with a smile on your face.
- Frequently sanitize children's cell phones and toys.
- Do not share personal items, such as cutlery, towels, plates and glasses.
- Keep environments clean and well ventilated.
- Avoid unnecessary circulation in the streets, stadiums, theaters, shopping malls, concerts, cinemas and churches. If you can, stay home.
- If you are sick, avoid physical contact with other people, especially the elderly and the chronically ill, and stay at home until you get better.
- Sleep well and eat healthy.
- Use homemade or handmade masks when leaving your home.



ASKAJA
Associação de Karate de Jaguaribe
Entidade de ensino e desenvolvimento da
modalidade Karate no Município de Jaguaribe



CORONAVÍRUS COVID-19

Protection



Wash hands
constantly



Keep mouth and
nose protected
when sneezing



Avoid touching
eyes mouth
and nose



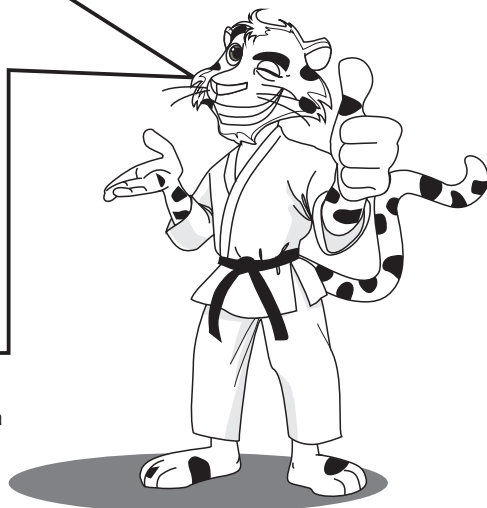
Keep distance
from infected
persons



Do not share
personal stuff

BENEFITS OF KARATE PRACTICE

The regular practice of Karate, supervised by a qualified professional provides several benefits, such as improved memory, concentration, good mood and well-being. The continuous practice of Karate also helps in cases of depression and anxiety, reducing stress and body tension. In addition, it strengthens the immune system, as well as the muscular system, regulates endocrine glands and intestine, lowers cholesterol, helps to decrease chronic pain, burns calories, helps to lose localized fat, improves self-esteem, improves flexibility, elasticity, posture, helps controlling blood pressure and decreases the risk of chronic diseases, such as diabetes and high blood pressure.



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ASKAJA

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