



## ACTIVITIES:

- Kick-off Meeting (January 2026)
- Online consultation and exchange of experiences between karate coaches and sport psychologist (February 2026)
- Elaboration of The Karate inclusion and cooperation programme
- Mid-term Meeting Online (April 2026)
- Preparation of the Online Educational Tool: Karate. More than sport! Self-paced e-learning tool, with virtual trainer and infographics
- Training of Trainers 2 days online meeting (July 2026)
- Open International Training in Poland 2 days/35: Coaches, experts, athletes (including athletes from disadvantaged backgrounds) representatives of Polish local community, representatives of karate clubs (September 2026)

### The project is developed by:

Incorporating a gender perspective, an environmental perspective, and children's rights.

Visit our Website



and Facebook Page:

 [Heket Foundation](#)

HEKET  
FOUNDATION



Co-funded by  
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only, and do not necessarily reflect those of the European Union or European Education and Culture Executive Agency (EACEA). Neither the European Union nor the EACEA can be held responsible for them.



EN



# KMTS

Karate More Than Sport!

A reinforced cooperation to promote karate as a tool for health, personal growth and social integration within the European youth



Co-funded by  
the European Union

- **Start Date: 01.11.2025**
- **End Date: 31.10.2026**

## Coordinator:



FUNDACJA HEKET: HUMANS,  
EXPERIENCE, KNOWLEDGE,  
EDUCATION, TRAINING (HEKET) / Poland



## Partners:

- STOWARZYSZENIE SPORTOWE YAMABUSHI (YAMABUSHI)/Poland
- KARATE KLUB KRETOVIC KOSICE O. Z. (KRETOVIC)/Slovakia
- Sportskarate.dk (Sportskarate.dk)/Denmark



## General Objective:

Development of a Karate Programme for inclusive education, training and learning, an educational tool to foster health, personal development and social integration of young people.

## Specific Objectives:

-Encouraging healthy lifestyles for all, with a focus on:

- Implementation of the three pillars of the HealthyLifestyle4All initiative.
- Implementation of the Council Recommendation on health-enhancing physical activity.
- Promotion of sport and physical activity as a tool for health.

Promotion of traditional sport and games.



-Promoting equality and European values in and through sport, with a focus on:

- Equality in sport, including gender equality.
- European values including using sport as a mean for peace and inclusion.
- Values of non-discrimination on any ground, anti-racism, openness and tolerance to others.

