



GENERAL OBJECTIVE:

To promote karate, and sport in general, as a regular habit, attitude and practice of children and young people, in particular those affected by different types of barriers and challenges (physical, psychological and social).

SPECIFIC OBJECTIVES:

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

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

1.



- Implementation of the three pillars of the HealthyLifestyle4All initiative.

2.



- Implementation of the Council Recommendation on health-enhancing physical activity.

3.



- Promotion of sport and physical activity as a tool for health.

4.



- Promotion of traditional sport and games.

5.



- Equality in sport, including gender equality.

6.



- European values including using sport as a mean for peace and inclusion.

7.



- Values of non-discrimination on any ground, anti-racism, openness and tolerance to others.