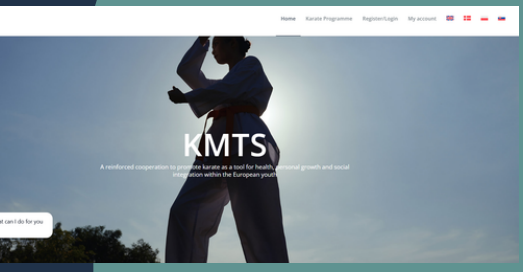
KMTS

Karate More Than Sport!

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

Project Overview & Deliverables

- Project Scope: Transnational initiative co-funded by the Erasmus+ Programme of the European Union.
- Main Goal: Promote inclusion, mental well-being, and social integration of European youth through karate.



KMTS Online Educational Tool:

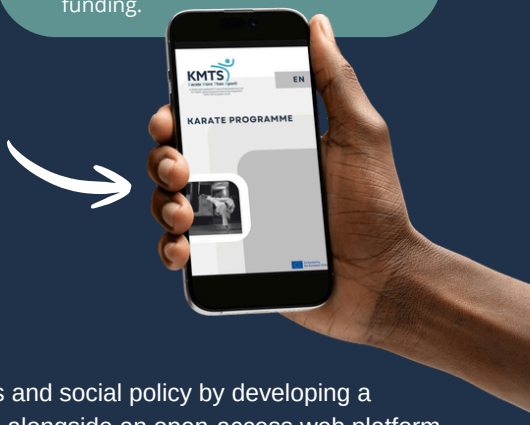
An interactive digital platform designed to provide open access to project resources and learning materials:

- Virtual Trainer Chatbot: Interactive AI assistant delivering immediate guidance on karate methodologies.
- Multi-language Support: Accessible in English, Danish, Polish, and Slovak.
- Open E-Learning Resource: Host of video guides, infographics, and training materials ready for international replication.

KMTS Karate Educational Programme:

A comprehensive training curriculum structure organized into 5 core modules available in English, Polish, Danish, and Slovak:

- Module 1: Inclusion & Vulnerable Groups – Addressing social, economic, and cultural barriers in sport.
- Module 2: Mental Training in Karate – Developing focus (Zanshin), empty-mind action (Mushin), and stress control.
- Module 3: Motivation Over Stress – Pedagogical strategies, inverted hierarchy model, and positive role modeling.
- Module 4: Inclusion of Youth with Fewer Opportunities – Trauma-Informed Martial Arts (TIMA) and nervous system co-regulation.
- Module 5: Transnational Cooperation – Building international club partnerships and leveraging EU funding.



Conclusion & Key Deliverables

The KMTS project successfully bridged sports and social policy by developing a comprehensive 5-module training programme alongside an open-access web platform with an AI Virtual Trainer. Co-funded by the Erasmus+ Programme, this initiative empowers European youth through inclusive martial arts, mental resilience, and international club cooperation.

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