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

COORDINATOR:

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

CO-BENEFICIARIES:

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

Duration: 12 months | Start Date: 01 November 2025 | End Date: 31 October 2026

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:
- 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.

EVENTS:

- Kick-off Meeting **(09/01/2026)**
- Mid-term Meetings **(April 2026)**

-Online meeting in EN (3 coaches from DK, SD and PL, 4 experts from SK, DK and PL 2 experts, and sport) in EN **(December 2025).**

-On line (2 day)/Yamabushi Expert HEKET expert 6 coaches (2 per club) in EN, **(July 2026)**

-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, incorporating an environmental perspective, and incorporating children's rights.

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