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Martial Arts as tool towards Inclusion

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Duration: 24 months



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The project has as main objective to train physical activity teachers in schools in remote /rural areas that have a lot off socially disadvantaged pupils to introduce Martial Arts to stimulate the inclusion of socially disadvantaged youth regardless of age, race, gender or ability.

Main aims:

- To train physical activity teachers in schools in remote/rural areas as well as those that have a lot of socially disadvantaged pupils to introduce Martial Arts to stimulate the inclusion of socially disadvantaged youth, regardless of age, race, gender or ability.
- To enable Martial Arts to become a lever to strengthen self confidence, control violence and strengthen community aspects.
- To enable Martial Arts training of people with special needs including both physical disabilities and learning / mental disabilities (Cerebral Palsy, Deafness, Visual Impairment, Amputees, Autism, Asperger's Syndrome, Dyspraxia, ADHD and other learning difficulties).

Following products will be developed:

- **I01** Case studies (audio, video, text)
- **I02** MAINCLUSION curriculum and "Train the trainers" handbook
- **I03** (Online/Mobile) course/training material
- **I04** Online peer support and training portal platform
- **I05** Set of interactive training videos
- **I06** Mobile training app with individual learning path



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