

IO 2: MAINCLUSION curriculum and "Train the trainers" handbook

Erasmus+ Strategic partnership youth project "Martial Arts as tool towards Inclusion"

Project number: 2017-1-BG01-KA201-036353

Module 1: Introduction to Martial Arts

- 1.1. Definition and description of Martial Arts
- 1.2. Martial Arts styles: Holistic nature, Adaptability, Instructors and Students in Karate, Tekion, Aikido, Kung Fu, MMA, Wing Chun, Judo, Kendo, Capoeira, Taichi and other styles
- 1.3. Martial art styles with potential for inclusion of disadvantaged children
- 1.4. How to adapt Martial Arts for disadvantaged children

Author: European WingTsun Organisation

Co-author: Yamato Sport Club

Module 2: Benefits of Martial Arts

- 2.1. Physical benefits – increased: muscle strength & endurance, cardiovascular fitness, flexibility and range of motion, improved balance – upper and lower body, improved coordination, improved kinaesthetic awareness, decreased chronic pain
- 2.2. Psychological benefits – increased: confidence and self- esteem, motivation, feeling of security, independence; reduction of the tension; improved memorizing and decision making
- 2.3. Social benefits – relationships and social skills: opportunity to meet new people, facilitates the development of friendships, decreases social isolation, improves self-determination, respecting others, ability to follow jointly agreed rules, observing ethical standards and choosing socially acceptable behaviour

Author: INONU University

Co-author: Marie Curie Association - MCA

Module 3: Suggestions for applications in treatment

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3.1. Physical rehabilitation

3.2. Psycho-social rehabilitation

Author: PhoenixKM BVBA

Co-author: Marie Curie Association - MCA

Module 4: Teach beginning level techniques of selected Martial Arts

4.1. Approaches for teaching Martial Arts

4.2. The importance of rite

4.3. When adjustment in teaching martial art is needed

4.4. Participant demonstrations of techniques learned

Author: Yamato Sport Club

Co-author: "Paisii Hilendarski" School

Module 5: Readiness to apply Martial Art towards inclusion

5.1. Matching assessed needs with appropriate Martial Arts activity

5.2. Safety rules and protection of the trainees

5.3. Diagnostic contraindications

5.4. Equipment used

Author: Yamato Sport Club

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