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THE BE INSPIRED PROJECT - (Teaching karate to children and young adults with disabilities)

Organisation details

Description of activity

This is a inspirational project to increase awareness that children with special needs can take part in sports, especially martial arts, such as Karate. Lessons are specifically designed to help improve muscle strength, co-ordination, balance, colour recognition and reaction times. With the right coaching and the right teaching methods we believe that anything is possible. We also want to improve services for children and young people with disabilities between the ages of 5 and 25 and help every child/young person fulfil their true potential.

What do We offer?

As part of this project we are offering regular lessons every Thursday at Vine Hall (Molesey). Students who attend these lessons will get the chance to do gradings. This gives the students the opportunity to show off the techniques they have learnt and will be awarded with a certificate and the next Karate belt. Some students may also advance into the main stream classes. We also offer special needs schools, clubs and organisations the opportunity to hire a specially trained, qualified and CrB checked instructor to run a Karate workshop anytime throughout the year.

What do our Workshops offer?

The Be inspired Project can not only offer one off workshops, but also the opportunity to hold regular sessions to benefit your Students/members for their long term development.

Contact details

Contact name

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Website

<http://www.abelkarate.com>

Social media links

Facebook link

<http://www.facebook.com/groups/465055026849933/>

Address details

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Address 2

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Address 3

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Town

East Molesey

County

Surrey

Postcode

KT8 9LF

Age range**Age of users**

From 5 years to 25 years

Location Map