Inclusive Karate: a new perspective to decrease sedentary lifestyle and increase self-confidence in Down Syndrome

EVENT PROGRAM

14:00 Arrival and registration of the participants

15:00 Greetings and introduction of FIJLKAM President Domenico Falcone

15:20 From FIJLKAM project on disability to the European project IKONS, Fabio Verdone (FIJLKAM)

15:40 IKONS training methodology, Giuseppe De Lucia (FIJLKAM)

16:10 The longitudinal study results of IKONS project, Paola Sbriccoli (Università degli Studi del Foro Italico)

17:00 Final demonstrative event at PalaPellicone with the participation of athletes involved in IKONS project.

18:30 Closure of the event and greetings