

## **Karl Grandt - Project Coordination - Health-Media e.V.**

In **2002** Karl Grandt started working for "Health Media e.V." and since then he has been involved in numerous projects for inclusion, the natural coexistence of disabled and non-disabled people.

In **2003**, under the leadership of Karl Grandt, the project "R4H - Radio for Barrier-Free Minds" was founded and in 2004, R4H (Radio for Health) was approved by the German Disabled Sports Association (DBS) and the International Paralympics Committee as Germany's first internet radio station for on-site reporting from the Paralympic Games and ran it for 16 years, until May 2020.

In **2009**, Karl Grandt cycled from Flensburg to Bonn and back (> 1,200 km) for the PR campaign "A helmet helps" of the Hannelore Kohl - Foundation.

In **2011**, he cycled from Flensburg to Holland > Poland and back (> 1,800 km) as part of the "R4H mobil-Tour" for Paralympic / disabled sports.

In **2012** started the project "Inclusion needs action". Since then, Karl Grandt and his team have been transporting the message of inclusion to the world in order to raise public awareness for a society in which people with and without handicaps live together as equals.

From **2012 to 2014**, Karl Grandt coordinated the annual "MOBI Day" in Flensburg, one of the largest inclusive sporting events in northern Germany.

In **2013**, on Karl Grandt's initiative, the first group "Self-defence for seniors and people with disabilities" was founded in northern Germany in cooperation with the martial arts school "Shir o Khan" in Flensburg.

In **2015**, Karl Grandt was blessed by Pope Francis I during a special audience during the "Inclusion Needs Action" bike tour from Flensburg to Rome (> 2,400 km).

In **2016**, Karl Grandt was awarded the certificate "Cross of Humanity" and the corresponding "Red Cross in Gold" by the "German Association for the Promotion of Medical Care" due to his "commitment to fellow human beings".

In **2016**, Karl Grandt transported the "Inclusion Torch" from the "Netzwerk Inklusion Deutschland e.V." and the sculpture awarded by Health-Media g.e.V. for "Special Commitment and Achievements for Inclusion" on his bicycle from Flensburg via Paris > Barcelona > Lisbon to Brazil (> 4,000 km) to the Paralympic Summer Games in Rio de Janeiro. There, the torch was handed over to - representing the German team - the President of the German Disabled Sports Association (DBS), Friedhelm J. Beucher.

In **2017/18**, Karl Grandt cycled through all of Germany's federal states (> 6,000 km) and conducted interviews with their prime ministers and other political representatives about inclusion in their states for the association's own internet radio station "Radio 4 Health" ("R4H - the radio for accessible minds").

In **2019/20**, Karl Grandt coordinated the nationwide project "Martial arts, self-assertion and self-defence for people with disabilities", including the worldwide online project "World Budo Day".

In **2021/22**, Karl Grandt coordinated the launch of the project "Streicheln hilft Heilen" (Petting Helps Healing), which aims to help traumatised children with the support of animal-assisted activities and interventions.



**SHIR O KHAN KAMPFKUNSTSCHULE  
SENIOREN UND MENSCHEN MIT HANDICAP**



### Oldies und Rollies

**Für Senioren und Menschen mit Handicap  
Kampfsport und Selbstverteidigung im Alter  
JA! UND NOCHMALS JA!**

- Kraftorientiert
- Ausdauer
- Koordination
- Konzentration
- Haltung und Balance Übungen
- Selbstbewusstsein
- geistige Entwicklung
- natürliche Ressourcen stärken
- Entspannungstechniken
- Selbstverteidigung
- auch für Menschen mit Handicap!



Kampfsport bzw. Kampfkunst ist ein hervorragendes Fitnesstraining, schult in einem sehr hohem Maße die Koordination und Beweglichkeit, verbessert die Ausdauer, man kann Körper und Geist in Einklang bringen, man wird selbstbewusster und disziplinierter und zudem kann man sich in Notfallsituationen verteidigen!

# 武道

# WORLD BUDO-DAY 1. Mai 20

Für alle Kampfsportler  
und für Menschen mit besonderen Bedürfnissen

