

UNITY DAY

Youth and Family Zone



Agenda

March 19, 2010 Workshop
Unity Day Louisiana Governor's Games
Strategies to Reduce Test Stress
Seminar
8:30 AM-5:00 PM

8:30 AM- 9:00 AM Registration

9:00- 10:00 Opening Ceremonies: JD EM

- Inspirational Drum-line and Marching Band
- Proclamation: Invited guest include: Governor Bobby Jindal and Lieutenant Governor Mitch Landrieu Mayor Kip Holder, and other Louisianan City, State officials and local celebrities, etc
- Motivational Spokesperson: TBA
- Karate students give the history of Karate and state how it is relevant, how ancient traditions embrace modern living.
- Student testimony to how the Karate has helped in him/her at home, in school, and with peers.
- Parent testimony to the success of the program for their children
- **Demonstration** of an advanced kata, kumite, and application of karate fundamentals
- Everyone "Get up and get started with Karate exercises and meditation!"

10:00 AM - 11:30 AM Workshops

*These workshop will last 60 to 90 minutes and will depend upon the numbers of participants. The workshop times are: **10:00 AM - 11:30 AM; 1:00 PM to 2:30 PM; and 3:00 PM -4:30 PM.** Early registration is suggested to guarantee smooth transitions into groups and accommodate registrants on a first come first serve basis.

Introduction to Test Prep Workshops

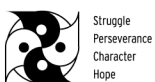
- Get up and get started with Karate exercises and meditation!
- Why are test important?
- Who gets nervous and why do we get nervous?
- What can do about test stress?
- How can test taking become fun?

Workshops: Students will move into groups by grade levels

- What things make me nervous and what does it look and feel like for me?
- Exercises that reduce and control stress and being nervous.
- Test taking strategies that make you master any test!
- Fun karate and meditation that you can do during the anytime and anywhere!

11:30 AM -12:00 PM Question answer period and "Karate Exercises" using "Taikyoku Shodan" a basic kata.

The DK Group



1680 North O'Neal Lane . Suite 290 . Baton Rouge . LA 70816 . 1-402-871-5945 . jgdaniel@cox.net . www.danielkarategroup.com

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12:00 PM- 1:00 PM Lunch (please have students bring a bag lunch)

1:00 PM to 2:30 PM Workshops

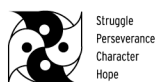
2:30 PM-3:00 PM Question answer period and Karate exercises using “Taikyoku Shodan” a basic kata.

3:00 PM -4:30 PM Workshops

4:30 PM- 5:00 PM Question answer period and Karate exercises using “Taikyoku Shodan” a basic kata.

5:00 PM Adjourn

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