

UNITY DAY

Youth and Family Zone



Agenda

March 20, 2010 Workshop
Unity Day Louisiana Governor's Games
8:30 AM-5:00 PM

Morning Session

9:00-10:00 Registration and Morning Entertainment

10:00 -10:30 Opening Ceremonies and Line Up

- Invocation
- Color Guard and our National Anthem:
- Proclamations and Special Guest: Governor Bobby Jindal; Lieutenant Governor Mitch Landrieu; Mayor President Kip Holden, Representative Cedric Richmond etc...
- Welcome: The 2010 Unity Day Louisiana Governor's Games Vision Values:

Unity Day Zone
Youth Spokes Persons
McKinley Middle Magnet

John G. Daniel
Karate Commissioner, Louisiana Governor's Games
Master Educator (Shihan), 7th Degree Black Belt, Karatenomichi, USA
Founder, President, Chief Instructor, Unity Day Youth and Family Zone,

Dr. Effie Moten MD,
Co-founder, Vice President,
Human Service Commissioner,
Unity Day Youth and Family Zone

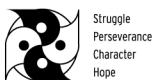
- Introduction of Our Key Sponsors and Vendors
- Karate students give the history of Karate and state how it is relevant, how ancient traditions embrace modern living.
- Student testimony to how Karate has helped in him/her at home, in school, and with peers.
- Parent testimony to the success of the program for their children

10:30 -11:00 Karate Demonstrations Performed by Black Belt Karate Experts!

- Karate's Power: Vibration, Rotation, and Expansion
- Kihon
- Kata & Application
- Everyone "Get up and get started with Karate exercises and meditation!"

11:00-12:00 Karate Circuit: Join the fun try out each skill with our experts.

The DK Group



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

Engaging, Empowering & Transforming Youth and Families.



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- Quadrants: Punch; Block; Strike; Kick
- All quadrants include: natural; and forward stance. Additional power source training—vibration, rotation, and expansion

Afternoon Session

12:00-12:45 Entertainment, lunch and meet our guest presenters in the Wellness Pavilion

- Message in the Music Sample
- Be amused while learning safety tips with our EMS Safety Clown

1:00-3: 00 PM Special Unity Day and Family Zone Interactive Panel Topics:

- **Healthy Youth and Family Zone**

Invited Panelist: Brent Bankston, MD, LSU, Football Team Physician; D. Rudy Macklin, Department of Health and Hospitals; Shihan John G. Daniel, 7th Degree Black Belt; Physical Therapist from Baton Rouge General, Bob Jacobs; Nutritionist from Whole Foods; Effie Moten, MD, Jerry Stovall, former LSU Football Coach; local college and professional athletes.

- **Media Literacy Zone**

Invited Panelist: Shauna Sanford, Correspondent/Producer, Louisiana Public Broadcasting; Jeff Zehnder, President Zehnder Communications, and other local media celebrities.

Health Pavilion Participants

1. The Capital Area YMCA
2. BREC
3. Bureau of Emergency Medical Services Baton Rouge
4. Baton Rouge General
5. Southern University and A&M College Nursing School and the JAG Mobile
6. Physical Health Diagnostic (Diabetes, heart, stroke, cancer
7. Mary Berth Perkins Cancer Mobile
8. The City of new Orleans Department of Public Health
9. LSU and Southern University Athletes Coaches and Doctors
10. Internationally Acclaimed Karate Instructors and their karate students
11. Mental Health Professionals
12. Stress Management Professionals