

# UNITY DAY

Youth and Family Zone



## Report: Louisiana Governor's Games 2010

John G. Daniel, 7<sup>th</sup> Degree Black Belt,  
Louisiana Governor's Games Karate Commissioner and President

## Unity Day Youth and Family Zone



## Mission

The ultimate goal of Unity Day Youth and Family Zone is to enhance the mental, emotional and physical fitness skill sets needed to develop healthy motivated students and productive citizens. We accomplish our mission by utilizing an innovative approach by first introducing Louisianans to holistic forms of self care and self discipline such as ancient traditional karate movements and critical thinking/problem solving models. Second, we teach modern evidence based techniques in stress management, meditation, and nutrition to reduce stress in daily life and specifically as it applies to standardized test anxiety. Third, we match youth and family needs to statewide community health, wealth creation resources.

## Who We Are

The Unity Day Youth and Family Zone organization is a group of diverse, no-nonsense workhorse, professions who aspire to imbue Louisianan youth and families with the capacity to become healthy students and productive citizens. We utilize innovative and holistic ways to build: trust; core values, self discipline, self care, and therefore opportunities for Louisianan youth and families to learn meaningful, sustainable health, education, and wealth creation life skills. "We are indeed, ordinary people who have been supported by other ordinary people to do extraordinary things."

Since October 2005, the Unity Day Youth and Family Zone has successfully utilized an ecological cognitive behavioral model with youth from: the East Baton Rouge Detention Center, Department of Juvenile Services; the

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Recreation and Park Commission for the Parish of East Baton Rouge (BREC); the YMCA of the Capital Area and from across the state at the Unity Day Louisiana Governor's Games, May 2, 2009. Moreover, our organization recognizes that the environmental factors that impact a child go far beyond the web of interpersonal relationships within the immediate family to include: physical surroundings; social structures; relationships with others outside the family. Resultantly, we function to orchestrate a strength-based relationship among the many domains of the child's life, all of which contribute to solving the child's problem(s). Most of these problems are discovered within the context of the dojo, (assessment and evaluation center) through observation of the child or discussions with parents or guardians. Please note, our hallmark is that children, guardians, and parents learn to trust the Unity Day Youth and Family Zone program because of our methodology which: seeks first to understand before being understood; catches a child doing something good; praises the child effectively; pro-actively teaches the child; earns the right and trust of the child to offer suggestions; offers corrective teaching to the child; and teaches social and critical thinking skills that empower the child to become self sufficient.

## Challenge

**Overall Quality of Life:** According to the Children's Defense Fund November 2008 report by individual states, in Louisiana a child is: born into poverty every thirty minutes; abused or neglected every 42 minutes; dies before his or her first birthday every 14 hours; and will die by gunfire every 4 days. We are 36th among states in per pupil expenditures, 49th in infant mortality rate with the 1st being the best and 50th in low birth weight infants. Economically 26.8% of our children will live in poverty. These are direr statistics.

**Physical Fitness:** There is no doubt that children from economically deprived environments face crime, drug abuse, mental illness and generally poor health in contrast to their more affluent counterparts. Key findings from the Pennington Biomedical Research Center for physical activity / inactivity indicate less than 30% of Louisiana youth get vigorous physical activity every day and that physical inactivity is related to poor cardiovascular, metabolic and psychosocial health in children and youth.

**Brain Fitness:** A new study out of Berkeley's Helen Wills Neuroscience Institute and the School of Public Health reports that normal children from the same age group differing only in socioeconomic levels show marked differences in frontal lobe physiology. In the study, children from low socioeconomic levels had brain patterns similar to someone who had frontal lobe damage as an adult. As illustrated by functional MRI's and EEG's, these children have no history of neuronal damage, yet the prefrontal cortex is not functioning as it should. This accounts for difficulties in problem solving, impulsive behavior, and poor judgment.

**The Unity Day Youth and Family Zone Good News** is that children are resilient and their brains are plastic (moldable) and can be trained. Our mission is to offer consistent, disciplined, and reproducible training for the mind, body and spirit using Karate. The Dojo (Karate Training Hall) offers a safe environment that is structured and consistent reducing stress and sympathetic nervous system dominance. This allows the child to be open and receptive to learning the kinesiology and philosophy of Karate that work to enhance memory, focus, and mental agility much like that demonstrated using virtual learning games in a lab. The Dojo also gives children a sense of community and family with a patriarchal (father) figure in the Sensei and this is something that our children desperately need.

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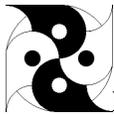
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## Join the Unity Day Youth and Family Zone

Our curriculum has met the challenges described above. Indeed, our Asian Fitness Systems is the subject of our underline call to address the student and faculty fitness needs in K1-12 schools. We have invited schools to experience the benefits of our “mind, body, spirit” program. The following is a bulleted description of the desired outcomes, activities and measurements of our Asian Fitness Systems.



### DK Group Asian Fitness Systems

Our Mind, Body, Spirit Fitness System will:

1. Show how well the wonderful human body functions when you understand its machinery---- the hammer, lever, wedge, wheel, fixed axle and pulley.
2. Explain how to use the human body to generate Herculean force and power by vibrating and rotating your body core/hips and using your legs as explosive springs.
3. Instruct how to become proficient in karate weapons such as kicks; punches; blocks; strikes; trapping & grappling.
4. Coach you to aerobic and anaerobic martial arts fitness utilizing modern and ancient training technologies.
5. Teach meditation and stress management technologies that offer a mental balance as your body grows more powerful and fit.

**The elements of the Unity Day Youth and Family Zone/DK Group Asian Fitness Systems are as follows:**

- **Element One:** Karate Mind
- **Element Two:** Karate Class: Kinesiology and Meditation
- **Element Three:** Karate Evaluation: Physical and Mental
- **Element Four:** Louisiana Department of Education “Physical Education Handbook Standards”

### **Element One: Karate Mind “Miso No Kokoro” (Mind like Water)**

#### Character Building Framework of Karate (Empty Hand)

- **Head:** Thinking critically and creatively is the ultimate goal of the program and by integrating the time tested philosophy of Shotokan Karate and informal meditation process the student will be guided into an enhanced internal learning environment which improves: memory, attention to task; processing; sequencing and encourages creative thought.
- **Heart:** Compassion and Courage are the core values of Karate philosophy and these processes nurture gracious behavior and self control. Compassion is love and courage is the conviction to do what is right even in the face of your fears.
- **Habits:** Patterns of behavior that often occur automatically.
  1. Good Habits are formed by thoughtful modeling of Karate values

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2. Bad Habits will be reduced and or extinguished

## Karate Core Values

- Seek Perfection of Character
- Be Faithful
- Endeavour
- Respect Others
- Refrain From Violent Behavior

## **Element Two: What Happens in a Traditional Shotokan Karate Class** **Class Process/Activities (Very Formal)**

1. Entering Class the student will begin with a formal Karate salutation and initiate the meditative process.
2. Changing the student will quickly and quietly change into his/her Gi and continue the contemplative mood in preparation for class.
3. Pre-class warm-up the students can do walking meditation to begin the process of focusing and also to begin using abdominal breathing techniques. We can also incorporate the LifeFlow Meditation technology as an adjunct to the warm up and Seiza. This audio technology uses binaural, monaural, and isocratic sound frequencies to induce alpha brain wave putting the class into the optimum state for learning and retention.
4. Seiza: Sitting Meditation during this period the student will focus on techniques that will allow them to mentally relax in order to better focus and to prepare their muscle and nervous system for the practices.
  - Body scan and meditation to find areas of discomfort, stress and strain, a time to empty the mind of negative thoughts and emotions and to envision the flow of positive thoughts and movements. This will prepare the student to maximize muscle control and memory and to internalize the concepts to be learned.
  - Breathing techniques focus vital nutrients into those areas that need to be relaxed, Fetal / abdominal breathing techniques induce the production of alpha waves and bring the heart and nervous system into coherence. These techniques heighten neuronal activity and place the students in an enhanced learning state.
  - Guided imagery provide very brief visualization of the Kata to be practiced and other specific karate drills.
5. Formal Karate Kinesiology Instruction (One Hour Physical Activity)
  - Kihon: Fundamentals
  - Kata: Prearranged Self Defense Movements
  - Kumite: Sparring
  - Bunkai oyo: Self-Defense
6. Cool down; during this phase walking meditation and reflection upon the techniques learned along with some positive affirmations to encourage well being and confidence. The student can learn to integrate what has been learned in to Dojo into daily life. This could be a time to teach eating meditation or other techniques applicable to daily life it is also the time to ask questions and discuss and share what was experienced during the formal lesson.
7. Seiza: Sitting Meditation time of silent reflection upon what has transpired in class both the Kinesiology and the challenges.
8. Group discussion and biofeedback games can be introduced after class or on alternate days which will allow students immediate information about their individual mastery of control over emotional states and ability to remain focused.



## Element Three: Performance Indicators of Progress: Karate Mental Framework and Physical Activity Scale for Indicators of Progress

### Scale: 1-5

- 1 – Very Poor
- 2 – Poor
- 3 – Average
- 4 – Good
- 5 – Very Good

- Work Ethic
  - 1. Class attendance
  - 2. Effort
  - 3. Attention and focus on lesson
- Leadership
  - 1. influence others in class
  - 2. ability to show by example
- Manners/Respect
  - 1. Bowing before during and after class
  - 2. Paying respect to each other the instructor and those who have before.
  - 3. Respecting the art and science of karate
- Self Confidence
  - 1. Judgment
  - 2. Ability
  - 3. Empowered to learn
- Self Esteem
  - 1. Realistic self respect and esteem for others
  - 2. Avoidance of an inordinate amount of self respect and no respect or esteem for others.
- Stress Management Technology: Learning to control emotions and mental state.
  
- Yellow Belt Examination Following 24 hours of Training over Three Months
  - 1. Physical Examination
    - Kihon: Fundamentals
    - Kata: Prearranged Self Defense Movements
    - Kumite: Application
  - 2. Written Examination

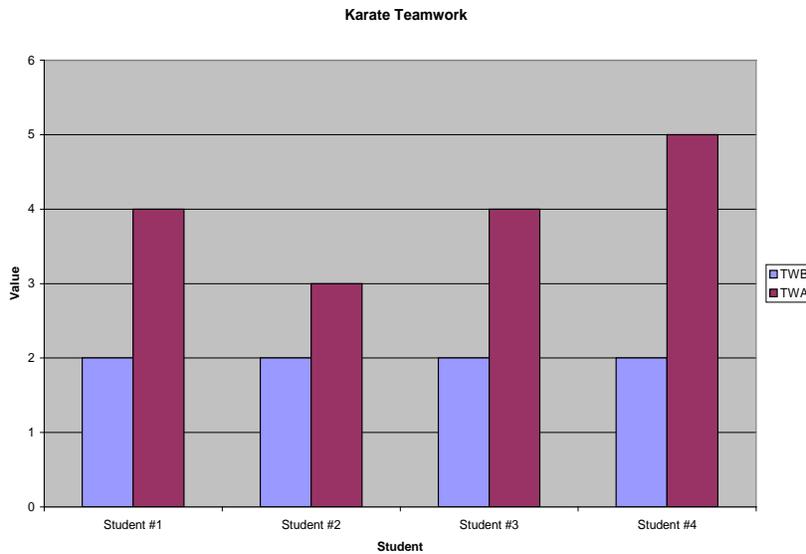
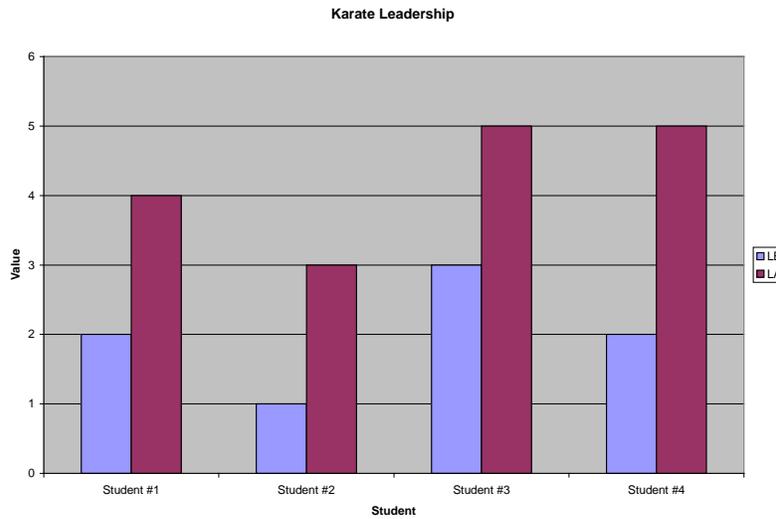
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## Success is Sweet!

Many of our students have a have learning/social/emotional histories that include anxiety disorder; conduct disorder; lack of respect for authority; substance abuse and defiance. Here are examples of measured success with th above profile of students over period of 90 days and 24 hours of training. All achieved a Yellow Belt 8 Kyu Rank and the associated level of holistic fitness.

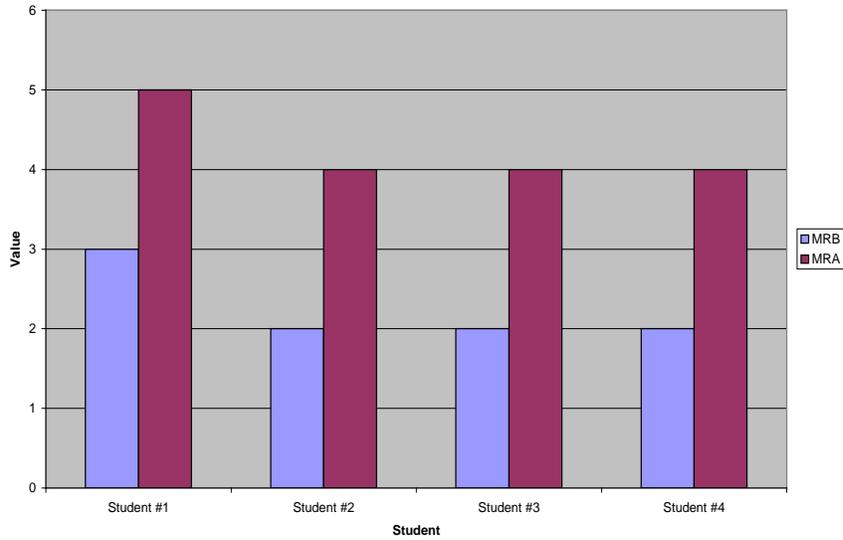


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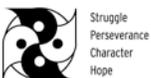
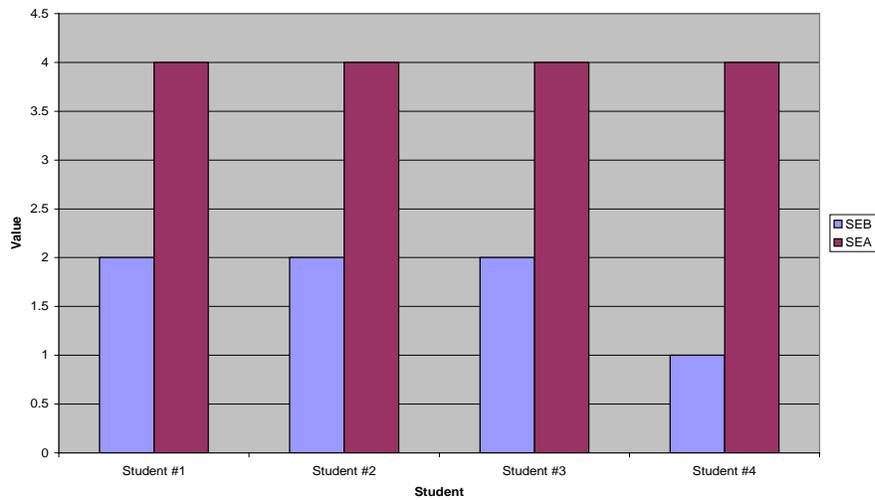
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Karate Manners/Respect

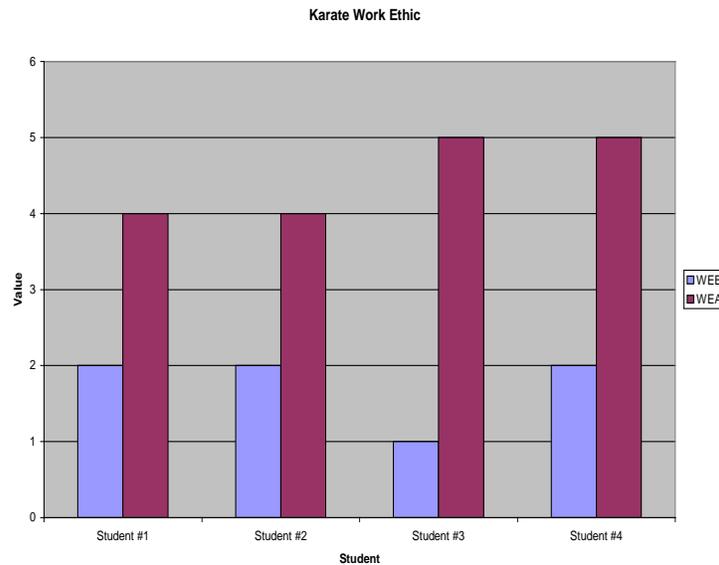


Karate Self Esteem



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**Element: Four:** Unity Day Youth and Family Zone/DK Group integrated the Louisiana Department of Education Physical Education Handbook Standards into its curriculum. The Louisiana State Physical Education Standards are based on the National Physical Education Standards developed by the National Association for Sport and Physical Education.

These standards ascribe academic standing to physical education. Educational transformation initiatives indicate the primary goal of these standards is to assure learning skills; rather than just participation. Indeed, Unity Day Youth and Family Zone values and adheres to this approach and therefore has adopted both foundation skills and physical education standards congruent with Louisiana Department of Education Physical Education Handbook Standards.

**The Louisiana Standard Foundation Skills** are as follows:

- Communication
- Problem Solving
- Resource Access and Utilization
- Linking and Generating Knowledge
- Citizenship

**The Louisiana Physical Education Standards** aligned with the Foundation Standards are as follows:

1. Demonstrates competency in many movement forms and proficiency in a few movement forms
2. Applies movement concepts and principal to the learning and development of motor skills
3. Exhibits a physically active lifestyle
4. Achieves and maintains a health-enhancing level of physical fitness
5. Demonstrates responsible personal and social behavior in physical activity settings
6. Demonstrates understanding and respect for differences among people physical activity settings
7. Understands that physical activity provides opportunities for enjoyment, challenge, self expression, and social interaction

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## Louisiana Governor's Games History

In 2008, D. Rudy Macklin, Statewide Director of the Governor's Games, and the Louisiana Governor's Council on Physical Fitness, asked the Unity Day Youth and Family Zone founder, to assume the responsibility as the Louisiana Karate Commissioner for the games and also to sponsor a karate tournament. In 2009, Mr. Daniel accepted the responsibility of becoming the commissioner of karate, but opted not to hold a karate tournament. Instead, he staged a statewide invitation to Louisianan youth and families who did not have access or were unable to afford the character-developing template of traditional karate, to participate in Annual Unity Day Karate and Wellness Seminar. Moreover, he directed the Unity Day agenda to support the development of healthy motivated students and productive citizens by partnering with statewide and government and local agencies to match youth and family health, education, and wealth creation needs with resources.

In 2010, as a part of the Louisiana Governor's Games, Shihan (Master Educator) Daniel, 7<sup>th</sup> Degree Black Belt and his partner Dr. Effie Moten, MD established Unity Day Youth and Family Zone Wellness and Karate Tours to Louisiana schools and recreation centers--- year-round. During 2010 we taught both traditional karate and associated stress management meditation skills to over **3000 recipients** of our services.

### **Our Mind, Body and Spiritual Fitness Curriculum is Four Fold:**

**One:** Traditional karate instruction that trains youth and adults overall to: relax; focus; and be on task and get physically fit.

**Two:** Stress management biofeedback technology reinforces all of the above, and helps build an internal locus of control of emotions, and feelings. Indeed, in 2010 our program is dedicated to teaching youth test taking strategies that build confidence and reduce anxiety around standardized testing, e.g.--LEAP and GEE.

**Three:** Youth Empowerment Forums that promote human capital/workforce development.

**Four:** Offers youth and families statewide a yearly opportunity to participate in the Louisiana Governor's Games Unity Day Karate Seminar and Wellness Training.

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Louisiana Governor's Games 2010 Awards and Acknowledgements: Unity Day Youth and Family Zone's efforts have been acknowledged and by many institutions and leaders and media in the community such as:

- The City Council of East Baton Rouge Parish, Councilwoman Donna Collins-Lewis and Mayor Kip Holden acknowledged Sensei John G. Daniel and Dr. Effie Moten MD as Honorary City Council Members March 2010 for their work with Louisiana youth and the Governor's Games. This was televised at City Council.
- Mayor Kip Holden proclaimed March 20, 2010 as the 2010 Louisiana Governor's Games-- Unity Day.
- The City Council of East Baton Rouge Parish, Councilwoman Donna Collins-Lewis recognized John G. Daniel and Dr. Effie Moten, MD with a certificate at the Governor's Games for mentoring young people to become healthy motivated students and productive citizens
- Former Lieutenant Governor Mitch Landrieu and House Representative Cedric Richmond recognized and appointed Sensei John G. Daniel and Dr. Effie Moten, MD as committee members of House Bill 876, Louisiana Council on the Status of Black Boys and Men. Mr. Daniel serves as Chair of the Statewide Family and Community Committee and Dr. Moten is a committee member. Both contributed extensively to drafting the statewide report
- The East Baton Rouge Parish Youth Planning Board recognized and appointed John G. Daniel as a board member and Dr. Effie Moten, MD, as alternate in January 2010.
- State Representative Regina Ashford Barrows offered commendation from House of Representatives for the Louisiana Governors Games—Unity Day
- Prevent Child Abuse Louisiana, awarded John G. Daniel, the Champion of Children Award in February 2010
- Louisiana "The State We're In" Louisiana Public Broadcasting" featured Unity Day Youth and Family Zone Louisiana Governor's Games, March 2010
- Unity Day Youth and Family Zone served and participated in the "Back to School Extravaganza" held by Councilwoman Donna Collins-Lewis, and Representative Michael Jackson, and Pastor Raymond Jetson, July 2010
- We have been strategically aligned and active with the Truancy Initiative lead by District Attorney Hillar Moore and Mayor Kip Holden 2008—present.

Here are just a few pictures of the Unity Day Youth and Family Zone's Louisiana Governor's Games community outreach in 2010.

### Crime Scene Investigation Camp July 2010



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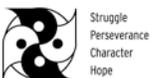
Delmont Service Center City of Baton Rouge City of Baton Rouge Summer Camp June 2010



Louisiana Governors' Games 2010: Southern A& M University Nursing School JAG Mobile  
&  
Louisiana State Fire Department  
&  
Pretty and Pink Youth Dancers and Cheers Leaders



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Unity Day  
Louisiana Governors Games 2010  
Guest Speakers

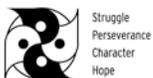


Port Allen Career Academy  
Zachary Louisiana  
Governors Games Stress management for High Stakes Test Taking



Finally, here's a recent article published by the Advocate concerning back to school activities, July 31, 2010.

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Struggle  
Perseverance  
Character  
Hope

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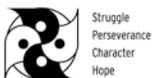
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Vai Christopher Sampson, 16, stands still while karate instructor John G. Daniel, president of the Unity Day Youth & Family Zone, delivers a kick measured to fall just short of Sampson. The demonstration was part of the activities Saturday during the District 6 Back to School Extravaganza.

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Regina Mullen and two of her children sat patiently among several hundred people Saturday at the Milton J. Womack Park on Saturday while attending the “Back to School Extravaganza.”

Mullen, 43, had worked her night shift at her full-time job and then made the trip to the event looking for school information and to pick up the free supplies being offered.

The last eight months haven’t been easy for the family, she explained.

Her husband lost his job and hasn’t been able to find a new one, she said. As a result, they had to move to a smaller home across town and after paying bills, sometimes it’s impossible to make ends meet.

“In the last year, it’s just been so hard,” she said. “The biggest thing for me right now is to get my kids into a safe school.”

She said, however, she knows things will get better and the tough times will go away, but for now, the help to make sure her children can start school with the supplies they need is welcome. Public schools begin classes Aug. 11.

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“It makes a big difference,” she said. “There’s a lot of people here who really, really need help.”

The event was organized by Councilwoman Donna Collins-Lewis with support from Rep. Michael Jackson, BREC, Star Hill Church and numerous donors and volunteers, Collins-Lewis said.

“We had quite a few generous sponsors,” she said. “People see the need and they were very generous.”

In all, there was about \$3,500 in money and supply donations for the event which helped fill about 130 backpacks for elementary school students and about another 150 plastic bags with supplies for middle school-aged students, she said.

“Hopefully, we’ll be able to help 300 kids,” she said.

On the other side of the room Lucy Martin, 27, said a neighbor had told her about the event and so she brought her three children — ages 3, 4 and 8 to check it out.

“I didn’t think there would be this much for them to do,” Martin said. “They had a lot of fun.”

BREC had opened up a play room that included areas to play basketball, video games and more for the kids.

In another area, the Clerk of Court’s Office set up a booth to create identification cards for the children including a photograph and fingerprints.

“I like this,” she said looking at the identification cards her children handed her.

Standing outside the main hall, Danielle Craig, 24, said she expected it to be this crowded since the economy means more people are struggling right now.

Two of her children carried their new backpacks that were full of what they would need when school starts soon. Inside there were paper towels, crayons, rulers, paper, glue, folders and even toothpaste.

“Do we get to keep it?” asked Javonta Craig, 6. When told yes, both he and his sister Jasmine Craig gave a cheer.

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- Four:** Offers youth and families statewide a yearly opportunity to participate in the Louisiana Governor's Games Unity Day Karate Seminar and Wellness Training.

**Come Join the Family: Fridays: 6:00 PM-8:00 PM, Saturdays: 11:00 AM-2:00 PM**  
**AC Lewis YMCA. 350 Foster Street, Baton Rouge, LA 70806**  
**McKinley Middle Magnet School Monday, Wednesday, Thursday 5:30 PM-6:30 PM**  
**McKinley Middle Magnet School 1550 Eddie Robinson Drive**

#### Contact

**Shihan John G. Daniel, 7<sup>th</sup> Degree Black Belt,**  
**President, Unity Day Youth and Family Zone**  
**Karate Commissioner, Louisiana Governor's Games—Unity Day**  
**Or**

**Dr. Effie Moten, MD**  
**Human Service Commissioner,**  
**Unity Day Youth and Family Zone**  
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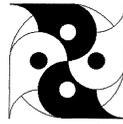
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**JOHN G. DANIEL**  
**President, Founder**  
**Unity Day Youth and Family Zone**  
**7<sup>th</sup> Degree Black Belt**  
**Karatenomichi World Federation, USA**  
**Karate Commissioner, Louisiana Governor's Games**

John G. Daniel is President and Founder of the Unity Day Youth and Family Zone, former Deputy Executive Director, Louisiana Spirit Hurricane Recovery, former Vice President of Father Flanagan's Boys Town National Operations, and award winning economic developer for the PECO Energy Company. John G. Daniel's strengths lie in his ability to articulate relevant messages that engage people in collaborative efforts. He has the ability to bring out the best of human hopes and aspirations in those from diverse cultures and agencies.

Mr. Daniel's diverse career accomplishments have empowered youth, adults, families and communities to close the well being gaps in health, education and wealth creation. This is exemplified in five ways:

- First, in 2005 he accepted appointment by Louisiana state officials to participate in the reconstruction of Louisiana, post hurricanes Katrina and Rita, Gustav and Ike. Currently he serves as an executive team member of a \$200 million dollar crisis counseling outreach program where he functions as the Deputy Executive Director for Louisiana Spirit Hurricane Recovery. The program has outreached to over three million hurricane survivors since 2005.
- Second, in 2000, Mr. Daniel left a successful corporate career to become the Vice President of Father Flanagan's Boys Town national operations, which offers help, healing and hope to 40,000 children that are abandoned abused and neglected nationwide. In his tenure there he increased the number of children served, decreased cost, increased revenue streams and also created the "Youth Empowerment Forum©" which is a process that unfolds a suite of life skills to disadvantaged youth.
- Third, from 1984-2000, John G. Daniel climbed the corporate ladder to serve as an economic development leader for a Fortune 500 utility company--PECO Energy. In that role he created and implemented regional economic development initiatives in partnership with business, civic, and political leaders, non-profit organizations, and local economic developers in the Greater Philadelphia Region. In his tenure he was awarded the Edison Electric Institute Award for Marketing & Sales for the sale of the first urban commercial geothermal application in Philadelphia and also successfully promoted transforming existing Philadelphia office buildings into e-commerce business incubators. These facilities created many high tech jobs, attracted new business and served as the foundation to Philadelphia becoming a "wireless" city.
- Fourth, Master Educator (Shihan) John G. Daniel is a 7<sup>th</sup> degree black belt, Karatenomichi World Federation USA, and has been involved with Shotokan karate since 1971 when his training began under the tutelage of Sensei Teruyuki Okazaki of the Japan Karate Association (JKA). A short list of accomplishments include: being the captain of the Cornell University Karate team then under the instruction of Sensei David Morgan Daniel; becoming an ISKF/AAU College Champion in 1979; ISKF East Coast Champion, 1989; USA Team member @ the 1985 JKA World Championships (Shoto-Cup), double Bronze medalist at the Pan American Championship, 1993, and the first African American USA

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Team Coach at the Japan Karate Association World Karate Championships in Interlaken/Bern, Sweden, 1998. Shihan Daniel coached the USA team to win seven gold medals at this world championship and is the current Louisiana Karate Commissioner for the 2009 Governor's Game.

- Fifth, Mr. Daniel has taught karate in Baton Rouge for four years at BREC without charge, and at the East Baton Rouge Detention center. His innovative brand of instruction uses karate as a hook to teach youth and families the value of health, education and wealth creation in building a quality of life. This unique approach gave birth to the Unity Day Youth and Family Zone and in response to its success, Melvin L. Kip Holden, Mayor-President of the City of Baton Rouge and the Parish of East Baton Rouge along with Councilwoman Donna Collins Lewis, Representative Regina Barrow and Lt. Governor Mitch Landrieu have tendered proclamations and certificates concerning his community outreach and accomplishments. Additionally, in 2010, Prevent Child Abuse, Louisiana, presented Mr. Daniel with its highest award—"Champion for Children".

John holds a double Bachelor's degree from Cornell University, Government and Psychology, 1979. **Indeed, in 2009, the Cornell University Class of 1979 Alumni Association named Mr. Daniel, as a "Distinguished Classmate"**. He also was the co-founder/chair of the Arnold Schwarzenegger Inner-City Games Philadelphia Chapter 1998-2002. In November 2003, John facilitated a workshop on Crime in America, articulating crime prevention best practices of Girls and Boys Town, at the US Congressional conference on *The State of African American Males*. In early 2009, Mr. Daniel was appointed by Jo Pine, Assistant Secretary, Louisiana Department of Health and Hospital, Office of Mental Health, to the Council on the Status of Blacks Boys and Men. **In that capacity John elevated from Health Committee member to Chair of the Family and Community Committee. Recommendations from the Council will be submitted at the Legislative Session in 2010.**

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**Effie Moten, MD**  
**Unity Day Human Service Commissioner**  
**DK Group Human Service Commissioner**  
**Co-founder, Unity Day Youth and Family Zone**

Dr. Moten is currently Human Service Commissioner of the DK Group and Co-founder of Unity Day Youth and Family Zone. She is the former team leader for Louisiana Spirit Hurricane Recovery, Compassion Fatigue Manager for Mississippi Project Recovery, Director of Family Development Center for Detroit's Woodard Academy, Director, of Child Studies for the Leona Group, Detroit Michigan, a published research associate at Wayne State University, & Michigan State University, Departments of Micro-biology and Immunology respectively, and President of the Professional Medical Review Consulting Company. Dr. Moten's strengths lie in her love for teaching, thirst for knowledge and endless dedication to the promoting wellness and healing.

As Stress Management Team Leader for Louisiana Spirit Hurricane Recovery, she worked to educate and to empower the work force in Metro New Orleans post hurricanes Katrina, Rita, Gustav and Ike. She manages a cadre of professional mental health workers who create and present stress management/self care seminars across the spectrum of city, parish, and state employees. Dr. Moten came back to Louisiana post Katrina to assist in the recovery efforts after spending two and a half years with Project Recovery in Mississippi working as the coastal area's Compassion Fatigue Manager. She found herself one month after the disaster working at ground zero Pearlinton, Mississippi where Katrina made landfall. She offered therapy and stress management to the crisis counselors and general staff for the project who tirelessly assisted survivors to find food, shelter, clothing comfort and emotional support in a surreal environment. These efforts were a culmination of years of training in medicine, practicing therapy, and program development working with families of children with emotional disorders. This was the first time that the concept of Compassion Fatigue had been integrated into a federal program of such magnitude and many innovations and creative approaches were implemented.

Dr. Moten is a native of New Orleans and a product of Xavier University Preparatory High School where she was a National Merit Scholar and an accomplished pianist. She attended Xavier University where she received a Bachelor of Science degree in biology, pre-med and went on to study Microbiology and Immunology at Tuskegee University before entering medical school. She received her medical degree from Wayne State University in Detroit, Michigan and interned in Pediatrics at Children's Hospital of Michigan, Detroit. Dr Moten completed a residency in Adult Psychiatry at the Detroit Psychiatric Institute, Wayne State Department of Psychiatry and Behavioral Neurosciences followed by a fellowship in Child and Adolescent Psychiatry at Hawthorn Children's Center, Wayne State University Psychiatric Clinics for Children.

Dr. Moten is a member of the American Medical Association, the East Baton Rouge Parish Children and Youth Planning Board, and the Family and Community Committee of the Louisiana Council on the Status of Black Boys and Men.

She is a Karate student with an orange belt, an avid golfer, a musician and a patron of the arts who volunteered time and to support to the Detroit Symphony, Detroit Institute of Art and the Detroit Historical Society while living in Detroit.