

# HEALTHY YOUTH WITH MIND & BODY UNITY

In partnership with

## Central Oklahoma Turning Point

### Project Goal/Objectives:

1. Build healthy bodies.
2. Develop self-discipline.

### Project Scope/Narrative:

The Family Federation for World Peace, (FFWP) partners with Central Oklahoma Turning Point through the Faith-Based Partnership for Health/Wellness & Computer Technology. The **WIC grant funding** has been instrumental in helping to facilitate youth development and holistic health.

The “Healthy Youth with Mind and Body Unity” project lasts one year (September to August). The target audience is 10-18 year-olds. Most of the participants were males. Participants practiced once a week for one hour. An outdoor demonstration is planned for the summer, and a PowerPoint presentation will be presented at the graduation event.

The program goals are to help participants build healthy bodies and develop self-discipline through monthly nutrition lectures and weekly martial arts classes. The FFWP youth minister will provide professional guidance and certification for each level of martial arts achieved. Some of the children can accomplish their goals within several months or go on to participate for another year.



### Testimonial:

Wednesday, October 10, 2007

Dear Rev. Orikasa,

I want to let you know how pleased I am that you sponsored the Tongil Mudo self-defense class at the Family Federation Church. My son Laurence White is so inspired to participate. He dropped a lot of weight during the training, got stronger and has much more endurance than before. His success inspired him to take up running as well as participating in several Judo tournaments where he took the third place medal on two occasions. He looks forward to practice. The inner changes were even more dramatic than the outer ones. Self-confidence, patience, leadership training while working with the younger students are some of the things you could see.

For two years he seldom took off his jacket at school or home, summer or winter. We were very concerned about this. We considered psychological counseling. Once he took off the weight, about 40 lbs, the jacket stayed off. He was so self-conscious about his appearance and now he is a proud young man. Please make every effort to expand the program so that more youth can reap the benefits. You can count on my continued support.— Loren White



### Project Outcomes: as a result of the WIC Grant

1. 1 male youth lost 40 pounds and became a youth leader in the program
2. 2 persons participated at the start of the program; 6 continue to attend and participate in program activities
3. Plans are to introduce the program in the local library every 3 months
4. More people in the community are interested in the program
5. The program is being expanded to teach more people
6. Youths developed self-confidence, patience and leadership skills

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