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Adults, Children, Adolescents

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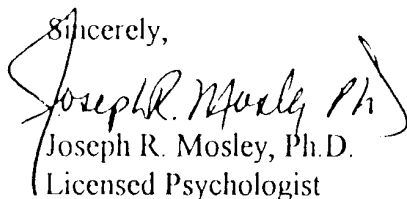
Christine Todd Whitman  
Governor of New Jersey  
PO Box 001  
Trenton, N.J. 08625

Dear Governor Whitman:

I would like to tell about an interesting program for children in Atlantic County, New Jersey. The Future Leaders Foundation has started a Karate training program for second, third and fourth grade students at the North Main Street Pleasantville School. This training is highly innovative with goal of developing long term changes in attitude, self-confidence, academic performance, and discipline. This program could be considered a "primary prevention" intervention for children, providing children with experience, support, and training to learn and to use effective problem-solving and coping skills. The unique aspect of this program is the application of the philosophy, discipline, training, and respect from martial arts to impact self-respect, attitude, academic success, and social acceptance.

I have assisted with the organization of a pilot study research project for the Future Leaders Foundation program. Observations and reports suggest that the children demonstrate improvement in their attitude, training, and discipline. The children also present a noticeable change in attitude and respect within their school. I have also been informed that several children in the program earned a listing on the school honor roll. Data for this pilot study are collected from several measures including self-esteem, sociometric ratings, and academic grades. This data were collected in the beginning and at various points during the training. The first set of comparative data will be ready soon for analysis.

Thank for the opportunity to tell you about this innovative approach toward providing children with the skills and experiences that support their adjustment and success within their community.

Sincerely,  
  
Joseph R. Mosley, Ph.D.  
Licensed Psychologist

JRM:gdk