



UMOJI: AIM: AWARENESS INCLUSIVE MOVEMENT: **Virtual Martial Arts Curriculum for UMOJI**, designed to foster self-governance, self-actualization, self-defense, group accomplishment, and holistic empowerment. This curriculum integrates martial arts with educational awareness, support circles, and future-focused coaching—including pathways to real estate, entrepreneurship, and wealth-building as a spiritual journey. Below are two modular outlines: one for an 8-week program and another for a 10-week program.

UMOJI Virtual Martial Arts Curriculum

“Soulful Prayer Warriors: Freedom Through Self-Mastery”

For Self-Governance, Empowered Living, and Future Leadership

Core Pillars

- **Self-Governance & Self-Actualization:** Martial arts as a discipline for inner control, personal vision, and growth.
 - **Self-Defense:** Practical skills for safety and confidence.
 - **Group Accomplishment:** Team drills, support groups, and collective goals.
 - **Study Circles & Support Groups:** Weekly peer check-ins, reflection, and mutual encouragement.
 - **Educational Awareness:** Classroom sessions on freedom, civil justice, and holistic well-being.
 - **Future Strategists:** Coaching for ambassador roles, leadership, and career pathways.
 - **Apprenticeships:** Skill-building in real estate, entrepreneurship, and wealth stewardship.
 - **Spiritual Wealth:** Integrating faith, purpose, and an abundance mindset.
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8-Week Curriculum Outline

Week 1: Orientation & Foundations

- Welcome, UMOJI values, and program overview
- Introduction to martial arts as self-governance
- Forming study circles/support groups
- Setting intentions: Freedom, self-actualization, and vision boards

Week 2: Self-Defense & Self-Awareness

- Basic self-defense techniques (virtual demo)
- Emotional intelligence: Recognizing triggers and responses
- Group discussion: What does freedom mean to you?
- Journaling and reflection

Week 3: Discipline & Daily Practice

- Martial arts forms (kata, shadowboxing, basic drills)
- Building daily routines for discipline
- Study circle: Accountability partners
- Classroom: History of martial arts in movements for justice

Week 4: Group Accomplishment & Teamwork

- Partner and group exercises (virtual breakout rooms)
- Communication skills: Listening, leading, supporting
- Group challenge: Collaborative goal-setting
- Peer feedback and encouragement

Week 5: Educational Awareness & Advocacy

- Workshop: Rights, responsibilities, and civil justice

**UMOJI AMBASSADOR, ADVISOR & ALLY
DONALD ATCHISON 2**



- Guest speaker: Ambassador or community leader
- Study circle: Advocacy in daily life
- Martial arts for peace and conflict resolution

Week 6: Self-Actualization & Leadership

- Advanced techniques: Mindfulness, breathing, and visualization
- Leadership skills: Public speaking, mentoring, group facilitation
- Classroom: Building your personal brand and story
- Group project: Plan a virtual event or community action

Week 7: Wealth, Entrepreneurship, & Real Estate

- Introduction to real estate investing and entrepreneurship
- Financial literacy: Budgeting, investing, and wealth mindset
- Apprenticeship pathways: Guest coach session
- Study circle: Dream mapping for financial freedom

Week 8: Graduation & Next Steps

- Final martial arts demonstration (individual or group)
- Reflection: Journey from student to ambassador
- Certificates, celebration, and next steps (coaching, apprenticeship, or leadership track)
- Invitation to join the alumni support and future leadership team

10-Week Curriculum Outline

Weeks 1–6: Same as above, with more time for practice and depth.

Week 7: Real Estate Fundamentals

- Deeper dive into real estate basics: Property types, markets, and investment strategies



- Virtual tour or simulation
- Group discussion: Building generational wealth

Week 8: Entrepreneurship & Business Skills

- Business planning: From idea to launch
- Marketing, branding, and digital storytelling
- Case study: UMOJI success stories

Week 9: Spiritual Wealth & Abundance Mindset

- Faith, purpose, and prosperity: Aligning values with goals
- Meditation, affirmation, and gratitude practices
- Study circle: Supporting each other's spiritual journeys

Week 10: Capstone & Ambassador Preparation

- Capstone project: Present a personal or group plan for impact (martial arts, business, or advocacy)
- Coaching for future strategists: How to mentor, teach, and inspire others
- Graduation, certificates, and pathways to UMOJI ambassador roles, apprenticeships, or leadership

Weekly Structure (for both models)

- **Live Martial Arts Class:** 60 min (technique, movement, self-defense)
 - **Support/Study Circle:** 30 min (peer check-in, reflection, accountability)
 - **Classroom/Workshop:** 60 min (educational topic, guest speaker, discussion)
 - **Assignments:** Practice routines, journaling, group projects
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Bonus Features

- **Soulful Soundtrack:** Weekly music playlist for practice and meditation
 - **Digital Badges:** For milestones (discipline, teamwork, advocacy, wealth skills)
 - **Virtual Retreat:** Optional intensive session mid-program or at the end
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