

Sabomnim Lane G. Graham will graduate in May from the University of North Carolina at Greensboro with a PhD in Curriculum & Instruction (with a focus in Specialized Education Services). His doctoral dissertation: *Traditional Martial Arts and Children with ADHD: Self-Perceptions of Competence*, focused on the influences that participation in Chayon-Ryu might have on the self-perceptions of competence of children with ADHD.

For 15 weeks, seven elementary students participated in Chayon-Ryu training. Dr. Graham was assisted by Black Belt instructors, Sabomnim Justin B. Davidson (3rd Dan) and Kyosanim Dane G. Martin (2nd Dan). Data collection and analysis indicated that specific themes were consistent in the results. The themes were:

With participation in the traditional martial arts program, the students' need for realistic order and organization seemed to be nurtured

Participation in the traditional martial arts program seemed to support improved perceptions of competence in the area of personal and peer relationships

Consistent, genuine praise, attention, and realistic expectations appeared to support students' own enhanced perceptions of competence

Considering all of the components of the traditional martial arts program, physical activity appeared to be an area where students with ADHD were more engaged

Participants valued the importance of a combined approach of mental and physical abilities for maximized success

Ghosanim David L. Mitchell said, "Dr. Lane G. Graham has my respect for what he has done for Chayon-Ryu within this doctoral dissertation. I am extremely honored to be his teacher and to have gotten him started on this path back in 1984. But, it is a *Do* which he chose to follow and I admire him for this."

Sabomnim Graham has been an elementary school teacher for the last 25 years. He has trained for 23 years with Master David L. Mitchell (7th Dan, Chief Instructor of NC) at Catawba College in Salisbury, NC, receiving the rank of 4th Dan in 1999. He is chief instructor for two Chayon-Ryu Branch Schools, Cleveland Elementary Chayon-Ryu (Cleveland, NC) and Ellis Park Chayon-Ryu (Salisbury, NC). Sabomnim Justin B. Davidson and Kyosanim Dane G. Martin are instructors at both branch schools.



(Kyosanim Dane G. Martin, Sabomnim Lane G. Graham, Sabomnim Justin B. Davidson)