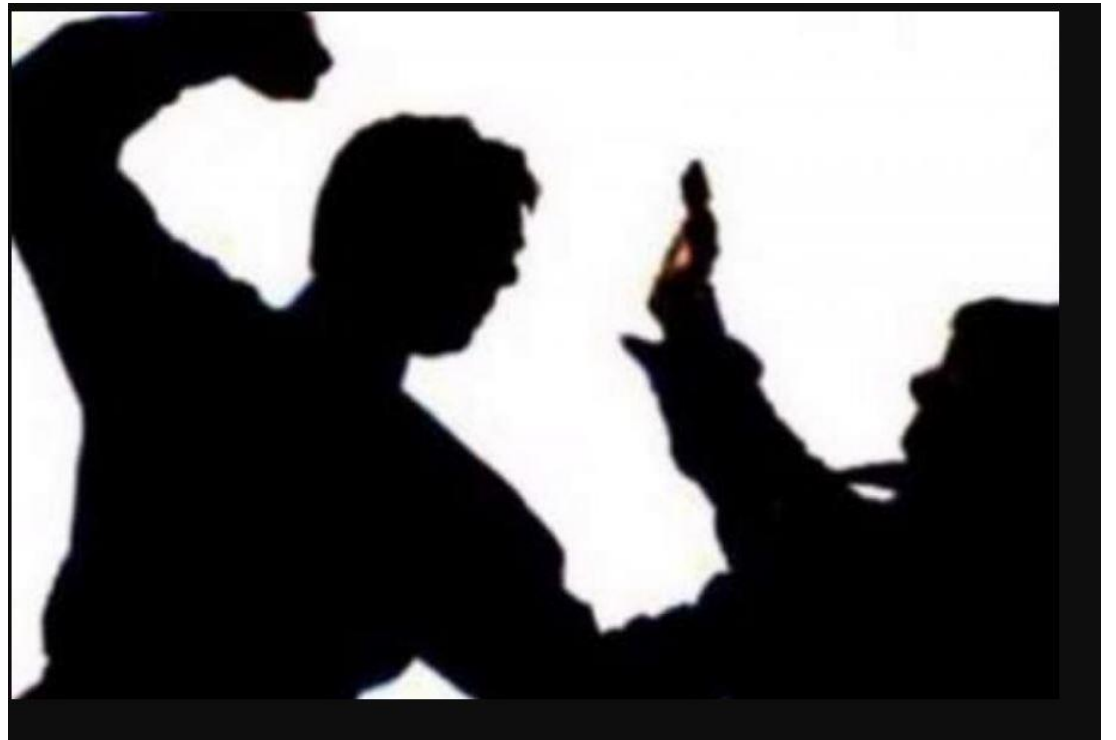


FORCE OPTIONS NEWSLETTER

DON'T BE A VICTIM!!



Force Options News

BY: MASTER JAMES HALMAN
5/15/2023

Hello Everyone,

I hope everyone is enjoying the warm weather. The spring brings many things. Getting closer to the end of the school year, and spring sports. It can be very busy for us all. I appreciate everyone working with me around Payton's soccer schedule, we only have one game left.

With the warmer weather approaching and heat. I will try to move our stick classes outside to enjoy some fresh air and have more space to move around.

Spring/Summer class attire change

Since it will be getting much warmer, if a student chooses, they can wear a t-shirt, uniform pants, & belt. Preferably a Combat Hapkido shirt if you have one but if not, a regular t-shirt will be fine. If a student is testing during the class everyone will be required to wear their full uniform. I will make sure I notify everyone attending a class where another student is testing ahead of time.

Please remember if you have any schedule conflicts with class times or days, please let me know as soon you can. I will do my best to work with you on any changes.

News in the ICHF World

GM P. had been inducted in the Martial Arts History Museum with the Declaration of "John Pellegrini Day - August 13, 2022". GM P. was also inducted in the elite, prestigious "Martial Arts History Museum Hall of Fame." What makes this Honor so special is that **ONLY ONE** Instructor is inducted each year, and that you must be nominated and voted in by your peers who must be past inductees. Therefore, this induction ranks as one of the highest Honors that GM P. has ever received.



Seminars and Programs

Seminars 2023

Save the Date: Saturday November 11, 2023, In Joliet Illinois.

This is the closest seminar to us and is a one-day training seminar. The previous seminars ran from 10:00am to 4:00pm with breaks. I do offer carpooling.

This is not mandatory! This will be hosted by TM Martial Arts. Our Host is Sr. Master Timothy S. Harrison, who holds a 6th Degree Black Belt in Combat Hapkido.

Training will be provided by our Founder Grand Master John Pellegrini, and Grand Master Mark Gridley who heads up our pressure point program. The seminar is open to anyone not just Combat Hapkido students and martial artist. You may see many martial artists from different styles, attending, and non-Martial Artist. They do not allow spectators only participants.

All attendees must be 10 years of age or older. I do not have a price yet, but the early signup fee was \$119.00 in 2021 and late registration was \$139.00. But this was in 2021, and with the rise in cost everywhere this could be a little higher or it may not. I will give an exact price as we get closer to seminar time.

Attire: For Martial Artist full uniform is required. **Please make sure your patches are on before the seminar!**

For anyone that wants to participate such as a parent of a student or friend, attire should be loose fitting sweatpants and a T-shirt. No yoga pants, or tank tops.

New Students

Since the last Newsletter we have added many new students to the Force Options Family which is very exciting!

Jillian Stiemke, Bill Jessup, Jaxon, and Isaac Petrowski, Mirelda Tokarczyk, Dylan, Eli, and Owen Johnson, I am glad they have joined the Force Options family!

Police Defensive Tactics Training

Many years ago I was certified as a licensed instructor with the International Police Defensive Tactics Institute through DSI.

With the increase in violence and disrespect towards law enforcement and the need for officer safety and training. I am starting to move back into this and offering it for Active law enforcement, corrections, and security. If you know anyone interested let me know?

I have not decided to renew my PDT Instructor license as of yet. This is due to the high cost. But If I receive a large amount of Law Enforcement and security personnel that are interested this will change.

The certification renewal will give me the ability to award training certifications for law enforcement and Security personnel in PDT backed by the IPDTI.

Student Advancement

I am very excited to announce we have had many student advancements since the last newsletter. Many students who have worked very hard and made some major advancements. We even had students who have promoted two to three times!
In order from highest rank.

Wyatt Robinson : Deputy Black Belt 2nd Gup Youth Level One. He is one belt away from his Junior Black Belt 1st Poom. This is an amazing achievement!



Mackenzie Goudreau has been promoted twice to Brown Belt 4th Gup, and now to her current Red Belt 3rd Gup. Adult



Dave Kooiker has also been promoted twice to Purple Belt 6th Gup to his current Blue Belt 5th Gup Adult



Rylan Zant: Has also been promoted twice to Green Belt 7th Gup to his current Purple Belt 6th Gup Youth Level Two



Caleb Krzykwa: Has been promoted three times to Orange Belt 8th Gup, Green Belt 7th Gup, to his current level of Purple Belt 6th Gup Youth Level One.



Jaxon and Isaac Petrowski have been promoted three times to Yellow Belt 9th gup, Orange Belt 8th Gup, and their current Green Belt 7th Gup.



Bill Jessup has been promoted to Yellow Belt 9th Gup Adult



Jillian Stiemke has been promoted to Yellow Belt 9th Gup Adult



Again Congratulations to all students for their hardwork and dedication.

Great job on your Advancements!!

What is a Bully and what is bullying?

First let us look at the definition of the word Bully and the term Bullying.

Bully:

According to the Cambridge Dictionary a **Bully** is the following: Someone who hurts or frightens someone else, often over a period of time, and often forcing them to do something that they do not want to do.

Dictionary.com defines it as: A **blustering (1)** mean, or predatory person who, from a perceived position of relative power, **intimidates (2)**, abuses, harasses, or **coerces (3)** people, especially those considered unlikely to defend themselves.

Bullying:

Bullying is the repeated infliction of harm or distress on another person with the intent to control, intimidate, or otherwise damage another. It comes in all forms—including verbal torment, social attacks, physical aggression, and taunting—and can happen both in person or through social media or the internet at large.

Whether bullying is brief or ongoing, it can have hurtful and long-lasting consequences that manifest in psychological or physical damage.

The reason I wanted to dig into this is to give a little more understanding of the word and term.

The tools of the bully

- **(1) Blustering:**
 - a) To speak in a loudly arrogant or bullying manner.
 - b) To brag or make loud, empty threats.
- **(2) Intimidates:**
 - a) to make timid or frightened; scare
 - b) to discourage, restrain, or silence illegally or unscrupulously, as by threats or extortion.
- **(3) Coerce:**
 - a) To pressure, intimidate, or force (someone) into doing something.
 - b) To compel or restrain by force or authority without regard to individual wishes or desires.
 - c) To bring about or gain by pressure, threat, or force: coerced agreements.

Note: A disagreement or conflict with someone is not bullying!

I found an interesting article that I have posted here on page 4 that goes into some more details on the topic of Conflict and Bullying and knowing the difference. It is geared more towards children, but it also applies to adults.

After The article I will elaborate some more on the topic.

Sources:

<https://www.wordnik.com/>

<https://www.dictionary.com/>

<https://dictionary.cambridge.org/dictionary/>

How to Tell the Difference Between Conflict and Bullying

By [Sherri Gordon](#) Updated on June 11, 2020

Everyone experiences conflict from time to time. It is a normal part of life. Learning to deal with it in a healthy way helps kids master the social skills they need. Unlike conflict, bullying is not a normal part of life. It is not a "*rite of passage*," and it does not make kids toughen up.

Bullying is an abuse of power and has significant consequences.

There is nothing healthy about bullying. In fact, there are some distinct differences between bullying and conflict. Being able to identify these differences is important for knowing how to respond.

Characteristics of Peer Conflict

There are several ways to identify peer conflict. When a conflict occurs, everyone involved has equal power in the relationship. Both individuals might be emotional and upset, but neither is seeking control or attention. They also are respectful of each other even though they disagree.

When people experience conflict, they often feel remorse and take responsibility for their actions. Kids in conflict often want to solve the problem so that they can start having fun again. They are intent on reaching an agreement so that the relationship feels restored.

Lastly, conflict happens occasionally and is usually not serious or emotionally damaging to either person.

While experiencing conflict is never fun for anyone involved, it does not make a person feel bad about who they are.

Characteristics of Bullying

The best way to identify bullying is to recognize that it is a deliberate act. The goal is to hurt, insult, or threaten another person. There is also an imbalance of power. A bully exerts control over others by intimidating, harassing, threatening, or humiliating them.

Bullying is also repeated and purposeful. While the tactics vary from incident to incident, the bully is targeting the same people repeatedly with the purpose of hurting them.

Bullying also poses a threat of serious emotional or physical harm. While a bully feels little remorse, the target is usually visibly upset. Bullies might get satisfaction from hurting people.

There is also no attempt to resolve anything. Bullies are not interested in having a relationship with the intended target.

However, not every hurtful action is bullying. Sometimes, it is simply unkind behavior. Be sure that you are aware of what constitutes bullying.

Addressing Conflict vs. Bullying

Conflict is an important part of growing up, but bullying is not. Conflict teaches kids how to give and take. They also learn how to come to an agreement and how to solve problems. Bullying only wounds kids.

When it comes to conflict, it is good for kids to learn conflict resolution skills. These skills promote listening and working together. Both parties come to an agreement.

Conflict resolution assumes that both people are responsible for the problem and need to work it out. In this situation, both kids make compromises, and the conflict is resolved. When kids have a conflict, it is best to allow them the opportunity to work it out on their own.

Conflict resolution is not appropriate for bullying situations. In fact, it can be very dangerous to victims of bullying. Bullying is about the bully making a choice to intentionally hurt another person—there is nothing to work out.

What is more, bullies usually do not negotiate with others. They want power and they blame others for their actions.

Even if an adult can get them to apologize, bullies will often retaliate when no one else is around. As a result, it is crucial to recognize the difference between conflict and bullying. Remember, the bully is fully responsible for the situation and bears all the responsibility for change.

Forcing a target to participate in conflict resolution or mediation is never a good idea. Instead, develop an intervention process that ensures the safety of the student being bullied.

The bully should be disciplined. Bullies need to experience consequences for their behavior. They also need to be told that their choices are unacceptable and will not be tolerated.

Likewise, victims of bullying need to be reassured that they did not cause the bullying and that they are not to blame. Work with them to help them overcome the negative impact of bullying. The goal is for them to regain self-esteem.

By [Sherri Gordon](#)

Sherri Gordon, CLC is a published author, certified professional life coach, and bullying prevention expert.

Site: <https://www.verywellfamily.com/conflict-and-bullying-difference-460495>

Understanding How Conflicts Turn in To Bullying!

By: Master James Halman

In life we usually associate a bully as someone that commits a physical act of aggression against us or intends to do harm. When we are bullied, we think of the physical confrontation. But bullying can come in many forms, as many of us know.

In my experiences bullies will always look for the easy target. They will look for those that are not part of a group; or those they can separate from a group to try and intimidate and control them. They may also gang up on them which is known as Mobbing. **(Group Bullying)**.

The article above focused on children, but the characteristics of a bully or bullying are the same for adults.

I want to start with examining internet bullying.

In my opinion internet bullies are the worse kind. Mainly because there is no physical confrontation, so they are more likely to be nastier and more intrusive on your life. There is no way for the bully to be held accountable for their comments or actions, this is verbal bullying. Where face to face bullying can lead into a physical altercation, which can or may stop the bully from continuing the harassment.

Remember bullies are always looking for the easy target or the weakest target. Internet bullying is the easiest form.

But how do we recognize internet bullying or how does it start?

Sometimes it is easy to notice. But sometimes it starts slow and is un-noticeable. Such as a discussion about a movie, or an event or activity. Having a different viewpoint or opinion is completely healthy and normal this is what makes us individuals.

We can have discussions and conflicts with others when it comes to our views and opinions all the time. We do not have to agree on a topic!

This is a disagreement or conflict; not bullying!

But it can escalate quickly into bullying. If the person that feels their views and opinions are right and your views are wrong, they can become angry and spiteful if you choose not to see something their way. They will resort to name calling and harassment which is a form of bullying.

For younger children they may find more conflict that leads to bullying in schools and social situations that are face to face with their peers. But sadly, as younger children get older and move into more internet chat groups, and online communication they put themselves into the cyber bullying realm. Even if the child themselves does not use social media those around them will.

Unfortunately, internet bullying is worse because the recipient cannot get away from the situation by going home or changing schools.

There can also be unintentional bullying because children make bad decisions without realizing the repercussions of their actions. But if the child continues to do it, after they realize they were wrong then it no longer is an accident or mistake it is bullying!

But let us get back to the threat of a physical confrontation.

As Martial artist we always want to use force as the last resort, in a situation. We want to try and de-escalate the situation if we can. But as you read above bullies are not doing this for any reason other than to threaten, or harm someone. They want to gain a sense of power and control over the victim.

We need to learn to recognize the bully and understand that by allowing a bully to harass us we are giving them power over us.

Power they should never have over us! This is essentially you saying to the bully that you will allow them to bully you and keep bullying you.

So how do we know when to de-escalate a situation and when do we know it is time to defend ourselves or fight back?

1. **Identify the situation:** Is this a disagreement that can be de-escalated with talking or just removing yourself from the situation, or is this a person that truly just intends to harm you.

Actions to take for De-Escalation:

- a. Step back into your neutral stance left or right lead hands up in a submissive position.
 - b. Clearly and verbally make your intentions clear that you do not want to fight or have a confrontation.
 - c. Make sure your body language also reflects the same as your words. **(No clenched fist or signs of aggression)**.
 - d. Suggest a peaceful way to resolve the issue. Making people laugh is a great way to de-escalate the situation.
 - a) Making fun of yourself, or a joke to calm the situation.
2. **Actions to take for Defense against a bully: You will start the same but know that the bully really does not want de-escalation.**
 - a. Step back into your neutral stance left or right lead hands up in a submissive position.
 - b. Clearly and verbally make your intentions clear that you do not want to fight or have a confrontation.
 - c. Make sure your body language also reflects the same as your words. **(No clenched fist or signs of aggression)**.
 - d. Be prepared to defend or move into the attacker and control them as quickly as possible to stop the fight.
 - e. If possible, try to avoid throwing the first strike or kick. Throwing the first strike or kick may show you as the instigator to the people around you and not as the victim.
 - f. When a bully attempts to puts their hands on you in this situation to physically harm you this warrants you to physically fight back and protect yourself!

Most importantly: Do Not allow yourself to be intimidated by the bully verbally or allow them to force you into doing something you do not want to do, or giving anything to them that is yours. We do not want to give the bully power over us! If we have taken the proper steps to de-escalate the situation, then we have tried to solve this without force.

ICHF /Warrior Cloth/and Misc. Items

I.C.H.F Apparel

If any of you are interested in buying some Hapkido apparel or equipment, please let me know.

I.C.H.F T-Shirts \$37.00

sizes Small, Medium, Large, X-Large, XX-Large and XXX-Large



Long Sleeve Performance Shirt \$42.00

Sizes Medium, Large, X-Large, XX-Large



Munio Keychains and Kubatons I have in stock.

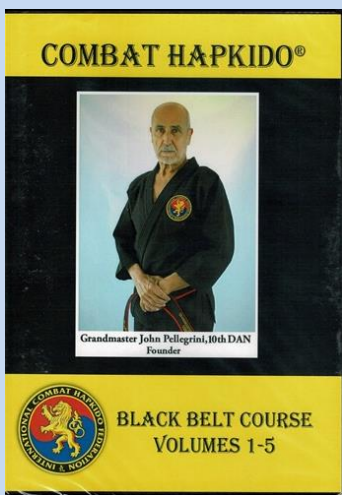
Combat Hapkido Munio \$14.00



Kubaton Self-Defense Keychain \$10.00



ICHF 5 disc set White to Black \$170.00



Gen II Protector + ICHF Gi \$180.00 + Shipping



Gen II Protector Gi \$140.00 + Shipping



Classic Protector Gi \$120.00 + Shipping



Official ICHF Rash Guard shirt \$50.00 + Shipping



I have added additional fees to some items to account for shipping cost. You may also order these items directly if you choose.