



The “Art” and “Science” of



Self-defense/Personal Protection

By Scott D. Krenz

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Art + Science = Greatness/Success/Inspiration

What do I mean by the “Art” and “Science?” Simply, it means there is no one-way or perfect right way to do anything. There are and can be many variations of the same technique or exercise. What sets one way or method apart from another is “personality.”

The “Art” is the “how” of doing something. Each of us is different, unique and special. We each have something that makes us VERY special in the world. Plus, we all communicate and listen a little differently. We connect to different people in different ways. We all have a unique personality that is reflected in everything we say and do.

Our personality is like our fingerprints. It sets us apart and puts our own personal stamp on everything we touch. It is important that we each embrace and celebrate our personality in every way possible. Do not hide or try to be like others. Step up. Stand out and be yourself.

Being yourself and expressing what is unique and special about you is being the “Art” of the equation. To balance this is out there is the science side of the equation.

The science is the “what” of saying or doing something. There are some things that MUST be done in order to be consistent and effective at delivering outstanding results. The science allows large numbers of people to do the same thing with consistent results.

Here is a good example of “Art & Science” at work. How do you throw “A” ball from point a to point “B?” Everyone throws the ball a little differently. If you were going to teach someone how to throw a ball there are a few basics you would want to teach.

1. Grab the ball.
2. Focus on where you want to throw the ball.

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3. Step forward and swing your arm forward as you release the ball in the direction of your target.

That would be the "Science" of how to throw a ball. Now there are about a thousand different ways to throw the ball and they are all correct but that would be the "Art." How do you want to grip the ball? Do you want to throw it overhand, underhand or sidearm? Do you want to toss it or throw a fastball?

The Purpose of the Book

The purpose of this book is to give you a powerful resource of knowledge, idea and information to help you feel more confident in your abilities to be and stay safe at home and away.

This is by no means a complete source for everything there is to know or learn about self-defense or personal protection but it is a good beginning. Please take the time to read the entire book. Many of these ideas will be taught or used in classes.

Please feel free to share the information with your family and friends. I want EVERYONE to have the knowledge and skills to live a safe and happy life.

Good luck in everything you do or strive for in life.



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Being Prepared

When looking into self defense training people should have an idea of how much time they will be able to invest in the training. How many times a week they will be able to attend class should be realistically evaluated. But it's probably more time than you think. Of course people are busy with jobs, families and responsibilities and with all the things you must plan in your schedule. Often times the first thing that is cut is our time to train. It becomes less important than everybody else and their needs. It loses its priority status because it is not something that affects the here and now. It is not high on the 'to do' list because it can get done tomorrow with no serious consequences today. Or can it?

We don't get to pick the time and day when we will absolutely need our self-defense training. So by that fact alone putting it off isn't smart planning. We should think about our time in training as an investment – an investment in ourselves and in our families. It's not just about you even if you are the only going to the class. Self-defense training teaches you valuable skills that can use to protect yourself and your loves ones.

Training takes effort and it starts with just getting to the class. It takes your time and energy and if put toward a positive goal, it will be time and energy will spent. What you want to achieve is up to you and only you can be the one relied upon to actually do it. Whatever form of self-defense training you have decided upon you do have to train enough so that the movements and techniques become committed to muscle memory and is delivered as second nature. You need to train enough so that you don't have to think so much about it as you just have to do it.

Perseverance as definition means; steady, persistence in a course of action, a purpose, a state, etc., especially in spite of difficulties, obstacles, or discouragement. We must persevere physically and mentally when we defend ourselves in a violent attack and we can start overcoming the difficulties, obstacles and discouragements in our lives by making getting to our self defense class a top priority today.

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Martial Arts America Color Code of Mental Awareness For Self-defense

White - Relaxed, unaware, and unprepared. If attacked in this state the only thing that may save you is the inadequacy and ineptitude of your attacker. When confronted by something nasty your reaction will probably be, "Oh my God! This can't be happening to me."

Yellow - Relaxed alertness. No specific threat situation. Your mindset is that "today could be the day I may have to defend myself." There is no specific threat but you are aware that the world is an unfriendly place and that you are prepared to do something if necessary. You use your eyes and ears, and your carriage says "I am alert." You don't have to be armed in this state but if you are armed you must be in yellow. When confronted by something nasty your reaction will probably be, "I thought this might happen some day." You can live in this state indefinitely.

Orange - Specific alert. Something not quite right has gotten your attention and you shift your primary focus to that thing. Something is "wrong" with a person or object. Something may happen. Your mindset is that "I may have to engage *that* person." You are in a mental, physical and emotionally "ready state." You can maintain this state for several hours with ease, or a day or so with effort.

Red - Fight trigger. This is your mental trigger. "If that person does "x" I will defend against/attack them." You should have any or all weapons or tools ready and available.

Black - The fight or encounter is "ON." You are doing whatever it takes to win and survive as safely as possible.

White (Unaware – Potential Victim)

Yellow (Situationally Aware)

Orange (Recognize a specific potential threat)

Red (Ready to Fight - rely on muscle memory & mental memory)

Black (In the fight)





20 Rules of engagement for surviving an attack/fight

First of all we only fight as a last resort but when we are forced to fight we fight to WIN!

1. When possible, be courteous and respectful to everyone.
2. We train to fight hard so we have the choices to be soft.
3. Intense training builds the confidence NOT to fight.
4. Never fight because of ego.
5. Verbalize before getting physical whenever possible
6. Have a back-up plan, because the first one probably won't work.
7. Watch their hands. Hands kill. [In God we trust. Everyone else, keep your hands where I can see them].
8. YOU choose where to fight, when to fight, how to fight and when the fight is over.
9. If YOU make the decision to engage - Hit first – hit fast – hit hard.
10. Finish the fight as quickly as possible.
11. Do a tactical 360° threat assessment/scan as soon as possible.
12. Don't drop your guard.
13. As soon as it is safe and tactically sound, move away from your attacker. Distance is your friend (lateral and diagonal is preferred)
14. Use cover and concealment as much as possible.
15. Learn to use everything in your environment to your advantage.
16. Flank your opponent when possible. Protect yours.
17. Assume your attacker has friends. There is ALWAYS more than 1.
18. Always cheat; always win. The only unfair fight is the one you lose.
19. If you are not fighting you should be communicating.
20. If it's stupid but works, it isn't stupid.

Your number one option for personal security is a lifelong commitment to avoidance, deterrence, and de-escalation.

What's more important – “How you train? Or what you train?”

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The Principles of Effective Self-Defense

[Be Aware](#)

[Anticipate and Avoid](#)

[Be Alert](#)

[Trust Your Instincts](#)

[Use Defense Tactics](#)

[Be Confident](#)

Awareness

The real risk of being attacked is very low. So you shouldn't worry unnecessarily about being attacked, as this will make you less confident on the street and more prone to being attacked.

You need to know about what kinds of violence you could encounter, when it could take place, where it could take place, and why it might take place. Then you can learn how to avoid it, and what defense tactics to employ should you encounter it.

You need to know how your attacker might react, and why. Then you can learn how you can best deal with a confrontation.

You need to understand your own fear - the fear that you will almost certainly experience if are attacked. You need to learn how to use your fear to your advantage and control it. Then you won't be overcome by fear if you are attacked.

Anticipate And Prevention

You need to be able to read situations very quickly, before they escalate into a physical confrontation.

You need to know how to prevent yourself from being targeted by a potential attacker. You need to take precautions that will minimize the risk of attack.

Alertness

You need to be fully alert at all times. This means that you need to continually assess your surroundings, so that you can find a way out or get help. Think what tactics would work if you were to be attacked. If you are in a pub or club that is new to you, take a look around, see where the doors are. This isn't being paranoid, it's just being aware. You cannot afford to become complacent at any time.

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Trust Your Instincts

You need to trust your instincts. You must not ignore your gut feelings. You often hear victims of violence say that they knew something was wrong, or they knew that something was going to happen.

Defense Tactics

Defense tactics are the whole range of the options which are open to anyone should they feel in danger. Defense tactics could be a simple dash for safety, or a verbal confrontation with the potential assailant, or physical self defense. The most effective defense tactic will depend on the person and the situation.

Defense tactics should be put into action the moment trouble is suspected. Waiting could be disastrous, as fear will increase, making you more vulnerable to attack. Waiting also means you are not taking action to prepare for the possibility of an attack, and so you will be taken by surprise.

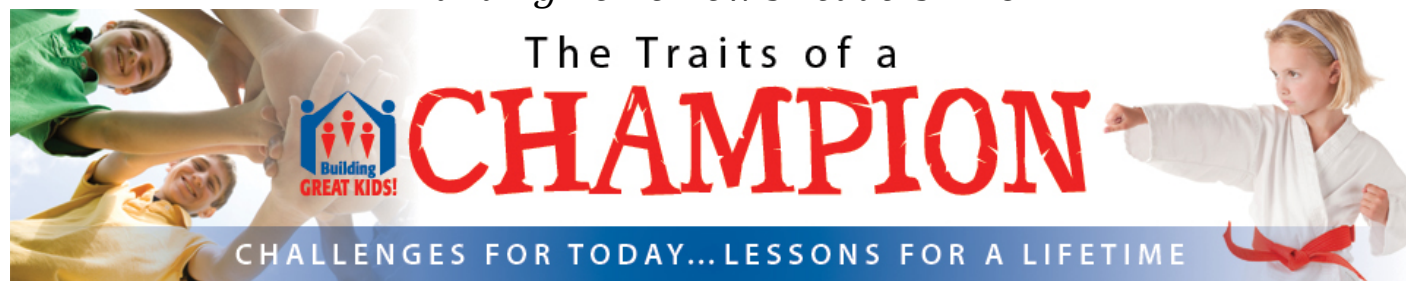
You need to know what defense tactics to employ should you suspect that you are in danger. Don't wait until you are faced with a problem.

Your primary objective will always be to get away, unharmed.

Confidence

You need to believe in your ability to defend yourself and you need to project that confidence in the way you hold yourself. Even if you don't feel confident, you must put on the appearance of being very confident. This will deter any assailant from picking on you. There are many ways of projecting confidence to other people, the most obvious of which is body language. There is a balance between a cocky, macho manner and relaxed poised confidence. Find this, and you find a key to self defense, and your inner confidence comes naturally.

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INCREASING YOUR SAFETY FACTORS

Anyone can be a victim.

Sexual assault awareness is based on environmental alertness. Remember, alcohol dulls your reflexes. When uncomfortable, trust your instincts!

Be Alert When With Acquaintances

- ✓ Find out about a new date. Ask others who know or have dated the person. Date with friends before accepting a single date. Make definite plans in advance. Don't leave a group setting with a person you don't know well.
- ✓ Be assertive. State what you really want and are feeling. Remember, alcohol and other drugs compromise your ability to make decisions. When you say "no", make your message clear. When you say "yes", be sure you know what you're agreeing to. Don't be embarrassed to yell, make a scene or run away. Don't worry about offending your partner; remember, you are being humiliated.
- ✓ If you are uncomfortable with a date, you can choose to end it. Take your own vehicle or meet at the destination. Carry money for a phone call or fare home. Avoid parties where men greatly outnumber women. Don't accept rides from newly made acquaintances.
- ✓ Be careful when inviting someone to your residence or accepting an invitation to theirs. Avoid secluded places where you are put in a vulnerable position. Acquaintance rapes often occur in a residence.
- ✓ Take care of yourself - don't assume other people will take care of you or protect you from harm.
- ✓ Trust your INSTINCTS - believe your inner feelings when you get uncomfortable about a person or situation. Respond as soon as you feel uncomfortable!

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Be Alert Where You Live

- ✓ Be sure the doors of your residence are locked when you are there as well as when away.
- ✓ Use peepholes to identify people before opening the door.
- ✓ Require identification from service providers.
- ✓ Don't let anyone you don't know well inside your residence to use the phone; you make the call.
- ✓ Never indicate to anyone that you are alone. Close curtains and shades at night.
- ✓ List your initials instead of your first name on your mailbox and in the telephone directory.
- ✓ Refrain from doing laundry in a deserted or poorly lighted facility.
- ✓ Avoid being in isolated areas such as laundries or parking garages by yourself, especially at night.
- ✓ Always have your key ready for quick entry into your residence.
- ✓ Have a telephone readily available near your bed for quick use at night.
- ✓ Hang up immediately on unwanted calls.
- ✓ If you find a door or window open or signs of forced entry upon arriving at your residence, don't enter. Go to the nearest phone and call the police.

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Be Alert When Walking

- ✓ Avoid walking alone.
- ✓ Stay in well-lighted areas, away from alleys, bushes, and entryways.
- ✓ Walk confidently, directly, and at a steady pace.
- ✓ Walk on the side of the street facing traffic.
- ✓ If a driver stops to ask directions, avoid getting near the vehicle.
- ✓ Don't hitchhike and only accept rides from people you know well.
- ✓ If a car appears to be following you, turn and walk in the opposite direction.
- ✓ Carry a whistle and use it if you feel you are in danger.
- ✓ If you are in trouble, attract help any way you can. Yell, call for help, shout "fire", or break a window.
- ✓ Above all, be aware of your surroundings and the people around you, even those you know.



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Be Alert In Vehicles

- ✓ Have your key ready when you approach your vehicle.
- ✓ Check inside your vehicle before entering.
- ✓ Always keep your vehicle locked with windows up, even while driving.
- ✓ Park in well-lighted areas.
- ✓ Avoid isolated roads and short-cuts.
- ✓ Never pick up hitchhikers or people you don't know well.
- ✓ Keep your vehicle in good repair. Make certain you have enough fuel.
- ✓ Remain inside your vehicle if you develop mechanical trouble. Keep the doors locked and the windows up until help arrives. To signal distress, put up the hood or display a sign. If someone stops to offer help, don't leave the vehicle; ask that they call the police or a service provider.
- ✓ If you are followed, drive to the nearest open business for help, or go to a police or fire station.
- ✓ When dropping someone off, wait until passengers have safely entered their residence or destination.
- ✓ If involved in a minor collision at night or in an isolated location, do not exit to inspect damage or contact the other driver. Signal the other driver with your lights, and proceed to the nearest lighted and occupied business or police station.

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Self-defense tips

1. The elbow is the strongest point on your body. If you are close enough to use it, do!

2. Learned this from a tourist guide. If a robber asks for your wallet and/or purse, **DO NOT HAND IT TO HIM**. Toss it away from you... Chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. **RUN LIKE MAD IN THE OTHER DIRECTION!**

3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy.. The driver won't see you, but everybody else will. This has saved lives.



4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc. **DON'T DO THIS!**) The predator will be watching you, and this is the perfect opportunity for him to

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get in on the passenger side, put a gun to your head, and tell you where to go. AS SOON AS YOU GET INTO YOUR CAR , LOCK THE DOORS AND LEAVE..

If someone is in the car with a gun to your head DO NOT DRIVE OFF, Repeat: DO NOT DRIVE OFF! Instead gun the engine and speed into anything, wrecking the car. Your Air Bag will save you. If the person is in the back seat they will get the worst of it. As soon as the car crashes bail out and run. It is better than having them find your body in a remote location.

5. A few notes about getting into your car in a parking lot, or parking garage:

A.) Be aware: look around you, look into your car, at the passenger side floor , and in the back seat.

B.) If you are parked next to a big van, enter your car from the passenger door. Many serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.

C.) Look at the car parked on the driver's side of your vehicle, and the passenger side.. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out. IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead.)

6. ALWAYS take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at NIGHT!)

7. If the predator has a gun and you are not under his control, ALWAYS RUN! The predator will only hit you (a running target) 4 in 100 times; and even then, it most likely WILL NOT be a vital organ. RUN, Preferably in a zig -zag pattern!

8. As women, we are always trying to be sympathetic: STOP It may get you raped, or killed. Ted Bundy, the serial killer, was a good-looking, well educated man, who

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ALWAYS played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked 'for help' into his vehicle or with his vehicle, which is when he abducted his next victim.

9. Another Safety Point: Someone just told me that her friend heard a crying baby on her porch the night before last, and she called the police because it was late and she thought it was weird.. The police told her 'Whatever you do, DO NOT open the door..' The lady then said that it sounded like the baby had crawled near a window, and she was worried that it would crawl to the street and get run over. The policeman said, 'We already have a unit on the way, whatever you do, DO NOT open the door.' He told her that they think a serial killer has a baby's cry recorded and uses it to coax women out of their homes thinking that someone dropped off a baby.. He said they have not verified it, but have had several calls by women saying that they hear baby's cries outside their doors when they're home alone at night.

10. Water scam! If you wake up in the middle of the night to hear all your taps outside running or what you think is a burst pipe, DO NOT GO OUT TO INVESTIGATE! These people turn on all your outside taps full blast so that you will go out to investigate and then attack.

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8 Self Defense Tips to Help Keep You Safer

Here are 10 self defense tips to help you become more adept at self-defense.

1. Trust Your Instincts

Learn to trust your instincts and listen to what your intuition tells you. Trust when something doesn't feel right. Be ready to take swift action if necessary and get away as fast as you can.

2. Awareness

Awareness is the single most important ingredient to self defense. If you don't see a possible attacker coming, how can you defend against them? Having peak awareness requires that you keep alert and that you always scan the environment you are in. Whether it's daytime or nighttime, don't look down as you walk, always look up and scan around you. Paying attention to what's happening around you will help keep you safer.

3. Take a Bite Out of Crime

One thing that people forget is that there are no rules on the street. Anything goes. And, one overlooked – yet highly effective – self defense weapon is your ability to bite. That's right, I said bite. This is the last thing anyone expects and can create the opening you need to escape. Now I'm not saying run up to someone and bite them Mike Tyson style. What I am saying is that if someone puts you in a headlock... gets on top of you... or whatever, bite anything and everything.

4. The Element of Surprise

The element of surprise in a self defense situation is a powerful tool. Striking when your opponent least expects it can help you get out of danger safely. When that moment comes, take massive action and strike targets that will get you the most effect.

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5. The #1 Best Self Defense Technique

The number one self defense technique isn't kicking an attacker in the groin... it's not breaking their foot with a stomp... and it's not breaking their nose with a palm heel strike.

So, what is it?

Your number one priority should be escape. The best thing you can do for yourself is get out of the situation as fast and as safely as you can.

"It's not about who's right or who's wrong, it's about who's left that counts." – Ed Parker

6. React Like Lightning

When an attack is eminent, you must be ready to respond immediately and be able to "flip the switch" from passive mode to self-defense mode. As Mr. Mills teaches, you should be like lightning where your strikes appear from nowhere, manifesting suddenly, striking it's target with tremendous energy, then disappearing as quickly as it arrived.

7. Walk Tall

Predators often look to the weak. If you walk with confidence, you can avoid a lot of possible attacks. Keep your eyes up and scanning as you walk. This will deter most attackers as they want to surprise easy victims.

8. Don't be a Smart Alec

While most of the tips we've covered assume you are being targeted, it's good to remember that a self-defense situation may arise spontaneously. And, in certain settings, can easily be triggered by something you say to someone. Avoid making rude, offensive, tactless, stupid or hurtful comments in public settings. I've seen many a person punched in the face for making a wise crack so watch what you say!

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Self-defense at home and away

The knowledge and know-how to protect oneself is one of the basic survival mechanisms of men since the primitive days. Self-defense is a necessity. Vast array of martial arts came from different countries and cultures. Different disciplines and techniques represent different races and colors. From Filipino Arnis stick fighting to Japanese Kenpo Karate. To Brazilian Jui jitsu to Muay Thai. The relevance of different disciplines of martial arts and self-defense techniques comes in many forms. But it has one common purpose...to protect.

Understand The Purpose Of Self Defense. Martial Arts and Self-defense comes hand in hand. Martial arts isn't just the science art of fighting. It also serves as a representation of one's country. It is a cultural heritage passed from generations to generations. But Self-defense remains in the streets and slums. As one of man's primary instinct, different races has developed different types of fighting disciplines. Self-defense does have its main purpose; it is to defend oneself. It is one of men's primal instincts.

Always Expect The Unexpected. The readiness to protect oneself is a crucial part of self-defense. Unexpected things happen in a blink of an eye so you should always think and plan ahead. Anticipation and a quick-fire reaction is essential. You should know how to react and what techniques to use when an assailant suddenly tends to stab you with a dagger on your back.

No Material Thing Is More Valuable Than One's Life. When someone asks for your money, wallet, watch, or some of your possessions and threatens to fatally hurt you. Never hesitate to give it. No amount of money or material things will equal one's life. Never be too complacent or over confident to trust your know-how to defend yourself. Your safety should be your primary priority. Many so-called 'black belts' came to tragic

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ends. Timing is important. If he still persists to intentionally hurt or kill you after you gave your possessions; that will be the time for you to protect yourself and disable him.

Be Practical. Practicality is important in self-defense. If you're a female, never assume that you can instantly disable a huge man with your bare hands because you have the skill to do so. When it comes to self-defense, playing smart will determine your survival. Never fight empty handed. Fight wisely. If you only have a diminutive size, an empty bottle or a metal rod would be a great equalizer against a huge assailant. A surprise smack to the head will give you the opportunity to run and flee away.

Fight Dirty. In a street fight, unlike in sport, the absence of rules could be dangerous. So take advantage and play dirty. Playing dirty is playing smart and being practical. Throwing a cheap shot is perfectly fine since your main purpose is to preserve your life or your loved ones. A head butt can disable a bear hug, a chopping strike to the throat can stun, an elbow strike to the midsection can cause excruciating pain, a knee strike to the groin can cripple an attacker.

Escape. After you've stunned or disabled your assailant, running away doesn't mean a sign of cowardice but a decision to spare oneself. You're main objective is to disable your assailant's intention to hurt you. There's no need to do further damage or kill him if you see him crippled and in pain. It's your perfect time to flee away and call for help.

Have a Martial Arts Discipline. Having the basic fundamentals of self-defense and enrolling in a martial arts school will be a great advantage. It will be your training ground to practice and apply self-defense so you can use it in a real life and death situation.

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The S.E.E Principle

Simply defined, all techniques should be **SIMPLE, EFFICIENT, and EFFECTIVE**.

SIMPLE: Fancy, flourish, or complex techniques should be avoided at all costs. Effectiveness is the primary goal of all techniques and should be as simple as possible. Any variation from simplicity opens up the possibilities for error and injury. Work the basics over and over and over again. This is how to train the mind and body to react when necessary. Techniques should be immediate and there should never be any of the complicated drawn out maneuvers. Keep things SIMPLE.

EFFICIENT: All techniques should be efficient, direct, and to the point. Apply forward pressure and control the centerline. Always keep control of the opponent, and the situation. The goal is for maximum results with a minimum of effort. The actions taken and motions are designed to be direct, efficient, and effective. Strikes are powerful yet relaxed, and usually applied at close range and inside of an opponent's defenses. Circular flow is used for continuous motion to keep the momentum of the attack ongoing, kicks are generally straightforward and effective and joint locking and pressure point attacks are done with small focused movements. The key is efficiency. Keep things EFFICIENT.

EFFECTIVE: Do what WORKS! If your technique is not effective, it's nothing. Use the entire arsenal at your disposal to get the job done, and get it done right. Be it your goal to control, incapacitate, or completely subdue an opponent, keep it EFFECTIVE.

The 3 Second Rule: An important part of applying the **S.E.E** Principle is to follow the 3 Second Rule. To put it simply and directly, every technique or combination of techniques should take no longer than 3 seconds from the time an attack is initiated until you have taken the attacker to the ground and are now in control of the situation. Any situation that lasts longer than 3 seconds gives the attacker time to respond, react, counter, or just allows too much time and opportunity for dangerous mistakes to happen.

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Active Shooter

If you are in a building when a shooting occurs, take the following steps:

- If it is safe to do so, leave the building and get away from the area.
- If you can't leave, lock or barricade all doors.
- Close blinds and block windows, and then move away from them.
- Stay low/behind available heavy objects.
- Turn off lights, radios, and computer monitors.
- Keep out of sight.
- Silence all cell phones.
- Call 911 to provide your location, report any injuries, or provide a description of the assailant(s) (e.g., name, number of suspects, gender, race, clothing, physical features, type of weapon(s)).
- Remain in the secured area until you are certain that the shooter(s) is contained by law enforcement.
- Do not attempt to rescue anyone if it will further endanger the persons within the secured area.
- When in doubt, remain within the secured area.
- If you encounter police officers, raise your hands and follow their commands immediately and completely. They may not know who the shooter is.

For more information, see the book "Surviving an Active Shooter Scenario"

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What will your child do when faced with negative “peer pressure?”

What will your child say or do when they are faced with an ethical choice about what they should do or say?

Kids can be very cruel with even knowing the consequences of the words or actions. It is our goal at Martial Arts America to empower children with the knowledge, self-esteem and skills to confidently stand up to peer pressure in all of its ugly forms.

Kids will try to convince each other to say and do things for lots of reasons...

“No one will see...”

“No one else will know that...”

“Everyone else is doing...”

“You don’t want to look...”

“What, are you a...?”

It takes a ton of confidence, self-esteem and COURAGE to stand up to peer pressure at ANY age!

One of the hardest aspects of stopping bullying and standing up to peer pressure, is understanding the consequences of our words and actions. When kids start to understand that WORDS and ACTIONS hurt and sometimes the pain lasts forever, they can begin to make new or better choices.

We empower our kids with a reason to say no to peer pressure and the words to express themselves.

“I’m training to be a Black Belt – I don’t say or do those kinds of things!”

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The first step to "Stop the Bullies NOW!" is to stop being a Bully your self! Begin to recognize the words, actions and behaviors of a bully. STOP using your words and actions to hurt or control others. Make the decision to "Take a Stand & Lend a Hand." Be friend not a BULLY!

The next time some one tries to get you to say or do something you know is wrong or hurtful in any way just say;

"I'm training to be a Black Belt – I don't say or do those kinds of things!"

If they try to convince you by saying things like;

"No one will see..."

"No one else will know that..."

"Everyone else is doing..."

Just say something like this...

"Other people might say or thinks it's O'K but it's not O'K for me - I'm training to be a Black Belt – I don't say or do those kinds of things!"

It's simple but it works. It helps your children understand they can say NO. They do not have follow the example of the other kids. There are many of good reason to say no. They DO NOT have to succumb to peer pressure. They have an answer that they can be proud to say;

"I'm training to be a Black Belt – I don't say or do those kinds of things!"



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The Power of “Whatever”

In the movie by the same name, “Ironman” invented body armor to protect himself when people tried to hurt him in any way. It was very effective against almost anything that someone tried to do to him.



What protects Ironman from the Bullies of the world? It’s his body armor. The great thing about the story and the movie is that we all have our own armor. We can all be “Ironman” or “Ironwoman.”

Do you want to know my secret? – *“I’m Ironman!”*

Our self-esteem is our armor! But, “What is Self-esteem?”

Self-esteem is the value you place on yourself. How much are you worth?

When you listen to what others are saying about you, you are giving them the “power” to control your self-esteem. Don’t ever let other people control your self-esteem.

You are valuable – you are special – you are unique.

We Are Each Unique

I don’t know where or when I found or received the following story but it has been in my computer for many years. I have used it many times with my students, family and friends to illustrate the importance of helping children/people understand the importance and power of being unique.

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The Cracked Pot

A water bearer in India had two large pots, each hung on each end of a pole, which he carried across his neck. One of the pots had a crack in it, and while the other pot was perfect and always delivered a full portion of water at the end of the long walk from the stream to the master's house, the cracked pot arrived only half full.

For a full two years this went on daily, with the bearer delivering only one and a half pots full of water in his master's house. Of course, the perfect pot was proud of its accomplishments, perfect to the end for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream.

"I am ashamed of myself, and I want to apologize to you."

Why?" asked the bearer. "What are you ashamed of?"

"I have been able, for these past two years, to deliver only half my load because this crack in my side causes water to leak out all the way back to your master's house. Because of my flaws, you have to do all of this work, and you don't get full value from your efforts," the pot said.

The water bearer felt sorry for the old cracked pot, and in his compassion he said, "As we return to the master's house, I want you to notice the beautiful flowers along the path."

Indeed, as they went up the hill, the old cracked pot took notice of the sun warming the beautiful wild flowers on the side of the path, and this cheered it some. But at the end of the trail, it still felt

bad because it had leaked out half its load, and so again it apologized to the bearer for its failure.

The bearer said to the pot, "Did you notice that there were flowers only on your side of your path, but not on the other pot's side? That's because I have always known about

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your flaw, and I took advantage of it I planted flower seeds on your side of the path, and every day while we walk back from the stream, you've watered them. For two years I have been able to pick these beautiful flowers to decorate my master's table. Without you being just the way you are, he would not have this beauty to grace his house."

Moral: Each of us has our own unique flaws. We're all cracked pots, but it's the cracks and flaws we each have that make us special. Its our cracks and flaws that make our lives together so very interesting and rewarding.

You just need to accept each person for what they are, and look for the good in them. The next time someone teases you, calls you names or makes fun of you – just say

"O'K - No Problem" – and think to yourself – "WHATEVER"

"Whatever" they say doesn't matter to me. "Whatever" they do doesn't matter to me. I refuse to give them the power to affect how I feel or value myself. They CAN'T hurt me because I have on my armor!

Remember, you are covered in armor; you can't be hurt unless you take off your armor. That is why it is so important to only take off your armor when you are around people who are positive and will lift you up.

How to build and shine your armor?

When you surround yourself with positive people you will not need your armor. It is important to continue to build and shine your armor everyday. Use positive words when you are talking to or about yourself. Do things that you enjoy and do well to build your confidence and self-esteem. Stay focused on your goals and commit to doing your very best in everything you do each and every day!

Remember; only tell my secret to a few people... *I'm Ironman!*

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5 Truths of Verbal Judo

1. Everyone wants to be treated with dignity and respect
2. People want to be “asked” to do something rather than being “told” to do something
3. Everyone wants to be told “why” they are being asked to do something
4. Everyone wants to be given options rather than threats
5. Everyone wants a second chance





Bully Proofing Your Child

One of the traditional, misguided ways of dealing with a bully is to either tell your child to "just Ignore" it or to bring them into the backyard and teach them how to punch. Although ignoring is one option, and there is a lot of value in teaching your child actual self-defense skills, dealing with a bully involves a lot more than these two options.

In our martial arts school, we teach the "Five Steps of Bully Prevention." They are:

- Use your mind.
- Use your words.
- Use your legs.
- Ask for help.
- Defend yourself.

Use your mind - Teach your child to think ahead about all the things he can do to stay safe.

Use your words - Teach your child to use his/her words to talk his way out of trouble. In many cases, responding to a bully with eye contact and a confident voice takes some of the wind out of the bully's sails. After all, it's no fun bullying someone who won't let you push him around or who does not seem to be bothered by it.



Use your legs - Teach your child to walk (or run) away from trouble when words aren't working. This applies any time he is confronted by someone who is being mean to him and whom he doesn't know,

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and who he'll probably never see again. He could be at a park, mall, fair, sports field, etc. When using his words isn't working and he feels a fight coming on, then he should get away ... even RUN!

Ask for help - Teach your child that it is okay to ask for help if he is afraid or feels threatened. This is very important. Most kids don't want to be a tattletale. They are afraid that if they tell a parent or teacher about a bully or troublemaker that the other kids will make fun of them. Asking for help in advance might be the solution. Remind your child frequently that it is okay to ask for help. Assure him that his/her safety is important to you and their teachers.

Defend yourself - Teach your child that no one has the right to physically harm him. If he has done everything within his power to avoid a confrontation, then he has the right to defend himself. Please understand that it's important to teach your child to be 100% against fighting. But if his back is against the wall and he has no choice, then your child should be 100% for defending themselves. It's amazing to me that just the simple act of being prepared to defend your self can often keep the fight from ever happening. In martial arts we call it "practice the fight, so that you don't have to."

FAMILY SAFETY PRACTICE DRILL: Have your child memorize the Five Steps of Bully Prevention by having him hold out his hand with his fingers spread. As he recites each rule, he brings one finger in to slowly making a fist. As he finishes the fifth step and closes his hand into a complete fist, have him say loudly, "Defend yourself!" and punch into the air.



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