

PREVENT BULLYING WITH MARTIAL ARTS

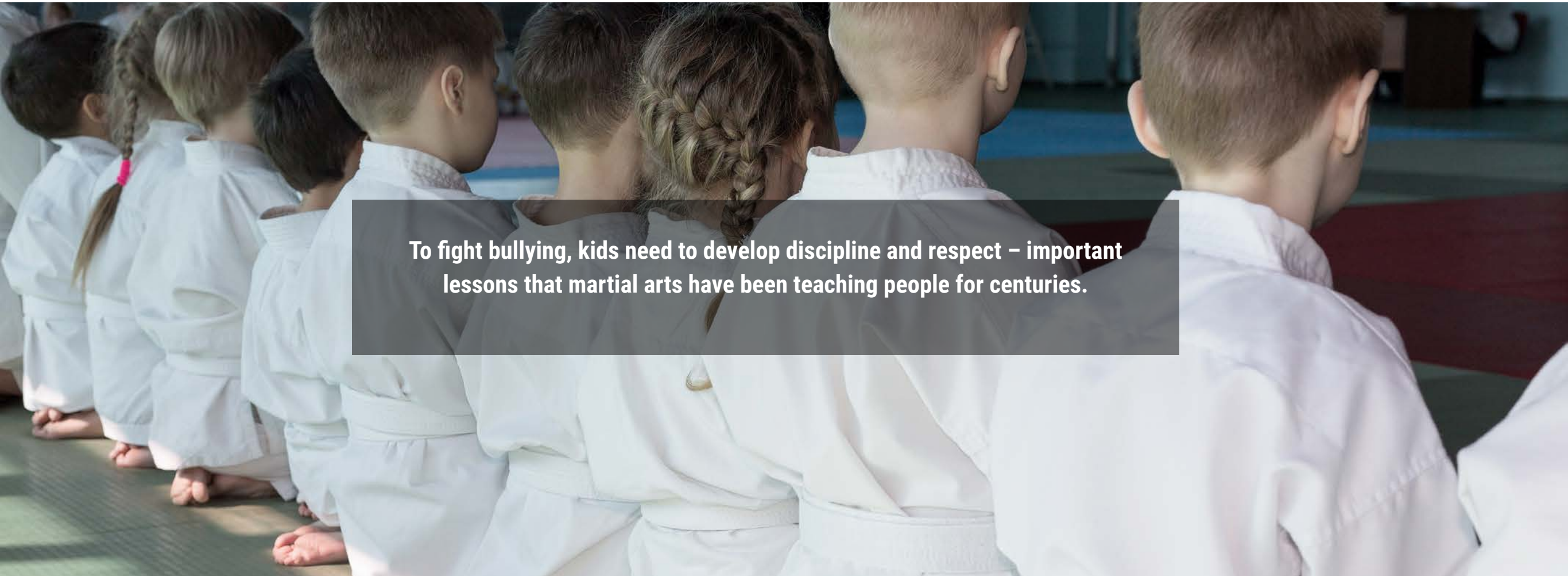
SAYING BYE TO BULLIES



AS KIDS GROW, SO DOES THEIR PERSONALITIES

With influence from school, friends, and the surrounding environment – kids' personalities evolve in many unique and sometimes contradictory ways. While some kids grow to be more curious, driven, and loud, other kids grow to be more cautious, pensive, and laissez-faire. This part of childhood development creates an opportunity for conflict as dominant personalities look to challenge and overpower those who may not be as forceful.

To overcome this personality divergence in young people, and to prevent common bullying scenarios that arise – it's important for parents to offer a secure learning environment for kids to develop the social skills and strategies they need to determine **who** they are and **who** they want to be.

A group of children, both boys and girls, are sitting in a line on a mat, wearing white martial arts uniforms. They are viewed from behind, looking towards the right. The background is slightly blurred, showing a gymnasium setting.

To fight bullying, kids need to develop discipline and respect – important lessons that martial arts have been teaching people for centuries.



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MANAGING EMOTIONS AND IMPULSES IS KEY TO COMBAT BULLYING

Parents across the world turn to martial arts as a way to confront bullying behavior – whether children are bully targets or even bullies themselves. Through martial arts, kids learn to how to understand their own emotions and effectively how to control their impulses, which challenges bullying behaviors using the practice of *self-awareness*.

On the mats kids learn about triggers and how certain actions garner better results; they also learn control, empathy, and conflict management. There's a calming effect that comes out of each martial arts lesson and all personalities gain better awareness and management of their bodies and emotional selves.

TEACH KIDS WHAT TO LOOK FOR, AND HOW TO USE THEIR SKILLS TO HELP OTHERS

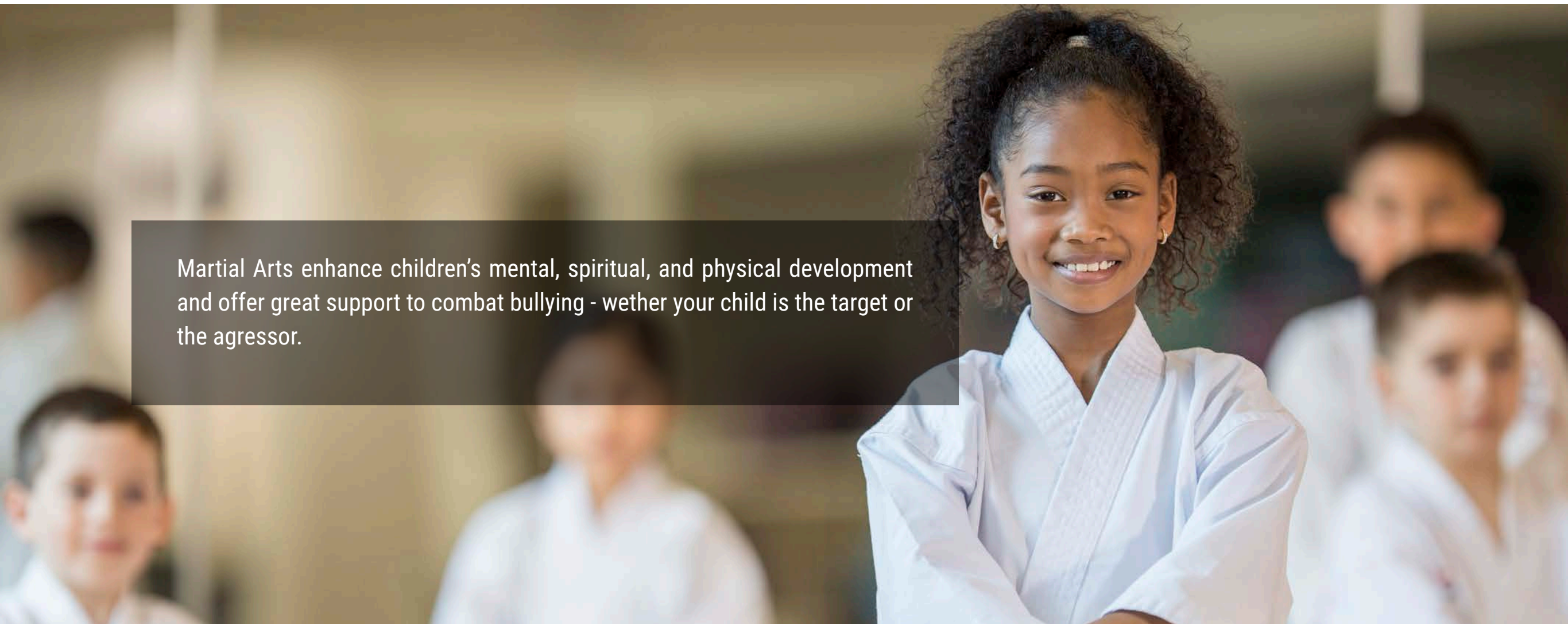
Parent-to-child conversations are some of the most important because they get kids thinking about empathy and emotions.

In a world with computers and cell phones, bullying or bullying behaviors aren't as overt or obvious as they used to be. Whether it's through social isolation or name-calling – discuss ways your child can confront or challenge these bullying behaviors in a way that's safe for them. Teaching kids how to think critically and be aware of bullying signs is important to maintain both their physical and emotional safety. It's also an important step towards stopping bullying for good.



EMPOWERED KIDS LEARN TO EMPOWER OTHERS, AND THIS STARTS WITH BUILDING CONFIDENCE

Martial arts offer important lessons in both triumph and humility – both qualities that target bully victims and aggressors equally. As kids move forward in their training they learn the limits and limitlessness of their bodies, minds, and energy. Confidence is key to ensuring well-rounded, constructive behaviors in kids of all personality types, so start today and see how martial arts can benefit your child's behavior.

A young girl with dark curly hair, wearing a white martial arts gi, is smiling and looking towards the camera. She is in the foreground, and other children in white gis are visible in the background, slightly out of focus. The setting appears to be a martial arts dojo or training area.

Martial Arts enhance children's mental, spiritual, and physical development and offer great support to combat bullying - whether your child is the target or the aggressor.