



American Black Belt Academy



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Bullies Beware Rules

1) Try to talk your way out.

Say things like: “Fighting doesn’t solve anything” or “I don’t want to get hurt.”
Anything is better than *fighting*.

2) Try to walk or run away.

Sometimes it is as easy as stepping into a classroom, Other times you run.
Anything is better than *fighting*.

3) Find someone in Authority.

Teacher, hall monitor, parent, policeman. Sometimes you do not even have to tell the bully, he will run just because you are talking to someone in authority.
Anything is better than *fighting*.

4) Only after the other rules have been used and you are certain that you will be hurt, use your skills to defend yourself.

Try blocking their hits or pushes real hard, and say “I do not want to fight!”
If that does not work, fight. Fight and defend yourself rather than be hurt.

5) If you have to use your skills to defend yourself, Do Not Give Up!

Bullies usually pick on smaller people because it is easier. If you show him that you are not an easy target, he will probably leave you alone.

