

# TŌKON DOJO

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## Children's Karate & Bully-proof Program

Shorinjiryu Kenkoku / Koshiki Karate-do



Bully-proof Gracie Jiu-Jitsu



**WE OFFER KARATE & JIU JITSU CLASSES**  
**FOR CHILDREN, TEENS & ADULTS**

# INTRODUCTION TO PARENTS

Dear parents,

Welcome to the **Tokon Dojo (School with a fighting spirit)**. Sensei George Manoli, the head instructor, has established this children's curriculum in order to guide children 5 to 10 years of age and their parents in our belt testing system. Our club incorporates both stand-up Shorinjiryu Kenkokan/Koshiki Karate-do and Jiu-jitsu bully-proofing combative exercises.

A child training at our club **for 2 trimesters** (6 months) will automatically receive their **white/yellow** belt. This ½ belt promotion opens the door for more serious training, geared to develop in each child **discipline and work ethics** in order for them to attain full color belts.

**We kindly request that you review and guide your child** through some of the theoretical material outlined in this manual and presented in our classes on a regular basis: Rules of confrontation, rules of engagement, etiquette and general knowledge.

The message we want to pass onto our students is that **hard, persistent work pays off**. Each child must properly prepare the specific material outlined in this booklet **in order to get stripes on their belts**. The **stripe level mini-evaluation tests are free of charge** and are done after class on Saturday mornings. The child being evaluated must bring along this booklet in order for the instructor to write down their comments. **A child can only ask to pass their stripe level test once a trimester**. If the material is not up to par, they will have to wait till the next trimester to re-pass the stripe test.

**Once the child has passed the three (3) required stripes** in their respective belt level, they are now ready to work towards the full color belt level exam. When the instructor feels the child is ready and the required material is ripe to demonstrate, the child will receive a preparation paper indicating the date, cost, location and time of the full color belt exam. The full color belt level exam is generally scheduled at the end of each trimester and also takes place on Saturday mornings.

**Bully proofing your child:** As a family, you must have a **bully-proof plan**. **A code of ethics your family believes in on how people should treat each other**. The techniques we teach your child at our club will only be useful to them if they know they have your full support and backing. **Your child will not stand up to the bully by using the techniques we teach them, if they are afraid of school policy or parental punishment. Your child must clearly know that you are behind them if they decide to stand up and defend themselves when tormented by a bully.**

**We will empower your child!** The confidence your child will display when confronted, will clearly send a message to the bully not to engage or torment your child. **Having a family plan and knowing the confrontational and engagement rules below, empowers your child with a process, which is often read by the bully that your child is ready to pounce on them if they don't stop pestering them.** Please discuss the following bully-proofing rules with your child.

## The 4 confrontational rules

**RULE #1:** The interaction between your child and the bully must not last long. The longer the interaction lasts between your child and the bully:

- The worst things will get for **YOU (the child)**
- The more **YOU**, the targeted victim will realize that the strategies you are using are not working.
- The more the bully will realize that they are in control of the situation.
- The more the bully will realize that **YOU** are having trouble dealing with **HIS** bullying.



**RULE #2: When dealing with the bully, use no more than 5 small words. Keep repeating the same words over and over.**

- Don't get hooked into the conversation or the insults by the bully.
- Negotiating with no leverage and trying to talk the bully down has little strategic effect.
- The more **YOU** discuss or answer back, the more it opens doors for other insults or come backs.
- Stick to your words and keep repeating them. Don't stray from your verbal confrontational goals.

**RULE #3: When dealing with the bully, YOU want to portray A LION NOT A MOUSE**  
**Your body language is very important. .**

- Your body language tells a story about **YOU**. The way YOU stand, talk, handle yourself, etc.
- Your body language is 90% of the initial battle.
- What your body says, your mouth and facial expressions must also say the same thing.
- If possible, look at the bully, shoulders back, hands in front of you, chest level.

Confidently telling the bully to leave you alone does not mean screaming it. It has to come from deep inside of you – **speak to his soul**. **You develop this confidence through practice and knowledge** (use a mirror, role play with parents or siblings, film and see yourself in action). The knowledge comes from knowing well your Jiu-jitsu and fighting techniques we teach in class. You need to be able to apply these techniques under stressful bullying circumstances.

The jiu-jitsu and Karate we practice in class are the foundation of the confidence you are projecting. **The tone of voice you use is similar to what adults use when they speak to the bully** – very controlled, not too shy and not too crazy. Generally speaking, this is how the bully gets reprimanded or in trouble. The talk is serious and the bully can tell there is no weakness or joking in the person saying this to them.

**RULE #4: Apply the Baseball rule: 3 strikes and you are out**

- ***Strike #1:*** 'Leave me alone!' 'Stop bothering me!' 'Back off!'
- ***Strike #2:*** Use an '**I**' statement – 'I said, Leave me alone!' or 'I said, STOP bothering me: it is essential to indicate clearly what **YOU** want done, not what **YOU** don't want him to do.
- ***Strike #3:*** Do something about the bullying situation: Move away, play somewhere else, go get help.
- If the bullying situation does not stop, start applying the 5 rules of engagement (outlined below).



**The 5 rules of engagement: Gracie bully-proofing program**

**Rule #1:** Avoid the fight at all costs – we don't want to fight.

**Rule #2:** If physically attacked, defend yourself. You are allowed to engage, don't hesitate

**Rule #3:** If verbally attacked, follow the 3 T-steps:

- (1) **Talk to the bully:** stand tall, be confident. Look him in the eyes and tell the bully 'Stop bothering me!' You can't ignore the bad words said to you for too long.
- (2) **Tell everyone:** Get parents, teachers, administration and everyone involved. Tell them the story. Make sure someone talks to the bully. If the grownups can't solve the problem once you involved them, then we move on to step #3 – Tackle the bully.
- (3) **Tackle the bully:** We confront them first with verbal Jiu-Jitsu: stand tall and say: '**leave me alone!**' if that doesn't work, we face and challenge the bully in front of everyone by asking him a very clear and direct question: '**Are you challenging me to a fight?**' At that point they says '**Yes or No!**'

**If he says 'YES!'** then he must move forward and step up to fight. If he attacks you, then you are 100% allowed to defend yourself with the training you received. Tackle the bully, take them to the ground, control and talk to them – game over.

**He might also say 'YES' to trick you or not loose face** and then walk away. It is the same as saying 'NO!' They just don't say 'NO!' and back down in front of others.

**If they say 'NO!'** they are showing you that they have no power over you. They realize that you are not scared of them and in fact they are now scared of you. The bully generally does not want to fight. If they wanted to fight, they would have already hit you. They want to pester everyone, but not fight. It is easier to bother someone than to physically fight them.

**If they don't respond or laugh it off**, face them with confidence and state the following: **If you want to fight me – I am not scared of you, but if you don't want to fight me, leave me alone and stop wasting my time or calling me names.** It is best to do this in front of everyone. The bully then realizes you are not afraid of them and that you have drawn the line very clearly. What do you mean you are not scared of him; everyone else is scared of him?

**The bullies' power over his victim is 100% based on FEAR.** So, if you confidently and clearly establish that you are not afraid of the bully, they will quickly realize that they have no power over you. **You have to be scared of them in order for them to have power over you.** If you show them you are not scared, then he has no power over you.

#### **Rule #4: Never punch or kick the bully, establish control & negotiate**

Stand there with confidence and don't do anything till the bully becomes aggressive towards you. You don't have to wait to be punched in the face to do something. **Once they become aggressive (punch, kick, push), the fight has already begun.**

**Once the fight is on, don't hit or hurt the bully.** We don't need to hurt the bully (hurting the bully will just get you into more trouble). **Just establish control by taking him to the ground and talk to him in order for him to leave you alone (negotiate).** Once the bully is trapped, they will feel scared and avoid picking on you. Often, bully and victim become friends, especially if you are nice about it.

**At the principles office:** It is essential that you explain to the principle the steps that took place for you to land up in his office:

**(A)** Joe has been bullying you for a while now, name-calling and putting you down. You told him to stop several times and he just kept on with his bullying.

**(B)** You informed your teachers about the situation as well as your parents. The teachers talked to Joe and your parents came to see the principle, asking for the administration to intervene in the bullying situation.

**(C)** Joe did change his bullying ways in front of adults but when no one was watching, he would continue doing what he always did – torment and put you down.

**(D)** I had enough and tackled him to the ground, controlled him without throwing a punch or a kick or even hurting him. I negotiated a peace settlement so he would leave me alone.

**(E)** What other choice did I have since he did not stop bothering me? I followed a procedure we as a family established at home, defending myself and standing up for myself (rules of engagement). I prefer to get suspended because I stood up for myself, than to have done nothing about it and get bullied over and over.

#### **Rule #5: When applying submissions use minimal force and negotiate. Never purposely violate the rules of engagement.**

**Violating the rules of engagement:** If you, as a parent realize that your child is violating the family code of ethics on how people should treat each other: physical altercations for the wrong reasons, bullying others, etc. You should first talk to your child, discuss what troubles you and what changes you want the child to make. Establish together a clear plan of action with direct consequences. Inform Sensei Manoli of the situation; see if he can offer suggestions and guidance. If the unsettling situation persists, then the child's training at our club must stop. What we teach is very powerful and if used incorrectly, can be dangerous if the child's attitude is not properly guided.