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# 9 WAYS TO STOP A BULLY

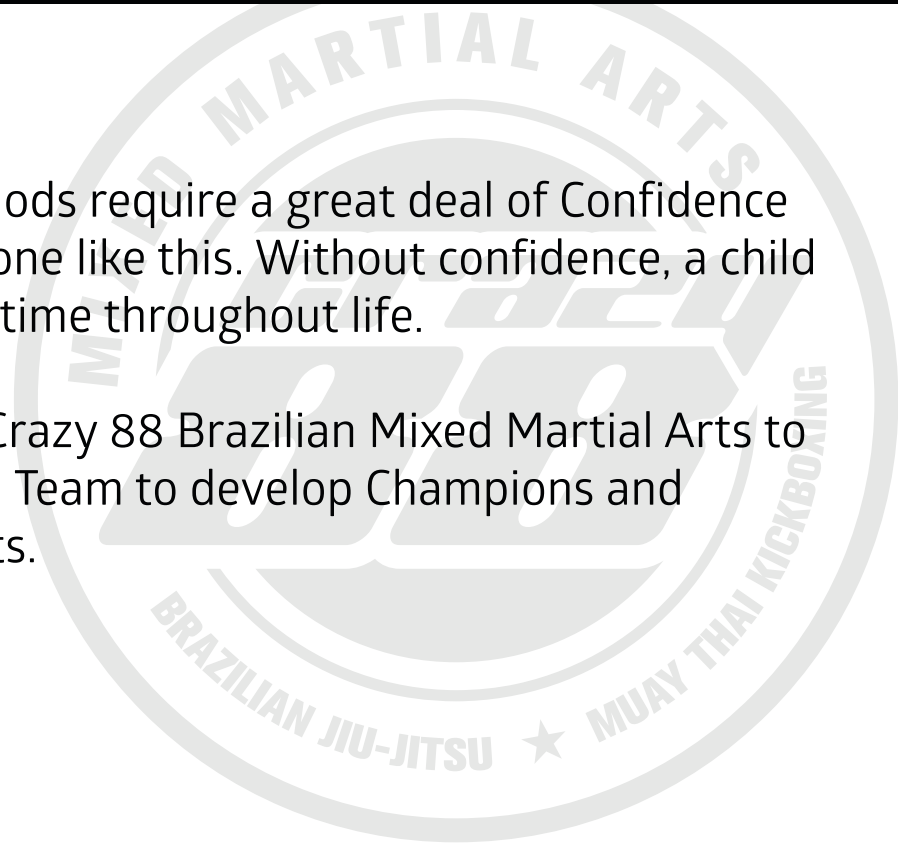
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# DISCLAIMER

Please note many of these methods require a great deal of Confidence BEFORE attempting, especially one like this. Without confidence, a child will always have a much harder time throughout life.

That's why we work so hard at Crazy 88 Brazilian Mixed Martial Arts to work with all of the parents as a Team to develop Champions and Leaders both on and off the mats.



# STRATEGY #1

## *Try To Make Friends*

Bullies become bullies because they were once bullied themselves. There isn't a bully alive who doesn't need admiration and respect.

Think of a way to befriend that bully. Face your fear and ask the bully for help ... how to play basketball, or offer to help the bully with something you know how to do ... like math homework. Think on your feet!



# STRATEGY #2

## *Use Humor*



Make the bully laugh. Throw the bully off guard by telling a funny joke, or saying something that you know the bully will find laughable. You want to make fun--but not make fun of the bully. Turn a threatening situation into a funny one.

# STRATEGY #3

## *Ignore Them & Walk Away*

This is similar to simply walking away. You hear the threats and you turn and walk away from the bully, even though the bully is calling you a coward and trying to get you angry enough to react.

Don't get into it. Walk away. This is a simple and often-overlooked way to end conflict before it ever begins. No matter what the bully says, keep walking. You can look at the bully or not look at the bully--although I prefer keeping your eyes (or even just one eye) on the bully at all times. It's a simple way to end conflict before it begins.

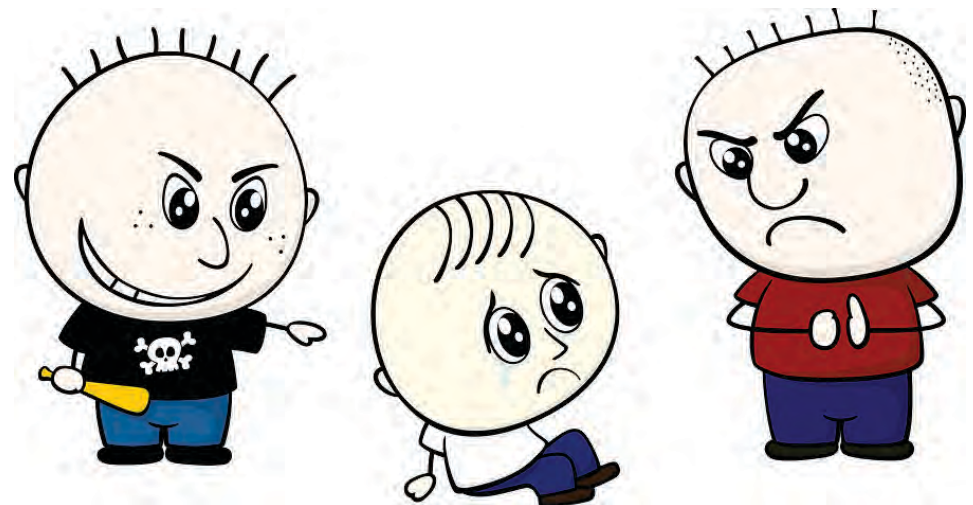
Many times bullies are very desperate for attention, and when you don't give it to them (and yes, they don't care if it's good or bad attention) they'll often shut down and leave you alone. Even if they're bothering you, if you work hard to not let the bullies think you are getting mad or annoyed, they will often quit.

# STRATEGY #4

## *Agree With The Bully*

If a bully insults you, agree with him/her. There's nothing cowardly about trying to make the bully feel calmer.

By agreeing with the bully, you take the wind out of his or her sails. By agreeing, there is no fight--and that's your number-one goal.



# STRATEGY #5

## *Refuse To Fight*



This probably sounds contrary to what you've always been told, but one way to stop conflict is to not fight, no matter what happens. Just say no.

# STRATEGY #6

## *Use Authority*

Call a teacher, a police officer, a parent, or someone you know who can help stop the bully from hurting you. This is not being a "stool pigeon." This is finding a way to stop a fight.





# STRATEGY #7

## *Reason With The Bully*

If you are a good talker, perhaps you and the bully can talk it out. If you don't argue or get angry, if you act friendly, you might convince the bully to not hurt you.



# STRATEGY #8

## Stand Up To The Bully



When a bully threatens you, stand up to the bully--face to face. This can work, but it can also make some bullies angrier. You must decide if you think this alternative will work for you. If the bully gets angrier, try something else.

# STRATEGY #9

## *Take a Martial Arts Stance*

As a last resort, take a strong martial arts stance. This tells the bully that you are prepared to protect yourself if you are attacked. But hopefully one or more of the first 8 ways will work, and you won't have to use your physical skills.



# LEARNING TO DEFEND AGAINST BULLIES IS JUST ONE OF THE BENEFITS YOUR CHILD WILL GAIN AT OUR SCHOOL...

**Grade Improvement:** Watch as your child's grades go up and stay up. Our program offers a lot more than just self-defense and physical agility. Our educational/Black Belt program that will give your child the discipline needed to study, complete homework, and organize their time wisely. Ultimately, this leads to better concentration at school and better grades. We make success a habit, not a chore.

**Leadership Skills:** Crazy 88 Mixed Martial Arts will teach your child how to set goals and take responsibility for their own actions. These qualities, more than any others, will help your child develop as a leader and not as a follower.

**Increased Physical Aptitude and Fitness:** To help your child develop physically, our programs increase speed, stamina and agility. They also help develop balance, coordination and timing, which helps in sports and other physical activities.

**High Energy Classes:** Fun-filled classes your child will truly enjoy. From the children's point of view, the best part about our program is how much fun the classes really are. We focus your child's energy in a positive and productive manner.

**Personalized Attention:** To ensure rapid progress, we focus on quality instruction and personal attention. Our students are treated as individuals. All of our classes are taught by highly trained instructors committed to excellence and continued learning. You'll feel safe knowing your child is receiving the finest instruction possible.

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