

Anti-Bullying Top Tips & Rules of Self Defence

AVOID

Avoid the bully and avoid fighting at all costs.

Just because you train in Krav Maga doesn't mean you let yourself get into a fight.
Don't be where the bully is.

TELL

Confidently and respectfully tell the bully to stop if they start bothering you.

Use phrases like: Stop bullying me now. Thank you. OR Stay back. Thank you.

Avoid phrases like: Please stop, I'm begging you. OR Please, just go away.

SHARE

Share what happened to your teachers, parents or carers.

Adults will be able to help you with your situation.

Remember to be clear about what happened. Who was it? Where was it? What happened?

DEFEND

Use Krav Maga Self Defence if the bully physically attacks you to defend yourself.

Only use minimal force when absolutely necessary against physical attacks and never against verbal attacks.

YES: Bully headlocks you and you can't breathe - use Krav Maga to get out, only strike if necessary.

NO: Bully says something hurtful to you and teases you – walk away.

REPORT

Report what happened to your teacher ASAP regardless of how the fight started.

Explain what steps you took to avoid the bully, get help and how that didn't stop the bully.

Explain how the bully attacked you and that you purposely tried not to cause any injury.

'I told the bully to stop pushing me but he didn't. I shared this with my teacher but the bully didn't stop. The bully kept pushing and punching me and didn't stop so I had to defend myself.'

REMEMBER

If a bully uses verbal attacks, use your words to defend yourself not your fists.

Krav Maga is to help you defend yourself. Never abuse your power.

Stay in open spaces where teachers can see you. Never be in a confined space with a bully.

Always be aware of your surroundings and have a friend with you.