



iBullyProof

Bully Prevention Program

Name: _____

Date: _____

Your White Belt is the most important rank in the Martial Arts. It signifies a new beginning in every student's life. As you progress in martial arts you will develop training habits and success patterns that will follow you for the rest of your life. Your Curriculum Sheet, Parent Worksheet and Academic Progress Form must be submitted the *week prior to testing*.

Martial Arts Goal: _____

Target Date: _____

Personal Goal: _____

Target Date: _____

Cognitive Curriculum

1. What's a stranger? - Somebody you don't know very well.
2. R.A.T. – **R**espectfully command them to stop, **A**void them, **T**ell a teacher or an adult.
3. Polite Introduction – Hi, my name is _____. What is your name? Nice to meet you, _____!

Tactical Curriculum

Strikes

____ Jab (1) ____ Cross (2)

Defensive movements

____ Pull

Kicks

____ Front side kick ____ Flying side kick

BullyProof Self Defense

____ Same side wrist grab

- Open hand and turn towards weakness.
- Slam your elbow towards their forearm.

Pad Drill

____ Kickboxing pad drill – Teep, 1, 2, Pull, 2