

Anti Bullying Through The Practice Of Martial Arts

Teaching Children To Have The Confidence To Walk Away

Program Outline

The Center For Martial Arts & Fitness runs a series of martial arts classes, which incorporate bullying prevention, as part of their community volunteer program. Classes are done free of charge and are generally taught during the school's physical education block. Students learned the basics of Taekwondo, which has been taught in the Chicopee School System during the past four years. They are given training on how to defend themselves, but most importantly how to gain the confidence and skills necessary to avoid being the victim of a bully. The program concludes with a graduation ceremony at the end of classes. Each student will receive a certificate of completion at graduation.

Center For Martial Arts & Fitness Mission:

Our center is a non-profit organization dedicated to teaching a well balanced martial arts & fitness lifestyle to students of all ages and abilities. Our center lays the foundation for the **CHARACTER DEVELOPMENT** of all its students. Our goal is to transform everyday children into extraordinary leaders by: motivating them to achieve **EXCELLENCE** through **PERSISTENCE** and **SELF-DISCIPLINE**; instilling a **RESPECT** for their authority; and Imparting the **CONFIDENCE** to live a life of **INTEGRITY** while experiencing the joy of discovering their unique **CREATIVITY**.

Curriculum:

Although Tae Kwon Do is a system of self-defense, it is much more than physical training. **It represents a way of thinking and a pattern of life requiring strict discipline.** It is a system of training both the mind and the body in which great emphasis is placed on the moral development of its students. Students learn the difference between what is right and what is wrong. They learn how to focus on the task at hand and concentrate on what is going on in the world around them. They receive instruction in principles such as respect, humility, perseverance, self-control and honesty. Students will learn to work together as a team and develop a strong sense of community within the group. **They are taught to use their minds to avoid conflict whenever possible.**

Objectives of Martial Arts In Public Schools:

1. To effectively align our curriculum with Districity's bullying prevention program
2. To teach participants to develop respect for their family, teachers, elders and peers
3. To help children learn effective strategies to prevent and respond to being bullied
4. To achieve physical, mental and emotional fitness through positive class participation
5. To collect data to indicate the program's success, measured by each school's specific goals
6. To develop a sense of leadership, showing responsibility for one self and others

Class Instruction

The Director/Instructor of the program is **Ken Goodrich**, a **Certified 2nd Degree Black Belt** with over 15 years experience working with at-risk children: "My goal is to help students increase their grades in school, decrease their behavioral problems and develop respect for their parents, teachers and peers. This program has proven that it can help children to succeed in all areas of their lives".

Community Partners who have teamed up with us to help prevent bullying in local schools...

Chicopee, MA – Bowe Elementary, Streiber Elementary, Belcher Elementary
Greenfield, MA – Newton Elementary