Big Bully: Martial Arts and Kids by Paul Halme

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Could getting your kids involved in martial arts at an early age help protect them from bullies later in life? There are many reasons to believe it just might do the trick.

The problem of bullying has been working its way relentlessly into the public eye by grabbing headlines with troubled kids who have been bullied and creating a heated national debate about what parents and school administrators can and should do to address the problem. The problem is so bad for some kids that it destroys their academic performance and their emotional and social development by making them feel increasingly more frightened, isolated, and weak. But what or who gives the bullies the power to do this? Is this a new problem, or an old problem that we are just beginning to address on a larger scale? And what can parents and family do to help protect the children in their families from becoming a maladjusted bullyâ€™s next target.

This problem is an old one, something built into the little bit of animal that every human has deep inside of them. Like chicks that will savagely peck a hatchling that comes out a little weaker or with piece of shell still stuck to his head, kids will try to establish their dominance by hurting one another.

It would be difficult to place blame on who is empowering these bullies as it could be bad behavior they have learned at home or from television, and the many ways in which a child can bully and be bullied make it almost impossible for teachers and school administrators to monitor and prevent it.

This is where kids martial arts come in. It is not possible for you to be with your children 24 hours a day, no matter how much youâ€™d like to, and it isnâ€™t always a good idea to trust teachers and day ca providers completely with your childâ€™s care. Therefore it only makes sense to prepare the child to look out for themselves as best as possible.

There are a few things a bully considers, usually subconsciously, when selecting their victims. But the most important of those considerations is perceived weakness. This is communicated through very subtle exchanges or emotional â€œtransactionsâ€• between the bully and the to be bullied. If the bull senses fear and discomfort they will grab hold and start torturing.

But donâ€™t think that getting your kids into martial arts is going to end up in your being called by the school after your child has beaten up everyone in the class. What a child should get from the study of martial arts at a safe and friendly school like Peak Performance Martial Arts in Keller, Texas, is a sense of self esteem and confidence that will make it possible for him or her to maintain calm and control of situations involving bullies, along with the level of respect and restraint needed to do the right thing and not run around hurting people.

If a bully is not able to easily upset his potential victim, he will usually move on to the next. And the child who has studied martial arts will have confidence and self esteem enough to deal with any nasty put down the thug in the making can throw at him, as well as offer support to other children who might lack their confidence.

By introducing children to martial arts at a young age you set them up for a life of emotional balance, and they will not feel the need to harass other children in order to prove their worth. In this way martial arts can prevent a child from ever even becoming a bully and help build safer, stronger, and more rational communities from the ground up.

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