Bully Prevention Through the Learning of Martial Arts Part 2

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Bullying is and always will be a problem. Let's continue learning how martial arts can help the prevention of bullying by learning about leadership, stress relief, self-control and self-defense - all of which are taught to children through martial arts.

Developing Strong Leadership Skills

For bullies, they are more likely to develop disorders such as anti-social personality disorder because of their bullying behavior. This particular condition causes the person to ignore the fact that others around them have feelings. Martial arts can help these children learn to develop the needed ability to see and understand empathy in others.

For those being bullied, they are less popular and others have less empathy for them. This is why they are targeted in most instances. Your child is at higher risk of being bullied if they have fewer friends. A martial arts program can train these children to be more socially open so that they can easily make friends.

Learning to Relieve Stress

For bullies, it is hard for them to regulate their own emotions. They generally have no way to control their frustration and anger leading them to bully others in severe ways. Martial arts can help these children take their frustration out on the technique rather than taking it out on other children, whom do not deserve it. It is an excellent way for children to blow off some stream.

For those being bullied, health problems are by far one of the most frequently complained effects of bullying by children. They have such high stress levels because they are being bullied, which leads them to become physically ill because their immune system has weakened. Training provides children with a way in which they can relieve some of their stress via physical activity so that their stress does not weigh so heavily on their health.

Mastering Self-Control

For bullies, they can be extremely hot-headed and impulsive. Martial arts helps these children become familiar with their thoughts as well as emotions while training them to properly control any negative impulse that comes through that could ultimately lead to bullying behavior.

For those being bullied, they are generally not aware of their behavior that causes a bully to lash out at them. Training helps empower these children to control their actions in such a way that will ensure a negative situation does not simply spiral out of control, resulting in violence or conflict.

Learning Self-Defense

For bullies, the desire for power is generally what leads a bully to perform their bad behavior. They see how they can effectively use their dominance to control others. Martial arts emphasizes that the art is a form of self-defense rather than a form of offense.

For those being bullied, easy targets are those that are weak. Martial arts classes takes these weaklings and teaches them how to successfully defend themselves. With this knowledge in hand, they will project a more confident aura and won't appear as an easy target for bullies.

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