

JUST LEAVE ME ALONE

A Parents Guide To Keeping Your Child Safe, When Your Not There
1st Edition



“Teach Your Kids The Personal Safety Skills That All Kids Should Know”

Bully Proofing & Abduction Proofing Your Child
Show Them How To Boost Confidence Instantly
Teach Your Child To Be Stronger & Not Be A Victim
Teach The Little Changes That Make A Big Difference
Learn From The Kids Safety Experts Of Over 25 Years
Learn The Move That Helped Two Kids Escape A Real Life Abduction Attempt

By Justin Warren
Taekwondo Master & Kids Safety Specialist
www.tkdcentral.com

© Copyright 2012 - Justin Warren

Introduction

In today's society there is an ever-growing need to be aware of your own and your child's personal safety. With predators of all sought lurking, some basics can make a huge difference in safely escaping harm. This was brought closer to home for us when 2 of our young students had to put their skills to the test when they found themselves in a snatch & grab attempt on separate occasions.

Through repetitious practise, the correct skills were instilled within the children so an automatic escape response set in. Their reaction saved them from a possible horrible situation. The skills that saved them all were learned from our Little Dragons Program. A children's martial arts based anti-bully & anti-abduction program.

The escape highlighted to us that martial art skills in kids work and what we taught now had physical proof. What we also realised is every parent needs to teach their child some basics so they have an understanding of what to watch out for, and how to avoid or get out of trouble should the occasion arise

Nothing can take the place of proper martial arts classes for teaching self defence and I am a firm believer in the benefits martial arts have and feel that every child should learn the basics of personal self protection or even better, the tricks to avoiding trouble in the first place.

However this book can help you teach your child some powerful basics that will

- Improve your child's chance of escaping and
- Decrease your child's chance of being targeted by bullies or predators through some simple strategies and techniques

To help give high quality and value for money, we also put in a step by step lesson on the escape move that helped two of our young students escape a real life abduction attempt, The great thing is its used against the most common grab a predator would use and it works like a charm.

After learning the lessons in this book for yourself then passing this knowledge onto your children, and because you know that the skills taught work through real life experiences, therefore you will be able to breath a little easier knowing your child knows the self-protection basics.

Not forgetting the bonding effect it will have between you and your child. We have also included some tips that we've found through our own experiences that will be of assistance in this area to help keep it fun for all

.

Thankyou To

My Beautiful Wife

Melissa Warren

For her continued encouragement to pursue my dream

Plus to all those who have believed in me

Contents



- 5 - [Where To Start](#)
- 7 - [Categorising Physical Self Defence Moves](#)
- 8 - [What The Goal In Kids Self Defence Is](#)
- 11 - [The Power Of Posture](#)
- 15 - [Heres How To Get Your Child Using Their Posture To Power Their Life Up](#)
- 19 - [The Basic Response In Children's Personal Safety](#)
- 20 - [The Power Of A Loud Voice](#)
- 21 - What To Yell When Escaping
- 22 - Strengthening Up Your Child
- 25 - Learn Martial Arts
- 28 - [The Greatest Self Defence Move – The Pull Away](#)
- 30 - [How To Strike Back](#)
- 33 - [Using The Forearms For Defence](#)
- 34 - [Hammer Hit Their Grab](#)
- 36 - Let Your Child Learn The Lesson
- 38 - Getting The Best From Your Child
- 39 - [Lets Sum Up What We've Learned Together](#)
- 40 - [About The Author](#)

Where To Start

Child Self Protection Basics *are a must* for children these days, and if you have purchased this book through either

- A** – Preventative Skills – So your child has more awareness on what to avoid
- B** – Reaction Skills – So your child knows what to do if approached
- C** – If your child is a “soft child” and a possible easy target
- D** – If your child is being bullied

You can *congratulate yourself*, as the small amount you have invested will pay off many times over in piece of mind that your *child will have a great chance of avoiding* possible trouble. What parent wouldn't want that?

How do we know this?

We have had 2 children that we have armed with these skills escape real life abduction attempts.

You can find the mothers accounts here.

[Click Here](#)

What we teach will work and we will give you all this in the upcoming lessons through this book.

Simple awareness of themselves and their surroundings can be the difference, and this book will certainly help you teach your child personal safety lessons that will make a difference and will help if a situation arises.

Our adventure together into this subject will focus over 3 elements

- 1** – What you can do to not be targeted (preventative skills)
- 2** – What your child can do if the assault is in motion (defence skills)
- 3** – What your child should do after an assault (seeking onlooker attention)

We will also give you some great strategies to help your child attain an emotional state of confidence and to over them away from the typical “Victim Stance” that attracts all the nasties.

One of the great lessons we learned is that our young students “Crispen” & “Blake” both escaped within the first 10 seconds of the attempted snatching, so reactions are really important in their personal self defence, the wonderful news with this is reaction can be trained through repetition.

Other Topics We'll Cover include

A – The importance of a powerful posture

B – Why martial arts classes are the perfect activity for kids

C – Some basic self defence lessons and exercises to strengthen your child



Categorising Physical Self Defence Moves Or Techniques

Unarmed Self Defence moves or techniques can be put into a 3 different categories

Impact Moves – Delivering strong strikes, kicks, knees, elbows to knock out, hurt or stop the opposition

Controlling Moves - Joint Locks & Chokes. *Joint Locks* force the joint to its maximum creating high pain that “Freezes” or controls the opposition. Further pressure would result in a joint dislocation. *Chokeholds* can either freeze an opponent through a gagging sensation, which means they can be moved or further squeezing would make the attacker, unconscious. Correctly Applied Chokes temporarily stop the blood to the brain

Escaping Moves – Quick Releases are designed to just escape a grab or hold. Your child can always strike before or after the release, but the idea is to escape, as the opposition are either bigger or more dangerous. Its about getting away from the danger fast and self preservation by escaping more passively

Impact & Controlling moves allow the defender to become dominator take the upper hand in the situation. These rely on a certain amount of power (strike acceleration) and strength (Squeezing, pushing, holding power) and take a greater time to teach in most cases. Escaping Moves are just about releasing and creating space. Getting out of harms way.

Here’s an example.

The situation is, you’re at the beach side and your friend has playfully grabbed you by one arm and tried to pull you into the water.

Impact = You give them a kick in the stomach that will make them release through pain

Control = You peel their fingers off your wrist and bend them back to make them drop to their knees in pain

Escape = You grab your hand and pull it out of their grip and create space between the friend so they can’t grab you again.

The 3 categories can be combined into different combinations. For example Impact & Control or Control & Escape. In fact all and any combination can be used, however some are better than other specific circumstances

What Is The Goal In Kids Self Defence Is

I think it's important to note that in children's self defence the goal is deterring a potential predator and escaping if an assault is in progress.

Deterring is about teaching your child to be aware of their presence, how project out to others in terms of how weak or how strong they are

“We shouldn't judge a book by its cover, but we do”

Projecting Strength, even if your child isn't that strong is crucial, A predators first impression is a big thing. When selecting potential victims, the first indication a predator gets is how strong or weak your child is. This is calculated in their mind by your child's presence, it comes from how they look, act, and move. So you need to ask your self the same question.

How Strong Does My Child Look?

How Can I Help Them Project More Strength?

Before any communication and from a distance, projecting strength will show a lot about mental attitude as well as the physical pump up “posturing”. Now the goal is to look strong and not a Victim or easy beat.

They don't have to be strong. Conflict isn't the goal
They just have to look strong, Deterring Is
The simple act of “Looking Strong” could be all that's needed.
Because People Judge A Book By Its Cover.



Should it get to the physical side of self-protection then Hit & Run (Impact & Escape) tactics are best applied if the situation warrants a strike. You wouldn't teach your child to stand and fight it out, but rather

Hit Fast,
Hit Hard
Hit where it hurts.
Escape & Run
Find Help

You child wants to avoid getting close to the adult predator, we are all aware that a child cannot match an adults strength, in most cases they wont be strong enough to use controlling moves like a bouncer or try to wrestle an adult into submission and they aren't going to dance around like a boxer in a punch trade off
A child's best chance is as I said

Hit Fast,
Hit Hard
Hit where it hurts.
Escape & Run
Find Help

If your child escapes a grip by a "Quick Release" self defence move. They may not get a chance to strike as a "Quick Release" is get out of the grip & create space quickly. In a Quick Release, the goal is to escape fast, create maximum space in minimal time and make a lot of noise to attract attention that draws help to your child.
Your child will make it too hard an effort to carry out the abduction, which in turn the predator will take the safer option for them of escaping the scene before they can be recognised by anyone,

- **Now the abductor has to firstly catch up to your child,**
It look suspicious, so this act attracts attention from onlookers
- **Now the abductor has to stop your child from yelling**
Attracts attention by voice, hoping someone will hear and help
- **Now the abductor has to attempt to drag your child back to their area or car** (while in the public's eye)
Attracts attention as your child is yelling & fighting against them
- **Now the abductor has to avoid being struck by your child** while they are putting up strong resistance
One accurate strike to the right area can change the whole momentum and allow your child to escape

It just makes it too difficult to carry out the abduction and too risky in the fact they'll get seen, and this is the goal for your child. It's not about controlling the attacker as a child won't win that battle, it's not beating an attacker to a pulp as a child won't win that battle either. A child will win the battle if they escape unharmed

You can see above how each element of the escape plan has a method of getting attention and each method increases the chance of your child getting the help they need or just making the abduction too difficult while they get away fast.

Lessons We Can Learn From CCTV

CCTV Cameras can give us some clues on how a predator can approach; we have found some from youtube.com that give us some valuable information on approached, grabs and attempts to take away. Some of these can be hard to watch but may I just say, All the children escaped from their attacker

Vision 1 – Supermarket Abduction Attempt

A Little Girl fends off an abduction attempt in a supermarket
A simple case of making it difficult and using a loud voice made the attacker simply give up
<http://www.youtube.com/watch?v=gD3CsMv3bjc&feature=related>

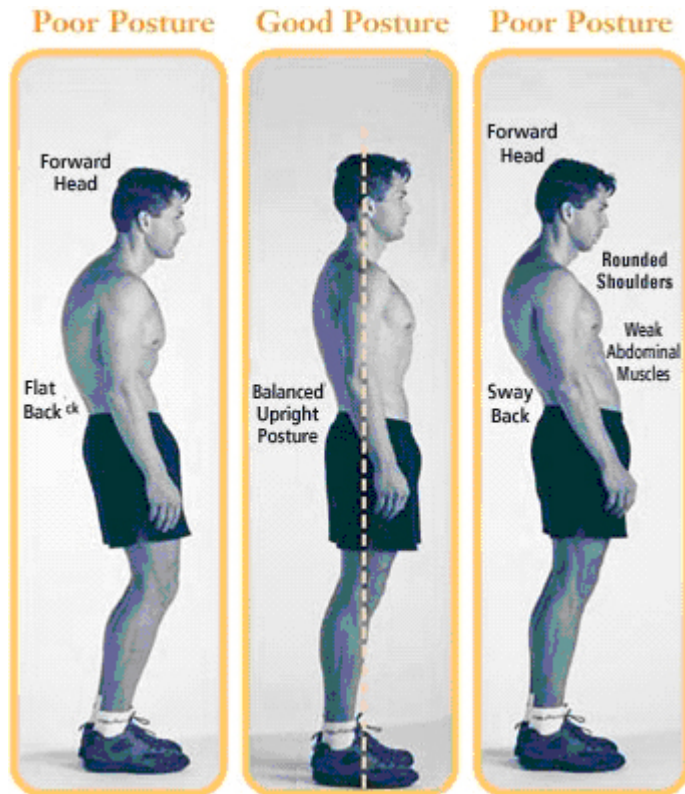
Vision 2 – School Group Abduction Attempt

The resistance of the child and persistence of the teacher were enough to save this young child
Did you notice he led her away with a wrist grab. He also said something to make her start to leave with him
<http://www.youtube.com/watch?v=DRdV2rs0Qhg&feature=related>

Vision 3 – Street Side Random Abduction Attempt

The older sister is attacked while walking her younger brother, luckily for her it just got too risky for the attacker and too difficult to carry her off. The poor young girl is in shock after the ordeal
http://www.youtube.com/watch?v=5C5H_5yfodQ

The Power Of Posture



The amazing effect posture can have on performance, emotions and general health is well documented, and we are interested in all of these to strengthen our child.

Good posture is used in “puffing up” to deter a possible threat and appearing stronger is used to attract a partner. Posture is the major step that allows everything else to make that change.

Why teach your child about posture?

Good Posture is a must as it allows your spine to straighten and allow nerves to function

Good Posture is a must as it will improve breathing, allowing a greater oxygen intake

Good Posture is a must as it allows better back health and greater movement

Good Posture is a must as it triggers the body to feel strong, just look at the military.

Good Posture is a must as it makes it look like you are strong, even if your small

Good Posture is a must

“Why we make a big deal of posture is because posture is a big deal”.

– Justin Warren

It is fact that there is an incredibly strong link between emotions and posture, and it’s easy to see in everyday life. A person depressed, upset, concerned or just not happy will always look down, slump their shoulders and breathe shallow, with occasional deep huffs (the bodies natural oxygenating response, like a yawn). The emotional state triggered when the posture goes like this is an automatic response that is the same in all humans and many other creatures

Looking up and getting your posture straight will instantly have a positive effect on your child's mood and confidence. We can see this in any activities that involve confidence. Its part of the first thing you'll learn in the military.

Standing to attention gets the soldiers focus to the commanding officer. The military understand this so much that even when punishing or talking down to a soldier (Following the military style of breaking them down to build them up. A type of conditioning) they have the soldier maintain an attention stance to keep them strong and to help build resistance to handle high stress situations involved with war.

Our Little Dragons Class ([Click Here](#)) as many martial arts classes have, starts with a "Charyot" command. With a Taekwondo base, 'Charyot ' stands for attention in Korean.



Martial Arts Teach Posturing And Projecting Strength. Doing This Repetitiously Over Time Will Teach A Martial Arts Practitioner To Fire Up At Will. Instant Confidence When It's Needed.

We know that to get the best out of a child, if I start with a stance that involves standing straight, feet together, and looking up at me, with fists clenched. It will immediately trigger that "Power Response" and create emotions of confidence and power. Once we attain this, our class always gets off to a great start and children try harder. This is one of those great "Martial Arts" hidden lessons.

Any combat sport, Boxers facing off, Fencers sword saluting, Martial Artist starting class, the military salute, its about projecting strength in an attempt to display how strong they are

This posture projected maybe enough to put them off and instil a “flight” response in the opponent or predator. Creating a flight response in an opponent or enemy has been an effective strategy throughout human history and in nature's wild.

Many animals also use a “Posturing & even making a loud noise” when threatened. Animals make themselves look as big as they can to maybe scare their predator away. Good Posture makes your child look strong, it makes your child look they are “Hard to beat”. They look like they would fight back. This can just be too much trouble for the predator in which they will move to another victim that's is easier.

Bullies & Child Predators want an easy victim. We will discuss looking like a victim later in this book. They want someone with minimal resistance, an easy beat so to speak. Your child needs to project strength, from the outside they need to look strong and look like they can handle themselves, even if they're not strong. People do judge a book by its cover and subconsciously a predator will notice posture and how your child holds themselves. as the first thing they see from a distance, in making up their mind if your child is their next victim

Good Posture is the first defence of your child; it is your first chance at deterring a predator. Lets take a lesson from the wild and nature, your own domestic cat will arch its back, puff its fur, expose its teeth and claws and hiss at their threat.

A dog will show its teeth, its fur stands up, it crouches into a leaping posture, a threatening posture. While viciously growling and barking. Both cats and dogs don't necessarily want to fight, but rather are ready to defend and hopefully deter.

My cat “Kimba” is a constant reminder of that almost nightly. Kimba is an older tortoiseshell female that with its previous owner was left 24hr food and like most of today's society, she ended on the, lets say “plump” side. My wife Mel and I aren't big eaters, which also means our animals aren't overfed. She was going to be put down and we just couldn't have it, not a cat that affectionate. Kimba now has excess skin hanging from her belly because of her controlled diet. Kimba is super affectionate, has the loudest purr you could imagine and barrels your shins so hard they make a “tonk” noise as they knock with her head.

Recently Kimba has attracted a male friend. They have a love – hate thing going on. He makes attempts to get close and she hisses and claws at him. There are teeth flashing, loud screeches and pure aggression. When we can't see her, the noises she makes would be enough to deter anything, if you see her before we shoo him away. Posture is in ready, she looks strong and ready to fight, Kimba has taken a higher position and she is showing her weapons – exposed claws and teeth with fast swipes with the claws when her male friend gets too close.

Ants are fearless; they don't care how big the threat is, because they have numbers on their side, they will attack in an attempt to overwhelm the attacker to the nest. In Australia where I live, we have many things that bite in Australia but giant ants are a fascinating creature to watch. Their bite hurts and anyone who has been unfortunate enough to be on the end of it, tends to steer right away from them.

When interrupted, giant ants will posture up, and show their jaws to warn “go away or I’m going to introduce you to these’. This has sent some people screaming, even though the solution is as easy as stepping on the ant, and if you look at it from the ants point of view, they probably understand this, but at least if they look strong and threatening, we may just flee, so its worth a shot. In fact it’s really probably all they can do

So we have covered some great examples and we can all understand the amazing benefits of good posture. In fact it’s the most important confidence projecting strategy. So because we can see how easy it can be done, we can all agree it’s the first place to start in building a stronger child, and in some cases can produce life changes that help children soar in life.

A Breakdown Of Confidence Projection

- Head Up**
- Being Alert (not hidden in a game device or phone)**
- Gazing slightly upward**
- Shoulders slightly back**
- Walking in big steps**
- Swinging arms when walking**
- Breathing deep**
- Clenching of fist (shows aggression if needed)**

Heres How To Get Your Child Using Their Posture To Power Their Life Up

Use A Wall

Helping a child to understand about straightening up, a wall can be the best place to start. Have your child stand back to a wall or door, put their heels against the bottom of the wall and have your child stand up pressing their back and the back of their head to the wall.

A wall will straighten them up, and actually up their emotions. The wall puts their head straight and makes them look up. Their spine will lengthen and put the body back in sync, how it should be.

Exercise 1 (Posture Awareness)

Make the Wall Exercise a Challenge.

Get your child to close their eyes and stand up against a wall, hold it for an allocated amount of time, eg 20 sec.

The challenge could be to keep that posture, stepping away from the wall with eyes still closed.

Your child has to maintain that straight posture for another 20sec then open their eyes.

Day 1 start at 15 seconds,

Then each day increase the time for a week.

This drill will help you child understand the feel of correct posture, and will help them to recognise what it feels like and when they attain this posture of strength. Its simple, doesn't take long and if you make it a fun challenge and make a big deal when they beat their record. They will be eager to beat the challenge.

Exercise 2 (Posture Creation)



We call this the “**Super Hero**”, It’s a great little exercise that put your child into a powerful emotional state by linking onto the posture of their favourite super hero. Someone who projects good posture like superman, super girl, batman, are usually better as they tend to have straight posture. Hulk, Spiderman etc are usually crouched or bent over, even a sporting hero who catches their eye can be used.

Have your child close their eyes and stand like this superhero or hero. Its quite amazing watching them transform into supremely confident little champions of justice and humankind.

Try to guide them towards a straight posture if their superhero choice isn’t really appropriate.

Have them open their eyes and just take notice of how they are standing. Tell them if the stance projects strength, that this is what strong looks like. We even go as far as pulling the back of the collar down to simulate the weight of a cape we ask them, if they can feel the cape pulling you back (this also helps the straightening process of the body)

Having your child able to produce the Superhero posture at will, projects the impression of strength to others in an attempt to deter, but it will also “Power Them Up” to either get out and run “Flight” or be forced to protect “Fight” response.

“The Power Of Posture Is In The Posture Of Power” – Justin Warren

The Victim Stance



Once you teach your child to look strong in an attempt to deter, we must get them aware of the Victim Stance and how this is the first visual trigger to a predator that your ready to be bullied or worse.

Teach your child the difference in stances, teach your child there is more chance they will get picked on if they take the Victim Stance

We use “**The Power Stance**” and “**The Weak Stance**” to help them understand, but as I share this part with you, I cant help think of all the times my mum reminded me to stand

up straight all the time. Now I understand the many reasons behind why she was so true and I'm glad I listened.

If you catch them dropping to the victim stance while walking around, remind them with a "power up", "posture up" or "power stance" command (keep using the same one) with the eventual goal of through repetition that when they hit the "Victim Stance" they will snap into the "Power Stance" and look strong.

Exercise 3 (The Power Stance Snap)

This exercise is to help your child understand about the "Power Stance", becoming aware of it and being able to project it at will when needed. Accompanying this stance will usually be a number of powerful confidence building feelings and emotions which will be of great service to any that can produce it at will in conflict.

The Power Stance Snap is when your child, on the command of "**Weak**" drops into the "**Victim Stance**" and on the command of "**Strong**" have your child snap to the "**Power Stance**" and throw in a "**good**" at the point they hit the correct "Power Stance" to positively re-enforce. Getting your timing right with the 'good' command is crucial.

To get maximal effect on them,

Say "**Weak**" in a depressed, low, unenthusiastic voice

Say "**Strong**" in an upbeat, enthusiastic, higher pitch voice

By speaking this way, subconsciously it will make them also feel strong is the correct posture to take. Repetition is the key.

Repeat, Weak, Strong (good), Weak, Strong (good) etc and give them a long enough chance to fully drop into the stance, just do this in small stints, don't draw it out and practise or a long period of time.

Encouraging the "Power Stance" will build into them an automatic positive emotional state to deal with the situation. This powerful posture combined with a surge of adrenalin will increase their performance greatly, as they enter the human response under conflict

- 1 – **Fight** and defend. *This positive state with adrenalin* will add strength, to protect
Is said to have been an inbuilt response in humans when our ancestors had to fight off the enemy or predators to save themselves or loved ones through either desperation or belief that they can win the battle
- 2 – **Flight** and run. *This positive state with adrenalin* will give a burst of power to run
Is said to have been an inbuilt response in humans when our ancestors had to run from the enemy or predators to save themselves or loved ones if the opportunity was there or they felt the enemy was too strong
- 3 – **Freeze**. *This positive state with adrenalin* that will help your child avoid danger.
Is said to have been an inbuilt response in humans when our ancestors had to freeze in an effort to not be seen by the enemy or predators, especially in camouflage areas or enemy hard of sight. Secondly freeze can happen when your child doesn't know how to react and just freezes up. Luckily responses and reflexes can be taught, trained and built.

The problem comes on when the wrong response happens at the wrong time, the freeze response isn't as a resourceful response today. Kids tend to "run & hide" or "Flight & Hide" As we aren't escaping dinosaurs anymore, the predators were arming against are of the human kind so though on the odd occasion a Freeze response can get them through if they haven't been seen, generally it doesn't work.

The "Freeze" response is when people go through shock, instead of "Fight or "Flight" When people jump or scream as a response to being frightened, this is also a version of the "Freeze". Training your child to not freeze is easy, Role Playing the situation with a correct response.

The Basic Response In Children's Personal Safety

"Distance is your friend in self defence."



We will talk about this in more detail later but it's important that the response is to get away, not to fight unless there is no other option. I'm just going to touch on a basic principle that is appropriate to this section. Teaching your child to "**Create Space**" is one of those essential responses,



If the predator is an adult, creating instant space will give them a greater chance to run and escape and attract outsider attention. If the predator is a bully, it gives your child a chance to size up the enemy, and then their 'Fight or Flight' will kick in. Distance will give them a longer time to make a decision if Freeze beats the other responses. In defence they will only need seconds to subconsciously make that decision and in a majority of cases it will be escape "Flight". This may be a fast run (which is better against an adult) or an honourable retreat in the way of a negotiation or if they can, a walk away and ignore the response.

The Power Of A Loud Voice

Like Kimba our cat and her defence against the local tomcat, “A loud voice when needed is an essential defence strategy, a loud voice and the ability to use it, helps your child to power up and weaken the enemy. From Samurai screaming battle chants before battle or the famous Maori “Haka” designed to instil fear in the enemy. From a Martial artists power yell or a Barbarian battle cry. The voice is a big part of the defence strategy not just towards the enemy but also to power their emotions up to prepare.

A Loud, Powerful Voice can

Project Power. Soft kids have Soft voices

Look at any weak child and they almost always have a quiet voice

Instil doubt into an enemy or attacker

A loud shout shows confidence through defiance, it can promote the “Flight” response in the enemy.

Get attention to call for help and get assistance

A Louder Voice Creates More Attention with a greater reach to get help

A scream to the ear can burst an eardrum

A burst eardrum is extremely painful and in most cases will end the confrontation there

A Powerful Voice Is An Amazing Hidden Weapon that has the ability to stop an attacker in many ways. Regardless of your size, a loud voice can be both a long distance and close distance weapon in your Childs personal defence strategy

Some Ideas To Increase Voice Volume

- Sing with them and at times just sing a little louder like a volume knob
- Play kick to kick, or throw a ball and keep them talking to you
- Go and have a cheer at a sporting event
- Go somewhere you can get an echo and yell
- The Power Yell in martial arts will help increase voice volume

So by teaching your child the importance of strong posture and backing that up with a louder voice, you have a great basis to making your child look and feel stronger, therefore making them look less like a victim and less chance of being approached by a child or adult with a predator mentality.

What To Yell

Most people would think that the word “Help” is the best to attract attention, and in particular situations it is, however we have found a better word that will draw more interest and increase your child’s chance of escape.

The word “**FIRE**” is that word.

The word “Help” doesn’t always draw people near as some are worried they will be in the danger zone and could get hurt themselves, many hope that someone else will come to the rescue so they can stay safe

The word “**FIRE**” is a word that draws attention as it directly puts everyone in the danger zone. A fire isn’t selective and doesn’t pick or choose. When a fire is coming, its unstoppable and will just destroy anything or life in its path.

Everyone knows this, that’s why it’s a real attention seeking word that will instantly draw a potential good Samaritan or more likely draw attention to the attacker which will make them flee to avoid being recognised.

Another important point is that if your child is being dragged into a car and they are fighting back with strikes and kicks, yelling “**FIRE**” and making the situation as difficult as possible. Your child needs to clarify to the onlookers that the attacker is not known to them.

How many times have we all seen a child refuse to cooperate, kick and scream as Mum or Dad picks them up of the floor and carries them to the car to pacify them. Your child will very easily fall into that category to onlookers in which no one will interfere, as it becomes a family matter now.

Its Not My Dad (or Mum), “**HELP ME**”
I Don’t Know This Person, “**HELP ME**”

Once Your child has clarified who this is, now the word help is used. If there are already onlookers, teach your child to appeal to them. Having enough people see the attacker is a strategy that has worked and made them abandon the attempt. Creating attention and making it difficult as your child can are the keys to a successful escape.

We will discuss the 6 most common strategies adult predators use to get children in our next ebook due out soon.

Check out

www.tkdcentral.com

for its release. It’s a great compliment to this issue you already have

Strengthening Up Your Child

So together we've improved posture, and we can now project a louder voice. Next, we need to make sure their little muscles are strong enough to help them escape. We need to make sure they can run far enough and fast enough to get help or just get far enough out of range.

Exercise Skill 1 – Sprint Speed

Exercise Skill 2 – Body & Limb Strength

Sprinting – Escaping Quickly To Safety

Running at top speed for 10 seconds is one of those essential physical skills needed to have effective defence skills. Sprinting fast away from a dangerous threat, or if the conflict response is “Flight”, they'll need to move quickly.

If enough space is made between your child and a predator in a very short period of time, it will just be “too much effort” and especially if your child yells, drawing attention as they run. Too much risk they'll be seen. A conflict can be over at that stage within seconds.

“*Distance Is Your Childs Friend*”, In abduction style attempts or a bully ready to do what the name implies, being out of their striking, grabbing and kicking range is the primary safety strategy at confrontation stage. By creating enough space, the predator will need to step towards your child. This extra little space that's been created will be the difference between them being initially grabbed or struck. This extra little space will give them extra time to react to danger and run.

Being able to sprint quickly creates distance quickly, “*Distance Is Your Childs Friend*” when it comes to their personal safety and to keep them from harm.

Ultimately your child needs to be able to run at a good moderate speed after the initial sprint for 100m at least. If a predator chases up your child, 100m of running and yelling, in most cases will attract enough attention to get help. Schools tend to be increasing physical activity all the time due to the ever-increasing obesity rate.

Some Ideas To Build Sprinting & Running

- Kick a ball with them, make them run
- Have different distance running races (let them win some)
- Play a bat & ball game that makes them move like cricket, baseball,
- Martial arts classes have amazing athletic ability improvements

Body & Limb Strength – Build Escaping Strength

Physical Strength is a case of having enough physical strength to escape, but some basic non weight exercises will make a difference to you Childs ability to escape and will

physically just make them stronger. Which is a great thing and will be helpful in many ways

As a rule, strong legs mean a strong body. The legs are the driving force of the body; they are the body's strength base, so increasing leg strength will instantly increase overall body strength. Leg Strength is a must in a strength program.

Major Muscle groups are the key to having better overall strength, and exercises that work these major muscle groups is the way to express strength build up. The 4 base exercises are

Standing Squats – Build Leg Strength

- Cross their arms and place their hands on their shoulders
- Make sure they keep their back straight
- Keep looking out ahead
- Bend your legs and perform a squat
- The move is complete once your child is standing again

Push Ups – Build Pushing Strength

- Have your child; take a position of being on their knees and leaning their weight forward so to
 place their hands on the ground.
- If your child hasn't got very much limb strength, push ups on the knees are fine
- Have your child bend their arms to lower their chest to the ground, then just before their chest touches the ground, push chest away from the ground by straightening their arms

Sit Ups – Build Core & Midsection Strength

- Have your child lay on their back, with hand on their head
- Have them bend their knees,
 you can place your hands on their feet and put some weight on them
- Your child then needs to bend their body in an attempt to draw their chest towards their thighs
- The move is completed by lowering the body back to the ground in a controlled way

Assisted Chin Ups – Builds Pulling Power

- Set up or find a bar that will easily take their weight
- Have your child grab hold and hang from the bar
- Have your child pull its body up to touch their chin on the bar
 In most cases you will need to assist our child to make the bar, this is a hard exercise to do
- Lower their body back to the ground
 (Remember to make sure your child is doing the work and not you)

Fist Clenching Twists – Strengthen Your Grip and Forearms

This is an old "Kung Fu" drill that one of my first Martial Arts Instructor taught me

I only trained with the man for 1 year, but in this short time he had a major impact on my basics and beginning into my life martial arts journey.

This exercise is perfect to strengthen the wrists for the **Pull Away** Defence and to help with **Blocking & Deflecting** strikes and **Releases** from grips.

Its Simple

- 1 - Just have your child hold out their hands with their palms facing up
- 2 - Have them slowly squeeze their fist as tight as they can while twisting their fist inwards as far as they can.
- 3 - The Ending position is full fist clench with fully squeezed fists
- 4 - Then release, relax and quickly return for the start position

Sets of 10 is usually the goal, just see what they're capable.

The main thing is that they are strengthening each time they do this exercise, remember, be patient and encourage any improvement

Set a goal of slow progression over the weeks and gradually increase the number over time to reach a goal of 10 and beyond. If you tell a child that the goal is 10 and give them a target, you may find they will practise in their own time to achieve that goal.

Adding a reward when they attain a pre-determined amount of each exercise to win the award will always give them an extra incentive that will only do them good in the long run.

Strengthening the body, improving the muscles, has a profound effect on confidence and self worth. The body tightens, tasks that were once hard, will all the sudden become easier in many ways.

I remember at the high school sport carnival when I was in year 10. My school faction didn't have a particularly strong athletics team for my year compared to the other factions. I had had some success in martial arts competitions as I had been training for just a year or so

This put me in the position of being nominated (not by my choice) in many of the events. Now because I trained on a regular basis at my martial arts skill, so I had actually built quite a bit extra physical performance, as I was about to find out. I was always a person who enjoyed sport, so I did have a level of athleticism to start, but not to the level that my consistent 3 times per week of Taekwondo training at the local PCYC (The Police & Citizens Youth Club).

As the day was closing, I had won the 100m sprint, 200m sprint, long jump, triple jump and high jump and then won the javelin, combined with some silver medals
I eventually took out the champion boy trophy for my year for the carnival, yet I had never actually trained to win any of these athletic events. Martial arts has an amazing overall strengthening effect and this result just further enforced this for me.

To this day my name still proudly sits on the wall of my old high school reception as being a past “Champion Boy” alongside the other boys & girls fortunate enough, for a moment in time, be the recognised as the best.

An improvement in your child’s physical strength will instantly improve their mental strength. With strengthened muscles, posture will improve and they will lift their mood, ability, confidence and their own personal belief in themselves will also greatly improve.

Getting your child into an exercise routine, even a small one will be well worth it.
A child’s greatest currency they have is their physical and sporting ability
Think about it, when you were in primary school.
The most popular kids were always the best at sports,
They were the most looked up to by other boys and girls

They didn’t get hoisted above the others shoulders for getting the highest score in the maths exam or become the most popular boy at school because of the A+ he got on his homework. In Primary School and to a point High School, if your good at sports, your popular and in most cases athletic looking and healthy. In regard to children, their main role models are usually sporting heroes, so its pretty easy to see who is looked up to at school

As you get older in life popularity can come through many things, but its when you’re a child, your self confidence is being moulded by the events that happen to you and the affect it has on you psychologically. Having your child exercise will certainly do them far more good than harm, If they win some events, championships or games, this will also boost their self belief.

In regards to self-defence, a child will need some basics

Enough striking power and accuracy to and a strike or kick to a vulnerable area
Enough limb strength to be able to apply a self defence move
Enough stamina to sprint 100m fast to escape

The fast kids and the kids who were very agile, didn’t seam to get bullied much either. Why? They were hard to catch. The slower, non-athletic, brainiac is a far easier beat. Getting your child active will not only help your child stay healthy but also help them be more liked at school, from either the social side of team sports or high achievements in individual sports. Get them active o

Learn Martial Arts

Nothing Can Do For Your Child, What Martial Arts Can Do
– Chuck Norris



Many people around the world have discovered the effects that martial arts training can give. The simple process of projecting strength, using a loud voice, developing a strong mental attitude and strengthening of the body are all included in martial arts training. Then to add to all the strengthening and emotional building, your child will also learn how to physically defend themselves when you're not there.

Children's Martial Arts classes are available everywhere. The best classes are the classes tailored for children. This includes moves that work for their age. Quick releases are a major part of kids' defence. Against an adult, the goal is to escape, not to lock them into a joint lock or choke hold, but rather be able to move as quick as possible. Hit & Run tactics are definitely the goal.

Hit in areas that hurts (Vulnerable Area)
Escape as fast as you can

To get the best style for your child, some moves aren't suited for children against an adult. We and many others who are evolving to the needs of society, understand this, so the children's self defence systems vary in their teachings, in what is taught and greater

amount of lessons on teaching them what to do when confronted with a dangerous person.

Fighting is the last option for a child.

Escape, Trickery & Deception are the weapons of a child,

Strikes to vulnerable areas then.

Get help! Get to safety! Get out of there!

Taekwondo is the preferred art with child protection. Taekwondo emphasises kicks and with the legs being the strongest on the body, and able to deliver the strongest hit. It makes sense that it is more suitable for the preferred hit & run tactic that gives your child their best change of escaping to safety from an adult predator.

Remember a child's goal is to get away

Its not about wrestling and submitting an adult (Most kids aren't strong enough)

Its not about boxing and standing toe to toe (Most kids aren't big enough)

Its about this Remember?

Hit Fast,

Hit Hard

Hit where it hurts.

Escape & Run

Find Help

Our Little Dragons Program tackles Anti-Bully & Anti-Abduction Skills with Age Appropriate Self Defence Skills. Its what young children need more than just learning a traditional martial art, or boxing. There are just some things that martial arts classes don't cover, that's why Little Dragons is a Martial Arts based kids safety program.

If you can't find a class similar to ours, any child-based martial arts training will still give great skills and a highly needed boost in confidence.

If you want your child to have greater confidence

If you want your child to be able to protect themselves

If you care about your child's personal safety

If you want your child to get physically stronger

Then you must get them into martial arts

There are some things other activities just cant do

Martial Arts classes are worth every cent

Every child should experience them

and they are a great cross-trainer for other sports

For More Info On Our **Little Dragons** Class – [Click Here](#)

For More Info On Other Specialty Kids Martial Arts Classes – [Click Here](#)

The Greatest Physical Self Defence Move – The Pull Away

There is one move that we highly recommend that all children should know.

This particular move helped both of our young members escape trouble

This move is very easy to learn

This move will work against bigger opponents using leverage

This move is the **Pull Away** Quick Release move

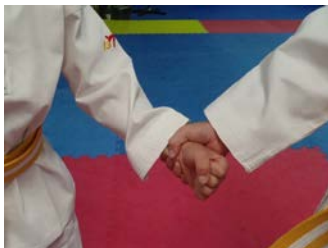
The **Pull Away** (Quick Release) is a move that helps your child to escape and get away, creating distance fast

The **Pull Away** defence is against a wrist grab, in which an adult predator may try to drag a child to an area using their wrist as a point to pull them. It's a common attack for this particular attempt, as the predator uses the arm like a handle to drag their victim in and luckily it is easy to escape.

The **Pull Away** is used quickly, using full force to escape before a better grip can be attained. Quick release style moves that allow an easy escape are the most preferred for young children. Remember the goal is not to beat an offender to a pulp, but rather get out of the situation quickly and effectively and free your child up to run to safety

Once the wrist has been grabbed, follow these steps

1 – *Clench your fist on the arm that has been grabbed*



2 – *Bend the arm that has been grabbed*



3 – *Grab that clenched fist with the other free hand*



4 – *Using the strength of both arms, pull your arms out free from the attackers grip*



5 – *Turn and Run quickly to escape, using your voice to attract attention*

The weak part of the hand is the thumb, compared to pulling against the strength of the 4 fingers to release the grip. The thumb is the weaker and the easier option to escape. This theory of pulling to the thumb is also the basis for double hand grabs also

The **Pull Away** is a must know move, its one of those easy escapes that can built to become an automatic skill and take ownership of the move to use it when its needed. The **Pull Away** works



Thanks For Your Help Boys

How To Strike Back



In regard to your child's hands, the strongest strike to use is a **Palm Strike**. The palm is a common area that children use. When they fall on the ground, they usually fall on their hands or palms, a child's first "strike out" against their parents or others are usually a slap action. A **Palm Strike** can fire direct power to an area, unlike a punch which requires you to have a correct fist clench (to avoid hurting you hand) but a punch relies on the puncher having a strong wrist, a wrist that can keep strong and straight, the fist aligned, if the wrist is weak, the punch will give at the wrist on impact

A **Palm Strike** actually locks the wrist into a position that makes it strong so it wont give. The padding on the hand reduces pain to your hand, and it's a very powerful strike that if it lands on the correct area, it can end a fight right there and then.

It is one of the first strikes you will learn in striking martial arts, and at the level of black belt it still remains one of the easiest, safest and hardest hand techniques. In fact when a member gets to the higher levels in our martial arts system, they are required to demonstrate a pine board break. There's no point to having a strike or kick that isn't strong enough to stop an attacker.

By breaking a board, they test their power, accuracy and mental strength. Now unless you have been doing martial arts for 3 years so your body and especially the striking points toughen up to minimise damage to the striker.

A **Palm Strike** is always the first hand technique we use to break these boards

Its Easier

Its Powerful

It Works

It Doesn't take as much training to be able to use

Take a stance like your going to throw a ball, but make a guard in front of your face, having your hands open, and dropping your elbows to protect the body.

Striking off your back hand is the strongest as you can use your leg strength to push The twisting power of your body (Or Torque Power) and also the actual acceleration of the hand. Like throwing a ball but do a powerful, The fast push that starts from your shoulder and drives out in a straight line to the target, while driving off your back legs and twist your waist or belt to put your body's power into it.



Its Very Important they keep their fingers together, separated fingers are week fingers, this will increase the chance injury that could be done to their own hand.

The contact point on the hand is the palm

It's the best chance your child has at delivering a strong hit is with a **Palm Strike** so get them practising it, It should be aimed at the

- Chin or Jaw (If adult is bending over or has lifted them up)
- Nose
- Solar Plexus
- Groin

The Front Kick

Legs are the strongest weapon your child has to use, there's nothing on the body that can deliver a powerful hit by the legs or knees, This is why Taekwondo is the best martial art for a child, especially for a "Hit & Run" style defence tactic to escape but any martial art is better than none

This Front kick is the most basic of striking martial arts, yet has a tremendous amount of power that can deliver a blow that would stop an assailant in their tracks. However in most cases a child won't be able to hit an adult in the face as they are too small, we therefore need to focus our kicks to pinpoint other vulnerable targets to help your child escape

There are 2 main types of **Front Kick**

Pushing Front Kick

A pushing front kick is similar to a stomp, this is a powerful way of delivering a blow usually the ball or the heel is used to strike with. A stomp on a wall is a pushing kick. Can be delivered to the solar plexus area, the liver, the knee, thigh, shin, foot

Snap Front Kick

A snap front kick is like a football style kick, that involves using the ball or instep of the foot. A groin kick is a snap kick with the top of the foot

Stomps on feet or raking your shoes on their shins make a great distraction to improve your child's chances of landing a powerful enough strike therefore escaping a grabbing assault with the **Pull Away Defence**.

For Kids self defence, we think only these 2 kicks are all a beginner will need

Pushing (stomping) Front Kick to the knee of an adult

If the adult predator has his leg straightened, an accurate stomp will render them useless. It's a nasty move, breaking the knee, capsule but better than being kidnapped

Snap (flicking) Front Kick to the groin of an adult

If an adult predator is standing front on, an accurate groin kick is a game ending move and will give your child adequate time to get away

Using The Forearms For Defence

We can use the Forearm as a great defence weapon to

A - To Block or Deflecting a strike, kick or grab

B - To Hit Off and release a grab

Blocking – Protecting From Strikes

Using The Forearm To Block or Deflect will be easier if your child has been doing the **Fist Clenching Twists**. The exercise we explained earlier. Your forearms basically become a shield to protect you. Clench your fist so you don't hurt your fingers, a fist squeeze will also strengthen your forearm to take a blow and protect your body or head

Without getting too technical, the easiest way to explain blocking or deflecting is uses your forearm as a shield and practise taking the blow on the arms. You can make this even more interesting by using pool noodles, again making it into a game always helps keep it interesting.



The more advanced way to practise this is to throw some light, round, straight-arm strikes, to the body or head and have your child stop them by blocking them with the area between their wrist and elbow.

Blocking is how your child stops themselves being hit so spend some time having fun with this basic skill development drill

Hammer Hit Their Grab



Most body grabs can be hit off with a Hammer Hit, Forearm Strike or Palm Strike to the inside of the wrists, like the Pull Away, this escape involves putting pressure on the grip their thumb has on your child. As you'll remember, the thumb is the weak point of their grip.

Hammer Hits inflict pain and weaken the attackers grip to a stage that they will let go especially if it hits one on the arms weaker or pressure points with the blade of the forearm.

In high school, we used to play a game. It was a game where the class would be divided into 2 teams, and each had a square 5 by 5 metres.

The 2 squares are about 30 metres apart. The goal is to grab someone from the other team and drag them into your teams box as a prisoner your opposition's job is the same. You can free any of your team members who have been caught, by carrying them back to your box..

I remember playing this game one time and on the other team was the schools largest boy, Michael.

Michael was a 6 foot something, very overweight large boy who was actually incredibly good at sports for his size. Micheal was made for this game, dragging him back was impossible unless you could get 4-5 of you. Even the strongest kids who tried to challenge him, were just scooped up, put over Michaels shoulder and walked back to the square.

I was smart about dealing with Michael, I only ever challenged him with a group, and we did get him a couple of times, but if he broke loose, my agility and martial arts skills got me out of harms way, even if he chased. Michael could only catch me if I messed up.

I remember one game when Michael was the only person left on the other team, and 4 fairly athletical guys on the other. With 4, he could be lifted and we could stop him saving any of his team. 3 or less would be too hard for our team, as soon as Micheal grabbed one of us, we would all have to attempt to lift him. So we continually tested him to see if one of us could grab him from the back to distract him long enough so we could swarm him.

Michael made a great move, he also knew that if he could either eliminate 1 of us or get one of his own back it would change the complete outcome of the game. So he made a huge charge for our square like a mad bull, My friend who was the strong guy of the group Chad, had to try to stop him and positioned himself between our Square and a charging, very large human.

The Clash was like watching the Hulk clash with Thor, and was talked about in the school for a long time. Both collided with each other real hard, both bounced off, both stood their ground and didn't gain an inch, but Michael took advantage of the after math by avoiding the shock and managing to pull the other immovable force towards his square and built enough momentum to make it hard for Chad to resist his weight

Michael had thought it out, he knew who would try to stop him. Chad was our only chance, but Chad wasn't heavy enough to pull him. If it was me, I would have been sent tumbling off like a cartoon character. He took the blow in an attempt to quickly grab and pull. It was a great move and it payed off.

I was the only one quick enough to catch them but I was also the smallest of the 4 of us, but I was the only chance. I had one shot to time my move. My other 2 team mates had swarmed behind him in an attempt to stop Micheal but they weren't going to stop a human who is bigger than the 2 of them together, and with our team down to 3 and our strongest out. This was the play for the game.

I sprinted as fast as I could, my aim was to hit Michaels arm as it was out-stretched through Chad trying his hardest to resist the pull and break the grip. I had worked out that while I did that, the other 2 would be able to get him from behind. And move him to our square with Chad's help; my contribution and the fact Michael will be tired already

It worked, I didn't know it then, but I **Hammer Hit** his arms, and he instantly released Chad. Like magic, the other 2 grabbed Michael from behind and started moving him towards our side, Chad grabbed an arm and dragged and I zipped around and grabbed the other arm and helped. It was still hard but we got him

We did it, and the class clapped. Even with 4, it was a hard task. Michael was a giant, but an absolutely great guy and friend. Our swarming technique was all that would work, but we had to get him off balance and get him moving

Michael approached me the next day, He rolled up his sleeves and showed me his arm. He had a big bruise where the blade of my forearm struck him. Ouch. He was laughing about it (Thank Goodness). I walked away thinking. "WOW that move worked well. The effectiveness of the **Hammer Hit** had been realised, and you can be a lot smaller than your opponent and it will still work.

The **Hammer Hit** was soon banned in that game as of the amount of injuries suffered after everyone saw how the **Hammer Hit** released Michaels grip, it become the standard saving move. But the injury rate made it an illegal technique and Michael become King of the game again. Further proof of the damage that can be done with this technique.

Let Your Child Learn The Lesson

The point I wish to make is giving your child enough time to learn.

Don't be in a hurry.

Don't rush them.

Don't force them.

These exercises are simple and will be further reinforced each time you go over it so the idea is let them learn at their own pace so they can really understand, adapt and make a skill useable. Proper martial arts needs to have a proper martial arts instructor and we can't say enough the benefits it will have on your child in so many ways.

However if you can teach your child about the importance of a strong posture and projecting strength, a loud voice, The importance of creating space, some basic little tips and effective moves are a great start and will give your child a far better chance than a child not aware of these simple tips and strategies.

I want to share with you something I picked up from my own studies, it was a great lesson to me, about not stepping in too much and letting people learn the lessons. My job is to speed the learning up as efficiently as possible. The Story Of The Butterfly is a great one

My job allows me the great privilege to work with many families and I get to see first hand the difference between the successful and the average. I know that parents love their children, and they only ever want the best for them, but I do see a lot of destructive behaviour that undoes the teaching of confidence and self defence.

In learning self-defence, stay positive and encouraging. Don't get upset if they don't pick it up at first. Its not a race, it's a journey, the amount of time it takes isn't important; the fact they do learn it is the important thing. Remember repetition is the king of all skills and heaps of encouragement when they get it right.

My wife Melissa and I were lucky enough to do a stick fighting (Arnis) seminar with Tino Ceberano in 2010. Tino Ceberano (Aussie Singer Kate Ceberano's, Father) is considered one of the forefathers of martial arts in Australia. I will always jump at the chance to learn from fellow masters & Grandmasters of their styles, what a chance to learn!

I learned some great skills that day but the greatest thing I took away from his seminar was a philosophy.

"Slow To Learn"

"Slow To Forget"

It's a great personal philosophy to get strongly instilled self-defence skills. Skills that work, Skills they'll remember.

The Story Of The Butterfly



A man found a cocoon of a butterfly.
One day a small opening appeared.
He sat and watched the butterfly for several hours
as it struggled to squeeze its body through the tiny hole.
Then it stopped, as if it couldn't go further.

So the man decided to help the butterfly.
He took a pair of scissors and
snipped off the remaining bits of cocoon.
The butterfly emerged easily but
it had a swollen body and shrivelled wings.

The man continued to watch it,
expecting that any minute the wings would enlarge
and expand enough to support the body,
neither happened!
In fact the butterfly spent the rest of its life
crawling around.
It was never able to fly.

What the man in his kindness
and haste did not understand:
The restricting cocoon and the struggle
required by the butterfly to get through the opening
was a way of forcing the fluid from the body
into the wings so that it would be ready
for flight once that was achieved.

Sometimes struggles are exactly
what we need in our lives.
Going through life with no obstacles would cripple us.
We will not be as strong as we could have been
and we would never fly.

Getting The Best From Your Child

I would never tell a parent how to raise their child, That would be a very rude and arrogant thing to do. I would like to however share some things I have learned from teaching martial arts for 22 years at the time of this book.

The children who are the highest performers in our Taekwondo School are the children who aren't over protected by their parents. In martial arts it will give your child a chance to build emotional strength and resilience. The parent of our greatest students

Encourage not Discourage

Let them learn at their own pace

Help keep it fun, though challenging

Teach children to learn from their mistakes

Understand that loosing is a part of learning in training

Don't blame others when things don't go right

Having an opponent rush at you with a combination of kicks and punches while yelling loudly each time they strike, to the average person would bring on a "Freeze" response or a "Flight" if they have enough time or space. If the person being struck at is cornered or isn't fast enough to get away, "Freeze" will be disastrous, their only option is to teach the "Fight" response of conflict responses, however in our case its in a controlled form of self defence. Martial arts students who have trained for a while will be able to block and manoeuvre out of the way. Even angle to a better position to land a hard kick or punch to a vulnerable area to stop an opponent.

Now Martial Arts training will only work if effort is put in, it's not magical. Your child will need to sweat, make mistakes, Spar (controlled fighting with rules and safety equipment), be disciplined when not training properly. But a child who has a martial arts background will have a far greater chance of escape or defence than a child who hasn't.

"Strong Winds Make Strong Trees" – Japanese Proverb

Lets Sum Up What We've Learned Together

We've covered a lot in our little book and our journey in this first book on kids safety.

We've defined the different self defence protection types and which is specifically better for children to successfully protect themselves

We've covered the importance of good posture and the effects it has on the body and mind, and we've covered some footage on real CCTV footage to give us an idea on what may happen and clues on how to avoid it.

A louder voice and its importance and methods to strengthen your child have also been included

We've discussed how important martial arts are for kids and included some moves we know work to get you started that include escapes, strikes and kicks

Finally we went through some helpful tips we picked up teaching kids martial arts

We will cover more self-protection strategies in our second book, which will be released at a later date, but this is more than enough to give your child greater confidence

Stay tuned to
www.tkdcentral.com for any updates

Remember repetition is what its about to make it a habit for your child.

So keep onto your child about sitting up straight (As our mum did to us) and get them into martial arts as soon as possible. Its well worth it

About The Author



Justin Warren is a life long martial arts enthusiast, already a 25 year history learning and refining what he loves

A 5th Dan Black belt in Taekwondo
A 1st Dan Black belt in Jishin Jujitsu
A 1st Dan Black belt Judo (Kawaishi Method)

Teaching Martial arts for 22 years, and specializing in kids protection
Justin is the Head Instructor of Taekwondo Central in the South West of Western Australia.

www.tkdcentral.com

Master Warrens Taekwondo Achievements Include

5 Time Australian Taekwondo Champion
10 Times WA State Taekwondo Champion
International Gold Medallist
Silver At Commonwealth Championships
2000 Sydney Olympic Athlete Scholarship
Australian Taekwondo Team Captain
Australian Taekwondo Team Coach

Master Warren Has Trained
WA State Taekwondo Champions
Australian Taekwondo Champions
International Gold Medallists

Master Justin Warren is also recognised on
The Australian Government Honour Board for
Achievement In Taekwondo – [Click Here](#)

Contact Master Warren on kidshield@hotmail.com