

TIME OUT FOR BULLIES

How To Stop Any Bully...Any Time...Any Where



By Mary Gambordella

**Self Defense for Children
by Children who aren't Black Belts**

Introduction



Mary and
her Pal

There are a lot of self defense books for Children On the market. And 95% of them deal with Children who are attacked by grown men. These books are very valuable and important, but I have found that I am much more likely to be attacked or harassed by other Children, especially Bullies.

I wrote this book to show techniques that the average boy or girl can do to stop a Bully, anytime, anywhere. The moves are very simple, easy and practical. You can do them without training in a Karate School. You don't have to be a Black Belt. You don't have to take Karate. All you have to do is study the moves and try them on a friend until you learn to do them. If you practice each move at least 20 times. I think you will be able to use them against most bullies and Stop Them.

Do not try them to hurt anyone. Only to defend yourself.

Good Luck,

STANCES KICKS BLOCKS STRIKES

Lets me say one thing before we start learning our stances, blocks, kicks, strikes. **I AM NOT A BLACK BELT in Karate or anything else.** I have taken about 3 weeks of Karate and that is it. These stances, kicks, blocks, strike that you see, **WILL NOT BE PERFECT**, for a very good reason. The average kid will never have taken Karate and will do the techniques like me doing



BASIC DEFENSIVE STANCE
FRONT VIEW



BASIC DEFENSIVE STANCE
SIDE VIEW



FRONT SNAP KICK
Bring the knee up
keep your hands up



SNAP THE KICK OUT

STANCES KICKS BLOCKS STRIKES



FRONT ELBOW SMASH



SIDE ELBOW STRIKE



DOUBLE HAND STRIKE



KNEE STRIKE



FRONT STOMPING KICK

STANCES KICKS BLOCKS STRIKES



FRONT PALM HEEL STRIKE
HOLD THE FINGERS BACK
VERY TIGHT



STRIKE OUT WITH A STRAIGHT ARM
STEP WITH THE PUNCH



KNIFE HAND STRIKE
HOLD THE FINGERS TIGHT
TOGETHER



STRIKE ACROSS THE BODY
WITH THE SIDE OF THE HAND



ELBOW STRIKE. HOLD
THE ARMS TIGHT TO
THE SIDES OF BODY



STEP AND STRIKE WITH
POINT OF ELBOW TOWARDS
THE TARGET

STANCES KICKS BLOCKS STRIKES



X HEAD BLOCK
RAISE THE HANDS DIRECTLY
OVER THE HEADT



X GROIN BLOCK
LOWER THE HANDS
DIRECTLY OVER THE GROIN



RIGHT DOUBLE
ARM SIDE BLOCK



LEFT DOUBLE
ARM SIDE BLOCK



KNEE SMASH USING
HANDS TO PULL THE
HEAD DOWN



CHEST BLOCK WITH ARMS
GROIN BLOCK WITH LEG

FLEXIBILITY & STRENGTH EXERCISES



BODY CIRCLES
KEEP HANDS ON HIPS
AND ROTATE BODY IN CIRCLES
TO THE RIGHT AND LEFT



ARM AND SHOULDER STRETCH
REACH AS HIGH AS YOU CAN



ARM CIRCLES
SWING THE ARMS IN CIRCLES
AROUND THE BODY



ARM TWISTS
TWIST THE ARMS ACROSS THE
BODY RIGHT AND LEFT



HIP CIRCLES. KEEP THE
HANDS ON THE HIPS AND
CIRCLE LEFT AND RIGHT



NECK CIRCLES ROTATE THE
HEAD IN CIRCLES LEFT AND RIGHT

FLEXIBILITY & STRENGTH EXERCISES



BASIC LEG STRETCH
BEND OVER AND PULL
HEAD TO LEFT KNEE



BASIC LEG STRETCH
BEND OVER AND PULL
HEAD TO RIGHT KNEE



PULL ARMS DOWN UNTIL
THEY TOUCH THE GROUND



HORSE STANCE STRETCH
BEND LOW AND KEEP THE
LEGS SPREAD APART



LOW DROPPING STRETCH
DROP TO THE RIGHT AND
DROP TO THE LEFT SIDE



DROPPING KNEE AND
HAMSTRING STRETCH
DO BOTH SIDES

FLEXIBILITY & STRENGTH EXERCISES



V STRETCH
PULL THE HEAD DOWN
TO THE LEFT AND RIGHT



W STRETCH
PULL THE HEAD DOWN
TRY TO TOUCH THE GROUND



L STRETCH
KEEP LEGS TOGETHER
AND TRY TO TOUCH KNEES



BUTTERFLY STRETCH
HOLD THE ANKLES
AND TRY TO PUSH KNEES
DOWN TO THE GROUND

FLEXIBILITY & STRENGTH EXERCISES



BASIC SIT UPS
CROSS THE ARMS
IN FRONT OF CHEST



SIT UP UNTIL YOU
ARE STRAIGHT UP



LEG LIFTS
KEEP THE LEGS STRAIGHT
AND HANDS UNDER BACK



LIFT THE LEGS ABOUT
45 TO 65% STRAIGHT UP



V SIT UP
LIFT THE LEGS AND
HEAD TOWARDS THE FEET



KNEE AND ARM SIT UP
KEEP THE KNEES OFF
THE GROUND AND SIT UP

FLEXIBILITY & STRENGTH EXERCISES



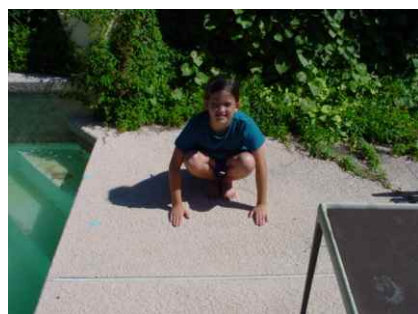
PUSH UPS
YOU MAY DO YOUR PUSH UPS
WITH A STRAIGHT BACK
OR FROM YOUR KNEEST



ADVANCED PUSH UPS
STAND WITH ARMS OUT FRONT



GO DOWN TO A SQUAT



PUT YOUR ARMS
ON GROUND



JUMP BODY STRAIGHT
BACK AND BACK TO
SQUAT POSITION

STANCES KICKS BLOCKS STRIKES



KNEE TO STOMACH



STOMP TO THE TOP OF FOOT



KICK TO GROIN



ELBOW TO FACE/NOSE



LIFTING ELBOW TO NOSE

<http://www.theinstructors.com>

ESCAPES & DEFENSES

ESCAPE FROM A ONE HANDED GRAB



THE BULLY GRABS YOUR RIGHT WRIST



MAKE A FIST AND GRAB YOUR FIST



PULL YOUR ARM FREE



FINISH WITH A KICK TO THE STOMACH

ESCAPES & DEFENSES

ESCAPE FROM A TWO HANDED GRAB



THE BULLY GRABS WRIST WITH BOTH HANDS



MAKE A FIST TURN SIDWAYS
AND GRAB YOUR FIST



LEAN BACK TO PULL
YOUR ARM FREE



FINISH WITH A KICK TO THE STOMACH



KNOCK HIM BACKWARDS
AND RUN AWAY

<http://www.theinstructors.com>

ESCAPES & DEFENSES

ESCAPE FROM A FRONT CHOKE



TIGHTEN YOUR NECK



MAKE DOUBLE FISTS
AND PUSH THE FISTS
UP HARD BETWEEN HIS ARMS



WHEN THE ARMS GET
TO THE TOP PULL DOWN HARD



SMASH THE ARMS AGAINST HIS
TO BREAK THE HOLD



FINISH WITH KICK TO STOMACH

<http://www.theinstructors.com>

ESCAPES & DEFENSES

ESCAPE FROM A HAIR GRAB



REACH UP AND HOLD THE HAIR TO
STOP THE PULLING



BEND DOWN AND BEGIN
TO TURN TOWARDS HIM



KEEP TURNING UNTIL YOU
FACE THE BULLY



SMASH A STRIKE INTO HIS GROIN



IF THE HAIR IS GRABBED IN FRONT



SNAP A KICK INTO THE GROIN

<http://www.theinstructors.com>

ESCAPES & DEFENSES

DEFENSE AGAINST A PUNCH



BLOCK THE PUNCH WITH
A TIGHT LIFTING ARM BLOCK



IMMEDIATELY COUNTER WITH
A SMASH TO THE SOLAR PLEXUS



FINISH WITH AN ELBOW TO NOSE

<http://www.theinstructors.com>

ESCAPES & DEFENSES

DEFENSE AGAINST A GRAB



HOLD THE ATTACKING ARM



SMASH YOUR ARM INTO HIS ARM
TO WEAKEN HIS HOLD AND
MOVE HIM CLOSER



QUICKLY SMASH A RIGHT
ELBOW TO HIS FACE



FOLLOW WITH A LEFT
ELBOW TO HIS FACE
TO FINISH HIM.

ESCAPES & DEFENSES

DEFENSE AGAINST A BEAR HUG



STOMP THE FOOT TO LOOSEN
THE HOLD



SMASH YOUR LEFT ELBOW INTO
HIS STOMACH



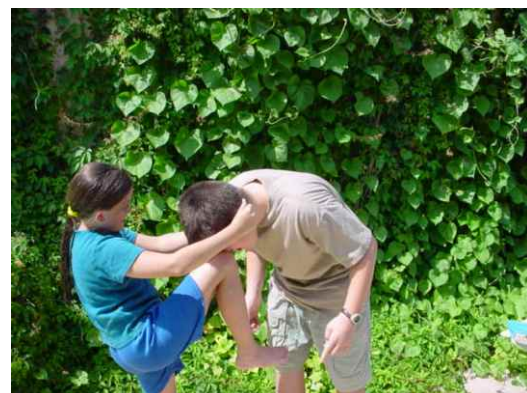
QUICKLY SMASH A RIGHT
ELBOW TO HIS STOMACH



BREAK FREE AND
SMASH INTO HIS GROIN



REACH UP AND GRAB
HIS EARS TO PULL
HIM FORWARD



SMASH YOUR KNEE
INTO HIS NOSE

<http://www.theinstructors.com>

ESCAPES & DEFENSES

DEFENSE AGAINST ARM PUSH



YOU ARE PUSHED BY
THE BULLY



TURN INTO THE PUSH
AND SMASH YOUR KNEE
INTO HIS STOMACH



RAISE BOTH YOUR HANDS
INTO A LOCK



SMASH YOUR HANDS ONTO
THE BACK OF HIS NECK

ESCAPES & DEFENSES

DEFENSE AGAINST HEAD LOCK



SLAP INTO HIS GROIN
TO LOOSEN THE GRP



REACH UP AND GRAB HIS
HAIR PULLING HIS HEAD BACK



SMASH YOUR PALM
INTO HIS THROAT



DROP TO YOUR KNEE AND
PUNCH HIS GROIN



FINISH WITH A CHOP UP INTO THE GROIN

<http://www.theinstructors.com>

ESCAPES & DEFENSES

DEFENSE AGAINST A REAR CHOKE



TIGHTEN YOUR NECK TO KEEP
THE CHOKE FROM HURTING



LIFT THE FRONT LEG VERY HIGH



KICK STRAIGHT BACK
INTO HIS STOMACH



DROP TO YOUR KNEE AND
PUNCH HIS CHEST



FINISH WITH A SMASH UP INTO THE GROIN

<http://www.theinstructors.com>

ESCAPES & DEFENSES

DEFENSE AGAINST KISS AND A HUG



THE BULLY TRIES TO GIVE
YOU A KISS



SMASH YOUR PALM INTO HIS NOSE



THE BULLY TRIES TO GIVE
YOU A HUG



TWIST TO THE SIDE
AND SMASH HIS GROIN

ESCAPES & DEFENSES

DEFENSES WITH A BRUSH



THE COMB IS A DANGEROUS
WEAPONS IF USED RIGHT



SMASH THE COMB INTO THE GROIN



SMASH THE COMB INTO THE
SOLAR PLEXUS



SMASH THE COMB INTO
HIS EAR



SMASH THE EDGES
AGAINST THE EYES



SMASH THE END INTO
HIS TEETH

ESCAPES & DEFENSES

DEFENSES WITH A PEN OR PENCIL



STRIKE THE BACK OF
THE HAND TO BREAK
HIS GRIP



STRIKE INTO THE EAR



STRIKE THE POINT
INTO HIS STOMACH



STRIKE THE POINT
INTO HIS FOREARM



STRIKE INTO HIS
NECK



STRIKE INTO HIS
GROIN



PULL THE POINT
THRU HIS CHEEK



PULL THE POINT
THRU HIS NOSE



PULL THE POINT
THRU HIS EYE

**WARNING: DO NOT POKE HIS EYE UNLESS YOUR
LIFE IS THREATENED.**

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ESCAPES & DEFENSES

DEFENSES WITH A KEY



HOLD THE KEY
FIRMLY



STRIKE INTO THE
RIBS



YOU CAN CUT
THE FACE OPEN



PULL UNDER THE
TEETH TO LOOSEN
OR BREAK TEETH



PULL THE NOSE
APART



CUT THE EYE



PULL THE POINT
THRU HIS CHEEK



PULL THE POINT
THRU HIS EAR



PULL THE POINT
THRU HIS CHEEK

ESCAPES & DEFENSES

DEFENSES WITH BACK PACK



YOUR BACK PACK IS
GRABBED FROM BEHIND



YOU PULL YOUR
ARMS FREE



TURN AND KICK HIM
IN THE GROIN



TAKE OFF YOUR PACK
AND SMASH INTO HIS
STOMACH



PULL BACK THE PACK
AND SMASH HIS GROIN



SMASH THE PACK INTO
HIS FACE

ESCAPES & DEFENSES

SELF DEFENSE BALL UP



THE BEST DEFENSE WHEN YOU
ARE ON YOUR BACK IS
TO ROLL INTO A BALL



IT MAKES IT VERY HARD
TO BE PULLED APART



IT IS THE BEST DEFENSE
AGAINST A KICK



WHEN HE TRIES TO PULL YOU
APART



YOU CAN SNAP A KICK INTO
HIS GROIN

ESCAPES & DEFENSES

SELF DEFENSE AGAINST GRAB2



YOU ARE ABOUT TO BE
GRABBED BY A LARGE
BULLY



SNAP A KICK INTO
HIS SHIN



DROP TO YOUR KNEE
AND SMASH INTO HIS
GROIN AREA



WHEN HE FALLS TO THE
GROUND YOU MAY
CHOKE HIM OUT

ESCAPES & DEFENSES

Multiple Attackers



YOU ARE GRABBED
ON EACH ARM
BY 2 BULLIES



SNAP A KICK INTO
THE GROIN OF ONE



TAKE YOUR OTHER LEG
AND BACK KICK INTO
HIS STOMACH



WHEN HE BENDS OVER
SMASH A DOUBLE HAND
STRIKE INTO HIS NECK



FINISH THE FIRST MAN
WITH A KNEE SMASH

ESCAPES & DEFENSES

Multiple Attackers



YOU ARE GRABBED
FROM BEHIND BY ONE
AND ATTACKED IN FRONT



SNAP A KICK INTO
THE GROIN OF THE BULLY
IN FRONT



TAKE YOUR HEEL AND SMASH
THE TOP OF THE FOOT
OF THE BOY HOLDING YOU



FINISH HIM WITH AN
ELBOW TO THE
RIBS OR GROIN



FINISH THE FIRST MAN
WITH A SNAP KICK TO FACE

<http://www.theinstructors.com>

ESCAPES & DEFENSES

Multiple Attackers



YOU ARE STRETCHED
BOTH ARMS BY THE
BULLIEST



SNAP A KICK INTO
THE GROIN OF THE BULLY
IN FRONT



TAKE YOUR HEEL AND THRUST
YOUR KICK INTO THE
OTHER MANS STOMACH



TAKE THE SAME FOOT AND
KICK THE FIRST MAN
IN THE GROIN



RUN AWAY

FINISH THE OTHER MAN
WITH AN ELBOW SMASH

<http://www.theinstructors.com>

ESCAPES & DEFENSES

Multiple Attackers



YOU ARE HELD
BOTH ARMS BY THE
BULLIES



STOMP YOUR HEEL
INTO THE TOP OF
HIS FOOT



IMMEDIATELY SNAP YOUR
FOOT UP INTO HIS GROIN



TAKE THE SAME FOOT AND
KICK THE FIRST MAN
IN HIS FACE



FINISH BOTH WITH A DOUBLE HAND CHOP
TO THE BACK OF THE NECK

<http://www.theinstructors.com>

ESCAPES & DEFENSES

Multiple Attackers



YOU ARE HELD
FROM BEHIND



STOMP YOUR HEEL
INTO THE TOP OF
HIS FOOT AND LEAN DOWN



IMMEDIATELY PUNCH OUT
INTO THE GROIN OR THE
BULLY IN FRONT



TAKE ELBOW AND SMASH
THE FACE OF THE
MAN BEHIND



FINISH WITH A CHOP TO THE NECK
AND A KNEE TO THE FACE

<http://www.theinstructors.com>

ESCAPES & DEFENSES

Multiple Attackers



YOU ARE HELD
FROM BEHIND IN THE AIR



SNAP A KICK INTO
THE STOMACH OF THE
BULLY IN FRONT



JUMP DOWN ON THE
FOOT OF THE MAN
BEHIND. HE WILL
LET GO



FINISH HIM WITH A
KNEE TO THE FACE

ESCAPES & DEFENSES

Multiple Attackers



YOU ARE BEING HARASSED
BY 2 BULLIES



DO A DOUBLE PALM
HEEL INTO THEIR FACEST



DROP TO YOUR KNEES
AND FINISH WITH A PALM
HEEL TO THE GROINS

ESCAPES & DEFENSES

Multiple Attackers



YOU ARE BEING HARASSED
BY 2 BULLIES



DROP TO YOUR KNEE
AND SMASH THE GROIN
OF THE MAN BEHIND



QUICKLY REACH UP FOR
THE HAIR OF THE MAN
IN FRONT



DO A KNEE SMASH TO
HIS FACE



FOLLOW UP WITH THEN DOUBLE CHOP
A GROIN STRIKE THE MAN BEHIND

SMASH THE
FACE TO THE
GROUND

ESCAPES & DEFENSES

GROUND TECHNIQUES



YOUR BEST DEFENSE ON THE
GROUND IS TO ROLL
INTO A TIGHT BALL



YOUR DEFENSE IS SO STRONG
YOU CAN EVEN BE LIFTED OFF
THE GROUND



WHEN THE BULLY TRIES
TO PULL YOUR ARMS APART



YOU CAN SNAP A KICK
DIRECTLY INTO HIS GROIN

ESCAPES & DEFENSES

GROUND TECHNIQUES



IF YOU ARE TRAPPED
UNDER THE BULLY KEEP
YOUR ARMS BY YOUR CHEST



PUSH UP WITH BOTH ARMS
AND TRY TO SIT UP



WHEN THE BULLY LEANS BACK
COME DOWN WITH BOTH ELBOWS
INTO THE GROIN



IF HE LEANS DOWN, ELBOW
HIM IN THE EYE



GRAB HIS HAIR WITH
BOTH HANDS



PULL HIM FORWARD
AND SMASH HIS FACE
TO THE HARD GROUND

GROUND FIGHTING



A Bully puts his arm on your Shoulder to push you



Drop to your knees and grab both his legs near the knee,



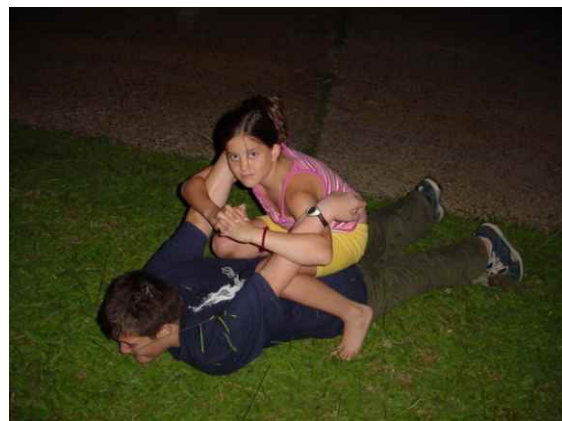
Grab his right arm and pull it across his body



Pull his arm to the right and then step over his back



Reach under and grab his arm and lock it up



Reach and grab the other arm and lock it for a finishing hold. Until you can get help

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