

BULLY PROOF



Student Guide

Confidence Is the Best Defense

Why Martial Arts Help Kids Stand Tall

Martial arts is more than kicks and punches-it-s a confidence engine. Here-s why joining a class can be the smartest anti-bully move you make this year.

- Power Posture Practice

Strong stances rewrite body language. Kids who look confident are less likely to be targeted.

- Controlled Sparring = Stress Rehearsal

Safe, supervised drills teach kids to manage adrenaline so they can think clearly when under pressure.

- Respect Culture

Bowing in and out, partner courtesy, and rank etiquette normalize kindness tied to discipline.

- Goal Ladders

Belt systems break big goals into bite-size wins-perfect training for perseverance in life.

Ready to give it a try? Find a Red Dragon Karate location near you or join our Bully Proof online program.

Need more help? Tell your school to invite Bully Proof at BullyProofLife.com/host-an-event