Hey, it’s great to have you join the team of **B-SMART Martial Arts**.

We work hard to get the best results and sometimes we play hard too; fun is a great way to learn.

Attending **B-SMART Martial Arts,** classes regularly will be enable you to earn different belts with our special grading days, and if you work hard and show commitment, you can eventually become an amazing black belt.

As an honourable black belt student, you will learn advanced self-defence skills with the incredible **DEFENDER junior self-protection system**, the best self-defence, and protection that you could possibly learn, developed by an expert in self-defence just for **B-SMART Martial Arts**.

You cannot learn **DEFENDER** anywhere else!

Be smart and choose **B-SMART Martial Arts!**

**Benefits of B-SMART Martial Arts training includes:**

• Reality tested self-defence

• Martial arts grading’s

• Fun

• Stress and anxiety release

• Fitness

• New friends

• Strength

• Flexibility

• Balance

• …and much more!

**B-SMART #1: Act with Awareness, Calm, Respect, and Confidence**

People are less likely to bother you and more likely to listen to you if you walk, sit, and act with awareness, calm, respect, and confidence. Projecting a positive, assertive attitude means holding your head high, keeping your back straight, walking briskly, looking around, and having a peaceful face and body. Staying aware also helps you to notice problems so that you can deal with them sooner rather than later.

Tone of voice is also a good way to project confidence and help avoid a bully’s attention.

**B-SMART #2: Leave in a Powerful, Positive Way**

One of the best self-defence tactics is “target avoidance,” which means, “don’t be there.” Simply leaving an unsafe situation is often the wisest and most effective solution for getting away from trouble, better still is to avoid places and situations that may be troublesome.

**B-SMART #3: Set Boundaries about Disrespectful or Unsafe Behaviour**

Being disrespectful is wrong whether it is in person or social media, by texting, online or in any other way. We do not like it happening to us and so we should understand that no one would like us to do it to him or her. Think how you would like to be spoken to and remember that when speaking to others.

Do not accept negative behaviour towards you. If you can, speak up and make it clear that you do not like the negative things directed towards you.

Whether you can deal with it yourself or not, the important thing to remember is that

Ignoring bullying will not make it go away.

Remember, tell a responsible adult. Do not hope that the bullying will go away on its own.

**B-SMART #4: Use Your Voice**

Most young people who are being hurtful to you will not want to be caught doing so by an adult, especially parents or teachers.

If you are confronted by a bully and threatened or hurt, try to bring attention to the situation with a strong and loud

NO! …………..STOP!......... HELP!

(person’s name) LEAVE ME ALONE! (Basically, create a scene to create a witness)

**B-SMART #5: Protect Your Feelings From Name-Calling and Hurtful Behaviour**

Make a note of any hurtful remarks on pieces of paper, then screw them up in a calm but determined way and throw them into a bin. For each word or words written down, say the opposite aloud to yourself. For example, if someone says, “I hate you”, say to yourself with a smile, “I like myself”.

**B-SMART #6: Speak Up for Positive Inclusion**

If you feel regularly excluded from games or social meetings, ask politely but clearly to be included. If someone says, you are not good enough to join the game, smile and even laugh a little and say that you will try your best and practice will hopefully make you better.

**B-SMART #7: Be Persistent in Getting Help from Busy Adults**

Telling an adult is not being a ‘grass’ or ‘telling tales’.

Remember, everyone has the right to feel safe. There is no shame in speaking up, in fact it is brave and admirable to do so.

Always be persistent in telling an adult about bullying. If an adult appears to not be listening or interested, or even doesn’t take you seriously, stay calm, use a strong but respectful voice, and insist on being heard. Tell the adult that you are worried or scared; tell them that you need help and that you have the right to feel safe, and helped.

**B-SMART #8: Use Physical Self-Defence as a Last Resort**

Finally, when all these things fail, or if you are at risk of physical danger, you may need to use physical action to keep yourself safe. You have a legal right to do so and as a student of B-SMART martial arts, you will learn the best martial arts and self-defence skills to help yourself to stay safe against violence.

Bing a part of the B-SMART team is a very effective way to learn self-defence and protection.

**FAQ**

What type of martial arts is B-SMART Martial Arts?

We use a martial arts that has influences from Muay Thai.

When I asked our very own self-defence expert Brenhin Alimpic, to create something special for B-SMART Martial Arts, he created DEFENDER. After witnessing this very effective system, I could not deny the benefits of using martial arts skills that works with Self-defence and protection and not against it. Brenhin Alimpic, and I now train with each other with real intensity, bringing together our skills and experience for a martial arts syllabus that you will love and can use to keep yourself safe. That is why you will not find techniques that are very difficult to perform and even more difficult to use in real life situations.

What is Muay Thai?

Muay Thai is a very effective fighting martial art, often called the art or science of eight limbs, so-called because fighters use their hands, legs, elbows, and knees.

Can I use my martial arts on other people?

It is against the law to assault (physically harm) someone, and it is simply wrong to do so, we will not tolerate any bullying or inappropriate use of B-SMART martial arts or DEFENDER.

However, it is legal to use your training to protect yourself from any physical attack on yourself or to protect an innocent person. Remember that you will have to justify your actions; therefore, you must be sure that you only used your fighting skills as a last result.

At B-SMART martial arts, you will learn many other skills that will help to keep you safe without using physical self-defence and you will also learn when it is acceptable to use those skills. To obtain and maintain your belts in B-Smart martial arts, you must prove to be of good character.

I am not very good at sports, can I still learn B-SMART martial arts?

Yes! We will coach you to succeed. You will not be in competition with others but you will be encouraged to face and conquer your own challenges. With consistent and regular training, you can choose to be great!

This approach will help you to succeed in many other things throughout your life.

Will people laugh at me if I get it wrong?

We will not accept this behaviour. Although, martial arts are not a team sport, we certainly do work as a team to help and encourage each other.

**Useful websites:**

www.nspcc.org.uk

www.supportline.org.uk

www.nationalbullyinghelpline.co.uk

www.childline.org.uk

youngminds.org.uk

**Remember, always B-SMART!**