



Super Fight Academy Anti-Bullying Training Method

Why we developed this method?

Students who experience bullying are at increased risk for depression, anxiety, sleep difficulties, lower academic achievement, and dropping out of school. (Centers for Disease Control, 2019)

Students who are both targets of bullying and engage in bullying behavior are at greater risk for both mental health and behavior problems than students who only bully or are only bullied. (Centers for Disease Control, 2019)

Bullied students indicate that bullying has a negative effect on how they feel about themselves (27%), their relationships with friends and family (19%), their school work (19%), and physical health (14%). (National Center for Educational Statistics, 2019)

Students who experience bullying are twice as likely as non-bullied peers to experience negative health effects such as headaches and stomachaches. (Gini & Pozzoli, 2013)



How our method works?

Step 1

Most bullying situations can be blocked right at the beginning. The use of a strong imposition of the voice, a closed face and an adequate posture, block more than half of the bullying attempts.

Step 2

In cases and situations where the use of the voice does not work, students are encouraged and trained in self-defense itself. Students are trained to defend themselves against punches, kicks, attacks with sticks, knives, strangulations, grabs... In all cases, the training situations are reinforced as a defense situation. Never used to attack someone. It is part of the conduct never to use the lessons learned for attack, but exclusively for defense.

Step 4

All training steps are based on repetition. In this way, after the end of the cycle, there is constant repetition and improvement. Go back to step 1 and so on. We are based on Jigoro Kano's phrase, "Perfection is only approached by those who seek it with constancy, wisdom and, above all, humility."
— Jigoro Kano - Judo Founder

Step 3

In this part of the training, children and young people are trained in their mental part. The development of the 7 Bushido values is strongly worked on (integrity, respect, courage, honor, compassion, honesty and loyalty). With this development we have children and young people with much higher self-esteem and much less susceptibility to being bullied.

Our targets

We are currently following the training of the anti-bullying program with all the students of the super fight academy. Our next step is to spread our method in different locations offering it to schools, churches, associations, thus spreading the work method and thus contributing to the reduction of Bullying and all the impacts it causes.

We are featured in the media

Thursday, May 11, 2023 at 2:21 PM -0400 from
Simpson-Alvarez, Coralys (NBCUniversal)
<Coralys.SimpsonAlvarez@nbcuni.com>

Hello, thanks for getting back to me.... We would like to schedule an interview for the week of the 22-26 of May... Our sport reporter Farah Paret would record the studio and the anti-bullying program class. Also, she would talk with the instructor, and students to tell our viewers how martial arts can help the youth cope with their mental health, self-esteem and emotions...

