



Positive Power Anti-Bullycide Program ORANGE Rank



**Select skills from the blocks for skill level four students.
Tailor cardio workouts to the fitness level of your students.**

**The following and all previous level skills are
required to graduate to the Blue rank.**

A minimum of ___ classes are necessary to be eligible to test.

BLOCKING

As your students graduate to Orange rank, you want to focus with them on not getting hit by blocking a strike. They need to learn how to see and perceive incoming threats and deal with them in a manner that will impact them the least and have the most impact against their attacker.

First, proper blocking techniques should be emphasized, where the students are using the part of their arm, leg, hand, foot, torso, etc. that can take the most impact, while causing the least amount of pain to themselves.

Then, you should teach your students how to use the blocks as a counter, using their attacker's force against them. Just the pivot of a joint can put a bone in the path of projection. When the attacker strikes, they feel the punishment more than the intended victim.

Have your students alternate being solely the attacker, then solely the defender, so they can see that it is possible to protect themselves through defense alone, giving them the opportunity to see their way clear to an escape. Blocking should be a concise, tactical response to an attack that doesn't engage the emotions in the way that fighting back may.

MIND:

Discovering that they can block and defend themselves against an attack physically and blocking mentally until they can escape will give your students confidence to move forward in life.

BLOCK1

Being able to block what is coming at you is one of the hardest things in life.

In this section we will show students how to block and when to counter.

In martial arts this is called blocks and attacks, in this program

We call these blocks and countering negative energy.

Using the bad persons negative energy against them by incorporating physical

Escapes

with verbal counter escapes to diffuse bad situations.

BLOCK 2 (Mind/Body Skills) increase/decrease exercises

according to class fitness levels

60 crunches/15 squats/40 leg lifts with partner/20 rockers (2 sets)

15 traditional push-ups (in 2-3 sets) Straight back kicks standing (3 sets 15 each leg)

MIND: You down but not out/Straight back kicks from all fours (2 sets 20 each leg / on floor)

MIND: Which side are you going to be on? Teach Side kicks + Proper form + Partner +
Moving + Bag work

MIND: I can see clearly now/Double thumb eye strikes - moving forward + backwards (20)

MIND: Using my inner strength to avoid getting hurt/Jab cross punching with fading
technique inside block with partner + pads (3-5 min)

MIND: Sometimes you have to be pushed to get the job done/Teach Push blocks straddle
stance alternating left + right (2 sets 20 each)

Push block + Back fist + Elbow strike (2 sets 20 each)

MIND: Sometimes you have to just let stupid things roll off yaour back/
Teach Roll blocks (20 each side)

MIND: Sometimes you need a little help use what you have

Teach stick high blocks/down blocks/chest blocks/head blocks

BLOCK 3 (escape) Instructors: refer to the videos on your site click on orange rank

MIND: Not listening to this today/Talk to the Hand add knee l
ift in moving drills (2 sets 10 each side)

MIND: Some times you have to snake you way through the jungle of people/
Snake + round kick (2 Sets 10 each side)

MIND: I'm going up your not going to get me down

Up Yours + take down (2 sets 10 each side)

MIND: I am not a chicken I am a human being/Chicken Wing - step into straddle stance +
elbow strike (same hand same side)

MIND: I am thirsty to do great things in life and your not going to hold me back/Open The
Can (2 sets 20 both sides) First step to controlling bullying? Teach Bully chain protocol

Hand out bully chain form for them and their parents/guardians to fill out.

Sign a promise from and hand in to instructor they have their 3 links

In place for this school year.