

## Bullying – What can World Taekwondo do for your child?

Did you know that one in six children around Australia is likely to spend next week dreading the start of the school Term.

Do you know why?

It is because statistics show that they are likely to be victims of bullying in the school yard.

In South Australia there is evidence to suggest that a quarter of the 3335 students suspended during one school term were related to bullying.

**Most children who encounter bullying are likely to feel hopeless and powerless.** They are likely to feel anxious, depressed and angry and as result their school learning is negatively affected.

Teachers and school counsellors continue to educate students about their right to a safe school environment that is free of bullying and harassment yet often these same children relentlessly experience school bullying on a day to day basis.

### Isn't it time that bullied children learn the skills to protect themselves?

Many children handle bullying by doing nothing. However, books dealing with the topic of bullying recommend that children do a set of actions that help them deal with the issue. These actions include **learning a martial art and getting fit.**

A unique training program has been designed by the World Taekwondo Academy to help children increase confidence and self esteem and develop fitness as well as learning effective ways of dealing with dangerous situations.

Master Wahid Halimee (Head instructor and designer of the program) says, "Our program builds the students' strength and general physique so they don't appear weak and feeble, it teaches them how to look confident and look the attacker in the eye, speak loudly and demand attention as well as learn how to yell loud if they ever needed to."

Girls and boys from 5 years old attend classes with the Academy in centres all over Adelaide. For information about the program or to enroll your child in a nearby location please phone 0412 909 500 or 0412 965 905 or 08 8273 4221 or visit [www.worldtaekwondo.com.au](http://www.worldtaekwondo.com.au)



Master Wahid Halimee  
with a group of young  
World Black Belts.