



NOT WITH ME!

prevention

self-assertion

self-defense



Workbook and accompanying booklet for the **NOT WITH ME! Course**

Protect yourself from violence

This notebook belongs to:

Name:

Last Name:

www.djjv.de

“NOT-WITH-ME!”

Violence-Prevention-Project



The “Not-With-Me!” - Violence-Prevention-Project is the, through the German Ju-Jutsu Association (Deutscher Ju-Jutsu Verband) initiated, german wide, federally uniform prevention, self-assertion and self-defense concept.

Trained, licensed and at the subject competent course instructors, with appropriate experience, convey our concept age and target group appropriate to the course participants. The course system is targeted towards kids and teenagers.

To protect yourself from violence is an important basic need for every human. Our course wants to help children learn how to avoid danger, recognize dangerous situations and to defend themselves in an emergency. With our Violence-Prevention-Project we want to contribute to children and teenagers being able to grow up into self-confident strong personalities.

The Violence-Prevention-Project is based on three basic elements:

The prevention

The self-assertion

The self-defense

To illustrate this and to clarify the different steps, we use the so called “Traffic Light Principle”. In courses and on parent teacher evenings we often get asked how one can prepare for a dangerous situation or a threat, if you don’t even know yet what it is, or if there is a technique with which one will be able to escape every situation. Sadly, there is no such concept. There is no one technique that solves every problem and situation. There is no one self-defense technique that stops an attack pain free and also gently makes the attacker unable to fight. What we offer is a construction kit, that contains possible actions for different situations. These are the three steps after the “Traffic Light Principle” or better, after the “reversed Traffic Light Principle”.

Danger awareness – Prevention

Recognizing and avoiding threatening situations

Self – assertion

Flight or help

Physical defense – Self-defense

Defensive techniques

The three colours exemplify the steps or possible actions that will be learned and one should be able to later use variably. Green includes the area of prevention, yellow the area of self-assertion and red the area of self-defense, which is defined as the last resort. Ideally that is the area one should never be forced to step into.

The symbols in the notebook and their meaning



Here you can draw



Here you can write something



On this symbol your parents are allowed to help you



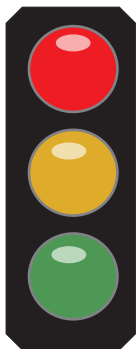
Reading out loud, describing something or asking



Here you can find further information with your smartphone

The (reversed) Traffic Light Principle!

The traffic light will accompany you through the whole workbook. The light either shines green, yellow or red.



Red means self-defense.

Here you get tips and techniques you can use, when you have to defend yourself. Remember that you can use some techniques only in an emergency!

Yellow means self-assertion.

Here you learn how to yell loudly and that you don't have to put up with everything.

Green means violence prevention.

Here you get to know what violence is and how you recognize dangerous situations.

REMEMBER!

! Try to avoid violence and dangerous situations.

! Be confident and show it.

! Self-defense techniques are your last resort!



THE 12 VALUES AND



1. Punctuality

Be on time to every training session.



2. Politeness

Treat your trainings partner and competition opponent like a friend. Show your respect to your partner and trainer by bowing.



3. Self-control

Never lose control over yourself, not even when you think the situation is unfair. Talk to your partner and trainer about your problem.



4. Respect

Show respect to those who have a higher belt than you, especially your trainers. Be loyal to your trainer, team mates and your club.



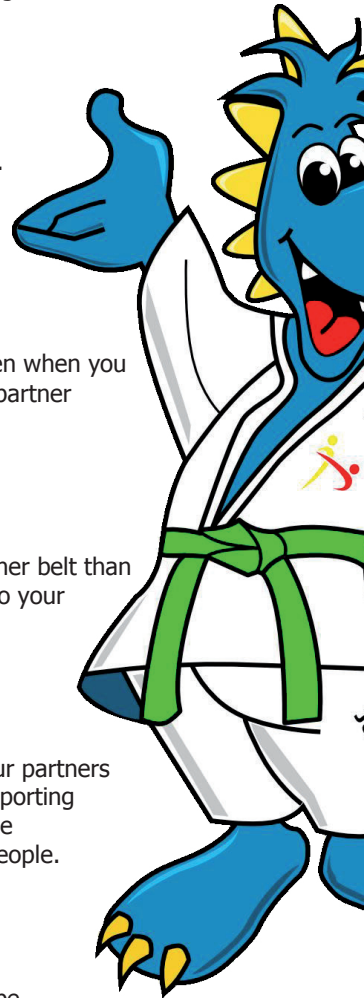
5. Honesty

Be honest during training and fair to your partners and trainers. Fight fair, without any unsporting actions and without ulterior motives. Be considerate of weaker and younger people.



6. Earnestness

During training or tournaments be concentrated and attentive. Be disciplined, practice diligently and develop a positive attitude to training.



JU-JUTSU/JIU-JITSU CODE OF CONDUCT

7. Friendship

Respect every person that you meet in sports. Have fun and be happy together with them. Friendship develops from that.



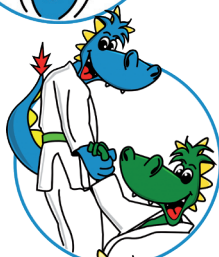
8. Courage

Show courage during fighting and the courage to take action outside of the dojo. Don't ever give up, even when you are about to lose.



9. Helpfulness

Help your partner to correctly learn the shown techniques. Support your partner and your trainer. Help new people to quickly settle into the group and integrate themselves. Strengthen the individual within the group and promote the unity of your group.



10. Cleanliness

Always wear a clean gi, which you only put on in the changing room of the dojo. Keep your hands and feet clean, finger and toe nails short.



11. Health

Pay attention to your health and protect your body. You will strengthen it through regular training. Say "NO" to drugs, alcohol and cigarettes.



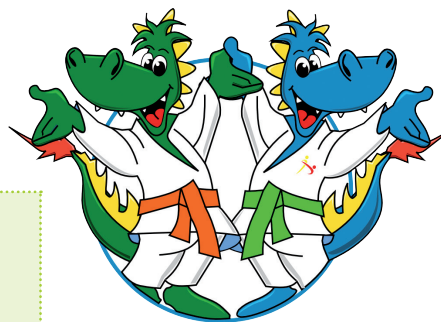
12. Modesty

Don't hog the limelight. Acknowledge other peoples achievements. Don't overdo it when you talk about your own success. Orientate yourself on those who are even better than you, only then will you reach your goals and only then will other people appreciate your effort. Always show motivation and preparedness to perform.



Violence – What is that?

Violence has many faces. It can hurt and kill, it can offend and exclude. Violence can be done by doing - that is, by biting, scratching and hitting - but also by words and threats. Violence can be directed against people, but also against animals or things.



How does violence come to be?



Draw or describe a violent situation, that you experienced or saw!

A large dashed rectangular box for drawing or describing a violent situation.



2. Mark how you felt during the violent situation.



A dashed circle for marking a level of happiness.



A dashed circle for marking a level of sadness.



A dashed circle for marking a level of neutrality.



A dashed circle for marking a level of anger.



Look closely at the pictures and describe in few words what you see!



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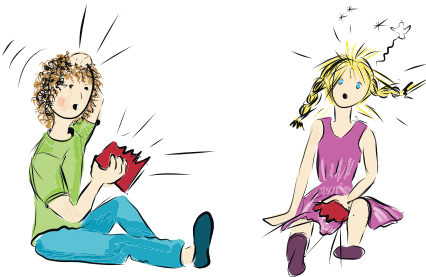
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Remember!

Arguments and violence often develop as shown in the pictures. Sometimes it is not enough to just not participate in an argument. Say loudly: "Stop, leave me alone!", go away and find help.

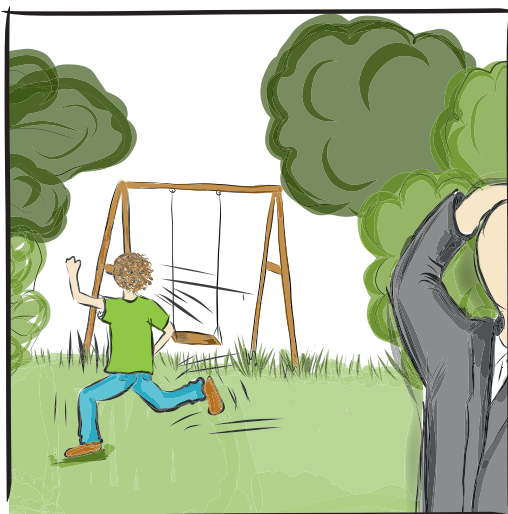
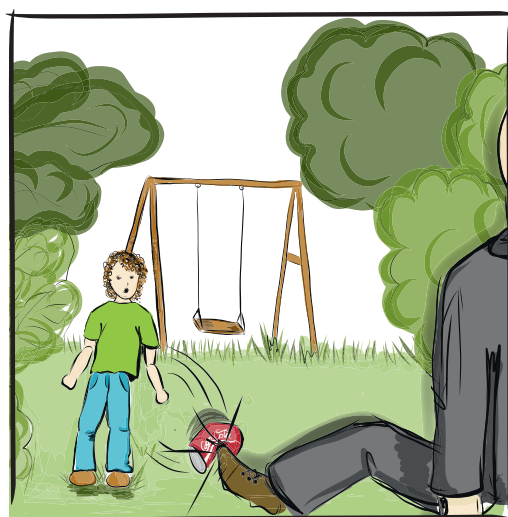




1. Prevention

Here you learn, how to recognize dangerous situations in time and avoid them, where you can go to be safe, get help and how to help others.

1.1. Recognizing dangerous situations!



How could the story continue?



You learned about strangers during the course, who strangers are and how you should act. JuJu says:

Remember!

- ! You don't have to go with a stranger and you don't have to answer questions if you don't want to.
- ! Tell your parents, grandmother, grandfather or somebody close to you where you are going
- ! Don't get in a strange car, not even just for a moment!
- ! Don't accept any gifts, sweets, animals, money or something else from stranger!
- ! Be careful when somebody tells you your parents had sent them!
(Arrange a password with your parents/grandmother/grandfather)
- ! Keep enough distance!
- ! Draw attention to yourself, say loudly: "Leave me alone!"
- ! Search for safety in a life raft.(open to change)
- ! Report suspicious people to your parents, grandmother, grandfather, teachers, janitor!
- ! Avoid dangerous situations, rather take a detour!





1.2. Helping and getting help

Help in the sense of helping others is a part of the cooperation in interpersonal relationships. It improves a noticed deficiency or changeable situation or emergency. Help is normally initiated by a plea of the person in need or an independent decision of the helper.

1.2.1 So somebody can help you:

- **Yell as loud as you can, so everybody can hear you!**
You will get a lot of attention that way.
- **Directly talk to people!**
Example: "You with the red shirt, help me!"
"Mr. Janitor, help me!"

1.2.2 How can you help others – Organizing help

Everybody should organize help, but you should not get yourself in danger while doing it! Getting help is also helping!

So you can help without putting yourself in danger.

- ! "Pay attention, so that the distance between yourself and the danger is always big enough, that you feel save!"
- ! Get help (also works with a phone) and draw attention to the situation!
- ! Find allies, that will support you in helping!
- ! Tell the victim, that you are helping!
- ! Remember how the attacker looks (attacker description) and what happened!
- ! Report the incident and talk about it with an adult!

If you trust yourself to do it, then:

- ! Try to help the victim flee, but do not attack the attacker!
- ! Speak to other people, that will support you in helping!
- ! Try to help with as much helpers as possible.



Practice with your parents, grandmother, grandfather or somebody close to you, how to make an emergency call.



An emergency call is done like this:

1. What happened?

Try to describe the incident in short keywords!

2. Where did the incident happen?

Location information – Town, street, house number and additional information
– Directions. In an unknown place? Ask passerbies if they can help. The more accurate the location information is, the faster help will come!

3. When did it happen?

Please state the time!

4. How many injured people?

Numbers of injured person.

5. Who's calling?

Please state your full name, so the operation center knows who they've been talking to. Don't be afraid to say your name. It can only be seen as positive, because you called help and really proved your courage!

Remember!

Here you get help:

- ! from your parents, grandmother, grandfather or someone close to you
- ! from your friends
- ! from a teacher, trainer
- ! from an adult
- ! from the police
- ! from a life rack

Notice:
Light and people!





2. Self-assertion – What is that?

Here you learn how you can show, with your body language, how strong you are, why you're allowed to loudly, clearly and seriously say: **"NO"**. And you get information about good and bad secrets and about the topic "sexual abuse".

2.1 I'm afraid, but I'm brave

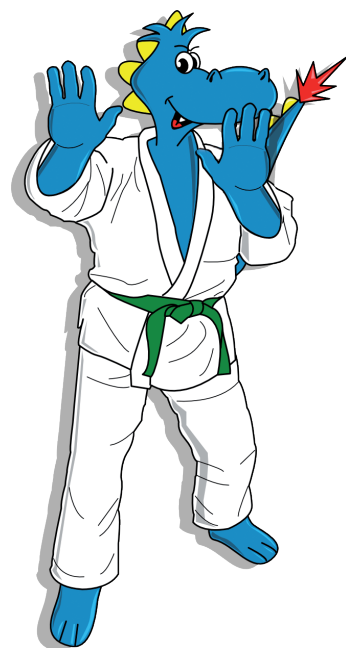
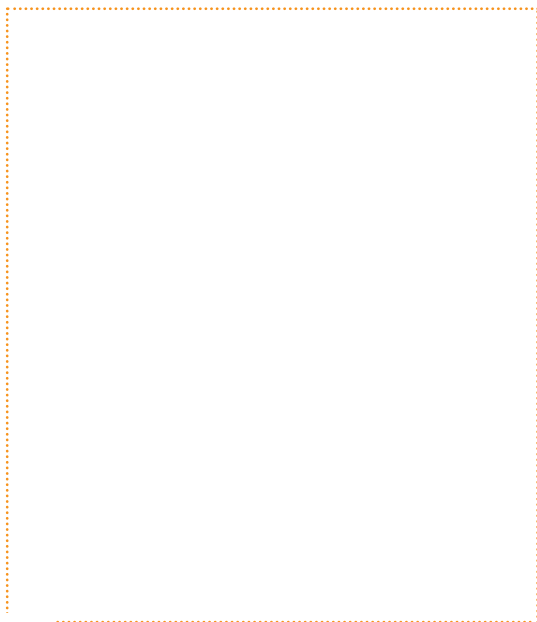
Fear is important! It's the alarm bell of your body and warns you in time. But you shouldn't allow your fear to make you small. You're afraid, but nobody sees it.

That works like this:

- Assume the defensive stance!
- Stand up straight, raise your head!
- Look in between your attackers eyes!
- Look serious and don't smile!
- Take your hands out of your pockets and hold them in between you and your attacker!
- Say loudly and clearly what the other should do!



Do it like JuJu! Look at yourself in the mirror.
Then draw yourself!





2.3 Saying No takes courage!

You are allowed to say No, when you feel uncomfortable in a situation or don't want something! You are allowed to defend yourself with words!



1. Think of a situation where you're allowed to say **NO!**

.....



2. Think of a situation where you should **not** say **NO!**

.....

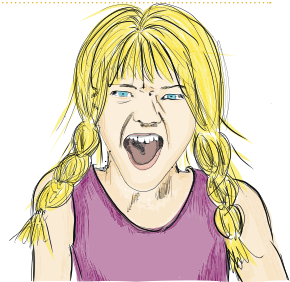
2.4 Your voice as a weapon



1. Practice at home how to yell loudly!



2. Answer the following questions..



1. Who in the course yells the best?

.....

2. What do you yell when somebody wants your pocket money?

.....

3. What do you yell when somebody grabs your wrist?

.....



2.5 Good and bad secrets

There are good and bad secrets.

Good secrets make happy, for example a birthday surprise.

Bad secrets make sad and make you feel glum and give you a stomach ache.

They're not real secrets, because you should tell them!

That is not snitching!

Be careful when somebody..

...is especially nice, only to you!

...makes you presents without reason!

...promises you a secret!

...allows you to do normally forbidden things!

...touches you weirdly or uncomfortably,
apparently on accident!

...



Tell your parents, teachers when somebody...

...makes stupid comments about your body!

...stares at you a lot!

...touches you weirdly or uncomfortably
or grabs you!

...

3. Self-defense – What is that?

Here you learn how to protect and defend yourself.

To do that JuJu and the kids show you effective self-defense techniques from Ju-Jutsu/Ju-Jitsu/Jiu-Jiutsu. There are other techniques that can protect you or that you can defend yourself with.



3.1 Self-defense is allowed!

There is a law that says that everybody is allowed to defend themselves when they're attacked! That means for you that when you don't want something, you don't have to allow it. Saying No, but also physically defending yourself when somebody is hurting you, is allowed!

Remember!

You are allowed to defend yourself!

Even when you hurt the attacker, you won't be punished.

If you can: "Run away and get help!"

That is not cowardly, but smart!

Hitting and kicking is only allowed if there is no other possibility!

Revenge is not self-defense!

It is also **not self-defense** if you annoy someone until they attack you.





3.2 Self-defense techniques



1. Gripp opener



Adult info:

Please read the info carefully, so you can practice the technique with your child.

If your hand is held by two other hands, you can free your hand by using a grip dislodging; Yell loudly "Let me go!" Take a step towards the attacker, grab your own hand and pull it up and to you, out of the attackers grip. Then run to a life raft!

Attention: In a grab the thumbs are always the weakness. There you can wiggle out your hand.

Is the attacker bigger and stronger than you, you first have to use the nose rub, the tiger claw strike or the kick against the shin!(Depending to how dangerous the situation is).



2. Passive blocks



Adult info:

With the passive block in head height you can protect your head, when somebody attacks you with a slap to the face.

It is important that your arm is firmly pressed against your head. Be careful, that the whole head side is protected and there are no gaps.



Rubbing on the nose

Adult info:

It is very uncomfortable if there is suddenly a hand in your face. Because of that the nose rub is ideal to distract an attacker.

If you are more afraid of the situation, then you can press harder on the nose.



Kick to the shin

Adult info:

The kick to the shin can help to loosen an attack and give a possibility to flee.



The tiger claw hit (Ball of the hand technique)

Remember: Only in serious cases! Never for fun!

Adult info:

Make a tiger claw! Hit with the ball of the hand! Hit with full power on the nose or in the genitals! Yell as loud as you can: "No, let me go!" Then run away.



Ju-Jutsu as...



SPORT

Ju-Jutsu/Jiu-Jitsu is made for everybody. For old and young, for athletic and unathletic people. Ju-Jutsu/Jiu-Jitsu brings people together. You learn consideration and to trust your team mate. With time you get more athletic and flexible. You get to know new friends, who you will have a lot of fun with. At examinations you can prove your ability and make your success clear through the colour of your belt. For kids & teenagers two characteristics are especially important: More security through self-assertion and self-defense techniques, as well as physical fitness through movements with fun.

COMPETITION SPORT

Ju-Jutsu/Jiu-Jitsu is a modern competition sport. A long time ago, Jiu-Jitsu and related sport were only used for self-defense. To be able to compare the athletic performances, techniques were grouped together in a system and made more athletic. The Ju-Jutsu/Jiu-Jitsu competition is diverse, dynamic and extremely interesting. Ju-Jutsu/Jiu-Jitsu competitions are not only national, but also international. Since 1993 European Championships are held. The first World Cup took place in 1993 in Copenhagen. The Ju-Jutsu/Jiu-Jitsu competition is divided in 3 systems: Fighting/Duo/Ne-Waza (BJJ). There is a national team for all 3 disciplines.

MODERN SELF-DEFENSE

The topic of self-defense is, for us, inseparable connected with the terms "violence prevention" (recognizing and avoiding dangers) and "self-assertion". The use of self-defense techniques is always the last resort! In self-defense we learn to react in an appropriate way to unwanted attacks. That means using all means to end the attack fast while endangering ourselves as little as possible. We not only learn to defend ourselves when we are in distress (self-defense), but also how to help others in distress (emergency assistance).



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DEUTSCHER JU-JUTSU
VERBAND



Gefördert vom:



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für Familie, Senioren, Frauen
und Jugend



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VERBAND**



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