

Day 1 – Course schedule „Not-with-me!“

Time schedule	Theme/ Intention	Exercise, games and organization forms	Main points	Materials
5 minutes	Introduction of the instructor and the course system	Introduction in a circle, asking for expectations of the kids		
5 minutes	Small introduction round, Getting-to-know games	Greeting rituals, Name throwing, to get to know each other sorting tasks on a bank		
10 minutes	Behaviour rules of the samurai	Line up at the beginning and the end, no running around or yelling, always gather at the same place on command and sit down, who wants to say something has to put their hand up, stop-rules for techniques and role play	Rules: -no running around and yelling -gather on command and listen -signal rules, stop rules	
10 minutes	Experience with violence	Group talk (Asking the kids for their experiences)		
5 minutes	Violence, types of violence	Group talk (Asking the kids for their experiences)		
10 minutes	Perception of violence	Violence barometer (% or smiley) The kids are asked about the above named violence types and how they feel about them. The four smileys are laid on the ground and the kids run to them	Everybody perceives violence differently! Insults are also violence!	Violence barometer smileys
5 minutes	Voice training	-Yell game Ha Hu, kids run around, if somebody comes towards them they put their arms up and yell Hu or Ha as loud as they can -Yell like a lion	Loud yelling is extremely important when your in danger.	
5 minutes	Voice training	Yell circle	Leave me alone! Let me go! Help!	
5 minutes	Voice training, getting help and helping	Paramedic game	Only if we help each other we can win. Explaining life rafts!	
5 minutes	Balance fights	Line game: duel on a line (trying to break the opponents balance), duel pulling the partner over the line, lead in to grip opener		Lines or ropes or belts on the ground
5 minutes	Grip opener	Santa's sack	Rules: standing still and concentrating on the exercise	

5 minutes	Grip opener	With yelling: "Let me go!" and running away	In what situations can you defend yourself like that?	
5 minutes	Duel games	Newspaper fight, balloon, trying to hit the head and protecting it with the hands		Balloon or newspaper
5 minutes	Passive parry	Practice technique with a balloon	Protect your head!	Balloon or newspaper
5 minutes	Passive parry	Passive block against slaps and then yelling loudly and running away!	Yell and run away!	
5 minutes	Reflecting on the lesson, Homework	5-7 years: page 1 – 9 / page 20 8-11 years: 1- 15 /page 24		Giving out of Work & Accompanying workbooks
	Line up			

Day 2

Time schedule	Theme/ Intention	Exercise, games and organization forms	Main points	Materials
5 minutes	Review homework			
5 minutes	What is martial arts? #What kind of martial arts do you already know and why do they exist?	Explaining what Ju-jutsu is -fair fights Separation: tournaments and self-defense		
5 minutes	Witch catching	Witch catching, only who yells loudly for help gets saved		
10 minutes	Emergency defense, conveying emergency rights When am I allowed to defend myself? How can I defend myself?	Gathering and talking about practical examples or role play with an observer role. Kid appropriate: If you don't want something you have to say so and defend yourself. Say No! If you're physically attacked: There is a law that says that everybody is allowed to physically defend themselves if they're attacked. Also important: Talk to your parents!	-If I'm attacked I am allowed to defend myself -Revenge is no emergency defense! Emergency defense does not apply to provocation! -Hitting and kicking is only allowed if there is no there possibility/help Proportionality!	
10 minutes	Body language	Doughman Kids describe their body language		
5 minutes	Self-defense position	Deescalating self-defense position: Kids should stand on a line	Stand straight and upright! Take your hands out of your pockets and hold them in between you and your opponent!	
5 minutes	Self-defense position and angry look	Deescalating self-defense position: Kids should stand on a line	Look your opponent in the eye! Don't smile or laugh!	

10 minutes	Distance	Group talk, explaining distance exercise form distance, stopping the attacker with voice and body language	Example house, garden, garden fence. Establishing or keeping distance (Stop!). The smallest safe distance is when the attacker has to take a step to touch you!	
5 minutes	Distance exercises with grabbing and opening	Exercise form: distance line with gripping the arm and subsequent yelling and grip opening	Let me go!	
5 minutes	Kick to the shin	If the attacker is to string for the grip opener use a shock technique	Let me go!	Punch pad
5 minutes	SD-fall	Protect head while on the ground	If somebody pushes or trips you, you have to defend yourself during the fall	
5 minutes	Exercise form SD-fall	Cath game, who executes SD-fall can't be caught		
5 minutes	Passive parry	Als Staffellauf oder andere Übungsformen	Schütze deinen Kopf! Schreie und laufe weg!	
5 minutes	Reflecting on the lesson, Homework	5-7 years: page 10 – 14/page 19 8-11 years: page 16-18/ page 23		
	Maximal planing	Sock robbery		
	Line up			

Day 3

Time schedule	Theme/ Intention	Exercise, games and organization forms	Main points	Materials
5 minutes	Review homework			
5 minutes	Warm-up game	Elephant catching		
20 minutes	Strange people	Draw life-sized picture and let the "pain points" be drawn on it. Afterwards discuss with the kids.	You can't see if a strange person is bad! A person that my parents don't know is a stranger!	Big paper and coloring pencils
10 minutes	Strange people		It's hard to hurt an adult! Always keep your distance from strangers!	
5 minutes	Witch catching	Coaches are catchers, coaches try to grab the kids by the wrist. Grip opening		
5 minutes	Voice training	Distance running: Whoever runs the furthest while yelling wins.	Your voice is your most important weapon. With it	

			you can get help and drive attackers away.	
15 minutes	Saying-No	Story "the small and big no" Yes-No-games Roll plays	If you don't want something, you can and have to say no!	Story "the small and big no" Roll play: saying no
	Life rafts What are life rafts and where are my life rafts?	Homework in the workbook Group talk	Everywhere you can get help is a life raft. Always think about where your lif rafts are. (secretary office, teachers lounge, bakery, police, emergency telephone)	Banner life rafts
5 minutes	Ear yelling	Relay: Coach grabs kids by the shoulders (like they want to pick them up)	If you yell really loudly in the ear, that can hurt and you get attention from others	Earplugs for the coach
5 minutes	Grip breaking	Rocket and windmill	This is how you can defend yourself when somebody grabs your t-shirt or jacket.	
5 minutes	Passive parry	Passive parry against punch pad attacks from the coach, other exercise forms and repetition.	Protect your head!Yell and run away!	
5 minutes	Reflecting on the lesson, Homework	5-7 years: page 15 - 16 completely / page 20 8-11 years: page 19 – 22		
	Line up			

Day 4

Time schedule	Theme/ Intention	Exercise, games and organization forms	Main points	Materials
5 minutes	Review homework			
5 minutes	Strting game grip openers	Exercise forms, walking around and everyone against everyone, grabbing with subsequent yelling and grip opening.		
5 minutes	Strange people	"Price for coming" (Console, scooter) What do you desperately want? (Smartphone, console, pony etc.) Poster Soccer trick, (poster: a stranger talks to you)	For what present do I go with them? (bring myself in danger?)	
5 minutes	Voice training	Yell circle	Leave me alone! Let me go!	

			Help!	
5 minutes	Mobbing, Stalking, Bullying	Group talk • Clarification	What is bullying! Why is bullying so bad! Laughing is also bullying!	
15 minutes	Getting help Conveying the meaning of help and getting help	Ambulance game Group talk "How can I get help" Roll play	You have to directly talk to people and ask for help! Other kids often can't help themselves but can get help! Getting help is not snitching!	Roll play getting help
5 minutes	Nose rubbing	Partner exercise	If someone embraces or hassles you, you can defend yourself with nose rubbing	
5 minutes	Ball of the hand punch (Tiger claw)	Relay and hitting the punch pad	In dangerous situations when your afraid, you can use the tiger claw	Punch pads
5 minutes	Carrot farming			
5 minutes	Reflecting on the lesson, Homework	5-7 years: page 7 repeat / page 21 8-11 years: page 25 - 29		
	Line up			

Day 5

Time schedule	Theme/ Intention	Exercise, games and organization forms	Main points	Materials
5 minutes	Review homework			
5 minutes	Spiel: Carrot farming			
10 minutes	Sexual violence	<p>Story Aunt Huggy</p> <p>Poster secrets</p> <ul style="list-style-type: none"> - There are people that e´are especially nice to kids and try to touch their genitals. → that is forbidden for teenagers and adults - The adult or teenager knows this. Because of that they try to keep it secret and say that it is a secret and that it has to stay a secret - There are good (birthday party) and bad secrets (b.s.) (sexual abuse). b.s. give a stomach ache. 	<p>You don't have to let yourself be cuddled or kissed, if you don't want to!</p> <p>You don't have to let yourself be pet or pet someone if you don't want to!</p> <p>There are good and bad secrets. Stomache ache secrets, you have to tell someone.</p> <p>Children emergency line, social worker and counseling centers can help</p>	<p>Geschichte Tante Schmuse</p> <p>Plakat Geheimnisse</p>

		- Sometimes people threaten. But you have to tell the b.s. to someone. (parents, trusted person, etc.)		
10 minutes	Dangers on the internet	Comic (Sorting cards and then discussion in the group)	You never know who you're talking to! It is very easy to lie on the internet!	
5 minutes	Dangers on the telephone	Behaviour on the telephone, poster	You don't have to talk to anyone on the telephone! Hang up if something seems weird! Tell your parents about it!	
5 minutes	Yell circle with self defense position and angry look and no-saying (yelling)		If you don't want something you can and have to say no!	
5 minutes	Thigh pincher		If somebody holds you in a headlock and won't let you go, pinch them in the thigh.	
5 minutes	Grip opener	Relay		
5 minutes	Grip breaker	Relay		
5 minutes	Snake catching			
5 minutes	Passive block	Relay		
5 minutes	Ball of the hand punch (Tiger claw)	On punch pad (or plastic board)		
5 minutes	Nose rubbing	Partner exercise		
5 minutes	Duel games	Pulling into the field or shark game		
5 minutes	Reflecting on the lesson, Homework	5-7 years: page 17 -18 completely 8-11 years: Time to do everything till the next course		

Day 6

Complex exercise situations or roll plays in which the traffic light is run through.

All techniques and behaviors should be repeated in the exercise forms.

Exercise 26 and 27 in the unit.s