

„NOT-WITH-ME!“

VIOLENCE PREVENTION OF THE YOUTH IN THE GERMAN JU-JUTSU ASSOCIATION

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.

WHITE RING,
HESSIAN UNIVERSITY,
FOR POLICE AND ADMINISTRATION
IN WIESBADEN,
UNIVERSITY HEIDELBERG,
AND MANY MORE

WE TRAIN COURSE INSTRUCTORS
AND CHILD PROTECTION OFFICERS.
THE EDUCATION OFFER IS
COMPLETED WITH EVENTS
FOR FURTHER EDUCATION ABOUT
SUBJECT LIKE CIVIL COURAGE.
THROUGH THE JUJU ACADEMY
ASSOCIATIONS CAN BOOK
EVENTS.

WE HAVE OVER 1,200 TRAINED,
LICENSED AND AT THE SUBJECT
COMPETENT COURSE INSTRUCTORS,
WITH APPROPRIATE
EXPERIENCE TO CONVEY OUR
CONCEPT AGE AND TARGET GROUP
TO KIDS AND TEENAGERS AT
ELEMENTARY SCHOOL AGE.



WE HAVE WORK AND ACCOMPANYING
BOOKLETS FOR KIDS OVER 5 YEARS AND
KIDS OVER 8 YEARS. A DETAILED
COURSE INSTRUCTOR GUIDE, PROJECT
FLYERS, PRESENTATION PORTFOLIO,
USB STICKS, STICKER, PARTICIPATION
CERTIFICATES, PROJECT ACCOMPANYING
SD-BELT, COURSE PROCESS PLAN.

THE VIOLENCE-PREVENTION-PROJECT
IS BASED ON THREE BASIC ELEMENTS:
**PREVENTION – SELF-ASSERTION –
SELF-DEFENSE.**
TO ILLUSTRATE THIS AND TO CLARIFY
THE DIFFERENT STEPS, WE USE THE SO CALLED
“REVERSED TRAFFIC LIGHT PRINCIPLE”.
WE OFFER A CONSTRUCTION KIT, THAT
CONTAINS POSSIBLE REACTIONS TO
DIFFERENT SITUATIONS.
THESE ARE THE THREE STEPS IN 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 PROJECT WAS AWARDED AT THE COMPETITION
“ACTIVE FOR DEMOCRACY AND TOLERANCE”
FROM THE ALLIANCE FOR DEMOCRACY AND TOLERANCE –
AGAINST EXTREMISM AND VIOLENCE IN 2013.
THE COMPETITION IS A WAY FOR THE BY THE FEDERAL
GOVERNMENT FOUNDED ALLIANCE TO SUPPORT CIVIL
SOCIETY ACTIVITIES IN THE AREA OF PRACTICAL
DEMOCRACY AND TOLERANCE PROMOTION.



**DEUTSCHER JU-JUTSU
VERBAND**