

# **TIME OUT FOR BULLIES**

How To Stop Any Bully...Any Time...Any Where



By Mary Gambordella

**Self Defense for Children  
by Children who aren't Black Belts**

# Introduction



Mary and  
her Pal

There are a lot of self defense books for Children On the market. And 95% of them deal with Children who are attacked by grown men. These books are very valuable and important, but I have found that I am much more likely to be attacked or harassed by other Children, especially Bullies.

I wrote this book to show techniques that the average boy or girl can do to stop a Bully, anytime, anywhere. The moves are very simple, easy and practical. You can do them without training in a Karate School. You don't have to be a Black Belt. You don't have to take Karate. All you have to do is study the moves and try them on a friend until you learn to do them. If you practice each move at least 20 times. I think you will be able to use them against most bullies and Stop Them.

Do not try them to hurt anyone. Only to defend yourself.

Good Luck,

# STANCES KICKS BLOCKS STRIKES

Lets me say one thing before we start learning our stances, blocks, kicks, strikes. **I AM NOT A BLACK BELT in Karate or anything else.** I have taken about 3 weeks of Karate and that is it. These stances, kicks, blocks, strike that you see, **WILL NOT BE PERFECT**, for a very good reason. The average kid will never have taken Karate and will do the techniques like me doing



BASIC DEFENSIVE STANCE  
FRONT VIEW



BASIC DEFENSIVE STANCE  
SIDE VIEW



FRONT SNAP KICK  
Bring the knee up  
keep your hands up



SNAP THE KICK OUT



# STANCES KICKS BLOCKS STRIKES



FRONT ELBOW SMASH



SIDE ELBOW STRIKE



DOUBLE HAND STRIKE



KNEE STRIKE



FRONT STOMPING KICK



# STANCES KICKS BLOCKS STRIKES



FRONT PALM HEEL STRIKE  
HOLD THE FINGERS BACK  
VERY TIGHT



STRIKE OUT WITH A STRAIGHT ARM  
STEP WITH THE PUNCH



KNIFE HAND STRIKE  
HOLD THE FINGERS TIGHT  
TOGETHER



STRIKE ACROSS THE BODY  
WITH THE SIDE OF THE HAND



ELBOW STRIKE. HOLD  
THE ARMS TIGHT TO  
THE SIDES OF BODY



STEP AND STRIKE WITH  
POINT OF ELBOW TOWARDS  
THE TARGET



# STANCES KICKS BLOCKS STRIKES



X HEAD BLOCK

RAISE THE HANDS DIRECTLY  
OVER THE HEADT



X GROIN BLOCK

LOWER THE HANDS  
DIRECTLY OVER THE GROIN



RIGHT DOUBLE  
ARM SIDE BLOCK



LEFT DOUBLE  
ARM SIDE BLOCK



KNEE SMASH USING  
HANDS TO PULL THE  
HEAD DOWN



CHEST BLOCK WITH ARMS  
GROIN BLOCK WITH LEG



# FLEXIBILITY & STRENGTH EXERCISES



BODY CIRCLES  
KEEP HANDS ON HIPS  
AND ROTATE BODY IN CIRCLES  
TO THE RIGHT AND LEFT



ARM AND SHOULDER STRETCH  
REACH AS HIGH AS YOU CAN



ARM CIRCLES  
SWING THE ARMS IN CIRCLES  
AROUND THE BODY



ARM TWISTS  
TWIST THE ARMS ACROSS THE  
BODY RIGHT AND LEFT



HIP CIRCLES. KEEP THE  
HANDS ON THE HIPS AND  
CIRCLE LEFT AND RIGHT



NECK CIRCLES ROTATE THE  
HEAD IN CIRCLES LEFT AND RIGHT



# FLEXIBILITY & STRENGTH EXERCISES



BASIC LEG STRETCH  
BEND OVER AND PULL  
HEAD TO LEFT KNEE



BASIC LEG STRETCH  
BEND OVER AND PULL  
HEAD TO RIGHT KNEE



PULL ARMS DOWN UNTIL  
THEY TOUCH THE GROUND



HORSE STANCE STRETCH  
BEND LOW AND KEEP THE  
LEGS SPREAD APART



LOW DROPPING STRETCH  
DROP TO THE RIGHT AND  
DROP TO THE LEFT SIDE



DROPPING KNEE AND  
HAMSTRING STRETCH  
DO BOTH SIDES



# FLEXIBILITY & STRENGTH EXERCISES



V STRETCH  
PULL THE HEAD DOWN  
TO THE LEFT AND RIGHT



W STRETCH  
PULL THE HEAD DOWN  
TRY TO TOUCH THE GROUND



L STRETCH  
KEEP LEGS TOGETHER  
AND TRY TO TOUCH KNEES



BUTTERFLY STRETCH  
HOLD THE ANKLES  
AND TRY TO PUSH KNEES  
DOWN TO THE GROUND



# FLEXIBILITY & STRENGTH EXERCISES



BASIC SIT UPS  
CROSS THE ARMS  
IN FRONT OF CHEST



SIT UP UNTIL YOU  
ARE STRAIGHT UP



LEG LIFTS  
KEEP THE LEGS STRAIGHT  
AND HANDS UNDER BACK



LIFT THE LEGS ABOUT  
45 TO 65% STRAIGHT UP



V SIT UP  
LIFT THE LEGS AND  
HEAD TOWARDS THE FEET



KNEE AND ARM SIT UP  
KEEP THE KNEES OFF  
THE GROUND AND SIT UP



# FLEXIBILITY & STRENGTH EXERCISES



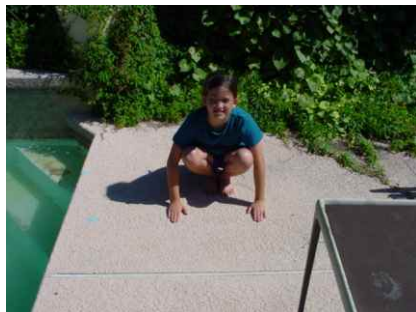
PUSH UPS  
YOU MAY DO YOUR PUSH UPS  
WITH A STRAIGHT BACK  
OR FROM YOUR KNEEST



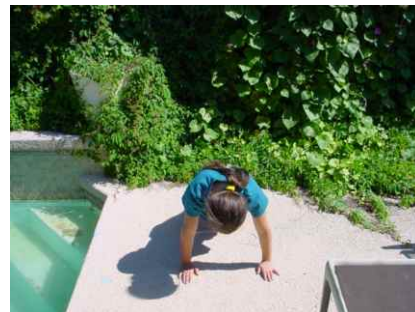
ADVANCED PUSH UPS  
STAND WITH ARMS OUT FRONT



GO DOWN TO A SQUAT



PUT YOUR ARMS  
ON GROUND



JUMP BODY STRAIGHT  
BACK AND BACK TO  
SQUAT POSITION



# STANCES KICKS BLOCKS STRIKES



KNEE TO STOMACH



STOMP TO THE TOP OF FOOT



KICK TO GROIN



ELBOW TO FACE/NOSE



LIFTING ELBOW TO NOSE



# ESCAPES & DEFENSES

## ESCAPE FROM A ONE HANDED GRAB



THE BULLY GRABS YOUR RIGHT WRIST



MAKE A FIST AND GRAB YOUR FIST



PULL YOUR ARM FREE



FINISH WITH A KICK TO THE STOMACH



# ESCAPES & DEFENSES

## ESCAPE FROM A TWO HANDED GRAB



THE BULLY GRABS WRIST WITH BOTH HANDS



MAKE A FIST TURN SIDWAYS  
AND GRAB YOUR FIST



LEAN BACK TO PULL  
YOUR ARM FREE



FINISH WITH A KICK TO THE STOMACH



KNOCK HIM BACKWARDS  
AND RUN AWAY

<http://www.theinstructors.com>



# ESCAPES & DEFENSES

## ESCAPE FROM A FRONT CHOKE



TIGHTEN YOUR NECK



MAKE DOUBLE FISTS  
AND PUSH THE FISTS  
UP HARD BETWEEN HIS ARMS



WHEN THE ARMS GET  
TO THE TOP PULL DOWN HARD



SMASH THE ARMS AGAINST HIS  
TO BREAK THE HOLD



FINISH WITH KICK TO STOMACH

<http://www.theinstructors.com>



# ESCAPES & DEFENSES

## ESCAPE FROM A HAIR GRAB



REACH UP AND HOLD THE HAIR TO STOP THE PULLING



BEND DOWN AND BEGIN TO TURN TOWARDS HIM



KEEP TURNING UNTIL YOU FACE THE BULLY



SMASH A STRIKE INTO HIS GROIN



IF THE HAIR IS GRABBED IN FRONT



SNAP A KICK INTO THE GROIN

# ESCAPES & DEFENSES

## DEFENSE AGAINST A PUNCH



BLOCK THE PUNCH WITH  
A TIGHT LIFTING ARM BLOCK



IMMEDIATELY COUNTER WITH  
A SMASH TO THE SOLAR PLEXUS



FINISH WITH AN ELBOW TO NOSE

<http://www.theinstructors.com>



# ESCAPES & DEFENSES

## DEFENSE AGAINST A GRAB



HOLD THE ATTACKING ARM



SMASH YOUR ARM INTO HIS ARM  
TO WEAKEN HIS HOLD AND  
MOVE HIM CLOSER



QUICKLY SMASH A RIGHT  
ELBOW TO HIS FACE



FOLLOW WITH A LEFT  
ELBOW TO HIS FACE  
TO FINISH HIM.



# ESCAPES & DEFENSES

## DEFENSE AGAINST A BEAR HUG



STOMP THE FOOT TO LOOSEN  
THE HOLD



SMASH YOUR LEFT ELBOW INTO  
HIS STOMACH



QUICKLY SMASH A RIGHT  
ELBOW TO HIS STOMACH



BREAK FREE AND  
SMASH INTO HIS GROIN



REACH UP AND GRAB  
HIS EARS TO PULL  
HIM FORWARD



SMASH YOUR KNEE  
INTO HIS NOSE



# ESCAPES & DEFENSES

## DEFENSE AGAINST ARM PUSH



YOU ARE PUSHED BY  
THE BULLY



TURN INTO THE PUSH  
AND SMASH YOUR KNEE  
INTO HIS STOMACH



RAISE BOTH YOUR HANDS  
INTO A LOCK



SMASH YOUR HANDS ONTO  
THE BACK OF HIS NECK



# ESCAPES & DEFENSES

## DEFENSE AGAINST HEAD LOCK



SLAP INTO HIS GROIN  
TO LOOSEN THE GRP



REACH UP AND GRAB HIS  
HAIR PULLING HIS HEAD BACK



SMASH YOUR PALM  
INTO HIS THROAT



DROP TO YOUR KNEE AND  
PUNCH HIS GROIN



FINISH WITH A CHOP UP INTO THE GROIN

<http://www.theinstructors.com>



# ESCAPES & DEFENSES

## DEFENSE AGAINST A REAR CHOKE



TIGHTEN YOUR NECK TO KEEP THE CHOKE FROM HURTING



LIFT THE FRONT LEG VERY HIGH



KICK STRAIGHT BACK INTO HIS STOMACH



DROP TO YOUR KNEE AND PUNCH HIS CHEST



FINISH WITH A SMASH UP INTO THE GROIN

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# ESCAPES & DEFENSES

## DEFENSE AGAINST KISS AND A HUG



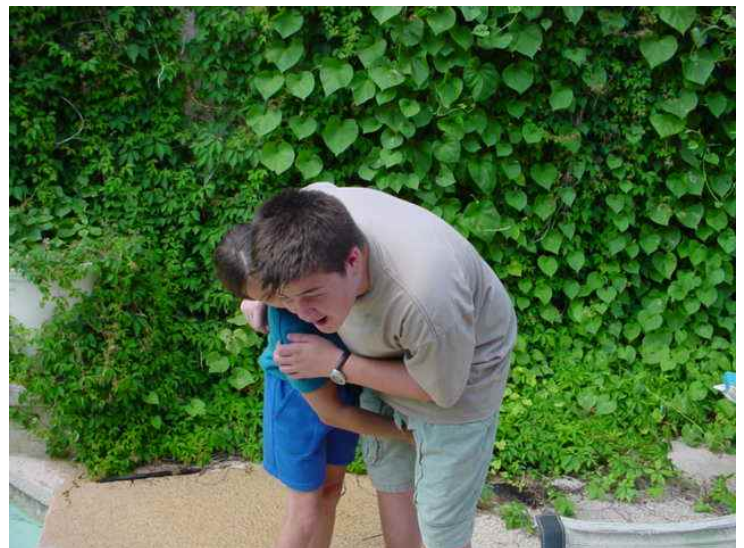
THE BULLY TRIES TO GIVE  
YOU A KISS



SMASH YOUR PALM INTO HIS NOSE



THE BULLY TRIES TO GIVE  
YOU A HUG



TWIST TO THE SIDE  
AND SMASH HIS GROIN



# ESCAPES & DEFENSES

## DEFENSES WITH A BRUSH



THE COMB IS A DANGEROUS WEAPONS IF USED RIGHT



SMASH THE COMB INTO THE GROIN



SMASH THE COMB INTO THE SOLAR PLEXUS



SMASH THE COMB INTO HIS EAR



SMASH THE EDGES AGAINST THE EYES



SMASH THE END INTO HIS TEETH



# ESCAPES & DEFENSES

## DEFENSES WITH A PEN OR PENCIL



STRIKE THE BACK OF  
THE HAND TO BREAK  
HIS GRIP



STRIKE INTO THE EAR



STRIKE THE POINT  
INTO HIS STOMACH



STRIKE THE POINT  
INTO HIS FOREARM



STRIKE INTO HIS  
NECK



STRIKE INTO HIS  
GROIN



PULL THE POINT  
THRU HIS CHEEK



PULL THE POINT  
THRU HIS NOSE



PULL THE POINT  
THRU HIS EYE

**WARNING: DO NOT POKE HIS EYE UNLESS YOUR  
LIFE IS THREATENED.**

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# ESCAPES & DEFENSES

## DEFENSES WITH A KEY



HOLD THE KEY  
FIRMLY



STRIKE INTO THE  
RIBS



YOU CAN CUT  
THE FACE OPEN



PULL UNDER THE  
TEETH TO LOOSEN  
OR BREAK TEETH



PULL THE NOSE  
APART



CUT THE EYE



PULL THE POINT  
THRU HIS CHEEK



PULL THE POINT  
THRU HIS EAR



PULL THE POINT  
THRU HIS CHEEK



# ESCAPES & DEFENSES

## DEFENSES WITH BACK PACK



YOUR BACK PACK IS GRABBED FROM BEHIND



YOU PULL YOUR ARMS FREE



TURN AND KICK HIM IN THE GROIN



TAKE OFF YOUR PACK AND SMASH INTO HIS STOMACH



PULL BACK THE PACK AND SMASH HIS GROIN



SMASH THE PACK INTO HIS FACE



# ESCAPES & DEFENSES

## SELF DEFENSE BALL UP



THE BEST DEFENSE WHEN YOU  
ARE ON YOUR BACK IS  
TO ROLL INTO A BALL



IT MAKES IT VERY HARD  
TO BE PULLED APART



IT IS THE BEST DEFENSE  
AGAINST A KICK



WHEN HE TRIES TO PULL YOU  
APART



YOU CAN SNAP A KICK INTO  
HIS GROING



# ESCAPES & DEFENSES

## SELF DEFENSE AGAINST GRAB2



YOU ARE ABOUT TO BE GRABBED BY A LARGE BULLY



SNAP A KICK INTO HIS SHIN



DROP TO YOUR KNEE AND SMASH INTO HIS GROIN AREA



WHEN HE FALLS TO THE GROUND YOU MAY CHOKE HIM OUT



# ESCAPES & DEFENSES

## Multiple Attackers



YOU ARE GRABBED  
ON EACH ARM  
BY 2 BULLIES



SNAP A KICK INTO  
THE GROIN OF ONE



TAKE YOUR OTHER LEG  
AND BACK KICK INTO  
HIS STOMACH



WHEN HE BENDS OVER  
SMASH A DOUBLE HAND  
STRIKE INTO HIS NECK



FINISH THE FIRST MAN  
WITH A KNEE SMASH



# ESCAPES & DEFENSES

## Multiple Attackers



YOU ARE GRABBED  
FROM BEHIND BY ONE  
AND ATTACKED IN FRONT



SNAP A KICK INTO  
THE GROIN OF THE BULLY  
IN FRONT



TAKE YOUR HEEL AND SMASH  
THE TOP OF THE FOOT  
OF THE BOY HOLDING YOU



FINISH HIM WITH AN  
ELBOW TO THE  
RIBS OR GROIN



FINISH THE FIRST MAN  
WITH A SNAP KICK TO FACE

<http://www.theinstructors.com>



# ESCAPES & DEFENSES

## Multiple Attackers



YOU ARE STRETCHED  
BOTH ARMS BY THE  
BULLIEST



SNAP A KICK INTO  
THE GROIN OF THE BULLY  
IN FRONT



TAKE YOUR HEEL AND THRUST  
YOUR KICK INTO THE  
OTHER MANS STOMACH



TAKE THE SAME FOOT AND  
KICK THE FIRST MAN  
IN THE GROIN



FINISH THE OTHER MAN  
WITH AN ELBOW SMASH

RUN AWAY



# ESCAPES & DEFENSES

## Multiple Attackers



YOU ARE HELD  
BOTH ARMS BY THE  
BULLIES



STOMP YOUR HEEL  
INTO THE TOP OF  
HIS FOOT



IMMEDIATELY SNAP YOUR  
FOOT UP INTO HIS GROIN



TAKE THE SAME FOOT AND  
KICK THE FIRST MAN  
IN HIS FACE



FINISH BOTH WITH A DOUBLE HAND CHOP  
TO THE BACK OF THE NECK

<http://www.theinstructors.com>



# ESCAPES & DEFENSES

## Multiple Attackers



YOU ARE HELD  
FROM BEHIND



STOMP YOUR HEEL  
INTO THE TOP OF  
HIS FOOT AND LEAN DOWN



IMMEDIATELY PUNCH OUT  
INTO THE GROIN OR THE  
BULLY IN FRONT



TAKE ELBOW AND SMASH  
THE FACE OF THE  
MAN BEHIND



FINISH WITH A CHOP TO THE NECK  
AND A KNEE TO THE FACE

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# ESCAPES & DEFENSES

## Multiple Attackers



YOU ARE HELD  
FROM BEHIND IN THE AIR



SNAP A KICK INTO  
THE STOMACH OF THE  
BULLY IN FRONT



JUMP DOWN ON THE  
FOOT OF THE MAN  
BEHIND. HE WILL  
LET GO



FINISH HIM WITH A  
KNEE TO THE FACE



# ESCAPES & DEFENSES

## Multiple Attackers



YOU ARE BEING HARASSED  
BY 2 BULLIES



DO A DOUBLE PALM  
HEEL INTO THEIR FACEST



DROP TO YOUR KNEES  
AND FINISH WITH A PALM  
HEEL TO THE GROINS

<http://www.theinstructors.com>



# ESCAPES & DEFENSES

## Multiple Attackers



YOU ARE BEING HARASSED  
BY 2 BULLIES



DROP TO YOUR KNEE  
AND SMASH THE GROIN  
OF THE MAN BEHIND



QUICKLY REACH UP FOR  
THE HAIR OF THE MAN  
IN FRONT



DO A KNEE SMASH TO  
HIS FACE



FOLLOW UP WITH THEN DOUBLE CHOP  
A GROIN STRIKE THE MAN BEHIND

SMASH THE  
FACE TO THE  
GROUND



# ESCAPES & DEFENSES

## GROUND TECHNIQUES



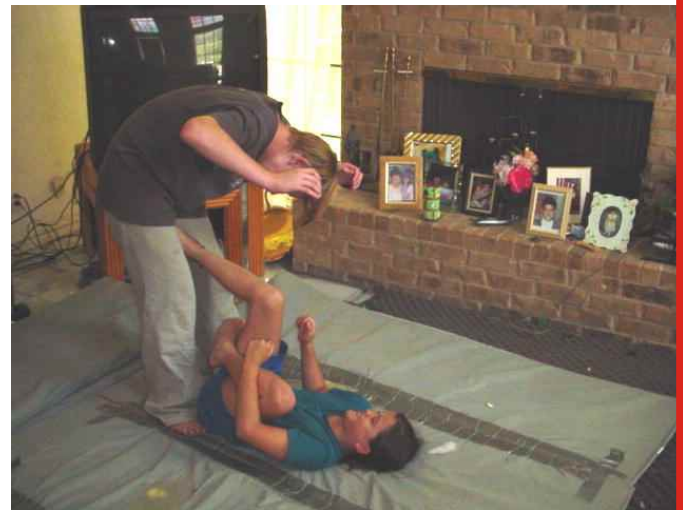
YOUR BEST DEFENSE ON THE GROUND IS TO ROLL INTO A TIGHT BALL



YOUR DEFENSE IS SO STRONG YOU CAN EVEN BE LIFTED OFF THE GROUND



WHEN THE BULLY TRIES TO PULL YOUR ARMS APART



YOU CAN SNAP A KICK DIRECTLY INTO HIS GROIN



# ESCAPES & DEFENSES

## GROUND TECHNIQUES



IF YOU ARE TRAPPED  
UNDER THE BULLY KEEP  
YOUR ARMS BY YOUR CHEST



PUSH UP WITH BOTH ARMS  
AND TRY TO SIT UP



WHEN THE BULLY LEANS BACK  
COME DOWN WITH BOTH ELBOWS  
INTO THE GROIN



IF HE LEANS DOWN, ELBOW  
HIM IN THE EYE



GRAB HIS HAIR WITH  
BOTH HANDS



PULL HIM FORWARD  
AND SMASH HIS FACE  
TO THE HARD GROUND



# GROUND FIGHTING



A Bully puts his arm on your Shoulder to push you



Drop to your knees and grab both his legs near the knee,



Grab his right arm and pull it across his body



Pull his arm to the right and then step over his back



Reach under and grab his arm and lock it up



Reach and grab the other arm and lock it for a finishing hold. Until you can get help