## Teaching Our Children to Defend Themselves

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Every night I put my two daughters to bed. I do what most Dads do. I kiss them good night and tell them to have sweet dreams. Then I walk out of their rooms and pray for their safety. My daughters age 7 and 5 fortunately have many choices. They are mostly unrestricted to pursue any activity that comes along: whether its ballet, swimming, soccer or art classes they are given the choice to continue on in their new activity or not. That is except for one: Karate. Jiu-jitsu to be exact, which is for you Karate novices **"the art of self defense"** My wife and I have decided that this is one activity that we can not afford for them to quit.

At their karate school, kids are not only taught about bullys and self discipline, but they are taught moves specifically geared to ward off attacks. One day their Sensei taught the class combinations. He used the words **Stun and Run**. I turned to my wife and said that's it, our kids are in Karate until I know that they can handle themselves.

Sure my kids give me a hard time now and then. Going to Karate 2 to 3 times a week is a big commitment for our beautiful daughters who would many times rather play dress up with their friends. Then there is the financial burden of $200 a month plus $50 for private lessons and sparring gear. Over the past two years our kids have met some great friends and are getting ready to test for their blue belts. This empowering experience has helped our daughters to grow with a strong and confident feeling that they know how to defend themselves.  Each week we have fun practicing at home and I frequently let them beat me up.

I leave you with a line from a famous TV commercial:

- Karate classes till they are 18 years - 2,000 hours
- Cost for 2 Kids in Karate for 14 years cost - $33,600
- A Stun and Run combination on a would be attacker = **PRICELESS**

For more information on self defense, take a look at
www.ehow.com/how_7703_teach-kids-basic.html