

Defeat the Bully

Without Fighting

**By developing self-confidence
through the Martial Arts**

A Special Curriculum for
Martial Arts Instructors
to Help Young People
Cope with Bullying

by
Dr. Terrence Webster-Doyle
with Adryan Russ

Based on the award-winning book
**Why Is Everybody Always Picking on Me?
A Guide to Handling Bullies**

©1993 Terrence Webster Doyle.
All rights reserved.



Atrium Society
P. O. Box 816
Middlebury, VT 05753

Phone: (800) 848-6021

Online web site: www.youthpeaceliteracy.org

Email: martialartsforpeace@gmail.com



TABLE OF CONTENTS

| | | |
|------------|--|-----|
| Lesson 1: | The Highest Goal of the Martial Artist | 1 |
| Lesson 2: | Roleplay: A Way to Practice Our Skills | 9 |
| Lesson 3: | Scared Fighter or Confident Non-Fighter? | 20 |
| Lesson 4: | The Danger of Pride | 30 |
| Lesson 5: | The Empty Cup | 41 |
| Lesson 6: | Here and Now | 50 |
| Lesson 7: | I Can Bend Instead of Break | 59 |
| Lesson 8: | Mind Is Like the Moon | 69 |
| Lesson 9: | Mind Is Like the Water | 82 |
| Lesson 10: | Focus: A Short Distance Between Two Points | 93 |
| Lesson 11: | Summoning All My Strength | 103 |
| Lesson 12: | Power Begins in My Mind | 113 |
| Lesson 13: | Winning By Losing | 122 |
| Lesson 14: | Awareness: Seeing the Unseeable | 133 |
| Lesson 15: | Respect: The Act That Conquers Fear | 145 |
| Lesson 16: | Memories Are Old; Life Is New | 155 |