



Zac Abbas (with orange bandana) kicks out in an anti-bully class in Avalon.

Picture: MARTIN LANGE

Manners important in martial arts

THE image of martial arts being just for fighting is being blitzed by local children.

The Hoshin group at Avalon are using their skills to make kids bully-proof and more polite.

Two programs, Manners for the Modern Warrior and Martial Arts for Peace, were created by Rose

Smith to create polite, helpful, kind and considerate citizens.

She wants children to clean up after themselves, take responsibility for their belongings and speak respectfully.

"They learn about manners, responsibility, how to speak politely, good sportsmanship, helpfulness and more," Ms Smith said.

"Parents work with the children and find the program assists them in setting new boundaries and expectations of acceptable behaviours. Parents often need support tools when trying to bring about change in their child's behaviour, and working together through the stories in the manners

book, along with worksheets, gives parents and children a focus." At the end, each child receives a certificate and Warrior Honour medal. Ms Smith said the Martial Arts for Peace had children role-play realistic bullying situations.

The program is held at Avalon Recreation Centre. Phone Rose Smith on 0418 855 630.