

THE Manly Daily

Newspaper of the year 2009 *

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Making waves

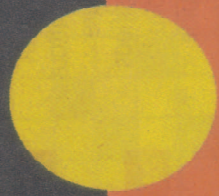
New section begins today

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Which local musos are set to tour with Idol winner Stan Walker after a chance meeting in a Manly restaurant?

Is the "welcome to country" token nonsense?

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Schoolyard bullying gets a karate kick

Peter Bodkin

WITH schoolyard bullying currently making headlines across the country, Avalon's Rose Smith believes training young people in self-defence can help prevent the problem by instilling discipline and respect in children.

Ms Smith, who instructs children from pre-school age upwards in her Hoshin Jutsu program, said she had specifically focussed on the issue of bullying in many of her classes.

"What we're really learning about with younger kids is how to deal with bullies - how you can be calm on the inside, how to be strong, how to communicate clearly."

Ms Smith said learning martial arts did not encourage students to be violent, but rather provided them with the confidence to deal with difficult situations.

"If adults are teaching children martial arts, they don't teach them to beat people up, they teach them respect and discipline."



Rose Smith's classes have grace as well as grit.

Pictures: ANNIKA ENDERBOFF

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