

Educational karate

The educational karate courses are proposed as an extracurricular activity. This approach allows a reduction of students dropping out of school and it can be an exceptional tool to fight against any form of intimidation at the school by strengthening the victims self-respect and the confidence as well as conditioning the bully to discipline and respect for rules. See below a great example to be followed in order to develop this experience in schools:

<http://www.csmb.qc.ca/fr-CA/csmb/enjeux/intimidation.aspx>

EDUCATIONAL PROJECT OF SELF-DEFENCE

At the Royal Mount grammar school, under the responsibility of Mohamed Jelassi, 20 young people (referred by the team-school) From grade 1 to 3 took advantage of a self-defence class as an extracurricular activity to fight against violence and intimidation. This activity allowed these young people to learn to channel their energy, to follow instructions and authority, to learn how to be disciplined and perseverance, to improve self-respect, the management of feelings and decision-making by use of social scenarios and situation scenarios centred on common values: respect, integrity, perseverance and tolerance.