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Master Igor

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**11+1**

**Verified and  
efficient types  
of prevention  
not only for  
children**

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Based on personal experiences





**We** help children at the age of 4 to 12 years old to gain bigger assurance in life and thereby support the development of your children into honest and successful people!

***„We can easily beat the Dragon,  
only while it's still little.”***

The most unpleasant situations frequently happen in everyday life.

A violent act often leaves children with long term mental trauma and fear, which affect them and stay with them all their lives.

But if the child knew how to react, what to do and what boundaries should not have been crossed, it doesn't have to be like that at all.

# Accompany your child

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When a child is starting to go to a new place e. g. school, after-school club, course or a store, always accompany them at first, repeat it a few times and show them a single safe road how to get there.

**“The shortest road is not always the safe one as well!”**



**A**t first go down that road on your own and observe how certain sections of the road affect you and which way would you go if you were scared and if you would know how to protect yourself if there was a problem.

Are there people around?

Are there any stores?

Is it a busy street?

Only after that take the child and show them what road to use to go somewhere and back.

Find the safest road, go along the path, through pedestrian crossing and wait with them till there's green on a traffic light.

Tell them to always look around and to go straight home.

Ask them: **“Which way should you go now?”**

You can let the child go by themselves, only after they easily navigate the road.

# It's better to be in a group

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It would be ideal if your child went somewhere and back home with friends.



# It will give them courage!



It would be ideal if your child went somewhere and back home with friends.

Ask parents, neighbors, kids from your street and find out who could accompany your child to school.

Then they should always go together and wait for one another.

It will give them courage and they can support each other in case of a problem and get through different situations as well.

# The address and phone number



If child gets lost people can help them.

## If child gets lost people can help them!



**W**rite your address on e.g. the inner side of a school bag or into a pen case.

So if child gets lost people can help them.

Do not put your address on the outer side of school bag, not everyone – including the delinquent, needs to immediately know where the child lives and where they're going.

It's good to give the child your phone number, parents' phone number or grandmother's phone number...

Phone is the first thing that instantly solves the situation a lot of the times.



# Beware of strangers

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# 4

Children are pure creatures and they don't know why someone would lie to them or possibly want to hurt them.

# “You need to teach children in order for them to have knowledge!”



Children are pure creatures and they don't know why someone would lie to them or possibly want to hurt them.

*“You need to teach children in order for them to have knowledge!”*

That's why it's necessary to explain to them that not all adults are good, wise and telling the truth.

## Try to play the game of:

**It's a truth – it's a lie!**

Say different things, some truthful sentences and some obvious lies like:

*“Ice cream won't melt, sun is blue, bike has legs, cars can talk...”*

After every sentence child will say if it's true or not.

Notice that at first they will have a tendency to agree with whatever you say.

If they do, explain to them that you don't always have to be right just because you're an adult and that they should consider if it's true on their own.

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First say obvious truths and lies. Not until child is sure can you make it more difficult for them.

When the child is good at it and they discover that they're the one considering if it's true and not some adult that had said it, now let the child tell some truths and lies.

You will see how unbelievably it affects their perception and self-assurance.

### **Practice different scenarios**

Practice different scenarios with the child and advise them how to handle them. For example lure them into your car, promise them candy if they will go with you.

Let them reject you on their own and with their own words.

# Tell them the truth

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**Nothing can disappoint children more than finding out that adults / god forbid parents / lied to them.**

## “It’s very easy to lose child’s trust but...”



Nothing can disappoint children more than finding out that adults / god forbid parents / lied to them.

Children are honestly not stupid, especially if you played the game of truths and lies with them 😊

**“It’s very easy to lose child’s trust but you could spend your whole life trying to earn it back and failing!”**

A certain grandma once told me that when she was a child, her mom said to her that a witch took away her toys that were not cleared out yesterday.

With tears in her eyes the grandma told me how sad she was and how she cried thinking that she won’t see her toys ever again.

But on the next day her mom brought the toys back to her and said that she met up with the witch and convinced her to give the toys back and that they would clear them out from now on.

The grandma was laughing and then continued:

*“That’s when I loved my mom the most also because she saved my favorite toys.”*

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*“But when I grew a little older,” she continued speaking, “and understood what actually happened then, that the witch does not exist and that my mom lied to me...”*

*“I haven’t forgiven her to this day and our relationship’s gotten much colder since then.”*

# **Don't keep secrets from children and they will reciprocate it with honesty!**

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**Delinquents often use secrets to pique children's interest.**



## Section 1

**“Explain to children that secrets are bad and dangerous!”**



**D**on't keep secrets from children and they will reciprocate it with honesty!

Delinquents often use secrets to pique children's interest.

Explain to children that there are no secrets that you, as parent, aren't allowed to know.

If something doesn't seem right, they should simply tell you.

Explain that secrets are bad and dangerous.

An honest adult with good intentions has nothing to hide and does not need to keep secrets.

**And again play the game of secrets:**

You say something and child reacts accordingly.

You: *“Come to the room next door, I'll show you a secret.”*

Child: *“No, leave me alone!”*

You: *„I have a beautiful cat and a parrot at home, come with me and I will show them to you.”*

Child: *“Go away!”*



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You: *"I have a lot of new toys in my car, come pick one."*

Child: *"I don't want it, I have to go home!"*

You: *„I will drive you home, I know your parents."*

Child: *"Go away!"*

Teach the child that they cannot talk for too long or argue.

Realize that an adult can befool the child very easily.

That's why the child should use short and clear sentences and immediately go away.

# Password

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**It is a password that can give children the assurance while deciding. It saved children many times!**

# “Do not go with anyone without a password!”



**D**o not go with anyone without a password

It is a password that can give children the assurance while deciding. Agree with them on a password.

In case that someone else comes to get the child other than YOU, they cannot go with the person, until that person says the password.

If you can't pick up the child from school and you have to send your friend, tell her the password.

**It saved children many times!**

The child is not supposed to ask the stranger about the password. They can ask if their mom left them any message.

And tell your friend that when they come to pick up the child, they should whisper “waterman” into their ear.

If the stranger insists on taking the child home, your child should ask their teacher to call mom for confirmation.

The concerned person has to have mother's phone number as well.

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Or the teacher can call the number in child's pen case.  
So they cannot use "***mom is not picking up now***" as  
an excuse.

# Scream – kick – run

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Teach the child that in case  
of emergency they need to:  
Scream – kick- run!



**“It’s better to scream a lot for nothing – than staying quiet forever!”**



Teach the child that in case of emergency they need to:

**Scream – kick - run!**

It’s better to scream a lot for nothing – than staying quiet forever!

Thereby the child will gain assurance, they will manage stressful situations and the one running away would possibly be the delinquent.

It’s good to loudly express their relation to the delinquent.

Teach the child to scream:

***“I don’t know you, go away!”***

It’s especially advisable because people that are near immediately know that it’s not a relative like a father or a mother.

People don’t like to get involved in other people’s business even if they see a conflict because they think that it’s children arguing with their parents.

That’s why it’s important to emphasize the words

***“I don’t know you!!!”***

# Asking for help

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**In case of emergency,  
teach your child to ask for  
help from people that are  
near.**



## It's very efficient to point out the particular delinquent!



In case of emergency, teach your child to ask for help from people that are near. So they would turn to someone and tell them what's going on without a shame.

It's very efficient to point out the particular delinquent.

Because people can think that it's a parent or a friend and they don't want to get into a conflict.

That is why it's necessary to clearly shout that it's a stranger and that they're harassing the child.

Child: ***"That stranger in black coat is harassing me!"***



# The rules

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Clarify what is consent and what is crossing the boundary.

# You're allowed to do this – you can't do this!



**D**iscuss with child what is okay and what is not.

What is consent and what is crossing the boundary.

You can use the Truth-lie game but change it into: You're allowed to do this – you can't do this!

The game: explain the rules to child, give them examples. And once they're familiarized with it the game begins.

Use sentences like:

***“A stranger on the street tells you: Can you show me how to get to the city?”***

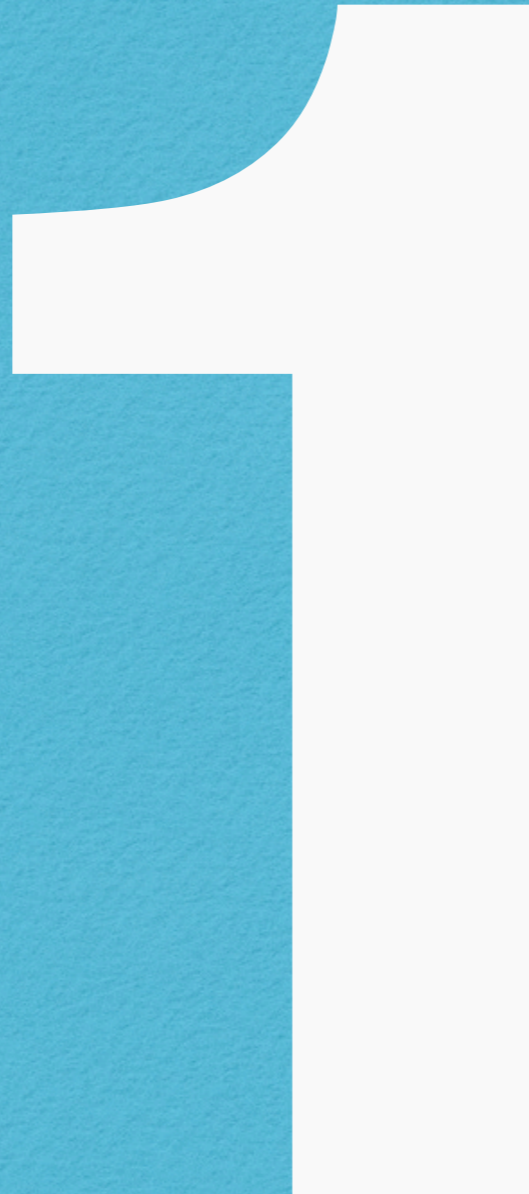
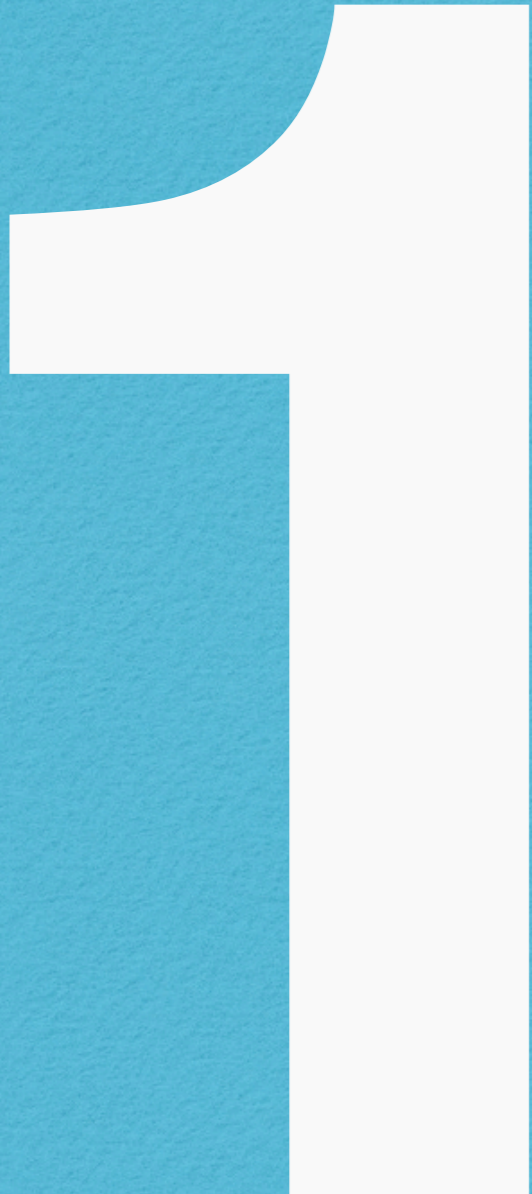
***“Can you borrow me your school bag?”***

***“Give me your cell phone!”***

***“Give me your hand!...”***

If child does not know the person that is trying to start a communication in any way, child should not talk or respond to them, but they should run away!

# There's never enough



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If you're feeling satisfied after going through these points with children a few times thinking they know it already, let me tell you this.

***!!THEY DO NOT!!!***

# Practice makes a professional!



**P**ractice makes a professional.

If you're feeling satisfied after going through these points with children a few times thinking they know it already, let me tell you this.

***“THEY DO NOT!”***

After some time, practice it with them from the beginning. I play these games with kids in different variations when we're travelling in the car.

Just like your child's body is changing over time, their perception of the world around them is changing as well.

A jolly and talkative kindergartener suddenly becomes a shy teenager, who suddenly feels self-conscious about their appearance.

Don't worry, delinquent knows exactly what to say to compliment a girl like that and gain her trust.

Consequences of situations like these can leave a mark on your child that will stay with them until the rest of their lives.

Do not underestimate it!

Children need to feel your love and interest every day. It's also important to talk with your children.

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Yes, talk every day.

Talk about their feelings, experiences, what is good and bad, that some people hurt others and that they need to stay away from people like that.

Ask your friend to come up to your child and try to take them to their car or try to get their address...

### **Practice – practice - practice!**

But don't scare your child while doing so.

***“You want to encourage them, not destroy them.”***

So your friend just asks your child if they want to go to their car.

Nothing else.

Then praise the child or explain to them how to handle the situation in the future.

# The support

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**If you water your roses every day, you will have roses. If you're only noticing the thorns, you will have thorns.**

# Support your child and create a safe home for them!



**S**upport your child and create a safe home for them!  
Notice their good attributes.

If you water your roses every day, you will have roses.

If you're only noticing the thorns, you will have thorns.

Just like in life, what you focus on is what you get, and it also applies to children.

Praise good attributes of your child aloud.

Don't be critical of their flaws and sins, but help them overcome them.

When you're alone with them, explain to them why the particular behavior wasn't appropriate.

Help them to grow into strong individuals, who are capable of defeating their weaknesses.

If you manage to do it, your reward will be the trust that your child will have in you and them.

Everybody makes mistakes but everyone can improve as well.

Create a motivational and safe environment at home, so your child's reaction to bad grades won't be an attempt

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to take their lives but rather willingness to take tutorage and improve.

Children are very perceptive and they like to imitate adults – parents.

Sometimes all you have to do is the easiest thing in the world – be an example of how children should behave.

One mother once asked me for advice because her child wouldn't stop slamming the doors.

I asked her if she ever showed her how to open and close the door.

She said:

***"No, because everyone knows that."***

I took her presumably 8-year-old daughter to a door and said to her:

***"Can I show you how I open and close a door?"***

I grabbed the doorknob, slowly pushed it down and then opened the door.

I crossed to the other side of it, again slowly pushed the doorknob down, quietly pressed the door and slowly let go of the doorknob.

The girl was observing me and then started to laugh saying:

***"I never knew this is how you do it."***

And then her mother spoke:

***"It never even occurred to me that I should show her something as stupid as opening and closing the door."***



# Bonus: Bullying

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**Everyone can become a victim of bullying. Sometimes for being too smart or other times for not being smart.**

## Do not overlook warning signals!



**No** parent has a guarantee that their child will not become a victim of bullying.

Everyone can become a victim of bullying. Sometimes for being too smart or other times for not being smart.

***“Do not overlook the warning signals!”***

Children that became victims are often times in distress. They need help from their parents but they often cannot ask for it.

Child is usually afraid of revenge if they told someone about the bullying.

That is why it’s important for parents to be attentive and notice that there is something wrong with their child.

When they see suspicious behavior, parents should try to approach the child and gain their trust.

## Suspicious behavior!!!

**Child is not visited by any classmates at home; it seems that they do not have any friends.**

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**Child is sad, doesn't speak about what is happening at school.**

**Child has trouble falling asleep and sleeping, also has nightmares.**

**Child has worse results at school, they are not focused and interested.**

**Before leaving for school or coming home from school, child frequently complains about headache, stomachache and so on.**

**Child uses detours to go to school or from the school.**

**Child cannot explain away their injury.**

**They often do not make ends meet and lose their allowance.**

**They threaten with suicide.**

**There are also some cases where child confides to parents with their suffering right at the beginning.**

**In that case, parents should listen, express their emotional support and take everything their child says seriously.**

Often times we can come across a justified argument of professionals that are concerned with problems of violence committed on children that says that sending children up for clubs of martial arts to teach them how to defend themselves only gives them false sense of security and it generally does not solve the problem at all.

Sadly I have to agree with these statements even though it's not willingly.

Because it's not easy to find a combat sport that is concerned with child self-defense and prevention of bullying in more detail.

The focus on sport of a majority of combat sport clubs is evident.

Results of tournaments almost completely overshadow their self-defense nature.

# My goal

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**My goal was to find a complex self-defense system that would clearly show children how to face physical attacks, but that would teach them what to do in case of bullying, harassing from strangers, kidnapping and other types of aggression committed on children at the same time.**

# Specially modified methods



**T**hat is why I'm offering specially modified methods of violence prevention to you. This method was created and modified for children.

Its advantage consists in the art of preventing physical altercations from happening.

It's achieved i. a. also with help of communication skills, which children are developing using this method.

I believe that by doing this we can successfully decrease the number of cases of bullying of children.

Master Igor Klochan

## How are our trainings

*"Playful form will attract children's attention and show them practical use of it in real life as well."*

M.O. parent two kids

*"I liked the simplicity of movements usable in real self-defense."*

M.

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*“I realized that if I walk home alone, I have to take note of my surroundings and in case of the attack I have to scream at first, intimidate them and then defend myself.*

*It was great that we tried out the attack and defense with one another girl – boy, girl – girl.”*

K.P

*“I was surprised by the quickness of defense/attack/hits. You can apply it in practice in relatively short time.”*

Maros

# Training

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**Confidential talk with  
parents is the first step.**

# They will learn how to defend themselves!



I train children to say hard “**NO!**” in authentic situations.

I train them to clearly identify boundaries and show them to them so they would not get into conflicts or unknown environment with a stranger.

They will learn to grab attention of people around them, call out to them and ask for their help.

Confidential talk with parents is the first step.

After effectively practicing self defence a few times, it will teach children how to handle altercations; pushing-shoving, pulling...

Children can very quickly defend themselves against their peers, even if they’re bigger or stronger.

Children learn how to manipulate with bigger force without effort and intelligently.

That ensures that even smaller kids can defend themselves against the bigger ones.



# Playful form attracts children's attention

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And they really work in  
case of emergency!

# They will grow into confident Adults!



**P**layful form attracts children's attention.

I motivate children by moving, playing and having fun to find natural, individual freedom of movement and teach them how to behave in dangerous situations and how to face them successfully.

Additionally, educational programs include selection of adequate techniques of self defence adapted to different ages.

One of the techniques adapted to child's age is correct utilization of voice and body posture.

***“And they really work in case of emergency!”***

Apart from this, educational programs involve development of veraciousness, honesty and morals.

If you're not sure in certain cases, do not hesitate and contact me.

Sign your child up for our trainings, where we address this topic and various other ones in more detail.

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