

TEAM UP TO END BULLYING



HYPER
BULLY DEFENSE

HYPERFIGHT
TEAM.COM

MARTIAL ARTS SCHOOL

HYPER
BULLY DEFENSE



HYPER BULLY DEFENSE PROGRAM

THE HYPER BULLY DEFENSE PROGRAM IS DESIGNED TO INSPIRE A COMMUNITY OF YOUTH, TEENS AND FAMILIES WHO ARE EDUCATED, EMPATHETIC AND MOTIVATED TO END BULLYING IN THEIR LIVES

A TEAM WHO WILL STAND UP FOR THEMSELVES, THEIR FAMILY AND WHAT THEY BELIEVE IN

EVERYONE DESERVES TO PUT BULLING TO THE SIDE AND LIVE THEIR LIFE



Three children, two girls and one boy, are standing in front of a background that looks like torn orange and white paper. They are all wearing black martial arts uniforms with a white stripe on the sleeve. The girl on the left is smiling and has her arms crossed. The boy in the middle is looking off to the side with his arms crossed. The girl on the right is looking towards the camera with her hand on her hip.

Let's Have Fun!

Sport Fighting

Respect

**Bully Defense
Training**

A logo for 'HYPER BULLY DEFENSE' featuring the word 'HYPER' in large, bold, stylized letters and 'BULLY DEFENSE' in smaller, bold letters below it. The logo is set against a black background with a white border. To the left of the logo is a small, stylized robot character with a square head, antennae, and a friendly expression. The entire graphic is set against a background of a crowd of people, rendered in a halftone dot pattern.

HYPER
BULLY DEFENSE

HYPER
BULLY DEFENSE



1 IN 4 KIDS BULLIED

**160,000 KIDS MISS
SCHOOL EVERY DAY**



**25 MILLION
FAMILIES
TRAUMATIZED**

**EVERY 7
MINUTES A
KID IS
BULLIED**



**BULLYING
#1 FACTOR IN
YOUTH
SUICIDE
AGES 11-16**



HYPER
BULLY DEFENSE



LET'S END BULLYING



HYPER
BULLY DEFENSE



THE THREE CHOICES

NOTHING
RUN AWAY
FACE IT



HYPER
BULLY DEFENSE



**YOUR SPIRIT GIVES
YOU THE CONFIDENCE TO
DO ANYTHING**

**YOUR MIND SHOWS
YOU HOW TO DO IT**

**YOUR BODY ACHIEVES
THE WIN**



SPIRIT

MIND

BODY



RESPECT
EARN IT  GIVE IT

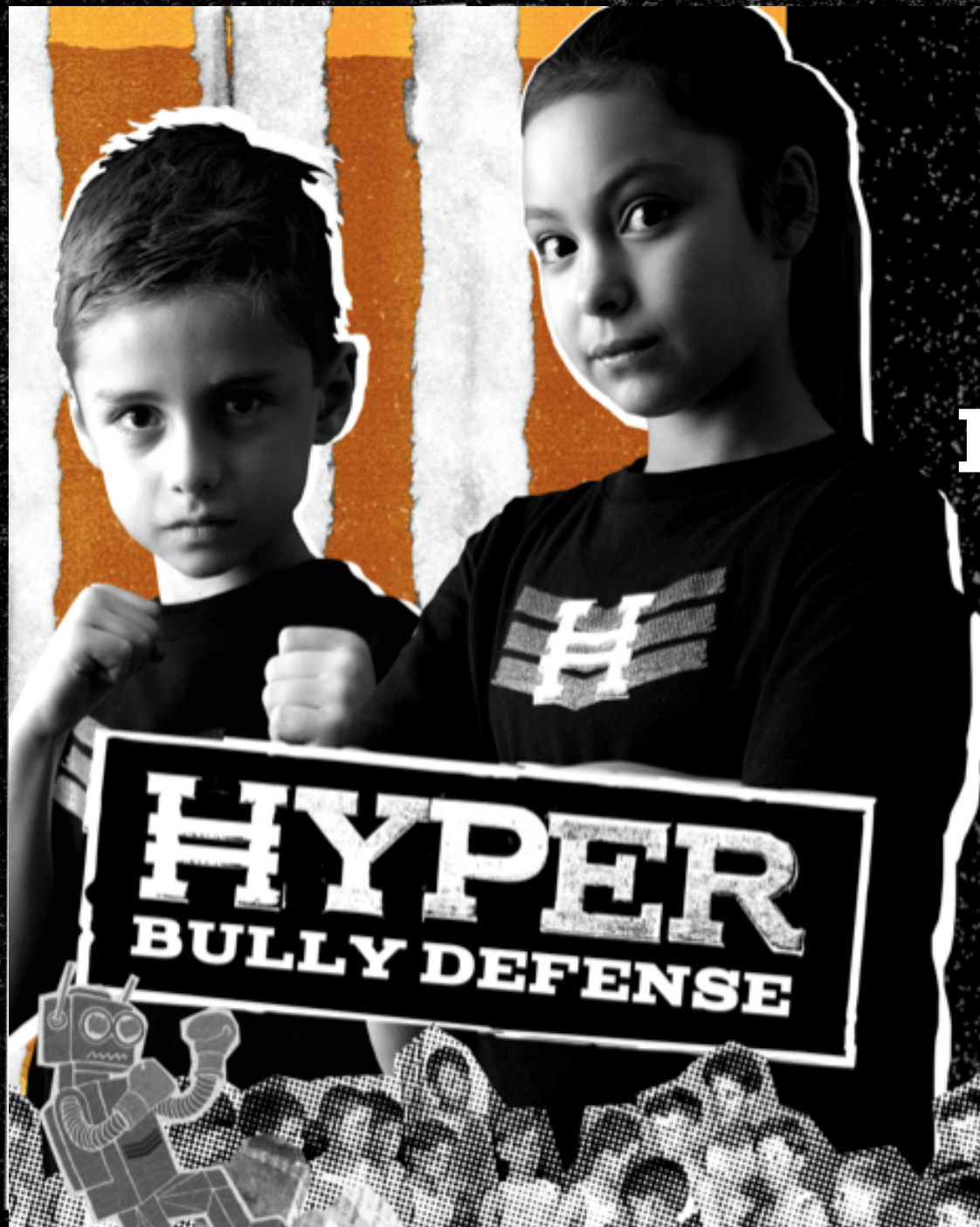


HYPER
BULLY DEFENSE

RESPECT TO PROTECT

RESPECT
EARN IT  GIVE IT

RESPECT PEOPLE
FOR WHO THEY ARE



**SPORT
FIGHTING**

HEAD SHIELD

JAB CROSS

PUSH KICK

HYPER
BULLY DEFENSE



FOUR TYPES OF BULLYING

VERBAL

PHYSICAL

**SOCIAL/
EMOTIONAL**

CYBER



HYPER
BULLY DEFENSE



6 POWER PHRASES

YOU CAN NOT TAKE MY SPIRIT AWAY FROM ME
I HAVE HEARD THAT BEFORE
DON'T SAY THAT TO ME ANYMORE
ARE YOU TRYING TO MAKE FUN OF ME
ARE YOU SAYING YOU WANT TO FIGHT ME?
I'M NOT SCARED OF YOU



HYPER
BULLY DEFENSE



WILD PUNCH DEFENSE

**INVISIBLE STANCE
COVERS
PALM PUSHES
PUSH KICK**



**TECHNICAL
STAND UP**

**BACK FALL
PUSH KICKS
STAND**

**HYPER
BULLY DEFENSE**

RESPECT
EARN IT  GIVE IT

**LIVE YOUR
Life**

**HYPER
BULLY DEFENSE**



**SELF
RESPECT**

**CHOICES
HABITS
CHOOSE RIGHT**



**RESPECT PEOPLE
FOR WHO THEY ARE**

HYPER
BULLY DEFENSE



SUPER DRILL

**TECHNICAL STANDUP
WILD PUNCHES**



Three children, two girls and one boy, are standing in front of a background that looks like torn orange and white paper. They are all wearing black martial arts uniforms with a white patch on the chest. The girl on the left is smiling and has her arms crossed. The boy in the middle is looking off to the side with his arms crossed. The girl on the right is looking towards the camera with her hand on her hip.

Review

Sport Fighting

Respect

**Bully Defense
Training**

A black rectangular sign with a white border. The word "HYPER" is written in large, bold, white, blocky letters. Below it, the words "BULLY DEFENSE" are written in smaller, bold, white, blocky letters. To the left of the sign, there is a small, stylized robot character with a square head, round eyes, and a mechanical body. The robot is holding a small object in its right hand. The background of the entire image is a dark, textured surface with a halftone pattern.

**HYPER
BULLY DEFENSE**

HYPER
BULLY DEFENSE



HYPER BULLY DEFENSE PROGRAM PART 2



HYPER
BULLY DEFENSE



FOUR STAGES OF BULLYING

**1ST TIME
IGNORE**

**2ND TIME
TELL THEM
TO STOP**

**3RD TIME
REPORT**

**4TH TIME
PREPARE TO
STOP IT**



HYPER
BULLY DEFENSE



ZERO TOLERANCE

SELF DEFENSE

**TALK TO
PARENTS**

**KNOW
YOUR
RIGHTS**

**KNOW THE
SCHOOL
POLICIES**





**SPORT
FIGHTING**

PARRY

CROSS HOOK

ROUND KICK



I WILL NOT
BE A BULLY

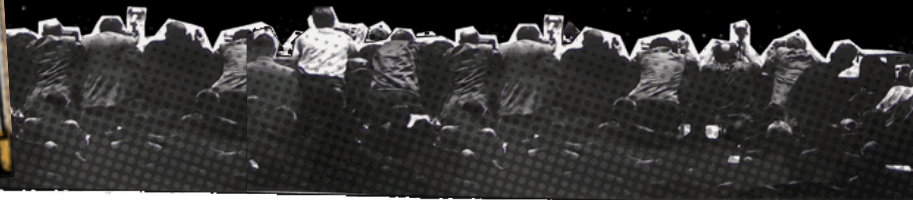


THE 2 BULLIES

GETS
BULLIED

BULLIES
OTHERS

GET HELP!



Three children, two girls and one boy, are standing in front of a background that looks like torn orange and white paper. They are all wearing black martial arts uniforms with a white patch on the chest. The girl on the left is smiling and has her arms crossed. The boy in the middle is looking off to the side with his arms crossed. The girl on the right is looking towards the camera with her hand on her hip.

**BULLY DEFENSE
PUSH/GRAB**

**PARRY // STEP
PIVOT**

**REINFORCE
BLOCK**

ROUND KICK

A black rectangular sign with a white border. The word "HYPER" is written in large, bold, white, blocky letters. Below it, the words "BULLY DEFENSE" are written in smaller, bold, white, blocky letters. To the left of the sign, there is a small, stylized robot character with a square head, round eyes, and a mechanical body. The robot is holding a small object in its right hand. The background of the entire image is a dark, textured surface with a halftone pattern.

**HYPER
BULLY DEFENSE**

HYPER
BULLY DEFENSE



REPORTING

**ASKED TO
STOP MANY
TIMES**

**THEY SAID THEY
WANTED TO FIGHT
ME**

**FEAR OF
BEING HURT**

**THEY
WON'T
STOP**

**TELL
PARENTS
TEACHERS
FRIENDS**



BULLY DEFENSE GROUND MOUNT & KICKS

BODY SHIELD
BUCK – ROLL
PALMS
ESCAPE

HYPER
BULLY DEFENSE

RESPECT
EARN IT  GIVE IT

LIVE YOUR
Life
HYPER
BULLY DEFENSE





3 PEOPLE **YOURSELF**
FAMILY & FRIENDS
TEACHERS



RESPECT PEOPLE
FOR WHO THEY ARE

LEG DROP

DISTANCE

POCKET

INVISIBLE

STANCE

ROUND KICK



HYPER
BULLY DEFENSE



TEAM UP

**GET YOUR
FRIENDS
TO JOIN**

**SAY
STOP**

**GRAB
ARM**

**RESPECT
EVERYONE**

**DON'T
WATCH**

**HELP
OTHERS**



HYPER
BULLY DEFENSE



MAKE FRIENDS

DISABILITIES

SHY

**INVITE
THEM**

**PEOPLE
WHO GET
BULLIED**

ONLINE

**PICK
THEM**



HYPER
BULLY DEFENSE



JOIN OUR WORLDWIDE TEAM



**WE
TRAIN
TO WIN**

HYPER
BULLY DEFENSE



JOIN OUR TEAM

JOIN OUR TEAM
& END BULLYING

YOUTH // TEENS // PARENTS



REGISTER HERE

Enter Your Name and Email To:

- 1 Join Our Team
- 1 Get Your FREE Kit By Email
- 1 Join Our 10 Day Challenge
- 1 Help Us End Bullying

FIRST NAME *

LAST NAME *

EMAIL *

JOIN THE MOVEMENT

JOIN OUR TEAM TO END BULLYING
GET YOUR FREE BULLY DEFENSE KIT
START THE FUN 10 DAY CHALLENGE

LET'S INSPIRE 1 MILLION PEOPLE TOGETHER

TODAY ONLINE GET WRISTBAND

RESPECT
EARN IT @ GIVE IT

I WILL NOT
BE A BULLY

