

TEAM UP TO END BULLYING



HYPER
BULLY DEFENSE

HYPERFIGHT
TEAM.COM

PUBLIC SCHOOL

HYPER
BULLY DEFENSE

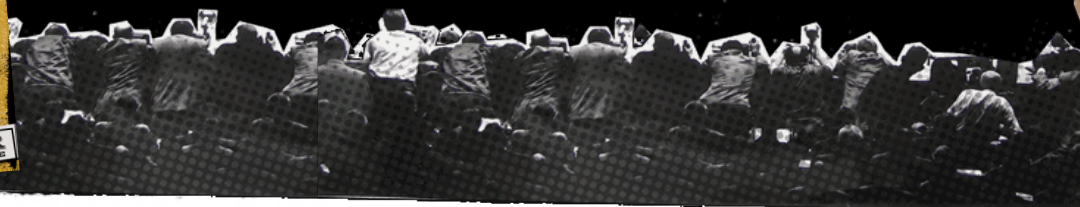


HYPER BULLY DEFENSE PROGRAM

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



BULLY STATS

**UNDERSTAND
WHY**

**WHAT WE
CAN DO TO
HELP**

**HYPER
BULLY DEFENSE**



HYPER
BULLY DEFENSE



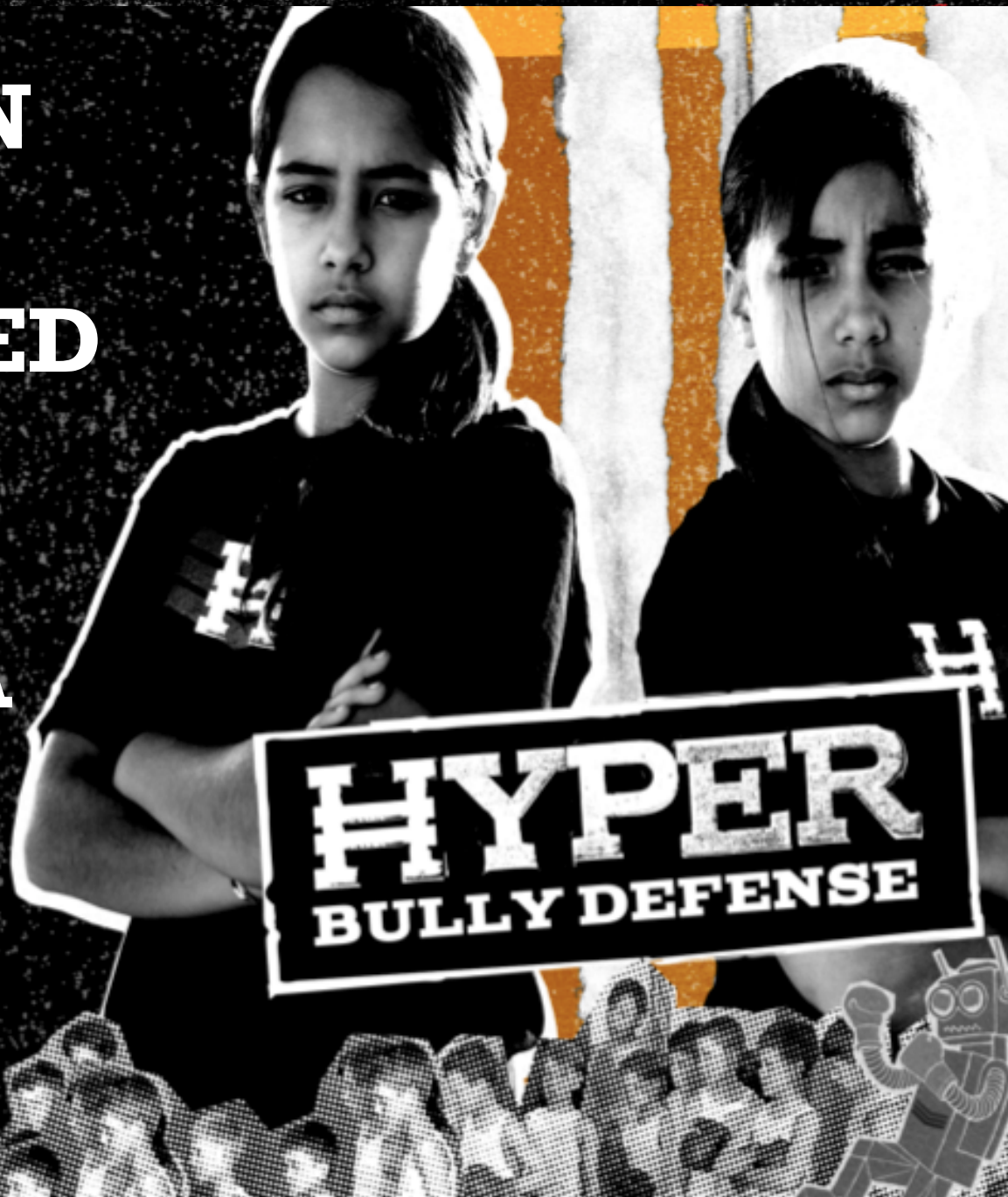
1 IN 4 KIDS BULLIED

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

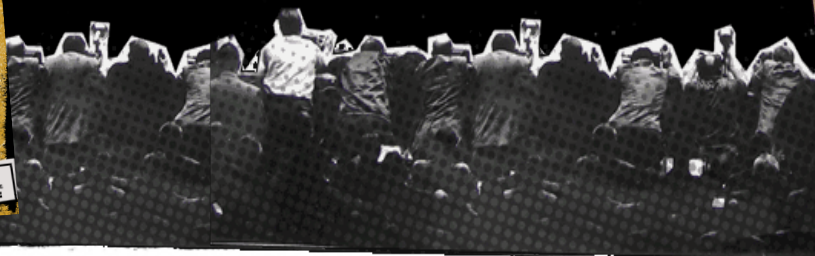


HYPER
BULLY DEFENSE



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 TO PROTECT NEVER FIGHT



RESPECT PEOPLE
FOR WHO THEY ARE



HYPER
BULLY DEFENSE



WILD PUNCH DEFENSE

SHOW/DEMONSTRATE
EXPLAIN DISTANCE
COVERS
PALM PUSHES
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



**SHOW
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**



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**





I WILL NOT
BE A BULLY

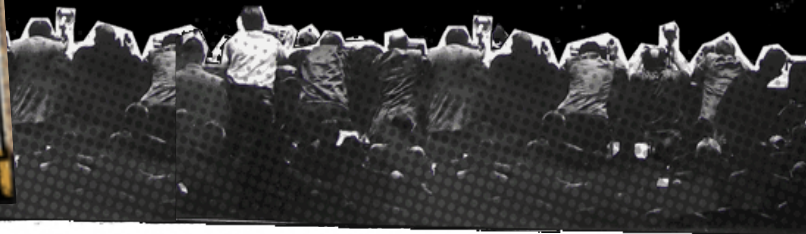


THE 2 BULLIES

GETS
BULLIED

BULLIES
OTHERS

GET HELP!





SHOW //
DEMONSTRATE

BULLY DEFENSE
PUSH/GRAB
PARRY // **STEP**
PIVOT
REINFORCE
BLOCK

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

DEMONSTRATE
OR SHOW



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**



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

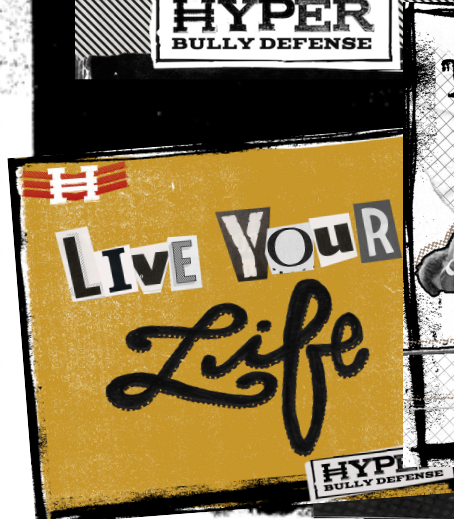
I WILL NOT
BE A BULLY



HYPER
BULLY DEFENSE



POSTERS



FREE KIT

CHALLENGES

10WAYS // 10DAYS
TEAM UP TO END BULLYING CHALLENGE

- 1: START: JOIN OUR TEAM & DOWNLOAD YOUR FREE HYPER BULLY DEFENSE KIT OF POSTERS & MATERIALS.
- 2: POST THE 10 WAYS TO END BULLYING POSTER OR CREATE YOUR OWN.
- 3: BUILD YOUR TEAM! GET AT LEAST 5 FRIENDS OR FAMILY MEMBERS TO JOIN THE MOVEMENT!
- 4: TAKE THE PLEDGE TO NOT BULLY OTHERS & POST A SELFIE WITH YOUR PLEDGE CARD OR CREATE YOUR OWN.
- 5: WRITE 1 NICE COMMENT ON 10 DIFFERENT PEOPLE'S SOCIAL MEDIA POSTS/THREADS
- 6: GIVE 1 COMPLIMENT OR SAY SOMETHING NICE TO 5 PEOPLE
- 7: SHARE OR CREATE A VIDEO ABOUT BULLYING
- 8: SHARE OR CREATE A RESPECT POSTER; TELL EVERYONE WHY IT IS IMPORTANT TO RESPECT OTHERS
- 9: MAKE A POSTER ABOUT BULLYING. USE MAGAZINE WHATEVER MATERIALS YOU WANT TO CREATE THE POSTER. ON THE POSTER USE THE WORDS LIVE 1 POSTERS ARE SELECTED TO WIN A LIVE YOUR LIFE
- 10: SHOW YOUR VICTORY POSE AND TELL EVERYONE THE BEST THING YOU LEARNED WHILE DOING THIS CHALLENGE.

#HYPERBULLYDEFENSE #LIVEYOURLIFE #ENDBULLYING





THE HYPER FIGHT CLUB ATHLETE

**SPORT FIGHTING
BULLY DEFENSE
RESPECT TRAINING
CHAMPION MINDSET**



THE HYPER FIGHT CLUB



**WE
TRAIN
TO WIN**