



AKF Flying Dragons
799 E. Geneva Street
Elkhorn, WI
262-743-2111
Flying Dragons LLC

Introducing... Verbal Defense, Martial Arts of the Mouth

Dear Martial Arts Family,

Our school is going to begin teaching an exciting new program called Verbal Defense. It's a set of tactical communications lessons that goes hand-in-hand with our martial arts curriculum.

The goal of Verbal Defense is to redirect negative behavior and reduce conflict through verbal communication. Originally, these techniques have been taught to 70,000 police officers around the country. The methods are applicable, however, to all ages and all walks of life.

Because Verbal Defense requires the same high standard of conduct we expect as martial artists, the concepts have been adapted for martial arts schools like ours.

Both children and adults alike face issues of harassment and bullying – on the playground, at school and in the workplace. We feel very strongly that Verbal Defense will equip you with the skills you need to prevent verbal attacks from escalating, and -- maybe one day -- save your life. Better still, they're based on street-tested, time-proven principles.

This Car Talk worksheet you are receiving is first in a series of worksheets. On your way home from class, go over these concepts together and discuss how you can adapt them and use them to address situations in your own life.

Learn more about Verbal Defense by visiting www.verbaljudo.com.

Sincerely,

Bob and Audrey Perk

***"The ultimate aim of Kyuki-Do lies neither in victory nor defeat
but in the perfection of the character of its participants"***