

WRITTEN AND ILLUSTRATED BY:
SARIT HASHKES

Young Hero Tales



BOOK 3:

CAI AND THE WITCH

Young Hero Tales is a system meant to teach young children, aged 4-7, the basic principles of martial arts and self-defense through the timeless art of storytelling and playing games.

An inherent part of any traditional fairy tale is frightening children in order to warn them of the dangers that exist in this world. Giving children a “heads up” is crucial, although it should be done in a way that strengthens their self-esteem and gives them useful tools to deal with the situation, rather than scaring them into passivity.

The basic principles of all martial arts and self-defense systems are awareness of dangerous situations while using assertiveness along with verbal, vocal and physical abilities to get out of any such situation. The specialized “fairy tales” in this book help children develop and strengthen these abilities.

Each of the short stories is supplemented with a section for “grown ups”. These sections describe a simple game or exercise that relate to the story and focus on developing a different ability.

Cai and the Witch Story Goals:

- Increasing awareness of dangerous situation
- Build resilience to tempting situation
- Learn to ask for help if in need

Direction:

- Before you read a story to your child for the first time scan through the story and accompanying game in order to know what to expect.
- Read each story and play the accompanying game a few times before moving on to the next story.
- The recommended duration of each practice session is 5-10 minutes twice a week.
- In the first weeks it is recommended to read the story before each game. Later you can jump straight to the game and focus on specific aspects your child finds difficult.
- In order to reinforce the lessons learned the stories should be reread every two-three months.



One of the best presents I received from my father was being able to join him at karate practices as a young girl.

I have been training extensively from the age of 12 under the instruction of Naftali Ben-Eliyahu, earning a second degree black belt in Karate and a Karate instructor diploma from the Wingate Institute in Israel (2005).

Since then I have been teaching children Martial arts while developing a variety of unique techniques. In 2007 I completed a self-defense instructor course in the EL-HALEV organization for women in martial arts.

I also have a B.Sc. (2008) in physics from the Hebrew university and have worked as a crime scene investigator of violent crimes in the Israel Police, giving me a unique perspective on the dynamics of violent situations.

Through the years I have seen the stories and games I've developed work wonders, which is why I believe it is important to make them accessible to as many children as possible. That is the reason for my "pay what you want" philosophy for all the stories.

So please share these stories with your children, your friends and family and if you can please contribute to the continuation of this project and help me create more stories for this series by paying as much as you deem fit.

**VISIT THE WEB SITE:
WWW.YOUNGHEROTALES.COM**

These stories and games are released using the Creative Commons "Attribution-NonCommercial-ShareAlike (CC BY-NC-SA)" license. The author or anyone else connected with the creation of YoungHeroTales, is not in any way whatsoever, responsible for your use of the information contained in these stories and no consequential damages can be sought against them.

In a magical kingdom beyond the sea a baby princess was born. Her name was Cai.



In this kingdom there was an evil witch that wanted to be Queen so she put a spell on the princess.

“On the day that you leave the palace you will fall asleep for 100 years,” she cursed.

The king and queen heard about the curse and told the princess not to go out of the palace and to never go anywhere without the king or queen.



One day, the witch got tired of waiting for the curse to work.



“What can I do?” she thought.

“I have to trick the princess into coming with me.”

The witch came up with an idea. She put on her magic cloak and magically transformed into a young woman.

The witch walked into the palace without anyone recognizing her and found the princess playing in the garden.

“What a beautiful princess. I’m sure you like cute puppies,” said the witch.

“I have lots of puppies. Come with me and you can play with them,” the witch lied.

The princess loved puppies but she remembered her parents’ warning.

“No! I’m not going.” said the clever princess.



The witch decided to try again.

This time she turned into the palace gardener.



“How are you Cai? You like candy don’t you? I have chocolates and sweets. Come with me and I’ll give you some,” lied the witch.

The princess loved chocolate but she remembered her parents’ warnings

“No! I’m not going!” she said.

The witch didn't give up. She turned into an old man.

"Kind princess, maybe you can help me with the bags? I'm old and weak and need help," lied the witch.

The princess was very caring and liked to help but she remembered her parent warning.

"What can I do?" she thought.



Just then a castle guard walked by.

“Guard can you help this old man? My parents warned me not to go with anyone,” said the clever princess.

“Certainly,” said the guard and tried to take the witch’s bag.

“No need,” said the witch in disguise and pulled on the bag.

The sudden movement made her magic cloak fall off and her disguise was revealed.



“It’s the witch,” shouted the guard.

The witch tried to escape but the guards caught her and put her in prison.



After capturing the witch, the palace’s magicians finally succeeded in breaking the spell she put on the princess.

The next day the princess left the castle for the first time.

She went on a walk with the king and queen.

“We are very proud that you didn’t go with the witch” they told her.

“Now you can leave of the castle, but still only with us!”



The End

Game: The Temptation

Game goals:

- Build resilience to tempting situation
- Learn correct behavior when approached by ‘strangers’

Often, warning children not to go with strangers seems like a trivial thing but in reality is far more complex. Strangers can come in many forms, and some of them might be casual acquaintances (like the gardener in the story). This is why it is recommended to make a list with your children of who they are allowed to go with.

There are also people that are experts in tempting children which is what playing this game prepares them for.

Direction:

Ask your child specifically:

What will you do if someone wants you to come with them and...:

1. Promises to take you to meet a famous basket-ball player?
2. Offers to give you a signature of your favorite actor?
3. Tells you he will take you to mom/dad? (In order to deal with a situation where you might genuinely need some ‘stranger’ to pick up your child it is recommended to use a secret sentence”. Only if this person knows the secret sentence can your child go with them. You can use the same “magic sentence” you decided on after reading the story “Daniel and the Magic Crown”. Please take great care to who you give this sentence to as your child will trust them!)
4. Asks you to help him look for his dog? (Emphasize to your child that grown-ups should ask help from other grown-ups, not from children they don’t know).
5. Invent temptations that fit your child’s hobbies.

The complete answer you are looking for:

1. I will not go with this person.
2. I will tell this person to go away.
3. If they don't go away I will find someone in the street/school/kindergarten to help me (like Cai asked the guard).
4. I will tell you about this as soon as I can.

Practice this again and again

Emphasis: Let your child play the role of the tempter and try to tempt you. This way you can see what really tempts them.

Advanced training (age 5+): When your child is at the advanced level of the “monster” game practices in the story Ginger and the Wolf, and is trained in shouting and running as the “monster” approaches, you can create a game that combines these two stories. Explain to your child that you are now turning into the witch and that if the witch doesn't listen to them and gets too close or grabs them or touches them in any way she is actually a “monster” and they have to react accordingly.

Invent a short script and play it through with your child.

For example:

You: You're so cute. Do you know my son, Adam? He is in you class.

Your child: No.

You: Really? He's right here. Come I'll show you. He has lots of games.

Your child: No! Go away!

You: Why are you acting like this? What did I do to you? It's not nice (many assailants might try to create guilt feeling to get your child to cooperate)

Your child: I'll call the police if you don't go.

You: You're not afraid of me are you, a big boy like you? (Many assailants might try to lower the feeling of danger by making it seem ridiculous)

This is the time to get closer to your child, try to grab him or even just caress his head (an assault is likely to start with 'neutral' contact)

Your child: Stop! Throws something at you and runs to safety.