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Young Hero Tales



BOOK 1: DANIEL AND THE MAGIC CROWN

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.

Daniel and The Magic Crown Story Goals:

- Strengthening the bond between child and caregiver
- Increase awareness of dangerous situation
- Building resistance to peer pressure

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**

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Once Upon a time in a faraway land there was a prince named Daniel.

Daniel lived with his mother the Queen and Magician Liliandra.

*On his head Daniel wore
a magic crown that
would make him king
when he grew up.*



One day Lort, Daniel's older cousin, came to play with him.

"Let's go to the forest," Lort said.

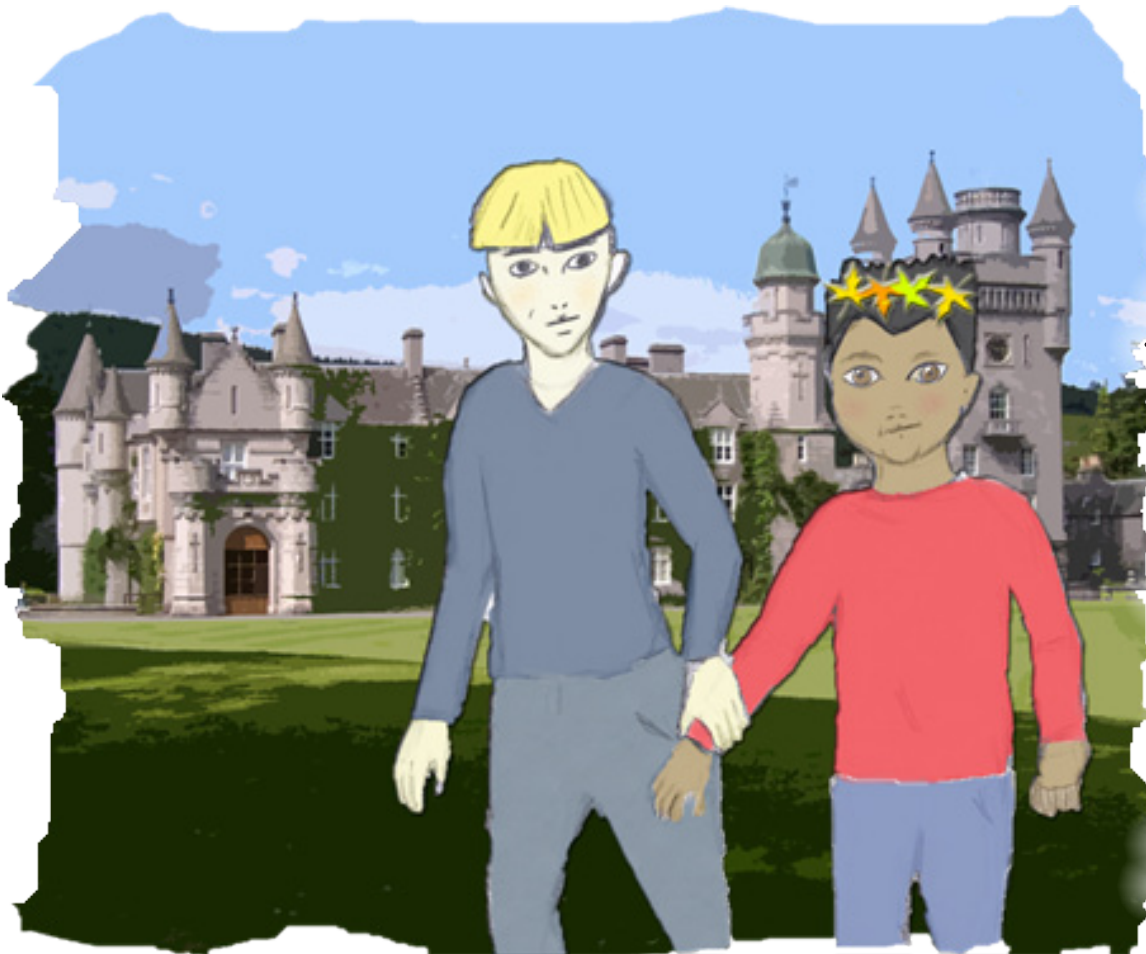
"The forest is dangerous," Daniel explained. "My mother said I can't go."

"You're scared?" Lort laughed.

"Are you the prince or a frightened baby?"

"I'm not afraid," Daniel almost shouted.

"Then let's go," Lort said pulling Daniel along with him.



When they reached the forest two trolls suddenly jumped out from behind a tree and grabbed Daniel.

“The prince has come to play with us,” laughed one of the Trolls.

“What’s going on?” Daniel asked.

Lort took Daniel’s crown and put it on his own head. “Now the crowne is mine,” he said.

“When I grow up I’ll be the king, not you!” he shouted, and shoved Daniel.



“This is our secret. Don’t tell anyone about it. If you do the Queen will punish you for coming to the forest,” Lort told Daniel.

“Besides, no one will believe you. I’m your older cousin and I’ll say you are lying”.

“If you tell anyone, we will steal your mother’s crown as well!” the Trolls added.

Lort and the Trolls ran into the forest laughing.



Daniel walked back to the castle. He didn't know what to do.

"Is Lort right? Should I keep this a secret? Maybe mom won't believe me? Maybe she will punish me?" he thought.



"No, mom is the Queen. She is a smart and a strong magician. If Lort becomes king he will hurt people."

The prince understood he had to be brave and tell the queen.

When Daniel got to the castle the Queen was very busy managing the kingdom.



“What should I do? Perhaps she doesn’t have time for me? Maybe she’ll be mad?” Daniel thought.

Then he remembered a magic spell the queen taught him when he was little. It was a very powerful spell.

You could say it only in emergencies, if something really bad happened.

“Mom, I need ice cream from the moon,” Daniel said the magic words.

The magic spell worked. The Queen wasn't mad and immediately stopped all her work and ran to Daniel.

"What happened?" she asked.

Daniel told her everything that happened with Lort and the Trolls.

"I'm glad you told me, everything will be o.k. Come help me and we'll do some magic together."

Holding the magic wand they said: "Magic crown, Magic crown, punish the thieves and return to the head of the real prince"



The magic worked! The crown created a jail around Lort and the trolls so they couldn't hurt anyone else and returned to Daniel's head.



“You will make a great king one day,” Liliandra, the Queen told Daniel, “but until you grow up to be that king I will always help you.”

“I know,” Daniel said and gave his mother a great big hug.



The End

Game: The Magic Spell

Game goals:

- Strengthening the bond between child and care giver
- Differentiating between ‘good’ secrets and ‘bad’ secrets.

The daily life of an average parent or care giver tends to be extremely busy, which might cause you not to notice when your child needs you the most. This is where the “Magic Spell” game can be useful.

Direction:

Invent a magic spell of your own and practice it (also to make sure you remember it yourself).

Many children do not share their problems because they fear the parent’s anger or because they feel ashamed, thinking they have done something wrong. That’s why it’s important to explain to the child that the ‘magic’ in the spell also ensures you won’t get angry, no matter what your child says.

It is important to emphasize the difference between regular day to day minor problems and severe ones.

Ask your child when is it o.k to use the magic spell?

1. If his toy breaks?
2. If he falls down and hurts himself?
3. If someone hits him?
4. If his brother takes his game?
5. Add further questions that fit your family situation.

Reread this story several times until your child knows it well. Every time practice your own magic spell and when to use it.

Emphasis:

Despite the fear from an unknown assailant statistics show that in most cases the survivor of an attack knows his assailant to some degree. It could be a kid from school, a friend of the family or even someone within the family. This is why it is crucial your child feels he can share any problem with you.

This is a good opportunity to explain to your child the difference between ‘good’ secrets that are o.k. to keep and ‘bad’ secrets that must be shared with you.

An example for good secrets could be:

- A birthday party for dad
- His friend likes some girl

Emphasize that if keeping a secret can hurt someone then it is a ‘bad’ secrets and shouldn’t be kept.