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Young Hero Tales



BOOK 2:
GINGER

AND THE WOLF

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.

Ginger and the Wolf Story Goles:

- Increasing awareness of dangerous situation
- Strengthening self confidence
- Reinforcing listening to instincts

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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In a small village in a faraway land once lived a young girl. This girl had hair as bright and red as the strongest flame so everyone called her Ginger.



One day Ginger's dad asked her to go to grandma's house and bring her a basket with food.

Ginger happily agreed.

She liked the way to grandma's house which passed through the woods.



Ginger was walking in the woods when she heard strange voices coming from behind her.

It sounded like branches breaking and heavy breathing.

Ginger felt the hairs on the back of her neck stand up.

She was afraid to look back.



“I have to be brave,” she thought and looked back. She saw a big bad wolf hiding in the trees behind her.

Ginger started walking faster but the wolf hurried its steps and kept following her.

“What should I do?” she thought when suddenly an idea popped into her head.



Ginger reached a big tree and hid behind it.

*She felt her heart beating fast and strong
and her legs getting heavy and sticking to
the ground.*

*She took a deep breath to relax and
waited for the wolf to come near the
tree.*



Then, all of a sudden, she jumped forward her hands outstretched. She threw the basket at the wolf and shouted in a loud voice, “Stop! Go away!”

The wolf jumped in surprise and hearing Ginger’s strong shouts ran back into the forest.



Ginger continued to grandma's house and told grandma how she had scared the wolf away.

"You are very brave," said grandma.

"Now we can send the hunter to catch the wolf so he won't hurt anyone."

The End



Game: The Monster

Game goals:

- Strengthening self confidence
- Developing notions of personal space
- Practicing techniques to safe guard personal space including, use of vocalization, tools and escaping.

Each of us has a small voice that tends to warn us in case of danger; yet we tend to silence this voice with many excuses for fear of embarrassing ourselves or not wanting to appear fearful. This game will help teach your child to listen to this voice and what to do when it awakens.

Directions:

Level 1: Have you and your child stand at opposite sides of the room. Slowly come closer to your child and explain that when you are too close, when you can grab them they should:

1. Take a step forward with their front knee slightly bent and their back kept straight (it is best to show an example or show the illustration in the book).

2. Hold their hands outstretched at face level.
3. Shout “Stop!”.

Emphasis: It is very important to practice the shout. You are teaching your child that it is o.k. to use their voice when they feel in danger. Many children (and adults) feel embarrassed to create a scene or to be laughed at but a potential attacker might know how to take advantage of these feelings of embarrassment. This is why it is important to practice this ability from a young age.

Level 2: When your child feels comfortable with the previous exercise, explain that now you are getting dressed up as a monster. Put on a scary face, take out your fake claws and add freighting growls. Play the game once more but this time make it harder and try to surprise your child by changing the pace in which you advance or the angle from which you approach,

Caution: Be careful not to stumble on your child if they don't stop you in time.

Emphasis: Make sure your child takes a step forward and that the scary 'monster' doesn't cause them to back away.

Make sure to give lots of positive reinforcement each time your child stops the monster correctly.

Level 3: Allow your child to be the 'monster' and make scary voices and faces while you have to stop them in the same manner. If they laugh and giggle as a monster remind them that monsters have to be scary and not laugh.

Caution: Explain to your child that if you don't catch them in time they have to stop before you crash into each other.

This game can be played with many children at the same time by making a circle with a 'monster' in the center. Once the children understand the safety

instructions and don't bump into each other, they can play this by themselves.

Advanced training (age 5+): After shouting 'Stop!' have your child throw anything they have in their hands towards the 'monster' and run to the door or any other 'safe' place you decide on. It is important to start this exercise only after your child has perfected the previous level and isn't afraid to shout in a loud and clear voice, otherwise the running will take over the game and interfere with the assertiveness training.

You can create further variations of the game, while playing in a group. Instead of protecting one's self have friends protect each other. When the 'monster' gets close to a child two friends that are standing by his sides shout at the monster while the child escapes.

Caution: Make sure to clear the running area of any obstacles your child might trip on. Make sure that the artifacts in your child's hand are soft ones, for example a teddy bear, a pillow or a cloth bag to prevent the 'monster' from getting hurt.

Throwing objects at the assailant is meant to cause a momentary distraction to enable your child to get away.

Another benefit is that scattering items belonging to your child in the area might cause the assailant to back down from their intentions since now there is physical evidence connected to this incident that might get them caught.

To further train your child in this aspect of using objects for self-defense you can ask your child while out on a day trip, in a mall or anywhere else, what could they use to throw at the 'monster'? It could be anything that is around them, a stone, a branch, sand, a can of soda, a coat, a hat, gloves...

Caution: This is a mental and verbal exercise only! No need for anyone to get hurt or for on-lookers to think you are trying to kidnap your child.

Emphasis: Make sure your child keeps shouting while they are running to safety. Children can make a lot of noise (a fact I'm sure you are well aware of) and this is a great defensive weapon.

Very advanced training (age 6+): Continue to this level only after training extensively in the previous levels (at least 10 training sessions spread out over three weeks).

The game is the same game but this time your child stands with their back to the 'monster'. This is a difficult and scary exercise (try it yourself.) Start it slowly and increase the speed only after a few times. If your child recoils from this exercise go back to playing face to face.