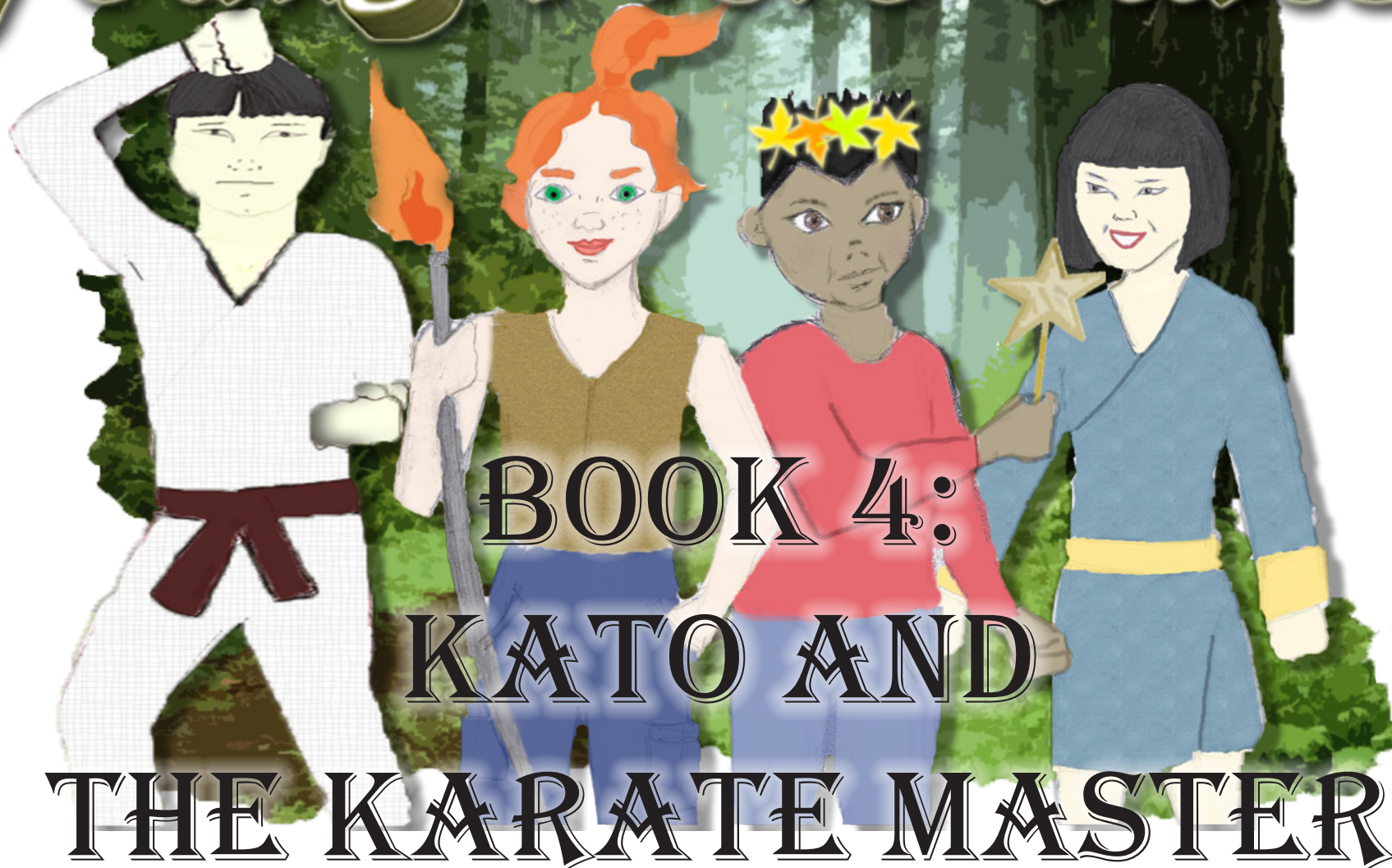


WRITTEN AND ILLUSTRATED BY:
SARIT HASHKES

Young Hero Tales



BOOK 4:

KATO AND

THE KARATE MASTER

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.

Kato and the Karate Master Story Goles:

- Increasing respect for other people’s personal space.
- Discouraging bullying.

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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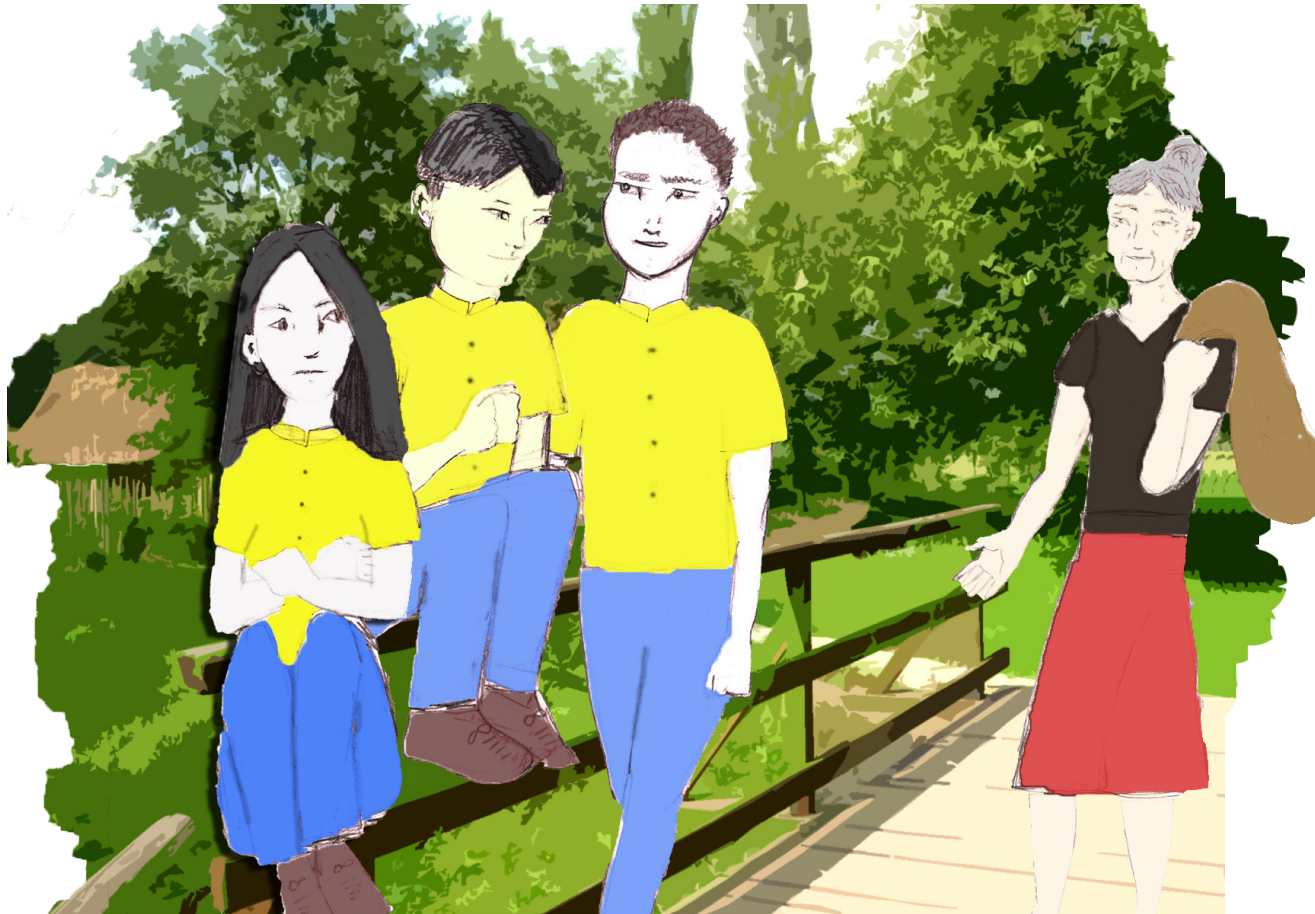
Kato lived in a small village in the mountains.

There wasn't much to do in the village so Kato and his friends used to sit on the bridge and laugh at people who passed by.



*One day an old lady came into town.
She was carrying a big brown bag.*

“Look at that ugly bag,” Kato laughed out loud pointing at the old lady.



“What do you think is in it?” Asked his friend.

*“I’ll take it and check!”
Kato said trying to show
his friends he was brave.*

*Kato approached the old lady planning to take her bag.
But just as he reached out the old lady moved away.*



*He tried again but the old lady moved
once more.*

*No matter what he did he
couldn't get close to her.*

*Kato got angry and
shouted, "Give me your
bag!"*

The old lady turned to Kato and said “You want my bag? Here take it,” she dangled the bag in front of him.

Kato jumped forward to catch the bag but the old lady moved back just in time and Kato fell on his face.



“Do you think bothering an old lady is funny? Do you think stealing from an old lady will show people you are strong? It won’t! Would you want me to laugh at your bag or steal it from you?”



“I just wanted to know what’s in your bag,” Kato mumbled feeling ashamed of his behavior.

“In my bag I have my karate clothing and black belt, because I am Yumiko the Karate master!”

“So that’s why I couldn’t catch you?” Kato asked.

“Yes, I spent my childhood training, not making fun of people.”

“I want to be strong like you,” Kato said.

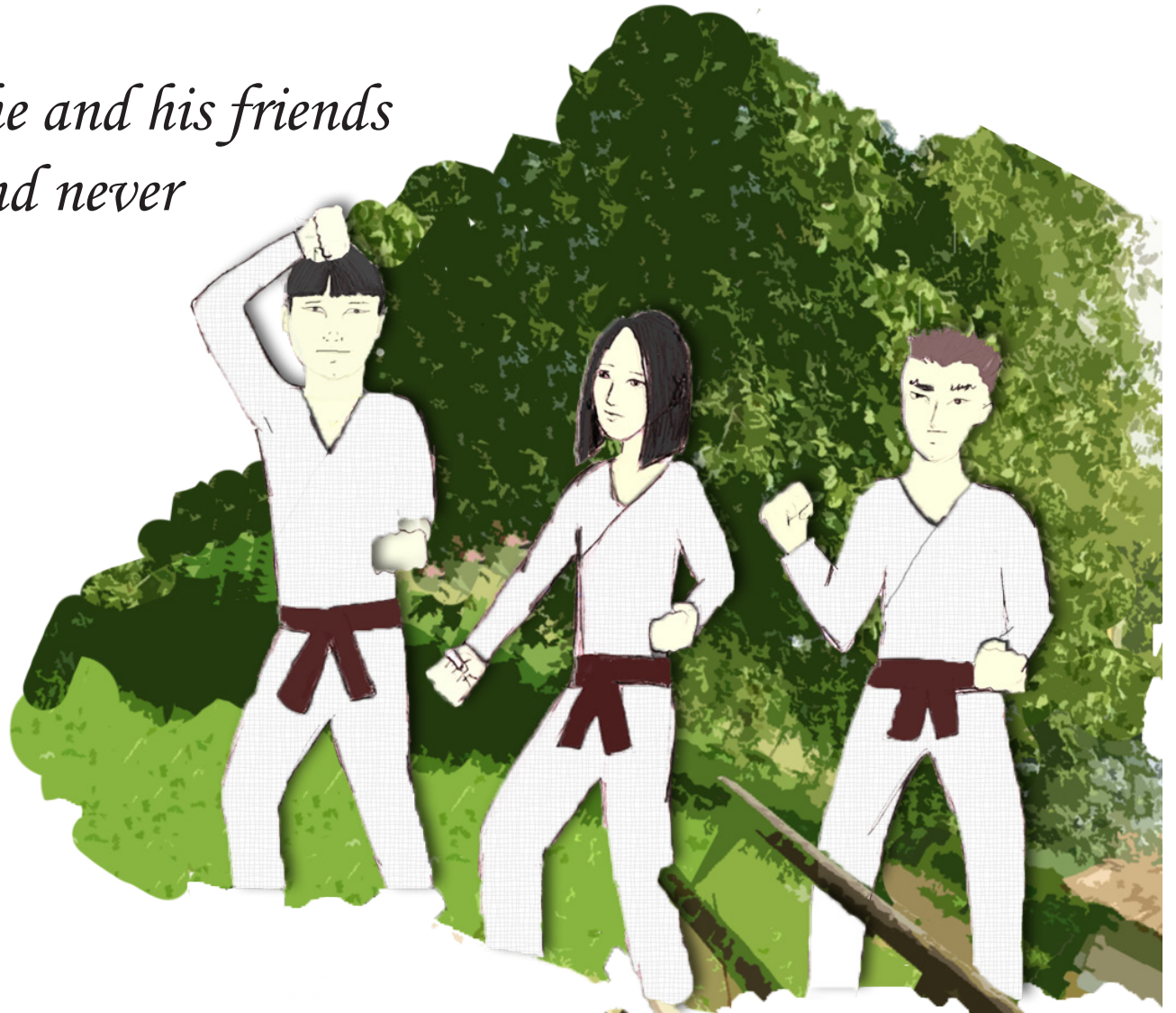
“Strong people help others that are weaker, they don’t make fun of them!”

“I’m sorry,” Kato apologized.



“If you promise never to bully anyone again and if your parents allow it, I will teach you Karate.”

“I promise,” Said Kato and he and his friends became Yumiko’s students and never laughed at others again.



The End

Game: Follow Me

Game goals:

- Developing notions of personal space
- Increasing respect for other people's personal space.
- Practicing both leading/controlling skills and following/listening skills.

Bullying is a complex phenomenon. It is a continuum that starts with joking, continues to mean-spirited teasing and eventually might turn to violence. This is why it's important to discourage this type of behavior from the start by increasing children's empathy towards each other.

Recent studies show that contrary to common belief, Bullying does not necessarily evolve from lack of self-esteem. It does however, stem from a child's need to feel in control. This need for control may arise from an unstable environment at home, a child being exposed to bullying or abused in some way or many other factors. If a child is showing tendencies towards bullying he should get help from a professional.

Another leading cause of bullying is boredom. By providing children with positive stimulating activities they are less likely to resort to bullying for "entertainment".

Bullying also has an element of spectatorship and bullies are encouraged by people watching them. That's why it's important to discourage children from watching idly and encourage them to go get help from a grown up if they see a bully in action (you can ask them what would they do if they were Kato's friends on the bridge).

When I see a child teasing or bothering someone I ask them if they would like someone to tease them or bother them in this manner. This simple idea of symmetry (which is actually known as the golden rule by most religions), helps children relate to others.

The game "Follow Me" is based on these notions of control and symmetry and allows children to role play both the 'leader' and the 'follower'.

Directions:

Level 1:

1. Stand in front of your child your hands streacing out (palms facing up). Their hands are placed on yours (their palms facing down), touching but not grabing.
2. Tell your child to follow you and keep the distance between you. If you step forward they must step back. If you step back they step forward. Make sure to start out slowly.
3. You can also jump or squat and your child must follow as quickly as possible.
4. Switch places and allow your child to lead you. This is a great game to play with siblings and friends. You can also play it in a group with one child leading the whole group. Make sure to allow each child time to be the leader.

Level 2:

After playing this game a few times you can increase the difficulty. This time the leader and the follower do not have their hands touching. The follower must focus on keeping the same distance from the leader and copying their movement.