



Bullyproof Your Child: An Expert's Advice on Teaching Children to Defend Themselves

Adam Brouillard, Keith Vitali

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Grade school bullies are a fact of life. But kids can protect themselves from these tormenters, thanks to Keith Vitali, a Black Belt Hall of Famer and a past guest on the The Oprah Winfrey Show. He shows parents some very basic self-defense techniques that they can teach their children so kids have the skills to stand up for themselves in everyday situations. Vitali's simple instructions come accompanied by lots of black-and-white photographs in easy-to-follow, step-by-step sequences. In addition to explaining these defensive moves, Vitali explains what a bully is and the motivations behind his or her actions. Real-life stories provide additional insight into the emotional harm done to the victim, making this a valuable tool for parents and teachers alike.

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