

Workshop 2. Violence Prevention after the primary school.

The Rock and Water salute

1. In saluting your opponent/partner, you show him respect.
2. The salute also expresses that you will stick to the established rules of the game. In these lessons, this means quite simply: 'We shall not hurt each other!'

Greeting works as follows.

1. Both partners take positions opposite each other. They face each other until they make calm eye-contact after which they make a slight bow from the middle.
2. They make a fist of their left hand (rock fist) and place it on their heart.

This rock fist symbolizes the rock attitude (strength A + B and inflexibility C). It says:

A. I can stand up for myself.

B. I can defend myself, but what is worth fighting for, what is worth living for?

C. I know which way I have to go.

It all has to do with my deepest feelings, with my heart and therefore we will place our fist on the heart.

3. The right hand is an open hand (water hand) and this hand will cover the rock fist.

A. This water hand can receive and can give. Worldwide, in each culture, this right hand is used to shake hands, to offer friendship and that is why this right hand is called the water hand. Water stands for friendship, solidarity, communication and peace.

B. The hand you always use to shake hands with someone else.

*It covers the rock fist. Covering means that the first and basic intention is solidarity and friendship. **But I'm not a wimp, if I have to, I can be a rock.***

Exercise 2. A friend.

The presenter shows it with one of the students. First clearly the water fist is demonstrated and the presenter **exhales**. Then he puts his water fist on the hipbone of his partner and applies some pressure. After a few seconds the pressure will be increased more and more. Finally he may lean against the student without losing his balance.

First Golden rule is: Before you touch anyone you exhale, in doing so you will centre and ground yourself. This golden rule will undergo a transformation later in this program: Before you say something to another person, you exhale and by doing so you will centre and ground yourself.

Second golden rule is: before you say something to someone you exhale and centre and ground yourself!

Try this with each other. It is nice to have someone around you who is so strong that you may lean against him once in a while. We all need a friend like that and we can also be such a friend to others."

„A real friend is someone who is centred and grounded. Therefore you can trust him."

The moment you increase your body awareness you will also increase your emotional awareness and self-awareness while emotions are expressed inside your body (tensions in your shoulders, your neck, lower back, abdomen, knees, high breath etcetera) By that you become aware how you react to certain situations and people. This self-awareness gives you the freedom of choice: „Do I really like to become this upset and angry, caught in an impulsive reaction or, instead, can I push back my breath, stay relaxed and think about what to do next. We call the triangle body awareness – emotional awareness – self-awareness the Golden Triangle of the Rock and Water program. This triangle is of importance for anger management but also to stimulate and support the development of awareness: Who am I, what are my qualities, which way do I feel I have to go?"

Centre of power. Right hand in front of you. Make a fist slowly. Put this fist on your belly and say: **Centre of power.**

Centre of calmness. Left hand in front of you. Slowly make a fist. Put this fist on your belly and say: **Centre of calmness.**

Then both hands are brought together and meanwhile we are saying: **Real power is centre control leads to self-control leads to self-awareness.**

Exercise 3. Walking in a circle without losing your grounding and your centre.

First focus on grounding.

1. Walk on your heels.
2. Now also walk on the sides of your feet.
3. Now also on your little toes.
4. And now finally your big toes. Full contact. Now you can make a bigger step, a more relaxed step and with each step you will feel the ground under your feet.

Second focus on your centre.

1. Exhale and feel how your breath energy goes into your belly which we call "Centre" from now on.
2. Place both hands on your centre to strengthen the feeling of this calm and strong centre.
3. Imagine your centre is like a ball of energy, with each step it is bouncing on the floor.
4. Lower your hands and still feel the calmness and strength in your centre.

Walking around in a circle.

1. Question: Was it possible to walk with a notion of calmness and strength in your centre or did you lose it completely?
2. Now walk around for a bit and when I say "stop" you stand still immediately. Within three seconds you will stand as grounded as you are standing now. "Stop!" 1, 2 and 3. Now you are standing as grounded as before.
3. Once again, but now you stand strong as soon as I say 'Stop!' You need only one second for it. Exhale at the moment you stand still.

In general** boys tend to a fight or flight reaction and girls tend to a fright reaction. But if we teach about the centre, the ground, and about breath control, they can react differently to stress, bullying or other forms of violence. The centre will be filled with calm energy, the ground will be there and therefore they are now able **to think before they act.

Exercise 4. Feel Boundaries.

The pupils are standing in two rows facing each other.

Pupil A walks towards pupil B. He stops at the moment when he feels that's the correct distance. He asks his partner if it's alright or not. He also asks his partner if he has to change something. Should I have stopped earlier or could I have walked on. If he gets the answer: you have to change something. He reacts positively and asks again: How does it feel for you and for me?

The teacher asks: How did you know that this was the limit? What did you feel and where did you feel it? The border can be felt in the lower abdomen by a slight muscle tension. You can feel a tension in the chest or throat, or a "butterflies" feeling in your stomach as well. It warns you when someone comes too close to you, but it also warns you when you cross someone else's boundary.

It's not only for boys and girls to learn about these signals but also for everyone else, young and old (and teachers!) It is of crucial importance that you discover and learn to trust this feeling. These are, after all, the first signals in contact with the other. If these signals are not noticed or not respected, then the entire further contact will be much more difficult or the contact is terminated immediately. When someone's abdominal center contracts slightly (or more).at the moment A penetrates in the personal space of B, this should be regarded as an important signal. The belly is not only a strength and a calm center, but can also act as a center of feeling. It is important to be aware of this feeling, especially because it also unconscious sends signals of others and expresses signals of yourself.

If the other person gets too close to you, you feel a contraction in your stomach and your breathing power goes up. Noticing this and being aware of this, is the first important step in this exercise. But it is only a beginning. Of course it is not desirable that the breathing power

goes up and that the tranquility and power of the center is lost.

This is an important warning sign, but now it is necessary to take step 2. The respiratory strength must be placed down in the belly again. The peace and power of the center must be rebuilt so that again a strong foot floor contact can occur.

There are, after all, plenty of situations that a person moves too close to my body and penetrates in my personal space and that I can or cannot ask him to keep his distance. For example, being in the queue at the cinema or in a crowded tram in which there are no free seats left and people are squeezed together like sardines in a can. What can you do then? Answer: Exhale, bring the breath consciously back into the abdomen. Think of your stomach as power and rest center. Feel the ground under your feet. Even by thinking of the stomach, the breath goes back down into the stomach. Tried it once, it's so easy! You can also imagine that your body is a fortress, a rock fortress with strong walls around you, into which nothing can penetrate.

Boys as well as girls are surprised that there is such a thing as a tangible boundary that they themselves can feel and also nominate. Still by many people the opinion prevails that boys do not have anything like that and for that reason they so often go beyond the boundaries of others or over the boundaries of girls. Boys do have this potential. We need only point out this possibility. We need to make them aware of it and train it so that actually when they socialize, they can be confident.

With this course, and in particular with this exercise, we want to ensure that boys have confidence in themselves. Without self-confidence no real encounter is possible!

This self-confidence is probably the strongest weapon against peer pressure, which plays such an important role in the lives of so many boys. The same is true of course for girls. They also have to learn to trust their feelings, and girls must especially learn to clearly indicate their boundaries. Confidence in one's own feelings and in your own power to set limits, can help you to communicate more clearly and this prevents vagueness (and the consequent anger).

Exercise 5. Set boundaries.

A walks again towards B but now it is up to B when the limit is reached. He says clearly and quietly "stop" and looks the other one straight in the eyes. A only stops when B sets his boundary in a convincing way. The position of the hand plays an important role. The hand is held in front of the chest at heart level. If the hand is held at this level, it is a clear stop sign. When the hand is kept at face height then this will be perceived as an aggressive act that can have an escalating effect. The same applies to a finger. You should also avoid to halt with one finger because even that can be interpreted as an aggressive act and have an escalating effect. Hand position is an important detail.

A strong stop hand is a hand that is very strongly bent backwards in about a 90 degree angle. When the hand is strongly bent, which tilts the pelvis, so that the knees and feet relax better and thus the foot-ground contact and the center are stronger. At the same time relax the shoulders and the eyes so that the whole attitude radiates peace and strength. If the hand is not bent but just kept exactly in the opposite way: More tension in the shoulders happens and an unsafe and uncontrolled attitude is shown. Finding out these differences and investigating them contributes to the development of body awareness. This in turn leads to greater emotional awareness and self-confidence and contributes to greater self-confidence and a good self-control (= the psychophysical triangle).

Exercise 6. Technical Kicking: The front snap kick.

Each forward kick begins with the raising of the knee, followed by the action of the lower leg, which is quite typical for this specific technique. The front snap kick aims at the crotch of the opponent. The diffracted arms are held during the passage like a shield in front of the body. The front snap kick can be learned in four steps:

1. Lift up the knees almost horizontally / 90 degree angle.
2. Bend your toes down.
3. Under leg swings forward, foot or shin hit the kicking pad. The lower leg is more or less

retired active, supporting the effect of the kick.

4. Put down your foot.

Good balance. Restore your balance by putting the "kicking" leg controlled back.

Exercise 7. The front snap kick to kicking pads.

1. From the practice mode in four steps the snap kick against the kicking pad.

2. Phase 1 and 2 are joined together to one count, just as step 3 and 4.

3. Step 1,2,3 and 4 now in one count.

4. Ten series, with a Kiai on every fifth kick.

Good balance. Restore your balance by putting the "kicking" leg controlled back.

Exercise 8. Chinese Sticky Hands.

The Chinese Sticky Hands game is quite similar to the Chinese Boxing Game but instead of clapping the hands of their partner, trying to unbalance him, both hands are now connected with the hands of the partner (*don't intertwine each other's fingers*).

Standing in a large circle.

1. Two participants are facing each other at about a meter's distance.

2. Feet parallel at shoulder width and both arms bent halfway with the hands connected with those of the partner.

3. The aim is to get the opponent off-balance by pushing against the hands of the opponent. As soon as he moves one foot, the other one gets a point.

The force is generated, as always, from feet/legs/centre. But mind the common mistakes.

1. *Tensed shoulders ---- lower the elbows so that the shoulders can be more relaxed and the power will come from the ground and centre instead of being generated in the shoulders.*

*Many participants learn the difference between tension (in their body) and relaxation through Rock and Water exercises and games. This means they learn to work and live and communicate with more awareness (**body awareness - emotional awareness - self-awareness the Golden Triangle of the Rock and Water program leading to self-control/self-confidence and better communication skills**)*

2. *Participants lean on each other ---- show them how vulnerable they are by doing this. Never lean on someone else. Find your own ground and centre and work from there.*

Exercise. 9.

Close your eyes, concentrate on your breathing. Take three deep breaths and with each exhale the stress and tension in your body becomes less.

The following exercises are about tension and relaxation

Pull your toes toward your face. Hooking for seconds and relax.

Stretch your feet as if you were kicking against the cushions. Stretching for seconds and relax.

The calf muscles tensing for seconds and relax.

The thigh muscles tense for seconds and relax.

The back brace for seconds and relax.

Pull your tummy in for seconds and relax.

Create a plump belly seconds and relax.

Create a broad chest for seconds and relax.

Make fists with your hands for seconds and relax.

Stretch your fingers all the way out for seconds and relax.

Clamping relax the forearms on for seconds and again.

Clamping relax your muscles for top seconds and again.

Pull your shoulders to your ears for seconds and relax.

Bring your chin to your chest for seconds and relax.

Make a little mouth for seconds and relax again.

Make a great open mouth for seconds and relax again.

Tighten all the muscles of the face in one ear for seconds and relax.

Tighten all the muscles of the face to the other ear for seconds and relax.

Tighten all the muscles around the nose together for seconds and relax.
Pull your eyebrows upwards for seconds and relax.
Pull your eyebrows down for seconds and relax.
I count very quietly to ten. From count five you all count calmly along with me and at ten you open your eyes and you come back into the circle.
Children who find it difficult to close their eyes may look calmly at a point at the ceiling.

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