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STUDENT EMPOWERMENT, ENGAGEMENT AND REPRESENTATION IN LEBANESE UNIVERSITIES

StEER-Leb

Training Curriculum
Verbal Martial Arts



TRAINING TITLE: VERBAL MARTIAL ARTS

Targeted participants	Staff members
Number of participants	Between 15 and 20
Duration (contact hours)	120 minutes

Objectives

- Dealing with conflict in a positive nonviolent and diplomatic way.
- Finding common ground to operate in a healthy environment.
- Giving participants an overview about verbal self-defense.
- Helping participants differentiate between different types of attackers through effective listening.
- Introducing participants to verbal aikido technics.
- Simulating different situations of conflict between two people in order to help participants use them in everyday situations.

CONTENT

Introduction:

- Participants are asked to relate a difficulty/problem face at work or in a period of their lives.
- The trainer provides feedback to each participant and a presentation of the main theories of verbal martial arts along with the benefits of mastering verbal martial arts.
- The trainer explains benefits of mastering martial arts include having more energy, greater productivity, more discipline and focus.

Theories:

The trainer explains thoroughly the principles of each theory, emphasizing different kinds of verbal attacks.

The four basic principles of verbal self-defense:

1. **First:** Know that you are under attack.
 2. **Second:** Know what kind of attack you are facing.
 3. **Third:** Know how to make the defense fit the attack.
 4. **Fourth:** Know how to follow through.
- Highlighting the importance of understanding the opponent before reacting.

- Types of people acting and reacting to verbal bullying:

1. Blamer
2. Placater
3. Computer
4. Distracter

- Making the audience aware that they always have the choice of how to react to the opponent.
- Explaining the concept of "stronger" in any argument: "If you are centered, you can move freely."
- Entering the line of the attack / staying out of the line of attack.
- Changing creatively the game, taking the opponent to your side of strength.
- Case study: role-play between participants and between participant/trainer.
- It is also worth looking at the following method:

CAIRO Method™ for Conflict Management

C – CALM: When people are challenged, they often raise their voice level. In response we may be tempted to raise our voice as well, out of instinct.

A – ASSERTIVE: When our voice tone and body language betray us, we often come across as controlling, parental, insecure, or aggressive to the people we encounter.

I – INFORMING BEHAVIOR: Making statements that let the other party know what is going on in neutral terms without using "You messages."

R – REFLECT/REDIRECT: Reflective listening is a staple of any counselor, facilitator, or educator's toolbox.

O – OPENING BEHAVIOR: Opening behavior is asking questions that enable the escalated person to open up and express themselves.

Conclusion:

Trainer gives participants the option to choose whichever theory they prefer according to each conflict they face on a case-by-case decision.

DESCRIPTION OF THE TRAINING METHODOLOGY

1- Introduction to verbal self-defense:

PowerPoint presentations featuring common verbal attacks and self-defense examples. Participants are asked to give more examples on a flip chart.

2- Poisonous opponent:

Based on the examples given in the previous step, participants are invited to identify venomous opponents in each example and develop suggestions of how the conflict may evolve. Brainstorming is followed by a PowerPoint presentation about toxic opponents.

3- Listen between the lines:

Just as one observes people by watching them closely, one needs also needs listen carefully. Listening to how words are said is as important as the meaning of what is said, as the tone of voice is as revealing as the body language.

PowerPoint presentation about different kinds of voice tones and talking methods: squeaky, soft, stammering, hoarse, fast, slow, and hyper-articulate.

4- Verbal aikido:

- a- **Simulation 1:** role-play conflict between the trainer and one participant. Argument: Parking the car. The conflict must develop to a state of anger – the trainer must trigger the participants by tackling him/her personally and speaking in a high tone taking/giving a personal offense throughout the conversation.
- b- **Simulation 2:** role-play between the trainer and different participant. Argument: Parking the car. The trainer triggers the participant and then uses the 3 steps of verbal aikido to gain balance. Demonstration and explanation of the verbal aikido principals: inner stability, empathy with the attacker and energy balance – Exercise: hand attack between two people.
- c- **Inner stability:** Exercise: Participants are invited to find their center point in order to gain balance: every participant closes his/her eyes, breathes deeply and starts looking for his/her center point, in the middle of his/her body as a circle of light inside of him/her that gets smaller through breathing and concentrating.
- d- **Empathy with the attacker:** a well-centered person can face his/her opponent with an inner smile, empathy until the conflict weakens, and the attacker is destabilized.
- e- **Energy balance:** when the attacker is destabilized, the attacked person can gain balance and orient the conflict to a positive outcome.

The final part of this training is followed by the dissemination of two handouts with tips on verbal aikido on how one can approach the attacker and how he/she can turn the exchange to his/her benefit and to a positive outcome.

Common reading of the handouts.

- PowerPoint presentation.
- Interactive discussions between the participants and the trainer based on specific topics.
- Martial art physical (and verbal) techniques.

PREPARATION BY THE PARTICIPANTS BEFORE THE TRAINING (IF APPLICABLE)

No specific preparation is required from participants before the training.

MATERIAL TO BE PROVIDED TO PARTICIPANT DURING THE TRAINING

Handouts



REFERENCES

Why You Need to Master Verbal Self-Defense: <https://www.adrr.com/aa/whymastervsd.html>

Chief Master William J. Babin "The Seven Top Benefits of Martial Arts for Adults!" <http://www.billbabin.com/the-seven-top-benefits-of-martial-arts-for-adults>

Brian Martin "Verbal defence," chapter 5 of Nonviolence Unbound (Sparsnäs, Sweden: Irene Publishing, 2015), available at <http://www.bmartin.cc/pubs/15nvu/>

Suzette Haden Elgin, "The Gentle Art of Verbal Self-defense" <https://thepowermoves.com/the-gentle-art-of-verbal-self-defense/>

Zach Stone, Verbal Martial Arts: Managing Hostile and Violent Situations

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