

Personal Observations on the Subject of Bullying

From a males perspective in my 40s☺I find my observations are based on physical bullying and not mental. I think the older persons/instructors perception of bullying is probably different to younger persons. I am very receptive to being told about mental bullying as I find it hard to pick up on especially with regard to the young girls in the club. Name calling etc is hard to pick up on and I find from experience the younger instructors are very in tune with this. We do have a habit of not mentioning names, and personally being a bit slow on the uptake with mental bullying makes it more difficult. Maybe going forward we should have an instructors mat every quarter to go over the above and try and standardise the small points of where variations occur either with techniques, kata or indeed bullying. As we have a very good pool of instructors maybe it's better to mention who to look out for?

With regard to physical bullying, the only instances I have come across is either not knowing their own strength or being too aggressive and not controlling techniques to the point of certain people not wanting to either train or fight certain people. I think we are all aware of the culprits, and I personally think these judokas are just over zealous, maybe a way to funnel this better is to have more randori on for example Saturdays/one Saturday per month, when there are more instructors, but also offer choices, by splitting groups into people who want to do randori/kata/techniques etc. I think from experience when we label certain training days like for example kata we lose individuals that day, the same being for randori. Juggling to keep everyone happy is difficult and sometimes we lack instructors but ultimately the club I find is unique in respect of the friendliness, general vibe and the choices given to students to follow the paths they have a preference to. We are starting to collect a large number of dan grades and maybe it's a good time to have quarterly training mats and discuss bullying more openly when it occurs. I think since we have become independent things have settled down and its very obvious this was a good decision. With the mental bullying I think this is a lot more serious than the physical, but working on what schools would do I would imagine it would make sense to get the parents involved. Physical bulling is easier to manage by close supervision once highlighted, and again I think we cover this really well.