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Nubreed Martial Arts Academy Uses "Powerful Words" To Teach The Art of Fighting Without Fighting As Cure for Affects of Bullying

Queens, New York based Nubreed Martial Arts Academy adds Dr. Robyn Silverman's Powerful Words Character Development System to their proven children's martial arts curriculum to combat low self esteem and the affects of bullying.

Bullying often leaves bruises that never truly heal. Many who suffered bullying as children will grow up to carry bitterness around with them for years, others may allow themselves to be psychologically affected by bullying. In any event, the confidence that a child must develop in order to overcome bullying is a vital tool that they can put to use throughout the rest of their lives.

For many children, the root of that confidence lies in the martial arts along with some very powerful, life changing words.

Though many may envision fancy kicks or the "ground and pound" of Mixed Martial Arts as the answer to bullying, to be clear, the martial arts are not so much about standing up to bullying through the fighting arts, but rather, through the confidence and belief in self that one attains from studying the martial arts. A child or young adult may need to defend themselves in a physical confrontation, but what the martial arts instructors at Nubreed Martial Arts Academy really teach is "the art of fighting without fighting," a phrase used by Bruce Lee to describe his own blend of Kung Fu, Jeet Kune Do, a fighting system that rapidly adapts itself to any situation. True to form, Nubreed teaches children how to avoid bullying and how to cause as little harm as possible in any physical confrontation through knowledge of self, body, environment, spirit and even words. Yes, words.

A big part of this for Nubreed, in addition to sharing a lineage of martial arts developed by the legendary and



formidable Bruce Lee, is the use of the Powerful Words system. Developed by child and teen development expert, Dr. Robyn Silverman, Powerful Words is one of the most widely acclaimed and proven systems available for building character in young people. "By applying a combination of Powerful Words, hard work, physical discipline and parental involvement, our leadership programs and martial arts classes have the potential not only to keep children safe from bullying in school, but to equip them with many of the skills and abilities that they will need to live a rich, fulfilling life as adults and to literally have happier homes," says school founders, Luigi Orlando Cuellar and Alexander Chan. "We want our students to make the right decisions and to always stand tall no matter what circumstances life may throw at them and in New York City, what we teach can make a difference."

Martial arts schools that utilize Dr. Silverman's system have been shown to be much more effective at raising the self-esteem of students. "By combining the right motives, tools and parental involvement," says Maia Gamboa, Program Director, "Nubreed has found a winning combination that endures. In other words, Nubreed Martial Arts Academy has a system that keeps kids interested even after the initial novelty of wearing a uniform

and a belt has worn off. Through positive reinforcement and a planned, systematized approach to teaching, we're able to arm young people with everything they're going to need to avoid bullying, avoid becoming bullies and stay out of trouble, and many of the skills that will allow them to pursue their goals and find success in their adult lives."

Parents can empower their children by visiting the school's website at <http://www.NubreedMartialArts.com> or calling (718)-747-2550 to sign their children up for complimentary intro classes.

About Nubreed Martial Arts Academy:

Founded in 1997 by Luigi Orlando Cuellar and Alexander Chan, Nubreed has become a family favorite, industry award winning school. The atmosphere at Nubreed's state-of-the-art facility is non-competitive and family-oriented. Surrounded by wall-to-wall martial arts memorabilia, the history and philosophies of the arts are preserved for a modern world. At Nubreed Martial Arts Academy, students are provided a reality based proven curriculum in an immaculate environment. Located at 150-43 14th Avenue, Whitestone, N.Y. 11357 the school offers a variety of martial arts styles and programs taught by certified world-class instructors.

For an Information Packed and Lively Interview, Contact Maia Gamboa Program Director at (718)-747-2550. Photos and Exciting Videos Cheerfully Provided.

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