

On Friday 20-11-09 at school lunch time I was playing a game in the school playground with three of my friends. It was the final day of "Anti Bullying Week" and we were all allowed to wear blue clothes that day to remind ourselves about it.

During the game one of my friends disagreed about something that happened and lost his temper. He tried to kick me and missed, then he tried to punch me, he missed the first time and the second time he punched me in the stomach very hard, which really hurt.

Then he backed away from me and kicked me in the back of the knees which made my legs buckle under me. He then punched me in the right shoulder joint and aimed another punch at my head.

I could see his fist flying towards my temple on the right side of my head.

By now I had remembered my Tang Soo Do training and was thinking about whether to do a Spin Hook Kick or an Inside Outside Block.

I decided to use the higher block because I thought it was more appropriate with a fist coming towards my face.

I blocked with my right arm and knocked the punch away before it touched me, then I grabbed his wrist and pulled his arm towards me, bent my right knee and leaned him over it before stepping out from underneath him and he dropped to the ground unhurt.

This ended the attack I was receiving.

Today (Monday 23-11-09) my friend came to see me during school and apologised for what he did. I think he was frightened and he asked me to help stop him from doing it again and said he was going to try very,very,very (six very's I think!) hard not to do it anymore.

Rory Arthur, age 9.