

ATA TAEKWONDO AND BOY SCOUT TROOP 133 MEET TO DISCUSS PERSONAL SAFETY AND AWARENESS

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Transcribed by: Rebecca Mercer (Edited by Anthony Perkins)

VIDEO PART 1 -

Brandhorst:...[S]o if I am going to treat you like an adult, you're going to treat me like an adult and we're just going to listen... Okay?

A couple of things. You guys are from ten to seventeen; I know when it comes to 'stranger danger' and all that good stuff, generally... (Pointing off screen) ...stand up for me dude. (Mumble, mumble...) [I'm] probably not going to try to kidnap this guy right? (Mumble, mumble.) He's as big as I am—and he's half my age. I'm not going to mess with this!

Boy 1: You're a black belt!

Brandhorst: But believe it or not there are lots of things happening to kids that are this age, because you guys have that: "I'm big enough, I can handle myself... I probably stay at home by myself sometimes... not a big deal. I know how to handle an adult." Right? But the general thing is... [All right] stand up for me again dude... I possibly, could probably overpower him... What do you think?

Audience: Yeah! Oh yeah!

Brandhorst: In an altercation, I might have the better odds of winning. Right?

Audience: Yeah!

Brandhorst: So, we're going to go with some things like that. Think about people who are trying to abduct kids in your general age group and it *does happen*, if you don't believe me all you got to do is watch the news... They took a kid when he was 15 years old and they found him when the little dude was 21. You hear me? I don't know how he survived, but generally, yes, there is a market for people like you out there. And I hate to say that. Okay? Because the thing is these people are very persuasive and they will tell you anything that you want to hear. I have done all the certifications; I've been through all the stuff. I've, you know, worked with some from the FBI. And you know what happens? I have known them to give somebody a PS3 as what

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they call ‘bait’. Okay, they’ll give you a PS3. And all you gotta do here – here’s, well, here’s the system:

“Come with me, I got all the cords and stuff in my car.”

“Okay.”

Okay? So everybody say “Common”...

Audience: “Common.”

Brandhorst: “Sense.”

Audience: “Sense.”

Brandhorst: Now, fellas, trust me, now we’re gonna screw up on that *all* kinds of ways through your entire life, you hear me? We are *men*. Right?

Audience: (Muffled laughter and agreeing)

Brandhorst: And as far as being men, we will do things that lacks in the common sense area, like when we’re vacuuming over a paperclip, and we’ll go over it, and over it. And then we’ll pick it up and look at it and we’ll set it back down and we’ll (laughter) go over it again. Right? Because we’re men! That’s what we do, right?

Audience: (cheers)

Brandhorst: Like, we will go up – who has ever been to McDonalds? (Raises hand)

Audience: Me! (A few raise hands)

Brandhorst: Okay, just about everyone, right? Who knows like, who knows what you like to eat at McDonalds?

Audience: Me! (Hands and arms rise)

Brandhorst: Who generally always gets the same thing at McDonalds? (Raises hand)

Audience: Me! (Hands go up)

Brandhorst: Excellent. And, again, we’re men, right? So we, we have this – we go in there, we go into McDonalds and (puts on kind voice) “Can I help-” Ehm (Quietly snorts), that’s not how they talk to us at McDonalds. (Soft chuckle)

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Audience: (General laughter)

Brandhorst: It's usually like "Ey, what you want?" Right? (laughs)

Audience: (laughs)

Brandhorst: And, so, what do we do as men? (Slams hands on table and sighs, making bored and indecisive movements)

Audience: (Laughter)

Brandhorst: (touches fingers near mouth and motions to imaginary person next to him) Oh, you go ahead, I'm still...Still... (Motions to imaginary McDonald's menu)

Audience: (Chuckles)

Brandhorst: *Knowing* we've been there like eight thousand times, right? 'Cause we're men, and that's what we do.

Boy 2: (Cheers)

Brandhorst: We have, uh, "You want the same old burgers, fries, and possibly an ice cream afterwards, right?" (Awkward laugh) Because we're men, eh? And we don't use it a whole lot but we are, but we do have common sense. Things that people are not really gonna think about whenever it's happening. I have known kids to get abducted as old as 17 years old. All right? Here's a general rule: I'm 32 years old. If I want directions anywhere, I'm not gonna to come ask a *child* for directions, Okay? No one *gives* away a PS3. Who has an X-box? (Raises hand)

Audience: (Some raise hands)

Brandhorst: Who does not mind telling me how much you paid for your X-box?

Boy 3: (Hand is still raised)

Brandhorst: How much did you pay for that X-box, dude?

Boy 3: Probably, like... six hundred dollars...

Brandhorst: You got the wrong X-box. (Joking tone)

Audience: (Laughs)

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Brandhorst: (points to another boy)

Boy 4: I have no idea.

Brandhorst: That's good. I know I paid – just for the box alone, I paid over \$300. Okay? Because they want the “gaming” X-box. Okay. I know that I just gave one away in my school. All right, and three-hundred-and-somethin' dollars for that X-box. And uh, what's that little thing called...

Boy 5: Bullet?

Boy 6: Kinect.

Brandhorst: The Kinect, right? We got the X-box Kinect. We laid down three hundred and fifty bucks, *Boom!* Somebody won it. No one just says, “Here you go...” (Holds arms out with imaginary gift) The one that we gave away, we still made them bring in friends, and bring in people; we made them work, and come to class, and work hard in class. You had to work for that X-box.

Random boy: That figures...

Brandhorst: Okay, so it's *common sense*. Okay? If someone says, “You know what, hey, man,-” (Makes exasperated gesture, dropping hands to sides) Another good one – the iPhone. Who has an iPhone – an iPod?

Audience: (A few raise hands)

Boy 4: I wish I did.

Brandhorst: Who has an *iPad*?

(At least one boy raises hand)

Boy 4: I wish I did.

Brandhorst: (Groans) Ugh, man. (Hangs head, laughs) Okay. Another one – a great one that was, that they bait these people in with – here's my... You know what? My kid said something for the last time, I'm sick of it; I'm giving away his iPhone. I told him I would, I went, “Here, here's the iPhone, let me go get the cords.”

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No one's going to give you something like that. As much as I think this world is a wonderful place, I really don't believe that someone is just going to come and give you anything like that. So you gotta be wary about stuff like that. We all know if it's too good to be true, it usually is, right?

Audience: Sir. (Muffled agreement)

Brandhorst: Right? Okay, so, again, we are *men*, we have to think about that. ...Am I right? Okay, just like *men*, we all know there are things like pretty girls out there, right?

Audience: (Agreement with a few smiles)

Brandhorst: We will be in a line *forever*. *Forever* waiting! It could be, like, I don't know, you be trying to get in at a concert, you could be trying to do anything, you could be one of those people – who's ever waited at like three or four in the morning during Christmas-time or something like that where you gotta go wait? (Shrugs) Okay, I have been there, waiting to go get that stupid deal on this big ...TV. A pretty girl comes up, "Can I stand in front of you?" "Okay..." (Laughs goofily)

Audience: (Laughter)

Brandhorst: Why? 'Cause we're men, we do that! She got out of her car, she was out of the store all of five minutes, got my TV. Eh, I don't won't to talk about it... (Chuckles) So, part of this is we're gonna have common sense. Now, the thing is...as far as abducting, yes it does happen, but you have to have common sense. Okay? You gotta think to yourself: What would you really do if an adult came up to you and he snatched you up, what would you *really* do? Okay?

So, you've – first of all, the best defense is - (points to boy) Shush. Who knows what the best defense is? In the *world*, best block? Like, karate, we do a lot of blocks, right? What is the *best* block? (Points to man in the corner) And you may know this one. *Best* block in the world. Who can just think of *anything*, best defense in the world – what do you think it is?

Boy 6: (Mimes a block)

Brandhorst: That's a good one, that's a high block. Eh? What do you think? (Refers to another boy) Like that? No, that is like some Kung Fu block. I don't teach Kung Fu. (laughs)

Audience: (Laughter)

Brandhorst: All right. I'm going to teach you a block *right now* – that is going to say if someone took a gun and they shot at you, you would not get hit.

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Boy 7: Huh?

Brandhorst: Okay, if someone took a knife, and they slashed at you, little dude (mimes doing so), you would not get killed, you hear me? Okay, if someone took a bat and they tried to hit you with a bat, man, you are not going to get bashed in. You hear me? (Chuckles and grins) Okay, you know what the best block is? Everybody say “Best”...

Audience: Best...

Brandhorst: “Block”...

Audience: Block...

Brandhorst: Don’t be there.

Audience: Don’t be there. (Laughter)

Brandhorst: Best block in the world, I promise you! If I tried to shoot at you and you weren’t there, you are probably not going to get shot. Or that is an awesome bullet. (Awkward laugh)

Audience: (laughs)

Brandhorst: If I tried to swing at you with a bat, dude, you weren’t there, probably not going to hit you.

Boy 9: Unless that’s an awesome bat.

Brandhorst: Unless – that is an, that is all kinds of an awesome bat. Okay. All right, so, best block is not to be there. (edit)

Now, there are other things that we have to worry about, like defending ourselves. All right, who knows when it’s okay to defend yourself? (As hands raise, looks pleased) Oh, I love this one. What do you, think, buddy? (motions to one of the boys)

Boy 10: When someone gets you and tries to-

Brandhorst: Yeah, that’s okay, cool. (Nervous laugh) Who else? When it is okay to hit someone back? (Points at someone in the corner of the room)

Boy 11: (Quietly mumbles, disagreeing)

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Brandhorst: You don't think it's okay to hit someone to defend yourself?

Boy 11: (Shakes head)

Brandhorst: What about you? (Speaks to someone else)

Audience: (Begins mumbling as boy speaks)

Boy 12: ...if I imagine, like, with a bat or with your fist (clenches fingers), you can defend yourself and hit 'em back.

Brandhorst: Mmm hmm. All right, anyone else when it's okay – when do you think it's okay to defend yourself?

Boy 1: (Mumbles something unintelligible)

Audience: (Laughs)

Brandhorst: I *like* this guy! (gestures with hand)

Audience: (laughs again)

Brandhorst: *This* is someone who lives in nowadays, man, it is like... we were talking about – you defend yourself against someone who tries to rob you and probably the robber is going to sue you! (imitates humble man, clasping hands together in front) “Your Honor, uh... I tried to rob this man and he, uh...cut my eye off.”

Audience: (Boisterous laughter) (end of part 1)

VIDEO PART 2 -

Brandhorst: “Yeah...I...tell you...” You know, so that is just... (Snorts)
When is it okay to defend yourself? When do we think it's okay?

Brandhorst: Okay? So who thinks – who's ever heard you only can hit – if they hit you first, then you can defend yourself? Who's ever heard that? (raises hand)

Audience: (Hands go up)

Brandhorst: So, you're telling me you're gonna be like “Wait for it...Wait for-” *POW!* (Mimes getting punched and falls over, catching self with hand) “Oh, it's *ON* now!” (Laughs) Okay! Is *that* what we're going to do?

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Boy 8: Y---e---s!

Brandhorst: Well, yes, 'cause we're men, we'll do that... (Scratches head awkwardly)

Boy 4: (Cheers)

Brandhorst: But, generally, you can defend yourself when you know beyond a shadow of a doubt you are going, something is going to happen. Now, there are a couple lines of defense. You have your last line of defense... Everyone say "Physical".

Audience: Physical.

Brandhorst: Physical is my absolute last line of defense. My last line of defense would be to beat the *brakes* off of somebody. It may be the most *fun* line of defense... (holds hands to right side)

Audience: (Laughs)

Brandhorst: It may be the one I just want to jump to first, especially if I have my pretty wife with me and I'm trying to impress her. (Grins manically) Yeah? (Laughter) "Hang on a minute, I'm going to beat up a *robber*." But...that's the last line of defense because even my – what was your name? (To boy)

Boy 1: Jimmy.

Brandhorst: Jimmy? Even like Jimmy here said... Yeah, I can get sued. Okay? Especially, "Oh, really? You own something? Oh, you a karate teacher?" (Laughs in impersonation of speaker) You know, it's the truth. Last line of defense and, truth is, most people – if you are defending yourself against someone – would you believe if you and I got in a fight today (Places hand momentarily on a boy's arm) he would not just stand there. He would probably hit me back. And I am *way* too pretty to get hit. (Makes a facial gesture and laughs)

Audience: (snickers)

Brandhorst: So, that's your last line. Then, you have your second line of defense, all right-

Boy 3: Punch?

Brandhorst: No, this is actually a *warning*. Believe it or not, you have to give someone a heads up, eh? Let 'em know! "Dude...please don't hit me; I do not want to embarrass you. I mean, I

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want to embarrass you, but, well, like, you don't want to get embarrassed. Okay? This does not need to happen. Okay?"

Then you have your first line of defense which is obviously not to be there and then you also have your voice. Okay? But now the thing is, is that most of the times when we have to defend ourselves it's against people called "bullies." You know little bullies... Like I used to love a show called "Bully Beat Down." All right? Awesome show.

Boy 6: I love it, too...

Brandhorst: Problem is, it wasn't...– who's ever seen that show "Bully Beat Down" or ever heard of it? (Raises hand)

Audience: (A few hands go up)

Brandhorst: Okay, so you've seen it, right? Not realistic. The primus of "Bully Beat Down" – they take a bully. All right? (motions to boy) *Boom!* He's a bully. And he's bullying him. (Gestures to another boy) So he (referring to second boy) calls me and says, "Could you get someone to beat up this bully?" So I come here and I say, "All right, so I hear you're picking on this kid." So I bring in this monster (Gestures to boy wearing karate uniform) to beat you (points) up.

Audience: (Laughs)

Boy 5: That's a scary monster. (More laughter)

Boy 3: Oh, yeah and there's money involved!

Brandhorst: Oh, yeah, and he's like all kinds of money for you getting beat up. You should be, dude, if you've ever felt him hit, you hear me? Haha. Trust me. (Laughs) Like, so what happens when he (gestures to boy in karate uniform) leaves? You'd think you were getting picked on *before*. Just wait until you embarrass a bully on national TV. Okay, who knows what a bully is, first of all? (Raises right hand)

Audience: (Hands raise)

Brandhorst: Okay? Okay, we all know what a bully is, yeah every one of us. Who actually in here *is* a bully?

Audience: (Silence)

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Brandhorst: Awesome. (Smiles) I'm glad to know we haven't made it to that. (Chuckles and makes a noncommittal hand gesture)

Audience: (Laughs, and a boy speaks, and someone gestures towards a boy in the corner...)

Brandhorst: I'll see you after class. (Points and laughs)

Audience: (Laughs again)

Boy 7: We'll see you on "Bully Beat Down!"

Boy 3: It comes and goes.

Brandhorst: It's left, it is a miracle, it is *gone!* (Laughs) The...bullies – that is the most obvious thing that you have to defend yourself against. Because – the thing is – there are jerks everywhere. And bullies generally pick on people because they feel so down here (lowers hand), so by pushing you down, they feel they bring themselves up. I love – I have bullies come into my school all the time, and they think they are the biggest, the bad-est, the meanest, the toughest, and I invite 'em to my MMA (Mixed Martial Arts) class, and they are the littlest girls, I promise you. If you look at them wrong, they're going to scream like a girl getting thrown off a roof. (Laugh)

Boy 8: (Screams in imitation of girl and claps hands together, making a splat-ing noise)

Brandhorst: *Something* like that. (awkward laugh) Who knows what the alternative to school is out here?

Boy 10: Wait, what?

Brandhorst: Anybody know what the alternative to school is out here? (Raises hand) And can put it in somewhat – and put it nicely? (points) What is the alternative to school out here, dude?

Boy 3: Where kids go at OSS...

Brandhorst: Yeah, something like that. It's, putting it in nice words, it's where all the bad kids go. The kids who get kicked out of school for being too bad. All right. And I go and teach there sometimes. And for being the biggest, the bad-est, the meanest kids – those guys are not as big and bad, as tough as you think of. But that is the number, but probably around your age group – your demographic – that's the number one thing you have to worry about – is people picking on you. Always talking about you. Always being mean to you. Ah, now I've got your attention.

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That's the biggest thing about it that you guys have to worry about, because there are jerks everywhere. No matter what. And they pick on people, and they push people around, and they even beat people up because they don't have confidence. Everyone say "confidence."

Audience: Confidence.

Brandhorst: Very good. Confidence is your number one thing. Somebody with confidence is more than likely not gonna get picked on, not gonna get abducted, probably not gonna get robbed, not gonna get hurt, all right? Do we know how to walk with confidence?

Audience: (A few nod)

Brandhorst: Okay, so if...if I'm walking over here, and I'm doing this... (Walks with head hunched forward and looking at the ground, not really paying attention) I am, like, just asking for it. All right? Just asking for it. Okay? Even in a karate uniform, you have no idea how many losers try and pick ... (chuckles and snorts) (imitates gangster voice) "You think you can beat me up?" (Shakes head and gives a brief laugh as boy in background talks) "Ah...I don't...I don't *think* I can beat you up..." (laughs) But it's all on how you present yourself. And that's one of the things we're going to work on tonight, and we're also going to work on strikes. Okay? Very easy, and you have to work on self control. Okay? So, as far as that goes, if I'm walking around like this (imitates earlier walk), that just makes you a target, right? Who here goes to school, into these schools? (Raises hand)

Audience: (A few raise hands)

Brandhorst: Okay, all right. And what school do you go to? (Addresses a boy near him)

Boy 11: Fayette Ware.

Brandhorst: Fayette Ware? You go to Fayette Ware? (impressed) Awesome, I'm going to be working with y'all shortly. (Pats boy on shoulder) You know all about bullies, don't ya? (Laughs) (Points to another boy) Where do you go?

Boy 12: West.

Brandhorst: West? Uh-huh, I work, I've worked with y'all's school. (Gestures to another boy)

Boy 9: I go to Southwest.

Brandhorst: Southwest? I'm going to be working with you guys, too.

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Boy 8: (Excited noise)

Brandhorst: Okay. Your principle is something else, isn't he? (Laughs and holds hands up innocently) Just sayin', I can say that. I don't work for you. One of my best friends is boss, so I can say that. (Chuckles and clears throat) Okay, so...(Silence falls) you know, the thing is, guys, is that if you walk around, let say, okay, let's just take your school right here. What's your name? (Stops in front of a boy and looks at him)

Boy 10: (Mumbles something)

Brandhorst: Say it again, sir?

Boy 10: Drew.

Brandhorst: Drew? Okay. My son's name is Andrew. Okay. I want to *punch* him right now but he's not here. ...Probably... (Nervously laughs) Anyways. You going out at Fayette Ware, right?

Boy 10: Yes, sir.

Brandhorst: Let's just be honest...okay? Be honest and laying it out there on the table... You go out there, and, kids who walk around like this - (demonstrates walking with head down and staring at ground) – generally what happens to them? Nothing good happens to those people, ... All right? What about the ones who just act all silly, all the time? Nothing good happens to them, right?

Boy 10: No.

Brandhorst: Yeah. Nothing. If you don't walk through there and you don't look like you have a little bit of ice in your veins, you're probably gonna get picked on, am I right?

Boy 10: Yeah.

Brandhorst: Yeah, that's pretty much the truth. You walk around – even when *I* walk through that school (And that's a big school; I didn't even know y'all had a school like that out here. That's some bigger school)...Even when I walked around, I'm still finding myself walking around (Demonstrates walking with shoulders set and determination in eyes); I'm looking for the principle. (Laughs) All right? Because I thought *I* was going to get picked on. All right, so, confidence is key. First of all, I want every one of y'all to go ahead and stand up.

Audience: (Groans and talks among themselves as they do so.)

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Brandhorst: Good... there you go. Good. And if it's possible, can we move this table over just a little bit? Can we move it over? Yeah, we can, like, slide chairs and move the table over so we can have some room. (end of Part 2)

VIDEO PART 3 -

Brandhorst: Yeah, now that's somewhat confidence! I probably wouldn't pick on you, dude, you hear me? (Punches lightly on shoulder) I like that, I'm never picking on a man *your* size. (Laughs with audience) All right. Okay. (Points at boy) Uncross your arms. Okay? Uncross your arms, dude. There you go! Yeah! Put that – see how you just look kind of relaxed? That's...better, okay? When these are things that – part of walking around with it... If you go around – seriously, you know what this means, when you're walking around with your arms crossed? All right, one of two things. You walk around like this – (Demonstrates smug look with arms crossed) – and pose it up, like for a model shoot, all right? (Chuckles) – All right. You're walking around like this means "I have *no* confidence." Understand? Always walking around, head down...no confidence. Looking up – but at the same time, we're looking up and you're just mad-dogging folks – (Laughs) – mean-mugging folks, you're just asking for a fight. You know? (Imitates mean face) And she's going to look back at you. (Grimace) All right. So, confidence is... Everybody say "confidence".

Audience: Confidence.

Brandhorst: Then...we go into our last line of defense...okay? Remember...the first one is your voice. All right? When someone asks you – everyone say "My name is".

Audience: My name is...

Brandhorst: "Rampage!"

Audience: Rampage!

Brandhorst: Your name's "Rampage"? (Eyebrows raise and he laughs) No! Say, come on now, say something! That's why he lost this weekend anyways... (Noncommittal hand gesture) All right. Everybody say "My name is"...

Audience: My name is.

Brandhorst: (Holds hands out expectantly)

Audience: (Speaks their names all at once)

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Brandhorst: Okay, that means that you have some type of – who said “Sunshade”?

Audience: (Laughs)

Brandhorst: I saw...Okay. All right. That’s confidence. The way you talk to people in confidence. Everybody say “Yeah!”

Audience: Yeah!

Brandhorst: “Yes!”

Audience: Yes!

Brandhorst: “No!”

Audience: No!

Brandhorst: Is that the way you speak at school?

Audience: (Mumbled *no*’s.)

Boy 6: Yeah...

Brandhorst: Is that the way that you – yeah, I believe you! You look me in the eyes and you talk to me. That’s the way you do it. I want to say that I can tell everyone in here, and I can tell y’all who gets picked on, and who doesn’t get picked on. I can tell you just by looking at you. Okay? And that’s the way - some of the things - we should change. Not that I’d ever want you to change yourselves, but when it comes down to it, we all know when we’re walking past a group of bullies. Pick your head up a little bit. Okay? There is no one in here who ever has the right to get bullied. Okay? But, at the same time, there’s also other ways that we can avoid it. Don’t look down at the ground. Have a little more confidence in yourself. You should believe in yourself because every one of y’all is probably really good at something. Understand? Okay, now, the last line of defense we’re going to go on is striking. And today we’re just going to work on a *really* quick strike – we may get to two – but we’re going to work on one quick strike. We’re going to work with the elbow. And the reason I’m going to teach you the elbow – first of all – I need everyone to raise your hand. I know it’s silly, but I need y’all to take an oath. Say, “I promise.”

Audience: (Raises hands) I promise...

Brandhorst: “What I learn in here today...”

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Audience: ...what I learn in here today...

Brandhorst: "...*ONLY* for self-defense."

Audience: ...only for self-defense.

Brandhorst: Okay, put your hand down. (Audience obeys) This is a very strong move, a very quick move. It so actually powerful – and we work with elbow strikes – they don't even allow it in open tournament karate stuff. In fact, they hardly allow it in amateur Mixed Martial Arts – which means that they don't get paid for it – and it's very limited in pro fighting. Okay? It will cut you, it will bruise you, it will hurt you, it will – you know. If you hit somebody properly with the elbow, more than likely, the least thing you're going to do is give them stitches. The most thing you're going to do is you're going to break something on them *and* you're going to give them stitches. All right?

Brandhorst: But the *problem* is is if you do it right or wrong. Okay? This does not mean, "Dude, come here and check out what I learned in Scouts!" (Grins) "Grab me here!" (Touches lapel) "*POW!*" (Pretends to get hit and stumbles forward as audience laughs) (Imitates woman's voice) "What happened to Jimmy?!" (Hunches over and resumes normal voice) "...Nothing!" (Straightens) "He, uh... he...he ran into this...table." (Picks up punching pad and slams it on the ground) (Audience laughs again) That doesn't mean – hang on, y'all. (Imitates baby-talk voice) "Sparky, come 'ere, boy!" (Claps hands) (pretends to elbow the dog) *POW!* (Emulates dog's whimper and thud) "You-you know..."(Holds hands out innocently) "...that dog's getting pretty old! He ran right into that tail." (Chuckles with audience) Okay? You can't do that. Okay! So, everybody feel *this* part of your elbow. (Touches near the pointy part) Right here. This part. If you ever elbow somebody with this part – (Rubs above the elbow joint) – where my patch is – you're basically asking them...you're basically giving them a hug. It's what people in football do. From here we're going to work on just a straight elbow strike. (Demonstrates) Okay? Elbow strike. And this is why I *love* this – because it doesn't matter what you hit, you're not going to feel a whole lot but you're going to destroy whatever's in front of you. (Chuckles) Isn't that awesome?

We'll just pretend we're all right handed. Everybody grab your shirt like this. (Clutches shirt) Keeping your arm straight, this is a (elbows imaginary person) striking position. So, from here, everyone show me (demonstrates elbow strike). Strike! There you go, strike!

Audience: (More begin to try it)

Brandhorst: Good! Strike! Do it again, strike! Very good. Do it again. Strike! Okay. Now, everyone say "Good idea".

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Audience: Good idea.

Brandhorst: “Bad idea”...

Audience: Bad idea.

Brandhorst: Again, I did this because we’re men, right?

Audience: Sir!

Brandhorst: So there’s a group of men in here, and we are all doing this: (Imitates wild elbow strikes) That’s why I kept you for a really short time because after awhile *one* of us is getting hit.

Boy 3: Not it!

Brandhorst: All right. (leans down and picks up punching pad) So, I want to see what you’ve got. I want to see, now that I’ve talked to you about confidence, the best block in the world is to what?

Audience: Not to be there!

Brandhorst: “Not to be there.” The reason why this is a good block is because, believe it or not, as teenagers, I know this is silly, but you’re going to have some friends who are going to try to get you to do things that you *know* you should not do. You were going to play “Good Idea/Bad Idea”, right? I wasn’t going to mention any names, okay? (motions with hand to one of the boys) Best block, the way to defend yourself against that – is to not be there. All right, so who – if I can be real honest with you for a second, my *child*, right, just graduated high school. (Leans pad against wall) He thought it would be a good idea to ride with his friends; they were going to play some pranks. (Sarcastic tone) Haha, real funny. Back in the day, we could do that and get away with it, but we’re in something called “War time” which means our countries are at war. They took – does anyone know what a water bomb is? – (Muffled agreement) Yeah. They took one, put it in an old man’s mailbox and thought that would be funny. All right? They got caught and they got faced with a 30 year prison sentence because it was federal, because it was in a mailbox, because it was a water bomb – which makes it a chemical weapon – during war time, and it was hit with a ‘Class-B’ felony. They – only by the grace of God – did they get off on just a little bit of getting out of trouble, it’s sponged off their record, they all went on to go on to college. But *stupid* things like that – you’re with some friends, and – you know what? – guess what! Joshua’s driving the car so – (Claps hands together). Guess what I had to do? First, I had to go pay the impounding fee; I had to pay six thousand dollars in lawyer’s fees; all right, my *son* – [I] had to

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sit there, by my son, while the judge said, “Do you understand that you are facing more than thirty years in prison?” And there have been thirty-six mailboxes in Bartlett that have been hit like that and they were looking to throw the book at somebody. Stupid things like that – best defense is not to be there, one. So when it comes to when you’re growing up doing things like that – (soft snort). Two: when it comes to handling bullies, being abducted, anything like that – confidence is your number one thing that you’re going to want to really deal with. Confidence, confidence, confidence. If you are the confident one, people who abduct people – most abducting people do not abduct people who walk around like this. (Demonstrates walking confidently, being aware of surroundings.) All right, if I see a small child and he’s walking around like he’s got a trooper on his shoulder, chances are, if I grab him, he’s going to yell, scream, probably claw my eyes out. Bullies! Bullies pick on people who have zero confidence. All right? They pick on the weak. You ever see a bully pick on a tough person? What would happen? I would see him at the alternative school! “What happened?” (Low voice in imitation of tough guy) “Bully was picking on me; I elbowed him in the face.” All right, and the last one is cool and what we’re all about to see here. Now, (Turns around and picks up pad) when you hit this pad, I want you to hit it like men, because, again, we’re men, right? Okay? And, I want you to hit it like, one, you have common sense. Do not hit me, or I will be very angry.

Audience: (Chuckles)

Brandhorst: And, two, don’t forget there are other men in here and we want to see what we have so we’re all testosterone filled and we want to see. And I want you to give it everything that you have. Understand?

Audience: (Begins to talk among themselves)

Brandhorst: Austin, come up here; will you show me, sir?

Boy 7: Sir. (Walks over to stand in front of him)

Brandhorst: Okay, so from here, a strong elbow strike. Go ahead.

Boy 7: (Does elbow strike and it’s so strong it backs Brandhorst up into wall)

Brandhorst: All right. (Seems to breathe out) Okay.

Boy 7: You were saying?

Brandhorst: (Holds up one finger) I’ve got to use the bathroom.

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Audience: (Laughs)

Brandhorst: All right. Now, who has the confidence to step up next?

Audience: (Varying volumes of agreement or nonchalance)

Brandhorst: Step forward, let's see what you've got.

Boy 8: (Steps up and elbows)

Brandhorst: Pretty good, dude. All right, who's got the next one? All right, let's see what you got.

Boy 9: (Elbows and Brandhorst gets pushed back to wall again)

Brandhorst: (Pretends to be all dizzy and falling over)

Audience: (Laughs)

Brandhorst: Anyone *else* got something? What have we got? (Points)

Boy 11: (elbows)

Brandhorst: Good! Anyone else?

Boy 12: (Steps forward)

Boy 3: I want to! (Bounds forward)

Brandhorst: Go ahead!

Boy 2: (elbows)

Brandhorst: That's pretty good... Okay...

Brandhorst: Come on, dude. (Beckons with fingers) All right, come on. Let's see what you've got.

Boy 9: (Steps forward and elbows with all strength)

Brandhorst: Nice. Okay, I'm going to point out *him* for a second... (Points to previous boy) Okay, what's your name sir?

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Boy 9: (Says something incoherent)

Brandhorst: David? David came right out and – (hears another boy) Devon?

Boy 9: Devon!

Brandhorst: Devon came right out, right here, had his hands up, and *POW!* (Elbows) And hit. *That* shows confidence. Understand? Everything that you did here (referring to audience now) – now, if you hit that, and you moved me in the slightest bit, right? You have, like, nine inches of padding here – all right – which for every inch takes up almost a hundred pounds of pressure per square inch. If you can hit, and you can indent that pad, you can break a bone. Understand? Especially little bones, like the bridges of nose, things like that, all right? It's all about confidence. Everyone who stepped up to do it first – those are the people that you should look to. *Those* are your leaders.

Brandhorst: Understand? Those are your leaders. The ones who went right for it – “Yeah, I want to go do it” – that makes your leaders. Understand? So, thank you guys for having me out here today. I really enjoyed working with you guys. I understand what it's like, coming up, and it's really *awkward* time – from 10 to 17. And that is one heck of a gap. Okay? But, um...the one thing we've got to take out of this and all of your self-defense comes from right in here. (Points to chest) It comes from your confidence level. If you don't have confidence, you will not be able to accomplish anything. So the first one that you have to believe in is who?

Audience: Yourself.

Brandhorst: Excellent job. Thank you guys for having me. (Bows)

Audience: (Applauds)