



South Suburban
PARKS AND RECREATION

FOR IMMEDIATE RELEASE
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South Suburban to Debut Self Defense Introductory Workshops

South Suburban Parks and Recreation will offer a new class, Introduction to Self Defense; an introductory workshop designed to teach participants how to be more aware, avoid dangerous situations and defend against an assault or attack. Instructor Mike Sullivan is a 5th degree black belt in Karate and Jujitsu, as well as a master trainer in Jein Do™ self-defense system. The class is ideal for all ages and abilities, and covers the following:

- Recognizing potential dangerous situations
- Simple and easy to remember disabling and escape techniques
- Ways to help secure your home
- Tips on conflict and conflict resolution

The class will be offered on Tues., Aug. 26, 5:30-8:30 pm at Lone Tree Recreation Center, 10249 Ridgeway Circle, Lone Tree; and on Sat., Sept. 13, 1-4 pm at Goodson Recreation Center, 6315 S. University Blvd., Centennial. Fees are \$35/\$30 resident. Register online at www.sspr.org, or call 303-347-5999.

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