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FOR IMMEDIATE RELEASE

MARTIAL ARTS EXPERT SUPPORTS WOMEN SAFETY

Sixth Degree Black Belt will host women's self-defense seminars

MOORESVILLE, NC (August 2, 2009) – A woman is assaulted or raped every six seconds in the U.S. By the time you finish reading this press release, 20 women in our country will have been raped and assaulted. It could be your mother, your sister or your daughter.

Lake Norman Taekwondo America, the community's best and longest-running martial arts school, will host a hands-on seminar that teaches women how to verbally respond and physically protect themselves from danger associated with assault and rape.

Jason Kesler and Kasi Young, certified taekwondo instructors with Black Belts, will have full gear and pads on during the women's self-defense class. The three-hour hands-on is scheduled for Saturday, Aug. 8. Students must be 18 and older to register or be accompanied by a parent.

"Martial arts training gives women the self-defense skills and confidence to take a stance against confrontation by building a strong mind and equally strong body," said Master Phuoc Dang, Sixth Degree Black Belt and owner/chief instructor of Lake Norman Taekwondo America in Mooresville. "The key to defending yourself is knowing your surrounding and keeping a steady mind."

Mr. Dang stresses the ABCs of self-defense: Awareness (avoid, acknowledge and assert presence); Boundaries (dialogue, stand strong and voice control); Combat (physical protection, strong voice and commitment).

For more information about these classes or to learn more about effective self-defense techniques, please contact Mr. Dang at 704-663-0001 or email at LNTKD@aol.com. Classes are limited to 12 students per seminar. Registration is first-come, first-serve and costs \$135.00 non-refundable per student.

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About Lake Norman Taekwondo America

Founded in 1995, Lake Norman Taekwondo America (LNTKD) offers various martial arts, self-defense, cardio and fitness classes for students of all ages. The Mooresville-based school hosts, participates and sponsors a wide range of taekwondo events, programs and competitions that attract thousands of spectators and students each year.

More than 150 members enjoy affordable classes, a safe and friendly atmosphere and competitive training that appeal to the entire family. Master Phuoc Dang, a Sixth Degree Black Belt and martial arts expert, is the owner and chief instructor at LNTKD. He is committed to offering the best martial arts programs in the region. The talented and trained instructors serve the local community by sponsoring numerous events, after-school programs and local activities. For more information, please visit <http://www.LakeNormanTaekwondo.com>.