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FOR IMMEDIATE RELEASE

MARTIAL ARTS EXPERT TEACHES KIDS EFFECTIVE SAFETY TIPS

School offers bully prevention, anti-abduction seminars

MOORESVILLE, NC (July 27, 2009) – Childhood bullying is a growing problem in the U.S., with as many as 5.7 million children currently involved in the bullying process. As part of its commitment to child safety awareness, Lake Norman Taekwondo America will offer bully prevention and anti abduction tips at Highland Village School in [city] next month.

Lake Norman Taekwondo America will offer three seminars for children ages 6-12 on Friday, September 19 at 5:45 p.m. and Saturday, September 20 at 9 a.m. and 11:30 a.m.

The classes will help children understand bullying, provide tips for how to defend themselves and information on how to encourage healthy methods of peer interaction.

"It's important that we teach children effective coping strategies for dealing with these kinds of issues," said Master Phuoc Dang, Sixth Degree Black Belt and owner/chief instructor of Lake Norman Taekwondo America in Mooresville. "We also want to give them the tools and resources they need to protect themselves against crime and violence."

Trained instructors will have full gear and pads on during the anti-abduction and bully prevention seminar. Children will have the opportunity to learn and practice tips on how to protect themselves from being kidnapped, assaulted and bullied.

Hands-on classes are limited to 13 children per seminar. Currently there are 14 spots total available. Registration is first-come, first-serve and costs \$95.00 per child. For more information, please call Mr. Dang at 704-663-0001 or email at LNTKD@aol.com.

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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>.