



MONROE COUNTY
COMMUNITY COLLEGE

enriching lives

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Press Release

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September 21, 2010

FOR IMMEDIATE RELEASE

MCCC OFFERS CHILDREN'S SELF-DEFENSE SEMINAR, TAE KWON DO CLASSES

MONROE, Mich – Monroe County Community College's Office of Lifelong Learning has scheduled a Children's Self-Defense Seminar and three tae kwon do classes scheduled for this fall.

The Children's Self-Defense Seminar, which is open to children ages 5-12 who must be accompanied by a parent, is \$19 and will be held on Thursday, Oct. 28, at 7 p.m. in the Welch Health Education Building, Room 139.

During this one-hour workshop, children will learn how to recognize and respond to threatening situations. It will include self-defense techniques such as basic punches, kicks and strikes.

Tae kwon do will be offered in three sections:

- Sept. 23 – Oct. 19
- Oct. 21 – Nov. 1
- Nov. 23 – Dec. 16

All sections will be held from 6:30 – 7:45 p.m. on Tuesdays and Thursdays in the Welch Health Education Building, Room 139.

The cost per session is \$49. Students ages 5 and up are welcome.

(more)

The Children's Self-Defense Seminar and tae kwon do classes will be taught by Mark Bergmooser, a certified fourth-degree black belt in tae kwon do.

To register for classes or for more information, contact the Office of Lifelong Learning at (734) 384-4127.

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