



MONROE COUNTY  
COMMUNITY COLLEGE

enriching lives

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**Press Release**

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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 two upcoming Tae Kwon Do classes.

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. 23, 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 two sections:

- Oct. 21-Nov. 18
- Nov. 20-Dec. 18

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. The cost for seniors (age 60 and up) is \$24.50.

(more)

## Press Release

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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