

## News Release

### FOR IMMEDIATE RELEASE

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### Kicking Out Loud and Strong

Auburn, August 11, 2007. True power comes from absolute knowledge that you can do a thing. Fifteen women gathered today at McCoy's Action Karate in Auburn, MA to take a 2 hour class in Self Defense that enabled them to flex their power and develop the confidence to allow them to maintain their mobility in our increasingly violent culture.

"It [the self defense class] made me stronger and more confident that I can protect myself and family if need be," said Sherry Houck, one of the attendees at the self defense workshop. The power to defend her family and herself allows Sherry to stand tall with confidence in a very violent time.

McCoy's Action Karate's self defense workshop is a semi-annual free community service that teaches women how to stand up for themselves with three types of Self Defense; body language, both non-aggressive and aggressive verbal self defense as well as physical self defense. They utilize the Tactical Red Man suit designed to allow the women to unleash their inner power and not run the risk of hurting the attacking instructor. The class taught women the basics of avoiding the targeting phase of attacks and how to effectively kick and fight and scream at the top of their lungs to escape an attacker and attract attention.

"I'm generally a reserved person. This class showed me an inner strength I didn't know I had," said Nancy Melican of Fiskdale about the class that she had just finished.

McCoy's Action Karate is hosting another free Women's Self Defense Workshop Sunday August 26<sup>th</sup> in Webster, MA. Please call 508.832.4110 for more information.

Anne and Paul McCoy founded McCoy's Action Karate in 1994 with the desire to bring peace and confidence to as many people as they could. Confidence is power, and true power comes from absolute knowledge that you can achieve success. People that have achieved that type of success can and have changed the world around them for the better. That change in our world was and remains the mission of McCoy's Action Karate and all of its programs. Their clients come from 3 states and they have won national awards for customer service and quality instruction since being certified by Black Belt Schools of America in 1995. McCoy's Action Karate maintains 3 karate schools in Auburn, Spencer and Sturbridge MA, and employs 10 full time certified black belt instructors and CDF Self Defense trainers as well 6 part time certified instructors.



Nancy Melican, Fiskdale, MA unloads on Sr. Instructor Corey Buzzel of the Spencer MAK School  
(Email at [pmccoy@mactionkarate.com](mailto:pmccoy@mactionkarate.com) for larger digital picture.)