

# AUBURN NEWS

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## Safety kicks



Courtesy photo

### Self defense, karate style.

AUBURN – Responding to the series of attacks on local women, McCoy's Action Karate is offering our community some help.

"The recent events have many women in our community scared and as a professional in the self defense industry I want to offer my help. My intention is not to capitalize on recent events, only to offer my services free of charge in order to help," says Paul McCoy. "We teach Krav Maga the same program used to train the Israel Military. It's a no nonsense approach to practical self defense. It works, it's effective and can be learned in a very short amount of time. I'm combining this with my knowledge of human behavior, awareness and 20 years experience in the martial arts."

Michael Margolin, one of the founders and owners of Krav Maga Worldwide in LA says, "The first part of a good self-defense is being aware of your surroundings; avoid dangerous places and not having to use physical techniques. Krav Maga comes in when you have no other choice. We teach people to fight aggressively and fiercely to keep them and their loved

ones safe." McCoy's Action Karate and Krav Maga Training Center is the only licensee for the Worcester area.

This very special program is offered FREE Saturday September 6th 2 – 3:30 pm. We can accommodate 50 women in this class. I would recommend all ladies and their daughters attend this program. If the class fills I will arrange to teach an additional class. You need lose fitting cloths, tennis type shoes and you should bring a notebook to take notes. I will also provide you with hand out sheets with important information and reminders.

For more information on the program please contact Anne McCoy at (508) 832 – 4110 in Auburn, MA, or write to McCoy's Action Karate, 614 Southbridge Street, Auburn MA 01501.

For more information on Krav Maga Worldwide, contact Michael Margolin at 310-477-9977 in LA.