

Nationally Renowned Martial Arts Instructor Visits Spencer

Teaching People to Defend Against a Hand Gun

Spencer, MA May 2, 2008 – Master Instructor Paul Garcia, the owner of America's Best Defense in Attleboro MA, taught over 30 people the basics of protecting themselves and others from attackers with hand guns in Spencer MA Friday evening. This 2 hour class was a public service sponsored by McCoy's Action Karate in Spencer MA. Mr. Garcia taught those attending hands on way to defend against armed assailants including the defense against the use of a family member as a hostage.

"We empower normal people against the fear and danger of having themselves or their families being attacked with a hand gun," says Paul of his class. "Simple ways of defending oneself can be learned if you have the time and desire to do it."

Mr. Garcia taught 4 gun defenses, including a frontal assault, an assault from the back and 2 assaults where a family member is used as a hostage. The over 30 people in attendance practiced and experienced the success of all of these defenses and then were drilled on them in realistic scenarios, testing their ability.

Paul Garcia is the owner of America's Best Defense, a 600 plus martial arts school in Attleboro, MA. He was the Sr. Consultant of United Professionals and Black Belt Schools International in Coral Springs FL for 5 years. He now is the chief instructor and founder of a consulting firm that helps martial art school owners develop sound and moral business plans designed to empower their students. He is a fully certified Krav Maga, Haganah and FIGHT (Israeli Military Self Defense Systems) instructor, as well as a Senior Master Instructor in Kenpo and TKD.

McCoy's Action Karate, the sponsors of this class, have martial arts schools in Spencer, Auburn and Sturbridge MA.

For more information contact Paul McCoy or go online at

http://www.mactionkarate.com/media_kit/On_line_media_kit.htm or call us at 508.832.4110. (Cell: 508.612.3894)

Photographs of the Class - click or copy links to your browser

Mr. & Mrs. Frank and Patty DiPadua of Spencer MA Practicing

<http://members.aol.com/makcurriculum/press/dipadua.jpg>

Frank Jr. Practices the Defense

<http://members.aol.com/makcurriculum/press/frankiedipadua.jpg>

<http://members.aol.com/makcurriculum/press/frankie2dipadua.jpg>

Master Paul Garcia demonstrating a Defense

<http://members.aol.com/makcurriculum/press/stingoandbrook.jpg>

<http://members.aol.com/makcurriculum/press/stingoandbrook2.jpg>

<http://members.aol.com/makcurriculum/press/stingopunchgun.jpg>

<http://members.aol.com/makcurriculum/press/stingowithgun.jpg>