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FOR IMMEDIATE RELEASE

Teachers, Nurses and Real Estate Agents Face High Chance of Violent Crime, and We Offer a Solution

Auburn, MA, August 27, 2004 - The U.S. Department of Justice Special Report of December 2001 puts Nurses and Middle School teachers in the top 14 workplaces subject to violent attacks and the National Association of Realtors has reported an increase in crimes against real estate agents in recent years. We offer a method for these professionals and other women in the area to lower their personal risk in just six short weeks. We are offering a six week course designed to be easy to learn, effective, and informative. Attendees can expect to learn physical self defense skills that they will be confident in using. They will also be taught the best ways to avoid the danger to begin with. Recognizing that some professionals face a greater risk while improving our society, we are also offering a 25% discount to teachers, realtors and nurses. The Auburn McCoy's Action Karate school starts its program Monday September 20th and the Spencer McCoy's Action Karate school starts its program Monday October 4th. The class is constructed for adult women, but teenagers are invited if they attend with an adult family member.

"We have designed and run women's self-defense programs that in six weeks have given those who have attended a sharp edge in personal safety," says Anne McCoy, one of the owners of McCoy's Action Karate. "This program uses a martial arts system called Krav Maga, which is designed to give those taking the class a basic, intuitive and effective self defense ability in a very short time, while at the same time educating them about how to avoid dangerous situations that might involve violence to begin with," she says.

Paul McCoy, one of the instructors, says "We have learned that teachers face a 57 per 1000 chance of being attacked in their workplace, and Nurses a 24.8 per 1000 chance. These two professions offer our society and our children a huge service, and we have a method to increase their personal safety. Our mission is to change the world one student at a time, and when we explored the methods of helping women to greater safety, it became one of our most effective ways to meet our mission," he says.

Those who attend will not only receive hands on instruction with intuitive and easy to learn self defense, they will get an opportunity to see that it works on McCoy's Action Karate instructors wearing tactical training safety gear. They will also receive a booklet that describes the environments of violence in our country, and how to avoid them, as well as statistical data describing activities and areas to avoid. The classes are an hour to an hour and a half long, and have the added benefit of increasing your fitness level even in the short six week period. "Women who have taken this martial arts class have come away with a sense of increased safety and power from the physical skills they learned and performed, but they also learned enough about prevention to have a significant increase in their ability to avoid as well as defend an attack. This is one of the most worthwhile programs we have ever done," McCoy says.

Photographs on line at www.mactionkarate.com/media

More information is available from Paul McCoy (508) 832 – 4110, McCoy's Action Karate, 614 Southbridge Street, Auburn MA 01501. Pmccoy@mactionkarate.com.

For more information on Krav Maga, <http://www.kravmaga.com>. For more information on McCoy's Action Karate, <http://www.mactionkarate.com> including a media kit.

- 1 Taken from the US Department of Justice Special Report December 2001. Workplace violence includes attackers with no relationship to the place of employment, customers, those related by employment and those related to the employee.
- 2 FBI Law Enforcement Bulletin – Dec 1998

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