



KENNER POLICE DEPARTMENT

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NEWS RELEASE

FOR IMMEDIATE RELEASE

KPD Community Relations

Officer Brian Norwood

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KPD Women's Self Defense Course taking place in August

KENNER — The Kenner Police Department will hold the next Women's Self Defense Course on the evenings of August 9, 10, and 11, 2010. The program teaches women self-defense techniques and how to execute them properly if they are ever confronted by an attacker.

The course is **free** and open to **all females 13 years and older**. Participants may take the course as many times as desired to learn the latest self-defense and safety techniques. The course is taught by certified police officers who conduct group discussions and demonstrations on the following topics:

- Definitions of types of sexual assaults
- Lawful means of self-defense
- Abduction
- Risk awareness, recognition, reduction, and avoidance
- Self-defense techniques

Participants will also have the opportunity, if they so choose, to practice self-defense techniques with a certified instructor.

More information: For more information and to fill out an application, visit the Kenner Police Department website at www.kennerpd.com and click on the Women's Self Defense link located on the home page. Please contact the KPD Community Relations Division at bnorwood@kennerpd.com with any additional questions you may have.

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