FOR IMMEDIATE RELEASE

Madison College offers self-defense classes for women
Comprehensive course includes hand-to-hand defensive tactics

(MADISON) March 22, 2012 – Every nine seconds, a woman is assaulted or beaten in our country. That alarming statistic from the American Institute on Domestic Violence emphasizes the importance of self-defense classes for women.

Madison Area Technical College is offering a comprehensive self-defense course that teaches women how to identify and avoid problem situations. The eight-hour class examines self-defense laws and demonstrates pepper spray techniques and hand-to-hand defensive tactics.

The course is taught by Madison College law enforcement instructors who have specialized training in martial arts.

Participants must be 18 years or older and are encouraged to wear comfortable clothing and athletic shoes. No weapons are allowed.

WHEN:
Saturday, March 24
Saturday, April 28

TIME:
8 a.m. to 4 p.m.

WHERE:
Madison College's West Campus
302 S. Gammon Rd., Room 47

COST:
$26.37

CLASS SIZE:
Limited to 24

QUESTIONS?
Contact Joanna Williams at (608) 246-5297 for more information or to register.

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Madison Area Technical College serves approximately 40,000 individuals annually, providing "real world smart" education through a comprehensive curriculum of technical, liberal arts and sciences, adult basic education and continuing education, as well as customized training for employers.