



PRESS RELEASE

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Mukilteo Police to Hold Free Women's Self Defense Workshop

(MUKILTEO, WA) The Mukilteo Police Department will sponsor a FREE Women's Self-Defense workshop on February 6, 2020, at Studio 373, located at 829 2nd Street, Mukilteo, WA 98275. The event will be held from 6 p.m. to 9 p.m. and will be limited to 20 participants.

This class is offered to provide women with information on personal safety with an emphasis on self-defense techniques. The class will be instructed by Mukilteo Police Sergeants Andy Illyn and Colt Davis.

"Every nine seconds, a woman is assaulted or beaten somewhere in the US. We can do more to protect women from violence and learning self-defense tactics is one important skill we can all use to stay safe. This is a great opportunity for women and families in Mukilteo. I'm grateful that the police department is sponsoring this class and appreciates the hard work our police officers do each day to keep Mukilteo a safe place to live", said Mayor Jennifer Gregerson.

Mukilteo Police Chief Cheol Kang said, "This course is intended to provide attendees with a basic awareness of basic techniques of self-defense with an emphasis on disengagement and escape. This is an opportunity for women to learn defense skills to reduce the likelihood of victimization."

Women wishing to attend this class should be prepared to interact with the instructors and do some moderate stretching and exercise. Please wear workout apparel and bring water and a towel. Attendees will practice the techniques that are taught and will be required to complete a liability waiver prior to participating in the class.

Advanced registration to attend this class is required. Please contact Sergeant Colt Davis at cdavis@mukilteowa.gov to register. For additional information about this class or the Mukilteo Police Department contact Crime Prevention Officer Myron Travis at crimeprevention@mukilteowa.gov.

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