

Women's Self Defense Seminar Series

July 1, 2008 (Las Vegas, Nevada) Excel Defense Studios announced that world champion kickboxer, Lisa "The Black Widow" King will offer a four-part Women's Self Defense Seminar Series beginning Monday, August 4, 2008. The remaining classes will be held, August 6, 11, 13th from 6:00 - 7:00 p.m.

Participants will learn surrounding awareness, core defense skills such as punching and striking maneuvers, and ground fighting skills such as holds and escape techniques. The final week Instructors will use specially constructed body suits that allow the participants to strike and fight at 100% effort without injury to the instructor or the participant. Class sizes are limited to maximize training and instruction and pre-registration is required.

Classes are ideal for women of all ages and fitness levels. Participants can obtain more information or register by calling the Studio at 702.269.6700. Excel Defense offers ongoing classes in self defense techniques, cardio boxing and kickboxing as part of its regularly scheduled classes for members.