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## Program will teach women self-defense

Thursday, October 7, 2010

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Southfield-based model & talent agency, The iGroup has teamed up with the Oakland County Sheriff's Office for the second year to launch Women's Self-Defense Awareness Month in Oakland County for the month of October.

As part of this initiative, the organizations will be collaborating with the Miss Michigan USA Organization to present free women's self-defense courses. The program will officially launch at 1 p.m. today, Thursday, Oct. 7, with a public preview event at Athletic Republic, 937 N. Opdyke Road in Auburn Hills.

Oakland County Sheriff Michael J. Bouchard and Women's Self Defense Awareness Month Spokeswoman Mikayla Bouchard along with 2011 Miss Michigan USA Channing Pierce and Miss Michigan Teen USA Taylor Sherman will host. The preview will include information about Women's Self Defense Awareness Month and demonstrate the key self-defense techniques that women will learn in the class.

The free self-defense classes will be 10:30 a.m. to 5 p.m. Saturdays throughout October at Athletic Republic and will feature a complimentary lunch provided by The Honey Baked Ham Co.

Each session will be led by Deputy Jen Miles from the Oakland County Sheriff's Office and John Parks, founder and chief instructor of the Martial Science Center, LLC, who also teaches classes at the Athletic Republic.

Women ages 18 and older are eligible to participate, along with those 14 and older with parental supervision.

Those who wish to attend the free class should wear comfortable athletic clothing and closed-toe tennis shoes. Sandals are not permitted.

To register for the program, interested individuals should call the sheriff's department at 248-975-9700 to reserve a spot.

For more information about Women's Self-Defense Awareness Month and the classes offered, please visit [www.theigroup.com](http://www.theigroup.com).

— From staff reports

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