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**DATE SUBMITTED: August 11, 2008**

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**PROGRAM CONTACT:** Ben Boven, Bur-Mil Park Program Coordinator

**TELEPHONE:** (336) 373-3819

**NAME OF PROGRAM:** **Mike Carr Karate – “Daughter Safe” Class**

**DATE:** Saturday, October 18, 2008

**TIME:** 1:00 – 4:00 pm

**FEE:** \$99.00, per student

**LOCATION:** Frank Sharpe Jr. Wildlife Education Center, Bur-Mil Park

**ADDRESS:** 5834 Bur-Mil Club Road, Greensboro, NC

**DESCRIPTION:** On Saturday, October 18, 1:00 – 4:00 pm, Mike Carr Karate will present a *Daughter Safe* class at Bur-Mil Park. *Daughter Safe* is an empowering program of self-protection for girls, ages 8-18. This class is not a karate program, but a verbal and physical quick defense class. Instruction is based on using simple diffusion and self-defense techniques that are easy to learn and very effective. Students learn verbal, stand-up, ground and weapon tactics. Included is a 40-minute presentation on Internet safety and the risk of predators.

The class fee is \$99.00, per student. For more information, contact Ben Boven at **(336) 373-3819**.