



J.K. Kang's Tae Kwon Do

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FOR IMMEDIATE RELEASE

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Fighting back derails attacks

Self-defense is essential for survival of attack

STRONGSVILLE, Ohio - Would-be victims of sexual assault are more likely to survive an attack when they fight back, said self-defense expert Mark Vanyo. Vanyo, chief elite instructor at J.K. Kang's Tae Kwon Do Center, in Strongsville, said knowing how to defend yourself can be the difference between life and death.

Officer Ned Covic, a local police officer, said 85 percent of women who fight back against a rapist survive and prevent completion of the assault. Covic is a state-certified female self-protection instructor.

Women are not alone in the need for self-defense. Children are increasingly at risk.

"It's important for adults and children to know how to defend themselves, especially with the increasing incidents of sexual predators," Vanyo said. "Children should be taught what to do when they feel threatened. If they are being accosted they should yell to draw attention."

But in a worst-case scenario, Vanyo said, knowing how to defend against an attacker could save a child's life.

Vanyo will offer free interactive classes on self-protection techniques for women, men and children at a special open house on September 17. The open house will commemorate the sixth anniversary of J.K. Kang's Strongsville location. The event will take place from noon to 4 p.m.

The event also will feature free lessons on more advanced combat training techniques. Vanyo, a fourth-degree black belt, and one of the few instructors in the area who is certified by the World Tae Kwon Do Federation, has taught these techniques to diverse groups ranging from police officers to girl scouts.

As an instructor, Vanyo has advanced more than 100 Tae Kwon Do students to the prestigious black belt level.

The self-defense techniques focus on Tae Kwon Do. While Tae Kwon Do training provides the knowledge and skills necessary to defend against an attack, it also has practical benefits for everyday living. Unlike other forms of martial arts, Tae Kwon Do focuses not just on physical abilities, but mental and emotional attributes as well, helping to improve concentration, discipline and confidence in everyday life.

Those benefits are especially helpful to children.

"Education is only a part of a child's growth," Vanyo said. "Physical and mental discipline are others."

J.K. Kang is one of just a few centers in Southwestern Cuyahoga County that focus on Tae Kwon Do from the true Korean tradition, he said.

Martial arts demonstrations at the open house will feature weapons, Tae Kwon Do form and board breaking. Along with self-defense and martial arts lessons and demonstrations, the open house will include food, refreshments and games for kids. A raffle will be held for a free three-month membership.

J.K. Kang's Tae Kwon Do is located at 13311 Pearl Road, Strongsville, Ohio. For more information call 440-238-9842, or visit www.punch-kick.com.

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