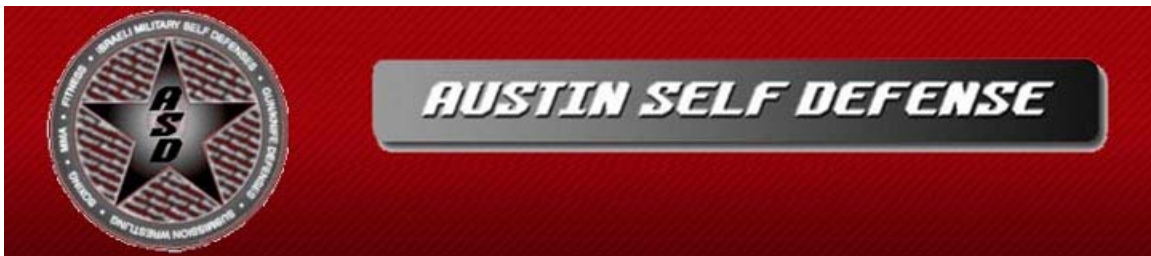


Austin Self Defense Announces 'Back to School' Special Self Defense Training Fall Offer for Adults and Children



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Press Release Summary: Austin Self Defense (ASD), a premier martial arts and fitness school located in Cedar Park, Texas, is the leader in military defensive tactics, street survival skills

and conditioning all of which are conducted in an upbeat and enlightening atmosphere.

Press Release Body:
September, 24, 2008 -
- Austin, Texas --
Going the extra mile
to assist Austin
residents, military,
police and other
service personnel in
self defense training

and defensive tactics. **ASD** announces a 2 FOR 1 special for \$99. Contact info@austinselfdefense.com for more details.

ASD is known for its realistic and no nonsense approach to street survival and conditioning. Classes are offered and structured for persons of all athletic abilities, from ages 7 and up. Conditioning drills are incorporated to build speed, endurance, flexibility and cardiovascular system which results in a complete and well rounded athlete. Additionally, **ASD** concentrates on the mental conditioning and respect that builds discipline and focus.

Austin Self Defense unique class structure and training methods allows for persons with little to no training as well as those with advanced backgrounds to train together yet advance on individual levels accordingly.

Programs include: Haganah Adults, Haganah Kids, Krav Maga, Mixed Martial Arts (MMA) and Fitness Kick-Box Bag Classes.

According to the National Center for Missing and Exploited Children report, 797,500 children are reported missing each year. In addition to the possibility of abduction, kids are continually faced with school yard bullies who can have a traumatic effect not only on the child's education and motivation in their studies but also long term effects concerning personality and emotional trauma. **ASD** offers 'Haganah Kid's', a mixed martial arts (MMA) program for preteens. The program comprises the best practical self defense techniques that suit child learners. Just as importantly, kids will learn life skills such as Respect, Courtesy, Self-Control, Perseverance, Confidence, Self-Esteem and much more.

Emphasizing the importance of self defense and fitness training as a combined discipline, **Dan Kiser, President of Austin Self Defense** says, "*Students will learn techniques relating to the defensive as well as offensive side of*



an engagement/attack. Just as important, students benefit from improved confidence, peace of mind, less stress, and increased energy and endurance," he adds.

ASD offers structured classes and private training with fully equipped modern self defense training amenities, certified instructors & unique conditioning with focus on creating self confidence and a balanced mental attitude for survival.

"Instructors are amazing - both knowledgeable and passionate about their work. There is a very welcoming feeling of companionship and high energy in the classroom. The classes have helped increase my assertiveness and confidence, as well as my physical fitness. I would highly recommend Austin Self Defense" - - Shannon

I was an assistant Combatives Instructor for my unit, in the military, and the Haganah course has allowed me to pick up, right where I left off. ASD is keeping me Army Strong! Hooah! - - Ryan

About Austin Self Defense:
Austin Self Defense is a self defense and fitness training facility which was established in 2002. The Texas Self Defense company is known for its unique and precise approach in providing superior martial arts and conditioning.

The programs are designed for all ages and physical capacities incorporating real life military survival skills and mindset to eliminate the danger quickly and without hesitation.

Press Release written and Distributed by Best Online Results, LLC (<http://www.BestOnlineResults.com>)

Web Site: <http://www.AustinSelfDefense.com>

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