



# PRESS RELEASE

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## Karate School Kicks Off 10 Year Anniversary Celebration with Free Safety Lessons for the Community by Fire Dept. and Free Self Defense Training.

SAN RAFAEL (Terra Linda), California, July 10<sup>th</sup>, 2010 – United Studios of Self Defense in San Rafael (USSD San Rafael) announced today that it will offer free self defense training to the local community, as well as free safety presentations by the Marinwood Fire Department at the school's 10 Year Anniversary Celebration on Saturday, July 10<sup>th</sup>, 2010. There will also be a ribbon cutting ceremony with the Vice Mayor at 1:00 pm, and martial arts demonstrations at 12:30, and 2:00. As part of this event, USSD San Rafael will offer free food & drinks as well as cotton candy, and will have a variety of free games and activities including a free raffle drawing!

USSD San Rafael is located at 4460 Redwood Hwy, just off of Smith Ranch Road, near Bank of America. **This is a free community event and everyone is invited!** Free safety presentations by the Marinwood Fire Department, and free self defense lessons with the United Studios Instructors, will be held all day!

### About United Studios of Self Defense

Formerly headquartered in Lake Forest, CA, United Studios of Self-Defense (USSD) is the largest martial arts studio organization in North America with over 190 locations. USSD offers a practical Shaolin Kempo martial arts system that assists men, women and children in improving health, confidence, academic performance, as well as strength and overall fitness. Students of all ages, who stand to gain a variety of wellness benefits through martial arts practice, have reported increased fitness levels, improved health and enhanced confidence after making training a part of their lives.

For additional information, please contact **Jordan Penman** at:

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