

NEWS RELEASE



FOR IMMEDIATE RELEASE

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MCAULEY SELF-DEFENSE PROGRAM

Mother McAuley High School has added a new component to their Physical Education classes this year. It is a three-session self-defense course which introduces students to basic self-defense skills and methods of escape. Led by instructors from the Frankfort Black Belt Academy, the girls learned about verbal boundaries, assault statistics and self-defense skills. After the demonstration, the students were able to practice the techniques with the instructors. The self-defense program was funded through a donation from the Sheffieck family who had two daughters graduate from Mother McAuley.



McAuley freshman Chevelle Blackburn of Chatham practices a self-defense technique.