

Self defense training session offered

Special to The Clinton Courier

The Clinton Parks and Recreation Department will be offering a Power-Up Self-Defense training session for anyone hoping to protect themselves from the dangers of personal attacks. The training session will be Saturday, April 22, from 9 a.m. until noon at Brighton Park. Registration will be open online through April 19 at clintonms.org/selfdefense.

Whether it's through palm thrusts toward the face or knee kicks to the groin, instructors will make it clear that, if under attack, the goal is to inflict enough pain to get out of the situation.

The class will not be teaching people to sit back and trade blows, but will focus on helping people with techniques to escape an attack.

The Parks and Recreation Department has been offering self-defense training in a few different capacities over the years.

Outside of just learning basic hand-to-hand techniques and body targeting skills, participants will be trained in situational awareness and how to

identify potential threats.

"Attention to detail should be the first line of defense for our citizens.

I recommend looking around to determine your surroundings while walking in parking lots or on the street," said Clinton Police Chief Ford Hayman. "A cell phone should be used to report an issue to the police department, not as a device to immerse yourself in to

the point of inattention of your surroundings."

"Our police do an excellent job keeping us safe in our City, however, they're unable to be with us all, every step of our day. Therefore, being able to defend oneself, in a safe manner, is an important skill to learn, for persons of all ages," said Sheila Runnels of the Clinton Parks and Recreation Department.

A key component, according to instructors, is for participants to keep investing in the skills they learn in class. For more information on the Power-up Self Defense Class, contact Parks and Recreation at 601-924-6082, or register online at clintonms.org/selfdefense.

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