

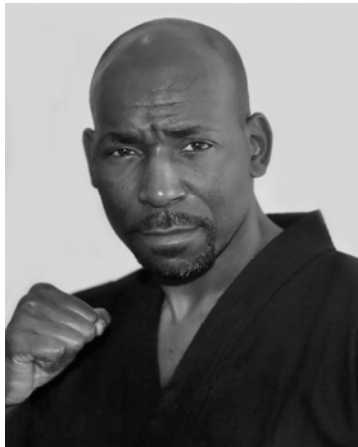
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AFD-09-09
May 1, 2009



MAY 16, 2009 • CITY ISLAND • HARRISBURG, PA

MEDIA ALERT-FOR IMMEDIATE RELEASE



CITY ISLAND, HARRISBURG, Pa.--Master Fred W. Waters Jr., president and owner of the Institute of self defense, is offering free seminars on hand-to-hand combat, self defense, and weapon disarming tactics on May 16, 2009, to support the 2009 Armed Forces Day Event.

Master Waters will demonstrate the following skills for adults and children:

- Realistic training in disarming weapons;
- How to break free from an attacker's grip;
- Shopping safety;
- Car jacking prevention;
- Proper ways to punch and kick.

"I have two sons in the Army and it gives me great honor to give something back to the military and help this event to recognize the brave souls that protect this great country," Waters said.

Held rain or shine, Armed Forces Day 2009 is a unique, FREE, fun-filled, family event that transforms City Island into a sprawling military base for the day and features an extensive array of military displays, exhibitions, information booths, classic rock and jazz, living history demonstrations, and family and children's activities. Over 80 indoor and outdoor displays are on tap this year.

For more information click on www.harrisburgevents.com/Events/AFD.html.