

PRESS RELEASE

FOR IMMEDIATE RELEASE:

TUESDAY JUNE 9th 2009
Lakeland, FL

REALTORS® Receive “Hands On” Self Defense Class

REALTORS® face more on-the-job risks than many other business professionals. LAR is committed to helping their members stay safe as they show properties, while conducting open houses and when meeting prospects for the first time. On Tuesday June 9th, approximately 50 LAR members took advantage of a free one hour, hands on self defense class. Training was provided by Sifu Justin Och, Chief Instructor with Wing Chun Martial Arts in Lakeland. Sifu Och explains the techniques of Wing Chun are to "focus on protecting the centerline of the body, while simultaneously striking the vital points of an attacker."

Sifu Justin Och has been training in martial arts since the age of 6, and is certified by Grandmaster Steve Lee Swift and the World Head of Family Sokeship Council as a third level Sifu. In 2005, the international Council recognized Och's work by presenting him with the prestigious Outstanding Instructor Award for Wing Chun Kung Fu.

Rather than meeting force with force, the techniques of Wing Chun redirect the energy of an incoming blow, allowing a person of any stature to defend against -- and defeat -- an attacker of any size and strength.

REALTOR®, Lisa Kelly with Exit Realty of Lakeland, says "One of the best classes LAR has ever offered, this was great....thank you!"

Each year the National Association of REALTORS® hosts a REALTOR® Safety Week, during the month of September, however, the Executive Vice President of the Lakeland Association of REALTORS®, Barbara Barnes, feels it is an extremely important subject and that REALTORS® should practice safety precautions every day. "We want to provide our members with the best training and education possible to keep them safe, and to do their jobs effectively."



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