



# Self Defense - Personal protection - personal Safety seminars nationwide

Must Count Martial Arts, August 21, 2005

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*Must Count announces the re-introduction of nationwide self defense training Seminars*

PR9.NET August 21, 2005 - Must Count Today announces the re-introduction of training seminars in self defense training Seminars which taught in communities around the country.

Why Self Defense-Protection-Safety Seminars?

Although the terms "self defense" and "martial arts" are often used interchangeably, in practice there are significant differences between the two. Traditional martial arts, such as Karate are, as the name implies, primarily art forms with the broad goal of making their practitioners stronger, calmer, and ultimately more gentle and compassionate people.

Self Defense-Protection-Safety, on the other hand, is a term used to describe a set of beliefs, attitudes, and verbal and physical skills that contribute to an individual's ability to stay safe in dangerous situations. Self Defense-Protection-Safety uses physical techniques which are derived from various martial arts, including karate but the curriculum of a self defense course will also include other topics having to do with the patterns and motivations of violent offenders. Although some training in practical self defense is included in a Karate curriculum, it is not the main focus of the art.

Self Defense-Protection-Safety seminars offers practical self-defense courses in both women-only, children-only and co-ed formats. We also offer self defense courses and seminars in other formats at other locations if sponsored by a school, community organization, or business.

For more information, contact: Keith Cash  
<http://mustcount.bravehost.com>

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## About Must Count Martial Arts

MustCount.org is a leading professional self-defense seminar company. Our seminar instruction includes self-defense, personal protection and personal safety. Self Defense training is taken from ancient combat techniques that have been proven on the field of battle and modern principles of street protection

Safety seminars for women, families, corporate, schools, and businesses. Other offerings include Personal Safety & Training, Attack Training, Physical Self Defense skills, Kidnapping Prevention, and Child Safety.

Keith Cash-5th Degree black belt - Certified Professional Instructor Since 1990 and a Self-Defense seminar instructor teaching protection and safety nationwide. Private lessons also available in karate and kendo in central Alabama.

Additional information about Must Count can be found at  
<http://www.MustCount.org/>

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