

Explosion Select and '99 Explosion Hold Female Self-Defense Training

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On Saturday, January 31, 2015, the Knoxville Explosion held a female only self-defense class by Pink Diamond Defense for its Explosion Select and '99 Explosion Players. As our players enter their critical teen years where they are many times in unsupervised situations, we felt it was important to give them the tools they needed to protect themselves in the event of an unexpected attack. Every year, thousands of females are abducted and assaulted from schools, bars, homes, and even softball fields. In an effort to develop and raise awareness in our players during their off the field activities, the Knoxville Explosion sought the services of a well-respected, Christian-based training program focused on the importance of protecting the purity of and teaching critical survival skills to our players, mothers, and female siblings.

We would like to thank Michelle and David Kirk for sharing their knowledge with our girls, Christ The Rock Church for providing a great venue, and Kristi Birchfield and Kelley Gardner for coordinating this special event. Great job ladies!

For more information on Pink Diamond Defense, please visit their website at <http://www.pinkdiamonddefense.com/>