

OUR TOWN

NOVEMBER 4, 2004

SOUTH MILWAUKEE VOICE GRAPHIC

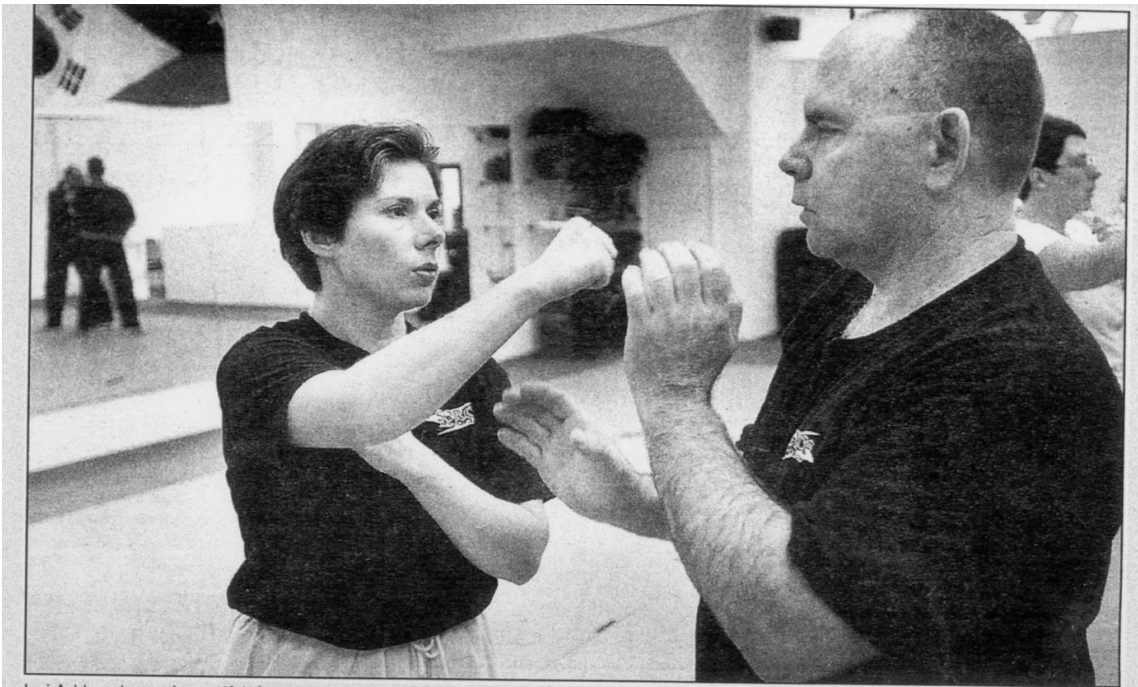
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Self-defense class teaches basics of protection, prevention techniques

By **Lauren LeBlanc**

Staff Writer

In 2003, the rate of violent crimes — which included murder, rape, robbery and aggravated assault — was one every 44 minutes, according to the State of Wisconsin Office of Justice Assistance



Lori Ashbaugh practices self-defense moves with Karl Kellar at Sorce Martial Arts on Oct. 23.

This is just one of many reasons Peter Sorce has decided to hold a free community self-defense clinic at his martial arts studio, Sorce Martial Arts, 926 Milwaukee Ave., on Saturday, Nov. 13.

“It’s something I feel everyone should learn,” Sorce said. “This clinic will teach people the very basics of personal protection.”

This is not the first clinic Sorce has taught. As a project leader and electrical engineer for GE Health Care in Waukesha, Sorce has held several self-defense clinics for his co-workers in the past two years.

“His techniques were geared directly toward self-defense and tailored for practically,” said John Mahony, an engineer at GE. “I haven’t had to use any of them, thank goodness, but I know now that if I was in that kind of situation, I would know what to do. I now have the confidence to handle more situations that might come around.”

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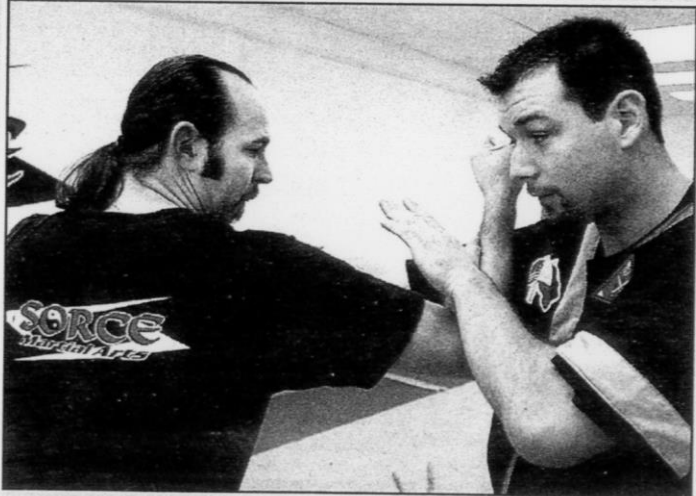
WHAT: Self-defense class taught by martial arts instructor Pete Sorce

WHERE: Sorce Martial Arts, 926 Milwaukee Ave.

WHEN: 2 to 4:30 p.m. Saturday, Nov. 13

COST: Seminar is free and open to the public.

FOR MORE INFORMATION: about the class or to make a reservation, call Pete Sorce, (414) 548-9531.



Curt Merica (left) spars with instructor Pete Sorce during a self-defense class at Sorce Martial Arts on Oct. 23.

Sorce said the self-defense class will focus on a variety of techniques, including awareness and prevention skills; analysis of potential attackers and how they choose victims; scenario practice; and defense moves and releases.

“This is not a martial arts class,” Sorce said in a press release. “This class is designed to help anyone who wants to learn about the mindset of potential attackers and learn basic self-defense.”

Mahony said attendants can expect to have fun while they learn about personal self-defense.

“It’s a very relaxed environment and Pete is a very good teacher,” Mahony said. “He’s patient and encouraging, even when you think you look stupid. He never says ‘You’re not doing it right.’ He tells you how to improve, but he never says ‘no.’”

Sorce is a fourth-degree black belt in tae kwon do who began his training in 1982. He opened his martial arts school through South Milwaukee Recreation Department in 1997, before opening his own studio facility in 2004.