



NEW YORK STATE SENATOR

Mario R. Mattera

## Assemblyman DeStefano, Senator Mattera and Senator Palumbo Host A Self-Defense Class In Yaphank

MARIO R. MATTERA March 9, 2022

| ISSUE: SELF-DEFENSE, WOMEN'S HISTORY MONTH, YAPHANK, SUFFOLK COUNTY POLICE DEPARTMENT

**PLEASE JOIN SENATOR MATTERA, SENATOR PALUMBO  
&  
ASSEMBLYMAN DESTEFANO**  
with Sensei Mike from Shaolin Kempo  
**WOMEN'S  
SELF DEFENSE  
CLASS**  
SATURDAY,  
MARCH 19TH  
10:30 AM - 12:30 PM  
YAPHANK FIRE  
DEPARTMENT  
31 MAIN ST.  
YAPHANK  
FREE

To help residents in the area protect themselves, Senator Mario Mattera (2<sup>nd</sup> Senate District), **Senator Anthony Palumbo** (1<sup>st</sup> Senate District) and **Assemblyman Joe DeStefano** (3<sup>rd</sup> Assembly District) are joining together with Sensei Mike from Shaoli Kempo, a local martial arts school, to host a free self-defense class for Women's History month.

This class will be held on Saturday, March 19<sup>th</sup>, from 10:30 am to 12:30 pm, at the Yaphank Fire Department, which is located at **31 Main Street in Yaphank**. Community members are invited to

learn self-defense techniques, assault prevention, and to socialize while getting some exercise.

"The ability to defend yourself increases your self-esteem and boosts your confidence – both great reasons to join us on March 19<sup>th</sup>. I thank the men and women of the SCPD and Sensei Mike for helping us help our residents and look forward to this special event," said Senator Mattera.

"Learning skills and techniques to protect themselves through self-defense classes is one of the ways we can empower women and help prevent domestic violence and sexual assault." stated Assemblyman DeStefano.

"I want to thank my colleagues and Sensei Mike for putting on this great event and for providing residents who are interested in learning more about self-defense with this introductory program," added Senator Anthony Palumbo. "It is never too late to learn a new skill, especially one that can help keep you and your family safe."

The participants at this event will be trained by Shaolin Kempo experts who will provide lessons on self-defense techniques. In addition, the elected officials will provide updates on legislation related to violence and assault, and will speak about other services that are available for the community.

To ensure a place in this free class, residents are urged to register by contacting Karin Murphy of Senator Mattera's staff by calling 631.361.2154 or emailing [KMurphy@NYSenate.gov](mailto:KMurphy@NYSenate.gov).

For more information, including directions, please visit Senator Mattera's website at [mattera.nysenate.gov](http://mattera.nysenate.gov).