

December 10, 2010

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## WEC FOUNDER, FIGHTER OFFER INSIGHT ON WOMEN'S SELF-DEFENSE TECHNIQUES DEC. 13

**WHO:** **Reed Harris**, General Manager and Founder of WEC (World Extreme Cagefighting) and **Donald "Cowboy" Cerrone**, top lightweight WEC fighter

**WHAT:** These experts will demonstrate self-defense techniques and offer insight from their expertise. The presentation will be followed by Q&A with Harris and Cerrone, as well as photos and autographs

**WHERE:** Foothills Recreation and Aquatics Center, 5600 W. Union Hills Drive, (presentation will be held in the Bobcat Room)

**WHEN:** Monday, Dec. 13, 4-5 p.m.

**WHY:** WEC is providing the self-defense class to demonstrate that the seven martial arts used on their athletic competitions also create the physical awareness and confidence needed for self defense. Jobing.com Arena will host the World Lightweight Championship on Dec. 16- Henderson vs. Pettis; current champion Ben Henderson, a Glendale resident, will be fighting to retain his championship in his hometown.

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