



GRANDMASTER DONG'S MARTIAL ARTS

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FOR IMMEDIATE RELEASE

Girl Scouts Get a Kick out of Karate School Grandmaster Dong's Hosts Self-Defense Classes for Local Troops

On Saturday, May 11th Carteret County Girl Scouts filled Grandmaster Dong's Martial Arts School for several hours. Many different troops of the North Carolina Coastal Pines Girl Scouts attended one of the five, age specific classes that were offered. Scouts received a short lecture followed by hands-on instruction dealing with situational awareness, strangers, bully prevention, telephone and Internet safety, as well as dating safety for the older girls. Each participant received a custom badge for completing their class.

"We enjoyed this opportunity to work with all of these great girls," states Shannon Henry, co-owner of the school. "We hope that none of them ever need to use the techniques they learned with us, but we're glad that we could be a part of helping them 'be prepared' as their motto says." The school offers self-defense classes for groups of five or more.

The Carolina Coastal Pines Girl Scouts serve more than 33,300 girls in 41 counties, including Carteret County. For more information on how you can get involved with the Girl Scouts, you can visit www.nccoastalpines.org for more information.

Grandmaster Dong's Martial Arts School is located at 5270-A Highway 70 West in Morehead City and offers both day and evening classes for ages four and up. It is owned and operated by husband and wife instructors Phillip and Shannon Henry. For more information about the program visit their website at www.DongsKarateMHC.com or call 252-222-0444.



A group of Girl Scouts with Instructors Phillip and Shannon Henry.



Instructor Shannon Henry teaching a group of Girl Scouts.