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## CITY OF MUSCATINE PRESS RELEASE

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**FOR IMMEDIATE RELEASE  
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### **MUSCATINE POLICE TO HOST SELF DEFENSE PROGRAM**

*Program still being developed but will be available to all interested people*

**MUSCATINE, Iowa** – What would you do if someone came up and tried to grab you? How would you fend off an attack? What are some of the things you need to look for to help the police?

The Muscatine Police Department is preparing a program that will answer these questions, and more, while also providing some basic self-defense techniques.

“Knowledge is power and knowing what to look for, what you can do, and being aware of your surroundings is important,” Lt. Anthony Kies, investigative lieutenant with the Muscatine Police Department said. “This program will help people of all ages be better prepared for certain situations.”

The program has been in development for a number of years but the recent death of Mollie Tibbetts has brought a renewed emphasis on the topic.

The program is for people 13-years-old and up. It will be mostly a question and answer session discussing a variety of topics including being aware of your surroundings and what to look for. Social media and internet safety issues will also be discussed.

“There will be minimal physical contact but we will teach some basis self-defense mechanisms that an individual can use to protect themselves or ward off an attacker,” Lt. Kies said.

A youth soccer team of 13- to 14-year-old girls has already approached Lt. Kies about the program.

“We will both learn from this program,” Lt. Kies said of the soccer team’s request. “We will receive a better understanding of the questions they have and how we can refine this program to better answer those questions. They will learn how to avoid certain situations and what they can do if approached.”

One of the tips that Lt. Kies will stress is the power of being with a group.

“That is just one of the pieces of information that we will talk about,” Lt. Kies said. “We want this to be a fun, interactive experience.”

Self-defense may not be the only topic covered in the session but it is the primary focus.

“We also provide programs on what to do during an active shooter situation and on building safety,” Lt. Kies said. “Questions on any of these topics or any question on safety is welcomed and will be answered.”

A time and place for future programs is still being developed by the Muscatine Police Department.

If you have any questions or would like more information, you can contact Lt. Kies at (563) 263-9922 ext. 608 or email him at [akies@muscatineiowa.gov](mailto:akies@muscatineiowa.gov).