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For Immediate Release:

ONLINE REGISTRATION OPEN FOR FREE T.A.K.E. DEFENSE CLASSES AT KAUFFMAN STADIUM

First of Two Classes Set for Saturday, May 1

KANSAS CITY, MO (April, 2010) – Royals Charities is once again partnering with 98.1 KUDL, 99.7 KISS and The Ali Kemp Educational Foundation to host another round of T.A.K.E. Defense self-defense classes presented by Sunflower Dermatology and Day Spa on the field at Kauffman Stadium in 2010. The classes, which are free-of-charge and open to females ages 12 and older, are scheduled for **Saturday, May 1 and Saturday, September 25**. Both sessions will run from 10 a.m. to noon. More than 2,000 women have been educated in self-defense at Kauffman Stadium since Royals Charities first hosted the program in 2008.

Participants for the 2010 classes must pre-register online at www.royals.com/takedefense. All participants must sign a waiver, which is also available online. Participants under the age of 18 will also need a signature from a parent or guardian to participate.

The T.A.K.E. Defense classes aim to raise safety awareness and give women self-protection skills they need to avoid becoming the victims of violent crime. Participants will receive safety awareness tips and hands-on training in basic life-saving self-defense techniques during the class.

The Ali Kemp Educational Foundation was created in honor of the late Ali Kemp, a metro teen who was murdered in 2002. T.A.K.E. Defense serves as a legacy to Ali's life and has trained more than 36,000 girls and women in basic self-defense skills. T.A.K.E. Defense carries its message and training locally and across the United States each year to communities, colleges, and universities and has been featured on *America's Most Wanted*, *ABC's "20/20"* and *CBS Prime Time* along with numerous local and regional newscasts.

For additional information, members of the media may contact the Royals Publicity Department at (816) 921-8000 or T.A.K.E. Foundation's Marketing Director Jennifer Wyand at (913) 669-7364.

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