

## **PRESS RELEASE**

### **East Coast Combat Hapkido and Trauma Healing Centers join forces to help veterans and first responders cope with PTSD**

**March 17, 2015 (Halifax, NS)** – Trauma Healing Centers in Cole Harbour is expanding its support to veterans and first responders suffering from post-traumatic stress disorder (PTSD) by partnering with East Coast Combat Hapkido Academy in Halifax. The unique martial art style of Combat Hapkido is known for its effective self-defence teachings as well as its ability to promote emotional well-being, harmony and stress reduction.

"ECCHA is an organization that knows first-hand the importance of mental and physical health. Trauma Healing Centers is very happy to partner with ECCHA as an option for veterans, first responders and civilians to heal from PTSD and other health issues," says Kyle Atkinson, President, Trauma Healing Centers.

"As a retired military veteran who suffers from PTSD, I'm acutely aware of what my fellow comrades are facing in their everyday struggles," says East Coast Combat Hapkido founder and instructor, Mike Fournier. "Practicing Combat Hapkido has not only helped me physically, it gives me an emotional outlet and has improved my stress. Overall, I have become a more calm, centered and balanced person."

Trauma Healing Centers' patients and their families are encouraged to attend Hapkido classes at the academy at 3200 Kempt Road in Halifax. Classes run Tuesdays and Thursdays, 12:00 - 1:30 p.m. and 8:00 – 9:30 p.m. and Saturdays 10:00 a.m. – 11:30 a.m.

#### **About East Coast Combat Hapkido Academy**

Hapkido is an ancient Korean martial art that combines physical and philosophical concepts to provide a framework for mental, physical and spiritual values.

For self-defence, Combat Hapkido teaches close-quarters defensive techniques designed for street self-defence. Combat Hapkido teaches the student skills that limit an attacker's ability to continue their attack, increases their self-confidence, and prepares them to deal with conflicts that may arise at work, on the street or at school.

Mike Fournier is a 4th Dan in Combat Hapkido and has been involved in the combat arts since 1969. In 2005, he was inducted into the World Head of Family Sokeship Council International Martial Arts Hall of Fame. Mike retired from the Canadian Forces after more than 30 years of service; served a tour in Afghanistan in 2008/2009; and is a certified SAS Army Combat Survival Instructor. As a certified IPDTI Police Defensive Tactics instructor, Mike trained more than 180 policing and correctional students in close quarters police defensive tactics who now serve in various law enforcement agencies.

The East Coast Combat Hapkido Academy is co-located with Woo Yong's Martial Arts Academy at 3200 Kempt Road, Suite 102 in Halifax. For more information, visit [www.eastcoastcombathapkido.com](http://www.eastcoastcombathapkido.com).

[hortoncommunications@gmail.com](mailto:hortoncommunications@gmail.com)