



The Center Long Beach and
Fitness Mecca



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Free Self Defense Seminars to Address Recent Hate Crimes

Long Beach, California- In response to recent hate crimes targeting the LGBT community, The Gay and Lesbian Center of Greater Long Beach and Fitness Mecca will be hosting free self defense seminars on Saturday December 3rd and December 10th from 4:30pm-6:00pm at Fitness Mecca's state of the art facilities located at 3289 Industry Drive in Signal Hill.

"Each and every member of our community is entitled to feel safe and secure simply walking down the street" states Porter Gilberg, Administrative Director at The Center. "Fitness Mecca reached out as soon as they became aware of the need in our community. We are incredibly grateful for such strong community partners."

The Center and Fitness Mecca are offering these free seminars to increase public safety, build community confidence, and instill every community member with the knowledge and power to reduce the chances of becoming a victim of crime. Each 90 minute seminar will feature training and demonstrations of basic self defense techniques suitable for all ages and abilities. Light snacks and refreshments will be provided.

The seminars will be led by Richard Gonzalez. Gonzalez has earned a Black Sash in Tiger style Gungfu and has studied JDK Kenpo, Escrima, Wing Chun, and Myaythai martial arts. In 2010 he proudly earned 5th Dan, an advanced level of martial arts achievement. This wide and varied training regimen has equipped Gonzalez with the skills to teach anyone, at any level, basic self defense techniques.

Those interested in participating are encouraged to bring a towel and water and come dressed in tennis shoes, sweatpants or shorts, and a sweater to wear out once finished. To RSVP or for more information, the community is encouraged to contact Porter Gilberg at 562-434-4455 ext. 245.