

Park Maguire, an independent instructor with Progressive Fighting Systems (PFS), is located in Las Vegas, NV and has recently completed playing a lead role in the movie "Just Yell Fire".

The film is a public service project that has been dubbed "the coolest high school project ever" by In Touch Weekly Magazine. This production is a realistic self-defense system that teaches 11 to 19 year old girls simple, yet extremely effective techniques to get out of attack and rape situations. The film has been nominated for and won 15 awards (combined) since its release as well as received several high-level endorsements from Police Departments, State Senators, United States Senators, WA State Attorney General and the Honorable Bob Dole.

Park was featured in the July 2007 issue of Tae Kwon Do Times. The article covers in detail the Just Yell Fire project. Maguire also made an appearance on Good Morning America with his two students from the film. During their time on the show they demonstrated the techniques from the movie. Maguire has been featured on The Montel Williams Show twice, Fox News, CNN Heroes (Nominee, Finalist and CNN Hero), BIZ KID\$, and the Today Show as well as appearing in the magazines In Touch Weekly, Justine Magazine, and Tae Kwon Do Times just to name a few.

Park became involved in the project through his study of Jeet Kune Do. Not only has he gained a realistic and easy to learn self-defense system, Park has also used his training to keep at the top of his game both physically and mentally.

One of Park's favorite aspects of training in Jeet Kune Do is that he has the ability to transform the way his students both think and perform self-defense techniques in just a few hours. He is an instructor at PFS under Paul Vunak, the famed instructor of Navy SEAL Team SIX and many other elite military and government agencies. Additionally, Park is certified as an *Edged Weapons Instructor* and uses his training to not only teach a way to cheat and win with weapons every time; but also improve his students' hand/eye coordination, footwork, strength and speed in all sports and activities, both physical and mental, with his unique style of weapons training in what amounts to be the ultimate cross-training system with a purpose.

Park is available to train individuals, small groups and to provide larger group presentations in Las Vegas and around the globe by going to the client's home/office for private and corporate training programs and presentations. Park's contact information is available on his website (<http://www.ParkMaguire.com>).