



**ABRAHAM PAISS  
& ASSOCIATES**

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For Immediate Release

**Boulder Quest Center Founder and Third Degree Black Belt Mary Casey Teaches  
“Scalable Self Defense Seminar for Women” at Spectra Logic on Weds. Oct. 14**

**Training Offers Practical, Scalable Techniques for Real Life Situations  
and Unique Team Building Experience for Company Employees**

BOULDER, Colo.; October 12, 2009 – Mary A. Casey II, a third degree black belt and co-founder of the [Boulder Quest Center](http://www.boulderquest.com) ([www.boulderquest.com](http://www.boulderquest.com)), knows about women’s self defense. For the second year in a row, the female staff at [Spectra Logic](#) in Boulder chose Casey to lead an in-office retreat with martial arts as the focus of the team building experience. The all-women led training will give employees practical self-defense techniques applicable for a range of real life situations, from the socially uncomfortable situations that can happen in office settings to all the way to life threatening situations with an unknown assailant.

The “Scalable Self Defense for Women” training will take place on **Wednesday, Oct. 14 from 11:45 am-1:15 pm** in the Spectra Logic training room, 1700 55<sup>th</sup> St. in Boulder, next door to Boulder’s Dinner theatre at Arapahoe. [Female media representatives are welcome to attend.](#)

“The key to practical self-defense is scalability,” said Casey. “We need the right response for each situation. If your boss does something inappropriate in the office you need a way to handle the situation quickly and safely without maiming your boss and losing your job. While if you are by yourself on a bike ride or hiking trail and your attacker has a weapon, you need a much different response,” explained Casey.

For the Women’s Leadership Group at [Spectra Logic](#), Casey will be focusing on three objectives. “My goals are to first, provide employees with a way of relieving stress, and we’ll be using pads and hitting stuff. Two, to offer an experience of personal empowerment, so people feel stronger and more powerful after the seminar than when they came in. Three, to offer a team building experience for women to work with someone they don’t know, and for employees and supervisors to work as peers to build camaraderie,” said Casey.

Casey was first motivated to learn self defense after having her own real life situation in a social settings where she did not have an adequate response. She began to study To-Shin Do in North Carolina in 1998, became a certified instructor in 2000, co-founded the Boulder Quest Center in 2004, and earned her third degree black belt in the To-Shin Do tradition in 2007.

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Casey has also led on-site female self defense and empowerment seminars such as “Divas Defend” for the Outdoor Divas women’s sports store in downtown Boulder, Lululemon Yoga, the Boulder Independent Business Alliance, and the Chamber of Commerce.

“Spectra Logic chose to host Boulder Quest Center’s self defense class as a team building exercise to enrich the lives of our female employees,” said Betsy Doughty, director of channel marketing and key member of Spectra’s Summit Leadership team, a grassroots women-led group that provides personal and professional development for the people of Spectra. “We especially wanted to offer an optional tool set to educate our employees that are working after hours and those who travel for business.”

Casey offers a free women’s self defense training as a community service open to the public once a quarter. Her next training will be on **Saturday, Oct. 24<sup>th</sup> from 4-6 pm** at the Boulder Quest Center. She will focus on response to common attacks, prevailing over bigger stronger attackers, and de-escalation techniques.

### **About the Boulder Quest Center**

Boulder Quest Center is an independent martial arts dojo at 1200 Yarmouth Ave. in North Boulder. The dojo opened in 2005, by husband and wife third degree black belts Mary Aitoshi Casey II and Kevin Ji-Keitoshi Casey, both senior instructors in To-Shin Do and teachers of Blue Lotus Assembly meditation technique. The To-Shin Do lineage was founded by Stephen K. Hayes, personal body guard to His Holiness the Dalai Lama, black belt Hall of Fame instructor, and author of 18 books on martial arts.

The Boulder Quest Center is open from Monday to Saturday and offers a full schedule of classes, including Fundamentals of Self Protection, Mighty Dragons for 4-6 year olds, Classical Weapons - mastery of traditional ninja tools, Ground Fighting, and Meditation. The dojo also hosts fitness classes, such as Cardio Kickboxing/Cardio Sword, Ninja Fit, Tribal Belly Dance, and Yoga. Additional information is available 303.440.3647 or on the Boulder Quest Center website: [www.boulderquest.com](http://www.boulderquest.com).

### **About Spectra Logic Corporation**

At Spectra Logic we define, design and deliver innovative data protection through tape, deduplication and disk-based backup, recovery and archive storage solutions. By igniting innovation we challenge expectations of the data protection market with intelligent, integrated, and simple to use backup and archive technologies. Throughout our 30-year history we have delivered high-density, feature rich storage with unmatched service and support to customers worldwide. For more information, visit [www.SpectraLogic.com](http://www.SpectraLogic.com).

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