



JESSE B. GILL/Redlands Daily Facts

Redlands police officer Alex Parades, 38, helps Kayla Sellers-Thron, 8, perfect a kick from the ground. Below, James Yang, 6, practices a double kick.

# Kicks and punches

By **JESSE B. GILL**  
Staff Writer

REDLANDS — Shane Corbridge, 17, put his full weight into a kick he sent flying at police officer Alex Parades Tuesday.

Parades deflected the kick with a foam shield and yelled, "Again!"

Parades, 38, teaches a self defense class once every week at the Redlands Community Center. The class began in October and focuses on Chang Moo Kwan — a style of the martial art Tae Kwon Do.

The class is designed for a wide age range — from 6 to late teens. The students are taught how to defend them-



selves using their fists, their feet, their voices, and their wits.

"We want to teach them to be strong and we want to teach them to be smart," Parades said.

Parades and Stan McCauley

— also a Redlands police officer — teach their students how to fend off attackers and how to deal with strangers. Class time is devoted as much to discussing what to do when approached by strangers as is to practicing kicks and punches.

James Yang, 6, has been a student in the program for about 4 months. He said he enjoys the martial arts training he has received from Parades.

"I like to do the exercises," Yang said. "I like the jumping. It gets your heart going."

Parades has taught Tae Kwon Do since 1991. He decided in October to begin the class at the Redlands

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