

R.A.D.: Rape Aggression DEFENSE

CAN YOU DEFEND YOURSELF?



The Rape Aggression Defense (R.A.D.) System was designed to develop and enhance the options of self-defense, so they become viable considerations to the woman who is attacked.



The Rape Aggression Defense Systems is a program of realistic, self-defense tactics and techniques. The R.A.D. System is a comprehensive course for women that begins with **awareness**, **prevention**, **risk reduction**, and **avoidance**, while progressing onto the basics of hands-on self-defense training. R.A.D. is not a martial arts program.

Courses are taught by certified R. A. D. Instructors and consist of 12 hours of hands on training. This is a no nonsense, practical self-defense program that offers advanced self-defense courses that build upon the Basic Physical Defense System. The Rape Aggression Defense System is the only program that offers a LIFETIME return and practice policy anywhere in the United States or Canada.



WHEN: THE CLASS WILL TOTAL 12 HOURS AND BE CONDUCTED IN 4 SESSIONS.

AUGUST 12, 13, AND 14

COST: THE CLASS IS FREE

WHO: ALL WOMEN AGES 13+

WHERE:

GAINESVILLE POLICE DEPARTMENT, HALL OF HEROS
545 NW 8TH AVE



FOR MORE INFORMATION CONTACT:

SERGEANT L. VALDES VALDESL@CITYOFGAINESVILLE.ORG 352-393-7744