

# **A**GGRESSION **D**EFENSE



## **WOMEN'S SELF-DEFENSE PROGRAM**



# **FIGHT BACK**

**RAPE AGGRESSION DEFENSE (RAD) SYSTEMS** is not a martial arts program. It is an internationally recognized **WOMEN ONLY** self-defense course teaching realistic self-defense tactics and techniques to give women the tools needed to prevent or escape harmful situations.

**WHEN:**

**June 8, 9 & 10**

**6pm-10pm**

**WHERE:**

**Hall of Heros**

**545 NW 8th Ave**

**OPEN TO ALL  
WOMEN AGES**

**13+**



**AWARENESS**

**PREVENTION RISK**

**REDUCTION**

**AVOIDANCE**

**HANDS ON DEFENSE  
TRAINING**

**FREE 12 HOUR  
CLASS**

**R.A.D.**

**RAPE  
AGGRESSION  
DEFENSE**