

FREE 12 HOUR CLASS • OPEN TO **WOMEN 13+**

HOSTED BY THE GAINESVILLE POLICE DEPARTMENT

HALL OF HEROS

545 NW 8TH AVE

JOIN US ON

Mar. 9,10 & 11th

6PM - 10PM



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.