



The time is **NOW** –
not after something happens.

Rape Aggression Defense (R.A.D.) Basic Physical Defense for Women

*R.A.D. Basic Physical Defense is designed for women
with little or no self-defense experience.*



Westshore Campus

31001 Clemens Rd., Westlake

March 17, 19, 24 and 26 ■ 5:30 – 8:30 p.m.

Registration opens Feb. 17

*Participant must attend all four sessions at their
chosen location.*

You can do this!

- Self-defense techniques suitable for women of all ages and abilities
- Develop skills in a safe, secure, all-female environment
- Learn awareness, reduction, recognition and avoidance
- Gain empowerment through education and training

R.A.D. Systems promotes self-defense education and awareness. This course includes lecture, discussion and demonstration of self-defense techniques.