

R.A.D.: Rape Aggression DEFENSE

Can you defend yourself?

The 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

~ March 12th, 14th, 19th and 21st
~ From 6pm – 9pm

Where: Loker School Gym

Cost: The class is FREE

Who: Females who reside or work in Wayland, class size is limited!!

Anyone interested, contact Detective Sergeant Jamie Berger, 508-358-1722 or jberger@wayland.ma.us

- Realistic self-defense tactics and techniques
 - Female only course
- Teaches awareness, prevention, risk reduction, risk avoidance
 - HANDS ON!!!
- Lifetime return policy!!!

For more information or to register, call Detective Sergeant Jamie D. Berger, Wayland PD at 508-358-1722 or email jberger@wayland.ma.us