



The [Rape Aggression Defense](#) Basic Personal Defense System is a national program of realistic self-defense tactics and techniques taught for women only. All courses are taught by nationally certified R.A.D. Instructors.

The goal of R.A.D. is to provide realistic self-defense options to women, regardless of their level of physical conditioning. Students at all levels of ability, age, experience, and strength will be provided with techniques and information that can be effectively used from the first day of class. R.A.D. is not a martial arts program, nor does it require students to be athletes in training to succeed.

The R.A.D. system will provide students with the knowledge to make an educated decision about personal defense. We provide information on physical and non-physical options, as well as insight into the attacker mindset.

Every student receives a manual for reference and practice. Once a student has completed a R.A.D. program, their signed manual becomes a ticket for free lifetime return and practice with any R.A.D. instructor in the US and Canada.

NEXT SCHEDULED COURSE:

June 7-10, 2010

6-9pm

**Jamestown Recreation Center
41 Conanicus Avenue
Jamestown, RI 02835**

**Contact Sgt Karen Catlow at 401-423-1212 or kcatlow@jamestownri.net
for more information or to register now!**