

WOMEN'S BASIC SELF-DEFENSE

R.A.D. is a fundamental 16 hour self-defense course with simple-to-learn techniques.

Designed "to develop and enhance the options of self defense. so they may become viable considerations to the woman who is attacked." Lawrence N. Nadeau Founder of R.A.D.

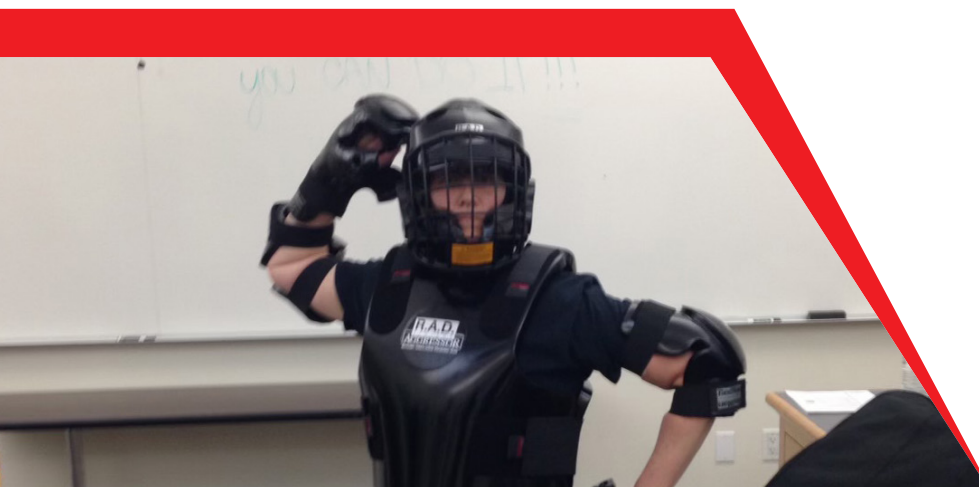
Contact us at
radwomenvoices@gmail.com

FIGHT BACK! for teens and adults

These classes are meant for **all** levels of fitness/knowledge of defense. Each technique is designed for easy learning and used as a quick escape and **you** will be in control of your participation.

R.A.D. is the only existing program with a **free lifetime return and practice policy**, honored worldwide. Simply bring your manual back with you to any scheduled R.A.D. classes and continue sharpening your self-defense techniques!

Our instructors are **certified** in the basic self-defense (27 hands-on techniques) and Keychain Defense Option (14 kubaton techniques). All of which are taught in the 16 hour course.



Hands On
DEFENSE
TRAINING

Risk Awareness
Risk Reduction
Risk Recognition
Risk Avoidance



For more information, dates and cost, or to register, scan here!

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