

“PROTECTING OUR COMMUNITY”

Reserve your spot today!

Class Date: _____

Name: _____

Address: _____

Phone: _____

Cell: _____

Email: _____

Age: _____

**Irving Police Department
Community Services Division**

Attn: Jill Smith

305 N. O’Connor

Irving, TX 75061

Phone: 972-721-2746

Fax: 972-721-3731

E-mail: jsmith@cityofirving.org

www.cityofirving.org/2129/Rape-Aggression-Defense-Systems

RAD is the *only* self-defense program ever endorsed by the International Association of Campus Law Enforcement Administrators, National Academy of Defense Education, the National Self-Defense Institute, & Redman Training Gear.



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LADIES...

ARE YOU PREPARED?



Can you effectively defend yourself if attacked?

RAD Systems will teach you how.
Radically changing self-defense for women and teens.



R.A.D. SYSTEMS

This system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The RAD System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction, & risk avoidance, while progressing on to the basics of hands-on defense training.

RAD is not a martial arts program. RAD Systems is dedicated to teaching women defensive concepts & techniques against various types of assault by utilizing easy, effective, & proven self-defense tactics.

The growing widespread acceptance of this system is primarily due to the ease, simplicity, and effectiveness of RAD tactics, solid research, & unique teaching



- No experience necessary!
- 12 hour basic class; 3 hrs classroom instruction & 9 hrs hands-on training in the gym
- Open to women only ages 11 yrs & older
- Taught by police officers certified in RAD techniques
- Students receive a RAD reference manual to keep
- World-wide, lifetime return & train FREE policy for each participant

FOR CLASS SCHEDULES & MORE INFORMATION PLEASE VISIT OUR WEBSITE:

www.cityofirving.org/2129/Rape-Aggression-Defense-Systems

WHAT WOMEN ARE SAYING ABOUT RAD...

"I just wanted to say thank you for teaching the RAD course this week. RAD is the first self-defense course I have ever taken, so when we started I didn't know any of the moves, but now, I truly feel like I will be able to defend myself if I ever have to. You guys did a wonderful job of teaching to all skill levels and making sure that everyone was comfortable with the moves/information and executed them correctly. I look forward to attending RAD courses in the future to refresh the techniques I have learned. Thank you again!"

Miss Glenn, RAD Participant

"These classes are going to be extremely beneficial to the ladies of our city. I, myself, have always wanted the opportunity to take such a self-defense class as this. I was so pleased, as it greatly exceeded my expectations! I am excited and look forward to the opportunity to use/practice the tools provided me through this course."

Miss Crow, RAD Participant

YOU CAN DO THIS.