



SELF DEFENSE FOR WOMEN

WHAT IS R.A.D. SELF DEFENSE? The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is NOT a Martial Arts program.

WHO CAN ATTEND THE CLASS? Any woman 13 and older

WHEN IS THE CLASS? September 3, 5, 10, 12(You MUST attend each night)

WHAT TIME IS CLASS? 5:30PM- 8:30PM EACH NIGHT

WHERE IS THE CLASS? Lee County Meeting center
205 S. 10th St Opelika, AL

HOW MUCH DOES IT COST? IT'S FREE! (Thanks to Sheriff Jay Jones)

HOW DO I SIGN UP? Contact Jeremy Jones directly via email
jjones@leecoema.com or by cell at 334-275-6328