



Could you effectively defend yourself if attacked?

Finally, a physical defense program for woman

Rape Aggression Defense Systems

Presented by Danvers Police Department
Certified R.A.D Instructors
Lt. Carole Germano - Sgt. William Carleton
Officer Olivia Silva - Officer Kevin Wood

WOMEN ONLY
DANVERS RESIDENTS
TOWN of DANVERS EMPLOYEES

NEXT CLASS: TBA

• APPLICANTS MUST BE ABLE TO ATTEND ALL SESSIONS •
CLASS SIZE IS LIMITED TO 15 PEOPLE - YOU MAY BE PLACED ON A WAITING LIST

The **Rape Aggression Defense System** is a program of realistic, self-defense tactics and techniques. The **RAD System** is a comprehensive course for a woman that begins with awareness, prevention, risk reduction and avoidance, while progressing on to the basics of hands-on defense training. RAD is not a Martial Arts programs. Our course is taught by certified RAD Instructors and provides you with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth. The RAD System of Physical Defense is currently being taught at many colleges and universities. The growing, wide spread acceptance of this system is primarily due to the ease, simplicity and effectiveness of our tactics, solid research, legal defensibility and unique teaching methodology. The Rape Aggression Defense System is dedicated to teaching women defense concepts and techniques against various types of assault, by utilizing easy, effective and proven self-defense/martial arts tactics. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

We operate on the premise that a spontaneous violent attack will stimulate a natural desire to resist, on the part of the victim (supported by research). We educate women about "The Fight or Flight Syndrome," while showing them that enhancing their option of physical defense is not only prudent, but a necessity if natural resistance is to be effective.

Safety and survival in today's world requires a definite course of action. We provide effective options by teaching women to take an active role in their own self-defense and psychological well being.

10 reasons why RAD SYSTEMS is on the cutting edge of self-defense training.

1. Has established the standard for female self-defense programs
2. Offers no-nonsense, practical techniques of defense
3. Researched the effects of "The Fight or Flight Syndrome"
4. Offers advanced self-defense courses that build upon the physical defense system
5. Provides realistic and dynamic hands on training
6. Provides students with a comprehensive Reference Manual
7. Certifies Instructors from the community
8. Has a litigation defense policy
9. Offers state of the art programs
10. Every student receives a lifetime membership policy

Contact Person: **Lt. Carole Germano**; Phone: 978.774.1213 Email: germano@danverspolice.org

PRINT APPLICATION HERE > http://www.danverspolice.org/rad_application.pdf