

Learning How to ROAR (Reduce Our Assault Risk) Rape Aggression Defense (R.A.D.)



Classes start
Thursday
March 11, 2010

6:30pm - 8:30pm
at the
Wellness Center

40 seats available
(first come, first serve)
FREE OF CHARGE
Class given by
Lt Jamie Hamilton

Sign up at the
Police Dept
or call

(843) 774-0051
(Ask for Kim)

or

send request by
email:

kcarter.dpd@gmail.com

Questions?
Contact Jamie Hamilton
(843) 495-0943



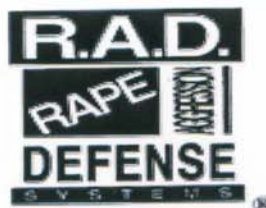
Learn Self-Defense!

Larry Nadeau founded the RAD System in 1989, RAD us a program of realistic defense tactics and techniques.

The RAD System is a comprehensive course for a woman that begins with prevention, risk reduction, and avoidance, while progressing to the basics of self-defense training.

We are currently recruiting women who would like to participate in this free self-defense class. If you are, interested please contact Kim Carter, Dillon Police Dept, 843 774-0051.

Spaces are limited and usually fill up fast.



COMMON QUESTIONS

How much does it cost?

The Pee Dee Coalition in conjunction with the City of Dillon Police Dept is offering this class **FREE** to women who are 12 years or older. Those under 18 will need parent permission. We do not accept monetary and supply donations.

Do I have to attend all sessions? Yes

Participation is required in all sessions.

Do I need to be an athlete?

Not at all. The classes are designed for the average person. We instruct students to go at their own pace.

What if I want to participate but can't this time?

Keep your eyes and ears open, we plan to offer more training.

How long are the classes?

The basic training is 9 hrs. The training sessions are broken into two or three days. Advanced training would take 4 more hours.

Days and times to be decided at the first training session.