



## EFFECTIVE SELF DEFENSE FOR WOMEN

# R.A.D.

**“FIGHT LIKE A GIRL”**

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**JULY 11,12,13,17 &18**

**6:00PM TO 9:00PM**

PRAIRIE VIEW CITY HALL  
44500 U.S. BUSINESS 290  
PRAIRIE VIEW , TEXAS 77446

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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. Our courses are taught by nationally certified R.A.D. Instructors and provide each student with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth, and is the key to our *free lifetime return and practice policy* for R.A.D. graduates. *Class size is Limited*

FOR MORE INFORMATION CONTACT: HAROLD BARTHÉ @ 9798267718