



The time is **NOW** –
not after something happens.

Rape Aggression Defense (R.A.D.) Basic Physical Defense for Women

*R.A.D. Basic Physical Defense is designed for women
with little or no self-defense experience.*



Brunswick University Center

3605 Center Road, Brunswick

May 12, 14, 19 and 21 ■ 5:30 – 8:30 p.m.

Registration opens April 14

Jerry Sue Thornton Center

2500 E. 22nd St., Cleveland

June 9, 11, 16 and 18 ■ 5:30 – 8:30 p.m.

Registration opens May 12

*Participant must attend all four sessions at their
chosen location.*

You can do this!

- Self-defense techniques suitable for women of all ages and abilities
- Develop skills in a safe, secure, all-female environment
- Learn awareness, reduction, recognition and avoidance
- Gain empowerment through education and training

R.A.D. Systems promotes self-defense education and awareness. This course includes lecture, discussion and demonstration of self-defense techniques.